

# BIEG SĄSIEDZI ŻELAZNEGO MOSTU - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** II Marsz i Bieg - Sąsiedzi Żelaznego Mostu  
**Organizator:** Stowarzyszenie Aktywni Zagłębia Miedziowego  
**Data:** 2022-09-24  
**Miejsce:** Rudna  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	KGHM	Rudna	Grębocice	Polkowice	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PIASECKI Radosław</b>	<b>86</b>		OPEN -M	1					<b>00:18:27.62</b>		0:52	68.3 (100%)
2	<b>BELGRAU Tobiasz</b>	<b>381</b>	MLKS SOKÓŁ LUBIN	OPEN -M	2					<b>00:19:46.94</b>	+00:01:19 (6.7%)	0:56	63.7 (93.3%)
3	<b>KULCZYCKI Rafał</b>	<b>78</b>	PARKRUN LUBIN	M-KGHM	1	Tak				<b>00:20:06.22</b>	+00:01:38 (8.2%)	0:57	62.7 (91.8%)
4	<b>MATEJCZUK Emil</b>	<b>81</b>	KGHM ZG RUN	M-KGHM	2	Tak				<b>00:20:29.09</b>	+00:02:01 (9.9%)	0:58	61.5 (90.0%)
5	<b>KUREK Krzysztof</b>	<b>79</b>	KS.ACTIVE URAN	OPEN -M	3					<b>00:22:29.05</b>	+00:04:01 (17.9%)	1:04	56 (82.0%)
6	<b>KAPIEC Robert</b>	<b>74</b>	PARKRUN LUBIN	OPEN -M	4					<b>00:23:02.04</b>	+00:04:34 (19.9%)	1:05	54.7 (80.1%)
7	<b>KUCZYŃSKI Zbigniew</b>	<b>77</b>	KGHM ZGRUN	OPEN -M	5					<b>00:23:22.92</b>	+00:04:55 (21.0%)	1:06	53.9 (78.9%)
8	<b>ŚLIWA Marcin</b>	<b>95</b>	KGHM ZG RUN	M-KGHM	3	Tak	Tak			<b>00:23:39.67</b>	+00:05:12 (22.0%)	1:07	53.3 (78.0%)
9	<b>SIWAK Piotr</b>	<b>90</b>	KGHM METRACO	M-Rudna	1		Tak			<b>00:23:45.74</b>	+00:05:18 (22.3%)	1:07	53.1 (77.7%)
10	<b>JEMIOŁO Piotr</b>	<b>71</b>		M-Grębocice	1			Tak		<b>00:23:59.93</b>	+00:05:32 (23.1%)	1:08	52.5 (76.9%)
11	<b>RAJKO Adam</b>	<b>87</b>	KGHM ZG RUN	M-KGHM	4	Tak	Tak			<b>00:24:13.29</b>	+00:05:45 (23.8%)	1:09	52 (76.1%)
12	<b>SUSZKO Sylwia</b>	<b>91</b>		OPEN -K	1					<b>00:24:18.28</b>	+00:05:50 (24.0%)	1:09	51.9 (76.0%)
13	<b>JĘDRASIAK Renata</b>	<b>382</b>		K-KGHM	1	Tak				<b>00:24:47.10</b>	+00:06:19 (25.5%)	1:10	50.8 (74.4%)
14	<b>MUZEJA Daniec</b>	<b>388</b>		OPEN -M	6					<b>00:25:42.81</b>	+00:07:15 (28.2%)	1:13	49 (71.7%)
15	<b>ADAMEK Kamil</b>	<b>61</b>	ALE URWAŁ!	M-KGHM	5	Tak				<b>00:26:04.70</b>	+00:07:37 (29.2%)	1:14	48.3 (70.7%)
16	<b>RUMINKIEWICZ Bartosz</b>	<b>88</b>		M-KGHM	6	Tak				<b>00:26:15.22</b>	+00:07:47 (29.7%)	1:15	48 (70.3%)
17	<b>MALINOWSKI Kacper</b>	<b>80</b>		OPEN -M	7					<b>00:26:55.67</b>	+00:08:28 (31.4%)	1:16	46.8 (68.5%)
18	<b>KOTOŃSKI Grzegorz</b>	<b>386</b>		OPEN -M	8					<b>00:27:11.65</b>	+00:08:44 (32.1%)	1:17	46.4 (67.9%)
19	<b>BORKOWSKA Karolina</b>	<b>62</b>		K-Rudna	1	Tak	Tak			<b>00:27:49.98</b>	+00:09:22 (33.7%)	1:19	45.3 (66.3%)
20	<b>GNIEWOSZ Stanisław</b>	<b>68</b>	CROSS STRACEŃCÓW TEAM	M-Rudna	2		Tak			<b>00:27:59.35</b>	+00:09:31 (34.0%)	1:19	45 (65.9%)
21	<b>PALUCH Przemysław</b>	<b>385</b>	ZSCKR	M-Rudna	3		Tak			<b>00:28:11.72</b>	+00:09:44 (34.5%)	1:20	44.7 (65.4%)
22	<b>GNIEWOSZ Marcin</b>	<b>67</b>	CROSS STRACEŃCÓW TEAM	M-KGHM	7	Tak	Tak			<b>00:29:12.32</b>	+00:10:44 (36.8%)	1:23	43.2 (63.3%)
23	<b>JOCHIMSKI Damian</b>	<b>72</b>	ZGRUN	M-KGHM	8	Tak				<b>00:29:20.39</b>	+00:10:52 (37.1%)	1:23	43 (63.0%)
24	<b>HONC Paweł</b>	<b>383</b>	ZSCKR	M-Rudna	4		Tak			<b>00:29:44.51</b>	+00:11:16 (37.9%)	1:24	42.4 (62.1%)
25	<b>CUPIAŁ Sebastian</b>	<b>64</b>		M-KGHM	9	Tak			Tak	<b>00:30:01.48</b>	+00:11:33 (38.5%)	1:25	42 (61.5%)
26	<b>DĘBSKA Bożena</b>	<b>65</b>	ADAM BORKOWSKI TEAM	OPEN -K	2					<b>00:30:17.60</b>	+00:11:49 (39.1%)	1:26	41.6 (60.9%)

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27	<b>GRUSZKA Kamil</b>	<b>69</b>		M-KGHM	10	Tak			Tak	<b>00:30:34.87</b>	+00:12:07 (39.6%)	1:27	41.2 (60.3%)
28	<b>DUDEK Jarek</b>	<b>66</b>	SPARTA RUDNA OLDBOY	M-Rudna	5		Tak			<b>00:30:39.11</b>	+00:12:11 (39.8%)	1:27	41.1 (60.2%)
29	<b>KALITKA Karolina</b>	<b>73</b>		K-Rudna	2		Tak			<b>00:30:46.60</b>	+00:12:18 (40.0%)	1:27	41 (60.0%)
30	<b>MISIAK Natalia</b>	<b>82</b>		K-Rudna	3		Tak			<b>00:30:44.64</b>	+00:12:17 (40.0%)	1:27	41 (60.0%)
31	<b>OLEJNIK Michał</b>	<b>84</b>		M-KGHM	11	Tak	Tak			<b>00:31:08.78</b>	+00:12:41 (40.7%)	1:28	40.5 (59.3%)
32	<b>WALEWSKI Paweł</b>	<b>384</b>		M-Rudna	6		Tak			<b>00:31:44.20</b>	+00:13:16 (41.8%)	1:30	39.7 (58.1%)
33	<b>SZLACHTER Antoni</b>	<b>93</b>	MLKS SOKÓŁ LUBIN	OPEN -M	9					<b>00:33:18.17</b>	+00:14:50 (44.6%)	1:35	37.8 (55.3%)
34	<b>SZLACHTER Grzegorz</b>	<b>92</b>	KGHM ZG RUN	M-KGHM	12	Tak				<b>00:33:18.95</b>	+00:14:51 (44.6%)	1:35	37.8 (55.3%)
35	<b>PAWLIK Magdalena</b>	<b>85</b>	GMINA RUDNA	K-Rudna	4		Tak			<b>00:36:40.63</b>	+00:18:13 (49.7%)	1:44	34.4 (50.4%)
36	<b>SZYMANKIEWICZ Edward</b>	<b>94</b>	CROSS STRACENICÓW TEAM	OPEN -M	10					<b>00:37:04.93</b>	+00:18:37 (50.2%)	1:45	34 (49.8%)
37	<b>JARKA Małgorzata</b>	<b>70</b>		OPEN -K	3					<b>00:38:37.61</b>	+00:20:09 (52.2%)	1:50	32.6 (47.7%)
38	<b>MIERNIK Natalia</b>	<b>100</b>	SZKOŁA ROLNICZA	OPEN -K	4								(0.0%)

Znaleziono 38 wynik(ów)