

BIEG SĄSIEDZI ŻELAZNEGO MOSTU - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III Bieg i Marsz Sąsiedzi Żelaznego Mostu
EVENTS GROUP SP. Z O.O.
2023-07-01
Obiszów
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 | SZCZEPAŃSKI Mateusz | 156 | KGHM ZG RUN | M-Polkowice | 1 | Tak | Tak | | Tak | 00:18:30.00 | | 3:42 | 16.2 (100%) |
| 2 | GARLIŃSKI Łukasz | 83 | KB KROKUS KWIATKOWICE | OPEN -M | 1 | | | | | 00:18:38.85 | +00:00:08 (0.8%) | 3:43 | 16.1 (99.4%) |
| 3 | KUBIAK Arkadiusz | 130 | | OPEN -M | 2 | | | | | 00:18:58.60 | +00:00:28 (2.5%) | 3:47 | 15.8 (97.5%) |
| 4 | WALKOWIAK Robert | 124 | KGHM ZG RUN | M-KGHM | 1 | Tak | | | | 00:19:58.30 | +00:01:28 (7.4%) | 3:59 | 15 (92.6%) |
| 5 | WACHNIK Marek | 123 | ZG RUN | M-KGHM | 2 | Tak | | | | 00:20:32.10 | +00:02:02 (9.9%) | 4:06 | 14.6 (90.1%) |
| 6 | KOSZAŁKO Natalia | 69 | | K-Polkowice | 1 | | | | Tak | 00:22:22.80 | +00:03:52 (17.3%) | 4:28 | 13.4 (82.7%) |
| 7 | BOGACZ Patrycja | 74 | WOŁÓW BIEGA | OPEN -K | 1 | | | | | 00:22:38.25 | +00:04:08 (18.3%) | 4:31 | 13.3 (82.1%) |
| 8 | KUREK Krzysztof | 102 | KS ACTIVEURAN | OPEN -M | 3 | | | | | 00:22:51.55 | +00:04:21 (19.1%) | 4:34 | 13.1 (80.9%) |
| 9 | FOTEREK Krzysztof | 82 | TEAM HAJDUK | OPEN -M | 4 | | | | | 00:23:08.00 | +00:04:38 (20.0%) | 4:37 | 13 (80.2%) |
| 10 | KITA Katarzyna | 98 | | K-KGHM | 1 | Tak | | | | 00:23:40.95 | +00:05:10 (21.9%) | 4:44 | 12.7 (78.4%) |
| 11 | PIASECKI Michał | 163 | GRUBIKO | OPEN -M | 5 | | | | | 00:23:54.45 | +00:05:24 (22.6%) | 4:46 | 12.6 (77.8%) |
| 12 | WALUK Sławomir | 125 | AS | OPEN -M | 6 | | | | | 00:24:00.00 | +00:05:30 (22.9%) | 4:48 | 12.5 (77.2%) |
| 13 | KOŁODZIEJ Andrzej | 100 | KS ACTIVE URAN | OPEN -M | 7 | | | | | 00:24:02.75 | +00:05:32 (23.1%) | 4:48 | 12.5 (77.2%) |
| 14 | BABISZ Sławomir | 6 | | OPEN -M | 8 | | | | | 00:24:07.00 | +00:05:37 (23.3%) | 4:49 | 12.4 (76.5%) |
| 15 | LISOVYI Dmytro | 104 | | OPEN -M | 9 | | | | | 00:25:20.55 | +00:06:50 (27.0%) | 5:04 | 11.8 (72.8%) |
| 16 | ADAMEK Kamil | 72 | ALE URWAŁ! | M-KGHM | 3 | Tak | | | | 00:26:07.10 | +00:07:37 (29.2%) | 5:13 | 11.5 (71.0%) |
| 17 | BABISZ Aleksandra | 250 | | OPEN -K | 2 | | | | | 00:26:18.90 | +00:07:48 (29.7%) | 16:26 | 3.7 (22.8%) |
| 18 | KAŻMIERCZAK Krzysztof | 96 | | OPEN -M | 10 | | | | | 00:26:28.05 | +00:07:58 (30.1%) | 5:17 | 11.3 (69.8%) |
| 19 | BŁĄŻEJCZAK Konrad | 73 | | OPEN -M | 11 | | | | | 00:26:48.35 | +00:08:18 (31.0%) | 5:21 | 11.2 (69.1%) |
| 20 | GRZELAK Krzysztof | 88 | | M-Grębocice | 1 | | | Tak | | 00:27:42.15 | +00:09:12 (33.2%) | 5:32 | 10.8 (66.7%) |
| 21 | CUPIAŁ Sebastian | 80 | | M-Polkowice | 2 | Tak | | | Tak | 00:27:43.50 | +00:09:13 (33.3%) | 5:32 | 10.8 (66.7%) |
| 22 | JASIK Joanna | 93 | | OPEN -K | 3 | | | | | 00:28:05.85 | +00:09:35 (34.2%) | 5:37 | 10.7 (66.0%) |
| 23 | SZLACHTER Grzegorz | 119 | KGHM ZG RUN | M-KGHM | 4 | Tak | | | | 00:28:11.60 | +00:09:41 (34.4%) | 5:38 | 10.6 (65.4%) |
| 24 | GNIEWOSZ Marcin | 84 | CROSS STRACENÓW TEAM | M-Rudna | 1 | Tak | Tak | | | 00:28:28.10 | +00:09:58 (35.0%) | 5:41 | 10.5 (64.8%) |
| 25 | JAŚLAR Anna | 94 | GRUBIKO | K-Polkowice | 2 | | | | Tak | 00:28:32.40 | +00:10:02 (35.2%) | 5:42 | 10.5 (64.8%) |
| 26 | PIASECKA Małgorzata | 68 | GRUBIKO | OPEN -K | 4 | | | | | 00:29:21.40 | +00:10:51 (37.0%) | 5:52 | 10.2 (63.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | KGHM | Rudna | Grębocice | Polkowice | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------|-------------|------|------|-------|-----------|-----------|--------------------|-------------------|--------------|--------------|
| 27 | GNIWOSZ Stanisław | 85 | CROSS STRACEŃCÓW TEAM | M-Rudna | 2 | | Tak | | | 00:29:29.60 | +00:10:59 (37.3%) | 5:53 | 10.2 (63.0%) |
| 28 | WSPANIAŁY Leszek | 128 | TEAM CROSS STRACEŃCÓW | OPEN -M | 12 | | | | | 00:29:43.45 | +00:11:13 (37.8%) | 5:56 | 10.1 (62.3%) |
| 29 | MROZ Adam | 107 | | OPEN -M | 13 | | | | | 00:29:58.75 | +00:11:28 (38.3%) | 5:59 | 10 (61.7%) |
| 30 | SULIMA-HARHAJ Monika | 8 | | OPEN -K | 5 | | | | | 00:30:00.50 | +00:11:30 (38.4%) | 6:00 | 10 (61.7%) |
| 31 | UCINEK Beata | 122 | CROSS STRACEŃCÓW TEAM | OPEN -K | 6 | | | | | 00:30:25.65 | +00:11:55 (39.2%) | 6:05 | 9.9 (61.1%) |
| 32 | BOGUNIA Grzegorz | 75 | CROSS STRACEŃCÓW TEAM | OPEN -M | 14 | | | | | 00:30:37.50 | +00:12:07 (39.6%) | 6:07 | 9.8 (60.5%) |
| 33 | GRZELAK Urszula | 89 | | K-Grębocice | 1 | | | Tak | | 00:30:39.10 | +00:12:09 (39.6%) | 6:07 | 9.8 (60.5%) |
| 34 | WOLNIAK Bartosz | 126 | | M-Rudna | 3 | Tak | Tak | | | 00:31:24.05 | +00:12:54 (41.1%) | 6:16 | 9.6 (59.3%) |
| 35 | MICHAŁOWSKA Edyta | 106 | | K-KGHM | 2 | Tak | | | | 00:31:31.65 | +00:13:01 (41.3%) | 6:18 | 9.5 (58.6%) |
| 36 | KUSOWSKA Helena | 103 | | K-Rudna | 1 | | Tak | | | 00:31:44.35 | +00:13:14 (41.7%) | 6:20 | 9.5 (58.6%) |
| 37 | WOLNIAK Anna | 127 | | K-Rudna | 2 | Tak | Tak | | | 00:33:10.00 | +00:14:40 (44.2%) | 6:38 | 9 (55.6%) |
| 38 | ROŻEWSKA Maria | 115 | | K-Grębocice | 2 | | | Tak | | 00:33:11.70 | +00:14:41 (44.3%) | 6:38 | 9 (55.6%) |
| 39 | SLANIA Anna | 116 | | OPEN -K | 7 | | | | | 00:33:14.15 | +00:14:44 (44.3%) | 6:38 | 9 (55.6%) |
| 40 | BOJARYN Dorota | 76 | | K-KGHM | 3 | Tak | | | | 00:33:25.75 | +00:14:55 (44.7%) | 6:41 | 9 (55.6%) |
| 41 | KIEŁCZYŃSKA Katarzyna | 97 | | K-KGHM | 4 | Tak | | | | 00:33:28.35 | +00:14:58 (44.7%) | 6:41 | 9 (55.6%) |
| 42 | CZUŃ Tomasz | 81 | | M-Rudna | 4 | Tak | Tak | | | 00:35:05.85 | +00:16:35 (47.3%) | 7:01 | 8.6 (53.1%) |
| 43 | ADAMEK Aneta | 71 | AS | OPEN -K | 8 | | | | | 00:36:22.45 | +00:17:52 (49.1%) | 7:16 | 8.2 (50.6%) |
| 44 | RESZETAR Jarosław | 114 | | M-KGHM | 5 | Tak | | | | 00:36:47.45 | +00:18:17 (49.7%) | 7:21 | 8.2 (50.6%) |
| 45 | GRUSZCZYŃSKI Tomasz | 86 | | OPEN -M | 15 | | | | | 00:37:45.85 | +00:19:15 (51.0%) | 7:33 | 7.9 (48.8%) |
| 46 | REPA GRUSZCZYŃSKA Katarzyna | 113 | | OPEN -K | 9 | | | | | 00:37:45.95 | +00:19:15 (51.0%) | 7:33 | 7.9 (48.8%) |
| 47 | MAZAN Aleksandra | 105 | BALCERZAK RUN FOR FUN | OPEN -K | 10 | | | | | 00:38:54.60 | +00:20:24 (52.5%) | 7:46 | 7.7 (47.5%) |
| 48 | PACHOLSKA Maja | 136 | | OPEN -K | 11 | | | | | 00:39:43.45 | +00:21:13 (53.4%) | 7:56 | 7.6 (46.9%) |
| 49 | PACHOLSKA Katarzyna | 135 | SEKCJA BFECKA | OPEN -K | 12 | | | | | 00:39:46.15 | +00:21:16 (53.5%) | 7:57 | 7.5 (46.3%) |
| 50 | BORYSŁAWSKA Krystyna | 77 | | K-Grębocice | 3 | | | Tak | | 00:39:51.00 | +00:21:21 (53.6%) | 7:58 | 7.5 (46.3%) |
| 51 | | 134 | | | | | | | | 00:51:34.85 | +00:33:04 (64.1%) | 10:18 | 5.8 (35.8%) |
| 52 | | 129 | | | | | | | | 00:51:36.45 | +00:33:06 (64.2%) | 10:19 | 5.8 (35.8%) |

Znaleziono 52 wynik(ów)