



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

CROSS CENTAURA
Gmina Biały Bór, Białoborskie Centrum Kultury i
Rekreacji, Fundacja Herkules All Sports
Biały Bór
5 km

BIEG CENTAURA - 5 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIĄK Igor	174	7PRO SIÓDMIĄK TEAM / MBC	M-Open	1	00:17:35.27	00:17:40.51		3:31	17.1 (100%)
2	GUZOWSKI Dariusz	139	ŚCIGAŁ TEAM	M-Open	2	00:17:58.66	00:18:03.75	+00:00:23 (2.1%)	3:35	16.7 (97.7%)
3	KRYZEL Tomasz	150	WIKING RYCHNOWY	M-Open	3	00:18:25.22	00:18:31.21	+00:00:50 (4.6%)	3:41	16.3 (95.3%)
4	CERK Łukasz	132	BIEGAJ Z CERKIEM	M-Open	4	00:18:50.12	00:18:55.38	+00:01:14 (6.6%)	3:46	15.9 (93.0%)
5	ROKOSZ Radosław	171	JW 1223 KOSZALIN	M-Open	5	00:19:06.70	00:19:14.03	+00:01:33 (8.1%)	3:49	15.7 (91.8%)
6	WYSOCKI Damian	183	MKL SZCZECINEK	M-Open	6	00:19:25.87	00:19:32.89	+00:01:52 (9.6%)	3:53	15.5 (90.6%)
7	OPIELA Paweł	162	7PRO SIÓDMIĄK TEAM	M-Open	7	00:19:48.61	00:19:48.61	+00:02:08 (10.8%)	3:57	15.2 (88.9%)
8	DĄBKOWSKI Maciej	133	7PRO SIÓDMIĄK TEAM	M-Open	8	00:19:59.61	00:20:08.71	+00:02:28 (12.3%)	3:59	15 (87.7%)
9	JABŁOŃSKI Tomasz	142	KB SPOKO SŁAWNO	M-Open	9	00:20:03.58	00:20:09.96	+00:02:29 (12.4%)	4:00	15 (87.7%)
10	PAWŁOWICZ Roland	163	7PRO SIÓDMIĄK TEAM	M-Open	10	00:20:01.53	00:20:10.27	+00:02:29 (12.4%)	4:00	15 (87.7%)
11	DUCHNOWSKI Tomasz	136	BIEGAJZCERKIEM	M-Open	11	00:20:21.90	00:20:28.05	+00:02:47 (13.6%)	4:04	14.7 (86.0%)
12	WERNER Kamila	180	7PRO SIÓDMIĄK TEAM, BIEGAJ Z CERKIEM	K-Open	1	00:20:29.18	00:20:35.01	+00:02:54 (14.1%)	4:06	14.6 (85.4%)
13	BUJAK Adrian	131	POMORZANIN	M-Open	12	00:20:30.54	00:20:44.48	+00:03:03 (14.8%)	4:06	14.6 (85.4%)
14	GARAPUCZYK Agnieszka	137		K-Open	2	00:20:38.57	00:20:45.00	+00:03:04 (14.8%)	4:07	14.5 (84.8%)
15	PELA Oliwia	164	MKL TORUŃ	K-Open	3	00:20:56.88	00:21:02.66	+00:03:22 (16.0%)	4:11	14.3 (83.6%)
16	KUKLINSKI Maciej	152	METROŻERCY	M-Open	13	00:21:01.72	00:21:09.62	+00:03:29 (16.5%)	4:12	14.3 (83.6%)
17	PŁATOSZ Marek	167		M-Open	14	00:21:21.93	00:21:28.84	+00:03:48 (17.7%)	4:16	14 (81.9%)
18	MICHAŁKIEWICZ Damian	311		M-Open	15	00:21:39.85	00:21:47.81	+00:04:07 (18.9%)	4:20	13.8 (80.7%)
19	PERLIK Katarzyna	165	MTS HAMER MIASTKO	K-Open	4	00:22:12.86	00:22:18.82	+00:04:38 (20.8%)	4:26	13.5 (78.9%)
20	KOWALCZYK Seweryn	144	TEAM BIEGOWY SZCZECINEK	M-Open	16	00:22:48.58	00:22:55.51	+00:05:14 (22.9%)	4:33	13.1 (76.6%)
21	KRUKOWSKA Magdalena	55	UKS DOJLIDY	K-Open	5	00:22:56.81	00:23:03.60	+00:05:23 (23.4%)	4:35	13.1 (76.6%)
22	NERC Patrycja	158	7 PRO TEAM /MKP SZCZECINEK	K-Open	6	00:22:52.94	00:23:05.52	+00:05:25 (23.5%)	4:34	13.1 (76.6%)
23	HAŁKA Justyna	140	TRUCHT ŁOBEZ	K-Open	7	00:22:55.87	00:23:05.62	+00:05:25 (23.5%)	4:35	13.1 (76.6%)
24	MORDACZ Mikołaj	300		M-Open	17	00:22:51.19	00:23:10.68	+00:05:30 (23.7%)	4:34	13.1 (76.6%)
25	TRAWA Aleksandra	178	#ZABIEGANINOCA	K-Open	8	00:23:28.98	00:23:37.59	+00:05:57 (25.2%)	4:41	12.8 (74.9%)
26	NOSAL Mariusz	159		M-Open	18	00:23:26.43	00:23:43.49	+00:06:02 (25.5%)	4:41	12.8 (74.9%)
27	SINKIEWICZ Mirosław	173	JW1223	M-Open	19	00:23:51.14	00:24:07.33	+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	GÓRKO Brajan	322		M-Open	20	00:24:04.03	00:24:13.63	+00:06:33 (27.0%)	4:48	12.5 (73.1%)
29	ZABŁOCKI Paweł	166		M-Open	21	00:24:10.25	00:24:18.54	+00:06:38 (27.3%)	4:50	12.4 (72.5%)
30	UJWARY Jakub	309		M-Open	22	00:24:26.67	00:24:26.67	+00:06:46 (27.7%)	4:53	12.3 (71.9%)
31	ROME CZ-KAZIK Gabriela	172		K-Open	9	00:24:51.73	00:25:00.37	+00:07:19 (29.3%)	4:58	12.1 (70.8%)
32	BOROWSKI Jeremi	265	HAMER MIASTKO	M-Open	23	00:25:50.86	00:26:04.93	+00:08:24 (32.2%)	5:10	11.6 (67.8%)
33	HAŁKA Arkadiusz	141	TRUCHT ŁOBEZ	M-Open	24	00:25:51.64	00:26:07.14	+00:08:26 (32.3%)	5:10	11.6 (67.8%)
34	SKOCZYLAS Henryk	314	BIEGAM BO LUBIĘ	M-Open	25	00:26:01.78	00:26:13.89	+00:08:33 (32.6%)	5:12	11.5 (67.3%)
35	MRUGALSKI Stanisław	157		M-Open	26	00:26:25.42	00:26:43.30	+00:09:02 (33.9%)	5:17	11.3 (66.1%)
36	BRACH Karolina	129	TEAM BIEGOWY SZCZECINEK	K-Open	10	00:28:07.11	00:28:23.77	+00:10:43 (37.8%)	5:37	10.7 (62.6%)
37	GŁĘBICKI Paweł	138		M-Open	27	00:28:07.88	00:28:24.01	+00:10:43 (37.8%)	5:37	10.7 (62.6%)
38	BODZIONY Grzegorz	127		M-Open	28	00:28:20.18	00:28:32.25	+00:10:51 (38.1%)	5:40	10.6 (62.0%)
39	WODZYŃSKA Katarzyna	181	ZABIEGANI NOCĄ	K-Open	11	00:28:23.24	00:28:37.15	+00:10:56 (38.2%)	5:40	10.6 (62.0%)
40	PRZYBYŁ Marcin	170	NKS DARŻEWÓ	M-Open	29	00:28:45.14	00:28:55.07	+00:11:14 (38.9%)	5:45	10.4 (60.8%)
41	NOSAL Martyna	160	PENTATHLON SZCZECINEK	K-Open	12	00:28:39.77	00:28:56.98	+00:11:16 (38.9%)	5:43	10.5 (61.4%)
42	DUCHNOWSKA Kamila	135	HUSARIA RACE TEAM	K-Open	13	00:29:06.38	00:29:18.44	+00:11:37 (39.7%)	5:49	10.3 (60.2%)
43	SŁUPECKA Aneta	175		K-Open	14	00:29:37.35	00:29:51.88	+00:12:11 (40.8%)	5:55	10.1 (59.1%)
44	WALDEMAR Wajda	214		M-Open	30	00:29:38.19	00:29:55.47	+00:12:14 (40.9%)	5:55	10.1 (59.1%)
45	MACIEJEWSKI Tomasz	155		M-Open	31	00:29:49.14	00:29:55.84	+00:12:15 (40.9%)	5:57	10.1 (59.1%)
46	POLAKOWSKA Małgorzata	168		K-Open	15	00:29:50.59	00:29:58.37	+00:12:17 (41.0%)	5:58	10.1 (59.1%)
47	STAŚ Adrianna	176		K-Open	16	00:30:30.85	00:30:46.45	+00:13:05 (42.6%)	6:06	9.8 (57.3%)
48	KRAWCZUK Maciej	148		M-Open	32	00:31:18.49	00:31:18.49	+00:13:37 (43.5%)	6:15	9.6 (56.1%)
49	KIEDOS Dariusz	143	JW1223	M-Open	33	00:31:09.42	00:31:23.30	+00:13:42 (43.7%)	6:14	9.6 (56.1%)
50	NOSAL Anna	161		K-Open	17	00:31:18.41	00:31:35.75	+00:13:55 (44.1%)	6:15	9.6 (56.1%)
51	KRASOWSKI Tomasz	146		M-Open	34	00:31:18.70	00:31:36.42	+00:13:55 (44.1%)	6:15	9.6 (56.1%)
52	BUCHOWSKI Marek	130	PARKRUN	M-Open	35	00:32:05.81	00:32:05.81	+00:14:25 (44.9%)	6:25	9.4 (55.0%)
53	KRÓL Dominika	149		K-Open	18	00:32:04.82	00:32:23.46	+00:14:42 (45.4%)	6:25	9.4 (55.0%)
54	KRAWCZUK Joanna	147		K-Open	19	00:32:10.03	00:32:29.63	+00:14:49 (45.6%)	6:26	9.3 (54.4%)
55	BILL Łukasz	126		M-Open	36	00:33:14.02	00:33:31.41	+00:15:50 (47.3%)	6:38	9 (52.6%)
56	DEPTUŁA-BILL Bożena	134		K-Open	20	00:33:14.56	00:33:31.47	+00:15:50 (47.3%)	6:39	9 (52.6%)
57	KOZŁOWIECKA Małgorzata	145		K-Open	21	00:34:06.36	00:34:24.05	+00:16:43 (48.6%)	6:49	8.8 (51.5%)
58	TRĘBSKA Marta	179	#ZABIEGANINO CĄ	K-Open	22	00:34:41.57	00:34:56.13	+00:17:15 (49.4%)	6:56	8.6 (50.3%)
59	ZIĘBA BŁASZKIEWICZ Agnieszka	124	PSEUDO BIEGACZKI	K-Open	23	00:35:07.58	00:35:21.46	+00:17:40 (50.0%)	7:01	8.5 (49.7%)
60	SUCHANOWSKA Anna	177	RESPECT LOTYŃ	K-Open	24	00:38:06.19	00:38:19.70	+00:20:39 (53.9%)	7:37	7.9 (46.2%)

Znaleziono 60 wynik(ów)