

# CROSS CENTAURA - BIAŁY BÓR - 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** CROSS CENTAURA  
**Organizator:** Gmina Biały Bór  
**Data:** 2022-10-15  
**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>MURAWSKI Paweł</b>	<b>54</b>	MURAWSKI TEAM/ 12 BRYGADA ZMECHANIZOWANA	M30-39	1	00:16:31	<b>00:33:59.05</b>		3:23	17.7 (100%)
2	<b>LESYK Rafał</b>	<b>36</b>	7PRO SIÓDMIĄK TEAM	M30-39	2	00:17:34	<b>00:35:40.15</b>	+00:01:41 (4.7%)	3:34	16.8 (94.9%)
3	<b>LASAK Konrad</b>	<b>34</b>		M18-29	1	00:19:02	<b>00:38:26.80</b>	+00:04:27 (11.6%)	3:50	15.6 (88.1%)
4	<b>ULDYNOWICZ Łukasz</b>	<b>88</b>	MLUKS MOKASYN PŁOTY	M30-39	3	00:19:02	<b>00:38:33.10</b>	+00:04:34 (11.8%)	3:51	15.6 (88.1%)
5	<b>WOJTAS Stefan</b>	<b>95</b>	TRIPAKA PRZECHLEWO	M40-49	1	00:19:24	<b>00:39:24.60</b>	+00:05:25 (13.8%)	3:56	15.2 (85.9%)
6	<b>KOZAK Arkadiusz</b>	<b>115</b>	HERKULES	M50-59	1	00:19:37	<b>00:39:48.75</b>	+00:05:49 (14.6%)	3:58	15.1 (85.3%)
7	<b>PICK Tomasz</b>	<b>62</b>	BIEGOLAS / KORONA	M50-59	2	00:19:08	<b>00:41:38.00</b>	+00:07:38 (18.4%)	4:09	14.4 (81.4%)
8	<b>KRUKOWSKI Adam</b>	<b>136</b>		M30-39	4	00:21:17	<b>00:42:15.40</b>	+00:08:16 (19.6%)	4:13	14.2 (80.2%)
9	<b>PIASZCZYŃSKI Maciej</b>	<b>61</b>	ZS7 BIAŁY BÓR	M30-39	5	00:21:04	<b>00:42:17.40</b>	+00:08:18 (19.6%)	4:13	14.2 (80.2%)
10	<b>MAZUR Tomasz</b>	<b>42</b>	I LO SZCZECINEK	M40-49	2	00:21:30	<b>00:43:56.95</b>	+00:09:57 (22.7%)	4:23	13.7 (77.4%)
11	<b>PŁATOSZ Marek</b>	<b>65</b>		M40-49	3	00:22:13	<b>00:45:18.50</b>	+00:11:19 (25.0%)	4:31	13.2 (74.6%)
12	<b>SZCZUKOCKI Marcin</b>	<b>83</b>	TEAM TERMINATORUN	M18-29	2	00:22:41	<b>00:47:13.30</b>	+00:13:14 (28.0%)	4:43	12.7 (71.8%)
13	<b>MIGALSKA STANKIEWICZ Lucyna</b>	<b>46</b>	GRYFICKA SIŁA BIEGOWA	K40-49	1	00:24:43	<b>00:50:10.35</b>	+00:16:11 (32.3%)	5:01	12 (67.8%)
14	<b>MONGIAŁO Marcin</b>	<b>141</b>		M40-49	4	00:25:15	<b>00:50:42.45</b>	+00:16:43 (33.0%)	5:04	11.8 (66.7%)
15	<b>GRZYSTEK Marcin</b>	<b>18</b>		M40-49	5	00:27:06	<b>00:53:32.05</b>	+00:19:33 (36.5%)	5:21	11.2 (63.3%)
16	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>25</b>		M40-49	6	00:27:06	<b>00:53:32.15</b>	+00:19:33 (36.5%)	5:21	11.2 (63.3%)
17	<b>PŁATOSZ Magda</b>	<b>64</b>		K30-39	1	00:28:42	<b>00:55:36.20</b>	+00:21:37 (38.9%)	5:33	10.8 (61.0%)
18	<b>POLGUT Piotr</b>	<b>78</b>		Małżeństwa	1	00:27:29	<b>00:56:35.65</b>	+00:22:36 (40.0%)	5:39	10.6 (59.9%)
19	<b>SUPROŃ Izabela</b>	<b>82</b>		K40-49	2	00:29:35	<b>01:00:41.35</b>	+00:26:42 (44.0%)	6:04	9.9 (55.9%)
20	<b>WEROCHOWSKI Dagoz</b>	<b>91</b>	ZS7 BIAŁY BÓR	Małżeństwa	2	00:31:58	<b>01:02:17.45</b>	+00:28:18 (45.4%)	6:13	9.6 (54.2%)
21	<b>RUTKOWSKI Artur</b>	<b>71</b>	TRIPAKA	M50-59	3	00:31:19	<b>01:03:56.55</b>	+00:29:57 (46.9%)	6:23	9.4 (53.1%)

Znaleziono 21 wynik(ów)