



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

CROSS CENTAURA
Gmina Białe Bórze, Białoborskie Centrum Kultury i
Rekreacji, Fundacja Herkules All Sports
Białe Bórze
10 km

BIEG CENTAURA - 10 KM

B4SPORT



Klasyfikacja: M40-49

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	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%)
3	TRĘBSKI Krzysztof	108	#ZABIEGANINOCĄ1	M40-49	3	00:20:03	00:40:59.11	+00:05:17 (12.9%)	4:05	14.6 (86.9%)
4	DOMAŃSKI Andrzej	19		M40-49	4	00:20:12	00:41:28.88	+00:05:48 (14.0%)	4:08	14.5 (86.3%)
5	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%)
6	JABŁOŃSKI Andrzej	34		M40-49	6	00:21:51	00:44:41.11	+00:09:03 (20.2%)	4:28	13.4 (79.8%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	ŚNIEŻKO Marek	106		M40-49	13	00:24:44	00:48:57.38	+00:13:10 (26.9%)	4:53	12.3 (73.2%)
14	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%)
15	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%)
16	RYPULA Paweł	94		M40-49	16	00:25:08	00:52:02.49	+00:16:26 (31.5%)	5:12	11.5 (68.5%)
17	KONKEL Łukasz	48		M40-49	17	00:25:48	00:52:05.40	+00:16:28 (31.5%)	5:12	11.5 (68.5%)
18	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%)
19	BARSZCZEWSKI Sebastian	4		M40-49	19	00:26:12	00:53:58.23	+00:18:24 (34.0%)	5:23	11.1 (66.1%)
20	AUGUSTYNIAK Grzegorz	3		M40-49	20	00:26:29	00:54:26.16	+00:18:54 (34.6%)	5:26	11 (65.5%)
21	DEUS Grzegorz	18		M40-49	21	00:27:26	00:54:44.41	+00:18:57 (34.6%)	5:28	11 (65.5%)
22	CZERWIŃSKI Szczesny	16		M40-49	22	00:27:06	00:54:37.95	+00:19:09 (34.9%)	5:27	11 (65.5%)
23	KRASIŃSKI Witold	53		M40-49	23	00:26:54	00:54:50.69	+00:19:13 (34.9%)	5:29	10.9 (64.9%)
24	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%)
25	HARASYM Daniel	31	FUNDACJA ZASTOPIJ	M40-49	25	00:31:52	01:06:13.46	+00:30:42 (46.2%)	6:37	9.1 (54.2%)
26	ANDRUSZKIEWICZ Grzegorz	2		M40-49	26	00:32:00	01:06:41.20	+00:31:10 (46.6%)	6:40	9 (53.6%)

