



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: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GRZESIK Eugeniusz	28	TKKF KOSZALIN	M50-59	1	00:21:01	00:42:02.50		4:12	14.3 (100%)
2	WNUK Stanisław	116		M50-59	2	00:21:04	00:42:29.44	+00:00:29 (1.2%)	4:15	14.1 (98.6%)
3	RYNDAK Mariusz	93		M50-59	3	00:21:09	00:42:59.82	+00:00:58 (2.3%)	4:18	14 (97.9%)
4	GAŁAN Leszek	25		M50-59	4	00:21:54	00:43:46.30	+00:01:46 (4.0%)	4:22	13.7 (95.8%)
5	SZKOPEK Krzysztof	103		M50-59	5	00:23:04	00:47:10.56	+00:05:08 (10.9%)	4:43	12.7 (88.8%)
6	CZAJA Andrzej	340		M50-59	6	00:23:43	00:47:14.43	+00:05:17 (11.2%)	4:43	12.7 (88.8%)
7	ADASZYNSKI Wiesław	1		M50-59	7	00:23:36	00:48:29.15	+00:06:27 (13.3%)	4:50	12.4 (86.7%)
8	BOROWSKI Tomasz	7	PELO-BORKI	M50-59	8	00:24:11	00:48:32.34	+00:06:37 (13.6%)	4:51	12.4 (86.7%)
9	SUCHANOWSKI Zygmunt	99	RESPECT LOTYŃ	M50-59	9	00:26:26	00:54:41.65	+00:12:43 (23.2%)	5:28	11 (76.9%)
10	WOLSKI Piotr	23		M50-59	10	00:27:47	00:56:23.24	+00:14:26 (25.5%)	5:38	10.6 (74.1%)
11	BUTOWICZ Adam	10		M50-59	11	00:29:41	00:59:53.00	+00:17:58 (29.9%)	5:59	10 (69.9%)
12	KOWALCZYK Bernard	298		M50-59	12	00:30:13	01:01:10.31	+00:19:18 (31.4%)	6:07	9.8 (68.5%)

Znaleziono 12 wynik(ów)