

# 4 POLANICKI BIEG NIEDŹWIEDZIA

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:** Urząd Miasta Polanica-Zdrój  
**Data:** 2022-07-02  
**Miejsce:** Polanica-Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JAZ Marcin	45	RNB TEAM POLANICA-ZDRÓJ	M-16	1	00:21:56.00		4:23	13.7 (100%)
2	STOJANOWSKI Mariusz	43	RNB POLANICA ZDRÓJ TEAM	M-16	2	00:22:49.30	+00:00:53 (3.9%)	4:33	13.1 (95.6%)
3	ZAWODNI Jarosław	26		M-16	3	00:23:39.45	+00:01:43 (7.3%)	4:43	12.7 (92.7%)
4	KLIMCZAK Piotr	30	GIMPAS PASŁĘK	M-50	1	00:23:44.60	+00:01:48 (7.6%)	4:44	12.6 (92.0%)
5	SZCZEPAŃSKI Grzegorz	54	MAD RUNNERS	M-16	4	00:24:23.05	+00:02:27 (10.1%)	4:52	12.3 (89.8%)
6	PARADA Bronisław	51	RNB TEAM POLANICA-ZDROJ	M-40	1	00:25:08.90	+00:03:12 (12.8%)	5:01	11.9 (86.9%)
7	SMOLNICKI Marcin	6		M-16	5	00:25:48.90	+00:03:52 (15.0%)	5:09	11.6 (84.7%)
8	CHORZĘPA Adam	25		M-50	2	00:26:57.55	+00:05:01 (18.6%)	5:23	11.1 (81.0%)
9	DYJA Magdalena	44	RNB TEAM POLANICA-ZDROJ	K-16	1	00:27:13.40	+00:05:17 (19.4%)	5:26	11 (80.3%)
10	KOZŁOWSKI Bartłomiej	49	RNB POLANICA ZDRÓJ	M-40	2	00:27:25.50	+00:05:29 (20.0%)	5:29	10.9 (79.6%)
11	SĘDZIK Aleksander	3		M-50	3	00:27:28.05	+00:05:32 (20.1%)	5:29	10.9 (79.6%)
12	KARATKÓW Ewa	34	LKS ISKRA JASZKOWA	K-40	1	00:28:51.45	+00:06:55 (24.0%)	5:46	10.4 (75.9%)
13	ROMAN Krzysztof	32	KUDOWIANKA RUN	M-60	1	00:29:17.40	+00:07:21 (25.1%)	5:51	10.2 (74.5%)
14	KRAWCZYK Sebastian	27	CITYFIT	M-16	6	00:29:34.95	+00:07:38 (25.9%)	5:54	10.1 (73.7%)
15	BIELECKI Grzegorz	31	HAPPY SCHOOL	M-40	3	00:29:41.10	+00:07:45 (26.1%)	5:56	10.1 (73.7%)
16	SZYMAŃSKI Grzegorz	41	RNB POLANICA ZDRÓJ	M-40	4	00:29:44.60	+00:07:48 (26.3%)	5:56	10.1 (73.7%)
17	DEREŃ Agata	33	LKS ISKRA JASZKOWA	K-16	2	00:29:58.95	+00:08:02 (26.8%)	5:59	10 (73.0%)
18	MAZURKIEWICZ Grzegorz	24		M-50	4	00:30:09.80	+00:08:13 (27.3%)	6:01	10 (73.0%)
19	EKALT Paweł	13		M-16	7	00:30:40.25	+00:08:44 (28.5%)	6:08	9.8 (71.5%)
20	HASIAK Aleksander	1		M-50	5	00:30:43.20	+00:08:47 (28.6%)	6:08	9.8 (71.5%)
21	MALECKI Jacek	23		M-40	5	00:31:23.55	+00:09:27 (30.1%)	6:16	9.6 (70.1%)
22	GOLEK Seweryn Golek	39	POLACY BIEGAJA W UK	M-40	6	00:31:26.55	+00:09:30 (30.2%)	6:17	9.5 (69.3%)
23	FABJAŃSKI Augustyn	11		M-60	2	00:31:31.25	+00:09:35 (30.4%)	6:18	9.5 (69.3%)
24	ŁYKO Mariusz	36	MAD RUNNERS	M-40	7	00:31:48.10	+00:09:52 (31.0%)	6:21	9.4 (68.6%)
25	ŁYKO Marta	35	MAD RUNNERS	K-40	2	00:31:48.30	+00:09:52 (31.0%)	6:21	9.4 (68.6%)
26	ŚLIWKA Olga	22		K-16	3	00:32:55.85	+00:10:59 (33.4%)	6:35	9.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>MADZIA Aleksandra</b>	<b>52</b>	RNB TEAM POLANICA-ZDROJ	K-16	4	<b>00:32:56.80</b>	+00:11:00 (33.4%)	6:35	9.1 (66.4%)
28	<b>STANKOWSKA Renata</b>	<b>7</b>		K-40	3	<b>00:33:12.65</b>	+00:11:16 (34.0%)	6:38	9 (65.7%)
29	<b>NASTAWSKA Bogumiła</b>	<b>4</b>		K-50	1	<b>00:33:19.90</b>	+00:11:23 (34.2%)	6:39	9 (65.7%)
30	<b>ŚWIEBODA Karolina</b>	<b>40</b>	PREDATORS WAŁBRZYCH	K-16	5	<b>00:33:55.10</b>	+00:11:59 (35.3%)	6:47	8.8 (64.2%)
31	<b>BUCZKO Bogusław</b>	<b>57</b>		M-50	6	<b>00:33:56.00</b>	+00:12:00 (35.4%)	6:47	8.8 (64.2%)
32	<b>CZUBA Marta</b>	<b>15</b>		K-16	6	<b>00:34:04.00</b>	+00:12:08 (35.6%)	6:48	8.8 (64.2%)
33	<b>JURASZ Aleksandra</b>	<b>18</b>		K-16	7	<b>00:34:18.55</b>	+00:12:22 (36.1%)	6:51	8.7 (63.5%)
34	<b>FIGURA Zbigniew</b>	<b>46</b>	RUNNERS TEAM NYSA	M-60	3	<b>00:36:14.05</b>	+00:14:18 (39.5%)	7:14	8.3 (60.6%)
35	<b>HASIAK Katarzyna</b>	<b>2</b>		K-50	2	<b>00:36:18.45</b>	+00:14:22 (39.6%)	7:15	8.3 (60.6%)
36	<b>SPOWAR Jan</b>	<b>50</b>	KOS TESLA BRNO	M-70+	1	<b>00:36:43.20</b>	+00:14:47 (40.3%)	7:20	8.2 (59.9%)
37	<b>STEMPIN Sylwia</b>	<b>16</b>		K-16	8	<b>00:37:27.30</b>	+00:15:31 (41.4%)	7:29	8 (58.4%)
38	<b>SZCZYPEK Anna</b>	<b>28</b>	CITYFIT	K-40	4	<b>00:37:40.25</b>	+00:15:44 (41.8%)	7:32	8 (58.4%)
39	<b>PAWŁOWICZ Katarzyna</b>	<b>48</b>		K-16	9	<b>00:37:53.60</b>	+00:15:57 (42.1%)	7:34	7.9 (57.7%)
40	<b>GRYGOROWICZ Marek</b>	<b>14</b>		M-40	8	<b>00:38:08.10</b>	+00:16:12 (42.5%)	7:37	7.9 (57.7%)
41	<b>MANDZIEJ Ula</b>	<b>9</b>		K-40	5	<b>00:38:13.05</b>	+00:16:17 (42.6%)	7:38	7.8 (56.9%)
42	<b>MAĆKÓW Klaudia</b>	<b>19</b>		K-16	10	<b>00:38:27.35</b>	+00:16:31 (43.0%)	7:41	7.8 (56.9%)
43	<b>MUŁKIN Klaudia</b>	<b>55</b>		K-16	11	<b>00:38:27.75</b>	+00:16:31 (43.0%)	7:41	7.8 (56.9%)
44	<b>KUBAŚ Dawid</b>	<b>56</b>	NADLEŚNICTWO ZDROJOWE	M-16	8	<b>00:39:50.05</b>	+00:17:54 (44.9%)	7:58	7.5 (54.7%)
45	<b>GRYGOROWICZ Katarzyna</b>	<b>53</b>		K-40	6	<b>00:40:41.45</b>	+00:18:45 (46.1%)	8:08	7.4 (54.0%)
46	<b>RĘKAS Ania</b>	<b>10</b>		K-40	7	<b>00:41:32.70</b>	+00:19:36 (47.2%)	8:18	7.2 (52.6%)
47	<b>MAĆKÓW Małgorzata</b>	<b>20</b>		K-16	12	<b>00:41:34.05</b>	+00:19:38 (47.2%)	8:18	7.2 (52.6%)
48	<b>GOZDZ Małgorzata</b>	<b>37</b>	MAŻ & ŻONA	K-16	13	<b>00:42:04.35</b>	+00:20:08 (47.9%)	8:24	7.1 (51.8%)
49	<b>GÓZDŹ Artur</b>	<b>38</b>	MAŻ & ŻONA	M-16	9	<b>00:42:04.60</b>	+00:20:08 (47.9%)	8:24	7.1 (51.8%)
50	<b>STROJWAŚ Anna</b>	<b>47</b>	WKB PIAST	K-60+	1	<b>00:42:32.25</b>	+00:20:36 (48.4%)	8:30	7.1 (51.8%)
51	<b>ZIELSKI Błażej</b>	<b>17</b>		M-16	10	<b>00:44:34.05</b>	+00:22:38 (50.8%)	8:54	6.7 (48.9%)
52	<b>ROSS Jacek</b>	<b>29</b>	EJR	M-40	9	<b>00:46:48.70</b>	+00:24:52 (53.1%)	9:21	6.4 (46.7%)

Znaleziono 52 wynik(ów)