



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

II POLANICKI BIEG NIEDŹWIEDZIA - 5 KM

II Polanicki Bieg Niedźwiedzia
Teatr Zdrojowy Centrum Kultury i Promocji w
Polanicy Zdrój, Fundacja Herkules All Sports
2020-07-11
Polanica Zdrój
5 km

B4SPORT

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PĘCZAR Aneta	244		K-Open	1	00:22:30.50		4:30	13.3 (100%)
2	TARATUTA Patrycja	271	PCH SPORT COMPLEX	K-Open	2	00:23:08.30	+00:00:37 (2.7%)	4:37	13 (97.7%)
3	DWOJAK Sara	190	MAD RUNNERS	K-Open	3	00:23:19.50	+00:00:49 (3.5%)	4:39	12.9 (97.0%)
4	RESSEL Joanna	250	RNB TEAM POLANICA ZDRÓJ	K-Open	4	00:25:03.30	+00:02:32 (10.2%)	5:00	12 (90.2%)
5	KNAP Sylwia	214		K-Open	5	00:25:33.05	+00:03:02 (11.9%)	5:06	11.7 (88.0%)
6	GNITECKA Katarzyna	298	KUDOWIANKA RUN	K-Open	6	00:25:39.05	+00:03:08 (12.3%)	5:07	11.7 (88.0%)
7	STANISŁAWSKA Ewa	261		K-Open	7	00:26:10.65	+00:03:40 (14.0%)	5:14	11.5 (86.5%)
8	ŚLIWKA Olga	269		K-Open	8	00:26:36.35	+00:04:05 (15.4%)	5:19	11.3 (85.0%)
9	LESZCZYŃSKA-BOGDAL Dominika	231	ULKS BYSTRZYCA KŁODZKA	K-Open	9	00:27:13.35	+00:04:42 (17.3%)	5:26	11 (82.7%)
10	KORCZYŃSKA Alicja	218	BIEGOWA POGORZAŁA	K-Open	10	00:27:41.35	+00:05:10 (18.7%)	5:32	10.8 (81.2%)
11	DRZEWIECKA Sylwia	188	MAD RUNNERS	K-Open	11	00:27:43.70	+00:05:13 (18.8%)	5:32	10.8 (81.2%)
12	MROCEK Agnieszka	238		K-Open	12	00:27:45.45	+00:05:14 (18.9%)	5:33	10.8 (81.2%)
13	GOŁĄB Aleksandra	196		K-Open	13	00:28:00.60	+00:05:30 (19.6%)	5:36	10.7 (80.5%)
14	SKAWINA-POŁEĆ Anna	254	TOPOLICE TEAM	K-Open	14	00:28:15.30	+00:05:44 (20.3%)	5:39	10.6 (79.7%)
15	JURASZ Aleksandra	210		K-Open	15	00:28:54.75	+00:06:24 (22.2%)	5:47	10.4 (78.2%)
16	NASTAWSKA Bogumiła	239		K-Open	16	00:30:03.90	+00:07:33 (25.1%)	6:00	10 (75.2%)
17	SMOLAK Patrycja	257		K-Open	17	00:31:04.60	+00:08:34 (27.6%)	6:12	9.7 (72.9%)
18	KUPIEC Aneta	287		K-Open	18	00:31:21.85	+00:08:51 (28.2%)	6:16	9.6 (72.2%)
19	TOKARSKA Iwona	164	KUDOWIANKA RUN	K-Open	19	00:32:14.65	+00:09:44 (30.2%)	6:26	9.3 (69.9%)
20	STELMACH Barbara	262	STELMACH TEAM	K-Open	20	00:32:24.30	+00:09:53 (30.5%)	6:28	9.3 (69.9%)
21	DAROSZEWSKA Krystyna	187	SERCE NORDICA WŁOCŁAWEK	K-Open	21	00:32:37.85	+00:10:07 (31.0%)	6:31	9.2 (69.2%)
22	KRUK-POPEK Katarzyna	78		K-Open	22	00:32:38.50	+00:10:08 (31.0%)	6:31	9.2 (69.2%)
23	HYLIŃSKA Hanna	293		K-Open	23	00:32:39.10	+00:10:08 (31.1%)	6:32	9.2 (69.2%)
23	GÓŹDŹ Małgorzata	199	KUKURAFY	K-Open	23	00:32:39.10	+00:10:08 (31.1%)	6:31	9.2 (69.2%)
25	ZBYRYT Halina	279	AKTYWNA NOWA RUDA	K-Open	25	00:32:43.25	+00:10:12 (31.2%)	6:32	9.2 (69.2%)
26	KRZEŚNIAK Iwona	225		K-Open	26	00:33:17.55	+00:10:47 (32.4%)	6:39	9 (67.7%)
27	KRZEŚNIAK Marlena	227		K-Open	27	00:33:17.70	+00:10:47 (32.4%)	6:39	9 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	ŁĘTKOWSKA Agnieszka	233		K-Open	28	00:33:42.25	+00:11:11 (33.2%)	6:44	8.9 (66.9%)
29	JANUR Joanna	206	RÓŻOWE LANDRYNY	K-Open	29	00:34:03.50	+00:11:33 (33.9%)	6:48	8.8 (66.2%)
30	KRZEŚNIAK Jadwiga	226		K-Open	30	00:35:07.00	+00:12:36 (35.9%)	7:01	8.5 (63.9%)
31	SIKORSKA Marcelina	253	BIELAWSKA AKADEMIA BIEGANIA	K-Open	31	00:35:18.85	+00:12:48 (36.3%)	7:03	8.5 (63.9%)
32	WIERZBICKA Marta	274		K-Open	32	00:35:20.40	+00:12:49 (36.3%)	7:04	8.5 (63.9%)
33	GRUDYSZ Marta	201	RNB TEAM POLANICA- ZDRÓJ	K-Open	33	00:35:24.15	+00:12:53 (36.4%)	7:04	8.5 (63.9%)
34	GÓRSKA Katarzyna	197	BIELAWSKA AKADEMIA BIEGANIA	K-Open	34	00:35:38.10	+00:13:07 (36.8%)	7:07	8.4 (63.2%)
35	STĘPEK Anna	263		K-Open	35	00:36:35.75	+00:14:05 (38.5%)	7:19	8.2 (61.7%)
36	MACH Kasia	234	NIEDŹWIEDZIE POLARNE	K-Open	36	00:36:50.30	+00:14:19 (38.9%)	7:22	8.1 (60.9%)
37	GOJAN Joanna	195	VEGE RUNNERS	K-Open	37	00:36:57.45	+00:14:26 (39.1%)	7:23	8.1 (60.9%)
38	ZDANOWICZ Iza	280	NIEDŹWIEDZIE POLARNE	K-Open	38	00:37:34.75	+00:15:04 (40.1%)	7:30	8 (60.2%)
39	KOZUBEK Justyna	223		K-Open	39	00:38:21.65	+00:15:51 (41.3%)	7:40	7.8 (58.6%)
40	BĘGOWSKA Katarzyna	177		K-Open	40	00:39:03.10	+00:16:32 (42.4%)	7:48	7.7 (57.9%)
41	MANDZIEJ Barbara	236		K-Open	41	00:40:16.60	+00:17:46 (44.1%)	8:03	7.4 (55.6%)
42	BOTÓR Barbara	183		K-Open	42	00:41:26.20	+00:18:55 (45.7%)	8:17	7.2 (54.1%)
43	ROŚKOWSKA Ewa	251		K-Open	43	00:44:34.65	+00:22:04 (49.5%)	8:55	6.7 (50.4%)
44	KALINOWSKA Justyna	211		K-Open	44	00:45:49.35	+00:23:18 (50.9%)	9:10	6.5 (48.9%)
45	ZYGADLO Natalia	281		K-Open	45	00:45:49.90	+00:23:19 (50.9%)	9:10	6.5 (48.9%)
46	ŻUROWSKA Ola	282	NIEDŹWIEDZIE POLARNE	K-Open	46	00:47:51.50	+00:25:21 (53.0%)	9:34	6.3 (47.4%)
47	HAŁKA Małgorzata	204		K-Open	47	00:48:16.55	+00:25:46 (53.4%)	9:39	6.2 (46.6%)
48	STYRCZ Małgorzata	265	BIELAWSKA AKADEMIA BIEGANIA	K-Open	48	00:48:20.50	+00:25:50 (53.4%)	9:40	6.2 (46.6%)
49	SZNAJDER Agnieszka	267	BIELAWSKA AKADEMIA BIEGANIA	K-Open	49	00:48:20.85	+00:25:50 (53.4%)	9:40	6.2 (46.6%)

Znaleziono 49 wynik(ów)