

# CROSS CENTAURA - BIAŁY BÓR - 10 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** CROSS CENTAURA  
**Organizator:** Gmina Biały Bór  
**Data:** 2021-09-25  
**Miejsce:** Biały Bór  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Sylwester</b>	<b>116</b>	SZCZECINECCY BIEGACZE	M40-49	1	00:17:35	<b>00:34:57.73</b>		3:29	17.2 (100%)
2	<b>LASAK Konrad</b>	<b>94</b>		M18-29	1	00:18:48	<b>00:37:46.15</b>	+00:02:48 (7.4%)	3:46	15.9 (92.4%)
3	<b>LECKI Mateusz</b>	<b>95</b>	SZCZECINECCY BIEGACZE	M30-39	1	00:18:49	<b>00:37:50.84</b>	+00:02:53 (7.6%)	3:47	15.9 (92.4%)
4	<b>WALCZAK Paweł</b>	<b>122</b>		M30-39	2	00:18:34	<b>00:38:12.73</b>	+00:03:15 (8.5%)	3:49	15.7 (91.3%)
5	<b>ULDYNOWICZ Łukasz</b>	<b>120</b>	GRYFICKA SIŁA BIEGOWA	M30-39	3	00:19:20	<b>00:39:01.25</b>	+00:04:03 (10.4%)	3:54	15.4 (89.5%)
6	<b>RÓŻAŃSKI Rafał</b>	<b>170</b>		M40-49	2	00:19:33	<b>00:39:45.08</b>	+00:04:47 (12.0%)	3:58	15.1 (87.8%)
7	<b>WITKIEWICZ Eryk</b>	<b>123</b>	BIAŁOGARD BIEGA	M40-49	3	00:19:45	<b>00:40:21.23</b>	+00:05:23 (13.4%)	4:02	14.9 (86.6%)
8	<b>KIESZKOWSKI Adam</b>	<b>86</b>		M30-39	4	00:19:39	<b>00:40:46.42</b>	+00:05:48 (14.3%)	4:04	14.7 (85.5%)
9	<b>KĘDZIERSKI Andrzej</b>	<b>85</b>	SZCZECINECCY BIEGACZE	M40-49	4	00:19:40	<b>00:41:15.86</b>	+00:06:18 (15.3%)	4:07	14.5 (84.3%)
10	<b>KRUKOWSKI Adam</b>	<b>248</b>	MAGDY Z CHŁOPAKAMI	M30-39	5	00:20:04	<b>00:41:18.60</b>	+00:06:20 (15.4%)	4:07	14.5 (84.3%)
11	<b>KOWALCZYK Seweryn</b>	<b>90</b>	TEAM BIEGOWY SZCZECINEK	M18-29	2	00:20:36	<b>00:41:32.70</b>	+00:06:34 (15.8%)	4:09	14.4 (83.7%)
12	<b>JABŁOŃSKI Andrzej</b>	<b>82</b>	KASZUBY BIEGAJĄ	M50-59	1	00:20:28	<b>00:41:44.67</b>	+00:06:46 (16.2%)	4:10	14.4 (83.7%)
13	<b>ROMANOWSKI Przemysław</b>	<b>106</b>	TEAM BIEGOWY SZCZECINEK	M30-39	6	00:20:08	<b>00:41:51.46</b>	+00:06:53 (16.5%)	4:11	14.3 (83.1%)
14	<b>PIASZCZYŃSKI Maciej</b>	<b>249</b>	MAGDY Z CHŁOPAKAMI	M30-39	7	00:20:31	<b>00:41:52.93</b>	+00:06:55 (16.5%)	4:11	14.3 (83.1%)
15	<b>KUKLINSKI Maciej</b>	<b>92</b>	KASZUBY BIEGAJĄ	M40-49	5	00:20:39	<b>00:42:13.80</b>	+00:07:16 (17.2%)	4:13	14.2 (82.6%)
16	<b>SZABAŁOWSKA Małgorzata</b>	<b>110</b>	SZCZECINECCY BIEGACZE	K18-29	1	00:21:29	<b>00:43:19.72</b>	+00:08:21 (19.3%)	4:19	13.9 (80.8%)
17	<b>IWANIEC Dariusz</b>	<b>81</b>	BIEGOLAS KOSZALIN	M40-49	6	00:21:14	<b>00:43:20.83</b>	+00:08:23 (19.3%)	4:20	13.8 (80.2%)
18	<b>PAWŁOWSKA Marlena</b>	<b>101</b>		K40-49	1	00:21:51	<b>00:43:30.78</b>	+00:08:33 (19.7%)	4:21	13.8 (80.2%)
19	<b>MAZUR Tomasz</b>	<b>97</b>	I LO SZCZECINEK	M40-49	7	00:21:55	<b>00:43:58.45</b>	+00:09:00 (20.5%)	4:23	13.6 (79.1%)
20	<b>JANKOWSKI Mariusz</b>	<b>83</b>	TEAM BIEGOWY SZCZECINEK	M40-49	8	00:21:49	<b>00:44:47.64</b>	+00:09:49 (21.9%)	4:28	13.4 (77.9%)
21	<b>TREDER Marian</b>	<b>118</b>	TEAM TREDER	M50-59	2	00:22:15	<b>00:45:10.94</b>	+00:10:13 (22.6%)	4:31	13.3 (77.3%)
22	<b>SEROWSKI Dominik</b>	<b>107</b>		M18-29	3	00:23:23	<b>00:45:18.74</b>	+00:10:21 (22.8%)	4:31	13.2 (76.7%)
23	<b>KUBIK Krystian</b>	<b>91</b>	GRYFICKA SIŁA BIEGOWA	M18-29	4	00:22:06	<b>00:45:31.43</b>	+00:10:33 (23.2%)	4:33	13.2 (76.7%)
24	<b>SUCHANOWSKI Zygmunt</b>	<b>109</b>	RESPECT LOTYŃ	M50-59	3	00:22:11	<b>00:45:36.06</b>	+00:10:38 (23.3%)	4:33	13.2 (76.7%)
25	<b>URBAŃSKI Tomasz</b>	<b>121</b>	BIAŁOGARD BIEGA	M40-49	9	00:22:21	<b>00:45:40.88</b>	+00:10:43 (23.5%)	4:34	13.1 (76.2%)
26	<b>MARKOWSKA Karolina</b>	<b>96</b>	KASZUBY BIEGAJĄ	K30-39	1	00:22:38	<b>00:45:47.02</b>	+00:10:49 (23.6%)	4:34	13.1 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>PERLIK Katarzyna</b>	<b>103</b>		K30-39	2	00:22:54	<b>00:46:09.27</b>	+00:11:11 (24.2%)	4:36	13 (75.6%)
28	<b>PELA Olga</b>	<b>102</b>		K30-39	3	00:22:37	<b>00:46:16.04</b>	+00:11:18 (24.4%)	4:37	13 (75.6%)
29	<b>SZYDŁOWSKI Michał</b>	<b>113</b>		M18-29	5	00:23:06	<b>00:46:55.22</b>	+00:11:57 (25.5%)	4:41	12.8 (74.4%)
30	<b>BRZEZIŃSKI Jan</b>	<b>76</b>	BIAŁOGARD BIEGA	M50-59	4	00:23:48	<b>00:47:00.74</b>	+00:12:03 (25.6%)	4:42	12.8 (74.4%)
31	<b>CYWIŃSKA Agnieszka</b>	<b>79</b>	MTS HAMER	K30-39	4	00:23:21	<b>00:47:25.56</b>	+00:12:27 (26.3%)	4:44	12.7 (73.8%)
32	<b>KRUKOWSKA Magdalena</b>	<b>247</b>	MAGDY Z CHŁOPAKAMI	K30-39	5	00:23:44	<b>00:48:06.90</b>	+00:13:09 (27.3%)	4:48	12.5 (72.7%)
33	<b>GOC Małgorzata</b>	<b>80</b>		K40-49	2	00:23:48	<b>00:48:48.07</b>	+00:13:50 (28.4%)	4:52	12.3 (71.5%)
34	<b>STAWICKI Marek</b>	<b>108</b>	OSP SMOŁDZINO	M50-59	5	00:23:48	<b>00:48:50.19</b>	+00:13:52 (28.4%)	4:53	12.3 (71.5%)
35	<b>KUSIAK Bartek</b>	<b>93</b>		M30-39	8	00:24:28	<b>00:49:02.73</b>	+00:14:05 (28.7%)	4:54	12.2 (70.9%)
36	<b>KONISZEWSKI Marcin</b>	<b>87</b>		M40-49	10	00:24:24	<b>00:49:04.06</b>	+00:14:06 (28.7%)	4:54	12.2 (70.9%)
37	<b>MIGALSKA STANKIEWICZ Lucyna</b>	<b>98</b>	GRYFICKA SIŁA BIEGOWA	K40-49	3	00:24:04	<b>00:49:12.79</b>	+00:14:15 (29.0%)	4:55	12.2 (70.9%)
38	<b>ŚWIETLIK Tomasz</b>	<b>117</b>	LEO TEAM	M60-69	1	00:24:47	<b>00:49:28.31</b>	+00:14:30 (29.3%)	4:56	12.1 (70.3%)
39	<b>MONGIAŁO Marcin</b>	<b>99</b>	KĘPKA-NA-TRASIE	M40-49	11	00:24:48	<b>00:49:42.30</b>	+00:14:44 (29.7%)	4:58	12.1 (70.3%)
40	<b>SZCZUKOCKI Marcin</b>	<b>111</b>	TEAM TERMINATORUN	M18-29	6	00:23:22	<b>00:50:36.28</b>	+00:15:38 (30.9%)	5:03	11.9 (69.2%)
41	<b>KASPRZYK Bogdan</b>	<b>84</b>	KM PSP KOSZALIN - JRG 2	M40-49	12	00:24:46	<b>00:50:53.17</b>	+00:15:55 (31.3%)	5:05	11.8 (68.6%)
42	<b>POLGUJ Piotr</b>	<b>105</b>	PARKRUN SZCZECINEK	Małżeństwa	1	00:24:42	<b>00:51:00.65</b>	+00:16:02 (31.5%)	5:06	11.8 (68.6%)
43	<b>SZYMAŃSKI Jarosław</b>	<b>115</b>	SZYMAŃSCY TEAM	M50-59	6	00:24:46	<b>00:51:10.77</b>	+00:16:13 (31.7%)	5:07	11.7 (68.0%)
44	<b>SZKOPEK Krzysztof</b>	<b>112</b>		M50-59	7	00:24:25	<b>00:51:20.60</b>	+00:16:22 (31.9%)	5:08	11.7 (68.0%)
45	<b>HRUDINA Olena</b>	<b>226</b>		K40-49	4	00:25:35	<b>00:51:23.01</b>	+00:16:25 (32.0%)	5:08	11.7 (68.0%)
46	<b>KOPCZYŃSKA Natalia</b>	<b>88</b>	BIAŁOGARD BIEGA	K40-49	5	00:25:12	<b>00:51:25.81</b>	+00:16:28 (32.0%)	5:08	11.7 (68.0%)
47	<b>PIASZCZYŃSKA Magdalena</b>	<b>250</b>	MAGDY Z CHŁOPAKAMI	K30-39	6	00:25:02	<b>00:52:10.72</b>	+00:17:12 (33.0%)	5:13	11.5 (66.9%)
48	<b>WOJNIUSZ Kamila</b>	<b>124</b>	FEIFER TEAM	K30-39	7	00:26:12	<b>00:52:43.77</b>	+00:17:46 (33.7%)	5:16	11.4 (66.3%)
49	<b>MAJEWSKA Dorota</b>	<b>149</b>	BIAŁOGARD BIEGA	Małżeństwa	2	00:26:55	<b>00:53:28.23</b>	+00:18:30 (34.6%)	5:20	11.2 (65.1%)
50	<b>BOROWSKA Teresa</b>	<b>229</b>		Małżeństwa	3	00:26:16	<b>00:53:32.34</b>	+00:18:34 (34.7%)	5:21	11.2 (65.1%)
51	<b>SZYMAŃSKA Ewa</b>	<b>114</b>	TEAM BIEGOWY SZCZECINEK	Małżeństwa	4	00:26:24	<b>00:53:37.47</b>	+00:18:39 (34.8%)	5:21	11.2 (65.1%)
52	<b>KIELING Mariusz</b>	<b>190</b>	GULKS BARWICE	M60-69	2	00:26:10	<b>00:53:39.90</b>	+00:18:42 (34.9%)	5:21	11.2 (65.1%)
53	<b>BARTON Krystyna</b>	<b>72</b>	PRZECHLEWO	Małżeństwa	5	00:26:52	<b>00:54:44.13</b>	+00:19:46 (36.1%)	5:28	11 (64.0%)
54	<b>BŁASZCZYK Michał</b>	<b>73</b>		M18-29	7	00:30:21	<b>00:55:24.19</b>	+00:20:26 (36.9%)	5:32	10.8 (62.8%)
55	<b>KOŚLA Aneta</b>	<b>89</b>		K40-49	6	00:26:55	<b>00:55:54.09</b>	+00:20:56 (37.5%)	5:35	10.7 (62.2%)
56	<b>BRZEZIŃSKA Beata</b>	<b>75</b>	BIAŁOGARD BIEGA	Małżeństwa	6	00:27:45	<b>00:56:27.89</b>	+00:21:30 (38.1%)	5:38	10.6 (61.6%)
57	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>71</b>	PARKRUN SZCZECINEK	M40-49	13	00:28:46	<b>00:59:22.12</b>	+00:24:24 (41.1%)	5:56	10.1 (58.7%)
58	<b>POCZĄTEK Michał</b>	<b>104</b>		M60-69	3	00:29:34	<b>01:00:07.74</b>	+00:25:10 (41.9%)	6:00	10 (58.1%)
59	<b>ZAWADZKA Barbara</b>	<b>127</b>	VISUS	Małżeństwa	7	00:29:47	<b>01:00:50.16</b>	+00:25:52 (42.5%)	6:05	9.9 (57.6%)
60	<b>WOŹNIAK Iwona</b>	<b>126</b>	GRYFICKA SIŁA BIEGOWA	K40-49	7	00:30:07	<b>01:01:10.60</b>	+00:26:12 (42.9%)	6:07	9.8 (57.0%)
61	<b>CIŻMOWSKA Barbara</b>	<b>78</b>	MTS HAMER MIASTKO	Małżeństwa	8	00:32:36	<b>01:07:41.87</b>	+00:32:44 (48.4%)	6:46	8.9 (51.7%)
62	<b>TREJDER Maria</b>	<b>119</b>	BAJADERKI KOSZALIN	K40-49	8	00:35:22	<b>01:14:21.86</b>	+00:39:24 (53.0%)	7:26	8.1 (47.1%)
	<b>WOJTAS Stefan</b>	<b>125</b>	KASZUBY BIEGAJĄ	M40-49		DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>BŁASZCZYK Michalina</b>	<b>74</b>		K18-29		DNF	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 64 wynik(ów)