



Event:
Organiser:

Date:
Place:
Distance:

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

BIEG CENTAURA - 5 KM

B4SPORT



Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	SIÓDIAK Igor	168	7PRO SIÓDIAK TEAM / MBC / PENTATHLON SZ-EK	M-16	1	00:17:16.20		3:27	17.4 (100%)
2	USS Miłosz	174		M-16	2	00:18:57.43	+00:01:41 (8.9%)	3:47	15.8 (90.8%)
3	KRYZEL Tomasz	136	UKS WIKING RYCHNOWY	M-16	3	00:19:07.07	+00:01:50 (9.7%)	3:49	15.7 (90.2%)
4	DORSZYNSKI Grzegorz	115		M-16	4	00:19:55.77	+00:02:39 (13.3%)	3:59	15.1 (86.8%)
5	POPŁAWSKI Daniel	160		M-16	5	00:20:08.47	+00:02:52 (14.3%)	4:01	14.9 (85.6%)
6	OPIELA Paweł	239		M-16	6	00:20:53.84	+00:03:37 (17.4%)	4:10	14.4 (82.8%)
7	DUCHNOWSKI Tomasz	116	BIEGAJ Z CERKIEM	M-16	7	00:20:55.38	+00:03:39 (17.5%)	4:11	14.3 (82.2%)
8	KUJDA Arkadiusz	140	1 BRYGADA LOGISTYCZNA	M-40	1	00:21:47.19	+00:04:30 (20.7%)	4:21	13.8 (79.3%)
9	MINCEWICZ Piotr	148	TEAM TERMINATORUN	M-16	8	00:22:01.67	+00:04:45 (21.6%)	4:24	13.6 (78.2%)
10	KUBIAK Daniel	137	PRECON POLSKA	M-16	9	00:22:10.53	+00:04:54 (22.1%)	4:26	13.5 (77.6%)
11	KRÓL Dawid	134		M-16	10	00:22:38.41	+00:05:22 (23.7%)	4:31	13.3 (76.4%)
12	NOSAL Mariusz	153		M-16	11	00:22:54.89	+00:05:38 (24.6%)	4:34	13.1 (75.3%)
13	BENCYCH Michał	111	7PRO SIÓDIAK TEAM	M-16	12	00:23:33.00	+00:06:16 (26.7%)	4:42	12.7 (73.0%)
14	ZAKIELARZ Jan	184	PRECON POLSKA JASTROWIE	M-60+	1	00:23:55.17	+00:06:38 (27.8%)	4:47	12.5 (71.8%)
15	ZAKIELARZ Piotr	183	PRECON POLSKA	M-16	13	00:24:48.93	+00:07:32 (30.4%)	4:57	12.1 (69.5%)
16	WÓJCIK Wiesław	178	WIKING RYCHNOWY	M-40	2	00:24:59.90	+00:07:43 (30.9%)	4:59	12 (69.0%)
17	KONIECZNY Krzysztof	131		M-40	3	00:25:02.30	+00:07:46 (31.0%)	5:00	12 (69.0%)
18	MELON Jacek	145		M-40	4	00:25:02.54	+00:07:46 (31.0%)	5:00	12 (69.0%)
19	RADZIMSKI Marcel	163		M-16	14	00:25:03.20	+00:07:46 (31.1%)	5:00	12 (69.0%)
20	MIKUSZEWSKI Arkadiusz	147		M-40	5	00:25:10.46	+00:07:54 (31.4%)	5:02	11.9 (68.4%)
21	HAWRANIAK Piotr	120		M-16	15	00:25:34.94	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
22	JABŁOŃSKI Marek	122		M-16	16	00:26:44.37	+00:09:28 (35.4%)	5:20	11.2 (64.4%)
23	PRALICZ Grzesiu	161		M-16	17	00:27:17.71	+00:10:01 (36.7%)	5:27	11 (63.2%)
24	PAWŁOWSKI Mariusz	157		M-16	18	00:27:39.11	+00:10:22 (37.5%)	5:31	10.8 (62.1%)
25	CZUB Maciej	114		M-16	19	00:28:56.24	+00:11:40 (40.3%)	5:47	10.4 (59.8%)
26	ZACHARSKI Jerzy	180		M-40	6	00:29:26.83	+00:12:10 (41.4%)	5:53	10.2 (58.6%)
27	NITA Wiesław	151	VILLAGE PUNK RUN	M-40	7	00:29:27.98	+00:12:11 (41.4%)	5:53	10.2 (58.6%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	RYNKIEWICZ Piotr	166	TB WALDEK	M-16	20	00:29:28.45	+00:12:12 (41.4%)	5:53	10.2 (58.6%)
29	WAWRZYNIAK Michał	176		M-40	8	00:29:35.09	+00:12:18 (41.6%)	5:55	10.1 (58.0%)
30	PIETRZYK Rafał	158		M-16	21	00:29:35.61	+00:12:19 (41.6%)	5:55	10.1 (58.0%)
31	GŁOWACKI Włodzimierz	119		M-60+	2	00:29:58.25	+00:12:42 (42.4%)	5:59	10 (57.5%)
32	NIKIEL Adrian	150		M-16	22	00:30:05.63	+00:12:49 (42.6%)	6:01	10 (57.5%)
33	MAZUR Tomasz	144	POZYTYWNI Z PASJĄ	M-40	9	00:31:30.72	+00:14:14 (45.2%)	6:18	9.5 (54.6%)
34	WROBLEWSKI Jerzy	179	PARKRUN	M-60+	3	00:32:11.60	+00:14:55 (46.4%)	6:26	9.3 (53.4%)
35	ZADROŻNY Szymon	182	WATAHA WAŁCZ	M-40	10	00:33:14.34	+00:15:58 (48.0%)	6:38	9 (51.7%)
36	RUDNICKI Krzysztof	164		M-16	23	00:33:21.78	+00:16:05 (48.2%)	6:40	9 (51.7%)
37	KRASOWSKI Tomasz	132		M-40	11	00:33:44.61	+00:16:28 (48.8%)	6:44	8.9 (51.1%)
38	BUCHOWSKI Marek	112	PARKRUN	M-60+	4	00:34:04.82	+00:16:48 (49.3%)	6:48	8.8 (50.6%)
39	WALKOWIAK Dariusz	175		M-40	12	00:35:45.83	+00:18:29 (51.7%)	7:09	8.4 (48.3%)
40	KAMIŃSKI Tomasz	127	JW1223	M-40	13	00:44:00.55	+00:26:44 (60.8%)	8:48	6.8 (39.1%)

Total 40 results.