



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

Cross Centaura
Gmina Biały Bór, Białoborskie Centrum Kultury i
Rekreacji, Fundacja Herkules All Sports
2020-10-03
Biały Bór
10 km

BIEG CENTAURA - 10 KM

B4SPORT



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	JANUSZEWSKI Marek	187	DRUTEX	M30-39	1	00:19:32	00:40:14.59		4:01	14.9 (100%)
2	WALCZAK Paweł	102		M30-39	2	00:19:14	00:40:21.34	+00:00:06 (0.3%)	4:02	14.9 (100%)
3	JURAK Krzysztof	37	AGRA OSTROWITE	M30-39	3	00:20:21	00:41:34.94	+00:01:20 (3.2%)	4:09	14.4 (96.6%)
4	KRUKOWSKI Adam	51		M30-39	4	00:20:11	00:41:38.49	+00:01:23 (3.4%)	4:09	14.4 (96.6%)
5	CUBER Wojciech	9	#ZABIEGANINOCA	M30-39	5	00:21:01	00:42:18.26	+00:02:03 (4.9%)	4:13	14.2 (95.3%)
6	TOMKOWSKI Przemysław	96		M30-39	6	00:21:07	00:43:37.72	+00:03:23 (7.8%)	4:21	13.8 (92.6%)
7	RUBASZNIK Radosław	80	CSSP KOSZALIN	M30-39	7	00:21:39	00:43:56.78	+00:03:42 (8.4%)	4:23	13.7 (91.9%)
8	KRÓL Michał	50	TRIPAKA PRZECHEWKO	M30-39	8	00:21:49	00:43:57.43	+00:03:42 (8.4%)	4:23	13.7 (91.9%)
9	PIASZCZYŃSKI Maciej	73	BIAŁOBORZANIE	M30-39	9	00:21:39	00:44:21.88	+00:04:07 (9.3%)	4:26	13.5 (90.6%)
10	GOSTKOWSKI Łukasz	21		M30-39	10	00:21:22	00:44:30.16	+00:04:15 (9.6%)	4:27	13.5 (90.6%)
11	ROMANOWSKI Przemysław	108	TEAM BIEGOWY SZCZECINEK	M30-39	11	00:22:14	00:45:31.54	+00:05:16 (11.6%)	4:33	13.2 (88.6%)
12	PELA Dariusz	69	BIAŁOBORZANIE	M30-39	12	00:22:34	00:46:02.99	+00:05:48 (12.6%)	4:36	13 (87.2%)
13	DOLIWKA Kamil	12	AFRO-FIT WATAHA	M30-39	13	00:22:50	00:46:15.48	+00:06:00 (13.0%)	4:37	13 (87.2%)
14	KUSIAK Bartłomiej	53		M30-39	14	00:23:16	00:46:19.01	+00:06:04 (13.1%)	4:37	13 (87.2%)
15	ORLIK Grzegorz	66	BIAŁOBORZANIE	M30-39	15	00:22:21	00:46:38.22	+00:06:23 (13.7%)	4:39	12.9 (86.6%)
16	WIŚNIEWSKI Michał	103	BEST BEASTS	M30-39	16	00:23:34	00:47:28.05	+00:07:13 (15.2%)	4:44	12.6 (84.6%)
17	KARCZEWSKI Piotr	39	BEST BEASTS	M30-39	17	00:23:35	00:47:44.45	+00:07:29 (15.7%)	4:46	12.6 (84.6%)
18	KOZŁOWSKI Bartosz	49		M30-39	18	00:22:44	00:48:10.51	+00:07:55 (16.5%)	4:49	12.5 (83.9%)
19	PIŁAT Paweł	75	BEST BEASTS	M30-39	19	00:24:21	00:48:58.46	+00:08:43 (17.8%)	4:53	12.3 (82.6%)
20	WOJNIUSZ Adrian	104	#FEIFERTRENUJE	M30-39	20	00:24:53	00:49:05.10	+00:08:50 (18.0%)	4:54	12.2 (81.9%)
21	SEROWSKI Łukasz	83		M30-39	21	00:25:18	00:50:55.80	+00:10:41 (21.0%)	5:05	11.8 (79.2%)
22	RUDNIK Tomasz	62		M30-39	22	00:25:41	00:51:53.42	+00:11:38 (22.4%)	5:11	11.6 (77.9%)
23	KOLANOWSKI Jacek	43		M30-39	23	00:25:54	00:52:53.96	+00:12:39 (23.9%)	5:17	11.3 (75.8%)
24	FURSEWICZ Bartosz	17		M30-39	24	00:26:40	00:53:39.20	+00:13:24 (25.0%)	5:21	11.2 (75.2%)
25	SYLDATK Piotr	89		M30-39	25	00:26:53	00:53:46.97	+00:13:32 (25.2%)	5:22	11.2 (75.2%)
26	SZYSZKOWSKI Tomasz	94	FOR-REST-RUN KOSZALIN	M30-39	26	00:27:18	00:54:04.88	+00:13:50 (25.6%)	5:24	11.1 (74.5%)
27	SAŁAPATA Andrzej	82		M30-39	27	00:27:39	00:56:46.41	+00:16:31 (29.1%)	5:40	10.6 (71.1%)

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28	GRZYTEK Marcin	25		M30-39	28	00:32:07	01:05:38.54	+00:25:23 (38.7%)	6:33	9.1 (61.1%)

Znaleziono 28 wynik(ów)