



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: M-OPEN

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	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%)
14	UEBERFLUSS Rajmund	196		M60+	2	00:26:56	00:54:54.85	+00:11:54 (21.7%)	5:10	11.6 (78.4%)
15	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%)
16	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%)
17	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%)
18	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%)
19	KUSIAK Bartek	87		M30-39	4	00:28:33	00:57:46.20	+00:14:45 (25.5%)	5:26	11 (74.3%)
20	NIEWCZAS Sławomir	111		M40-49	8	00:28:05	00:59:01.00	+00:16:00 (27.1%)	5:34	10.8 (73.0%)
21	SKIERA Kazimierz	156	LZS JEDNOŚĆ ŁOBŻENICA	M60+	3	00:28:43	01:00:12.50	+00:17:11 (28.6%)	5:40	10.6 (71.6%)
22	DEMCHAR Jacek	27		M50-59	5	00:29:19	01:00:50.70	+00:17:49 (29.3%)	5:44	10.5 (70.9%)
23	CZYŻYKOWSKI Jan	25		M60+	4	00:28:31	01:02:59.35	+00:19:58 (31.7%)	5:56	10.1 (68.2%)
24	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%)
25	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%)
26	POCZĄTEK Michał	132		M60+	5	00:33:58	01:15:06.10	+00:32:05 (42.7%)	7:05	8.5 (57.4%)

