



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

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

BIEG CENTAURA - 10 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Sylwester	105	ULKS BARWICE-MKL SZCZECINEK	M40-49	1	00:17:53	00:35:42.00		3:34	16.8 (100%)
2	FILIPIAK Jakub	22	KLUB BIEGOWY TSK ORZEŁ OSIEK	M18-29	1	00:17:48	00:36:25.86	+00:00:43 (2.0%)	3:38	16.5 (98.2%)
3	JANISZEWSKI Marek	321	DRUTEX	M30-39	1	00:18:21	00:36:52.60	+00:01:11 (3.2%)	3:41	16.3 (97.0%)
4	WOJTKIEWICZ Mateusz	331	KB DZIESIĄTKA BIAŁOGARD	M18-29	2	00:18:18	00:37:06.18	+00:01:25 (3.9%)	3:42	16.2 (96.4%)
5	WOŹNIAK Grzegorz	119	AKTYWNA KRAJENKA	M30-39	2	00:18:57	00:38:34.47	+00:02:53 (7.5%)	3:51	15.6 (92.9%)
6	WITKIEWICZ Eryk	113	KB DZIESIĄTKA BIAŁOGARD	M40-49	2	00:19:44	00:39:25.80	+00:03:45 (9.5%)	3:56	15.2 (90.5%)
7	CUBER Wojciech	14	#ZABIEGANINOCA1	M30-39	3	00:20:08	00:40:52.99	+00:05:11 (12.7%)	4:05	14.7 (87.5%)
8	TRĘBSKI Krzysztof	108	#ZABIEGANINOCA1	M40-49	3	00:20:03	00:40:59.11	+00:05:17 (12.9%)	4:05	14.6 (86.9%)
9	CENTKA Jakub	13		M18-29	3	00:20:16	00:41:17.63	+00:05:35 (13.5%)	4:07	14.5 (86.3%)
10	DOMAŃSKI Andrzej	19		M40-49	4	00:20:12	00:41:28.88	+00:05:48 (14.0%)	4:08	14.5 (86.3%)
11	PICK Tomasz	83	SKSG KORONA SZCZECIN	M40-49	5	00:21:03	00:41:48.09	+00:06:12 (14.8%)	4:10	14.4 (85.7%)
12	KRUKOWSKI Adam	56		M30-39	4	00:21:28	00:41:57.07	+00:06:16 (14.9%)	4:11	14.3 (85.1%)
13	GRZESIK Eugeniusz	28	TKKF KOSZALIN	M50-59	1	00:21:01	00:42:02.50	+00:06:21 (15.1%)	4:12	14.3 (85.1%)
14	WARDĘGA Mateusz	110	ULKS BARWICE	M18-29	4	00:21:00	00:42:26.39	+00:06:46 (15.9%)	4:14	14.1 (83.9%)
15	WNUK Stanisław	116		M50-59	2	00:21:04	00:42:29.44	+00:06:50 (16.1%)	4:15	14.1 (83.9%)
16	PIASZCZYŃSKI Maciej	82		M30-39	5	00:21:19	00:42:42.26	+00:07:19 (17.0%)	4:16	14.1 (83.9%)
17	RYNDAK Mariusz	93		M50-59	3	00:21:09	00:42:59.82	+00:07:20 (17.0%)	4:18	14 (83.3%)
18	PSUJEK Seweryn	88	DIAMENT SWIESZYNO	M30-39	6	00:21:40	00:43:04.93	+00:07:32 (17.4%)	4:18	13.9 (82.7%)
19	ZYCH Krzysztof	125	TRIUMF SŁAWOBORZE	M30-39	7	00:20:41	00:43:15.42	+00:07:33 (17.4%)	4:19	13.9 (82.7%)
20	WITKIEWICZ Magda	114	KB DZIESIĄTKA BIAŁOGARD	K40-49	1	00:21:26	00:43:21.68	+00:07:40 (17.7%)	4:20	13.8 (82.1%)
21	PELA Dariusz	79	PELO-BORKI	M30-39	8	00:21:38	00:43:27.13	+00:07:46 (17.8%)	4:20	13.8 (82.1%)
22	KONKEL Agnieszka	47	KB DZIESIĄTKA BIAŁOGARD	K30-39	1	00:21:50	00:43:42.30	+00:08:05 (18.4%)	4:22	13.7 (81.5%)
23	GAŁAN Leszek	25		M50-59	4	00:21:54	00:43:46.30	+00:08:07 (18.5%)	4:22	13.7 (81.5%)
24	KUŚNIERZ Mateusz	250		M18-29	5	00:21:10	00:44:12.61	+00:08:30 (19.2%)	4:25	13.6 (81.0%)
25	OSTROWSKI Marian	49		M60-69	1	00:22:03	00:44:23.79	+00:08:44 (19.6%)	4:26	13.5 (80.4%)
26	ŁAWNICZAK Justyna	63	#ZABIEGANINOCA1	K30-39	2	00:21:59	00:44:24.30	+00:08:44 (19.6%)	4:26	13.5 (80.4%)
27	JABŁOŃSKI Andrzej	34		M40-49	6	00:21:51	00:44:41.11	+00:09:03 (20.2%)	4:28	13.4 (79.8%)

Czas										
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	netto 10km	Różn	Tempo min/km	Tempo km/h
28	ROMANOWSKI Przemysław	89	TEAM BIEGOWY SZCZECINEK	M30-39	9	00:21:59	00:44:49.24	+00:09:10 (20.4%)	4:28	13.4 (79.8%)
29	CAŁA Bartosz	11	RUNTASTYCZNE PŁYTKI	M40-49	7	00:22:08	00:45:02.98	+00:09:24 (20.8%)	4:30	13.3 (79.2%)
30	WŁODARCZAK Łukasz	115		M30-39	10	00:22:45	00:44:57.72	+00:09:29 (21.0%)	4:29	13.3 (79.2%)
31	MICHAŁOWSKI Dariusz	70	CZARNE BIEGA	M40-49	8	00:22:38	00:45:18.60	+00:09:39 (21.3%)	4:31	13.2 (78.6%)
32	LECKI Seweryn	60	TEAM BIEGOWY SZCZECINEK	M30-39	11	00:22:53	00:45:17.82	+00:09:40 (21.3%)	4:31	13.2 (78.6%)
33	RUŻYŁO Szymon	92		M18-29	6	00:22:18	00:45:16.74	+00:09:41 (21.3%)	4:31	13.2 (78.6%)
34	JANKOWSKI Mariusz	36	TEAM BIEGOWY SZCZECINEK	M40-49	9	00:22:53	00:45:28.20	+00:09:50 (21.6%)	4:32	13.2 (78.6%)
35	KAMIŃSKI Antoni	40	18 PR BIAŁYSTOK	M60-69	2	00:22:35	00:45:34.90	+00:09:53 (21.7%)	4:33	13.2 (78.6%)
36	ZARĘBA Adam	123		M30-39	12	00:22:27	00:45:54.82	+00:10:16 (22.3%)	4:35	13.1 (78.0%)
37	KOZŁOWSKI Bartosz	52		M30-39	13	00:22:12	00:46:17.48	+00:10:30 (22.7%)	4:37	13 (77.4%)
38	KUSIAK Bartłomiej	58		M30-39	14	00:23:09	00:46:01.11	+00:10:32 (22.8%)	4:36	13 (77.4%)
39	KUŚNIERZ Paweł	249		Drużyna	1	00:21:37	00:46:21.30	+00:10:39 (23.0%)	4:38	12.9 (76.8%)
40	LUBOWIECKI Paweł	62		M18-29	7	00:23:21	00:46:21.20	+00:10:46 (23.1%)	4:38	12.9 (76.8%)
41	KARASIUK Adam	41		M30-39	15	00:23:24	00:46:26.51	+00:10:50 (23.3%)	4:38	12.9 (76.8%)
42	MAZUR Tomasz	66	I LO SZCZECINEK	M40-49	10	00:22:55	00:46:29.75	+00:10:51 (23.3%)	4:39	12.9 (76.8%)
43	GÓRA Agnieszka	289	#ZABIEGANINOCA1	K40-49	2	00:23:15	00:47:00.57	+00:11:21 (24.1%)	4:42	12.8 (76.2%)
44	IWANIEC Dariusz	33	BIEGOLAS KOSZALIN	M40-49	11	00:23:26	00:47:02.88	+00:11:25 (24.2%)	4:42	12.8 (76.2%)
45	SZKOPEK Krzysztof	103		M50-59	5	00:23:04	00:47:10.56	+00:11:29 (24.3%)	4:43	12.7 (75.6%)
46	CYWIŃSKA Agnieszka	15	MTS HAMER MIASTKO	K30-39	3	00:23:41	00:47:15.21	+00:11:34 (24.4%)	4:43	12.7 (75.6%)
47	ZARĘBA Anna	122		K30-39	4	00:23:46	00:47:17.32	+00:11:37 (24.5%)	4:43	12.7 (75.6%)
48	CZAJA Andrzej	340		M50-59	6	00:23:43	00:47:14.43	+00:11:39 (24.6%)	4:43	12.7 (75.6%)
49	MICERSKI Tomasz	69	TKKF KOSZALIN	M40-49	12	00:23:44	00:47:26.74	+00:11:50 (24.9%)	4:44	12.6 (75.0%)
50	KAMIŃSKI Sławomir	39	KMP ŚWINOUJŚCIE	M30-39	16	00:23:08	00:47:35.35	+00:11:55 (25.0%)	4:45	12.6 (75.0%)
51	THOMAS Daniel	107	PRECON POLSKA	M30-39	17	00:23:53	00:48:10.71	+00:12:23 (25.7%)	4:49	12.5 (74.4%)
52	ADASZYŃSKI Wiesław	1		M50-59	7	00:23:36	00:48:29.15	+00:12:49 (26.4%)	4:50	12.4 (73.8%)
53	KRASOWSKA Michalina	54	FIT FUN	K30-39	5	00:24:33	00:48:30.32	+00:12:52 (26.5%)	4:51	12.4 (73.8%)
54	BOROWSKI Tomasz	7	PELO-BORKI	M50-59	8	00:24:11	00:48:32.34	+00:12:58 (26.6%)	4:51	12.4 (73.8%)
55	ŚNIEŻKO Marek	106		M40-49	13	00:24:44	00:48:57.38	+00:13:10 (26.9%)	4:53	12.3 (73.2%)
56	KUBIŚ Paweł	57	RUNDORFINA	M30-39	18	00:24:46	00:48:57.16	+00:13:24 (27.3%)	4:53	12.3 (73.2%)
57	ZAKIELARZ Jan	121	PRECON POLSKA JASTROWIE	M60-69	3	00:24:22	00:49:34.28	+00:13:57 (28.0%)	4:57	12.1 (72.0%)
58	SEROWSKI Łukasz	96		M30-39	19	00:24:38	00:49:56.37	+00:14:16 (28.5%)	4:59	12 (71.4%)
59	KOŁODZIEJCZAK Grzegorz	46	PARKRUN SZCZECINEK	M40-49	14	00:25:00	00:49:47.65	+00:14:22 (28.6%)	4:58	12 (71.4%)
60	PELA Olga	80	PELO-BORKI	K30-39	6	00:25:12	00:50:18.77	+00:14:47 (29.2%)	5:01	11.9 (70.8%)
61	ZAKIELARZ Piotr	120	PRECON POLSKA	M30-39	20	00:25:00	00:50:36.47	+00:14:56 (29.5%)	5:03	11.9 (70.8%)
62	PIASZCZYŃSKA Magdalena	81		K30-39	7	00:25:13	00:50:45.56	+00:15:14 (29.9%)	5:04	11.8 (70.2%)
63	BORDUN Barbara	5		K30-39	8	00:25:13	00:50:49.07	+00:15:17 (29.9%)	5:04	11.8 (70.2%)
64	NACHYŁA Tadeusz	75		M60-69	4	00:25:26	00:51:06.96	+00:15:29 (30.2%)	5:06	11.7 (69.6%)
65	DRULIK-HOŁUB Marta	20	TORNADO KOSZALIN	K40-49	3	00:25:20	00:51:06.60	+00:15:31 (30.3%)	5:06	11.7 (69.6%)
66	GUTOWSKA Dorota	30	TEAM BIEGOWY SZCZECINEK	K30-39	9	00:25:30	00:51:22.71	+00:15:43 (30.5%)	5:08	11.7 (69.6%)
67	WILK Artur	112	TOTALNIE BIEGNIĘCI	M40-49	15	00:25:41	00:51:28.37	+00:15:54 (30.8%)	5:08	11.7 (69.6%)
68	MASZCZAK Paweł	65		M30-39	21	00:25:27	00:51:51.72	+00:16:16 (31.3%)	5:11	11.6 (69.0%)
69	RYPULA Paweł	94		M40-49	16	00:25:08	00:52:02.49	+00:16:26 (31.5%)	5:12	11.5 (68.5%)
70	KONKEL Łukasz	48		M40-49	17	00:25:48	00:52:05.40	+00:16:28 (31.5%)	5:12	11.5 (68.5%)
71	STASIOŁEK Konrad	98		M18-29	8	00:25:49	00:52:12.45	+00:16:36 (31.7%)	5:13	11.5 (68.5%)

										Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	10km	Różn	min/km	km/h			
72	PŁATOSZ Magda	84		K18-29	1	00:26:27	00:52:18.94	+00:16:37 (31.7%)	5:13	11.5 (68.5%)			
73	POLGUJ Piotr	86	PARKRUN SZCZECINEK	M70+	1	00:24:04	00:52:28.24	+00:16:50 (32.0%)	5:14	11.4 (67.9%)			
74	KOLIGAT Anna	45		K30-39	10	00:26:08	00:53:07.03	+00:17:31 (32.9%)	5:18	11.3 (67.3%)			
75	MONGIAŁO Marcin	73	FAST FEET K-LIN	M40-49	18	00:26:23	00:52:58.53	+00:17:32 (32.9%)	5:17	11.3 (67.3%)			
76	OSOBNIAK Ryszard	76		M60-69	5	00:26:42	00:53:06.76	+00:17:37 (33.0%)	5:18	11.3 (67.3%)			
77	JASIEK Paweł	37	#ZABIEGANINOCA	M30-39	22	00:25:40	00:53:23.18	+00:17:44 (33.1%)	5:20	11.2 (66.7%)			
78	BOŻENA Skoczylas	9	BIEGAM BO LUBIĘ	K40-49	4	00:26:00	00:53:36.28	+00:18:02 (33.5%)	5:21	11.2 (66.7%)			
79	KOZŁOWIECKI Waldemar	51	TKKF KOSZALIN	M60-69	6	00:27:16	00:53:38.85	+00:18:10 (33.7%)	5:21	11.2 (66.7%)			
80	MĄDRZYK Magda	67		K18-29	2	00:26:58	00:53:58.80	+00:18:18 (33.8%)	5:23	11.1 (66.1%)			
81	BARSZCZEWSKI Sebastian	4		M40-49	19	00:26:12	00:53:58.23	+00:18:24 (34.0%)	5:23	11.1 (66.1%)			
82	JANKOWSKA Monika	35	TEAM BIEGOWY SZCZECINEK	K18-29	3	00:26:30	00:54:05.37	+00:18:25 (34.0%)	5:24	11.1 (66.1%)			
83	GRZYTEK Marcin	29		M30-39	23	00:26:56	00:53:51.71	+00:18:26 (34.0%)	5:23	11.1 (66.1%)			
84	AUGUSTYNIAK Grzegorz	3		M40-49	20	00:26:29	00:54:26.16	+00:18:54 (34.6%)	5:26	11 (65.5%)			
85	DEUS Grzegorz	18		M40-49	21	00:27:26	00:54:44.41	+00:18:57 (34.6%)	5:28	11 (65.5%)			
86	LIPCZEWSKA Justyna	61		K30-39	11	00:27:15	00:54:36.28	+00:19:01 (34.7%)	5:27	11 (65.5%)			
87	SUCHANOWSKI Zygmunt	99	RESPECT LOTYŃ	M50-59	9	00:26:26	00:54:41.65	+00:19:04 (34.8%)	5:28	11 (65.5%)			
88	CZERWIŃSKI Szczęsny	16		M40-49	22	00:27:06	00:54:37.95	+00:19:09 (34.9%)	5:27	11 (65.5%)			
89	PACAN Mira	77	RUNTASTYCZNE PŁYTKI	K30-39	12	00:27:16	00:54:47.74	+00:19:11 (34.9%)	5:28	10.9 (64.9%)			
90	KRASIŃSKI Witold	53		M40-49	23	00:26:54	00:54:50.69	+00:19:13 (34.9%)	5:29	10.9 (64.9%)			
91	KAMINSKI Tomasz	38	JW1223/24 BATERIA STARTOWA	M40-49	24	00:26:54	00:54:50.95	+00:19:13 (35.0%)	5:29	10.9 (64.9%)			
92	CAŁA Małgorzata	12	RUNTASTYCZNE PŁYTKI	K40-49	5	00:27:16	00:54:52.61	+00:19:16 (35.0%)	5:29	10.9 (64.9%)			
93	PACAN Bartosz	78	RUNTASTYCZNE PŁYTKI	M30-39	24	00:27:08	00:55:13.46	+00:19:37 (35.4%)	5:31	10.9 (64.9%)			
94	USTJANOWSKA Katarzyna	109		K30-39	13	00:27:15	00:55:30.71	+00:19:56 (35.8%)	5:33	10.8 (64.3%)			
95	GAŁAN Joanna	24		K50+	1	00:27:35	00:55:43.57	+00:20:07 (36.0%)	5:34	10.8 (64.3%)			
96	HEJZA Leszek	32		M18-29	9	00:27:24	00:56:01.86	+00:20:28 (36.4%)	5:36	10.7 (63.7%)			
97	WOLSKI Piotr	23		M50-59	10	00:27:47	00:56:23.24	+00:20:48 (36.8%)	5:38	10.6 (63.1%)			
98	BORUC Barbara	8	PARKRUN SZCZECINEK	K50+	2	00:28:14	00:56:28.47	+00:20:55 (36.9%)	5:38	10.6 (63.1%)			
99	CZUB Maciek	17		M18-29	10	00:26:42	00:56:27.22	+00:20:59 (37.0%)	5:38	10.6 (63.1%)			
100	WILK Jolanta	111	TOTALNIE BIEGNIĘCI	K40-49	6	00:28:30	00:56:49.66	+00:21:16 (37.3%)	5:41	10.6 (63.1%)			
101	KARNICKI Zygmunt	43	TKKF KOSZALIN	M60-69	7	00:28:08	00:57:34.20	+00:21:47 (37.8%)	5:45	10.4 (61.9%)			
102	SZCZYPEK Arkadiusz	102	FUNDACJA ZASTOPUJ	M30-39	25	00:28:27	00:57:46.10	+00:22:16 (38.4%)	5:46	10.4 (61.9%)			
103	WOŁODKOWICZ Hubert	117	FUNDACJA ZASTOPUJ	M18-29	11	00:28:27	00:57:46.57	+00:22:17 (38.4%)	5:46	10.4 (61.9%)			
104	SZYC Krystyna	104	MTS HAMER	K50+	3	00:28:51	00:59:32.89	+00:23:56 (40.1%)	5:57	10.1 (60.1%)			
105	BUTOWICZ Adam	10		M50-59	11	00:29:41	00:59:53.00	+00:24:19 (40.5%)	5:59	10 (59.5%)			
106	MONGIAŁO Aleksandra	72	FAST FEET K-LIN	K30-39	14	00:29:35	00:59:46.10	+00:24:19 (40.5%)	5:58	10 (59.5%)			
107	SUPROŃ Izabela	100		K30-39	15	00:29:32	01:00:40.44	+00:25:09 (41.3%)	6:04	9.9 (58.9%)			
108	MEGGER Agata	68		K40-49	7	00:30:48	01:01:07.30	+00:25:32 (41.6%)	6:06	9.8 (58.3%)			
109	KOWALCZYK Bernard	298		M50-59	12	00:30:13	01:01:10.31	+00:25:39 (41.8%)	6:07	9.8 (58.3%)			
110	BOROWSKA Teresa	6	PELO-BORKI	K50+	4	00:31:06	01:01:30.85	+00:25:58 (42.1%)	6:09	9.8 (58.3%)			
111	GAŁECKI Robert	26		M30-39	26	00:28:30	01:02:08.03	+00:26:32 (42.6%)	6:12	9.7 (57.7%)			
112	MARSCZAŁKOWSKA Dorota	64	TKKF KOSZALIN	K50+	5	00:31:34	01:04:56.91	+00:29:25 (45.1%)	6:29	9.2 (54.8%)			
113	SŁOMIŃSKI Sylwester	97	FUNDACJA ZASTOPUJ	M30-39	27	00:31:38	01:05:50.95	+00:30:03 (45.7%)	6:35	9.1 (54.2%)			
114	HARASYM Daniel	31	FUNDACJA ZASTOPUJ	M40-49	25	00:31:52	01:06:13.46	+00:30:42 (46.2%)	6:37	9.1 (54.2%)			
115	KARASIUK Renata	42		K30-39	16	00:32:58	01:06:33.23	+00:30:57 (46.4%)	6:39	9 (53.6%)			

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
116	ANDRUSZKIEWICZ Grzegorz	2		M40-49	26	00:32:00	01:06:41.20	+00:31:10 (46.6%)	6:40	9 (53.6%)
117	MUSIĆ Alicja	74		K30-39	17	00:33:34	01:09:10.51	+00:33:36 (48.4%)	6:55	8.7 (51.8%)

Znaleziono 117 wynik(ów)