



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

I POLANICKI BIEG NIEDŹWIEDZIA - 5 KM

I Polanicki Bieg Niedźwiedzia
Teatr Zdrojowy Centrum Kultury i Promocji w
Polanicy Zdrój, Fundacja Herkules All Sports
2019-07-06
Polanica Zdrój
5 km

B4SPORT



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KARATKÓW Ewa	174		K-Open	1	00:12:19	00:25:20.60		5:04	11.8 (100%)
2	PIERZCHAŁA Monika	190		K-Open	2	00:12:44	00:27:02.15	+00:01:41 (6.3%)	5:24	11.1 (94.1%)
3	ŚLIWKA Olga	53		K-Open	3	00:13:16	00:27:34.45	+00:02:13 (8.1%)	5:31	10.9 (92.4%)
4	LEŚNIAK Katarzyna	36	RUNNERS TEAM NYSA/TIGERS PRUDNIK	K-Open	4	00:14:05	00:27:50.50	+00:02:29 (9.0%)	5:34	10.8 (91.5%)
5	STANISŁAWSKA Ewa	51		K-Open	5	00:13:52	00:28:50.55	+00:03:29 (12.1%)	5:46	10.4 (88.1%)
6	NASTAWSKA Bogumiła	42	PONIAŁÓW BIEGA !	K-Open	6	00:14:00	00:28:53.85	+00:03:33 (12.3%)	5:46	10.4 (88.1%)
7	MUSIAŁ Ewa	41	EBIEGI.PL	K-Open	7	00:14:02	00:29:58.65	+00:04:38 (15.5%)	5:59	10 (84.7%)
8	KORCZYŃSKA Alicja	107	BIEGOWA POGORZAŁA	K-Open	8	00:14:40	00:30:27.90	+00:05:07 (16.8%)	6:05	9.9 (83.9%)
9	TEKIELI Ewelina	55	PIESZCZOCHY & SPÓŁKA	K-Open	9	00:14:34	00:30:54.75	+00:05:34 (18.0%)	6:11	9.7 (82.2%)
10	PROCZEK Marta	182		K-Open	10	00:14:41	00:31:09.80	+00:05:49 (18.7%)	6:13	9.6 (81.4%)
11	JURASZ Aleksandra	25		K-Open	11	00:14:53	00:31:11.05	+00:05:50 (18.7%)	6:14	9.6 (81.4%)
12	KUSTRA Klaudia	33		K-Open	12	00:14:33	00:31:27.50	+00:06:06 (19.4%)	6:17	9.5 (80.5%)
13	CHILARSKA Elżbieta	9	KUDOWSCY MIŁOŚNICY BIEGANIA	K-Open	13	00:15:12	00:31:38.35	+00:06:17 (19.9%)	6:19	9.5 (80.5%)
14	GRYGOROWICZ Katarzyna	20		K-Open	14	00:15:10	00:32:10.50	+00:06:49 (21.2%)	6:26	9.3 (78.8%)
15	KORSUN Liudmila	30		K-Open	15	00:15:27	00:32:13.25	+00:06:52 (21.3%)	6:26	9.3 (78.8%)
16	SMOLAK Patrycja	49		K-Open	16	00:15:01	00:32:16.20	+00:06:55 (21.5%)	6:27	9.3 (78.8%)
17	BAHRANOWSKA Bogumiła	1		K-Open	17	00:15:31	00:32:17.45	+00:06:56 (21.5%)	6:27	9.3 (78.8%)
18	BULAWKIN Joanna	8	SRUDIO FITNESS WORKOUT	K-Open	18	00:15:25	00:32:20.20	+00:06:59 (21.6%)	6:28	9.3 (78.8%)
19	DZIERŻAK Edyta	14	TIGERS PRUDNIK/RUNNERS TEAM NYSA	K-Open	19	00:15:32	00:32:23.05	+00:07:02 (21.7%)	6:28	9.3 (78.8%)
20	CHORZĘPA Wioleta	10	AKTYWNA NOWA RUDA	K-Open	20	00:15:30	00:32:23.50	+00:07:02 (21.8%)	6:28	9.3 (78.8%)
21	BIELAS Agnieszka	4		K-Open	21	00:15:59	00:32:47.35	+00:07:26 (22.7%)	6:33	9.1 (77.1%)
22	DYJA Magdalena	12		K-Open	22	00:16:02	00:33:13.30	+00:07:52 (23.7%)	6:38	9 (76.3%)
23	DAROSZEWSKA Krystyna	156		K-Open	23	00:16:27	00:33:23.10	+00:08:02 (24.1%)	6:40	9 (76.3%)
24	FRANKOWSKA Adrianna	16		K-Open	24	00:16:22	00:33:24.50	+00:08:03 (24.1%)	6:41	9 (76.3%)
25	TEKIELI Aleksandra	54	PIESZCZOCHY & SPÓŁKA	K-Open	25	00:15:46	00:33:52.30	+00:08:31 (25.2%)	6:46	8.9 (75.4%)
26	JURCZYK Izabela	26		K-Open	26	00:16:35	00:34:38.30	+00:09:17 (26.8%)	6:55	8.7 (73.7%)
27	JANOWSKA Emilia	194		K-Open	27	00:16:51	00:35:21.70	+00:10:01 (28.3%)	7:04	8.5 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	HOFMAŃSKA Ewa	23		K-Open	28	00:17:20	00:35:31.75	+00:10:11 (28.7%)	7:06	8.4 (71.2%)
29	SZUKIEWICZ Bożena	52		K-Open	29	00:16:39	00:35:37.80	+00:10:17 (28.9%)	7:07	8.4 (71.2%)
30	GRUDYSZ Marta	19		K-Open	30	00:16:31	00:35:39.30	+00:10:18 (28.9%)	7:07	8.4 (71.2%)
31	WOROCH Jolanta	159		K-Open	31	00:17:35	00:36:29.45	+00:11:08 (30.5%)	7:18	8.2 (69.5%)
32	NIEDZIÓŁKA Monika	43	PREDATORS WAŁBRZYCH	K-Open	32	00:17:37	00:37:24.05	+00:12:03 (32.2%)	7:28	8 (67.8%)
33	MANDZIEJ Barbara	38		K-Open	33	00:18:06	00:37:40.00	+00:12:19 (32.7%)	7:32	8 (67.8%)
34	STACHÓW Agata	186		K-Open	34	00:17:25	00:37:41.60	+00:12:21 (32.8%)	7:32	8 (67.8%)
35	WIERZBICKA Marta	58		K-Open	35	00:17:49	00:37:59.15	+00:12:38 (33.3%)	7:35	7.9 (66.9%)
36	KRZOS Agnieszka	32		K-Open	36	00:18:26	00:38:26.85	+00:13:06 (34.1%)	7:41	7.8 (66.1%)
37	GÓŹDŹ Małgorzata	18		K-Open	37	00:18:25	00:38:48.85	+00:13:28 (34.7%)	7:45	7.7 (65.3%)
38	KORGUL Edyta	29	SKB GRANIT	K-Open	38	00:19:12	00:41:33.90	+00:16:13 (39.0%)	8:18	7.2 (61.0%)
39	BEDNARCZYK Agnieszka	2	KUDOWSCY MIŁOŚNICY BIEGANIA	K-Open	39	00:19:19	00:41:46.55	+00:16:25 (39.3%)	8:21	7.2 (61.0%)
40	ZYGMUNT Sylwana	151	RCKIK WROCŁAW	K-Open	40	00:24:30	00:47:12.10	+00:21:51 (46.3%)	9:26	6.4 (54.2%)
41	WÓJCIK Barbara	60		K-Open	41	00:24:16	00:47:53.65	+00:22:33 (47.1%)	9:34	6.3 (53.4%)
42	DURDA Józefa	152		K-Open	42	00:25:17		+00:12:58	10:06	5.9 (50.0%)
43	PNIEWSKA Grażyna	150	RCKIK WROCŁAW	K-Open	43	00:25:29		+00:13:10	10:11	5.9 (50.0%)

Znaleziono 43 wynik(ów)