



I POLANICKI BIEG NIEDŹWIEDZIA - 5 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
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	163	TUPOT USTKA	M-Open	1	00:08:16	00:17:19.30		3:27	17.3 (100%)
2	KRAMARZ Edmund	31	KUDOWIANKA RUN	M-Open	2	00:09:19	00:19:02.50	+00:01:43 (9.0%)	3:48	15.8 (91.3%)
3	SMUŻNY Łukasz	50	PREDATORS WAŁBRZYCH	M-Open	3	00:09:18	00:19:59.90	+00:02:40 (13.4%)	4:00	15 (86.7%)
4	TRACZYŃSKI Daniel	56	BIEGOWA ŚWIDNICA	M-Open	4	00:09:45	00:20:18.20	+00:02:58 (14.7%)	4:03	14.8 (85.5%)
5	ZIĘTERSKI Robert	62	EBIEGI.PL	M-Open	5	00:10:01	00:20:22.15	+00:03:02 (15.0%)	4:04	14.7 (85.0%)
6	KOGUS Grzegorz	28	RUNNERS TEAM NYSA/TIGERS PRUDNIK	M-Open	6	00:10:06	00:21:04.30	+00:03:45 (17.8%)	4:12	14.2 (82.1%)
7	KRYSTKOWIAK Szymon	166	EBIEGI.PL	M-Open	7	00:10:16	00:21:16.70	+00:03:57 (18.6%)	4:15	14.1 (81.5%)
8	ŚWIESIULSKI Mateusz	179	ULKS BYSTRZYCA KŁODZKA	M-Open	8	00:10:14	00:21:27.70	+00:04:08 (19.3%)	4:17	14 (80.9%)
9	KONIECZYŃSKI Artur	173		M-Open	9	00:10:48	00:21:36.30	+00:04:17 (19.8%)	4:19	13.9 (80.3%)
10	BIELAS Marcin	6	WYBIEGAĆ MARZENIA TEAM	M-Open	10	00:10:33	00:21:49.90	+00:04:30 (20.7%)	4:21	13.8 (79.8%)
11	MACHOŃSKI Tymon	168	UKS LOSOWO	M-Open	11	00:10:31	00:21:50.15	+00:04:30 (20.7%)	4:22	13.7 (79.2%)
12	ŁAWNINIAWSKI Dawid	191	KUDOWIANKA RUN	M-Open	12	00:10:46	00:22:04.35	+00:04:45 (21.5%)	4:24	13.6 (78.6%)
13	KONIECZYŃSKI Mariusz	175	EBIEGI.PL	M-Open	13	00:11:03	00:22:22.15	+00:05:02 (22.6%)	4:28	13.4 (77.5%)
14	JANUSZ Damian	96	SZCZYTNA BIEGA	M-Open	14	00:11:02	00:22:33.05	+00:05:13 (23.2%)	4:30	13.3 (76.9%)
15	PAŁYS Marcin	45	UKS LUDWIKOWICE	M-Open	15	00:10:45	00:22:36.85	+00:05:17 (23.4%)	4:31	13.3 (76.9%)
16	BIERNACKI Paweł	7		M-Open	16	00:10:53	00:22:47.00	+00:05:27 (24.0%)	4:33	13.2 (76.3%)
17	NIEDOWÓZ Artur	170		M-Open	17	00:12:40	00:24:45.55	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
18	MNITOWSKI Maciej	40	GOKIS KĄTY WROCŁAWSKIE	M-Open	18	00:11:57	00:25:00.10	+00:07:40 (30.7%)	5:00	12 (69.4%)
19	KARATKÓW Ewa	174		K-Open	1	00:12:19	00:25:20.60	+00:08:01 (31.7%)	5:04	11.8 (68.2%)
20	BIELAS Bartosz	5	WYBIEGAĆ MARZENIA TEAM	M-Open	19	00:12:09	00:25:38.65	+00:08:19 (32.5%)	5:07	11.7 (67.6%)
21	PIESZCZOCH Szymon	46	PIESZCZOCHY I SPÓŁKA	M-Open	20	00:12:11	00:25:51.75	+00:08:32 (33.0%)	5:10	11.6 (67.1%)
22	JUREK Szymon	161		M-Open	21	00:12:56	00:25:58.30	+00:08:39 (33.3%)	5:11	11.6 (67.1%)
23	MACHOŃSKI Bartosz	169	HITCENA.PL	M-Open	22	00:13:04	00:26:27.25	+00:09:07 (34.5%)	5:17	11.3 (65.3%)
24	PIERZCHAŁA Monika	190		K-Open	2	00:12:44	00:27:02.15	+00:09:42 (35.9%)	5:24	11.1 (64.2%)
25	PROCZEK Mariusz	183	RUN FOR WATERMARK	M-Open	23	00:13:12	00:27:26.50	+00:10:07 (36.9%)	5:29	10.9 (63.0%)
26	ŚLIWKA Olga	53		K-Open	3	00:13:16	00:27:34.45	+00:10:15 (37.2%)	5:31	10.9 (63.0%)
27	LEŚNIAK Katarzyna	36	RUNNERS TEAM NYSA/TIGERS PRUDNIK	K-Open	4	00:14:05	00:27:50.50	+00:10:31 (37.8%)	5:34	10.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Czas	Różn	Tempo	Tempo
						2.5km	netto		min/km	km/h
28	BIELECKI Grzegorz	177		M-Open	24	00:13:04	00:27:57.10	+00:10:37 (38.0%)	5:35	10.7 (61.8%)
29	ZIELIŃSKI Szczepan	61	WKB MARATOŃCZYK WŁOCŁAWEK	M-Open	25	00:13:56	00:28:25.45	+00:11:06 (39.1%)	5:41	10.6 (61.3%)
30	FIGURA Zbigniew	15	TIGERS PRUDNIK / RUNNERS TEAM	M-Open	26	00:14:01	00:28:43.90	+00:11:24 (39.7%)	5:44	10.4 (60.1%)
31	STONKEL Mieczysław	158	GRUPA BIEGOWA DZIKOWIEC	M-Open	27	00:13:58	00:28:47.00	+00:11:27 (39.8%)	5:45	10.4 (60.1%)
32	STANISŁAWSKA Ewa	51		K-Open	5	00:13:52	00:28:50.55	+00:11:31 (39.9%)	5:46	10.4 (60.1%)
33	NASTAWSKA Bogumiła	42	PONIATÓW BIEGA !	K-Open	6	00:14:00	00:28:53.85	+00:11:34 (40.1%)	5:46	10.4 (60.1%)
34	BRODA Marcin	172		M-Open	28	00:14:23	00:29:31.90	+00:12:12 (41.3%)	5:54	10.2 (59.0%)
35	BEREŚNIEWICZ Michał	3	BIEGOWA ŚWIDNICA	M-Open	29	00:13:51	00:29:47.45	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
36	KULAK Ryszard	167		M-Open	30	00:14:20	00:29:48.85	+00:12:29 (41.9%)	5:57	10.1 (58.4%)
37	MUSIAŁ Ewa	41	EBIEGI.PL	K-Open	7	00:14:02	00:29:58.65	+00:12:39 (42.2%)	5:59	10 (57.8%)
38	PIERZCHAŁA Grzegorz	176		M-Open	31	00:14:22	00:30:14.70	+00:12:55 (42.7%)	6:02	9.9 (57.2%)
39	KORCZYŃSKA Alicja	107	BIEGOWA POGORZAŁA	K-Open	8	00:14:40	00:30:27.90	+00:13:08 (43.1%)	6:05	9.9 (57.2%)
40	TEKIELI Ewelina	55	PIESZCZOCHY & SPÓŁKA	K-Open	9	00:14:34	00:30:54.75	+00:13:35 (44.0%)	6:11	9.7 (56.1%)
41	JĘDRZEJEWSKI Grzegorz	24		M-Open	32	00:14:56	00:30:55.65	+00:13:36 (44.0%)	6:11	9.7 (56.1%)
42	GRYGOROWICZ Marek	21		M-Open	33	00:14:48	00:31:07.20	+00:13:47 (44.3%)	6:13	9.6 (55.5%)
43	PROCZEK Marta	182		K-Open	10	00:14:41	00:31:09.80	+00:13:50 (44.4%)	6:13	9.6 (55.5%)
44	JURASZ Aleksandra	25		K-Open	11	00:14:53	00:31:11.05	+00:13:51 (44.5%)	6:14	9.6 (55.5%)
45	TSENZERIA Oleksii	57		M-Open	34	00:14:10	00:31:15.25	+00:13:55 (44.6%)	6:15	9.6 (55.5%)
46	DUDZIAK Tadeusz	11		M-Open	35	00:15:14	00:31:17.15	+00:13:57 (44.6%)	6:15	9.6 (55.5%)
47	KUSTRA Klaudia	33		K-Open	12	00:14:33	00:31:27.50	+00:14:08 (44.9%)	6:17	9.5 (54.9%)
48	CHILARSKA Elżbieta	9	KUDOWSCY MIŁOŚNICY BIEGANIA	K-Open	13	00:15:12	00:31:38.35	+00:14:19 (45.3%)	6:19	9.5 (54.9%)
49	GRZYB Łukasz	22		M-Open	36	00:15:16	00:31:56.60	+00:14:37 (45.8%)	6:23	9.4 (54.3%)
50	GRYGOROWICZ Katarzyna	20		K-Open	14	00:15:10	00:32:10.50	+00:14:51 (46.2%)	6:26	9.3 (53.8%)
51	KORSUN Liudmila	30		K-Open	15	00:15:27	00:32:13.25	+00:14:53 (46.2%)	6:26	9.3 (53.8%)
52	SMOLAK Patrycja	49		K-Open	16	00:15:01	00:32:16.20	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
53	KWIATKOWSKI Dominik	35		M-Open	37	00:14:59	00:32:16.30	+00:14:57 (46.3%)	6:27	9.3 (53.8%)
54	BAHRANOWSKA Bogumiła	1		K-Open	17	00:15:31	00:32:17.45	+00:14:58 (46.4%)	6:27	9.3 (53.8%)
55	BULAWKIN Joanna	8	SRUDIO FITNESS WORKOUT	K-Open	18	00:15:25	00:32:20.20	+00:15:00 (46.4%)	6:28	9.3 (53.8%)
56	DZIERŻAK Edyta	14	TIGERS PRUDNIK/RUNNERS TEAM NYSA	K-Open	19	00:15:32	00:32:23.05	+00:15:03 (46.5%)	6:28	9.3 (53.8%)
57	CHORZĘPA Wioleta	10	AKTYWNA NOWA RUDA	K-Open	20	00:15:30	00:32:23.50	+00:15:04 (46.5%)	6:28	9.3 (53.8%)
58	PODHORODECKI Tomasz	47	PRZEBIEGLI MIŁKOWICE	M-Open	38	00:15:16	00:32:41.90	+00:15:22 (47.0%)	6:32	9.2 (53.2%)
59	BIELAS Agnieszka	4		K-Open	21	00:15:59	00:32:47.35	+00:15:28 (47.2%)	6:33	9.1 (52.6%)
60	DYJA Magdalena	12		K-Open	22	00:16:02	00:33:13.30	+00:15:54 (47.9%)	6:38	9 (52.0%)
61	DAROSZEWSKA Krystyna	156		K-Open	23	00:16:27	00:33:23.10	+00:16:03 (48.1%)	6:40	9 (52.0%)
62	FRANKOWSKA Adrianna	16		K-Open	24	00:16:22	00:33:24.50	+00:16:05 (48.2%)	6:41	9 (52.0%)
63	RĘBIAŁKOWSKI Jakub	48		M-Open	39	00:16:13	00:33:25.75	+00:16:06 (48.2%)	6:41	9 (52.0%)
64	KUSTRA Karol	34		M-Open	40	00:16:18	00:33:51.60	+00:16:32 (48.8%)	6:46	8.9 (51.4%)
65	TEKIELI Aleksandra	54	PIESZCZOCHY & SPÓŁKA	K-Open	25	00:15:46	00:33:52.30	+00:16:33 (48.9%)	6:46	8.9 (51.4%)
66	DZIERŻAK Krzysztof	13	TIGERS PRUDNIK/RUNNERS TEAM NYSA	M-Open	41	00:15:49	00:34:06.55	+00:16:47 (49.2%)	6:49	8.8 (50.9%)
67	JURCZYK Izabela	26		K-Open	26	00:16:35	00:34:38.30	+00:17:19 (50.0%)	6:55	8.7 (50.3%)
68	JASIŃSKI Paweł	195		M-Open	42	00:16:21	00:34:59.80	+00:17:40 (50.5%)	7:00	8.6 (49.7%)
69	JANOWSKA Emilia	194		K-Open	27	00:16:51	00:35:21.70	+00:18:02 (51.0%)	7:04	8.5 (49.1%)
70	HOFMAŃSKA Ewa	23		K-Open	28	00:17:20	00:35:31.75	+00:18:12 (51.2%)	7:06	8.4 (48.6%)
71	SZUKIEWICZ Bożena	52		K-Open	29	00:16:39	00:35:37.80	+00:18:18 (51.4%)	7:07	8.4 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	GRUDYSZ Marta	19		K-Open	30	00:16:31	00:35:39.30	+00:18:20 (51.4%)	7:07	8.4 (48.6%)
73	WOROCH Jolanta	159		K-Open	31	00:17:35	00:36:29.45	+00:19:10 (52.5%)	7:18	8.2 (47.4%)
74	WINIARZ Mariusz	59		M-Open	43	00:17:08	00:36:43.30	+00:19:24 (52.8%)	7:20	8.2 (47.4%)
75	NIEDZIÓŁKA Monika	43	PREDATORS WAŁBRZYCH	K-Open	32	00:17:37	00:37:24.05	+00:20:04 (53.7%)	7:28	8 (46.2%)
76	MANDZIEJ Barbara	38		K-Open	33	00:18:06	00:37:40.00	+00:20:20 (54.0%)	7:32	8 (46.2%)
77	STACHÓW Agata	186		K-Open	34	00:17:25	00:37:41.60	+00:20:22 (54.0%)	7:32	8 (46.2%)
78	WIERZBICKA Marta	58		K-Open	35	00:17:49	00:37:59.15	+00:20:39 (54.4%)	7:35	7.9 (45.7%)
79	KRZOS Agnieszka	32		K-Open	36	00:18:26	00:38:26.85	+00:21:07 (54.9%)	7:41	7.8 (45.1%)
80	GÓŹDŹ Małgorzata	18		K-Open	37	00:18:25	00:38:48.85	+00:21:29 (55.4%)	7:45	7.7 (44.5%)
81	MIKOŁAJCZYK Arkadiusz	39	PREDATORS WAŁBRZYCH	M-Open	44	00:18:00	00:38:53.40	+00:21:34 (55.5%)	7:46	7.7 (44.5%)
82	GÓŹDŹ Artur	17		M-Open	45	00:18:32	00:38:55.50	+00:21:36 (55.5%)	7:47	7.7 (44.5%)
83	ZELEK Emil	181	WATAHA	M-Open	46	00:19:13	00:41:28.75	+00:24:09 (58.2%)	8:17	7.2 (41.6%)
84	KORGUL Edyta	29	SKB GRANIT	K-Open	38	00:19:12	00:41:33.90	+00:24:14 (58.3%)	8:18	7.2 (41.6%)
85	STACHÓW Dariusz	187		M-Open	47	00:19:18	00:41:46.55	+00:24:27 (58.5%)	8:21	7.2 (41.6%)
85	BEDNARCZYK Agnieszka	2	KUDOWSCY MIŁOŚNICY BIEGANIA	K-Open	39	00:19:19	00:41:46.55	+00:24:27 (58.5%)	8:21	7.2 (41.6%)
87	TARŁOWSKA Agata	171				00:19:51	00:41:55.40	+00:24:36 (58.7%)	8:23	7.2 (41.6%)
88	ZYGMUNT Sylwana	151	RCKIK WROCŁAW	K-Open	40	00:24:30	00:47:12.10	+00:29:52 (63.3%)	9:26	6.4 (37.0%)
89	WÓJCIK Barbara	60		K-Open	41	00:24:16	00:47:53.65	+00:30:34 (63.8%)	9:34	6.3 (36.4%)
90	KARBOWSKI Mateusz	101		M-Open	48	00:14:30		+00:06:14	5:48	10.3 (59.5%)
91	MANDZIEJ Grzegorz	37		M-Open	49	00:14:35		+00:06:19	5:50	10.3 (59.5%)
92	DURDA Józefa	152		K-Open	42	00:25:17		+00:17:01	10:06	5.9 (34.1%)
93	PNIEWSKA Grażyna	150	RCKIK WROCŁAW	K-Open	43	00:25:29		+00:17:13	10:11	5.9 (34.1%)

Znaleziono 93 wynik(ów)