



# I POLANICKI BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

I Polanicki Bieg Niedźwiedzia  
Teatr Zdrojowy Centrum Kultury i Promocji w  
Polanicy Zdrój, Fundacja Herkules All Sports

**Data:**  
**Miejsce:**  
**Dystans:**

2019-07-06  
Polanica Zdrój  
10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2.5km	Start All 5km	Start All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>LEŚNIAK Sebastian</b>	<b>113</b>	TIGERS PRUDNIK /RUNNERS TEAM NYSA	M30-39	1	00:09:18	00:18:43	00:28:22	<b>00:38:05.00</b>		3:48	15.8 (100%)
2	<b>MARCJANEK Łukasz</b>	<b>117</b>	KUDOWIANKA RUN	M30-39	2	00:08:32	00:18:37	00:28:38	<b>00:38:58.40</b>	+00:00:53 (2.3%)	3:53	15.4 (97.5%)
3	<b>KILIAN Mateusz</b>	<b>103</b>	JÓZEFIŃSKA TEAM	M30-39	3	00:10:49	00:21:55	00:33:21	<b>00:44:34.80</b>	+00:06:29 (14.6%)	4:27	13.5 (85.4%)
4	<b>RESTERNY Jakub</b>	<b>129</b>	BBL ZDUŃSKA WOLA	M30-39	4	00:13:29	00:21:29	00:33:50	<b>00:45:35.35</b>	+00:07:30 (16.5%)	4:33	13.2 (83.5%)
5	<b>BANAŚ Robert</b>	<b>67</b>	AKTYWNA NOWA RUDA	M30-39	5	00:08:31	00:22:25	00:34:31	<b>00:46:27.20</b>	+00:08:22 (18.0%)	4:38	12.9 (81.6%)
6	<b>BRZOZOWSKI Piotr</b>	<b>154</b>	AKTYWNI POSTOMINO	M30-39	6	00:11:17	00:23:38	00:36:32	<b>00:47:45.00</b>	+00:09:40 (20.2%)	4:46	12.6 (79.7%)
7	<b>WIERZBICKI Daniel</b>	<b>144</b>	EBIEGI.PL	M30-39	7	00:12:03	00:24:34	00:37:33	<b>00:50:08.90</b>	+00:12:03 (24.1%)	5:00	12 (75.9%)
8	<b>MOKRZYŃSKI Marcin</b>	<b>120</b>	FENIKS TEAM	M30-39	8	00:13:04	00:25:39	00:38:27	<b>00:51:32.00</b>	+00:13:27 (26.1%)	5:09	11.6 (73.4%)
9	<b>KORCZYŃSKI Łukasz</b>	<b>108</b>	BIEGOWA POGORZAŁA	M30-39	9	00:12:20	00:25:41	00:39:09	<b>00:51:40.80</b>	+00:13:35 (26.3%)	5:10	11.6 (73.4%)
10	<b>JAGNIĄTKOWSKI Jacek</b>	<b>160</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKO	M30-39	10	00:11:31	00:24:57	00:38:23	<b>00:52:05.50</b>	+00:14:00 (26.9%)	5:12	11.5 (72.8%)
11	<b>KUCZEK Krzysztof</b>	<b>109</b>	ULKS BYSTRZYCA KŁODZKA	M30-39	11	00:11:59	00:25:05	00:38:50	<b>00:52:22.45</b>	+00:14:17 (27.3%)	5:14	11.5 (72.8%)
12	<b>PARTYKA Andrzej</b>	<b>125</b>		M30-39	12	00:11:48	00:25:29	00:39:45	<b>00:52:43.50</b>	+00:14:38 (27.8%)	5:16	11.4 (72.2%)
13	<b>GOŁĘBIEWSKI Sebastian</b>	<b>87</b>	EBIEGI.PL	M30-39	13	00:12:19	00:25:23	00:38:59	<b>00:52:47.70</b>	+00:14:42 (27.9%)	5:16	11.4 (72.2%)
14	<b>FILIPEK Tomasz</b>	<b>80</b>		M30-39	14	00:13:05	00:26:18	00:40:40	<b>00:55:04.65</b>	+00:16:59 (30.9%)	5:30	10.9 (69.0%)
15	<b>OLEWICZ Wojciech</b>	<b>123</b>	-	M30-39	15	00:12:22	00:27:25	00:42:34	<b>00:55:24.85</b>	+00:17:19 (31.3%)	5:32	10.8 (68.4%)
16	<b>SZNAJDER Paweł</b>	<b>137</b>		M30-39	16	00:13:29	00:27:32	00:42:26	<b>00:57:21.70</b>	+00:19:16 (33.6%)	5:44	10.5 (66.5%)
17	<b>ZAREMBA Dawid</b>	<b>178</b>	GRZECHU SUPPORT	M30-39	17	00:13:04	00:29:28	00:47:46	<b>00:58:22.00</b>	+00:20:17 (34.8%)	5:50	10.3 (65.2%)
18	<b>STACHNIK Maciej</b>	<b>134</b>	ŚLĄSK WROCŁAW	M30-39	18	00:13:54	00:28:44	00:44:12	<b>00:59:23.05</b>	+00:21:18 (35.9%)	5:56	10.1 (63.9%)
19	<b>AKUTKO Paweł</b>	<b>63</b>		M30-39	19	00:12:18	00:27:25	00:43:54	<b>01:00:34.70</b>	+00:22:29 (37.1%)	6:03	9.9 (62.7%)
20	<b>JAKUBOWSKI Rafał</b>	<b>94</b>	22BPG	M30-39	20	00:13:36	00:27:53	00:44:03	<b>01:00:45.45</b>	+00:22:40 (37.3%)	6:04	9.9 (62.7%)
21	<b>LEŚNIAK Adrian</b>	<b>114</b>	RUNNERS TEAM NYSA/TIGERS PRUDNIK	M30-39	21	00:13:07	00:27:55	00:44:39	<b>01:01:35.55</b>	+00:23:30 (38.2%)	6:09	9.7 (61.4%)
22	<b>KAŹMIERCZAK Michał</b>	<b>102</b>		M30-39	22	00:12:48	00:28:03	00:45:46	<b>01:01:53.60</b>	+00:23:48 (38.5%)	6:11	9.7 (61.4%)
23	<b>KUBAŚ Dawid</b>	<b>193</b>		M30-39	23	00:15:23	00:32:25	00:49:35	<b>01:06:11.80</b>	+00:28:06 (42.5%)	6:37	9.1 (57.6%)
24	<b>WIKLUK Łukasz</b>	<b>145</b>		M30-39	24	00:13:50	00:30:49	00:48:50	<b>01:06:35.15</b>	+00:28:30 (42.8%)	6:39	9 (57.0%)

Znaleziono 24 wynik(ów)