



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: M-Open

Place	Participant	Number	Club	Category	MCat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	BRYŁKOWSKI Patryk	73		M16-29	1	00:09:10	00:18:36	00:28:14	00:37:49.65		3:47	15.9 (100%)
2	LEŚNIAK Sebastian	113	TIGERS PRUDNIK /RUNNERS TEAM NYSA	M30-39	1	00:09:18	00:18:43	00:28:22	00:38:05.00	+00:00:15 (0.7%)	3:48	15.8 (99.4%)
3	MARCJANEK Łukasz	117	KUDOWIANKA RUN	M30-39	2	00:08:32	00:18:37	00:28:38	00:38:58.40	+00:01:08 (2.9%)	3:53	15.4 (96.9%)
4	BOGDAŁ Paweł	72	ULKS BYSTRZYCA KŁODZKA	M40-49	1	00:07:31	00:20:29	00:31:03	00:41:23.55	+00:03:33 (8.6%)	4:08	14.5 (91.2%)
5	JANUSZ Ryszard	97	KUDOWIANKA RUN	M50-59	1	00:07:31	00:20:52	00:32:01	00:43:20.75	+00:05:31 (12.7%)	4:20	13.8 (86.8%)
6	PARADA Bronisław	192		M40-49	2	00:11:32	00:21:12	00:32:39	00:43:50.30	+00:06:00 (13.7%)	4:23	13.7 (86.2%)
7	BYKOWSKI Marek	74	KS MARATON NOWA RUDA	M16-29	2	00:09:30	00:23:30	00:33:30	00:44:13.00	+00:06:23 (14.4%)	4:25	13.6 (85.5%)
8	GAJEWSKI Marcin	83	EBIEGI.PL	M40-49	3	00:10:22	00:21:17	00:32:47	00:44:17.95	+00:06:28 (14.6%)	4:25	13.5 (84.9%)
9	KILIAN Mateusz	103	JÓZEFIŃSKA TEAM	M30-39	3	00:10:49	00:21:55	00:33:21	00:44:34.80	+00:06:45 (15.1%)	4:27	13.5 (84.9%)
10	LEŚNICKI Marek	115	STRZEGOMSKA DWUNASTKA	M50-59	2	00:08:31	00:22:30	00:34:31	00:45:14.35	+00:07:24 (16.4%)	4:31	13.3 (83.6%)
11	RESTERNY Jakub	129	BBL ZDUŃSKA WOLA	M30-39	4	00:13:29	00:21:29	00:33:50	00:45:35.35	+00:07:45 (17.0%)	4:33	13.2 (83.0%)
12	BANAŚ Robert	67	AKTYWNA NOWA RUDA	M30-39	5	00:08:31	00:22:25	00:34:31	00:46:27.20	+00:08:37 (18.6%)	4:38	12.9 (81.1%)
13	JARZĘBOWICZ Adam	99		M40-49	4	00:10:49	00:22:42	00:35:02	00:46:55.65	+00:09:06 (19.4%)	4:41	12.8 (80.5%)
14	SIDOROWICZ-RADZIKOWSKI Andrzej	155		M50-59	3	00:11:27	00:23:14	00:35:18	00:47:38.45	+00:09:48 (20.6%)	4:45	12.6 (79.2%)

Place	Participant	Number	Club	Category	MCat	Start_All	Start_All	Start_All	Net	Gap	Pace	Pace
						2.5km	5km	7.5km	time			
15	BRZOWSKI Piotr	154	AKTYWNI POSTOMINO	M30-39	6	00:11:17	00:23:38	00:36:32	00:47:45.00	+00:09:55 (20.8%)	4:46	12.6 (79.2%)
16	ROMAN Krzysztof	189	KUDOWIANKA RUN	M60-69	1	00:11:27	00:23:23	00:35:48	00:48:06.20	+00:10:16 (21.4%)	4:48	12.5 (78.6%)
17	GÓRA Sylwester	164	#ZABIEGANINOCA/HERKULES	M40-49	5	00:11:40	00:23:50	00:35:50	00:48:09.50	+00:10:19 (21.5%)	4:49	12.5 (78.6%)
18	DUBANIEWICZ Michał	76		M16-29	3	00:11:42	00:24:13	00:36:39	00:48:22.35	+00:10:32 (21.8%)	4:50	12.4 (78.0%)
19	TEREK Michał	147		M16-29	4	00:11:11	00:23:18	00:36:35	00:48:46.75	+00:10:57 (22.5%)	4:52	12.3 (77.4%)
20	STRZELCZAK Henryk	136	KS MARATON NOWA RUDA	M60-69	2	00:13:31	00:23:56	00:34:31	00:49:59.80	+00:12:10 (24.3%)	5:00	12 (75.5%)
21	WIERZBICKI Daniel	144	EBIEGI.PL	M30-39	7	00:12:03	00:24:34	00:37:33	00:50:08.90	+00:12:19 (24.6%)	5:00	12 (75.5%)
22	GRZĘDZIALSKI Jacek	157		M40-49	6	00:11:54	00:25:28	00:36:58	00:50:09.30	+00:12:19 (24.6%)	5:01	12 (75.5%)
23	PAWLAK Daniel	126	LKS ISKRA JASZKOWA	M40-49	7	00:11:53	00:24:40	00:37:36	00:50:19.80	+00:12:30 (24.8%)	5:02	11.9 (74.8%)
24	MOKRZYNSKI Marcin	120	FENIKS TEAM	M30-39	8	00:13:04	00:25:39	00:38:27	00:51:32.00	+00:13:42 (26.6%)	5:09	11.6 (73.0%)
25	KORCZYŃSKI Łukasz	108	BIEGOWA POGORZAŁA	M30-39	9	00:12:20	00:25:41	00:39:09	00:51:40.80	+00:13:51 (26.8%)	5:10	11.6 (73.0%)
26	TARŁOWSKI Przemysław	141	BIEGOWA ŚWIDNICA	M40-49	8	00:11:44	00:24:39	00:38:06	00:51:41.05	+00:13:51 (26.8%)	5:10	11.6 (73.0%)
27	WOROCH Roman	146	POLKOWICE	M60-69	3	00:12:37	00:25:37	00:38:52	00:51:52.05	+00:14:02 (27.1%)	5:11	11.6 (73.0%)
28	JAGNIĄTKOWSKI Jacek	160	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKO	M30-39	10	00:11:31	00:24:57	00:38:23	00:52:05.50	+00:14:15 (27.4%)	5:12	11.5 (72.3%)
29	TEKIELI Jerzy	142	PIESZCZOCHY & SPÓŁKA	M40-49	9	00:11:46	00:24:50	00:38:40	00:52:07.30	+00:14:17 (27.4%)	5:12	11.5 (72.3%)
30	AKUTKO Dawid	64		M16-29	5	00:11:55	00:25:21	00:38:47	00:52:07.75	+00:14:18 (27.4%)	5:12	11.5 (72.3%)
31	KUCZEK Krzysztof	109	ULKS BYSTRZYCA KŁODZKA	M30-39	11	00:11:59	00:25:05	00:38:50	00:52:22.45	+00:14:32 (27.8%)	5:14	11.5 (72.3%)
32	PARTYKA Andrzej	125		M30-39	12	00:11:48	00:25:29	00:39:45	00:52:43.50	+00:14:53 (28.3%)	5:16	11.4 (71.7%)
33	GOŁĘBIEWSKI Sebastian	87	EBIEGI.PL	M30-39	13	00:12:19	00:25:23	00:38:59	00:52:47.70	+00:14:58 (28.4%)	5:16	11.4 (71.7%)
34	BŁOŃSKI Marek	185	EBIEGI.PL	M16-29	6	00:12:41	00:25:45	00:39:55	00:53:06.05	+00:15:16 (28.8%)	5:18	11.3 (71.1%)
35	SĄŁAPATEK Robert	130		M40-49	10	00:12:28	00:25:59	00:40:15	00:54:33.70	+00:16:44 (30.7%)	5:27	11 (69.2%)
36	FILIPEK Tomasz	80		M30-39	14	00:13:05	00:26:18	00:40:40	00:55:04.65	+00:17:15 (31.3%)	5:30	10.9 (68.6%)
37	OLEWICZ Wojciech	123	-	M30-39	15	00:12:22	00:27:25	00:42:34	00:55:24.85	+00:17:35 (31.7%)	5:32	10.8 (67.9%)

Place	Participant	Number	Club	Category	MCat	Start_All	Start_All	Start_All	Net	Gap	Pace	Pace
						2.5km	5km	7.5km	time			
38	NOWAK Ireneusz	122		M40-49	11	00:13:16	00:27:27	00:41:35	00:55:34.90	+00:17:45 (31.9%)	5:33	10.8 (67.9%)
39	HEHL Tomasz	92	PIESZCZOCHY & SPÓŁKA	M40-49	12	00:15:29	00:27:19	00:41:34	00:55:49.05	+00:17:59 (32.2%)	5:34	10.7 (67.3%)
40	JANOSZEK Marcel	95		M16-29	7	00:24:30	00:28:31	00:39:30	00:56:49.45	+00:18:59 (33.4%)	5:40	10.6 (66.7%)
41	SKOWROŃSKI Michał	133	GOVEGAN!	M40-49	13	00:13:30	00:27:34	00:42:28	00:57:21.00	+00:19:31 (34.0%)	5:44	10.5 (66.0%)
42	SZNAJDER Paweł	137		M30-39	16	00:13:29	00:27:32	00:42:26	00:57:21.70	+00:19:32 (34.1%)	5:44	10.5 (66.0%)
43	DUDEK Kazimierz	77	DOM Z KERAMZYTU S.C. DARIUSZ SYWAK	Małżeństwo	1	00:13:54	00:28:34	00:43:24	00:57:55.10	+00:20:05 (34.7%)	5:47	10.4 (65.4%)
44	BIELECKI Grzegorz	68	HAPPY SCHOOL	M40-49	14	00:13:05	00:27:26	00:42:43	00:58:02.00	+00:20:12 (34.8%)	5:48	10.3 (64.8%)
45	ZAREMBA Dawid	178	GRZECHU SUPPORT	M30-39	17	00:13:04	00:29:28	00:47:46	00:58:22.00	+00:20:32 (35.2%)	5:50	10.3 (64.8%)
46	HASIAK Aleksander	91		M50-59	4	00:13:24	00:27:56	00:43:25	00:58:25.30	+00:20:35 (35.3%)	5:50	10.3 (64.8%)
47	STACHNIK Maciej	134	ŚLĄSK WROCŁAW	M30-39	18	00:13:54	00:28:44	00:44:12	00:59:23.05	+00:21:33 (36.3%)	5:56	10.1 (63.5%)
48	KURNYTA Stanisław	110	TEMMPO WAŁBRZYCH	M50-59	5	00:13:07	00:28:41	00:44:41	01:00:09.05	+00:22:19 (37.1%)	6:00	10 (62.9%)
49	AKUTKO Paweł	63		M30-39	19	00:12:18	00:27:25	00:43:54	01:00:34.70	+00:22:45 (37.6%)	6:03	9.9 (62.3%)
50	JAKUBOWSKI Rafał	94	22BPG	M30-39	20	00:13:36	00:27:53	00:44:03	01:00:45.45	+00:22:55 (37.7%)	6:04	9.9 (62.3%)
51	MIKODA Stanisław	119		M40-49	15	00:13:28	00:28:30	00:44:27	01:00:53.70	+00:23:04 (37.9%)	6:05	9.9 (62.3%)
52	LEŚNIAK Adrian	114	RUNNERS TEAM NYSA/TIGERS PRUDNIK	M30-39	21	00:13:07	00:27:55	00:44:39	01:01:35.55	+00:23:45 (38.6%)	6:09	9.7 (61.0%)
53	KAŻMIERCZAK Michał	102		M30-39	22	00:12:48	00:28:03	00:45:46	01:01:53.60	+00:24:03 (38.9%)	6:11	9.7 (61.0%)
54	KIRCUŃ Paweł	104		M40-49	16	00:14:33	00:30:17	00:47:27	01:03:30.25	+00:25:40 (40.4%)	6:21	9.4 (59.1%)
55	ŻBIK Jarosław	180		M40-49	17	00:14:33	00:30:23	00:47:09	01:03:52.90	+00:26:03 (40.8%)	6:23	9.4 (59.1%)
56	HALKA Jan	90	JACHU	M40-49	18	00:15:44	00:31:50	00:49:06	01:06:07.85	+00:28:18 (42.8%)	6:36	9.1 (57.2%)
57	KUBAŚ Dawid	193		M30-39	23	00:15:23	00:32:25	00:49:35	01:06:11.80	+00:28:22 (42.9%)	6:37	9.1 (57.2%)
58	WIKLUK Łukasz	145		M30-39	24	00:13:50	00:30:49	00:48:50	01:06:35.15	+00:28:45 (43.2%)	6:39	9 (56.6%)
59	SZYMAŃSKI Grzegorz	140	ZWYCIĘZCÓW 6F	M40-49	19	00:13:36	00:29:45	00:47:55	01:06:47.35	+00:28:57 (43.4%)	6:40	9 (56.6%)
60	MARCINEK Rafał	116		M40-49	20	00:14:37	00:31:42	00:49:18	01:07:02.90	+00:29:13 (43.6%)	6:42	8.9 (56.0%)

Place	Participant	Number	Club	Category	MCat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
61	JAGODZIŃSKI Kazimierz	93	NOWA RUDA BIEGA	M40-49	21	00:15:00	00:32:06	00:50:30	01:09:16.90	+00:31:27 (45.4%)	6:55	8.7 (54.7%)
62	BIERNACKI Jakub	69		M40-49	22	00:11:00	00:22:48			+00:04:13	4:33	13.2 (83.0%)

Total 62 results.