

Event: X CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek, Fundacja Herkules All Sports
Date: 2024-08-31
Place: Okonek
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
1	FRĄCKOWIAK Roman	35	NORDIC SPORT 2021	M-45	1	00:33:40.85		3:22	17.8 (100%)
2	DEJA Wojciech	31		M-45	2	00:35:10.10	+00:01:29 (4.2%)	3:31	17.1 (96.1%)
3	KŁUNDUKOWSKA Paulina	64	POZYTYWNI Z PASJĄ	K-18	1	00:35:28.20	+00:01:47 (5.0%)	3:32	16.9 (94.9%)
4	OKRZESIK-FRĄCKOWIAK Izabela	129	NORDIC SPORT 2021	K-45	1	00:35:54.35	+00:02:13 (6.2%)	3:35	16.7 (93.8%)
5	ZACHARSKI Jerzy	216	FABRYKA NORDICA TRZCIANKA	M-45	3	00:37:02.20	+00:03:21 (9.1%)	3:42	16.2 (91.0%)
6	PRZYSIWEK Piotr	213	AGATR	M-45	4	00:37:52.20	+00:04:11 (11.1%)	3:47	15.8 (88.8%)
7	DREWNOWSKA Barbara	33	ZASAPANI HYDRO TRZCIANKA	K-45	2	00:38:27.00	+00:04:46 (12.4%)	3:50	15.6 (87.6%)
8	MAŁYSZEWICZ Andrzej	106		M-45	5	00:38:32.15	+00:04:51 (12.6%)	3:51	15.6 (87.6%)
9	BERCZYŃSKI Henryk	11	NADLEŚNICTWO OKONEK	M-45	6	00:38:35.70	+00:04:54 (12.7%)	3:51	15.6 (87.6%)
10	PISAREK Wiesława	142	PATYCZAKI CHODZIEŻ	K-45	3	00:39:13.40	+00:05:32 (14.1%)	3:55	15.3 (86.0%)
11	LENARTOWICZ Stanisław	92		M-45	7	00:40:08.90	+00:06:28 (16.1%)	4:00	15 (84.3%)
12	JARCZEWSKA Renata	53		K-45	4	00:40:12.05	+00:06:31 (16.2%)	4:01	14.9 (83.7%)
13	ŁASZCZ Wojciech	98	JA I TY TO MY PIŁA	M-45	8	00:40:18.05	+00:06:37 (16.4%)	4:01	14.9 (83.7%)
14	KĘPA Andrzej	61		M-45	9	00:40:26.60	+00:06:45 (16.7%)	4:02	14.8 (83.1%)
15	BON-PANTKOWSKA Aldona	16		K-45	5	00:41:02.30	+00:07:21 (17.9%)	4:06	14.6 (82.0%)
16	RODZIEWICZ Wioletta	153		K-45	6	00:41:19.25	+00:07:38 (18.5%)	4:07	14.5 (81.5%)
17	JUREK Kamila	58	WŁÓCZYKIJE	K-18	2	00:41:38.35	+00:07:57 (19.1%)	4:09	14.4 (80.9%)
18	WAWRZONKOWSKA Justyna	203	TADZIKAONY DUOLIFE	K-18	3	00:41:50.10	+00:08:09 (19.5%)	4:11	14.3 (80.3%)
19	PODGÓRSKA Agata	148	KLUB SPORTOWY HUSARIA SZCZECINEK	K-45	7	00:41:50.75	+00:08:09 (19.5%)	4:11	14.3 (80.3%)
20	BANACZYK Piotr	3	LILL SPORT	M-45	10	00:42:13.80	+00:08:32 (20.2%)	4:13	14.2 (79.8%)
21	NOSAL Anna	126		K-18	4	00:43:43.30	+00:10:02 (23.0%)	4:22	13.7 (77.0%)
22	NOSAL Martyna	125		K-17	1	00:43:43.75	+00:10:02 (23.0%)	4:22	13.7 (77.0%)
23	MAŁYSZEWICZ Teresa	105		K-45	8	00:43:59.95	+00:10:19 (23.5%)	4:23	13.6 (76.4%)
24	GONDEK-SAWA Alicja	40		K-45	9	00:44:06.50	+00:10:25 (23.6%)	4:24	13.6 (76.4%)
25	JAKIEL Klaudyna	50		K-18	5	00:44:07.70	+00:10:26 (23.7%)	4:24	13.6 (76.4%)
26	BERCZYŃSKA Zofia	10		K-45	10	00:44:17.60	+00:10:36 (24.0%)	4:25	13.5 (75.8%)
27	KOZUBOWSKA Agata	80	PATYCZAKI CHODZIEŻ	K-45	11	00:44:21.15	+00:10:40 (24.1%)	4:26	13.5 (75.8%)

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
28	JASOŃ Grażyna	56		K-45	12	00:44:34.45	+00:10:53 (24.4%)	4:27	13.5 (75.8%)
29	SKOWROŃSKA-ŁOPIŃSKA Genowefa	169	KS NORDIC WALKING PIŁA	K-45	13	00:44:41.70	+00:11:00 (24.6%)	4:28	13.4 (75.3%)
30	SZYLAK Katarzyna	191	KLUB SPORTOWY HUSARIA SZCZECINEK	K-18	6	00:44:46.30	+00:11:05 (24.8%)	4:28	13.4 (75.3%)
31	KUDYBA Monika	85		K-45	14	00:44:49.95	+00:11:09 (24.9%)	4:28	13.4 (75.3%)
32	MILEWSKA Rita	111		K-45	15	00:44:50.65	+00:11:09 (24.9%)	4:29	13.4 (75.3%)
33	NIECHWIADOWICZ Leonard	116	FABRYKA NORDICA TRZCIANKA	M-45	11	00:45:03.80	+00:11:22 (25.3%)	4:30	13.3 (74.7%)
34	SARNA Beata	162		K-18	7	00:45:10.05	+00:11:29 (25.4%)	4:31	13.3 (74.7%)
35	SZCERBA Dorota	183		K-18	8	00:45:11.75	+00:11:30 (25.5%)	4:31	13.3 (74.7%)
36	ZACHARSKI Barbara	217	FABRYKA NORDICA TRZCIANKA	K-45	16	00:45:33.90	+00:11:53 (26.1%)	4:33	13.2 (74.2%)
37	KISSEL Jolanta	63	FABRYKA NORDICA TRZCIANKA	K-45	17	00:45:35.60	+00:11:54 (26.1%)	4:33	13.2 (74.2%)
38	ROMANÓW Mariusz	155	RUNDORFINA	M-45	12	00:45:41.40	+00:12:00 (26.3%)	4:34	13.1 (73.6%)
39	ROMANÓW Małgorzata	156	RUNDORFINA	K-45	18	00:45:42.30	+00:12:01 (26.3%)	4:34	13.1 (73.6%)
40	REWAJ Maria	152		K-18	9	00:45:57.40	+00:12:16 (26.7%)	4:35	13.1 (73.6%)
41	NOWICKA Ewa	221	PATYCZAKI CHODZIEŻ	K-45	19	00:46:21.10	+00:12:40 (27.3%)	4:38	12.9 (72.5%)
42	GŁĄB Lucyna	38	PATYCZAKI CHODZIEŻ	K-45	20	00:46:41.40	+00:13:00 (27.9%)	4:40	12.9 (72.5%)
43	WYRWA Janusz	215	NORDIC WALKING TRZCIANKA	M-45	13	00:46:43.05	+00:13:02 (27.9%)	4:40	12.8 (71.9%)
44	PAJĄCZEK Katarzyna	134	PATYCZAKI CHODZIEŻ	K-18	10	00:46:52.30	+00:13:11 (28.1%)	4:41	12.8 (71.9%)
45	CZECHOWSKA Joanna	28		K-45	21	00:47:29.80	+00:13:48 (29.1%)	4:44	12.6 (70.8%)
46	WIECZOREK Justyna	206		K-18	11	00:47:30.75	+00:13:49 (29.1%)	4:45	12.6 (70.8%)
47	GROCKA Halina	44		K-45	22	00:48:25.70	+00:14:44 (30.5%)	4:50	12.4 (69.7%)
48	ZAKRZEWSKA Krystyna	218	RUNDORFINA	K-45	23	00:49:01.15	+00:15:20 (31.3%)	4:54	12.2 (68.5%)
49	ŚLEDŹ Magdalena	195	KLUB SPORTOWY HUSARIA SZCZECINEK	K-18	12	00:49:29.10	+00:15:48 (31.9%)	4:56	12.1 (68.0%)
50	WIDURSKA Agnieszka	205		K-45	24	00:49:42.50	+00:16:01 (32.2%)	4:58	12.1 (68.0%)
51	ŁASZCZ Ewa	99	JA I TY.TO MY PIŁA	K-45	25	00:49:48.05	+00:16:07 (32.4%)	4:58	12 (67.4%)
52	WYRWA Celina	214	FABRYKA NORDICA TRZCIANKA	K-45	26	00:50:07.80	+00:16:26 (32.8%)	5:00	12 (67.4%)
53	WAGNER-KOZIOŁ Grażyna	201		K-45	27	00:50:24.40	+00:16:43 (33.2%)	5:02	11.9 (66.9%)
54	KOZIOŁ Piotr	77		M-45	14	00:50:25.10	+00:16:44 (33.2%)	5:02	11.9 (66.9%)
55	NIECHWIADOWICZ Małgorzata	115	FABRYKA NORDICA TRZCIANKA	K-45	28	00:51:05.40	+00:17:24 (34.1%)	5:06	11.7 (65.7%)
56	WIELGUS Anna	208		K-45	29	00:51:39.30	+00:17:58 (34.8%)	5:09	11.6 (65.2%)
57	OGONOWSKI Jacek	128	BOJOWI AMATORZY	M-17	1	00:51:48.65	+00:18:07 (35.0%)	5:10	11.6 (65.2%)
58	PANCEK Hanna	136	TADMAX	K-45	30	00:51:50.90	+00:18:10 (35.0%)	5:11	11.6 (65.2%)
59	GRANDA Mieczysław	43	BOSKI CIACHOROWSKI	M-45	15	00:52:12.25	+00:18:31 (35.5%)	5:13	11.5 (64.6%)
60	NITA Krzysztof	123		M-45	16	00:52:13.80	+00:18:32 (35.5%)	5:13	11.5 (64.6%)
61	SCHULZ Joanna	164		K-18	13	00:52:15.70	+00:18:34 (35.6%)	5:13	11.5 (64.6%)
62	URBAŃSKA Anna	200		K-18	14	00:52:22.50	+00:18:41 (35.7%)	5:14	11.5 (64.6%)
63	PERLIK Ewa	140	TADMAX	M-45	17	00:53:29.70	+00:19:48 (37.0%)	5:20	11.2 (62.9%)
64	PERLIK Wiesław	139	TADMAX	M-45	18	00:53:58.60	+00:20:17 (37.6%)	5:23	11.1 (62.4%)
65	LUDWICZAK Magdalena	97		K-45	31	00:54:00.30	+00:20:19 (37.6%)	5:24	11.1 (62.4%)
66	RZYMINIAK Lidia	160		K-45	32	00:54:00.90	+00:20:20 (37.6%)	5:24	11.1 (62.4%)

Total 66 results.