

# BIEG CENTAURA - 5 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:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>168</b>	7PRO SIÓDMIAK TEAM / MBC / PENTATHLON SZ-EK	M-16	1	<b>00:17:16.20</b>		3:27	17.4 (100%)
2	<b>USS Miłosz</b>	<b>174</b>		M-16	2	<b>00:18:57.43</b>	+00:01:41 (8.9%)	3:47	15.8 (90.8%)
3	<b>KRYZEL Tomasz</b>	<b>136</b>	UKS WIKING RYCHNOWY	M-16	3	<b>00:19:07.07</b>	+00:01:50 (9.7%)	3:49	15.7 (90.2%)
4	<b>DORSZYNSKI Grzegorz</b>	<b>115</b>		M-16	4	<b>00:19:55.77</b>	+00:02:39 (13.3%)	3:59	15.1 (86.8%)
5	<b>POPŁAWSKI Daniel</b>	<b>160</b>		M-16	5	<b>00:20:08.47</b>	+00:02:52 (14.3%)	4:01	14.9 (85.6%)
6	<b>OPIELA Paweł</b>	<b>239</b>		M-16	6	<b>00:20:53.84</b>	+00:03:37 (17.4%)	4:10	14.4 (82.8%)
7	<b>DUCHNOWSKI Tomasz</b>	<b>116</b>	BIEGAJ Z CERKIEM	M-16	7	<b>00:20:55.38</b>	+00:03:39 (17.5%)	4:11	14.3 (82.2%)
8	<b>KACZOR Agnieszka</b>	<b>126</b>	UKS WIKING RYCHNOWY	K-16	1	<b>00:20:58.37</b>	+00:03:42 (17.7%)	4:11	14.3 (82.2%)
9	<b>KUJDA Arkadiusz</b>	<b>140</b>	1 BRYGADA LOGISTYCZNA	M-40	1	<b>00:21:47.19</b>	+00:04:30 (20.7%)	4:21	13.8 (79.3%)
10	<b>MINCEWICZ Piotr</b>	<b>148</b>	TEAM TERMINATORUN	M-16	8	<b>00:22:01.67</b>	+00:04:45 (21.6%)	4:24	13.6 (78.2%)
11	<b>KUBIAK Daniel</b>	<b>137</b>	PRECON POLSKA	M-16	9	<b>00:22:10.53</b>	+00:04:54 (22.1%)	4:26	13.5 (77.6%)
12	<b>KRÓL Dawid</b>	<b>134</b>		M-16	10	<b>00:22:38.41</b>	+00:05:22 (23.7%)	4:31	13.3 (76.4%)
13	<b>NOSAL Mariusz</b>	<b>153</b>		M-16	11	<b>00:22:54.89</b>	+00:05:38 (24.6%)	4:34	13.1 (75.3%)
14	<b>BENCYCH Michał</b>	<b>111</b>	7PRO SIÓDMIAK TEAM	M-16	12	<b>00:23:33.00</b>	+00:06:16 (26.7%)	4:42	12.7 (73.0%)
15	<b>ZAKIELARZ Jan</b>	<b>184</b>	PRECON POLSKA JASTROWIE	M-60+	1	<b>00:23:55.17</b>	+00:06:38 (27.8%)	4:47	12.5 (71.8%)
16	<b>RUMIŃSKA Marlena</b>	<b>165</b>	LKS FENIX SŁUPSK	K-16	2	<b>00:24:30.30</b>	+00:07:14 (29.5%)	4:54	12.2 (70.1%)
17	<b>ZAKIELARZ Piotr</b>	<b>183</b>	PRECON POLSKA	M-16	13	<b>00:24:48.93</b>	+00:07:32 (30.4%)	4:57	12.1 (69.5%)
18	<b>WÓJCIK Wiesław</b>	<b>178</b>	WIKING RYCHNOWY	M-40	2	<b>00:24:59.90</b>	+00:07:43 (30.9%)	4:59	12 (69.0%)
19	<b>KRUKOWSKA Magdalena</b>	<b>135</b>	SZWLA	K-16	3	<b>00:25:02.18</b>	+00:07:45 (31.0%)	5:00	12 (69.0%)
20	<b>KONIECZNY Krzysztof</b>	<b>131</b>		M-40	3	<b>00:25:02.30</b>	+00:07:46 (31.0%)	5:00	12 (69.0%)
21	<b>MELON Jacek</b>	<b>145</b>		M-40	4	<b>00:25:02.54</b>	+00:07:46 (31.0%)	5:00	12 (69.0%)
22	<b>RADZIMSKI Marcel</b>	<b>163</b>		M-16	14	<b>00:25:03.20</b>	+00:07:46 (31.1%)	5:00	12 (69.0%)
23	<b>PELA Oliwia</b>	<b>271</b>		K-16	4	<b>00:25:08.84</b>	+00:07:52 (31.3%)	5:01	11.9 (68.4%)
24	<b>MIKUSZEWSKI Arkadiusz</b>	<b>147</b>		M-40	5	<b>00:25:10.46</b>	+00:07:54 (31.4%)	5:02	11.9 (68.4%)
25	<b>HAWRANIAK Piotr</b>	<b>120</b>		M-16	15	<b>00:25:34.94</b>	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
26	<b>KISIEL Olga</b>	<b>128</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-16	5	<b>00:26:34.01</b>	+00:09:17 (35.0%)	5:18	11.3 (64.9%)
27	<b>PRZYBYŁOWICZ Małgorzata</b>	<b>162</b>		K-16	6	<b>00:26:42.98</b>	+00:09:26 (35.4%)	5:20	11.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	JABŁOŃSKA Magdalena	121		K-16	7	00:26:44.23	+00:09:28 (35.4%)	5:20	11.2 (64.4%)
29	JABŁOŃSKI Marek	122		M-16	16	00:26:44.37	+00:09:28 (35.4%)	5:20	11.2 (64.4%)
30	KOLIGAT Anna	130		K-40	1	00:26:58.23	+00:09:42 (36.0%)	5:23	11.1 (63.8%)
31	PRALICZ Grzesiu	161		M-16	17	00:27:17.71	+00:10:01 (36.7%)	5:27	11 (63.2%)
32	PAWŁOWSKI Mariusz	157		M-16	18	00:27:39.11	+00:10:22 (37.5%)	5:31	10.8 (62.1%)
33	KURZAWIŃSKA-JABŁOŃSKA Kasia	141	CZARNE BIEGA	K-40	2	00:28:10.24	+00:10:54 (38.7%)	5:38	10.7 (61.5%)
34	KUJDA Dorota	139		K-40	3	00:28:43.13	+00:11:26 (39.9%)	5:44	10.4 (59.8%)
35	CZUB Maciej	114		M-16	19	00:28:56.24	+00:11:40 (40.3%)	5:47	10.4 (59.8%)
36	SUPROŃ Izabela	88		K-16	8	00:29:18.03	+00:12:01 (41.1%)	5:51	10.2 (58.6%)
37	JAGŁA Żaneta	123		K-40	4	00:29:26.15	+00:12:09 (41.3%)	5:53	10.2 (58.6%)
38	ZACHARSKI Jerzy	180		M-40	6	00:29:26.83	+00:12:10 (41.4%)	5:53	10.2 (58.6%)
39	NITA Wiesław	151	VILLAGE PUNK RUN	M-40	7	00:29:27.98	+00:12:11 (41.4%)	5:53	10.2 (58.6%)
40	RYNKIEWICZ Piotr	166	TB WALDEK	M-16	20	00:29:28.45	+00:12:12 (41.4%)	5:53	10.2 (58.6%)
41	WAWRZYŃIAK Michał	176		M-40	8	00:29:35.09	+00:12:18 (41.6%)	5:55	10.1 (58.0%)
42	PIETRZYK Rafał	158		M-16	21	00:29:35.61	+00:12:19 (41.6%)	5:55	10.1 (58.0%)
43	GŁOWACKI Włodzimierz	119		M-60+	2	00:29:58.25	+00:12:42 (42.4%)	5:59	10 (57.5%)
44	NIKIEL Adrian	150		M-16	22	00:30:05.63	+00:12:49 (42.6%)	6:01	10 (57.5%)
45	SIKORA Anna	167	BOJANO BIEGA	K-40	5	00:30:22.56	+00:13:06 (43.1%)	6:04	9.9 (56.9%)
46	ZAKIELARZ Adriana	186		K-16	9	00:30:30.77	+00:13:14 (43.4%)	6:06	9.8 (56.3%)
47	SZEWCZYK Paulina	170		K-16	10	00:30:44.76	+00:13:28 (43.8%)	6:08	9.8 (56.3%)
48	ZAKIELARZ Anna	185	TEAM TERMINATORUN	K-16	11	00:31:05.46	+00:13:49 (44.5%)	6:13	9.7 (55.7%)
49	MAZUR Tomasz	144	POZYTYWNI Z PASJĄ	M-40	9	00:31:30.72	+00:14:14 (45.2%)	6:18	9.5 (54.6%)
50	CZEREŚNIAK Iwona	113		K-40	6	00:31:36.11	+00:14:19 (45.4%)	6:19	9.5 (54.6%)
51	NITA Katarzyna	152	VILLAGE PUNK RUN	K-40	7	00:32:00.46	+00:14:44 (46.0%)	6:24	9.4 (54.0%)
52	WROBLEWSKI Jerzy	179	PARKRUN	M-60+	3	00:32:11.60	+00:14:55 (46.4%)	6:26	9.3 (53.4%)
53	WOLSKA Anna	90		K-16	12	00:32:12.56	+00:14:56 (46.4%)	6:26	9.3 (53.4%)
54	SZTECHMILER Katarzyna	171	KLUB SPORTOWY HUSARIA SZCZECINEK	K-16	13	00:32:27.66	+00:15:11 (46.8%)	6:29	9.2 (52.9%)
55	PODGÓRSKA Agata	159	KLUB SPORTOWY HUSARIA SZCZECINEK	K-40	8	00:32:28.74	+00:15:12 (46.8%)	6:29	9.2 (52.9%)
56	JARCZEWSKA Renata	188		K-40	9	00:32:34.12	+00:15:17 (47.0%)	6:30	9.2 (52.9%)
57	ZADROŻNA Irena	181		K-40	10	00:32:43.47	+00:15:27 (47.2%)	6:32	9.2 (52.9%)
58	OBERDA Magdalena	156		K-16	14	00:33:01.11	+00:15:44 (47.7%)	6:36	9.1 (52.3%)
59	ZADROŻNY Szymon	182	WATAHA WAŁCZ	M-40	10	00:33:14.34	+00:15:58 (48.0%)	6:38	9 (51.7%)
60	RUDNICKI Krzysztof	164		M-16	23	00:33:21.78	+00:16:05 (48.2%)	6:40	9 (51.7%)
61	NOSAL Anna	154		K-16	15	00:33:41.80	+00:16:25 (48.7%)	6:44	8.9 (51.1%)
62	KRASOWSKI Tomasz	132		M-40	11	00:33:44.61	+00:16:28 (48.8%)	6:44	8.9 (51.1%)
63	JASTROWSKA Alicja	149	BRĄK	K-16	16	00:33:59.93	+00:16:43 (49.2%)	6:47	8.8 (50.6%)
64	BUCHOWSKI Marek	112	PARKRUN	M-60+	4	00:34:04.82	+00:16:48 (49.3%)	6:48	8.8 (50.6%)
65	MAZUR Anna	143	POZYTYWNI Z PASJĄ	K-40	11	00:34:56.27	+00:17:40 (50.6%)	6:59	8.6 (49.4%)
66	KOBUS MAŁANECZ Agnieszka	129		K-40	12	00:35:00.18	+00:17:43 (50.7%)	7:00	8.6 (49.4%)
67	WALKOWIAK Dariusz	175		M-40	12	00:35:45.83	+00:18:29 (51.7%)	7:09	8.4 (48.3%)
68	TRĘBSKA Marta	173	#ZABIEGANINOCA	K-40	13	00:36:19.37	+00:19:03 (52.5%)	7:15	8.3 (47.7%)
69	MICKIEWICZ Kinga	146	ZABIEGANI NOCĄ	K-40	14	00:36:19.51	+00:19:03 (52.5%)	7:15	8.3 (47.7%)
70	NOSEK Magdalena	155		K-16	17	00:36:41.95	+00:19:25 (52.9%)	7:20	8.2 (47.1%)
71	KRÓL Dominika	133		K-16	18	00:36:41.99	+00:19:25 (52.9%)	7:20	8.2 (47.1%)

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72	<b>SUCHANOWSKA Anna</b>	<b>169</b>	RESPECT LOTYŃ	K-40	15	<b>00:37:20.80</b>	+00:20:04 (53.8%)	7:28	8 (46.0%)
73	<b>JANAS Karolina</b>	<b>124</b>	TKKF KOSZALIN	K-16	19	<b>00:41:55.79</b>	+00:24:39 (58.8%)	8:23	7.2 (41.4%)
74	<b>KAMIŃSKI Tomasz</b>	<b>127</b>	JW1223	M-40	13	<b>00:44:00.55</b>	+00:26:44 (60.8%)	8:48	6.8 (39.1%)

Znaleziono 74 wynik(ów)