

# BIEG CENTAURA - 5 KM

B4SPORT

**Wydarzenie:** CROSS CENTAURA  
**Organizator:** Gmina Biały Bór, Białoborskie Centrum Kultury i Rekreacji, Fundacja Herkules All Sports  
**Data:** 2019-10-06  
**Miejsce:** Biały Bór  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>174</b>	7PRO SIÓDMIAK TEAM / MBC	M-Open	1	<b>00:17:35.27</b>	<b>00:17:40.51</b>		3:31	17.1 (100%)
2	<b>GUZOWSKI Dariusz</b>	<b>139</b>	ŚCIGAŁ TEAM	M-Open	2	<b>00:17:58.66</b>	<b>00:18:03.75</b>	+00:00:23 (2.1%)	3:35	16.7 (97.7%)
3	<b>KRYZEL Tomasz</b>	<b>150</b>	WIKING RYCHNOWY	M-Open	3	<b>00:18:25.22</b>	<b>00:18:31.21</b>	+00:00:50 (4.6%)	3:41	16.3 (95.3%)
4	<b>CERK Łukasz</b>	<b>132</b>	BIEGAJ Z CERKIEM	M-Open	4	<b>00:18:50.12</b>	<b>00:18:55.38</b>	+00:01:14 (6.6%)	3:46	15.9 (93.0%)
5	<b>ROKOSZ Radosław</b>	<b>171</b>	JW 1223 KOSZALIN	M-Open	5	<b>00:19:06.70</b>	<b>00:19:14.03</b>	+00:01:33 (8.1%)	3:49	15.7 (91.8%)
6	<b>WYSOCKI Damian</b>	<b>183</b>	MKL SZCZECINEK	M-Open	6	<b>00:19:25.87</b>	<b>00:19:32.89</b>	+00:01:52 (9.6%)	3:53	15.5 (90.6%)
7	<b>OPIELA Paweł</b>	<b>162</b>	7PRO SIÓDMIAK TEAM	M-Open	7	<b>00:19:48.61</b>	<b>00:19:48.61</b>	+00:02:08 (10.8%)	3:57	15.2 (88.9%)
8	<b>DĄBKOWSKI Maciej</b>	<b>133</b>	7PRO SIÓDMIAK TEAM	M-Open	8	<b>00:19:59.61</b>	<b>00:20:08.71</b>	+00:02:28 (12.3%)	3:59	15 (87.7%)
9	<b>JABŁOŃSKI Tomasz</b>	<b>142</b>	KB SPOKO SŁAWNO	M-Open	9	<b>00:20:03.58</b>	<b>00:20:09.96</b>	+00:02:29 (12.4%)	4:00	15 (87.7%)
10	<b>PAWŁOWICZ Roland</b>	<b>163</b>	7PRO SIÓDMIAK TEAM	M-Open	10	<b>00:20:01.53</b>	<b>00:20:10.27</b>	+00:02:29 (12.4%)	4:00	15 (87.7%)
11	<b>DUCHNOWSKI Tomasz</b>	<b>136</b>	BIEGAJZCERKIEM	M-Open	11	<b>00:20:21.90</b>	<b>00:20:28.05</b>	+00:02:47 (13.6%)	4:04	14.7 (86.0%)
12	<b>WERNER Kamila</b>	<b>180</b>	7PRO SIÓDMIAK TEAM, BIEGAJ Z CERKIEM	K-Open	1	<b>00:20:29.18</b>	<b>00:20:35.01</b>	+00:02:54 (14.1%)	4:06	14.6 (85.4%)
13	<b>BUJAK Adrian</b>	<b>131</b>	POMORZANIN	M-Open	12	<b>00:20:30.54</b>	<b>00:20:44.48</b>	+00:03:03 (14.8%)	4:06	14.6 (85.4%)
14	<b>GARAPUCZYK Agnieszka</b>	<b>137</b>		K-Open	2	<b>00:20:38.57</b>	<b>00:20:45.00</b>	+00:03:04 (14.8%)	4:07	14.5 (84.8%)
15	<b>PELA Oliwia</b>	<b>164</b>	MKL TORUŃ	K-Open	3	<b>00:20:56.88</b>	<b>00:21:02.66</b>	+00:03:22 (16.0%)	4:11	14.3 (83.6%)
16	<b>KUKLINSKI Maciej</b>	<b>152</b>	METROŻERCY	M-Open	13	<b>00:21:01.72</b>	<b>00:21:09.62</b>	+00:03:29 (16.5%)	4:12	14.3 (83.6%)
17	<b>PŁATOSZ Marek</b>	<b>167</b>		M-Open	14	<b>00:21:21.93</b>	<b>00:21:28.84</b>	+00:03:48 (17.7%)	4:16	14 (81.9%)
18	<b>MICHAŁKIEWICZ Damian</b>	<b>311</b>		M-Open	15	<b>00:21:39.85</b>	<b>00:21:47.81</b>	+00:04:07 (18.9%)	4:20	13.8 (80.7%)
19	<b>PERLIK Katarzyna</b>	<b>165</b>	MTS HAMER MIASTKO	K-Open	4	<b>00:22:12.86</b>	<b>00:22:18.82</b>	+00:04:38 (20.8%)	4:26	13.5 (78.9%)
20	<b>KOWALCZYK Seweryn</b>	<b>144</b>	TEAM BIEGOWY SZCZECINEK	M-Open	16	<b>00:22:48.58</b>	<b>00:22:55.51</b>	+00:05:14 (22.9%)	4:33	13.1 (76.6%)
21	<b>KRUKOWSKA Magdalena</b>	<b>55</b>	UKS DOJLIDY	K-Open	5	<b>00:22:56.81</b>	<b>00:23:03.60</b>	+00:05:23 (23.4%)	4:35	13.1 (76.6%)
22	<b>NERC Patrycja</b>	<b>158</b>	7 PRO TEAM /MKP SZCZECINEK	K-Open	6	<b>00:22:52.94</b>	<b>00:23:05.52</b>	+00:05:25 (23.5%)	4:34	13.1 (76.6%)
23	<b>HAŁKA Justyna</b>	<b>140</b>	TRUCHT ŁOBEZ	K-Open	7	<b>00:22:55.87</b>	<b>00:23:05.62</b>	+00:05:25 (23.5%)	4:35	13.1 (76.6%)
24	<b>MORDACZ Mikołaj</b>	<b>300</b>		M-Open	17	<b>00:22:51.19</b>	<b>00:23:10.68</b>	+00:05:30 (23.7%)	4:34	13.1 (76.6%)
25	<b>TRAWA Aleksandra</b>	<b>178</b>	#ZABIEGANINOCA	K-Open	8	<b>00:23:28.98</b>	<b>00:23:37.59</b>	+00:05:57 (25.2%)	4:41	12.8 (74.9%)
26	<b>NOSAL Mariusz</b>	<b>159</b>		M-Open	18	<b>00:23:26.43</b>	<b>00:23:43.49</b>	+00:06:02 (25.5%)	4:41	12.8 (74.9%)
27	<b>SINKIEWICZ Mirosław</b>	<b>173</b>	JW1223	M-Open	19	<b>00:23:51.14</b>	<b>00:24:07.33</b>	+00:06:26 (26.7%)	4:46	12.6 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>GÓRKO Brajan</b>	<b>322</b>		M-Open	20	<b>00:24:04.03</b>	<b>00:24:13.63</b>	+00:06:33 (27.0%)	4:48	12.5 (73.1%)
29	<b>ZABŁOCKI Paweł</b>	<b>166</b>		M-Open	21	<b>00:24:10.25</b>	<b>00:24:18.54</b>	+00:06:38 (27.3%)	4:50	12.4 (72.5%)
30	<b>UJWARY Jakub</b>	<b>309</b>		M-Open	22	<b>00:24:26.67</b>	<b>00:24:26.67</b>	+00:06:46 (27.7%)	4:53	12.3 (71.9%)
31	<b>ROME CZ-KAZIK Gabriela</b>	<b>172</b>		K-Open	9	<b>00:24:51.73</b>	<b>00:25:00.37</b>	+00:07:19 (29.3%)	4:58	12.1 (70.8%)
32	<b>BOROWSKI Jeremi</b>	<b>265</b>	HAMER MIASTKO	M-Open	23	<b>00:25:50.86</b>	<b>00:26:04.93</b>	+00:08:24 (32.2%)	5:10	11.6 (67.8%)
33	<b>HAŁKA Arkadiusz</b>	<b>141</b>	TRUCHT ŁOBEZ	M-Open	24	<b>00:25:51.64</b>	<b>00:26:07.14</b>	+00:08:26 (32.3%)	5:10	11.6 (67.8%)
34	<b>SKOCZYLAS Henryk</b>	<b>314</b>	BIEGAM BO LUBIĘ	M-Open	25	<b>00:26:01.78</b>	<b>00:26:13.89</b>	+00:08:33 (32.6%)	5:12	11.5 (67.3%)
35	<b>MRUGALSKI Stanisław</b>	<b>157</b>		M-Open	26	<b>00:26:25.42</b>	<b>00:26:43.30</b>	+00:09:02 (33.9%)	5:17	11.3 (66.1%)
36	<b>BRACH Karolina</b>	<b>129</b>	TEAM BIEGOWY SZCZECINEK	K-Open	10	<b>00:28:07.11</b>	<b>00:28:23.77</b>	+00:10:43 (37.8%)	5:37	10.7 (62.6%)
37	<b>GŁĘBICKI Paweł</b>	<b>138</b>		M-Open	27	<b>00:28:07.88</b>	<b>00:28:24.01</b>	+00:10:43 (37.8%)	5:37	10.7 (62.6%)
38	<b>BODZIONY Grzegorz</b>	<b>127</b>		M-Open	28	<b>00:28:20.18</b>	<b>00:28:32.25</b>	+00:10:51 (38.1%)	5:40	10.6 (62.0%)
39	<b>WODZYŃSKA Katarzyna</b>	<b>181</b>	ZABIEGANI NOCĄ	K-Open	11	<b>00:28:23.24</b>	<b>00:28:37.15</b>	+00:10:56 (38.2%)	5:40	10.6 (62.0%)
40	<b>PRZYBYŁ Marcin</b>	<b>170</b>	NKS DARŻEWO	M-Open	29	<b>00:28:45.14</b>	<b>00:28:55.07</b>	+00:11:14 (38.9%)	5:45	10.4 (60.8%)
41	<b>NOSAL Martyna</b>	<b>160</b>	PENTATHLON SZCZECINEK	K-Open	12	<b>00:28:39.77</b>	<b>00:28:56.98</b>	+00:11:16 (38.9%)	5:43	10.5 (61.4%)
42	<b>DUCHNOWSKA Kamila</b>	<b>135</b>	HUSARIA RACE TEAM	K-Open	13	<b>00:29:06.38</b>	<b>00:29:18.44</b>	+00:11:37 (39.7%)	5:49	10.3 (60.2%)
43	<b>SŁUPECKA Aneta</b>	<b>175</b>		K-Open	14	<b>00:29:37.35</b>	<b>00:29:51.88</b>	+00:12:11 (40.8%)	5:55	10.1 (59.1%)
44	<b>WALDEMAR Wajda</b>	<b>214</b>		M-Open	30	<b>00:29:38.19</b>	<b>00:29:55.47</b>	+00:12:14 (40.9%)	5:55	10.1 (59.1%)
45	<b>MACIEJEWSKI Tomasz</b>	<b>155</b>		M-Open	31	<b>00:29:49.14</b>	<b>00:29:55.84</b>	+00:12:15 (40.9%)	5:57	10.1 (59.1%)
46	<b>POLAKOWSKA Małgorzata</b>	<b>168</b>		K-Open	15	<b>00:29:50.59</b>	<b>00:29:58.37</b>	+00:12:17 (41.0%)	5:58	10.1 (59.1%)
47	<b>STAŚ Adrianna</b>	<b>176</b>		K-Open	16	<b>00:30:30.85</b>	<b>00:30:46.45</b>	+00:13:05 (42.6%)	6:06	9.8 (57.3%)
48	<b>KRAWCZUK Maciej</b>	<b>148</b>		M-Open	32	<b>00:31:18.49</b>	<b>00:31:18.49</b>	+00:13:37 (43.5%)	6:15	9.6 (56.1%)
49	<b>KIEDOS Dariusz</b>	<b>143</b>	JW1223	M-Open	33	<b>00:31:09.42</b>	<b>00:31:23.30</b>	+00:13:42 (43.7%)	6:14	9.6 (56.1%)
50	<b>NOSAL Anna</b>	<b>161</b>		K-Open	17	<b>00:31:18.41</b>	<b>00:31:35.75</b>	+00:13:55 (44.1%)	6:15	9.6 (56.1%)
51	<b>KRASOWSKI Tomasz</b>	<b>146</b>		M-Open	34	<b>00:31:18.70</b>	<b>00:31:36.42</b>	+00:13:55 (44.1%)	6:15	9.6 (56.1%)
52	<b>BUCHOWSKI Marek</b>	<b>130</b>	PARKRUN	M-Open	35	<b>00:32:05.81</b>	<b>00:32:05.81</b>	+00:14:25 (44.9%)	6:25	9.4 (55.0%)
53	<b>KRÓL Dominika</b>	<b>149</b>		K-Open	18	<b>00:32:04.82</b>	<b>00:32:23.46</b>	+00:14:42 (45.4%)	6:25	9.4 (55.0%)
54	<b>KRAWCZUK Joanna</b>	<b>147</b>		K-Open	19	<b>00:32:10.03</b>	<b>00:32:29.63</b>	+00:14:49 (45.6%)	6:26	9.3 (54.4%)
55	<b>BILL Łukasz</b>	<b>126</b>		M-Open	36	<b>00:33:14.02</b>	<b>00:33:31.41</b>	+00:15:50 (47.3%)	6:38	9 (52.6%)
56	<b>DEPTUŁA-BILL Bożena</b>	<b>134</b>		K-Open	20	<b>00:33:14.56</b>	<b>00:33:31.47</b>	+00:15:50 (47.3%)	6:39	9 (52.6%)
57	<b>KOZŁOWIECKA Małgorzata</b>	<b>145</b>		K-Open	21	<b>00:34:06.36</b>	<b>00:34:24.05</b>	+00:16:43 (48.6%)	6:49	8.8 (51.5%)
58	<b>TRĘBSKA Marta</b>	<b>179</b>	#ZABIEGANINOCA	K-Open	22	<b>00:34:41.57</b>	<b>00:34:56.13</b>	+00:17:15 (49.4%)	6:56	8.6 (50.3%)
59	<b>ZIĘBA BŁASZKIEWICZ Agnieszka</b>	<b>124</b>	PSEUDOBIEGACZKI	K-Open	23	<b>00:35:07.58</b>	<b>00:35:21.46</b>	+00:17:40 (50.0%)	7:01	8.5 (49.7%)
60	<b>SUCHANOWSKA Anna</b>	<b>177</b>	RESPECT LOTYŃ	K-Open	24	<b>00:38:06.19</b>	<b>00:38:19.70</b>	+00:20:39 (53.9%)	7:37	7.9 (46.2%)

Znaleziono 60 wynik(ów)