



BIEG CENTAURA - 10 KM

B4SPORT

Wydarzenie: Cross Centaura
Organizator: Gmina Biały Bór, Białoborskie Centrum Kultury i Rekreacji, Fundacja Herkules All Sports
Data: 2020-10-03
Miejsce: Biały Bór
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PRZEKOPOWICZ Bartosz	78	#TEAMSZWARC	M18-29	1	00:18:31	00:37:57.87		3:47	15.8 (100%)
2	SZYMAŃSKI Sylwester	93	TUPACZE ZE SZCZECINKA	M40-49	1	00:19:19	00:38:39.30	+00:00:41 (1.8%)	3:51	15.5 (98.1%)
3	KOWALSKI Mirosław	47	TUPACZE ZE SZCZECINKA	M50-59	1	00:19:49	00:39:53.81	+00:01:55 (4.8%)	3:59	15 (94.9%)
4	JANUSZEWSKI Marek	187	DRUTEX	M30-39	1	00:19:32	00:40:14.59	+00:02:16 (5.7%)	4:01	14.9 (94.3%)
5	WALCZAK Paweł	102		M30-39	2	00:19:14	00:40:21.34	+00:02:23 (5.9%)	4:02	14.9 (94.3%)
6	WOJTAS Stafan	105	TRIPAKA PRZECHLEWO	M40-49	2	00:20:20	00:41:10.01	+00:03:12 (7.8%)	4:07	14.6 (92.4%)
7	JURAK Krzysztof	37	AGRA OSTROWITE	M30-39	3	00:20:21	00:41:34.94	+00:03:37 (8.7%)	4:09	14.4 (91.1%)
8	KRUKOWSKI Adam	51		M30-39	4	00:20:11	00:41:38.49	+00:03:40 (8.8%)	4:09	14.4 (91.1%)
9	LASAK Konrad	54	TUPACZE ZE SZCZECINKA	M18-29	2	00:20:26	00:41:45.06	+00:03:47 (9.1%)	4:10	14.4 (91.1%)
10	GRZESIK Eugeniusz	24	TKKF KOSZALIN	M50-59	2	00:20:24	00:41:49.37	+00:03:51 (9.2%)	4:10	14.3 (90.5%)
11	PICK Tomasz	74	Z LEŚNEGO WYBIEGU	M50-59	3	00:20:46	00:41:50.77	+00:03:52 (9.3%)	4:11	14.3 (90.5%)
12	TRĘBSKI Krzysztof	97	#ZABIEGANINOCA	M40-49	3	00:21:00	00:42:02.69	+00:04:04 (9.7%)	4:12	14.3 (90.5%)
13	HERMAN Arkadiusz	30		M40-49	4	00:21:03	00:42:13.93	+00:04:16 (10.1%)	4:13	14.2 (89.9%)
14	CUBER Wojciech	9	#ZABIEGANINOCA	M30-39	5	00:21:01	00:42:18.26	+00:04:20 (10.3%)	4:13	14.2 (89.9%)
15	TOMKOWSKI Przemysław	96		M30-39	6	00:21:07	00:43:37.72	+00:05:39 (13.0%)	4:21	13.8 (87.3%)
16	RUBASZNIK Radosław	80	CSSP KOSZALIN	M30-39	7	00:21:39	00:43:56.78	+00:05:58 (13.6%)	4:23	13.7 (86.7%)
17	KRÓL Michał	50	TRIPAKA PRZECHLEWO	M30-39	8	00:21:49	00:43:57.43	+00:05:59 (13.6%)	4:23	13.7 (86.7%)
18	MAZUR Emilusz	61	PĘDZĄCY OGR	M40-49	5	00:21:45	00:44:07.46	+00:06:09 (14.0%)	4:24	13.6 (86.1%)
19	PIASZCZYŃSKI Maciej	73	BIAŁOBORZANIE	M30-39	9	00:21:39	00:44:21.88	+00:06:24 (14.4%)	4:26	13.5 (85.4%)
20	GOSTKOWSKI Łukasz	21		M30-39	10	00:21:22	00:44:30.16	+00:06:32 (14.7%)	4:27	13.5 (85.4%)
21	DOMAŃSKI Andrzej	298		M40-49	6	00:21:52	00:44:50.49	+00:06:52 (15.3%)	4:29	13.4 (84.8%)
22	ZATOŃ Olga	106	BIEGAJ Z MAKIEM TEAM	K30-39	1	00:21:46	00:44:51.80	+00:06:53 (15.4%)	4:29	13.4 (84.8%)
23	DZIADCZYK Krzysztof	15		M60-69	1	00:22:17	00:44:52.88	+00:06:55 (15.4%)	4:29	13.4 (84.8%)
24	ROMANOWSKI Przemysław	108	TEAM BIEGOWY SZCZECINEK	M30-39	11	00:22:14	00:45:31.54	+00:07:33 (16.6%)	4:33	13.2 (83.5%)
25	KRYCZKA Stanisław	52	MTS HAMER	M50-59	4	00:23:00	00:45:42.80	+00:07:44 (17.0%)	4:34	13.1 (82.9%)
26	MYSZKOWSKI Jan	65	1958	M60-69	2	00:22:32	00:45:45.89	+00:07:48 (17.0%)	4:34	13.1 (82.9%)
27	ŻYJEWSKI Piotr	107	TEAM BIEGOWY SZCZECINEK	M50-59	5	00:22:21	00:45:45.96	+00:07:48 (17.0%)	4:34	13.1 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
28	PĘKAŁA Piotr	71		M40-49	7	00:23:15	00:45:48.63	+00:07:50 (17.1%)	4:34	13.1 (82.9%)
29	PELA Dariusz	69	BIAŁOBORZANIE	M30-39	12	00:22:34	00:46:02.99	+00:08:05 (17.6%)	4:36	13 (82.3%)
30	JANKOWSKI Mariusz	34	TEAM BIEGOWY SZCZECINEK	M40-49	8	00:22:46	00:46:05.11	+00:08:07 (17.6%)	4:36	13 (82.3%)
31	DOLIWKA Kamil	12	AFRO-FIT WATAHA	M30-39	13	00:22:50	00:46:15.48	+00:08:17 (17.9%)	4:37	13 (82.3%)
32	KUSIAK Bartłomiej	53		M30-39	14	00:23:16	00:46:19.01	+00:08:21 (18.0%)	4:37	13 (82.3%)
33	DRAŻKOWSKI Tomasz	13	MIEJSKI KLUB PŁYWACKI SZCZECINEK	M18-29	3	00:22:45	00:46:20.00	+00:08:22 (18.1%)	4:38	12.9 (81.6%)
34	ORLIK Grzegorz	66	BIAŁOBORZANIE	M30-39	15	00:22:21	00:46:38.22	+00:08:40 (18.6%)	4:39	12.9 (81.6%)
35	KOWALCZYK Seweryn	45	TEAM BIEGOWY SZCZECINEK	M18-29	4	00:23:00	00:46:54.45	+00:08:56 (19.1%)	4:41	12.8 (81.0%)
36	URBAŃSKI Tomasz	100		M40-49	9	00:23:02	00:47:14.95	+00:09:17 (19.7%)	4:43	12.7 (80.4%)
37	HAŁKA Justyna	26	TRUCHT ŁOBEZ	K40-49	1	00:23:13	00:47:22.49	+00:09:24 (19.9%)	4:44	12.7 (80.4%)
38	WIŚNIEWSKI Michał	103	BEST BEASTS	M30-39	16	00:23:34	00:47:28.05	+00:09:30 (20.0%)	4:44	12.6 (79.7%)
39	CIERPICKI Marcin	8	AFRO-FIT WATAHA	M40-49	10	00:23:08	00:47:39.71	+00:09:41 (20.3%)	4:45	12.6 (79.7%)
40	KARCZEWSKI Piotr	39	BEST BEASTS	M30-39	17	00:23:35	00:47:44.45	+00:09:46 (20.5%)	4:46	12.6 (79.7%)
41	KORNIWICZ Katarzyna	109	GWARDIA	K40-49	2	00:23:32	00:47:54.68	+00:09:56 (20.8%)	4:47	12.5 (79.1%)
42	MAZUR Tomasz	59	I LO SZCZECINEK	M40-49	11	00:23:17	00:47:59.14	+00:10:01 (20.9%)	4:47	12.5 (79.1%)
43	TRZEBIATOWSKA Kinga	98		K18-29	1	00:23:37	00:48:03.85	+00:10:05 (21.0%)	4:48	12.5 (79.1%)
44	KOZŁOWSKI Bartosz	49		M30-39	18	00:22:44	00:48:10.51	+00:10:12 (21.2%)	4:49	12.5 (79.1%)
45	STAWICKI Marek	86	OSP SMOŁDZINO	M50-59	6	00:23:51	00:48:17.44	+00:10:19 (21.4%)	4:49	12.4 (78.5%)
46	HAŁKA Arkadiusz	27	TRUCHT ŁOBEZ	M40-49	12	00:24:20	00:48:50.79	+00:10:52 (22.3%)	4:53	12.3 (77.8%)
47	ŁYCZYWEK Jan	57		M40-49	13	00:23:59	00:48:54.13	+00:10:56 (22.4%)	4:53	12.3 (77.8%)
48	PIŁAT Paweł	75	BEST BEASTS	M30-39	19	00:24:21	00:48:58.46	+00:11:00 (22.5%)	4:53	12.3 (77.8%)
49	WOJNIUSZ Adrian	104	#FEIFERTRENUJE	M30-39	20	00:24:53	00:49:05.10	+00:11:07 (22.7%)	4:54	12.2 (77.2%)
50	FIŁONOWICZ Monika	16	TUPACZE ZE SZCZECINKA	K40-49	3	00:23:39	00:49:22.28	+00:11:24 (23.1%)	4:56	12.2 (77.2%)
51	ŚWIETLIK Tomasz	95	LEO TEAM	M60-69	3	00:24:30	00:49:27.63	+00:11:29 (23.2%)	4:56	12.1 (76.6%)
52	SUCHANOWSKI Zygmunt	87	RESPECT LOTYŃ	M50-59	7	00:24:03	00:49:36.79	+00:11:38 (23.5%)	4:57	12.1 (76.6%)
53	GOC Małgorzata	19		K30-39	2	00:24:29	00:49:53.64	+00:11:55 (23.9%)	4:59	12 (75.9%)
54	SZKOPEK Krzysztof	91		M50-59	8	00:24:17	00:50:11.68	+00:12:13 (24.4%)	5:01	12 (75.9%)
55	PELA Olga	70	SKY-TRANS	K30-39	3	00:24:38	00:50:27.45	+00:12:29 (24.8%)	5:02	11.9 (75.3%)
56	POLGIN Piotr Roman	236		M70+	1	00:24:35	00:50:27.76	+00:12:29 (24.8%)	5:02	11.9 (75.3%)
57	SEROWSKI Łukasz	83		M30-39	21	00:25:18	00:50:55.80	+00:12:57 (25.5%)	5:05	11.8 (74.7%)
58	PAWŁOWSKI Michał	68	PRECON - POLSKA	M40-49	14	00:25:02	00:50:57.25	+00:12:59 (25.5%)	5:05	11.8 (74.7%)
59	MONGIAŁO Marcin	64	KĘPKA-NA-TRASIE	M40-49	15	00:25:14	00:51:14.48	+00:13:16 (25.9%)	5:07	11.7 (74.1%)
60	RUDNIK Tomasz	62		M30-39	22	00:25:41	00:51:53.42	+00:13:55 (26.8%)	5:11	11.6 (73.4%)
61	HERMAN Karina	29		K40-49	4	00:25:38	00:52:10.38	+00:14:12 (27.2%)	5:13	11.5 (72.8%)
62	KOLANOWSKI Jacek	43		M30-39	23	00:25:54	00:52:53.96	+00:14:56 (28.2%)	5:17	11.3 (71.5%)
63	ADASZYNSKI Wiesław	1	BOBOLICCY MORSJANIE	M50-59	9	00:25:24	00:53:09.40	+00:15:11 (28.6%)	5:18	11.3 (71.5%)
64	URBANIAK Anna	99	BRAK	K30-39	4	00:26:23	00:53:25.23	+00:15:27 (28.9%)	5:20	11.2 (70.9%)
65	KISIELIŃSKI Igor	42	TKKF KOSZALIN	M50-59	10	00:25:42	00:53:29.41	+00:15:31 (29.0%)	5:20	11.2 (70.9%)
66	FURSEWICZ Bartosz	17		M30-39	24	00:26:40	00:53:39.20	+00:15:41 (29.2%)	5:21	11.2 (70.9%)
67	ŁUCZEJKO Sławomir	56		M50-59	11	00:26:37	00:53:46.13	+00:15:48 (29.4%)	5:22	11.2 (70.9%)
68	SYLDATK Piotr	89		M30-39	25	00:26:53	00:53:46.97	+00:15:49 (29.4%)	5:22	11.2 (70.9%)
69	PŁATOSZ Magda	76		K18-29	2	00:26:54	00:53:59.81	+00:16:01 (29.7%)	5:23	11.1 (70.3%)
70	GRONKOWSKI Sebastian	22	WIKING POWER	M40-49	16	00:26:34	00:54:04.31	+00:16:06 (29.8%)	5:24	11.1 (70.3%)
71	SZYSZKOWSKI Tomasz	94	FOR-REST-RUN KOSZALIN	M30-39	26	00:27:18	00:54:04.88	+00:16:07 (29.8%)	5:24	11.1 (70.3%)

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72	MAZUR Mirosław	60	Z LEŚNEGO WYBIEGU	M50-59	12	00:26:58	00:54:20.94	+00:16:23 (30.1%)	5:26	11 (69.6%)
73	HONCKIEWICZ Iwo	31		M18-29	5	00:26:05	00:54:36.86	+00:16:38 (30.5%)	5:27	11 (69.6%)
74	DRULIK-HOŁUB Marta	14		K40-49	5	00:26:26	00:54:37.68	+00:16:39 (30.5%)	5:27	11 (69.6%)
75	JABŁOŃSKI Andrzej	33		M40-49	17	00:25:34	00:54:52.99	+00:16:55 (30.8%)	5:29	10.9 (69.0%)
76	BUTOWICZ Adam	5		M50-59	13	00:26:58	00:55:00.31	+00:17:02 (31.0%)	5:30	10.9 (69.0%)
77	GODULA MĄDRZYK Magda	20		K18-29	3	00:27:09	00:55:06.78	+00:17:08 (31.1%)	5:30	10.9 (69.0%)
78	BOGACKI Tomasz	4	TKKF KOSZALIN	M60-69	4	00:27:18	00:55:10.87	+00:17:12 (31.2%)	5:31	10.9 (69.0%)
79	CYWIŃSKA Agnieszka	10	MTS HAMER	K30-39	5	00:26:36	00:55:19.33	+00:17:21 (31.4%)	5:31	10.8 (68.4%)
80	GRUNWALD Karolina	23		K30-39	6	00:26:50	00:55:22.96	+00:17:25 (31.5%)	5:32	10.8 (68.4%)
81	GALICKI Robert	18		M40-49	18	00:26:50	00:55:23.34	+00:17:25 (31.5%)	5:32	10.8 (68.4%)
82	SŁUPECKA Aneta	85	Z LEŚNEGO WYBIEGU	K30-39	7	00:27:51	00:55:23.97	+00:17:26 (31.5%)	5:32	10.8 (68.4%)
83	POTOCKI Hubert	77	BEST BEASTS	M40-49	19	00:26:04	00:55:37.92	+00:17:40 (31.8%)	5:33	10.8 (68.4%)
84	KOZŁOWIECKI Waldemar	48	TKKF KOSZALIN	M60-69	5	00:28:06	00:56:35.15	+00:18:37 (32.9%)	5:39	10.6 (67.1%)
85	KASPRZYK Bogdan	40	KM PSP KOSZALIN	M40-49	20	00:27:32	00:56:39.80	+00:18:41 (33.0%)	5:39	10.6 (67.1%)
86	SAŁAPATA Andrzej	82		M30-39	27	00:27:39	00:56:46.41	+00:18:48 (33.1%)	5:40	10.6 (67.1%)
87	PIASZCZYŃSKA Magdalena	72	BIAŁOBORZANIE	K30-39	8	00:27:02	00:56:49.70	+00:18:51 (33.2%)	5:40	10.6 (67.1%)
88	BOGACKA Lucyna	3	TKKF KOSZALIN	K50+	1	00:27:51	00:57:05.20	+00:19:07 (33.5%)	5:42	10.5 (66.5%)
89	BOROWSKA Teresa	249	-	K50+	2	00:28:04	00:57:08.52	+00:19:10 (33.6%)	5:42	10.5 (66.5%)
90	JAŹDŻEWSKA Elżbieta	36	BEST BEASTS	K30-39	9	00:27:38	00:57:22.21	+00:19:24 (33.8%)	5:44	10.5 (66.5%)
91	MAZIEC Beata	58	Z LEŚNEGO WYBIEGU	K30-39	10	00:27:51	00:58:04.35	+00:20:06 (34.6%)	5:48	10.3 (65.2%)
92	JUSZCZAK Krzysztof	38		M60-69	6	00:28:17	00:58:10.28	+00:20:12 (34.7%)	5:49	10.3 (65.2%)
93	RASZPLA Ilona	79		K40-49	6	00:28:25	00:58:22.18	+00:20:24 (35.0%)	5:50	10.3 (65.2%)
94	BARTON Krystyna	2	PRZECHELEWO	K50+	3	00:27:18	00:58:22.84	+00:20:24 (35.0%)	5:50	10.3 (65.2%)
95	BONIC Barbara	248	TEAM BIEGOWY SZCZECINEK	K50+	4	00:28:41	00:58:26.41	+00:20:28 (35.0%)	5:50	10.3 (65.2%)
96	BUZAŁA Walenty	7	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50-59	14	00:28:45	00:59:05.89	+00:21:08 (35.8%)	5:54	10.2 (64.6%)
97	USTJANOWSKA Katarzyna	101		K30-39	11	00:29:40	01:00:41.45	+00:22:43 (37.4%)	6:04	9.9 (62.7%)
98	RUTKOWSKA Anna	81	WATAHA WAŁCZ	K50+	5	00:29:50	01:01:55.77	+00:23:57 (38.7%)	6:11	9.7 (61.4%)
99	KĘSIK Michał	41	ZDARTE PODESZWY	M40-49	21	00:30:47	01:02:29.26	+00:24:31 (39.2%)	6:14	9.6 (60.8%)
100	HRYNIEWICZ Rafał	32	CHAMPION	M40-49	22	00:30:49	01:03:20.49	+00:25:22 (40.1%)	6:20	9.5 (60.1%)
101	GRZYSTEK Marcin	25		M30-39	28	00:32:07	01:05:38.54	+00:27:40 (42.2%)	6:33	9.1 (57.6%)
102	HELLER Zdzisław	28	HERBMARATONOW.PL	M60-69	7	00:31:37	01:05:40.74	+00:27:42 (42.2%)	6:34	9.1 (57.6%)
103	SZYC Krystyna	92	MTS HAMER MIASTKO	K50+	6	00:31:04	01:05:46.59	+00:27:48 (42.3%)	6:34	9.1 (57.6%)
104	ŚWIGOŃ Izabela	172	SZWLA STARGARD	K50+	7	00:33:09	01:10:11.68	+00:32:13 (45.9%)	7:01	8.5 (53.8%)
105	MISIEWICZ Dorota	63		K30-39	12	00:36:18	01:14:51.78	+00:36:53 (49.3%)	7:29	8 (50.6%)
106	BERNATOWICZ Arleta	6		K50+	8	00:47:15	31296:00.00	+520:58:0 (100.0%)	187776:00	0 (0.0%)
	BOROWSKI Tomasz	294		M50-59		00:24:12 DNF	DNF		-	- (0.0%)

Znaleziono 107 wynik(ów)