



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

## BIEG CENTAURA - NORDIC WALKING 5 KM

**CROSS CENTAURA**  
Gmina Biały Bór, Białoborskie Centrum Kultury i Rekreacji, Fundacja Herkules All Sports  
2019-10-06  
Biały Bór  
5 km

B4SPORT



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   | JÓZWIAK 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   | JURCZYSZYŃ 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  | JÓZWIAK 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%) |

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

Znaleziono 58 wynik(ów)