

VIII CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: VIII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2022-08-27
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BAZIMIEROWSKI Sylwester	7	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50-59	1	00:20:42.45		4:08	14.5 (100%)
2	CHMIELEWSKI Tomasz	20	VO2 MAX RACING TEAM	M40-49	1	00:21:18.05	+00:00:35 (2.8%)	4:15	14.1 (97.2%)
3	KACZOR Agnieszka	59	KUJAWSKY RUNNERS	K30-39	1	00:21:20.00	+00:00:37 (2.9%)	4:16	14.1 (97.2%)
4	SARNOWSKI Janusz	153	LILL SPORT	M50-59	2	00:22:24.65	+00:01:42 (7.6%)	4:28	13.4 (92.4%)
5	LEŚNIEWSKI Tomasz	93		M60+	1	00:22:40.85	+00:01:58 (8.7%)	4:32	13.2 (91.0%)
6	PODŁYSKA Tadeusz	134	ZASAPANI	M40-49	2	00:23:22.65	+00:02:40 (11.4%)	4:40	12.8 (88.3%)
7	KŁUNDUKOWSKA Paulina	68		K30-39	2	00:23:41.65	+00:02:59 (12.6%)	4:44	12.7 (87.6%)
8	BANIA Edward	5		M40-49	3	00:24:28.90	+00:03:46 (15.4%)	4:53	12.3 (84.8%)
9	KOMORSKI Jacek	76	TEAM TERMINATORUN	M40-49	4	00:24:56.00	+00:04:13 (16.9%)	4:59	12 (82.8%)
10	OGONOWSKI Marek	119	OGON TEAM	M40-49	5	00:25:11.15	+00:04:28 (17.8%)	5:02	11.9 (82.1%)
11	OSTROWSKI Marian	121	SENIOR	M60+	2	00:25:14.90	+00:04:32 (18.0%)	5:02	11.9 (82.1%)
12	MINCEWICZ Piotr	106	TEAM TERMINATORUN	M40-49	6	00:26:08.65	+00:05:26 (20.8%)	5:13	11.5 (79.3%)
13	BORUCH Edward	17		M50-59	3	00:26:17.10	+00:05:34 (21.2%)	5:15	11.4 (78.6%)
14	ZACHARSKI Jerzy	189	FABRYKA NORDICA TRZCIANKA	M60+	3	00:26:19.10	+00:05:36 (21.3%)	5:15	11.4 (78.6%)
15	LEONIAK Łucja	15		K40-49	1	00:26:27.10	+00:05:44 (21.7%)	5:17	11.3 (77.9%)
16	BARANOWSKI Łukasz	6	EL TORO DE ORO	M30-39	1	00:26:27.85	+00:05:45 (21.8%)	5:17	11.3 (77.9%)
17	DŁUGA Magdalena		BIEGAM	K30-39	3	00:26:28.45	+00:05:46 (21.8%)	5:17	11.3 (77.9%)
18	NOSAL Martyna	113	KS PENTATHLON SZCZECINEK	K14-17	1	00:26:59.15	+00:06:16 (23.3%)	5:23	11.1 (76.6%)
19	GAWRON Urszula	35		K30-39	4	00:27:30.70	+00:06:48 (24.7%)	5:30	10.9 (75.2%)
20	JARCZYŃSKI Roman	53	REMOFLEX	M50-59	4	00:28:01.30	+00:07:18 (26.1%)	5:36	10.7 (73.8%)
21	KASZUBA Artur	61	OSP ŁUGI	M30-39	2	00:28:22.20	+00:07:39 (27.0%)	5:40	10.6 (73.1%)
22	STOCKA-PODŁYSKA Żaneta	164	ZASAPANI	K40-49	2	00:28:27.40	+00:07:44 (27.2%)	5:41	10.5 (72.4%)
23	NOSAL Mariusz	112		M40-49	7	00:28:48.05	+00:08:05 (28.1%)	5:45	10.4 (71.7%)
24	KUŻAJ Sławomir	89	SAILING TEAM FERAJNA	M50-59	5	00:29:01.40	+00:08:18 (28.7%)	5:48	10.3 (71.0%)
25	PAWŁOWSKI Mariusz	125	HUBERTUS BIAŁY BÓR	M40-49	8	00:29:14.05	+00:08:31 (29.2%)	5:50	10.3 (71.0%)
26	WICHER Jolanta	178	NORDIC WALKING LUBASZ	K50-59	1	00:29:15.95	+00:08:33 (29.2%)	5:51	10.3 (71.0%)

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						5km	Różn		
27	GZUBICKI Piotr	45	EL TORO DE ORO	M40-49	9	00:29:21.90	+00:08:39 (29.5%)	5:52	10.2 (70.3%)
28	ROKITA Emilia	143	CZARNE BIEGA	K30-39	5	00:30:06.40	+00:09:23 (31.2%)	6:01	10 (69.0%)
29	GAWRON Andrzej	36		M40-49	10	00:30:19.65	+00:09:37 (31.7%)	6:03	9.9 (68.3%)
30	HRYNCEWICZ Anna	47	SAILLING TEAM FERAJNA	K50-59	2	00:30:32.60	+00:09:50 (32.2%)	6:06	9.8 (67.6%)
31	HRYNCEWICZ Szymon	49		M14-17	1	00:30:37.45	+00:09:55 (32.4%)	6:07	9.8 (67.6%)
32	BANACZYK Wioleta	77	LILLSPORT	K50-59	3	00:30:37.75	+00:09:55 (32.4%)	6:07	9.8 (67.6%)
33	WEDEL Krystian	177		M40-49	11	00:30:42.75	+00:10:00 (32.6%)	6:08	9.8 (67.6%)
34	RYNKIEWICZ Piotr	148	TB WALDEK	M40-49	12	00:30:57.70	+00:10:15 (33.1%)	6:11	9.7 (66.9%)
35	OGONOWSKA Anna	117	OGON TEAM	K14-17	2	00:31:04.10	+00:10:21 (33.3%)	6:12	9.7 (66.9%)
36	ZĄŁOGA Paweł	192		M18-29	1	00:31:06.45	+00:10:24 (33.4%)	6:13	9.6 (66.2%)
37	TOMASZEWSKI Dominik	170		M40-49	13	00:31:26.55	+00:10:44 (34.1%)	6:17	9.5 (65.5%)
38	PODHORODECKI Michał	133		M30-39	3	00:31:42.20	+00:10:59 (34.7%)	6:20	9.5 (65.5%)
39	ORLIKOWSKA Dorota	120		K30-39	6	00:31:57.30	+00:11:14 (35.2%)	6:23	9.4 (64.8%)
40	PIETRZYK Rafał	129	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M30-39	4	00:32:11.70	+00:11:29 (35.7%)	6:26	9.3 (64.1%)
41	ROLNICZAK Joanna	144	TRZCIANKA	K40-49	3	00:32:30.00	+00:11:47 (36.3%)	6:30	9.2 (63.4%)
42	RADDATZ Alicja	141		K50-59	4	00:32:32.40	+00:11:49 (36.4%)	6:30	9.2 (63.4%)
43	DĄBROWSKA Katarzyna	26		K40-49	4	00:32:38.00	+00:11:55 (36.5%)	6:31	9.2 (63.4%)
44	METKOWSKA Beata	10		K50-59	5	00:32:44.70	+00:12:02 (36.8%)	6:32	9.2 (63.4%)
45	MELON Jacek		BIEGAM	K40-49	5	00:33:01.55	+00:12:19 (37.3%)	6:36	9.1 (62.8%)
46	POLACZEK Jakub	135		M14-17	2	00:33:23.45	+00:12:41 (38.0%)	6:40	9 (62.1%)
47	OGONOWSKA Renata	118	OGON TEAM	K14-17	3	00:33:28.95	+00:12:46 (38.2%)	6:41	9 (62.1%)
48	WROBLEWSKI Jerzy Stanislaw	184	PARKRUN SZCZECINEK	M60+	4	00:34:01.10	+00:13:18 (39.1%)	6:48	8.8 (60.7%)
49	SUCHANOWSKA Anna	165	RESPECT LOTYŃ	K50-59	6	00:34:13.20	+00:13:30 (39.5%)	6:50	8.8 (60.7%)
50	KASZUBA Agnieszka	62		K30-39	7	00:35:02.15	+00:14:19 (40.9%)	7:00	8.6 (59.3%)
51	NOSAL Anna	114		K30-39	8	00:35:25.35	+00:14:42 (41.5%)	7:05	8.5 (58.6%)
52	FELSKA Katarzyna	30		K30-39	9	00:35:30.55	+00:14:48 (41.7%)	7:06	8.5 (58.6%)
53	RUTKOWSKA Anna	146	WATAHA WAŁCZ	K50-59	7	00:35:47.75	+00:15:05 (42.2%)	7:09	8.4 (57.9%)
54	BIAŁKOWSKI Jacek	13		M50-59	6	00:35:55.80	+00:15:13 (42.4%)	7:11	8.4 (57.9%)
55	PYREK Iwona	139		K40-49	6	00:35:56.55	+00:15:14 (42.4%)	7:11	8.3 (57.2%)
56	WIELGUS Jacek	181	KAMIDO ZŁOTÓW	M50-59	7	00:36:02.65	+00:15:20 (42.5%)	7:12	8.3 (57.2%)
57	CZEREŚNIAK Iwona	24		K50-59	8	00:36:24.00	+00:15:41 (43.1%)	7:16	8.2 (56.6%)
58	BANIA Ewa	4		K18-29	1	00:36:38.35	+00:15:55 (43.5%)	7:19	8.2 (56.6%)
59	BORUCH Edyta	16		M50-59	8	00:37:06.10	+00:16:23 (44.2%)	7:25	8.1 (55.9%)
60	FRAŃCZAK Tomasz	33		M50-59	9	00:37:58.40	+00:17:15 (45.5%)	7:35	7.9 (54.5%)
61	FRAŃCZAK Marzena	32		K40-49	7	00:37:58.95	+00:17:16 (45.5%)	7:35	7.9 (54.5%)
62	BĄBIŃSKI Grzegorz	9		M60+	5	00:38:32.80	+00:17:50 (46.3%)	7:42	7.8 (53.8%)
63	TOMASZEWSKA Magdalena	169		K40-49	8	00:39:01.70	+00:18:19 (46.9%)	7:48	7.7 (53.1%)
64	GĘBALA Paweł	37		M40-49	14	00:39:02.75	+00:18:20 (47.0%)	7:48	7.7 (53.1%)
65	KRASOWSKI Tomasz	83		M40-49	15	00:39:03.25	+00:18:20 (47.0%)	7:48	7.7 (53.1%)
66	OGONOWSKA Agata	116	OGON TEAM	K14-17	4	00:41:52.80	+00:21:10 (50.6%)	8:22	7.2 (49.7%)
67	FIRLEJ Agnieszka	31		K40-49	9	00:43:32.65	+00:22:50 (52.4%)	8:42	6.9 (47.6%)
68	GĘSICKA Anna	38		K40-49	10	00:43:52.75	+00:23:10 (52.8%)	8:46	6.8 (46.9%)
69	BRUS Natalia	18		K30-39	10	00:43:53.00	+00:23:10 (52.8%)	8:46	6.8 (46.9%)
70	WARZYNSKA Oliwia	176		K18-29	2	00:43:53.80	+00:23:11 (52.8%)	8:46	6.8 (46.9%)

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71	KOŁDA Jarosław	74	KOŁDZIAKI	M50-59	10	00:44:44.05	+00:24:01 (53.7%)	8:56	6.7 (46.2%)
72	KOŁDA Ania	72	KOŁDZIAKI	K40-49	11	00:44:44.35	+00:24:01 (53.7%)	8:56	6.7 (46.2%)
73	KOŁDA Klaudia	73	KOŁDZIAKI	K18-29	3	00:44:44.50	+00:24:02 (53.7%)	8:56	6.7 (46.2%)
74	KUŚMIEREK Wiktoria	88		K18-29	4	00:46:55.30	+00:26:12 (55.9%)	9:23	6.4 (44.1%)
75	KOWALCZUK Maria	75	KIJOWE SIOSTRY I BRAT	K40-49	12	00:50:08.10	+00:29:25 (58.7%)	10:01	6 (41.4%)
76	MOL Rafał	107	GRUPA BIEGOWA ENERGY KACZORY	M40-49	16				(0.0%)

Znaleziono 76 wynik(ów)