



# 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: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>163</b>	TUPOT USTKA	M-Open	1	00:08:16	<b>00:17:19.30</b>		3:27	17.3 (100%)
2	<b>KRAMARZ Edmund</b>	<b>31</b>	KUDOWIANKA RUN	M-Open	2	00:09:19	<b>00:19:02.50</b>	+00:01:43 (9.0%)	3:48	15.8 (91.3%)
3	<b>SMUŻNY Łukasz</b>	<b>50</b>	PREDATORS WAŁBRZYCH	M-Open	3	00:09:18	<b>00:19:59.90</b>	+00:02:40 (13.4%)	4:00	15 (86.7%)
4	<b>TRACZYŃSKI Daniel</b>	<b>56</b>	BIEGOWA ŚWIDNICA	M-Open	4	00:09:45	<b>00:20:18.20</b>	+00:02:58 (14.7%)	4:03	14.8 (85.5%)
5	<b>ZIĘTERSKI Robert</b>	<b>62</b>	EBIEGI.PL	M-Open	5	00:10:01	<b>00:20:22.15</b>	+00:03:02 (15.0%)	4:04	14.7 (85.0%)
6	<b>KOGUS Grzegorz</b>	<b>28</b>	RUNNERS TEAM NYSA/TIGERS PRUDNIK	M-Open	6	00:10:06	<b>00:21:04.30</b>	+00:03:45 (17.8%)	4:12	14.2 (82.1%)
7	<b>KRYSTKOWIAK Szymon</b>	<b>166</b>	EBIEGI.PL	M-Open	7	00:10:16	<b>00:21:16.70</b>	+00:03:57 (18.6%)	4:15	14.1 (81.5%)
8	<b>ŚWIESIULSKI Mateusz</b>	<b>179</b>	ULKS BYSTRZYCA KŁODZKA	M-Open	8	00:10:14	<b>00:21:27.70</b>	+00:04:08 (19.3%)	4:17	14 (80.9%)
9	<b>KONIECZYŃSKI Artur</b>	<b>173</b>		M-Open	9	00:10:48	<b>00:21:36.30</b>	+00:04:17 (19.8%)	4:19	13.9 (80.3%)
10	<b>BIELAS Marcin</b>	<b>6</b>	WYBIEGAĆ MARZENIA TEAM	M-Open	10	00:10:33	<b>00:21:49.90</b>	+00:04:30 (20.7%)	4:21	13.8 (79.8%)
11	<b>MACHOŃSKI Tymon</b>	<b>168</b>	UKS LOSOWO	M-Open	11	00:10:31	<b>00:21:50.15</b>	+00:04:30 (20.7%)	4:22	13.7 (79.2%)
12	<b>ŁAWNINIAWSKI Dawid</b>	<b>191</b>	KUDOWIANKA RUN	M-Open	12	00:10:46	<b>00:22:04.35</b>	+00:04:45 (21.5%)	4:24	13.6 (78.6%)
13	<b>KONIECZYŃSKI Mariusz</b>	<b>175</b>	EBIEGI.PL	M-Open	13	00:11:03	<b>00:22:22.15</b>	+00:05:02 (22.6%)	4:28	13.4 (77.5%)
14	<b>JANUSZ Damian</b>	<b>96</b>	SZCZYTNA BIEGA	M-Open	14	00:11:02	<b>00:22:33.05</b>	+00:05:13 (23.2%)	4:30	13.3 (76.9%)
15	<b>PAŁYS Marcin</b>	<b>45</b>	UKS LUDWIKOWICE	M-Open	15	00:10:45	<b>00:22:36.85</b>	+00:05:17 (23.4%)	4:31	13.3 (76.9%)
16	<b>BIERNACKI Paweł</b>	<b>7</b>		M-Open	16	00:10:53	<b>00:22:47.00</b>	+00:05:27 (24.0%)	4:33	13.2 (76.3%)
17	<b>NIEDOWÓZ Artur</b>	<b>170</b>		M-Open	17	00:12:40	<b>00:24:45.55</b>	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
18	<b>MNITOWSKI Maciej</b>	<b>40</b>	GOKIS KĄTY WROCŁAWSKIE	M-Open	18	00:11:57	<b>00:25:00.10</b>	+00:07:40 (30.7%)	5:00	12 (69.4%)
19	<b>BIELAS Bartosz</b>	<b>5</b>	WYBIEGAĆ MARZENIA TEAM	M-Open	19	00:12:09	<b>00:25:38.65</b>	+00:08:19 (32.5%)	5:07	11.7 (67.6%)
20	<b>PIESZCZOCH Szymon</b>	<b>46</b>	PIESZCZOCHY I SPÓŁKA	M-Open	20	00:12:11	<b>00:25:51.75</b>	+00:08:32 (33.0%)	5:10	11.6 (67.1%)
21	<b>JUREK Szymon</b>	<b>161</b>		M-Open	21	00:12:56	<b>00:25:58.30</b>	+00:08:39 (33.3%)	5:11	11.6 (67.1%)
22	<b>MACHOŃSKI Bartosz</b>	<b>169</b>	HITCENA.PL	M-Open	22	00:13:04	<b>00:26:27.25</b>	+00:09:07 (34.5%)	5:17	11.3 (65.3%)
23	<b>PROCZEK Mariusz</b>	<b>183</b>	RUN FOR WATERMARK	M-Open	23	00:13:12	<b>00:27:26.50</b>	+00:10:07 (36.9%)	5:29	10.9 (63.0%)
24	<b>BIELECKI Grzegorz</b>	<b>177</b>		M-Open	24	00:13:04	<b>00:27:57.10</b>	+00:10:37 (38.0%)	5:35	10.7 (61.8%)
25	<b>ZIELIŃSKI Szczepan</b>	<b>61</b>	WKB MARATOŃCZYK WŁOCLAWEK	M-Open	25	00:13:56	<b>00:28:25.45</b>	+00:11:06 (39.1%)	5:41	10.6 (61.3%)
26	<b>FIGURA Zbigniew</b>	<b>15</b>	TIGERS PRUDNIK / RUNNERS TEAM	M-Open	26	00:14:01	<b>00:28:43.90</b>	+00:11:24 (39.7%)	5:44	10.4 (60.1%)
27	<b>STONKEL Mieczysław</b>	<b>158</b>	GRUPA BIEGOWA DZIKOWIEC	M-Open	27	00:13:58	<b>00:28:47.00</b>	+00:11:27 (39.8%)	5:45	10.4 (60.1%)

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28	<b>BRODA Marcin</b>	<b>172</b>		M-Open	28	00:14:23	<b>00:29:31.90</b>	+00:12:12 (41.3%)	5:54	10.2 (59.0%)
29	<b>BEREŚNIEWICZ Michał</b>	<b>3</b>	BIEGOWA ŚWIDNICA	M-Open	29	00:13:51	<b>00:29:47.45</b>	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
30	<b>KULAK Ryszard</b>	<b>167</b>		M-Open	30	00:14:20	<b>00:29:48.85</b>	+00:12:29 (41.9%)	5:57	10.1 (58.4%)
31	<b>PIERZCHAŁA Grzegorz</b>	<b>176</b>		M-Open	31	00:14:22	<b>00:30:14.70</b>	+00:12:55 (42.7%)	6:02	9.9 (57.2%)
32	<b>JĘDRZEJEWSKI Grzegorz</b>	<b>24</b>		M-Open	32	00:14:56	<b>00:30:55.65</b>	+00:13:36 (44.0%)	6:11	9.7 (56.1%)
33	<b>GRYGOROWICZ Marek</b>	<b>21</b>		M-Open	33	00:14:48	<b>00:31:07.20</b>	+00:13:47 (44.3%)	6:13	9.6 (55.5%)
34	<b>TSENZERIA Oleksii</b>	<b>57</b>		M-Open	34	00:14:10	<b>00:31:15.25</b>	+00:13:55 (44.6%)	6:15	9.6 (55.5%)
35	<b>DUDZIAK Tadeusz</b>	<b>11</b>		M-Open	35	00:15:14	<b>00:31:17.15</b>	+00:13:57 (44.6%)	6:15	9.6 (55.5%)
36	<b>GRZYB Łukasz</b>	<b>22</b>		M-Open	36	00:15:16	<b>00:31:56.60</b>	+00:14:37 (45.8%)	6:23	9.4 (54.3%)
37	<b>KWIATKOWSKI Dominik</b>	<b>35</b>		M-Open	37	00:14:59	<b>00:32:16.30</b>	+00:14:57 (46.3%)	6:27	9.3 (53.8%)
38	<b>PODHORODECKI Tomasz</b>	<b>47</b>	PRZEBIEGLI MIŁKOWICE	M-Open	38	00:15:16	<b>00:32:41.90</b>	+00:15:22 (47.0%)	6:32	9.2 (53.2%)
39	<b>RĘBIAŁKOWSKI Jakub</b>	<b>48</b>		M-Open	39	00:16:13	<b>00:33:25.75</b>	+00:16:06 (48.2%)	6:41	9 (52.0%)
40	<b>KUSTRA Karol</b>	<b>34</b>		M-Open	40	00:16:18	<b>00:33:51.60</b>	+00:16:32 (48.8%)	6:46	8.9 (51.4%)
41	<b>DZIERZAK Krzysztof</b>	<b>13</b>	TIGERS PRUDNIK/RUNNERS TEAM NYSA	M-Open	41	00:15:49	<b>00:34:06.55</b>	+00:16:47 (49.2%)	6:49	8.8 (50.9%)
42	<b>JASIŃSKI Paweł</b>	<b>195</b>		M-Open	42	00:16:21	<b>00:34:59.80</b>	+00:17:40 (50.5%)	7:00	8.6 (49.7%)
43	<b>WINIARZ Mariusz</b>	<b>59</b>		M-Open	43	00:17:08	<b>00:36:43.30</b>	+00:19:24 (52.8%)	7:20	8.2 (47.4%)
44	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>39</b>	PREDATORS WAŁBRZYCH	M-Open	44	00:18:00	<b>00:38:53.40</b>	+00:21:34 (55.5%)	7:46	7.7 (44.5%)
45	<b>GÓŹDŹ Artur</b>	<b>17</b>		M-Open	45	00:18:32	<b>00:38:55.50</b>	+00:21:36 (55.5%)	7:47	7.7 (44.5%)
46	<b>ZELEK Emil</b>	<b>181</b>	WATAHA	M-Open	46	00:19:13	<b>00:41:28.75</b>	+00:24:09 (58.2%)	8:17	7.2 (41.6%)
47	<b>STACHÓW Dariusz</b>	<b>187</b>		M-Open	47	00:19:18	<b>00:41:46.55</b>	+00:24:27 (58.5%)	8:21	7.2 (41.6%)
48	<b>KARBOWSKI Mateusz</b>	<b>101</b>		M-Open	48	00:14:30		+00:06:14	5:48	10.3 (59.5%)
49	<b>MANDZIEJ Grzegorz</b>	<b>37</b>		M-Open	49	00:14:35		+00:06:19	5:50	10.3 (59.5%)

Znaleziono 49 wynik(ów)