

# DYSTANS - 21KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** III Bieg i Marsz Sąsiedzi Żelaznego Mostu  
**Organizator:** EVENTS GROUP SP. Z O.O.  
**Data:** 2023-07-01  
**Miejsce:** Obiszów  
**Dystans:** 21 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	KGHM	Rudna	Grębocice	Polkowice	5km	10km	15km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>STACHURA Damian</b>	<b>21</b>	ULTRASTACH	M-KGHM	1	Tak				00:18:04	00:35:53	00:54:33	<b>01:15:01.95</b>		3:34	16.8 (100%)
2	<b>JANKOWSKI Grzegorz</b>	<b>9</b>		M-KGHM	2	Tak				00:18:15	00:36:31	00:55:39	<b>01:15:02.95</b>	+00:00:01 (0.0%)	3:34	16.8 (100%)
3	<b>GARBOWSKI Rafał</b>	<b>4</b>	LKS SPARTA PARSZOWICE	M-KGHM	3	Tak				00:20:07	00:39:54	01:00:04	<b>01:21:43.10</b>	+00:06:41 (8.2%)	3:53	15.4 (91.7%)
4	<b>CEBULA Grzegorz</b>	<b>2</b>		M-KGHM	4	Tak				00:20:10	00:40:07	01:00:45	<b>01:22:00.75</b>	+00:06:58 (8.5%)	3:54	15.4 (91.7%)
5	<b>BARCZUK Rafał</b>	<b>1</b>	KGHM ZG RUN	M-KGHM	5	Tak				00:21:58	00:44:04	01:05:56	<b>01:28:30.55</b>	+00:13:28 (15.2%)	4:12	14.2 (84.5%)
6	<b>ŻOŁĘDZIEWSKA Kamila</b>	<b>26</b>		OPEN -K	1					00:22:41	00:43:45	01:05:34	<b>01:28:35.95</b>	+00:13:34 (15.3%)	4:13	14.2 (84.5%)
7	<b>FRANKOWSKI Andrzej</b>	<b>3</b>	FRANEK EXTREME TEAM	M-KGHM	6	Tak				00:22:32	00:43:45	01:05:29	<b>01:29:58.75</b>	+00:14:56 (16.6%)	4:17	14 (83.3%)
8	<b>ZIEMNIK Wojciech</b>	<b>25</b>	WATAHA PRZEMKÓW	M-KGHM	7	Tak				00:24:34	00:48:13	01:12:44	<b>01:39:09.65</b>	+00:24:07 (24.3%)	4:43	12.7 (75.6%)
9	<b>JESION Ireneusz</b>	<b>28</b>		OPEN -M	1					00:24:38	00:48:37	01:13:11	<b>01:39:41.00</b>	+00:24:39 (24.7%)	4:44	12.6 (75.0%)
10	<b>OSIŃSKI Łukasz</b>	<b>70</b>		OPEN -M	2					00:25:17	00:49:33	01:14:15	<b>01:39:50.10</b>	+00:24:48 (24.8%)	4:45	12.6 (75.0%)
11	<b>HNYTKO Michał</b>	<b>7</b>		M-Polkowice	1				Tak	00:24:26	00:49:06	01:14:18	<b>01:39:51.15</b>	+00:24:49 (24.9%)	4:45	12.6 (75.0%)
12	<b>BŁACH Dawid</b>	<b>30</b>		OPEN -M	3					00:25:03	00:52:32	01:18:24	<b>01:42:27.50</b>	+00:27:25 (26.8%)	4:52	12.3 (73.2%)
13	<b>LEŻYŃSKI Jarosław</b>	<b>13</b>		M-KGHM	8	Tak	Tak			00:23:56	00:48:41	01:14:24	<b>01:42:33.70</b>	+00:27:31 (26.8%)	4:53	12.3 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	KGHM	Rudna	Grębocice	Polkowice	5km	10km	15km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
14	<b>WILK Rafał</b>	<b>29</b>		M-KGHM	9	Tak				00:26:29	00:52:34	01:18:17	<b>01:42:36.05</b>	+00:27:34 (26.9%)	4:53	12.3 (73.2%)
15	<b>MADEJ Marek</b>	<b>14</b>	ENERGETYKA SP. Z O.O.	M-KGHM	10	Tak	Tak			00:25:00	00:50:53	01:17:16	<b>01:45:08.40</b>	+00:30:06 (28.6%)	5:00	12 (71.4%)
16	<b>PEPŁOŃSKI Grzegorz</b>	<b>19</b>	VOLVO POLSKA	OPEN -M	4					00:26:01	00:51:39	01:18:03	<b>01:46:57.40</b>	+00:31:55 (29.8%)	5:05	11.8 (70.2%)
17	<b>MILLER Tomasz</b>	<b>17</b>	KGHM ZG RUN	M-KGHM	11	Tak				00:27:12	00:55:45	01:23:51	<b>01:54:08.55</b>	+00:39:06 (34.3%)	5:26	11 (65.5%)
18	<b>WÓJCIK Bartosz</b>	<b>24</b>	STRONGHOLD GYM	OPEN -M	5					00:27:14	00:56:10	01:25:03	<b>01:54:28.95</b>	+00:39:27 (34.5%)	5:27	11 (65.5%)
19	<b>POTOCZNY Łukasz</b>	<b>27</b>	EUFORIA BIEGACZA	OPEN -M	6					00:26:51	00:55:21	01:24:45	<b>01:54:47.75</b>	+00:39:45 (34.6%)	5:27	11 (65.5%)
20	<b>MAGIERA Przemysław</b>	<b>16</b>	NOWOSOLSKA GRUPA BIEGOWA	OPEN -M	7					00:22:31	00:44:51	01:08:36	<b>01:54:59.40</b>	+00:39:57 (34.7%)	5:28	11 (65.5%)
21	<b>URBANIAK Piotr</b>	<b>23</b>	PEBEKA LUBIN	M-KGHM	12	Tak		Tak					<b>02:51:27.55</b>	+01:36:25 (56.2%)	8:09	7.3 (43.5%)
DQ	<b>PAŹDZIOR Armin</b>	<b>18</b>		M-KGHM		Tak				00:29:22 DQ	DQ	DQ	<b>00:49:33.25 DQ</b>		0:00	25.4 (151.2%)

Znaleziono 22 wynik(ów)