



# CROSS CENTAURA - BIEG 10 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

XII CROSS CENTAURA  
Gmina Biały Bór  
2024-10-12  
Biały Bór  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>TOMKOWSKI Przemysław</b>	<b>116</b>	CHRYSTUS KRÓLEM	M30-39	1	00:18:44	<b>00:37:43.95</b>		3:46	15.9 (100%)
2	<b>SUPROŃ Piotr</b>	<b>111</b>		M40-49	1	00:18:36	<b>00:37:52.10</b>	+00:00:08 (0.4%)	3:47	15.8 (99.4%)
3	<b>ULDYNOWICZ Łukasz</b>	<b>117</b>	GRYFICKA SIŁA BIEGOWA	M40-49	2	00:19:10	<b>00:39:16.25</b>	+00:01:32 (3.9%)	3:55	15.3 (96.2%)
4	<b>MINCEWICZ Piotr</b>	<b>64</b>	TEAM TERMINATORUN	M40-49	3	00:20:05	<b>00:39:40.00</b>	+00:01:56 (4.9%)	3:58	15.1 (95.0%)
5	<b>PICK Tomasz</b>	<b>80</b>		M50-59	1	00:20:25	<b>00:41:11.00</b>	+00:03:27 (8.4%)	4:07	14.6 (91.8%)
6	<b>ROMANOWSKI Przemysław</b>	<b>130</b>	TEAM BIEGOWY SZCZECINEK	M40-49	4	00:20:09	<b>00:41:33.20</b>	+00:03:49 (9.2%)	4:09	14.4 (90.6%)
7	<b>HERMAN Arkadiusz</b>	<b>27</b>		M50-59	2	00:20:49	<b>00:41:35.10</b>	+00:03:51 (9.3%)	4:09	14.4 (90.6%)
8	<b>RÓZGA Grzegorz</b>	<b>96</b>	TEAM TERMINATORUN	M30-39	2	00:20:24	<b>00:41:45.35</b>	+00:04:01 (9.6%)	4:10	14.4 (90.6%)
9	<b>RUBASZNIK Radosław</b>	<b>97</b>		M30-39	3	00:21:38	<b>00:43:11.85</b>	+00:05:27 (12.7%)	4:19	13.9 (87.4%)
10	<b>MUSOLF Oskar</b>	<b>66</b>	SPORTOWY WANDZIN	M14-29	1	00:20:46	<b>00:43:28.55</b>	+00:05:44 (13.2%)	4:20	13.8 (86.8%)
11	<b>WALEŃSKI Michał</b>	<b>118</b>	TKKF KOSZALIN	M50-59	3	00:21:44	<b>00:44:13.80</b>	+00:06:29 (14.7%)	4:25	13.6 (85.5%)
12	<b>PELA Dariusz</b>	<b>129</b>		M40-49	5	00:22:23	<b>00:44:38.10</b>	+00:06:54 (15.5%)	4:27	13.4 (84.3%)
13	<b>MYSZKOWSKI Jan</b>	<b>67</b>	1958	M60-69	1	00:22:16	<b>00:44:42.75</b>	+00:06:58 (15.6%)	4:28	13.4 (84.3%)
14	<b>PELA Tomasz</b>	<b>79</b>	UKS TORUŃ	M14-29	2	00:22:34	<b>00:44:46.30</b>	+00:07:02 (15.7%)	4:28	13.4 (84.3%)
15	<b>BORDUN Michał</b>	<b>9</b>	NEKORENTAL	M40-49	6	00:22:26	<b>00:44:48.85</b>	+00:07:04 (15.8%)	4:28	13.4 (84.3%)
16	<b>KUBIK Krystian</b>	<b>47</b>	GRYFICKA SIŁA BIEGOWA	M30-39	4	00:22:58	<b>00:45:48.00</b>	+00:08:04 (17.6%)	4:34	13.1 (82.4%)
17	<b>KŁUSEK-DYLAŁG Martyna</b>	<b>37</b>		K30-39	1	00:23:02	<b>00:45:51.95</b>	+00:08:08 (17.7%)	4:35	13.1 (82.4%)
18	<b>MAZUR Mirosław</b>	<b>60</b>	TKKF KOSZALIN	M50-59	4	00:22:53	<b>00:45:53.50</b>	+00:08:09 (17.8%)	4:35	13.1 (82.4%)
19	<b>ZABOROWSKA Małgorzata</b>	<b>122</b>	GRYFICKA SIŁA BIEGOWA	K30-39	2	00:23:00	<b>00:46:03.25</b>	+00:08:19 (18.1%)	4:36	13 (81.8%)
20	<b>POGRZEBSKI Roman</b>	<b>88</b>	WOLF TEAM	M50-59	5	00:23:41	<b>00:48:05.45</b>	+00:10:21 (21.5%)	4:48	12.5 (78.6%)
21	<b>WIĘSEK Natalia</b>	<b>119</b>	ULTRA WAY TEAM	K30-39	3	00:24:15	<b>00:49:42.20</b>	+00:11:58 (24.1%)	4:58	12.1 (76.1%)
22	<b>PADŁO Patrycja</b>	<b>72</b>	OSP LOTYŃ	K14-29	1	00:24:45	<b>00:49:58.60</b>	+00:12:14 (24.5%)	4:59	12 (75.5%)
23	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>		M50-59	6	00:24:46	<b>00:50:20.15</b>	+00:12:36 (25.0%)	5:02	11.9 (74.8%)
24	<b>GOSŁAWSKI Stanisław</b>	<b>23</b>		M60-69	2	00:24:53	<b>00:50:40.10</b>	+00:12:56 (25.5%)	5:04	11.8 (74.2%)
25	<b>BOGACKI Tomasz</b>	<b>8</b>	TKKF KOSZALIN	M60-69	3	00:24:56	<b>00:50:57.05</b>	+00:13:13 (25.9%)	5:05	11.8 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
26	<b>ŁUCYK Mariusz</b>	<b>55</b>		M40-49	7	00:25:14	<b>00:51:03.50</b>	+00:13:19 (26.1%)	5:06	11.8 (74.2%)
27	<b>KONKEL Kamil</b>	<b>4</b>	SPORTOWY WANDZIN	M14-29	3	00:24:29	<b>00:52:10.05</b>	+00:14:26 (27.7%)	5:13	11.5 (72.3%)
28	<b>SEROWSKI Łukasz</b>	<b>100</b>	BIEGLAS KOSZALIN	M40-49	8	00:26:03	<b>00:52:17.40</b>	+00:14:33 (27.8%)	5:13	11.5 (72.3%)
29	<b>PUCEK Paweł</b>	<b>93</b>		M30-39	5	00:24:59	<b>00:52:23.00</b>	+00:14:39 (28.0%)	5:14	11.5 (72.3%)
30	<b>BORDUN Barbara</b>	<b>10</b>	NEKORENTAL	K30-39	4	00:25:45	<b>00:52:36.50</b>	+00:14:52 (28.3%)	5:15	11.4 (71.7%)
31	<b>STANKIEWICZ Lucyna</b>	<b>110</b>	GRYFICKA SIŁA BIEGOWA	K40-49	1	00:25:56	<b>00:52:42.70</b>	+00:14:58 (28.4%)	5:16	11.4 (71.7%)
32	<b>SUWISZ Michał</b>	<b>113</b>	SPORTOWY WANDZIN	M30-39	6	00:25:12	<b>00:52:43.75</b>	+00:14:59 (28.4%)	5:16	11.4 (71.7%)
33	<b>GODULA-MĄDRZYK Magda</b>	<b>22</b>		K30-39	5	00:25:14	<b>00:52:46.00</b>	+00:15:02 (28.5%)	5:16	11.4 (71.7%)
34	<b>MONGIAŁO Marcin</b>	<b>65</b>		M40-49	9	00:26:17	<b>00:53:34.40</b>	+00:15:50 (29.6%)	5:21	11.2 (70.4%)
35	<b>ZDANOWSKI Arkadiusz</b>	<b>124</b>	SPORTOWY WANDZIN	M14-29	4	00:26:20	<b>00:53:38.40</b>	+00:15:54 (29.7%)	5:21	11.2 (70.4%)
36	<b>GROCHOWSKI Aleksander</b>	<b>108</b>	SPORTOWY WANDZIN	M14-29	5	00:27:18	<b>00:54:33.60</b>	+00:16:49 (30.8%)	5:27	11 (69.2%)
37	<b>DULLEK Jakub</b>	<b>18</b>	SPORTOWY WANDZIN	M14-29	6	00:27:18	<b>00:54:34.25</b>	+00:16:50 (30.9%)	5:27	11 (69.2%)
38	<b>HAŁAJKO Magdalena</b>	<b>26</b>	TKKF KOSZALIN	K40-49	2	00:26:12	<b>00:54:38.55</b>	+00:16:54 (30.9%)	5:27	11 (69.2%)
39	<b>KRAWCZYK Michał</b>	<b>44</b>	SPORTOWY WANDZIN	M30-39	7	00:26:50	<b>00:56:09.85</b>	+00:18:25 (32.8%)	5:36	10.7 (67.3%)
40	<b>KRYSIAK Łukasz</b>	<b>46</b>	SPORTOWY WANDZIN	M14-29	7	00:28:01	<b>00:56:13.95</b>	+00:18:30 (32.9%)	5:37	10.7 (67.3%)
41	<b>KOZŁOWIECKI Waldemar</b>	<b>127</b>	TKKF KOSZALIN	M70+	1	00:28:44	<b>00:58:15.70</b>	+00:20:31 (35.2%)	5:49	10.3 (64.8%)
42	<b>OGONOWSKI Marcin</b>	<b>68</b>	SPORTOWY WANDZIN	M14-29	8	00:28:43	<b>00:59:00.35</b>	+00:21:16 (36.1%)	5:54	10.2 (64.2%)
43	<b>DOMASZK Magdalena</b>	<b>16</b>		K30-39	6	00:24:37	<b>00:59:03.90</b>	+00:21:19 (36.1%)	5:54	10.2 (64.2%)
44	<b>POLGUJ Piotr</b>	<b>128</b>		M70+	2	00:27:10	<b>00:59:21.35</b>	+00:21:37 (36.4%)	5:56	10.1 (63.5%)
45	<b>KOZŁOWSKI Olivier</b>	<b>43</b>	SPORTOWY WANDZIN	M14-29	9	00:28:43	<b>00:59:21.75</b>	+00:21:37 (36.4%)	5:56	10.1 (63.5%)
46	<b>BARTON Krystyna</b>	<b>3</b>	PRZECHLEWO	K60+	1	00:28:27	<b>00:59:48.20</b>	+00:22:04 (36.9%)	5:58	10 (62.9%)
47	<b>MĄDRZYK Sebastian</b>	<b>61</b>		M40-49	10	00:28:52	<b>01:00:52.00</b>	+00:23:08 (38.0%)	6:05	9.9 (62.3%)
48	<b>PŁATOSZ Magda</b>	<b>85</b>		K30-39	7	00:30:35	<b>01:02:59.50</b>	+00:25:15 (40.1%)	6:17	9.5 (59.7%)
49	<b>MAZIEWSKA Gabriela</b>	<b>59</b>	SPORTOWY WANDZIN	K14-29	2	00:32:23	<b>01:06:51.00</b>	+00:29:07 (43.6%)	6:41	9 (56.6%)
50	<b>KOŚLA Aneta</b>	<b>38</b>		K40-49	3	00:32:24	<b>01:06:54.60</b>	+00:29:10 (43.6%)	6:41	9 (56.6%)
51	<b>PIETRZYK Natalia</b>	<b>84</b>	SPORTOWY WANDZIN	K14-29	3	00:34:54	<b>01:07:20.80</b>	+00:29:36 (44.0%)	6:44	8.9 (56.0%)
52	<b>DRZEŹDŻON Karol</b>	<b>17</b>	SPORTOWY WANDZIN	M30-39	8	00:34:54	<b>01:07:21.90</b>	+00:29:37 (44.0%)	6:44	8.9 (56.0%)
53	<b>CZOŁPIŃSKA Nikola</b>	<b>14</b>	SPORTOWY WANDZIN	K14-29	4	00:34:54	<b>01:09:59.85</b>	+00:32:15 (46.1%)	6:59	8.6 (54.1%)
54	<b>MAKOLA Maria</b>	<b>58</b>	SPORTOWY WANDZIN	K14-29	5	00:34:54	<b>01:10:50.45</b>	+00:33:06 (46.7%)	7:05	8.5 (53.5%)
55	<b>KARPIŃSKI Arkadiusz</b>	<b>34</b>	SPORTOWY WANDZIN	M30-39	9	00:34:55	<b>01:10:51.25</b>	+00:33:07 (46.7%)	7:05	8.5 (53.5%)

Znaleziono 55 wynik(ów)