

# CROSS CENTAURA - BIAŁY BÓR - 10 KM

B4SPORT  
INTELEGENCNE ZAWODY SPORTOWE

**Wydarzenie:** XI Cross Centaura  
**Organizator:** Gmina Biały Bór  
**Data:** 2023-10-14  
**Miejsce:** Biały Bór  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>130</b>	7 BOW SŁUPSK	M50-59	1	00:02:24	00:17:35	<b>00:32:51.95</b>		3:17	18.3 (100%)
2	<b>HUBERT Łukasz</b>	<b>27</b>	BIEGOLAS/TKKF KOSZALIN	M40-49	1	00:02:25	00:17:46	<b>00:33:44.90</b>	+00:00:52 (2.6%)	3:22	17.8 (97.3%)
3	<b>SOPATA Patryk</b>	<b>96</b>	BIEGACZE JÓZEFA NOJI	M14-29	1	00:02:29	00:18:49	<b>00:34:06.45</b>	+00:01:14 (3.6%)	3:24	17.6 (96.2%)
4	<b>ŻYLIŃSKI Marcin</b>	<b>128</b>	MGRUNINGTEAM	M14-29	2	00:02:28	00:18:23	<b>00:34:07.40</b>	+00:01:15 (3.7%)	3:24	17.6 (96.2%)
5	<b>LASAK Konrad</b>	<b>50</b>		M14-29	3	00:02:25	00:18:23	<b>00:34:15.05</b>	+00:01:23 (4.0%)	3:25	17.5 (95.6%)
6	<b>ORGANKA Marcin</b>	<b>69</b>	TRUCHT ŁOBEZ	M40-49	2	00:02:36	00:18:37	<b>00:34:42.15</b>	+00:01:50 (5.3%)	3:28	17.3 (94.5%)
7	<b>SUPROŃ Piotr</b>	<b>103</b>	SUPROŃ TEAM	M30-39	1	00:02:34	00:19:04	<b>00:35:50.45</b>	+00:02:58 (8.3%)	3:35	16.7 (91.3%)
8	<b>ROMANOWSKI Przemysław</b>	<b>208</b>	TEAM BIAŁOGARD	M30-39	2	00:02:38	00:15:23	<b>00:35:55.00</b>	+00:03:03 (8.5%)	3:35	16.7 (91.3%)
9	<b>KIESZKOWSKI Adam</b>	<b>33</b>		M30-39	3	00:02:28	00:19:15	<b>00:36:19.10</b>	+00:03:27 (9.5%)	3:37	16.5 (90.2%)
10	<b>PICK Tomasz</b>	<b>74</b>	BIEGOLAS KKOSZALIN	M50-59	2	00:02:34	00:19:47	<b>00:37:05.50</b>	+00:04:13 (11.4%)	3:42	16.2 (88.5%)
11	<b>URBAŃSKI Tomasz</b>	<b>109</b>	BIAŁOGARD BIEGA	M50-59	3	00:02:34	00:19:46	<b>00:38:12.50</b>	+00:05:20 (14.0%)	3:49	15.7 (85.8%)
12	<b>PIASZCZYŃSKI Maciej</b>	<b>72</b>	ZS7 BIAŁY BÓR	M30-39	4	00:02:35	00:20:15	<b>00:38:16.15</b>	+00:05:24 (14.1%)	3:49	15.7 (85.8%)
13	<b>RÓZGA Grzegorz</b>	<b>83</b>	TEAM TERMINATORUN	M14-29	4	00:02:41	00:20:35	<b>00:38:26.50</b>	+00:05:34 (14.5%)	3:50	15.6 (85.2%)
14	<b>MEDUZA Michał</b>	<b>210</b>		M30-39	5	00:02:51	00:21:15	<b>00:39:11.05</b>	+00:06:19 (16.1%)	3:55	15.3 (83.6%)
15	<b>JABŁOŃSKI Andrzej</b>	<b>140</b>	CZARNE BIEGA	M50-59	4	00:02:46	00:21:17	<b>00:40:17.65</b>	+00:07:25 (18.4%)	4:01	14.9 (81.4%)
16	<b>SZCZUKOCKI Marcin</b>	<b>104</b>	TEAM TERMINATORUN	M14-29	5	00:02:42	00:21:44	<b>00:41:22.90</b>	+00:08:30 (20.6%)	4:08	14.5 (79.2%)
17	<b>SUCHANOWSKI Zygmunt</b>	<b>102</b>	RESPECT LOTYŃ	M50-59	5	00:02:38	00:22:02	<b>00:41:34.85</b>	+00:08:42 (21.0%)	4:09	14.4 (78.7%)
18	<b>BORDUN Michał</b>	<b>6</b>		M40-49	3	00:02:55	00:22:28	<b>00:41:41.85</b>	+00:08:49 (21.2%)	4:10	14.4 (78.7%)
19	<b>PLUTO-PRONDZIŃSKI Adam</b>	<b>75</b>	ORESTEAM	M30-39	6	00:02:40	00:20:44	<b>00:41:45.40</b>	+00:08:53 (21.3%)	4:10	14.4 (78.7%)
20	<b>WASIŃSKA Weronika</b>	<b>114</b>		K14-29	1	00:02:36	00:21:52	<b>00:42:02.05</b>	+00:09:10 (21.8%)	4:12	14.3 (78.1%)
21	<b>URBAŃSKI Aleksander</b>	<b>110</b>	ZS7 BIAŁY BÓR	M14-29	6	00:02:28	00:21:58	<b>00:43:35.55</b>	+00:10:43 (24.6%)	4:21	13.8 (75.4%)
22	<b>SKOCZYŁAS Szymon</b>	<b>92</b>	ZS7 BIAŁY BÓR	M14-29	7	00:02:55	00:23:42	<b>00:43:38.50</b>	+00:10:46 (24.7%)	4:21	13.8 (75.4%)
23	<b>LEWANDOWSKI Krzysztof</b>	<b>52</b>	SPORTOWY WANDZIN	M30-39	7	00:02:42	00:22:54	<b>00:43:52.10</b>	+00:11:00 (25.1%)	4:23	13.7 (74.9%)
24	<b>SEKULSKI Oliwier</b>	<b>90</b>	ZS7 BIAŁY BÓR	M14-29	8	00:02:56	00:23:38	<b>00:44:42.75</b>	+00:11:50 (26.5%)	4:28	13.4 (73.2%)
25	<b>KUBERNA Michał</b>	<b>42</b>	SPORTOWY WANDZIN	M30-39	8	00:03:40	00:25:17	<b>00:44:43.10</b>	+00:11:51 (26.5%)	4:28	13.4 (73.2%)
26	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>36</b>		M40-49	4	00:03:26	00:24:12	<b>00:44:44.05</b>	+00:11:52 (26.5%)	4:28	13.4 (73.2%)

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27	<b>GRZYSTEK Marcin</b>	<b>26</b>		M40-49	5	00:03:26	00:24:47	<b>00:45:43.15</b>	+00:12:51 (28.1%)	4:34	13.1 (71.6%)
28	<b>SZKOPEK Krzysztof</b>	<b>105</b>		M50-59	6	00:03:01	00:23:39	<b>00:45:46.35</b>	+00:12:54 (28.2%)	4:34	13.1 (71.6%)
29	<b>RUDNICKI Paweł</b>	<b>84</b>	TEAM BIEGOWY SZCZECINEK	M40-49	6	00:03:13	00:24:48	<b>00:46:14.10</b>	+00:13:22 (28.9%)	4:37	13 (71.0%)
30	<b>RUDNIK Jerzy</b>	<b>85</b>	FLORIAN CHOJNICE	Drużynowa	1	00:03:21	00:24:50	<b>00:46:51.55</b>	+00:13:59 (29.9%)	4:41	12.8 (69.9%)
31	<b>KASPRZYK Bogdan</b>	<b>32</b>	KS WILKI POMORSKIE	M50-59	7	00:03:07	00:24:40	<b>00:46:53.10</b>	+00:14:01 (29.9%)	4:41	12.8 (69.9%)
32	<b>GAPSKI Bogdan</b>	<b>21</b>	BIEGACZE JÓZEFA NOJI	M50-59	8	00:03:22	00:25:16	<b>00:47:38.45</b>	+00:14:46 (31.0%)	4:45	12.6 (68.9%)
33	<b>PIASZCZYŃSKA Magdalena</b>	<b>71</b>	ZS7 BIAŁY BÓR	K30-39	1	00:03:26	00:25:24	<b>00:47:40.10</b>	+00:14:48 (31.1%)	4:46	12.6 (68.9%)
34	<b>BORDUN Barbara</b>	<b>7</b>		K30-39	2	00:03:26	00:25:24	<b>00:47:44.40</b>	+00:14:52 (31.2%)	4:46	12.6 (68.9%)
35	<b>BORYS Marek</b>	<b>127</b>		M40-49	7	00:03:22	00:25:14	<b>00:48:26.85</b>	+00:15:34 (32.2%)	4:50	12.4 (67.8%)
36	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>73</b>	CZARNE BIEGA	K50-59	1	00:03:20	00:26:44	<b>00:49:19.35</b>	+00:16:27 (33.4%)	4:55	12.2 (66.7%)
37	<b>POLGUJ Piotr</b>	<b>129</b>	PARKRUN	Drużynowa	2	00:03:19	00:26:03	<b>00:50:14.50</b>	+00:17:22 (34.6%)	5:01	11.9 (65.0%)
38	<b>KILINOWSKA Katarzyna</b>	<b>34</b>		K40-49	1	00:03:25	00:26:58	<b>00:50:14.60</b>	+00:17:22 (34.6%)	5:01	11.9 (65.0%)
39	<b>ZAWADZKI Wojciech</b>	<b>121</b>		M30-39	9	00:03:12	00:26:03	<b>00:51:34.95</b>	+00:18:43 (36.3%)	5:09	11.6 (63.4%)
40	<b>ZAWADZKI Rafał</b>	<b>120</b>		M60-69	1	00:03:41	00:28:13	<b>00:52:26.45</b>	+00:19:34 (37.3%)	5:14	11.4 (62.3%)
41	<b>PŁATOSZ Magda</b>	<b>76</b>		K30-39	3	00:03:12	00:26:45	<b>00:53:00.90</b>	+00:20:08 (38.0%)	5:18	11.3 (61.7%)
42	<b>RZAÇA Wojciech</b>	<b>86</b>	SPORTOWY WANDZIN	M14-29	9	00:03:26	00:28:44	<b>00:53:31.85</b>	+00:20:39 (38.6%)	5:21	11.2 (61.2%)
43	<b>LANGDA Maciej</b>	<b>49</b>	SPORTOWY WANDZIN	M30-39	10	00:04:01	00:29:25	<b>00:53:40.60</b>	+00:20:48 (38.8%)	5:22	11.2 (61.2%)
44	<b>DANIELEWICZ Zbigniew</b>	<b>14</b>	SPORTOWY WANDZIN	M30-39	11	00:04:02	00:30:03	<b>00:55:02.85</b>	+00:22:10 (40.3%)	5:30	10.9 (59.6%)
45	<b>BRYJA Kacper</b>	<b>8</b>	SPORTOWY WANDZIN	M14-29	10	00:03:54	00:31:18	<b>00:58:11.65</b>	+00:25:19 (43.5%)	5:49	10.3 (56.3%)
46	<b>ZAWADZKA Barbara</b>	<b>119</b>		Drużynowa	3	00:04:05	00:31:40	<b>00:59:39.50</b>	+00:26:47 (44.9%)	5:57	10.1 (55.2%)
47	<b>STACHOWICZ Patrycja</b>	<b>97</b>	SPORTOWY WANDZIN	K14-29	2	00:04:02	00:32:44	<b>01:00:08.35</b>	+00:27:16 (45.4%)	6:00	10 (54.6%)
48	<b>DRZEŹDŹON Karol</b>	<b>61</b>	SPORTOWY WANDZIN	M30-39	12	00:04:02	00:32:15	<b>01:00:10.10</b>	+00:27:18 (45.4%)	6:01	10 (54.6%)

Znaleziono 48 wynik(ów)