

# BIEG SĄSIEDZI ŻELAZNEGO MOSTU - 10KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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

III Bieg i Marsz Sąsiedzi Żelaznego Mostu  
EVENTS GROUP SP. Z O.O.  
2023-07-01  
Obiszów  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	KGHM	Rudna	Grębocice	Polkowice	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZCZEPAŃSKI Mateusz</b>	<b>52</b>	KGHM ZG RUN	M-KGHM	1	Tak				00:17:52	<b>00:35:36.15</b>		3:33	16.9 (100%)
2	<b>GARLIŃSKI Łukasz</b>	<b>32</b>	KB KROKUS KWIATKOWICE	OPEN -M	1					00:17:51	<b>00:35:37.75</b>	+00:00:01 (0.1%)	3:33	16.8 (99.4%)
3	<b>TOKARCZYK Mariusz</b>	<b>55</b>	OLAWS ZŁOTORYJA	OPEN -M	2					00:19:00	<b>00:38:03.25</b>	+00:02:27 (6.4%)	3:48	15.8 (93.5%)
4	<b>TORBA Łukasz</b>	<b>56</b>	KOS BIAŁOŁĘKA	M-KGHM	2	Tak				00:23:21	<b>00:38:55.80</b>	+00:03:19 (8.5%)	3:53	15.4 (91.1%)
5	<b>SZKOP Rafał</b>	<b>53</b>	KGHM ZG RUN	OPEN -M	3					00:23:33	<b>00:39:08.00</b>	+00:03:31 (9.0%)	3:54	15.3 (90.5%)
6	<b>AUGUSTYNIAK Krzysztof</b>	<b>67</b>		M-Polkowice	1				Tak	00:19:54	<b>00:40:14.00</b>	+00:04:37 (11.5%)	4:01	14.9 (88.2%)
7	<b>JAGIEŁŁO Szymon</b>	<b>34</b>		OPEN -M	4						<b>00:42:39.00</b>	+00:07:02 (16.5%)	4:15	14.1 (83.4%)
8	<b>FIUK Kacper</b>	<b>31</b>		M-KGHM	3	Tak				00:21:31	<b>00:43:45.70</b>	+00:08:09 (18.6%)	4:22	13.7 (81.1%)
9	<b>ŁAWROWSKI Bartosz</b>	<b>58</b>	ZWIEDZACZ	OPEN -M	5					00:21:39	<b>00:44:05.85</b>	+00:08:29 (19.3%)	4:24	13.6 (80.5%)
10	<b>KONOWALCZUK Tomasz</b>	<b>38</b>	AKS WYBIEGANI POLKOWICE	M-Polkowice	2				Tak	00:21:55	<b>00:44:26.85</b>	+00:08:50 (19.9%)	4:26	13.5 (79.9%)
11	<b>KOSZAŁKA Natalia</b>	<b>65</b>		K-Polkowice	1				Tak	00:21:55	<b>00:44:27.45</b>	+00:08:51 (19.9%)	4:26	13.5 (79.9%)
12	<b>PRUSISZ Karol</b>	<b>61</b>		OPEN -M	6					00:22:30	<b>00:45:22.90</b>	+00:09:46 (21.5%)	4:32	13.2 (78.1%)
13	<b>SLANIA Dawid</b>	<b>51</b>		M-KGHM	4	Tak					<b>00:46:19.00</b>	+00:10:42 (23.1%)	4:37	13 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	KGHM	Rudna	Grębocice	Polkowice	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>DZIUK Kamil</b>	<b>64</b>		OPEN -M	7					00:22:32	<b>00:47:33.50</b>	+00:11:57 (25.1%)	4:45	12.6 (74.6%)
15	<b>MOCHOL Krzysztof</b>	<b>43</b>		OPEN -M	8					00:23:01	<b>00:48:06.25</b>	+00:12:30 (26.0%)	4:48	12.5 (74.0%)
16	<b>RAGAN Pawel</b>	<b>47</b>		M-KGHM	5	Tak				00:23:51	<b>00:49:44.35</b>	+00:14:08 (28.4%)	4:58	12.1 (71.6%)
17	<b>KOSMALA Radosław</b>	<b>39</b>		M-Grębocice	1	Tak	Tak			00:23:40	<b>00:50:08.35</b>	+00:14:32 (29.0%)	5:00	12 (71.0%)
18	<b>ŚWIĄTEK Dominik</b>	<b>62</b>		OPEN -M	9					00:25:16	<b>00:51:05.50</b>	+00:15:29 (30.3%)	5:06	11.7 (69.2%)
19	<b>MAZUR Agnieszka</b>	<b>42</b>	BROSE SITECH	K-Polkowice	2				Tak	00:25:45	<b>00:51:10.05</b>	+00:15:33 (30.4%)	5:07	11.7 (69.2%)
20	<b>ŁOMOĆ Karol</b>	<b>63</b>		M-KGHM	6	Tak			Tak	00:25:16	<b>00:51:28.20</b>	+00:15:52 (30.8%)	5:08	11.7 (69.2%)
21	<b>SZYMAŃSKI Marcel</b>	<b>54</b>		OPEN -M	10					00:27:01	<b>00:51:50.30</b>	+00:16:14 (31.3%)	5:11	11.6 (68.6%)
22	<b>SIMILAK Kuba</b>	<b>50</b>		M-KGHM	7	Tak				00:25:29	<b>00:53:29.40</b>	+00:17:53 (33.4%)	5:20	11.2 (66.3%)
23	<b>KAJDAS Krzysztof</b>	<b>36</b>	CROSS STRACEŃCÓW TEAM	OPEN -M	11					00:26:41	<b>00:54:04.40</b>	+00:18:28 (34.2%)	5:24	11.1 (65.7%)
24	<b>RUMINKIEWICZ Bartosz</b>	<b>48</b>	HML	M-KGHM	8	Tak				00:27:20	<b>00:57:52.70</b>	+00:22:16 (38.5%)	5:47	10.4 (61.5%)
25	<b>DOMAGAŁA Adam</b>	<b>59</b>		OPEN -M	12					00:29:05	<b>00:57:56.90</b>	+00:22:20 (38.6%)	5:47	10.4 (61.5%)
26	<b>GĄSIOROWSKI Hubert</b>	<b>33</b>		M-KGHM	9	Tak				00:29:57	<b>01:01:08.65</b>	+00:25:32 (41.8%)	6:06	9.8 (58.0%)
27	<b>PILAWA-CHMIELEWSKA Agnieszka</b>	<b>46</b>	STOWARZYSZENIE MADNESS	OPEN -K	1					00:30:14	<b>01:02:49.60</b>	+00:27:13 (43.3%)	6:16	9.6 (56.8%)
28	<b>JARZĄBSKA Marta</b>	<b>60</b>		OPEN -K	2					00:30:14	<b>01:02:50.00</b>	+00:27:13 (43.3%)	6:17	9.5 (56.2%)
29	<b>KAJDAS Katarzyna</b>	<b>35</b>	CROSS STRACEŃCÓW TEAM	OPEN -K	3					00:32:10	<b>01:02:57.70</b>	+00:27:21 (43.5%)	6:17	9.5 (56.2%)
30	<b>OLSZEWSKI Michał</b>	<b>44</b>		M-Polkowice	3				Tak	00:32:04	<b>01:03:48.50</b>	+00:28:12 (44.2%)	6:22	9.4 (55.6%)
31	<b>DĄBROWSKA Justyna</b>	<b>66</b>		K-Polkowice	3				Tak	00:22:05		+00:04:13	4:25	13.6 (80.5%)

Znaleziono 31 wynik(ów)