



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: M40-49

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	BOGDAŁ Paweł	72	ULKS BYSTRZYCA KŁODZKA	M40-49	1	00:07:31	00:20:29	00:31:03	00:41:23.55		4:08	14.5 (100%)
2	PARADA Bronisław	192		M40-49	2	00:11:32	00:21:12	00:32:39	00:43:50.30	+00:02:26 (5.6%)	4:23	13.7 (94.5%)
3	GAJEWSKI Marcin	83	EBIEGI.PL	M40-49	3	00:10:22	00:21:17	00:32:47	00:44:17.95	+00:02:54 (6.6%)	4:25	13.5 (93.1%)
4	JARZĘBOWICZ Adam	99		M40-49	4	00:10:49	00:22:42	00:35:02	00:46:55.65	+00:05:32 (11.8%)	4:41	12.8 (88.3%)
5	GÓRA Sylwester	164	#ZABIEGANINOCA/HERKULES	M40-49	5	00:11:40	00:23:50	00:35:50	00:48:09.50	+00:06:45 (14.0%)	4:49	12.5 (86.2%)
6	GRZĘDZIALSKI Jacek	157		M40-49	6	00:11:54	00:25:28	00:36:58	00:50:09.30	+00:08:45 (17.5%)	5:01	12 (82.8%)
7	PAWLAK Daniel	126	LKS ISKRA JASZKOWA	M40-49	7	00:11:53	00:24:40	00:37:36	00:50:19.80	+00:08:56 (17.8%)	5:02	11.9 (82.1%)
8	TARŁOWSKI Przemysław	141	BIEGOWA ŚWIDNICA	M40-49	8	00:11:44	00:24:39	00:38:06	00:51:41.05	+00:10:17 (19.9%)	5:10	11.6 (80.0%)
9	TEKIELI Jerzy	142	PIESZCZOCHY & SPÓŁKA	M40-49	9	00:11:46	00:24:50	00:38:40	00:52:07.30	+00:10:43 (20.6%)	5:12	11.5 (79.3%)
10	SAŁAPATEK Robert	130		M40-49	10	00:12:28	00:25:59	00:40:15	00:54:33.70	+00:13:10 (24.1%)	5:27	11 (75.9%)
11	NOWAK Ireneusz	122		M40-49	11	00:13:16	00:27:27	00:41:35	00:55:34.90	+00:14:11 (25.5%)	5:33	10.8 (74.5%)
12	HEHL Tomasz	92	PIESZCZOCHY & SPÓŁKA	M40-49	12	00:15:29	00:27:19	00:41:34	00:55:49.05	+00:14:25 (25.8%)	5:34	10.7 (73.8%)
13	SKOWROŃSKI Michał	133	GOVEGAN!	M40-49	13	00:13:30	00:27:34	00:42:28	00:57:21.00	+00:15:57 (27.8%)	5:44	10.5 (72.4%)
14	BIELECKI Grzegorz	68	HAPPY SCHOOL	M40-49	14	00:13:05	00:27:26	00:42:43	00:58:02.00	+00:16:38 (28.7%)	5:48	10.3 (71.0%)
15	MIKODA Stanisław	119		M40-49	15	00:13:28	00:28:30	00:44:27	01:00:53.70	+00:19:30 (32.0%)	6:05	9.9 (68.3%)
16	KIRCUŃ Paweł	104		M40-49	16	00:14:33	00:30:17	00:47:27	01:03:30.25	+00:22:06 (34.8%)	6:21	9.4 (64.8%)
17	ŻBIK Jarosław	180		M40-49	17	00:14:33	00:30:23	00:47:09	01:03:52.90	+00:22:29 (35.2%)	6:23	9.4 (64.8%)
18	HALKA Jan	90	JACHU	M40-49	18	00:15:44	00:31:50	00:49:06	01:06:07.85	+00:24:44 (37.4%)	6:36	9.1 (62.8%)
19	SZYMAŃSKI Grzegorz	140	ZWYCIĘZCÓW 6F	M40-49	19	00:13:36	00:29:45	00:47:55	01:06:47.35	+00:25:23 (38.0%)	6:40	9 (62.1%)
20	MARCINEK Rafał	116		M40-49	20	00:14:37	00:31:42	00:49:18	01:07:02.90	+00:25:39 (38.3%)	6:42	8.9 (61.4%)
21	JAGODZIŃSKI Kazimierz	93	NOWA RUDA BIEGA	M40-49	21	00:15:00	00:32:06	00:50:30	01:09:16.90	+00:27:53 (40.3%)	6:55	8.7 (60.0%)
22	BIERNACKI Jakub	69		M40-49	22	00:11:00	00:22:48			+00:02:19	4:33	13.2 (91.0%)

Znaleziono 22 wynik(ów)