

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

X CROSS NA WRZOSACH  
Nadleśnictwo Okonek, Fundacja Herkules All Sports  
2024-08-31  
Okonek  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>220</b>	7 PRO SIÓDMIAK TEAM	M-18	1	<b>00:18:58.20</b>		1:53	31.6 (100%)
2	<b>CUBER Wojciech</b>	<b>226</b>	LILL SPORT	M-40	1	<b>00:19:15.60</b>	+00:00:17 (1.5%)	3:51	15.6 (49.4%)
3	<b>SZYŁO Michał</b>	<b>192</b>		M-40	2	<b>00:19:39.90</b>	+00:00:41 (3.5%)	1:57	30.5 (96.5%)
4	<b>CHMIELEWSKI Tomasz</b>	<b>24</b>		M-40	3	<b>00:19:52.60</b>	+00:00:54 (4.6%)	1:59	30.2 (95.6%)
5	<b>MAKUCH Krzysztof</b>	<b>103</b>	EL TORO DE ORO	M-40	4	<b>00:20:17.35</b>	+00:01:19 (6.5%)	2:01	29.6 (93.7%)
6	<b>BAZIMIEROWSKI Sylwester</b>	<b>8</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	1	<b>00:20:25.20</b>	+00:01:27 (7.1%)	2:02	29.4 (93.0%)
7	<b>KACZOR Agnieszka</b>	<b>59</b>	LILL SPORT	K-30	1	<b>00:20:53.15</b>	+00:01:54 (9.2%)	4:10	14.4 (45.6%)
8	<b>KOZŁOWSKI Sebastian</b>	<b>79</b>	MTB JASTROWIE	M-18	2	<b>00:22:48.70</b>	+00:03:50 (16.8%)	2:16	26.3 (83.2%)
9	<b>BARTHA Tomasz</b>	<b>6</b>	KMKL SZTORM	M14	1	<b>00:22:54.80</b>	+00:03:56 (17.2%)	2:17	26.2 (82.9%)
10	<b>OGONOWSKI Marek</b>	<b>127</b>	BOJOWI AMATORZY	M-50	2	<b>00:22:58.55</b>	+00:04:00 (17.4%)	2:17	26.1 (82.6%)
11	<b>BARANOWSKI Łukasz</b>	<b>5</b>	EL TORO DE ORO	M-30	1	<b>00:23:09.25</b>	+00:04:11 (18.1%)	2:18	25.9 (82.0%)
12	<b>LEŚNIEWSKI Tomasz</b>	<b>94</b>		M-60	1	<b>00:23:34.35</b>	+00:04:36 (19.5%)	2:21	25.5 (80.7%)
13	<b>SIELATYCKA Olga</b>	<b>166</b>	EL TORO DE ORO	K-40	1	<b>00:23:48.95</b>	+00:04:50 (20.3%)	2:22	25.2 (79.7%)
14	<b>KULBAKA Joanna</b>	<b>87</b>		K14	1	<b>00:23:49.35</b>	+00:04:51 (20.4%)	2:22	25.2 (79.7%)
15	<b>KONECKO Izabela</b>	<b>72</b>		K-50	1	<b>00:24:04.65</b>	+00:05:06 (21.2%)	2:24	24.9 (78.8%)
16	<b>KUICH Piotr</b>	<b>86</b>	LILL SPORT	M-50	3	<b>00:24:27.20</b>	+00:05:29 (22.4%)	4:53	12.3 (38.9%)
17	<b>REDLICKI Piotr</b>	<b>151</b>		M-40	5	<b>00:25:14.25</b>	+00:06:16 (24.8%)	2:31	23.8 (75.3%)
18	<b>GAWRON Urszula</b>	<b>36</b>		K-40	2	<b>00:26:38.25</b>	+00:07:40 (28.8%)	2:39	22.5 (71.2%)
19	<b>SZAŁEK Michał</b>	<b>182</b>		M-30	2	<b>00:26:40.45</b>	+00:07:42 (28.9%)	2:40	22.5 (71.2%)
20	<b>MAKUCH Katarzyna</b>	<b>104</b>	EL TORO DE ORO	M-40	6	<b>00:26:45.05</b>	+00:07:46 (29.1%)	2:40	22.4 (70.9%)
21	<b>PARAPURA Elżbieta</b>	<b>137</b>	TSUNAMI SZCZECINEK	K-40	3	<b>00:26:46.20</b>	+00:07:48 (29.1%)	2:40	22.4 (70.9%)
22	<b>NOSAL Mariusz</b>	<b>124</b>		M-40	7	<b>00:26:50.00</b>	+00:07:51 (29.3%)	2:41	22.4 (70.9%)
23	<b>HYBNER Marcin</b>	<b>49</b>		M-30	3	<b>00:26:50.20</b>	+00:07:52 (29.3%)	2:41	22.4 (70.9%)
24	<b>JARCZYŃSKI Roman</b>	<b>54</b>	ZDROWY TRYB ŻYCIA	M-50	4	<b>00:26:52.00</b>	+00:07:53 (29.4%)	2:41	22.3 (70.6%)
25	<b>GRABCZEWSKA Ewa</b>	<b>42</b>	BOJOWI AMATORZY	K-30	2	<b>00:27:05.85</b>	+00:08:07 (30.0%)	2:42	22.2 (70.3%)
26	<b>WRUK Patryk</b>	<b>211</b>		M-30	4	<b>00:27:20.50</b>	+00:08:22 (30.6%)	2:44	22 (69.6%)
27	<b>BORUCH Edward</b>	<b>17</b>	BOJOWI AMATORZY	M-50	5	<b>00:27:31.95</b>	+00:08:33 (31.1%)	2:45	21.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
28	<b>LESYK Mariola</b>	<b>100</b>		K-30	3	<b>00:27:54.15</b>	+00:08:55 (32.0%)	2:47	21.5 (68.0%)	
29	<b>PAJĄCZEK Kuba</b>	<b>135</b>	PATYCZAKI CHODZIEŻ	M-18	3	<b>00:27:55.90</b>	+00:08:57 (32.1%)	2:47	21.5 (68.0%)	
30	<b>REDLIĆKA Kinga</b>	<b>150</b>		K-30	4	<b>00:27:57.70</b>	+00:08:59 (32.2%)	2:47	21.5 (68.0%)	
31	<b>DACIO Monika</b>	<b>30</b>		K-40	4	<b>00:28:07.70</b>	+00:09:09 (32.6%)	2:48	21.3 (67.4%)	
32	<b>BOGACKA Lucyna</b>	<b>14</b>	TKKF KOSZALIN	K-60	1	<b>00:28:16.75</b>	+00:09:18 (32.9%)	2:49	21.2 (67.1%)	
33	<b>SZPURA Patryk</b>	<b>187</b>		M-30	5	<b>00:28:22.15</b>	+00:09:23 (33.1%)	2:50	21.2 (67.1%)	
34	<b>NITA Kasia</b>	<b>121</b>		K-50	2	<b>00:28:39.05</b>	+00:09:40 (33.8%)	2:51	20.9 (66.1%)	
35	<b>OSIŃSKI Janusz</b>	<b>132</b>		M-30	6	<b>00:28:51.75</b>	+00:09:53 (34.3%)	2:53	20.8 (65.8%)	
36	<b>ŁUCZAK Andrzej</b>	<b>222</b>		M-50	6	<b>00:28:54.40</b>	+00:09:56 (34.4%)	2:53	20.8 (65.8%)	
37	<b>BANACZYK Wioletta</b>	<b>4</b>	LILL SPORT	K-50	3	<b>00:28:57.00</b>	+00:09:58 (34.5%)	2:53	20.7 (65.5%)	
38	<b>STĘPIEŃ Monika</b>	<b>177</b>		K-40	5	<b>00:29:00.55</b>	+00:10:02 (34.6%)	2:54	20.7 (65.5%)	
39	<b>STĘPIEŃ Tomasz</b>	<b>176</b>		M-40	8	<b>00:29:00.85</b>	+00:10:02 (34.6%)	2:54	20.7 (65.5%)	
40	<b>RYNKIEWICZ Piotr</b>	<b>158</b>	TB WALDEK	M-40	9	<b>00:29:10.90</b>	+00:10:12 (35.0%)	2:55	20.6 (65.2%)	
41	<b>SOBKOWIAK Stanisław</b>	<b>173</b>		M-18	4	<b>00:29:15.70</b>	+00:10:17 (35.2%)	2:55	20.5 (64.9%)	
42	<b>KRASOWSKA Ida</b>	<b>81</b>		K14	2	<b>00:29:26.15</b>	+00:10:27 (35.6%)	2:56	20.4 (64.6%)	
43	<b>SZEWCZYK Paweł</b>	<b>185</b>		M-18	5	<b>00:29:39.65</b>	+00:10:41 (36.0%)	2:57	20.2 (63.9%)	
44	<b>LEWAŃCZYK Marcin</b>	<b>95</b>	METROŻERCY	M-40	10	<b>00:29:43.65</b>	+00:10:45 (36.2%)	2:58	20.2 (63.9%)	
45	<b>LEWAŃCZYK Sylwia</b>	<b>96</b>	METROŻERCY	K-30	5	<b>00:29:44.15</b>	+00:10:45 (36.2%)	2:58	20.2 (63.9%)	
46	<b>ORLIKOWSKA Dorota</b>	<b>130</b>	SPORTOWY CZŁUCHÓW	K-40	6	<b>00:29:57.25</b>	+00:10:59 (36.7%)	2:59	20 (63.3%)	
47	<b>GÓRSKA Joanna</b>	<b>41</b>		K-40	7	<b>00:30:05.90</b>	+00:11:07 (37.0%)	3:00	19.9 (63.0%)	
48	<b>SCHULZ Marcin</b>	<b>163</b>		M-40	11	<b>00:30:18.00</b>	+00:11:19 (37.4%)	3:01	19.8 (62.7%)	
49	<b>BURY Dariusz</b>	<b>22</b>	GARAŻOWCY	M-40	12	<b>00:30:26.10</b>	+00:11:27 (37.7%)	3:02	19.7 (62.3%)	
50	<b>ROLNICZAK Joanna</b>	<b>154</b>		K-40	8	<b>00:30:36.75</b>	+00:11:38 (38.0%)	3:03	19.6 (62.0%)	
51	<b>SKOCZYŁAS Bożena</b>	<b>168</b>	BIEGAM BO LUBIĘ. CZARNE BIEGA	K-50	4	<b>00:30:48.90</b>	+00:11:50 (38.4%)	3:04	19.5 (61.7%)	
52	<b>KAROLCZAK Katarzyna</b>	<b>60</b>		K-30	6	<b>00:30:56.45</b>	+00:11:58 (38.7%)	3:05	19.4 (61.4%)	
53	<b>GNYBA Mariusz</b>	<b>39</b>	METROŻERCY	M-40	13	<b>00:30:59.45</b>	+00:12:01 (38.8%)	3:05	19.4 (61.4%)	
54	<b>SŁUPECKA Aneta</b>	<b>171</b>		K-30	7	<b>00:31:14.55</b>	+00:12:16 (39.3%)	3:07	19.2 (60.8%)	
55	<b>KOTOWSKA Andżelika</b>	<b>75</b>		K-18	1	<b>00:31:14.60</b>	+00:12:16 (39.3%)	3:07	19.2 (60.8%)	
56	<b>RYNKIEWICZ Sylwia</b>	<b>159</b>	TB WALDEK	K-30	8	<b>00:31:18.15</b>	+00:12:19 (39.4%)	3:07	19.2 (60.8%)	
57	<b>GRZYSTEK Kasia</b>	<b>46</b>		K-40	9	<b>00:31:24.15</b>	+00:12:25 (39.6%)	3:08	19.1 (60.4%)	
58	<b>METKOWSKA Beata</b>	<b>108</b>		K-50	5	<b>00:31:50.25</b>	+00:12:52 (40.4%)	3:11	18.8 (59.5%)	
59	<b>NITA Wiesław</b>	<b>120</b>		M-50	7	<b>00:31:50.75</b>	+00:12:52 (40.4%)	3:11	18.8 (59.5%)	
60	<b>SZTECHMILER Krzysztof</b>	<b>189</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	M-30	7	<b>00:31:58.40</b>	+00:13:00 (40.7%)	3:11	18.8 (59.5%)	
61	<b>BUTOWICZ Adam</b>	<b>23</b>		M-60	2	<b>00:31:59.85</b>	+00:13:01 (40.7%)	3:11	18.8 (59.5%)	
62	<b>WEDEL Krystian</b>	<b>204</b>	GARAŻOWCY	M-40	14	<b>00:32:01.30</b>	+00:13:03 (40.8%)	3:12	18.7 (59.2%)	
63	<b>TOŚKO Tadeusz</b>	<b>197</b>	TADZIKAONY DUOLIFE	M-40	15	<b>00:32:08.45</b>	+00:13:10 (41.0%)	3:12	18.7 (59.2%)	
64	<b>NIEDZIELA Dorota</b>	<b>117</b>	LILL SPORT	K-60	2	<b>00:32:10.25</b>	+00:13:12 (41.0%)	6:26	9.3 (29.4%)	
65	<b>SULEJA Joanna</b>	<b>180</b>	SKL	K-60	3	<b>00:32:27.90</b>	+00:13:29 (41.6%)	3:14	18.5 (58.5%)	
66	<b>LACHOWICZ Agnieszka</b>	<b>89</b>		K-40	10	<b>00:32:33.75</b>	+00:13:35 (41.7%)	3:15	18.4 (58.2%)	
67	<b>JASNOWSKI Andrzej</b>	<b>55</b>		M-30	8	<b>00:32:34.40</b>	+00:13:36 (41.8%)	3:15	18.4 (58.2%)	
68	<b>BORUCH Edyta</b>	<b>18</b>	BOJOWI AMATORZY	K-50	6	<b>00:32:48.50</b>	+00:13:50 (42.2%)	3:16	18.3 (57.9%)	
69	<b>SUPROŃ Izabela</b>	<b>181</b>		K-40	11	<b>00:32:50.85</b>	+00:13:52 (42.2%)	3:17	18.3 (57.9%)	
70	<b>SUCHANOWSKA Anna</b>	<b>178</b>	RESPECT LOTYŃ	K-50	7	<b>00:32:55.45</b>	+00:13:57 (42.4%)	3:17	18.2 (57.6%)	
71	<b>POSPIESZNA Sandra</b>	<b>149</b>		K-30	9	<b>00:33:01.35</b>	+00:14:03 (42.6%)	3:18	18.2 (57.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>BRUSKI Beniamin</b>	<b>20</b>		M-40	16	<b>00:33:01.60</b>	+00:14:03 (42.6%)	3:18	18.2 (57.6%)
73	<b>POCZĄTEK Michał</b>	<b>146</b>		M-60	3	<b>00:33:03.20</b>	+00:14:05 (42.6%)	3:18	18.2 (57.6%)
74	<b>WÓJTOWICZ Agnieszka</b>	<b>212</b>	TSUNAMI SZCZECINEK	K-50	8	<b>00:33:23.90</b>	+00:14:25 (43.2%)	3:20	18 (57.0%)
75	<b>SZYMAŃSKI Jacek</b>	<b>194</b>	SKÓRKA	M-50	8	<b>00:33:48.60</b>	+00:14:50 (43.9%)	3:22	17.8 (56.3%)
76	<b>SZYMAŃSKA Hanna</b>	<b>193</b>		K-50	9	<b>00:33:49.15</b>	+00:14:50 (43.9%)	3:22	17.7 (56.0%)
77	<b>NIEDZIELIN Magdalena</b>	<b>118</b>	KETTLEBELL SPORT SZCZECINEK	K-40	12	<b>00:34:17.45</b>	+00:15:19 (44.7%)	3:25	17.5 (55.4%)
78	<b>PAWLUŚ Kamilla</b>	<b>138</b>		K-40	13	<b>00:34:43.00</b>	+00:15:44 (45.4%)	3:28	17.3 (54.7%)
79	<b>KOZŁOWSKI Piotr</b>	<b>78</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	M-40	17	<b>00:35:06.95</b>	+00:16:08 (46.0%)	3:30	17.1 (54.1%)
80	<b>CZEREŚNIAK Iwona</b>	<b>29</b>	RUNDORFINA	K-50	10	<b>00:35:49.80</b>	+00:16:51 (47.1%)	3:34	16.8 (53.2%)
81	<b>KWAŚNY Marta</b>	<b>88</b>	GARAŻOWCY	K-30	10	<b>00:36:03.60</b>	+00:17:05 (47.4%)	3:36	16.6 (52.5%)
82	<b>GĘBALA Paweł</b>	<b>37</b>	GARAŻOWCY	M-40	18	<b>00:36:05.25</b>	+00:17:07 (47.4%)	3:36	16.6 (52.5%)
83	<b>BĄBIŃSKI Grzegorz</b>	<b>9</b>		M-60	4	<b>00:36:14.55</b>	+00:17:16 (47.7%)	3:37	16.6 (52.5%)
84	<b>JANAS Karolina</b>	<b>51</b>	TKKF KOSZALIN	K-30	11	<b>00:36:41.10</b>	+00:17:42 (48.3%)	3:40	16.4 (51.9%)
85	<b>CIŻMOWSKA Barbara</b>	<b>223</b>	MTS HAMER MIASTKO	K-60	4	<b>00:36:54.95</b>	+00:17:56 (48.6%)	3:41	16.3 (51.6%)
86	<b>HAWETO Janina</b>	<b>47</b>		K-60	5	<b>00:37:22.80</b>	+00:18:24 (49.3%)	3:44	16.1 (50.9%)
87	<b>WIELGUS Jacek</b>	<b>209</b>	CHUDE BYKI	M-50	9	<b>00:37:48.25</b>	+00:18:50 (49.8%)	3:46	15.9 (50.3%)
88	<b>FELSKA Katarzyna</b>	<b>34</b>		K-30	12	<b>00:38:21.95</b>	+00:19:23 (50.6%)	3:50	15.6 (49.4%)
89	<b>KOZIOŁ Magdalena</b>	<b>76</b>		K-30	13	<b>00:38:25.85</b>	+00:19:27 (50.6%)	3:50	15.6 (49.4%)
90	<b>KOŁDA Anna</b>	<b>69</b>	KOŁDZIAKI	K-50	11	<b>00:38:31.00</b>	+00:19:32 (50.7%)	3:51	15.6 (49.4%)
91	<b>KISIEL Olga</b>	<b>62</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-30	14	<b>00:39:08.45</b>	+00:20:10 (51.5%)	3:54	15.3 (48.4%)
92	<b>SZTECHMILER Katarzyna</b>	<b>188</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-30	15	<b>00:39:09.10</b>	+00:20:10 (51.5%)	3:54	15.3 (48.4%)
93	<b>SZEWCZYK Paulina</b>	<b>184</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-18	2	<b>00:39:09.30</b>	+00:20:11 (51.6%)	3:54	15.3 (48.4%)

Znaleziono 93 wynik(ów)