

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	SIÓDMIAK Igor	220	7 PRO SIÓDMIAK TEAM	M-18	1	00:18:58.20		1:53	31.6 (100%)
2	CUBER Wojciech	226	LILL SPORT	M-40	1	00:19:15.60	+00:00:17 (1.5%)	3:51	15.6 (49.4%)
3	SZYŁO Michał	192		M-40	2	00:19:39.90	+00:00:41 (3.5%)	1:57	30.5 (96.5%)
4	CHMIELEWSKI Tomasz	24		M-40	3	00:19:52.60	+00:00:54 (4.6%)	1:59	30.2 (95.6%)
5	MAKUCH Krzysztof	103	EL TORO DE ORO	M-40	4	00:20:17.35	+00:01:19 (6.5%)	2:01	29.6 (93.7%)
6	BAZIMIEROWSKI Sylwester	8	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	1	00:20:25.20	+00:01:27 (7.1%)	2:02	29.4 (93.0%)
7	KACZOR Agnieszka	59	LILL SPORT	K-30	1	00:20:53.15	+00:01:54 (9.2%)	4:10	14.4 (45.6%)
8	KOZŁOWSKI Sebastian	79	MTB JASTROWIE	M-18	2	00:22:48.70	+00:03:50 (16.8%)	2:16	26.3 (83.2%)
9	BARTHA Tomasz	6	KMKL SZTORM	M14	1	00:22:54.80	+00:03:56 (17.2%)	2:17	26.2 (82.9%)
10	OGONOWSKI Marek	127	BOJOWI AMATORZY	M-50	2	00:22:58.55	+00:04:00 (17.4%)	2:17	26.1 (82.6%)
11	BARANOWSKI Łukasz	5	EL TORO DE ORO	M-30	1	00:23:09.25	+00:04:11 (18.1%)	2:18	25.9 (82.0%)
12	LEŚNIEWSKI Tomasz	94		M-60	1	00:23:34.35	+00:04:36 (19.5%)	2:21	25.5 (80.7%)
13	SIELATYCKA Olga	166	EL TORO DE ORO	K-40	1	00:23:48.95	+00:04:50 (20.3%)	2:22	25.2 (79.7%)
14	KULBAKA Joanna	87		K14	1	00:23:49.35	+00:04:51 (20.4%)	2:22	25.2 (79.7%)
15	KONECKO Izabela	72		K-50	1	00:24:04.65	+00:05:06 (21.2%)	2:24	24.9 (78.8%)
16	KUICH Piotr	86	LILL SPORT	M-50	3	00:24:27.20	+00:05:29 (22.4%)	4:53	12.3 (38.9%)
17	REDLICKI Piotr	151		M-40	5	00:25:14.25	+00:06:16 (24.8%)	2:31	23.8 (75.3%)
18	GAWRON Urszula	36		K-40	2	00:26:38.25	+00:07:40 (28.8%)	2:39	22.5 (71.2%)
19	SZAŁEK Michał	182		M-30	2	00:26:40.45	+00:07:42 (28.9%)	2:40	22.5 (71.2%)
20	MAKUCH Katarzyna	104	EL TORO DE ORO	M-40	6	00:26:45.05	+00:07:46 (29.1%)	2:40	22.4 (70.9%)
21	PARAPURA Elżbieta	137	TSUNAMI SZCZECINEK	K-40	3	00:26:46.20	+00:07:48 (29.1%)	2:40	22.4 (70.9%)
22	NOSAL Mariusz	124		M-40	7	00:26:50.00	+00:07:51 (29.3%)	2:41	22.4 (70.9%)
23	HYBNER Marcin	49		M-30	3	00:26:50.20	+00:07:52 (29.3%)	2:41	22.4 (70.9%)
24	JARCZYŃSKI Roman	54	ZDROWY TRYB ŻYCIA	M-50	4	00:26:52.00	+00:07:53 (29.4%)	2:41	22.3 (70.6%)
25	GRABCZEWSKA Ewa	42	BOJOWI AMATORZY	K-30	2	00:27:05.85	+00:08:07 (30.0%)	2:42	22.2 (70.3%)
26	WRUK Patryk	211		M-30	4	00:27:20.50	+00:08:22 (30.6%)	2:44	22 (69.6%)
27	BORUCH Edward	17	BOJOWI AMATORZY	M-50	5	00:27:31.95	+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	LESYK Mariola	100		K-30	3	00:27:54.15	+00:08:55 (32.0%)	2:47	21.5 (68.0%)	
29	PAJĄCZEK Kuba	135	PATYCZAKI CHODZIEŻ	M-18	3	00:27:55.90	+00:08:57 (32.1%)	2:47	21.5 (68.0%)	
30	REDLIKA Kinga	150		K-30	4	00:27:57.70	+00:08:59 (32.2%)	2:47	21.5 (68.0%)	
31	DACIO Monika	30		K-40	4	00:28:07.70	+00:09:09 (32.6%)	2:48	21.3 (67.4%)	
32	BOGACKA Lucyna	14	TKKF KOSZALIN	K-60	1	00:28:16.75	+00:09:18 (32.9%)	2:49	21.2 (67.1%)	
33	SZPURA Patryk	187		M-30	5	00:28:22.15	+00:09:23 (33.1%)	2:50	21.2 (67.1%)	
34	NITA Kasia	121		K-50	2	00:28:39.05	+00:09:40 (33.8%)	2:51	20.9 (66.1%)	
35	OSIŃSKI Janusz	132		M-30	6	00:28:51.75	+00:09:53 (34.3%)	2:53	20.8 (65.8%)	
36	ŁUCZAK Andrzej	222		M-50	6	00:28:54.40	+00:09:56 (34.4%)	2:53	20.8 (65.8%)	
37	BANACZYK Wioletta	4	LILL SPORT	K-50	3	00:28:57.00	+00:09:58 (34.5%)	2:53	20.7 (65.5%)	
38	STĘPIEŃ Monika	177		K-40	5	00:29:00.55	+00:10:02 (34.6%)	2:54	20.7 (65.5%)	
39	STĘPIEŃ Tomasz	176		M-40	8	00:29:00.85	+00:10:02 (34.6%)	2:54	20.7 (65.5%)	
40	RYNKIEWICZ Piotr	158	TB WALDEK	M-40	9	00:29:10.90	+00:10:12 (35.0%)	2:55	20.6 (65.2%)	
41	SOBKOWIAK Stanisław	173		M-18	4	00:29:15.70	+00:10:17 (35.2%)	2:55	20.5 (64.9%)	
42	KRASOWSKA Ida	81		K14	2	00:29:26.15	+00:10:27 (35.6%)	2:56	20.4 (64.6%)	
43	SZEWCZYK Paweł	185		M-18	5	00:29:39.65	+00:10:41 (36.0%)	2:57	20.2 (63.9%)	
44	LEWAŃCZYK Marcin	95	METROŻERCY	M-40	10	00:29:43.65	+00:10:45 (36.2%)	2:58	20.2 (63.9%)	
45	LEWAŃCZYK Sylwia	96	METROŻERCY	K-30	5	00:29:44.15	+00:10:45 (36.2%)	2:58	20.2 (63.9%)	
46	ORLIKOWSKA Dorota	130	SPORTOWY CZŁUCHÓW	K-40	6	00:29:57.25	+00:10:59 (36.7%)	2:59	20 (63.3%)	
47	GÓRSKA Joanna	41		K-40	7	00:30:05.90	+00:11:07 (37.0%)	3:00	19.9 (63.0%)	
48	SCHULZ Marcin	163		M-40	11	00:30:18.00	+00:11:19 (37.4%)	3:01	19.8 (62.7%)	
49	BURY Dariusz	22	GARAŻOWCY	M-40	12	00:30:26.10	+00:11:27 (37.7%)	3:02	19.7 (62.3%)	
50	ROLNICZAK Joanna	154		K-40	8	00:30:36.75	+00:11:38 (38.0%)	3:03	19.6 (62.0%)	
51	SKOCZYLAS Bożena	168	BIEGAM BO LUBIĘ. CZARNE BIEGA	K-50	4	00:30:48.90	+00:11:50 (38.4%)	3:04	19.5 (61.7%)	
52	KAROLCZAK Katarzyna	60		K-30	6	00:30:56.45	+00:11:58 (38.7%)	3:05	19.4 (61.4%)	
53	GNYBA Mariusz	39	METROŻERCY	M-40	13	00:30:59.45	+00:12:01 (38.8%)	3:05	19.4 (61.4%)	
54	SŁUPECKA Aneta	171		K-30	7	00:31:14.55	+00:12:16 (39.3%)	3:07	19.2 (60.8%)	
55	KOTOWSKA Andżelika	75		K-18	1	00:31:14.60	+00:12:16 (39.3%)	3:07	19.2 (60.8%)	
56	RYNKIEWICZ Sylwia	159	TB WALDEK	K-30	8	00:31:18.15	+00:12:19 (39.4%)	3:07	19.2 (60.8%)	
57	GRZYSTEK Kasia	46		K-40	9	00:31:24.15	+00:12:25 (39.6%)	3:08	19.1 (60.4%)	
58	METKOWSKA Beata	108		K-50	5	00:31:50.25	+00:12:52 (40.4%)	3:11	18.8 (59.5%)	
59	NITA Wiesław	120		M-50	7	00:31:50.75	+00:12:52 (40.4%)	3:11	18.8 (59.5%)	
60	SZTECHMILER Krzysztof	189	KLUB SPORTOWY HUSARIA SZCZECINEK	M-30	7	00:31:58.40	+00:13:00 (40.7%)	3:11	18.8 (59.5%)	
61	BUTOWICZ Adam	23		M-60	2	00:31:59.85	+00:13:01 (40.7%)	3:11	18.8 (59.5%)	
62	WEDEL Krystian	204	GARAŻOWCY	M-40	14	00:32:01.30	+00:13:03 (40.8%)	3:12	18.7 (59.2%)	
63	TOŚKO Tadeusz	197	TADZIKAONY DUOLIFE	M-40	15	00:32:08.45	+00:13:10 (41.0%)	3:12	18.7 (59.2%)	
64	NIEDZIELA Dorota	117	LILL SPORT	K-60	2	00:32:10.25	+00:13:12 (41.0%)	6:26	9.3 (29.4%)	
65	SULEJA Joanna	180	SKL	K-60	3	00:32:27.90	+00:13:29 (41.6%)	3:14	18.5 (58.5%)	
66	LACHOWICZ Agnieszka	89		K-40	10	00:32:33.75	+00:13:35 (41.7%)	3:15	18.4 (58.2%)	
67	JASNOWSKI Andrzej	55		M-30	8	00:32:34.40	+00:13:36 (41.8%)	3:15	18.4 (58.2%)	
68	BORUCH Edyta	18	BOJOWI AMATORZY	K-50	6	00:32:48.50	+00:13:50 (42.2%)	3:16	18.3 (57.9%)	
69	SUPROŃ Izabela	181		K-40	11	00:32:50.85	+00:13:52 (42.2%)	3:17	18.3 (57.9%)	
70	SUCHANOWSKA Anna	178	RESPECT LOTYŃ	K-50	7	00:32:55.45	+00:13:57 (42.4%)	3:17	18.2 (57.6%)	
71	POSPIESZNA Sandra	149		K-30	9	00:33:01.35	+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	BRUSKI Beniamin	20		M-40	16	00:33:01.60	+00:14:03 (42.6%)	3:18	18.2 (57.6%)
73	POCZĄTEK Michał	146		M-60	3	00:33:03.20	+00:14:05 (42.6%)	3:18	18.2 (57.6%)
74	WÓJTOWICZ Agnieszka	212	TSUNAMI SZCZECINEK	K-50	8	00:33:23.90	+00:14:25 (43.2%)	3:20	18 (57.0%)
75	SZYMAŃSKI Jacek	194	SKÓRKA	M-50	8	00:33:48.60	+00:14:50 (43.9%)	3:22	17.8 (56.3%)
76	SZYMAŃSKA Hanna	193		K-50	9	00:33:49.15	+00:14:50 (43.9%)	3:22	17.7 (56.0%)
77	NIEDZIELIN Magdalena	118	KETTLEBELL SPORT SZCZECINEK	K-40	12	00:34:17.45	+00:15:19 (44.7%)	3:25	17.5 (55.4%)
78	PAWLUŚ Kamilla	138		K-40	13	00:34:43.00	+00:15:44 (45.4%)	3:28	17.3 (54.7%)
79	KOZŁOWSKI Piotr	78	KLUB SPORTOWY HUSARIA SZCZECINEK	M-40	17	00:35:06.95	+00:16:08 (46.0%)	3:30	17.1 (54.1%)
80	CZEREŚNIAK Iwona	29	RUNDORFINA	K-50	10	00:35:49.80	+00:16:51 (47.1%)	3:34	16.8 (53.2%)
81	KWAŚNY Marta	88	GARAŻOWCY	K-30	10	00:36:03.60	+00:17:05 (47.4%)	3:36	16.6 (52.5%)
82	GĘBALA Paweł	37	GARAŻOWCY	M-40	18	00:36:05.25	+00:17:07 (47.4%)	3:36	16.6 (52.5%)
83	BĄBIŃSKI Grzegorz	9		M-60	4	00:36:14.55	+00:17:16 (47.7%)	3:37	16.6 (52.5%)
84	JANAS Karolina	51	TKKF KOSZALIN	K-30	11	00:36:41.10	+00:17:42 (48.3%)	3:40	16.4 (51.9%)
85	CIŻMOWSKA Barbara	223	MTS HAMER MIASTKO	K-60	4	00:36:54.95	+00:17:56 (48.6%)	3:41	16.3 (51.6%)
86	HAWETO Janina	47		K-60	5	00:37:22.80	+00:18:24 (49.3%)	3:44	16.1 (50.9%)
87	WIELGUS Jacek	209	CHUDE BYKI	M-50	9	00:37:48.25	+00:18:50 (49.8%)	3:46	15.9 (50.3%)
88	FELSKA Katarzyna	34		K-30	12	00:38:21.95	+00:19:23 (50.6%)	3:50	15.6 (49.4%)
89	KOZIOŁ Magdalena	76		K-30	13	00:38:25.85	+00:19:27 (50.6%)	3:50	15.6 (49.4%)
90	KOŁDA Anna	69	KOŁDZIAKI	K-50	11	00:38:31.00	+00:19:32 (50.7%)	3:51	15.6 (49.4%)
91	KISIEL Olga	62	KLUB SPORTOWY HUSARIA SZCZECINEK	K-30	14	00:39:08.45	+00:20:10 (51.5%)	3:54	15.3 (48.4%)
92	SZTECHMILER Katarzyna	188	KLUB SPORTOWY HUSARIA SZCZECINEK	K-30	15	00:39:09.10	+00:20:10 (51.5%)	3:54	15.3 (48.4%)
93	SZEWCZYK Paulina	184	KLUB SPORTOWY HUSARIA SZCZECINEK	K-18	2	00:39:09.30	+00:20:11 (51.6%)	3:54	15.3 (48.4%)

Znaleziono 93 wynik(ów)