



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

**CROSS CENTAURA**  
Gmina Biały Bór, Białoborskie Centrum Kultury i  
Rekreacji, Fundacja Herkules All Sports  
2019-10-06  
Biały Bór  
5 km

## BIEG CENTAURA - 5 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	174	7PRO SIÓDMIAK TEAM / MBC	M-Open	1	00:17:35.27	00:17:40.51		3:31	17.1
2	GUZOWSKI Dariusz	139	ŚCIGAŁ TEAM	M-Open	2	00:17:58.66	00:18:03.75	+00:00:23	3:35	16.7
3	KRYZEL Tomasz	150	WIKING RYCHNOWY	M-Open	3	00:18:25.22	00:18:31.21	+00:00:50	3:41	16.3
4	CERK Łukasz	132	BIEGAJ Z CERKIEM	M-Open	4	00:18:50.12	00:18:55.38	+00:01:14	3:46	15.9
5	ROKOSZ Radosław	171	JW 1223 KOSZALIN	M-Open	5	00:19:06.70	00:19:14.03	+00:01:33	3:49	15.7
6	WYSOCKI Damian	183	MKL SZCZECINEK	M-Open	6	00:19:25.87	00:19:32.89	+00:01:52	3:53	15.5
7	OPIELA Paweł	162	7PRO SIÓDMIAK TEAM	M-Open	7	00:19:48.61	00:19:48.61	+00:02:08	3:57	15.2
8	DĄBKOWSKI Maciej	133	7PRO SIÓDMIAK TEAM	M-Open	8	00:19:59.61	00:20:08.71	+00:02:28	3:59	15
9	JABŁOŃSKI Tomasz	142	KB SPOKO SŁAWNO	M-Open	9	00:20:03.58	00:20:09.96	+00:02:29	4:00	15
10	PAWŁOWICZ Roland	163	7PRO SIÓDMIAK TEAM	M-Open	10	00:20:01.53	00:20:10.27	+00:02:29	4:00	15
11	DUCHNOWSKI Tomasz	136	BIEGAJZCERKIEM	M-Open	11	00:20:21.90	00:20:28.05	+00:02:47	4:04	14.7
12	WERNER Kamila	180	7PRO SIÓDMIAK TEAM, BIEGAJ Z CERKIEM	K-Open	1	00:20:29.18	00:20:35.01	+00:02:54	4:06	14.6
13	BUJAK Adrian	131	POMORZANIN	M-Open	12	00:20:30.54	00:20:44.48	+00:03:03	4:06	14.6
14	GARAPUCZYK Agnieszka	137		K-Open	2	00:20:38.57	00:20:45.00	+00:03:04	4:07	14.5
15	PELA Oliwia	164	MKL TORUŃ	K-Open	3	00:20:56.88	00:21:02.66	+00:03:22	4:11	14.3
16	KUKLINSKI Maciej	152	METROŻERCY	M-Open	13	00:21:01.72	00:21:09.62	+00:03:29	4:12	14.3
17	PŁATOSZ Marek	167		M-Open	14	00:21:21.93	00:21:28.84	+00:03:48	4:16	14
18	MICHAŁKIEWICZ Damian	311		M-Open	15	00:21:39.85	00:21:47.81	+00:04:07	4:20	13.8
19	PERLIK Katarzyna	165	MTS HAMER MIASTKO	K-Open	4	00:22:12.86	00:22:18.82	+00:04:38	4:26	13.5
20	KOWALCZYK Seweryn	144	TEAM BIEGOWY SZCZECINEK	M-Open	16	00:22:48.58	00:22:55.51	+00:05:14	4:33	13.1
21	KRUKOWSKA Magdalena	55	UKS DOJLIDY	K-Open	5	00:22:56.81	00:23:03.60	+00:05:23	4:35	13.1
22	NERĆ Patrycja	158	7 PRO TEAM /MKP SZCZECINEK	K-Open	6	00:22:52.94	00:23:05.52	+00:05:25	4:34	13.1
23	HAŁKA Justyna	140	TRUCHT ŁOBEZ	K-Open	7	00:22:55.87	00:23:05.62	+00:05:25	4:35	13.1
24	MORDACZ Mikołaj	300		M-Open	17	00:22:51.19	00:23:10.68	+00:05:30	4:34	13.1
25	TRAWA Aleksandra	178	#ZABIEGANINOCA	K-Open	8	00:23:28.98	00:23:37.59	+00:05:57	4:41	12.8
26	NOSAL Mariusz	159		M-Open	18	00:23:26.43	00:23:43.49	+00:06:02	4:41	12.8
27	SINKIEWICZ Mirosław	173	JW1223	M-Open	19	00:23:51.14	00:24:07.33	+00:06:26	4:46	12.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>GÓRKO Brajan</b>	<b>322</b>		M-Open	20	<b>00:24:04.03</b>	<b>00:24:13.63</b>	+00:06:33	4:48	12.5
29	<b>ZABŁOCKI Paweł</b>	<b>166</b>		M-Open	21	<b>00:24:10.25</b>	<b>00:24:18.54</b>	+00:06:38	4:50	12.4
30	<b>UJWARY Jakub</b>	<b>309</b>		M-Open	22	<b>00:24:26.67</b>	<b>00:24:26.67</b>	+00:06:46	4:53	12.3
31	<b>ROME CZ-KAZIK Gabriela</b>	<b>172</b>		K-Open	9	<b>00:24:51.73</b>	<b>00:25:00.37</b>	+00:07:19	4:58	12.1
32	<b>BOROWSKI Jeremi</b>	<b>265</b>	HAMER MIASTKO	M-Open	23	<b>00:25:50.86</b>	<b>00:26:04.93</b>	+00:08:24	5:10	11.6
33	<b>HAŁKA Arkadiusz</b>	<b>141</b>	TRUCHT ŁOBEZ	M-Open	24	<b>00:25:51.64</b>	<b>00:26:07.14</b>	+00:08:26	5:10	11.6
34	<b>SKOCZYŁAS Henryk</b>	<b>314</b>	BIEGAM BO LUBIĘ	M-Open	25	<b>00:26:01.78</b>	<b>00:26:13.89</b>	+00:08:33	5:12	11.5
35	<b>MRUGALSKI Stanisław</b>	<b>157</b>		M-Open	26	<b>00:26:25.42</b>	<b>00:26:43.30</b>	+00:09:02	5:17	11.3
36	<b>BRACH Karolina</b>	<b>129</b>	TEAM BIEGOWY SZCZECINEK	K-Open	10	<b>00:28:07.11</b>	<b>00:28:23.77</b>	+00:10:43	5:37	10.7
37	<b>GŁĘBICKI Paweł</b>	<b>138</b>		M-Open	27	<b>00:28:07.88</b>	<b>00:28:24.01</b>	+00:10:43	5:37	10.7
38	<b>BODZIONY Grzegorz</b>	<b>127</b>		M-Open	28	<b>00:28:20.18</b>	<b>00:28:32.25</b>	+00:10:51	5:40	10.6
39	<b>WODZYŃSKA Katarzyna</b>	<b>181</b>	ZABIEGANI NOCĄ	K-Open	11	<b>00:28:23.24</b>	<b>00:28:37.15</b>	+00:10:56	5:40	10.6
40	<b>PRZYBYŁ Marcin</b>	<b>170</b>	NKS DARŻEWO	M-Open	29	<b>00:28:45.14</b>	<b>00:28:55.07</b>	+00:11:14	5:45	10.4
41	<b>NOSAL Martyna</b>	<b>160</b>	PENTATHLON SZCZECINEK	K-Open	12	<b>00:28:39.77</b>	<b>00:28:56.98</b>	+00:11:16	5:43	10.5
42	<b>DUCHNOWSKA Kamila</b>	<b>135</b>	HUSARIA RACE TEAM	K-Open	13	<b>00:29:06.38</b>	<b>00:29:18.44</b>	+00:11:37	5:49	10.3
43	<b>SŁUPECKA Aneta</b>	<b>175</b>		K-Open	14	<b>00:29:37.35</b>	<b>00:29:51.88</b>	+00:12:11	5:55	10.1
44	<b>WALDEMAR Wajda</b>	<b>214</b>		M-Open	30	<b>00:29:38.19</b>	<b>00:29:55.47</b>	+00:12:14	5:55	10.1
45	<b>MACIEJEWSKI Tomasz</b>	<b>155</b>		M-Open	31	<b>00:29:49.14</b>	<b>00:29:55.84</b>	+00:12:15	5:57	10.1
46	<b>POLAKOWSKA Małgorzata</b>	<b>168</b>		K-Open	15	<b>00:29:50.59</b>	<b>00:29:58.37</b>	+00:12:17	5:58	10.1
47	<b>STAŚ Adrianna</b>	<b>176</b>		K-Open	16	<b>00:30:30.85</b>	<b>00:30:46.45</b>	+00:13:05	6:06	9.8
48	<b>KRAWCZUK Maciej</b>	<b>148</b>		M-Open	32	<b>00:31:18.49</b>	<b>00:31:18.49</b>	+00:13:37	6:15	9.6
49	<b>KIEDOS Dariusz</b>	<b>143</b>	JW1223	M-Open	33	<b>00:31:09.42</b>	<b>00:31:23.30</b>	+00:13:42	6:14	9.6
50	<b>NOSAL Anna</b>	<b>161</b>		K-Open	17	<b>00:31:18.41</b>	<b>00:31:35.75</b>	+00:13:55	6:15	9.6
51	<b>KRASOWSKI Tomasz</b>	<b>146</b>		M-Open	34	<b>00:31:18.70</b>	<b>00:31:36.42</b>	+00:13:55	6:15	9.6
52	<b>BUCHOWSKI Marek</b>	<b>130</b>	PARKRUN	M-Open	35	<b>00:32:05.81</b>	<b>00:32:05.81</b>	+00:14:25	6:25	9.4
53	<b>KRÓL Dominika</b>	<b>149</b>		K-Open	18	<b>00:32:04.82</b>	<b>00:32:23.46</b>	+00:14:42	6:25	9.4
54	<b>KRAWCZUK Joanna</b>	<b>147</b>		K-Open	19	<b>00:32:10.03</b>	<b>00:32:29.63</b>	+00:14:49	6:26	9.3
55	<b>BILL Łukasz</b>	<b>126</b>		M-Open	36	<b>00:33:14.02</b>	<b>00:33:31.41</b>	+00:15:50	6:38	9
56	<b>DEPTUŁA-BILL Bożena</b>	<b>134</b>		K-Open	20	<b>00:33:14.56</b>	<b>00:33:31.47</b>	+00:15:50	6:39	9
57	<b>KOZŁOWIECKA Małgorzata</b>	<b>145</b>		K-Open	21	<b>00:34:06.36</b>	<b>00:34:24.05</b>	+00:16:43	6:49	8.8
58	<b>TRĘBSKA Marta</b>	<b>179</b>	#ZABIEGANINOCĄ	K-Open	22	<b>00:34:41.57</b>	<b>00:34:56.13</b>	+00:17:15	6:56	8.6
59	<b>ZIĘBA BŁASZKIEWICZ Agnieszka</b>	<b>124</b>	PSEUDOBIEGACZKI	K-Open	23	<b>00:35:07.58</b>	<b>00:35:21.46</b>	+00:17:40	7:01	8.5
60	<b>SUCHANOWSKA Anna</b>	<b>177</b>	RESPECT LOTYŃ	K-Open	24	<b>00:38:06.19</b>	<b>00:38:19.70</b>	+00:20:39	7:37	7.9

Znaleziono 60 wynik(ów)