



VIII CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: VIII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2022-08-27
Miejsce: Okonek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.2km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	HUBERT Łukasz	198	BIEGOLAS KOSZALIN	M40-49	1	00:20:49	00:43:00.80		4:03	14.8 (100%)
2	LASAK Konrad	91		M18-29	1	00:21:18	00:43:31.60	+00:00:30 (1.2%)	4:06	14.6 (98.6%)
3	TRĘBSKI Krzysztof	171	#ZABIEGANINOCA	M40-49	2	00:23:16	00:47:45.60	+00:04:44 (9.9%)	4:30	13.3 (89.9%)
4	MAZUR Tomasz	102	I LO SZCZECINEK	M40-49	3	00:23:36	00:47:58.90	+00:04:58 (10.4%)	4:31	13.3 (89.9%)
5	WIELGUS Grzegorz	180		M40-49	4	00:23:43	00:48:16.55	+00:05:15 (10.9%)	4:33	13.2 (89.2%)
6	MROZIK Daniel	108		M40-49	5	00:24:20	00:49:06.55	+00:06:05 (12.4%)	4:37	13 (87.8%)
7	LEWANDOWSKI Bartłomiej	94	KLUB BIEGOWY TSK ORZEŁ OSIEK	M18-29	2	00:23:00	00:49:55.40	+00:06:54 (13.8%)	4:42	12.7 (85.8%)
8	SUCHANOWSKI Zygmunt	166	RESPECT LOTYŃ	M50-59	1	00:23:54	00:50:38.75	+00:07:37 (15.1%)	4:46	12.6 (85.1%)
9	CHOJECKI Grzegorz	21		M30-39	1	00:23:51	00:51:32.60	+00:08:31 (16.5%)	4:51	12.3 (83.1%)
10	JAWORUCKI Krystian	55		M30-39	2	00:24:55	00:51:44.50	+00:08:43 (16.9%)	4:52	12.3 (83.1%)
11	JANKOWSKI Mariusz	52		M40-49	6	00:24:05	00:52:49.95	+00:09:49 (18.6%)	4:58	12 (81.1%)
12	KATRYCZ Zbigniew	63	STOWRZYSZENIE NASZA ŚWIERCZYNA	M50-59	2	00:24:47	00:53:16.70	+00:10:15 (19.3%)	5:01	11.9 (80.4%)
13	SIELATYCKA Olga	155	EL TORO DE ORO	K40-49	1	00:25:31	00:53:20.15	+00:10:19 (19.4%)	5:01	11.9 (80.4%)
14	RUDNIK Jerzy	145	FLORIAN CHOJNICE	M60+	1	00:25:41	00:53:38.45	+00:10:37 (19.8%)	5:03	11.9 (80.4%)
15	UEBERFLUSS Rajmund	196		M60+	2	00:26:56	00:54:54.85	+00:11:54 (21.7%)	5:10	11.6 (78.4%)
16	STAWICKI Marek	162	OSP SMOŁDZINO	M50-59	3	00:25:15	00:55:33.15	+00:12:32 (22.6%)	5:14	11.4 (77.0%)
17	KOWALCZYK Piotr	80	FOR-REST-RUN KOSZALIN	M30-39	3	00:26:26	00:55:43.65	+00:12:42 (22.8%)	5:15	11.4 (77.0%)
18	HRYNCEWICZ Jarosław	48	SAILLING TEAM FERAJNA	M40-49	7	00:27:41	00:56:42.80	+00:13:42 (24.2%)	5:20	11.2 (75.7%)
19	KUCZYŃSKA Anna	85		K40-49	2	00:27:32	00:56:53.95	+00:13:53 (24.4%)	5:21	11.2 (75.7%)
20	KUICH Piotr	86	LILLSPORT	M50-59	4	00:25:42	00:57:09.05	+00:14:08 (24.7%)	5:23	11.1 (75.0%)
21	KUSIAK Bartek	87		M30-39	4	00:28:33	00:57:46.20	+00:14:45 (25.5%)	5:26	11 (74.3%)
22	NIEWCZAS Sławomir	111		M40-49	8	00:28:05	00:59:01.00	+00:16:00 (27.1%)	5:34	10.8 (73.0%)
23	SKIERA Kazimierz	156	LZS JEDNOŚĆ ŁOBZENICA	M60+	3	00:28:43	01:00:12.50	+00:17:11 (28.6%)	5:40	10.6 (71.6%)
24	KOKOWSKA Anna	71	BBL ZŁOTÓW	K30-39	1	00:28:45	01:00:23.90	+00:17:23 (28.8%)	5:41	10.5 (70.9%)
25	DEM CZAR Jacek	27		M50-59	5	00:29:19	01:00:50.70	+00:17:49 (29.3%)	5:44	10.5 (70.9%)
26	WYRWA-KRZYŻAŃSKA Joanna	187		K50-59	1	00:29:54	01:01:48.75	+00:18:47 (30.4%)	5:49	10.3 (69.6%)
27	CZYŻYKOWSKI Jan	25		M60+	4	00:28:31	01:02:59.35	+00:19:58 (31.7%)	5:56	10.1 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.2km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
28	MAJEWSKA Dorota	99	BIEGOLAS KOSZALIN	K50-59	2	00:30:05	01:03:10.60	+00:20:09 (31.9%)	5:57	10.1 (68.2%)
29	SZYMCZAK Monika	168	KRÓLICZKI W PLECAKU	K30-39	2	00:31:28	01:08:54.30	+00:25:53 (37.6%)	6:30	9.2 (62.2%)
30	KOPKIEWICZ Konrad	79	OSP LOTYŃ	M40-49	9	00:30:18	01:08:54.75	+00:25:53 (37.6%)	6:30	9.2 (62.2%)
31	SOKÓŁ Monika	160	NADLEŚNICTWO CZARNOBOR	K30-39	3	00:30:53	01:08:55.15	+00:25:54 (37.6%)	6:30	9.2 (62.2%)
32	SZNABEL Alina	167	RUNNING 5	K60+	1	00:33:06	01:10:50.75	+00:27:49 (39.3%)	6:40	9 (60.8%)
33	SANOCKA Halina	150		K60+	2	00:33:07	01:10:52.30	+00:27:51 (39.3%)	6:41	9 (60.8%)
34	PYTLARZ Waldemar	140	RUNNING 5	M50-59	6	00:33:05	01:10:54.40	+00:27:53 (39.3%)	6:41	9 (60.8%)
35	BRZEZIŃSKA Beata	19	BIAŁOGARD BIEGA	K50-59	3	00:32:40	01:12:42.25	+00:29:41 (40.8%)	6:51	8.7 (58.8%)
36	POCZĄTEK Michał	132		M60+	5	00:33:58	01:15:06.10	+00:32:05 (42.7%)	7:05	8.5 (57.4%)
37	CIŻMOWSKA Barbara	200	MTS HOMER MIASTKO	K60+	3	00:38:08	01:22:49.10	+00:39:48 (48.1%)	7:48	7.7 (52.0%)
	FEDOROWIAT-NOWACKA Małgorzata	29	EL TORO DE ORO	K50-59		00:27:14 DNF	DNF		-	- (0.0%)
	SKOCZYLAS Bożena	157	CZARNE BIEGA	K40-49		00:31:13 DNF	DNF		-	- (0.0%)
	BAJERSKA Renata	2	GRUPA BIEGOWA ENERGY KACZORY	K50-59		00:31:31 DNF	DNF		-	- (0.0%)

Znaleziono 40 wynik(ów)