

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>KOŁDA Jarosław</b>	<b>74</b>	KOŁDZIAKI	M50-59	10	<b>00:44:44.05</b>	+00:24:01 (53.7%)	8:56	6.7 (46.2%)
72	<b>KOŁDA Ania</b>	<b>72</b>	KOŁDZIAKI	K40-49	11	<b>00:44:44.35</b>	+00:24:01 (53.7%)	8:56	6.7 (46.2%)
73	<b>KOŁDA Klaudia</b>	<b>73</b>	KOŁDZIAKI	K18-29	3	<b>00:44:44.50</b>	+00:24:02 (53.7%)	8:56	6.7 (46.2%)
74	<b>KUŚMIEREK Wiktoria</b>	<b>88</b>		K18-29	4	<b>00:46:55.30</b>	+00:26:12 (55.9%)	9:23	6.4 (44.1%)
75	<b>KOWALCZUK Maria</b>	<b>75</b>	KIJOWE SIOSTRY I BRAT	K40-49	12	<b>00:50:08.10</b>	+00:29:25 (58.7%)	10:01	6 (41.4%)
76	<b>MOL Rafał</b>	<b>107</b>	GRUPA BIEGOWA ENERGY KACZORY	M40-49	16				(0.0%)

Znaleziono 76 wynik(ów)