

VIII CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KACZOR Agnieszka	59	KUJAWSCY RUNNERS	K30-39	1	00:21:20.00		4:16	14.1 (100%)
2	KŁUNDUKOWSKA Paulina	68		K30-39	2	00:23:41.65	+00:02:21 (10.0%)	4:44	12.7 (90.1%)
3	LEONIAK Łucja	15		K40-49	1	00:26:27.10	+00:05:07 (19.3%)	5:17	11.3 (80.1%)
4	DŁUGA Magdalena		BIEGAM	K30-39	3	00:26:28.45	+00:05:08 (19.4%)	5:17	11.3 (80.1%)
5	NOSAL Martyna	113	KS PENTATHLON SZCZECINEK	K14-17	1	00:26:59.15	+00:05:39 (20.9%)	5:23	11.1 (78.7%)
6	GAWRON Urszula	35		K30-39	4	00:27:30.70	+00:06:10 (22.5%)	5:30	10.9 (77.3%)
7	STOCKA-PODŁYSKA Żaneta	164	ZASAPANI	K40-49	2	00:28:27.40	+00:07:07 (25.0%)	5:41	10.5 (74.5%)
8	WICHER Jolanta	178	NORDIC WALKING LUBASZ	K50-59	1	00:29:15.95	+00:07:55 (27.1%)	5:51	10.3 (73.0%)
9	ROKITA Emilia	143	CZARNE BIEGA	K30-39	5	00:30:06.40	+00:08:46 (29.1%)	6:01	10 (70.9%)
10	HRYNCEWICZ Anna	47	SAILLING TEAM FERAJNA	K50-59	2	00:30:32.60	+00:09:12 (30.2%)	6:06	9.8 (69.5%)
11	BANACZYK Wioleta	77	LILLSPORT	K50-59	3	00:30:37.75	+00:09:17 (30.3%)	6:07	9.8 (69.5%)
12	OGONOWSKA Anna	117	OGON TEAM	K14-17	2	00:31:04.10	+00:09:44 (31.3%)	6:12	9.7 (68.8%)
13	ORLIKOWSKA Dorota	120		K30-39	6	00:31:57.30	+00:10:37 (33.2%)	6:23	9.4 (66.7%)
14	ROLNICZAK Joanna	144	TRZCIANKA	K40-49	3	00:32:30.00	+00:11:10 (34.4%)	6:30	9.2 (65.2%)
15	RADDATZ Alicja	141		K50-59	4	00:32:32.40	+00:11:12 (34.4%)	6:30	9.2 (65.2%)
16	DĄBROWSKA Katarzyna	26		K40-49	4	00:32:38.00	+00:11:18 (34.6%)	6:31	9.2 (65.2%)
17	METKOWSKA Beata	10		K50-59	5	00:32:44.70	+00:11:24 (34.9%)	6:32	9.2 (65.2%)
18	MELON Jacek		BIEGAM	K40-49	5	00:33:01.55	+00:11:41 (35.4%)	6:36	9.1 (64.5%)
19	OGONOWSKA Renata	118	OGON TEAM	K14-17	3	00:33:28.95	+00:12:08 (36.3%)	6:41	9 (63.8%)
20	SUCHANOWSKA Anna	165	RESPECT LOTYŃ	K50-59	6	00:34:13.20	+00:12:53 (37.7%)	6:50	8.8 (62.4%)
21	KASZUBA Agmieszka	62		K30-39	7	00:35:02.15	+00:13:42 (39.1%)	7:00	8.6 (61.0%)
22	NOSAL Anna	114		K30-39	8	00:35:25.35	+00:14:05 (39.8%)	7:05	8.5 (60.3%)
23	FELSKA Katarzyna	30		K30-39	9	00:35:30.55	+00:14:10 (39.9%)	7:06	8.5 (60.3%)
24	RUTKOWSKA Anna	146	WATAHA WAŁCZ	K50-59	7	00:35:47.75	+00:14:27 (40.4%)	7:09	8.4 (59.6%)
25	PYREK Iwona	139		K40-49	6	00:35:56.55	+00:14:36 (40.6%)	7:11	8.3 (58.9%)
26	CZEREŚNIAK Iwona	24		K50-59	8	00:36:24.00	+00:15:04 (41.4%)	7:16	8.2 (58.2%)

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27	BANIA Ewa	4		K18-29	1	00:36:38.35	+00:15:18 (41.8%)	7:19	8.2 (58.2%)
28	FRĄTCZAK Marzena	32		K40-49	7	00:37:58.95	+00:16:38 (43.8%)	7:35	7.9 (56.0%)
29	TOMASZEWSKA Magdalena	169		K40-49	8	00:39:01.70	+00:17:41 (45.3%)	7:48	7.7 (54.6%)
30	OGONOWSKA Agata	116	OGON TEAM	K14-17	4	00:41:52.80	+00:20:32 (49.1%)	8:22	7.2 (51.1%)
31	FIRLEJ Agnieszka	31		K40-49	9	00:43:32.65	+00:22:12 (51.0%)	8:42	6.9 (48.9%)
32	GĘSICKA Anna	38		K40-49	10	00:43:52.75	+00:22:32 (51.4%)	8:46	6.8 (48.2%)
33	BRUS Natalia	18		K30-39	10	00:43:53.00	+00:22:33 (51.4%)	8:46	6.8 (48.2%)
34	WARZYNSKA Oliwia	176		K18-29	2	00:43:53.80	+00:22:33 (51.4%)	8:46	6.8 (48.2%)
35	KOŁDA Ania	72	KOŁDZIAKI	K40-49	11	00:44:44.35	+00:23:24 (52.3%)	8:56	6.7 (47.5%)
36	KOŁDA Klaudia	73	KOŁDZIAKI	K18-29	3	00:44:44.50	+00:23:24 (52.3%)	8:56	6.7 (47.5%)
37	KUŚMIEREK Wiktoria	88		K18-29	4	00:46:55.30	+00:25:35 (54.5%)	9:23	6.4 (45.4%)
38	KOWALCZUK Maria	75	KIJOWE SIOSTRY I BRAT	K40-49	12	00:50:08.10	+00:28:48 (57.4%)	10:01	6 (42.6%)

Znaleziono 38 wynik(ów)