

Event: X CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek, Fundacja Herkules All Sports
Date: 2024-08-31
Place: Okonek
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	LESYK Rafał	93	KOCURY	M-30	1	00:19:19	00:38:39.95		3:51	15.5 (100%)
2	HUBERT Łukasz	48	7 PRO SIÓDMIĄK TEAM	M-40	1	00:19:48	00:40:26.35	+00:01:46 (4.4%)	4:02	14.8 (95.5%)
3	LASAK Konrad	91	KOCURY	M-18	1	00:20:36	00:41:22.05	+00:02:42 (6.5%)	4:08	14.5 (93.5%)
4	JAWORUCKI Krystian	57		M-40	2	00:21:53	00:44:36.15	+00:05:56 (13.3%)	4:27	13.5 (87.1%)
5	CHOJECKI Grzegorz	25		M-40	3	00:21:58	00:44:49.40	+00:06:09 (13.7%)	4:28	13.4 (86.5%)
6	BARTHA Adrian	7		M-30	2	00:21:59	00:44:51.70	+00:06:11 (13.8%)	4:29	13.4 (86.5%)
7	WALEŃSKI Michał	225	KOCURY	M-50	1	00:22:24	00:45:01.65	+00:06:21 (14.1%)	4:30	13.3 (85.8%)
8	MOSZKOWICZ Grzegorz	112	POZYTYWNI Z PASJĄ	M-30	3	00:21:53	00:45:03.65	+00:06:23 (14.2%)	4:30	13.3 (85.8%)
9	ZIELIŃSKA Anna	219	TRUCHT ŁOBEZ	K-50	1	00:22:24	00:45:39.55	+00:06:59 (15.3%)	4:33	13.1 (84.5%)
10	WIELGUS Grzegorz	207	CHUDE BYKI	M-40	4	00:23:15	00:46:41.40	+00:08:01 (17.2%)	4:40	12.9 (83.2%)
11	MAZUR Tomasz	107	I LO SZCZECINEK	M-40	5	00:23:24	00:46:52.55	+00:08:12 (17.5%)	4:41	12.8 (82.6%)
12	CHUPTYŚ Adrian	26	RUNDORFINA	M-40	6	00:22:56	00:47:11.15	+00:08:31 (18.1%)	4:43	12.7 (81.9%)
13	MYSZKOWSKI Jan	113	1958	M-60	1	00:23:52	00:48:05.25	+00:09:25 (19.6%)	4:48	12.5 (80.6%)
14	GAŁAN Leszek	224		M-60	2	00:24:31	00:49:04.95	+00:10:25 (21.2%)	4:54	12.2 (78.7%)
15	CYGAN Małgorzata	27	KOCURY	K-30	1	00:24:13	00:49:17.70	+00:10:37 (21.6%)	4:55	12.2 (78.7%)
16	JANKOWSKI Mariusz	52	OSP LOTYŃ	M-40	7	00:23:42	00:49:18.35	+00:10:38 (21.6%)	4:55	12.2 (78.7%)
17	SKRENTNY Franciszek	170		M-50	2	00:23:50	00:49:33.95	+00:10:54 (22.0%)	4:57	12.1 (78.1%)
18	BOLCZYK Mikołaj	15	SZLACHTA ZNAD GWDY	M-40	8	00:24:43	00:49:40.80	+00:11:00 (22.2%)	4:58	12.1 (78.1%)
19	KNAPSKI Radomir	65	NADLEŚNICTWO POTRZEBOWICE	M-30	4	00:24:02	00:50:05.90	+00:11:25 (22.8%)	5:00	12 (77.4%)
20	SUCHANOWSKI Zygmunt	179	RESPECT LOTYŃ	M-50	3	00:24:24	00:50:28.10	+00:11:48 (23.4%)	5:02	11.9 (76.8%)
21	SZKOPEK Krzysztof	186		M-60	3	00:25:09	00:51:30.45	+00:12:50 (24.9%)	5:09	11.7 (75.5%)
22	NIEMIRO Szymon	119	WEGA TEAM	M-40	9	00:25:39	00:52:35.20	+00:13:55 (26.5%)	5:15	11.4 (73.5%)
23	GRONDYS Rafał	45		M-30	5	00:26:01	00:52:35.75	+00:13:55 (26.5%)	5:15	11.4 (73.5%)
24	KOŁODZIEJCZAK Grzegorz	71		M-50	4	00:26:15	00:52:43.75	+00:14:03 (26.7%)	5:16	11.4 (73.5%)
25	UEBERFLUSS Rajmund	199		M-60	4	00:26:46	00:52:57.95	+00:14:18 (27.0%)	5:17	11.3 (72.9%)
26	PŁUDOWSKI Bartosz	145	PCH_RUN	M-40	10	00:25:59	00:54:38.10	+00:15:58 (29.2%)	5:27	11 (71.0%)
27	KOPKIEWICZ Konrad	74	OSP LOTYŃ	M-40	11	00:26:46	00:54:49.25	+00:16:09 (29.5%)	5:28	10.9 (70.3%)

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28	STAWICKI Marek	175	OSP SMOŁDZINO	M-50	5	00:25:24	00:54:50.05	+00:16:10 (29.5%)	5:29	10.9 (70.3%)
29	KUCZYŃSKI Maciej	84		M-30	6	00:27:38	00:55:00.55	+00:16:20 (29.7%)	5:30	10.9 (70.3%)
30	KOKOWSKA Anna	68	BBL ZŁOTÓW	K-40	1	00:27:13	00:55:11.95	+00:16:32 (30.0%)	5:31	10.9 (70.3%)
31	PADŁO Patrycja	133	OSP LOTYŃ	K-18	1	00:27:01	00:55:24.15	+00:16:44 (30.2%)	5:32	10.8 (69.7%)
32	WIŁOWSKI Paweł	210		M-18	2	00:28:33	00:56:25.40	+00:17:45 (31.5%)	5:38	10.6 (68.4%)
33	SKIERA Kazimierz	167	LZS JEDNOŚĆ ŁOBŻENICA	M-60	5	00:27:45	00:56:42.65	+00:18:02 (31.8%)	5:40	10.6 (68.4%)
34	TYLMAN Piotr	198	RUNDORFINA	M-40	12	00:26:45	00:57:15.05	+00:18:35 (32.5%)	5:43	10.5 (67.7%)
35	KOBIĄŁKA Michał	66	OSP LOTYŃ	M-30	7	00:27:24	00:57:39.85	+00:18:59 (32.9%)	5:45	10.4 (67.1%)
36	PODBOROZNY Karol	147		M-30	8	00:27:44	00:58:05.50	+00:19:25 (33.4%)	5:48	10.3 (66.5%)
37	ROSADA Ewelina	157		K-40	2	00:29:27	00:59:19.30	+00:20:39 (34.8%)	5:55	10.1 (65.2%)
38	SAKOWICZ Anna	161		K-30	2	00:29:20	01:00:25.15	+00:21:45 (36.0%)	6:02	9.9 (63.9%)
39	ORYWOLL Aurelia	131		K-30	3	00:29:47	01:01:14.70	+00:22:34 (36.9%)	6:07	9.8 (63.2%)
40	PŁUDOWSKA Dominika	144	PCH_RUN	K-30	4	00:29:49	01:01:33.80	+00:22:53 (37.2%)	6:09	9.7 (62.6%)
41	DRACZYŃSKI Zygmunt	32	TRUCHT ŁOBEZ	M-60	6	00:31:21	01:07:07.75	+00:28:27 (42.4%)	6:42	8.9 (57.4%)
42	BUJNOWSKA Karolina	21		K-40	3	00:31:38	01:08:08.15	+00:29:28 (43.3%)	6:48	8.8 (56.8%)
43	NITA Małgorzata	122		K-50	2	00:31:41	01:08:09.95	+00:29:30 (43.3%)	6:48	8.8 (56.8%)
44	NATKANIEC Wiesława	114		K-50	3	00:37:39	01:19:43.40	+00:41:03 (51.5%)	7:58	7.5 (48.4%)
45	ŁOPIŃSKI Aleksy	101	KS NORDIC WALKING PIŁA	M-60	7	00:38:57	01:20:00.10	+00:41:20 (51.7%)	8:00	7.5 (48.4%)
DNC	MIECZKOWSKI Marcin	109		M-50		00:24:39				(0.0%)

Total 46 results.