



# I POLANICKI BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT

**Event:** I Polanicki Bieg Niedźwiedzia  
**Organiser:** Teatr Zdrojowy Centrum Kultury i Promocji w Polanicy Zdrój, Fundacja Herkules All Sports  
**Date:** 2019-07-06  
**Place:** Polanica Zdrój  
**Distance:** 10 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Start All			Net time 10km	Gap	Pace min/km	Pace km/h
						2.5km	5km	7.5km				
1	<b>GOŁĘBIEWSKA Anna</b>	<b>86</b>	EBIEGI.PL	K30-39	1	00:11:01	00:22:45	00:34:40	<b>00:46:11.85</b>		4:37	13 (100%)
2	<b>RESSEL Joanna</b>	<b>128</b>	BUKOWY PARK	K30-39	2	00:12:28	00:25:29	00:39:11	<b>00:52:25.10</b>	+00:06:13 (11.9%)	5:14	11.4 (87.7%)
3	<b>OZIMEK Agata</b>	<b>124</b>	PRO-RUN WROCŁAW	K30-39	3	00:13:01	00:26:06	00:39:57	<b>00:53:21.00</b>	+00:07:09 (13.4%)	5:20	11.2 (86.2%)
4	<b>LACHERA Kamila</b>	<b>111</b>	CSC ADVENTURE ACADEMY	K30-39	4	00:13:01	00:26:13	00:39:58	<b>00:53:22.45</b>	+00:07:10 (13.4%)	5:20	11.2 (86.2%)
5	<b>WIERZBICKA Beata</b>	<b>143</b>	EBIEGI.PL	K30-39	5	00:13:09	00:27:12	00:41:45	<b>00:55:27.55</b>	+00:09:15 (16.7%)	5:32	10.8 (83.1%)
6	<b>LESZCZYŃSKA-BOGDAŁ Dominika</b>	<b>112</b>	ULKS BYSTRZYCA KŁODZKA	K30-39	6	00:13:27	00:27:30	00:39:30	<b>00:55:30.00</b>	+00:09:18 (16.8%)	5:33	10.8 (83.1%)
7	<b>GLOS Lucyna</b>	<b>85</b>		K30-39	7	00:13:29	00:28:25	00:43:19	<b>00:57:29.85</b>	+00:11:18 (19.7%)	5:45	10.4 (80.0%)
8	<b>GAŚSIOR Katarzyna</b>	<b>84</b>	FRAMO MORAT POLSKA	K30-39	8	00:12:37	00:27:02	00:45:32	<b>00:57:48.25</b>	+00:11:36 (20.1%)	5:46	10.4 (80.0%)
9	<b>KOLIGAT Anna</b>	<b>106</b>		K30-39	9	00:13:49	00:28:31	00:43:29	<b>00:58:28.35</b>	+00:12:16 (21.0%)	5:50	10.3 (79.2%)
10	<b>KLEPACKA Katarzyna</b>	<b>105</b>		K30-39	10	00:14:41	00:30:04	00:46:16	<b>01:01:57.55</b>	+00:15:45 (25.4%)	6:11	9.7 (74.6%)
11	<b>PLINIEWICZ Joanna</b>	<b>127</b>		K30-39	11	00:14:34	00:30:13	00:47:21	<b>01:04:33.10</b>	+00:18:21 (28.4%)	6:27	9.3 (71.5%)
12	<b>BISKUPSKA Anna</b>	<b>70</b>		K30-39	12	00:15:24	00:30:26	00:51:10	<b>01:09:21.30</b>	+00:23:09 (33.4%)	6:56	8.7 (66.9%)

Total 12 results.