



**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  
2020-10-03  
Biały Bór  
5 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZUDARSKI Edward	234	DWA KIJE SŁUPSK	M-60+	1	00:35:07.42		7:01	8.5 (100%)
2	NIEZGODA Tomasz	221		M-40	1	00:35:27.94	+00:00:20 (1.0%)	7:05	8.5 (100%)
3	MACIEJEWSKI Tomasz	142	NIGT WOLVES ULTRA RUNNERS SŁUPSK	M-40	2	00:35:29.89	+00:00:22 (1.1%)	7:05	8.5 (100%)
4	GUTOWSKA Dorota	200	TEAMBIEGOWY SZCZECINEK	K-16	1	00:35:48.03	+00:00:40 (1.9%)	7:09	8.4 (98.8%)
5	JÓZWIAK Marianna	204	SERCE NORDICA WŁOCLAWEK	K-40	1	00:36:12.60	+00:01:05 (3.0%)	7:14	8.3 (97.6%)
6	MROZICKI Andrzej	220	MORSY SZCZECINEK	M-40	3	00:36:30.10	+00:01:22 (3.8%)	7:18	8.2 (96.5%)
7	KORYBSKA Aleksandra	209		K-40	2	00:36:45.14	+00:01:37 (4.4%)	7:21	8.2 (96.5%)
8	KRIGER Roman	211	SERCE NORDICA WŁOCLAWEK	M-40	4	00:36:50.75	+00:01:43 (4.7%)	7:22	8.1 (95.3%)
9	WILKOŁEK-SZUDARSKA Saturnina	238	DWA KIJE SŁUPSK	K-60+	1	00:36:51.26	+00:01:43 (4.7%)	7:22	8.1 (95.3%)
10	DAROSZEWSKA Krystyna	195	SERCE NORDICA WŁOCLAWEK	K-60+	2	00:36:55.87	+00:01:48 (4.9%)	7:23	8.1 (95.3%)
11	KUBIK Krystian	213	RUNGRYF GRYFICE	M-16	1	00:37:19.93	+00:02:12 (5.9%)	7:27	8 (94.1%)
12	BERCZYŃSKI Henryk	193	NADLESNICTWO OKONEK	M-60+	2	00:37:23.47	+00:02:16 (6.1%)	7:28	8 (94.1%)
13	SZUDARSKI Marek	235	DWA KIJE SŁUPSK	M-16	2	00:37:38.00	+00:02:30 (6.7%)	7:31	8 (94.1%)
14	ŻUCHLIŃSKI Bogdan	242		M-40	5	00:38:42.73	+00:03:35 (9.3%)	7:44	7.8 (91.8%)
15	PARCHIMOWICZ Janusz	224		M-60+	3	00:38:47.88	+00:03:40 (9.5%)	7:45	7.7 (90.6%)
16	RODZIEWICZ Wioletta	226		K-40	3	00:39:25.99	+00:04:18 (10.9%)	7:53	7.6 (89.4%)
17	PODLEŚ Danuta	225	DWA KIJE SŁUPSK	K-60+	3	00:40:49.64	+00:05:42 (14.0%)	8:09	7.3 (85.9%)
18	KOCOŃ Sylwia	207		K-40	4	00:40:54.59	+00:05:47 (14.1%)	8:10	7.3 (85.9%)
19	WOŹNIEWSKA Grażyna	240	SZALONE WILCZYCE	K-40	5	00:41:00.97	+00:05:53 (14.4%)	8:12	7.3 (85.9%)
20	GÓRSKA Agnieszka	199	SZALONE WILCZYCE	K-40	6	00:41:22.20	+00:06:14 (15.1%)	8:16	7.3 (85.9%)
21	JÓZWIAK Łukasz	205	SERCE NORDICA WŁOCLAWEK	M-40	6	00:42:07.22	+00:06:59 (16.6%)	8:25	7.1 (83.5%)
22	MICHALSKA Małgorzata	219		K-40	7	00:42:08.57	+00:07:01 (16.7%)	8:25	7.1 (83.5%)
23	KOZŁOWIECKA Małgorzata	210		K-60+	4	00:42:57.38	+00:07:49 (18.2%)	8:35	7 (82.4%)
24	KUC - BREJNA Anna	214		K-40	8	00:43:00.86	+00:07:53 (18.3%)	8:36	7 (82.4%)
25	STRZELEC Jan	228		M-60+	4	00:43:19.62	+00:08:12 (18.9%)	8:39	6.9 (81.2%)
26	ZACHARSKI Barbara	241		K-40	9	00:43:49.16	+00:08:41 (19.8%)	8:45	6.8 (80.0%)
27	SUPROŃ Janina	229		K-60+	5	00:44:53.60	+00:09:46 (21.8%)	8:58	6.7 (78.8%)

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28	<b>ARCIUSZKIEWICZ Katarzyna</b>	<b>192</b>		K-16	2	<b>00:45:15.13</b>	+00:10:07 (22.4%)	9:03	6.6 (77.6%)
29	<b>WAJDA Izabela</b>	<b>237</b>		K-40	10	<b>00:45:18.62</b>	+00:10:11 (22.5%)	9:03	6.6 (77.6%)
30	<b>SUSIAK Ewelina</b>	<b>230</b>	NORDIC WALKING LUBASZ	K-16	3	<b>00:46:42.13</b>	+00:11:34 (24.8%)	9:20	6.4 (75.3%)
31	<b>MARCJAN Małgorzata</b>	<b>218</b>	DWA KIJE SŁUPSK	K-40	11	<b>00:47:11.53</b>	+00:12:04 (25.6%)	9:26	6.4 (75.3%)
32	<b>JANOWICZ Alina</b>	<b>202</b>		K-60+	6	<b>00:47:11.79</b>	+00:12:04 (25.6%)	9:26	6.4 (75.3%)
33	<b>SZCZYPEK Ela</b>	<b>233</b>	DWA KIJE SLUPSK	K-60+	7	<b>00:47:14.64</b>	+00:12:07 (25.7%)	9:26	6.4 (75.3%)
34	<b>SZAMOTUŁA - STRZELEC Maryla</b>	<b>232</b>		K-60+	8	<b>00:47:47.79</b>	+00:12:40 (26.5%)	9:33	6.3 (74.1%)
35	<b>JÓŹWIAK Dominik</b>	<b>206</b>	SERCE NORDICA WŁOCŁAWEK	M-16	3	<b>00:49:21.73</b>	+00:14:14 (28.8%)	9:52	6.1 (71.8%)
36	<b>KRUKOWSKA Anna</b>	<b>212</b>		K-60+	9	<b>00:49:52.27</b>	+00:14:44 (29.6%)	9:58	6 (70.6%)
37	<b>FIURST-STECENKO Irena</b>	<b>198</b>	TUPTAJĄCE HIPCIE	K-40	12	<b>00:53:27.77</b>	+00:18:20 (34.3%)	10:41	5.6 (65.9%)
38	<b>FIURST Marcin</b>	<b>196</b>	TUPTAJĄCE HIPCIE	M-40	7	<b>00:57:11.01</b>	+00:22:03 (38.6%)	11:26	5.2 (61.2%)
39	<b>FIURST Piotr</b>	<b>197</b>	TUPTAJĄCE HIPCIE	M-15	1	<b>00:57:11.07</b>	+00:22:03 (38.6%)	11:26	5.2 (61.2%)
40	<b>JENSZAK Maja</b>	<b>203</b>		K-16	4	<b>00:58:01.86</b>	+00:22:54 (39.5%)	11:36	5.2 (61.2%)
41	<b>ORZEŁ Barbara</b>	<b>223</b>		K-60+	10	<b>00:59:58.24</b>	+00:24:50 (41.4%)	11:59	5 (58.8%)
42	<b>LOREK Krystyna</b>	<b>216</b>		K-60+	11	<b>01:00:30.19</b>	+00:25:22 (41.9%)	12:06	5 (58.8%)

Znaleziono 42 wynik(ów)