

BIEG CENTAURA - NORDIC WALKING 5 KM

B4SPORT

Wydarzenie:
Organizator:

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

Data:
Miejsce:
Dystans:

2019-10-06
Biały Bór
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZOZOWSKI Piotr	192	NIEZNISZCZALNI	M18-39	1	00:30:20.21		6:04	9.9 (100%)
2	POŁUBIAK Paweł	228		M18-39	2	00:30:56.08	+00:00:35 (1.9%)	6:11	9.7 (98.0%)
3	WOROCH Roman	240	POLKOWICE	M60-69	1	00:31:44.65	+00:01:24 (4.4%)	6:20	9.5 (96.0%)
4	JÓŻWIAK Marianna	203	SERCE NORDICA WŁOCLAWEK	K40-49	1	00:34:11.60	+00:03:51 (11.3%)	6:50	8.8 (88.9%)
5	MROZICKI Andrzej	225	MORSY SZCZECINEK	M50-59	1	00:35:06.19	+00:04:45 (13.6%)	7:01	8.5 (85.9%)
6	JURCZYSZYN Zyta	206	CZAPELKI	K40-49	2	00:35:24.80	+00:05:04 (14.3%)	7:05	8.5 (85.9%)
7	WOJTCZAK Urszula	239	CZAPELKI	K40-49	3	00:35:29.03	+00:05:08 (14.5%)	7:06	8.5 (85.9%)
8	PARCHIMOWICZ Janusz	226		M60-69	2	00:35:29.61	+00:05:09 (14.5%)	7:06	8.5 (85.9%)
9	BERCZYŃSKI Henryk	189	NADLEŚNICTWO OKONEK	M60-69	3	00:35:44.69	+00:05:24 (15.1%)	7:08	8.4 (84.8%)
10	PRUSKA Agnieszka	343	NIEZNISZCZALNI	K40-49	4	00:36:16.93	+00:05:56 (16.4%)	7:15	8.3 (83.8%)
11	KOCOŃ Sławomir	211		M40-49	1	00:36:43.83	+00:06:23 (17.4%)	7:20	8.2 (82.8%)
12	WOROCH Jolanta	241	POLKOWICE	K50-59	1	00:37:20.20	+00:06:59 (18.7%)	7:28	8 (80.8%)
13	SZUDOBAJ Hania	236	NIEZNISZCZALNI	K50-59	2	00:37:28.53	+00:07:08 (19.0%)	7:29	8 (80.8%)
14	DAROSZEWSKA Krystyna	194	SERCE NORDICA WŁOCLAWEK	K60-69	1	00:37:32.53	+00:07:12 (19.2%)	7:30	8 (80.8%)
15	KORYBSKA Aleksandra	212	BIAŁY BÓR	K40-49	5	00:37:37.04	+00:07:16 (19.4%)	7:31	8 (80.8%)
16	KUKLINSKA Joanna	216	METROŻERCY	K18-39	1	00:37:40.33	+00:07:20 (19.5%)	7:32	8 (80.8%)
17	WOŹNIEWSKA Grażyna	242	NORDICOWELOVE POLICE	K50-59	3	00:37:55.47	+00:07:35 (20.0%)	7:35	7.9 (79.8%)
18	BOGAJSKI Krzysztof	191		M50-59	2	00:38:01.81	+00:07:41 (20.2%)	7:36	7.9 (79.8%)
19	KWAŚNIEWSKA Dorota	215	HUBERTUS BIAŁY BÓR	K50-59	4	00:38:11.43	+00:07:51 (20.6%)	7:38	7.9 (79.8%)
20	JÓŻWIAK Łukasz	205	SERCE NORDICA WŁOCLAWEK	M50-59	3	00:39:10.51	+00:08:50 (22.6%)	7:50	7.7 (77.8%)
21	BADZIĄG Waldemar	188	NIEZNISZCZALNI	M50-59	4	00:39:28.90	+00:09:08 (23.2%)	7:53	7.6 (76.8%)
22	ŻUCHLIŃSKI Bogdan	246		M40-49	2	00:39:55.57	+00:09:35 (24.0%)	7:59	7.5 (75.8%)
23	ANDRUSZKIEWICZ Paweł	186		M40-49	3	00:40:34.35	+00:10:14 (25.2%)	8:06	7.4 (74.7%)
24	MAŁYSZEWICZ Andrzej	223		M50-59	5	00:40:48.32	+00:10:28 (25.7%)	8:09	7.4 (74.7%)
25	KOCOŃ Sylwia	210		K40-49	6	00:40:59.57	+00:10:39 (26.0%)	8:12	7.3 (73.7%)
26	PIASKOWIAK Karolina	227	BORNE BIEGA	K18-39	2	00:41:31.31	+00:11:11 (26.9%)	8:18	7.2 (72.7%)
27	MAŁYSZEWICZ Teresa	222		K50-59	5	00:42:01.42	+00:11:41 (27.8%)	8:24	7.1 (71.7%)

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28	WAJDA Izabela	238		K40-49	7	00:42:06.72	+00:11:46 (28.0%)	8:25	7.1 (71.7%)
29	CZEREŚNIAK Iwona	193		K50-59	6	00:42:29.59	+00:12:09 (28.6%)	8:29	7.1 (71.7%)
30	STRZELEC Jan	231		M60-69	4	00:42:39.36	+00:12:19 (28.9%)	8:31	7 (70.7%)
31	SUCHECKA Anna	232		K40-49	8	00:43:27.10	+00:13:06 (30.2%)	8:41	6.9 (69.7%)
32	SYROCZYŃSKA Hanna	233	SERCE NORDICA WŁOCŁAWEK	K50-59	7	00:43:50.92	+00:13:30 (30.8%)	8:46	6.8 (68.7%)
33	ARCIUSZKIEWICZ Katarzyna	187		K18-39	3	00:44:05.92	+00:13:45 (31.2%)	8:49	6.8 (68.7%)
34	KAŹMIERCZAK Sylwia	209		K18-39	4	00:44:26.78	+00:14:06 (31.7%)	8:53	6.7 (67.7%)
35	LUBAŃSKI Tomasz	220	SERCE NORDIC WŁOCŁAWEK	M60-69	5	00:44:28.92	+00:14:08 (31.8%)	8:53	6.7 (67.7%)
36	KOTARSKA Małgorzata	199	NORDICOWELOVE POLICE	K50-59	8	00:44:29.68	+00:14:09 (31.8%)	8:53	6.7 (67.7%)
37	SZAMOTUŁA - STRZELEC Maryla	235		K60-69	2	00:45:41.38	+00:15:21 (33.6%)	9:08	6.6 (66.7%)
38	AMBRYSZEWSKA Agnieszka	185		K18-39	5	00:46:18.28	+00:15:58 (34.5%)	9:15	6.5 (65.7%)
39	WYPYCH Honorata	244		K18-39	6	00:47:06.17	+00:16:45 (35.6%)	9:25	6.4 (64.6%)
40	JÓŹWIAK Dominik	204	SERCE NORDICA WŁOCŁAWEK	M18-39	3	00:47:26.62	+00:17:06 (36.1%)	9:29	6.3 (63.6%)
41	DOBRZAŃSKA Anna	195		K40-49	9	00:47:46.76	+00:17:26 (36.5%)	9:33	6.3 (63.6%)
42	BERNAT Grzegorz	190		M50-59	6	00:47:48.42	+00:17:28 (36.5%)	9:33	6.3 (63.6%)
43	ZIĘBA Halina	245	PSEUDOBIEGACZKI	K60-69	3	00:48:21.53	+00:18:01 (37.3%)	9:40	6.2 (62.6%)
44	WRONA Jolanta	243	PSEUDOBIEGACZKI	K60-69	4	00:48:22.88	+00:18:02 (37.3%)	9:40	6.2 (62.6%)
45	TOBOŁA Halina	237		K50-59	9	00:49:03.07	+00:18:42 (38.2%)	9:48	6.1 (61.6%)
46	SZAMOTUŁA Ewa	234		K60-69	5	00:49:03.81	+00:18:43 (38.2%)	9:48	6.1 (61.6%)
47	LEWANDOWSKA Iga	219		K18-39	7	00:49:19.59	+00:18:59 (38.5%)	9:52	6.1 (61.6%)
48	STAŚ Halina	230		K40-49	10	00:49:27.48	+00:19:07 (38.7%)	9:53	6.1 (61.6%)
49	KARKUT Monika	208	MTS HAMER	K40-49	11	00:50:27.75	+00:20:07 (39.9%)	10:05	5.9 (59.6%)
50	FIURST Piotr	197	TUPTAJĄCE HIPCIE	M-jun	1	00:50:39.55	+00:20:19 (40.1%)	10:07	5.9 (59.6%)
51	FIURST-STECENKO Irena	198	TUPTAJĄCE HIPCIE	K18-39	8	00:50:47.54	+00:20:27 (40.3%)	10:09	5.9 (59.6%)
52	JADWIŻYC Izabela	200	TUPTAJĄCE HIPCIE	K40-49	12	00:50:48.61	+00:20:28 (40.3%)	10:09	5.9 (59.6%)
53	JURA Danuta	207		K60-69	6	00:50:51.22	+00:20:31 (40.3%)	10:10	5.9 (59.6%)
54	MAŁYSZEWICZ Tomasz	221	BIAŁY BÓR AKTYWNY JEST,#TEAMDKMS,#BIEGACZE	M18-39	4	00:53:02.11	+00:22:41 (42.8%)	10:36	5.7 (57.6%)
55	JENSZAK Maja	202		K18-39	9	00:53:29.54	+00:23:09 (43.3%)	10:42	5.6 (56.6%)
56	FIURST Marcin	196	TUPTAJĄCE HIPCIE	M40-49	4	00:55:17.62	+00:24:57 (45.1%)	11:03	5.4 (54.5%)
DNC	JAKIMIEC Tadeusz	201	HUSARIIA RACE TEAM	M50-59		00:27:11.94		0:00	11 (111.1%)
DNC	KORZEŃ Grzegorz	213		M40-49		00:27:14.71		0:00	11 (111.1%)

Znaleziono 58 wynik(ów)