

4 POLANICKI BIEG NIEDŹWIEDZIA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator:

Data:

Miejsce:

Dystans:

Urząd Miasta Polanica-Zdrój

2022-07-02

Polanica-Zdrój

5 km



Klasyfikacja: OPEN -M

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	KOZŁOWSKI Bartłomiej	49	RNB POLANICA ZDRÓJ	M-40	2	00:27:25.50	+00:05:29 (20.0%)	5:29	10.9 (79.6%)
10	SĘDZIK Aleksander	3		M-50	3	00:27:28.05	+00:05:32 (20.1%)	5:29	10.9 (79.6%)
11	ROMAN Krzysztof	32	KUDOWIANKA RUN	M-60	1	00:29:17.40	+00:07:21 (25.1%)	5:51	10.2 (74.5%)
12	KRAWCZYK Sebastian	27	CITYFIT	M-16	6	00:29:34.95	+00:07:38 (25.9%)	5:54	10.1 (73.7%)
13	BIELECKI Grzegorz	31	HAPPY SCHOOL	M-40	3	00:29:41.10	+00:07:45 (26.1%)	5:56	10.1 (73.7%)
14	SZYMAŃSKI Grzegorz	41	RNB POLANICA ZDRÓJ	M-40	4	00:29:44.60	+00:07:48 (26.3%)	5:56	10.1 (73.7%)
15	MAZURKIEWICZ Grzegorz	24		M-50	4	00:30:09.80	+00:08:13 (27.3%)	6:01	10 (73.0%)
16	EKALT Paweł	13		M-16	7	00:30:40.25	+00:08:44 (28.5%)	6:08	9.8 (71.5%)
17	HASIAK Aleksander	1		M-50	5	00:30:43.20	+00:08:47 (28.6%)	6:08	9.8 (71.5%)
18	MALECKI Jacek	23		M-40	5	00:31:23.55	+00:09:27 (30.1%)	6:16	9.6 (70.1%)
19	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%)
20	FABJAŃSKI Augustyn	11		M-60	2	00:31:31.25	+00:09:35 (30.4%)	6:18	9.5 (69.3%)
21	ŁYKO Mariusz	36	MAD RUNNERS	M-40	7	00:31:48.10	+00:09:52 (31.0%)	6:21	9.4 (68.6%)
22	BUCZKO Bogusław	57		M-50	6	00:33:56.00	+00:12:00 (35.4%)	6:47	8.8 (64.2%)
23	FIGURA Zbigniew	46	RUNNERS TEAM NYSA	M-60	3	00:36:14.05	+00:14:18 (39.5%)	7:14	8.3 (60.6%)
24	SPOWAR Jan	50	KOS TESLA BRNO	M-70+	1	00:36:43.20	+00:14:47 (40.3%)	7:20	8.2 (59.9%)
25	GRYGOROWICZ Marek	14		M-40	8	00:38:08.10	+00:16:12 (42.5%)	7:37	7.9 (57.7%)
26	KUBAŚ Dawid	56	NADLEŚNICTWO ZDROJOWE	M-16	8	00:39:50.05	+00:17:54 (44.9%)	7:58	7.5 (54.7%)

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27	GÓZDŹ Artur	38	MAŻ & ŻONA	M-16	9	00:42:04.60	+00:20:08 (47.9%)	8:24	7.1 (51.8%)
28	ZIELSKI Błażej	17		M-16	10	00:44:34.05	+00:22:38 (50.8%)	8:54	6.7 (48.9%)
29	ROSS Jacek	29	EJR	M-40	9	00:46:48.70	+00:24:52 (53.1%)	9:21	6.4 (46.7%)

Znaleziono 29 wynik(ów)