

CROSS CENTAURA - BIAŁY BÓR - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	130	7 BOW SŁUPSK	M50-59	1	00:02:24	00:17:35	00:32:51.95		3:17	18.3 (100%)
2	HUBERT Łukasz	27	BIEGOLAS/TKKF KOSZALIN	M40-49	1	00:02:25	00:17:46	00:33:44.90	+00:00:52 (2.6%)	3:22	17.8 (97.3%)
3	SOPATA Patryk	96	BIEGACZE JÓZEFA NOJI	M14-29	1	00:02:29	00:18:49	00:34:06.45	+00:01:14 (3.6%)	3:24	17.6 (96.2%)
4	ŻYLIŃSKI Marcin	128	MGRUNINGTEAM	M14-29	2	00:02:28	00:18:23	00:34:07.40	+00:01:15 (3.7%)	3:24	17.6 (96.2%)
5	LASAK Konrad	50		M14-29	3	00:02:25	00:18:23	00:34:15.05	+00:01:23 (4.0%)	3:25	17.5 (95.6%)
6	ORGANKA Marcin	69	TRUCHT ŁOBEZ	M40-49	2	00:02:36	00:18:37	00:34:42.15	+00:01:50 (5.3%)	3:28	17.3 (94.5%)
7	SUPROŃ Piotr	103	SUPROŃ TEAM	M30-39	1	00:02:34	00:19:04	00:35:50.45	+00:02:58 (8.3%)	3:35	16.7 (91.3%)
8	ROMANOWSKI Przemysław	208	TEAM BIAŁOGARD	M30-39	2	00:02:38	00:15:23	00:35:55.00	+00:03:03 (8.5%)	3:35	16.7 (91.3%)
9	KIESZKOWSKI Adam	33		M30-39	3	00:02:28	00:19:15	00:36:19.10	+00:03:27 (9.5%)	3:37	16.5 (90.2%)
10	PICK Tomasz	74	BIEGOLAS KKOSZALIN	M50-59	2	00:02:34	00:19:47	00:37:05.50	+00:04:13 (11.4%)	3:42	16.2 (88.5%)
11	URBAŃSKI Tomasz	109	BIAŁOGARD BIEGA	M50-59	3	00:02:34	00:19:46	00:38:12.50	+00:05:20 (14.0%)	3:49	15.7 (85.8%)
12	PIASZCZYŃSKI Maciej	72	ZS7 BIAŁY BÓR	M30-39	4	00:02:35	00:20:15	00:38:16.15	+00:05:24 (14.1%)	3:49	15.7 (85.8%)
13	RÓZGA Grzegorz	83	TEAM TERMINATORUN	M14-29	4	00:02:41	00:20:35	00:38:26.50	+00:05:34 (14.5%)	3:50	15.6 (85.2%)
14	MEDUZA Michał	210		M30-39	5	00:02:51	00:21:15	00:39:11.05	+00:06:19 (16.1%)	3:55	15.3 (83.6%)
15	JABŁOŃSKI Andrzej	140	CZARNE BIEGA	M50-59	4	00:02:46	00:21:17	00:40:17.65	+00:07:25 (18.4%)	4:01	14.9 (81.4%)
16	SZCZUKOCKI Marcin	104	TEAM TERMINATORUN	M14-29	5	00:02:42	00:21:44	00:41:22.90	+00:08:30 (20.6%)	4:08	14.5 (79.2%)
17	SUCHANOWSKI Zygmunt	102	RESPECT LOTYŃ	M50-59	5	00:02:38	00:22:02	00:41:34.85	+00:08:42 (21.0%)	4:09	14.4 (78.7%)
18	BORDUN Michał	6		M40-49	3	00:02:55	00:22:28	00:41:41.85	+00:08:49 (21.2%)	4:10	14.4 (78.7%)
19	PLUTO-PRONDZIŃSKI Adam	75	ORESTEAM	M30-39	6	00:02:40	00:20:44	00:41:45.40	+00:08:53 (21.3%)	4:10	14.4 (78.7%)
20	URBAŃSKI Aleksander	110	ZS7 BIAŁY BÓR	M14-29	6	00:02:28	00:21:58	00:43:35.55	+00:10:43 (24.6%)	4:21	13.8 (75.4%)
21	SKOCZYŁAS Szymon	92	ZS7 BIAŁY BÓR	M14-29	7	00:02:55	00:23:42	00:43:38.50	+00:10:46 (24.7%)	4:21	13.8 (75.4%)
22	LEWANDOWSKI Krzysztof	52	SPORTOWY WANDZIN	M30-39	7	00:02:42	00:22:54	00:43:52.10	+00:11:00 (25.1%)	4:23	13.7 (74.9%)
23	SEKULSKI Oliwier	90	ZS7 BIAŁY BÓR	M14-29	8	00:02:56	00:23:38	00:44:42.75	+00:11:50 (26.5%)	4:28	13.4 (73.2%)
24	KUBERNA Michał	42	SPORTOWY WANDZIN	M30-39	8	00:03:40	00:25:17	00:44:43.10	+00:11:51 (26.5%)	4:28	13.4 (73.2%)
25	KOŁODZIEJCZAK Grzegorz	36		M40-49	4	00:03:26	00:24:12	00:44:44.05	+00:11:52 (26.5%)	4:28	13.4 (73.2%)
26	GRZYSTEK Marcin	26		M40-49	5	00:03:26	00:24:47	00:45:43.15	+00:12:51 (28.1%)	4:34	13.1 (71.6%)

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27	SZKOPEK Krzysztof	105		M50-59	6	00:03:01	00:23:39	00:45:46.35	+00:12:54 (28.2%)	4:34	13.1 (71.6%)
28	RUDNICKI Paweł	84	TEAM BIEGOWY SZCZECINEK	M40-49	6	00:03:13	00:24:48	00:46:14.10	+00:13:22 (28.9%)	4:37	13 (71.0%)
29	RUDNIK Jerzy	85	FLORIAN CHOJNICE	Drużynowa	1	00:03:21	00:24:50	00:46:51.55	+00:13:59 (29.9%)	4:41	12.8 (69.9%)
30	KASPRZYK Bogdan	32	KS WILKI POMORSKIE	M50-59	7	00:03:07	00:24:40	00:46:53.10	+00:14:01 (29.9%)	4:41	12.8 (69.9%)
31	GAPSKI Bogdan	21	BIEGACZE JÓZEFA NOJI	M50-59	8	00:03:22	00:25:16	00:47:38.45	+00:14:46 (31.0%)	4:45	12.6 (68.9%)
32	BORYS Marek	127		M40-49	7	00:03:22	00:25:14	00:48:26.85	+00:15:34 (32.2%)	4:50	12.4 (67.8%)
33	POLGUJ Piotr	129	PARKRUN	Drużynowa	2	00:03:19	00:26:03	00:50:14.50	+00:17:22 (34.6%)	5:01	11.9 (65.0%)
34	ZAWADZKI Wojciech	121		M30-39	9	00:03:12	00:26:03	00:51:34.95	+00:18:43 (36.3%)	5:09	11.6 (63.4%)
35	ZAWADZKI Rafał	120		M60-69	1	00:03:41	00:28:13	00:52:26.45	+00:19:34 (37.3%)	5:14	11.4 (62.3%)
36	RZĄCA Wojciech	86	SPORTOWY WANDZIN	M14-29	9	00:03:26	00:28:44	00:53:31.85	+00:20:39 (38.6%)	5:21	11.2 (61.2%)
37	LANGDA Maciej	49	SPORTOWY WANDZIN	M30-39	10	00:04:01	00:29:25	00:53:40.60	+00:20:48 (38.8%)	5:22	11.2 (61.2%)
38	DANIELEWICZ Zbigniew	14	SPORTOWY WANDZIN	M30-39	11	00:04:02	00:30:03	00:55:02.85	+00:22:10 (40.3%)	5:30	10.9 (59.6%)
39	BRYJA Kacper	8	SPORTOWY WANDZIN	M14-29	10	00:03:54	00:31:18	00:58:11.65	+00:25:19 (43.5%)	5:49	10.3 (56.3%)
40	DRZEŹDŹON Karol	61	SPORTOWY WANDZIN	M30-39	12	00:04:02	00:32:15	01:00:10.10	+00:27:18 (45.4%)	6:01	10 (54.6%)

Znaleziono 40 wynik(ów)