

CROSS CENTAURA - BIAŁY BÓR - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: CROSS CENTAURA
Organiser: Gmina Biały Bór
Date: 2021-09-25
Place: Biały Bór
Distance: 10 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	SZYMAŃSKI Sylwester	116	SZCZECINECCY BIEGACZE	M40-49	1	00:17:35	00:34:57.73		3:29	17.2 (100%)
2	LASAK Konrad	94		M18-29	1	00:18:48	00:37:46.15	+00:02:48 (7.4%)	3:46	15.9 (92.4%)
3	LECKI Mateusz	95	SZCZECINECCY BIEGACZE	M30-39	1	00:18:49	00:37:50.84	+00:02:53 (7.6%)	3:47	15.9 (92.4%)
4	WALCZAK Paweł	122		M30-39	2	00:18:34	00:38:12.73	+00:03:15 (8.5%)	3:49	15.7 (91.3%)
5	ULDYNOWICZ Łukasz	120	GRYFICKA SIŁA BIEGOWA	M30-39	3	00:19:20	00:39:01.25	+00:04:03 (10.4%)	3:54	15.4 (89.5%)
6	RÓŻAŃSKI Rafał	170		M40-49	2	00:19:33	00:39:45.08	+00:04:47 (12.0%)	3:58	15.1 (87.8%)
7	WITKIEWICZ Eryk	123	BIAŁOGARD BIEGA	M40-49	3	00:19:45	00:40:21.23	+00:05:23 (13.4%)	4:02	14.9 (86.6%)
8	KIESZKOWSKI Adam	86		M30-39	4	00:19:39	00:40:46.42	+00:05:48 (14.3%)	4:04	14.7 (85.5%)
9	KĘDZIERSKI Andrzej	85	SZCZECINECCY BIEGACZE	M40-49	4	00:19:40	00:41:15.86	+00:06:18 (15.3%)	4:07	14.5 (84.3%)
10	KRUKOWSKI Adam	248	MAGDY Z CHŁOPAKAMI	M30-39	5	00:20:04	00:41:18.60	+00:06:20 (15.4%)	4:07	14.5 (84.3%)
11	KOWALCZYK Seweryn	90	TEAM BIEGOWY SZCZECINEK	M18-29	2	00:20:36	00:41:32.70	+00:06:34 (15.8%)	4:09	14.4 (83.7%)
12	JABŁOŃSKI Andrzej	82	KASZUBY BIEGAJĄ	M50-59	1	00:20:28	00:41:44.67	+00:06:46 (16.2%)	4:10	14.4 (83.7%)
13	ROMANOWSKI Przemysław	106	TEAM BIEGOWY SZCZECINEK	M30-39	6	00:20:08	00:41:51.46	+00:06:53 (16.5%)	4:11	14.3 (83.1%)
14	PIASZCZYŃSKI Maciej	249	MAGDY Z CHŁOPAKAMI	M30-39	7	00:20:31	00:41:52.93	+00:06:55 (16.5%)	4:11	14.3 (83.1%)
15	KUKLINSKI Maciej	92	KASZUBY BIEGAJĄ	M40-49	5	00:20:39	00:42:13.80	+00:07:16 (17.2%)	4:13	14.2 (82.6%)
16	IWANIEC Dariusz	81	BIEGOLAS KOSZALIN	M40-49	6	00:21:14	00:43:20.83	+00:08:23 (19.3%)	4:20	13.8 (80.2%)
17	MAZUR Tomasz	97	I LO SZCZECINEK	M40-49	7	00:21:55	00:43:58.45	+00:09:00 (20.5%)	4:23	13.6 (79.1%)
18	JANKOWSKI Mariusz	83	TEAM BIEGOWY SZCZECINEK	M40-49	8	00:21:49	00:44:47.64	+00:09:49 (21.9%)	4:28	13.4 (77.9%)
19	TREDER Marian	118	TEAM TREDER	M50-59	2	00:22:15	00:45:10.94	+00:10:13 (22.6%)	4:31	13.3 (77.3%)
20	SEROWSKI Dominik	107		M18-29	3	00:23:23	00:45:18.74	+00:10:21 (22.8%)	4:31	13.2 (76.7%)
21	KUBIK Krystian	91	GRYFICKA SIŁA BIEGOWA	M18-29	4	00:22:06	00:45:31.43	+00:10:33 (23.2%)	4:33	13.2 (76.7%)
22	SUCHANOWSKI Zygmunt	109	RESPECT LOTYŃ	M50-59	3	00:22:11	00:45:36.06	+00:10:38 (23.3%)	4:33	13.2 (76.7%)
23	URBAŃSKI Tomasz	121	BIAŁOGARD BIEGA	M40-49	9	00:22:21	00:45:40.88	+00:10:43 (23.5%)	4:34	13.1 (76.2%)
24	SZYDŁOWSKI Michał	113		M18-29	5	00:23:06	00:46:55.22	+00:11:57 (25.5%)	4:41	12.8 (74.4%)
25	BRZEZIŃSKI Jan	76	BIAŁOGARD BIEGA	M50-59	4	00:23:48	00:47:00.74	+00:12:03 (25.6%)	4:42	12.8 (74.4%)
26	STAWICKI Marek	108	OSP SMOŁDZINO	M50-59	5	00:23:48	00:48:50.19	+00:13:52 (28.4%)	4:53	12.3 (71.5%)

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27	KUSIAK Bartek	93		M30-39	8	00:24:28	00:49:02.73	+00:14:05 (28.7%)	4:54	12.2 (70.9%)
28	KONISZEWSKI Marcin	87		M40-49	10	00:24:24	00:49:04.06	+00:14:06 (28.7%)	4:54	12.2 (70.9%)
29	ŚWIETLIK Tomasz	117	LEO TEAM	M60-69	1	00:24:47	00:49:28.31	+00:14:30 (29.3%)	4:56	12.1 (70.3%)
30	MONGIAŁO Marcin	99	KĘPKA-NA-TRASIE	M40-49	11	00:24:48	00:49:42.30	+00:14:44 (29.7%)	4:58	12.1 (70.3%)
31	SZCZUKOCKI Marcin	111	TEAM TERMINATORUN	M18-29	6	00:23:22	00:50:36.28	+00:15:38 (30.9%)	5:03	11.9 (69.2%)
32	KASPRZYK Bogdan	84	KM PSP KOSZALIN - JRG 2	M40-49	12	00:24:46	00:50:53.17	+00:15:55 (31.3%)	5:05	11.8 (68.6%)
33	POLGUJ Piotr	105	PARKRUN SZCZECINEK	Małżeństwa	1	00:24:42	00:51:00.65	+00:16:02 (31.5%)	5:06	11.8 (68.6%)
34	SZYMAŃSKI Jarosław	115	SZYMAŃSCY TEAM	M50-59	6	00:24:46	00:51:10.77	+00:16:13 (31.7%)	5:07	11.7 (68.0%)
35	SZKOPEK Krzysztof	112		M50-59	7	00:24:25	00:51:20.60	+00:16:22 (31.9%)	5:08	11.7 (68.0%)
36	KIELING Mariusz	190	GULKS BARWICE	M60-69	2	00:26:10	00:53:39.90	+00:18:42 (34.9%)	5:21	11.2 (65.1%)
37	BŁASZCZYK Michał	73		M18-29	7	00:30:21	00:55:24.19	+00:20:26 (36.9%)	5:32	10.8 (62.8%)
38	ANDRUSZKIEWICZ Grzegorz	71	PARKRUN SZCZECINEK	M40-49	13	00:28:46	00:59:22.12	+00:24:24 (41.1%)	5:56	10.1 (58.7%)
39	POCZĄTEK Michał	104		M60-69	3	00:29:34	01:00:07.74	+00:25:10 (41.9%)	6:00	10 (58.1%)
	WOJTAS Stefan	125	KASZUBY BIEGAJĄ	M40-49		DNF	DNF		-	- (0.0%)

Total 40 results.