



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

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

## II POLANICKI BIEG NIEDŹWIEDZIA - 10 KM

II Polanicki Bieg Niedźwiedzia  
Teatr Zdrojowy Centrum Kultury i Promocji w  
Polanicy Zdrój, Fundacja Herkules All Sports  
2020-07-11  
Polanica Zdrój  
10 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZIOŁ Damian</b>	<b>117</b>	MARCINSWIERCTEAM	M-Open	1	<b>00:38:37.35</b>		3:51	15.5 (100%)
2	<b>SIKOR Adam</b>	<b>296</b>		M-Open	2	<b>00:38:43.80</b>	+00:00:06 (0.3%)	3:52	15.5 (100%)
3	<b>BYKOWSKI Marek</b>	<b>92</b>	AKTYWNA NOWA RUDA	M-Open	3	<b>00:39:04.90</b>	+00:00:27 (1.2%)	3:54	15.4 (99.4%)
4	<b>TOKARCZYK Mariusz</b>	<b>163</b>	OLAWS ZŁOTORYJA	M-Open	4	<b>00:39:24.30</b>	+00:00:46 (2.0%)	3:56	15.2 (98.1%)
5	<b>KMIECIK Tomasz</b>	<b>114</b>	GOPR SUDETY	M-Open	5	<b>00:40:28.25</b>	+00:01:50 (4.6%)	4:02	14.8 (95.5%)
6	<b>CABAJ Damian</b>	<b>93</b>	PCH SPORT TEAM	M-Open	6	<b>00:41:21.35</b>	+00:02:44 (6.6%)	4:08	14.5 (93.5%)
7	<b>ROZUMKIEWICZ Paweł</b>	<b>151</b>	ŚWIDNICKA GRUPA BIEGOWA	M-Open	7	<b>00:41:21.95</b>	+00:02:44 (6.6%)	4:08	14.5 (93.5%)
8	<b>PATALON Marek</b>	<b>143</b>	GLKS MARCINOWICE	M-Open	8	<b>00:41:24.85</b>	+00:02:47 (6.7%)	4:08	14.5 (93.5%)
9	<b>PTASIŃSKI Tomasz</b>	<b>149</b>	CZAJKERSI	M-Open	9	<b>00:41:27.20</b>	+00:02:49 (6.8%)	4:08	14.5 (93.5%)
10	<b>MAZUR Mariusz</b>	<b>133</b>		M-Open	10	<b>00:42:58.90</b>	+00:04:21 (10.1%)	4:17	14 (90.3%)
11	<b>PARADA Bronisław</b>	<b>142</b>	RNB POLANICA ZDRÓJ	M-Open	11	<b>00:43:18.30</b>	+00:04:40 (10.8%)	4:19	13.9 (89.7%)
12	<b>JAGNIĄTKOWSKI Jacek</b>	<b>107</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-Open	12	<b>00:43:37.15</b>	+00:04:59 (11.5%)	4:21	13.8 (89.0%)
13	<b>BANAŚ Robert</b>	<b>87</b>	AKTYWNA NOWA RUDA	M-Open	13	<b>00:43:44.65</b>	+00:05:07 (11.7%)	4:22	13.7 (88.4%)
14	<b>LIGIENZA Andrzej</b>	<b>128</b>	BIELAWSKA AKADEMIA BIEGANIA	M-Open	14	<b>00:43:47.60</b>	+00:05:10 (11.8%)	4:22	13.7 (88.4%)
15	<b>ZAREMBA Dawid</b>	<b>173</b>	ZWYCIEZCOW 6F	M-Open	15	<b>00:43:56.65</b>	+00:05:19 (12.1%)	4:23	13.7 (88.4%)
16	<b>DUDKA Zenon</b>	<b>98</b>	CROSS SYRENKA	M-Open	16	<b>00:44:32.80</b>	+00:05:55 (13.3%)	4:27	13.5 (87.1%)
17	<b>DUDEK Monika</b>	<b>297</b>		K-Open	1	<b>00:44:57.70</b>	+00:06:20 (14.1%)	4:29	13.3 (85.8%)
18	<b>WCISŁO Adam</b>	<b>170</b>	LKS ISKRA JASZKOWA	M-Open	17	<b>00:45:00.20</b>	+00:06:22 (14.2%)	4:30	13.3 (85.8%)
19	<b>LEWANDOWSKI Wojciech</b>	<b>126</b>		M-Open	18	<b>00:45:27.65</b>	+00:06:50 (15.0%)	4:32	13.2 (85.2%)
20	<b>JANOSZEK Marcel</b>	<b>111</b>		M-Open	19	<b>00:45:53.50</b>	+00:07:16 (15.8%)	4:35	13.1 (84.5%)
21	<b>LASKOWSKI Marcin</b>	<b>124</b>	MAD RUNNERS	M-Open	20	<b>00:46:46.25</b>	+00:08:08 (17.4%)	4:40	12.8 (82.6%)
22	<b>KROCZAK Wiktoria</b>	<b>120</b>	MAD RUNNERS	K-Open	2	<b>00:46:46.40</b>	+00:08:09 (17.4%)	4:40	12.8 (82.6%)
23	<b>FEICHTINGER Marek</b>	<b>99</b>		M-Open	21	<b>00:46:51.25</b>	+00:08:13 (17.6%)	4:41	12.8 (82.6%)
24	<b>WALIDUDA Anna</b>	<b>169</b>	KOTWICA BRZEG	K-Open	3	<b>00:46:51.85</b>	+00:08:14 (17.6%)	4:41	12.8 (82.6%)
25	<b>FILODA Damian</b>	<b>100</b>	GARDENLAB POLSKA	M-Open	22	<b>00:46:52.55</b>	+00:08:15 (17.6%)	4:41	12.8 (82.6%)
26	<b>CIRKO Sebastian</b>	<b>95</b>	#CIRASTEAM	M-Open	23	<b>00:47:38.10</b>	+00:09:00 (18.9%)	4:45	12.6 (81.3%)
27	<b>KORCZYŃSKI Łukasz</b>	<b>116</b>	BIEGOWA POGORZAŁA	M-Open	24	<b>00:47:47.35</b>	+00:09:10 (19.2%)	4:46	12.6 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
28	<b>DORSZ Sebastian</b>	<b>289</b>	OLAWS	M-Open	25	<b>00:48:16.10</b>	+00:09:38 (20.0%)	4:49	12.4 (80.0%)
29	<b>ZIELIŃSKA Iwona</b>	<b>174</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K-Open	4	<b>00:49:07.60</b>	+00:10:30 (21.4%)	4:54	12.2 (78.7%)
30	<b>KUBAŚ Dawid</b>	<b>121</b>	NADLEŚNICTWO ZDROJE	M-Open	26	<b>00:49:26.45</b>	+00:10:49 (21.9%)	4:56	12.1 (78.1%)
31	<b>JANAS Wojciech</b>	<b>109</b>		M-Open	27	<b>00:49:29.70</b>	+00:10:52 (22.0%)	4:57	12.1 (78.1%)
32	<b>GRODECKA Aleksandra</b>	<b>103</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-Open	5	<b>00:49:34.70</b>	+00:10:57 (22.1%)	4:57	12.1 (78.1%)
33	<b>GRODECKI Paweł</b>	<b>104</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-Open	28	<b>00:49:34.80</b>	+00:10:57 (22.1%)	4:57	12.1 (78.1%)
34	<b>SALERA Marek</b>	<b>153</b>		M-Open	29	<b>00:50:12.80</b>	+00:11:35 (23.1%)	5:01	11.9 (76.8%)
35	<b>SZYNAK Andrzej</b>	<b>40</b>	DHL RUN CLUB	M-Open	30	<b>00:50:33.90</b>	+00:11:56 (23.6%)	5:03	11.9 (76.8%)
36	<b>TRYCH Adrian</b>	<b>167</b>	KM PSP SZCZECIN	M-Open	31	<b>00:50:36.85</b>	+00:11:59 (23.7%)	5:03	11.9 (76.8%)
37	<b>BORECKI Piotr</b>	<b>90</b>	CZAJKERSI	M-Open	32	<b>00:50:47.50</b>	+00:12:10 (24.0%)	5:04	11.8 (76.1%)
38	<b>OLEJNICZAK Sylwia</b>	<b>138</b>	EBIEGI.PL	K-Open	6	<b>00:50:48.85</b>	+00:12:11 (24.0%)	5:04	11.8 (76.1%)
39	<b>TOKARSKI Joachim</b>	<b>165</b>	KUDOWIANKA RUN	M-Open	33	<b>00:51:00.35</b>	+00:12:23 (24.3%)	5:06	11.8 (76.1%)
40	<b>RETECKI Tomasz</b>	<b>150</b>		M-Open	34	<b>00:51:09.55</b>	+00:12:32 (24.5%)	5:06	11.7 (75.5%)
41	<b>PIERZCHAŁA Grzegorz</b>	<b>145</b>		M-Open	35	<b>00:51:55.90</b>	+00:13:18 (25.6%)	5:11	11.6 (74.8%)
42	<b>KOŁODZIEJ Adam</b>	<b>115</b>		M-Open	36	<b>00:52:11.70</b>	+00:13:34 (26.0%)	5:13	11.5 (74.2%)
43	<b>MINNITI Raffaele</b>	<b>134</b>	BIELAWSKA AKADEMIA BIEGANIA	M-Open	37	<b>00:52:17.90</b>	+00:13:40 (26.1%)	5:13	11.5 (74.2%)
44	<b>HASIAK Aleksander</b>	<b>105</b>		M-Open	38	<b>00:52:40.00</b>	+00:14:02 (26.7%)	5:16	11.4 (73.5%)
45	<b>KOZUBEK Tomek</b>	<b>119</b>	KLUB BIEGACZY JYSK	M-Open	39	<b>00:52:54.90</b>	+00:14:17 (27.0%)	5:17	11.3 (72.9%)
46	<b>LACHERA Kamila</b>	<b>123</b>	CSC ADVENTURE ACADEMY	K-Open	7	<b>00:52:59.65</b>	+00:14:22 (27.1%)	5:17	11.3 (72.9%)
47	<b>PAWŁOWSKI Piotr</b>	<b>144</b>	BIEGOWA ŚWIDNICA	M-Open	40	<b>00:53:30.35</b>	+00:14:53 (27.8%)	5:21	11.2 (72.3%)
48	<b>SZYMAŃSKI Grzegorz</b>	<b>159</b>	ZWYCIĘZCÓW 6F	M-Open	41	<b>00:53:51.70</b>	+00:15:14 (28.3%)	5:23	11.1 (71.6%)
49	<b>BERESNIEWICZ Michał</b>	<b>88</b>	BIEGOWA ŚWIDNICA	M-Open	42	<b>00:53:52.80</b>	+00:15:15 (28.3%)	5:23	11.1 (71.6%)
50	<b>WOROCH Roman</b>	<b>285</b>		M-Open	43	<b>00:53:53.70</b>	+00:15:16 (28.3%)	5:23	11.1 (71.6%)
51	<b>KOZŁOWSKI Rafał</b>	<b>118</b>	#WAWRZYNTTEAM	M-Open	44	<b>00:54:11.20</b>	+00:15:33 (28.7%)	5:25	11.1 (71.6%)
52	<b>IGRAS Mieczysław</b>	<b>106</b>	RUNNERS TEAM NYSA	M-Open	45	<b>00:55:01.75</b>	+00:16:24 (29.8%)	5:30	10.9 (70.3%)
53	<b>JAGODZIŃSKI Kazimierz</b>	<b>108</b>	NOWA RUDA BIEGA	M-Open	46	<b>00:55:21.70</b>	+00:16:44 (30.2%)	5:32	10.8 (69.7%)
54	<b>OZIMEK Agata</b>	<b>140</b>		K-Open	8	<b>00:55:36.30</b>	+00:16:58 (30.5%)	5:33	10.8 (69.7%)
55	<b>WÓJCIK Kamila</b>	<b>171</b>	NIEDŹWIEDZIE POLARNE	K-Open	9	<b>00:56:03.65</b>	+00:17:26 (31.1%)	5:36	10.7 (69.0%)
56	<b>ŁYKO Marta</b>	<b>130</b>	MAD RUNNERS	K-Open	10	<b>00:56:04.10</b>	+00:17:26 (31.1%)	5:36	10.7 (69.0%)
57	<b>ŁYKO Mariusz</b>	<b>131</b>	MAD RUNNERS	M-Open	47	<b>00:56:04.40</b>	+00:17:27 (31.1%)	5:36	10.7 (69.0%)
58	<b>LĘGA Wiesław</b>	<b>127</b>	K. S. TĘCZA	M-Open	48	<b>00:56:45.00</b>	+00:18:07 (31.9%)	5:40	10.6 (68.4%)
59	<b>GONTARZ Mateusz</b>	<b>102</b>		M-Open	49	<b>00:57:08.95</b>	+00:18:31 (32.4%)	5:42	10.5 (67.7%)
60	<b>BOŻEK Marcin</b>	<b>91</b>		M-Open	50	<b>00:57:20.20</b>	+00:18:42 (32.6%)	5:44	10.5 (67.7%)
61	<b>TEKIELI Ewelina</b>	<b>162</b>	TEKIELI FAMILY	K-Open	11	<b>00:57:41.55</b>	+00:19:04 (33.1%)	5:46	10.4 (67.1%)
62	<b>KULON Bartosz</b>	<b>122</b>	ZWYCIĘZCÓW 6F	M-Open	51	<b>00:58:25.25</b>	+00:19:47 (33.9%)	5:50	10.3 (66.5%)
63	<b>ŚWIERK Stanisław</b>	<b>161</b>		M-Open	52	<b>00:58:27.50</b>	+00:19:50 (33.9%)	5:50	10.3 (66.5%)
64	<b>ZIEMBA Filip</b>	<b>175</b>		M-Open	53	<b>00:58:39.50</b>	+00:20:02 (34.2%)	5:52	10.2 (65.8%)
65	<b>FLANK Paweł</b>	<b>101</b>	-	M-Open	54	<b>00:58:57.60</b>	+00:20:20 (34.5%)	5:53	10.2 (65.8%)
66	<b>LENART Magdalena</b>	<b>125</b>		K-Open	12	<b>00:59:04.00</b>	+00:20:26 (34.6%)	5:54	10.2 (65.8%)
67	<b>STACHNIK Maciej</b>	<b>156</b>	ŚLĄSK WROCŁAW	M-Open	55	<b>01:01:10.00</b>	+00:22:32 (36.9%)	6:07	9.8 (63.2%)
68	<b>PANEK Angela</b>	<b>141</b>	RNB TEAM POLANICA ZDRÓJ	K-Open	13	<b>01:02:52.30</b>	+00:24:14 (38.6%)	6:17	9.5 (61.3%)
69	<b>MANDZIEJ Grzegorz</b>	<b>132</b>	WATAHA ŁĄCZY NAS BIEGANIE	M-Open	56	<b>01:04:03.65</b>	+00:25:26 (39.7%)	6:24	9.4 (60.6%)
70	<b>BOCHYNEK Ryszard</b>	<b>89</b>		M-Open	57	<b>01:04:38.05</b>	+00:26:00 (40.2%)	6:27	9.3 (60.0%)
71	<b>SIEBERT Przemysław</b>	<b>154</b>	KB MANIAC POZNAŃ	M-Open	58	<b>01:05:39.40</b>	+00:27:02 (41.2%)	6:33	9.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>SIEBERT Sandra</b>	<b>155</b>	KB I LOVE ZIEMEK	K-Open	14	<b>01:05:39.70</b>	+00:27:02 (41.2%)	6:33	9.1 (58.7%)
73	<b>ŁAJCZAK Piotr</b>	<b>129</b>		M-Open	59	<b>01:05:44.00</b>	+00:27:06 (41.2%)	6:34	9.1 (58.7%)
74	<b>ZAJĄC Kamila</b>	<b>172</b>		K-Open	15	<b>01:05:44.20</b>	+00:27:06 (41.2%)	6:34	9.1 (58.7%)
75	<b>CHWALISZ Michalina</b>	<b>94</b>	VEGE RUNNERS	K-Open	16	<b>01:06:19.95</b>	+00:27:42 (41.8%)	6:38	9 (58.1%)
76	<b>TOMERA Dorota</b>	<b>166</b>	LKS ISKRA JASZKOWA	K-Open	17	<b>01:06:52.40</b>	+00:28:15 (42.2%)	6:41	9 (58.1%)
77	<b>ODWAŻNY Dariusz</b>	<b>137</b>	NIEDŹWIEDZIE POLARNE	M-Open	60	<b>01:08:40.80</b>	+00:30:03 (43.8%)	6:52	8.7 (56.1%)
78	<b>ŚCISŁOWSKI Grzegorz</b>	<b>160</b>	NIEDŹWIEDZIE POLARNE	M-Open	61	<b>01:08:40.90</b>	+00:30:03 (43.8%)	6:52	8.7 (56.1%)
79	<b>POLAK Anna</b>	<b>148</b>	NIEDŹWIEDZIE POLARNE	K-Open	18	<b>01:08:41.90</b>	+00:30:04 (43.8%)	6:52	8.7 (56.1%)
80	<b>KLIMAS-ZAJĄCZKOWSKA Joanna</b>	<b>113</b>	ABSOLUT RUNNING TEAM	K-Open	19	<b>01:08:47.00</b>	+00:30:09 (43.8%)	6:52	8.7 (56.1%)
81	<b>DOBROWOLSKI Robert</b>	<b>97</b>	SPORTOWI EMERYCI	M-Open	62	<b>01:12:40.75</b>	+00:34:03 (46.9%)	7:16	8.3 (53.5%)
82	<b>STARKE Mariusz</b>	<b>157</b>	OPOROWSKA	M-Open	63	<b>01:18:09.30</b>	+00:39:31 (50.6%)	7:48	7.7 (49.7%)
83	<b>DOBROWOLSKA Bożena</b>	<b>96</b>	SPORTOWI EMERYCI	K-Open	20	<b>01:20:48.00</b>	+00:42:10 (52.2%)	8:04	7.4 (47.7%)
84	<b>NIKODEM Klaudiusz</b>	<b>136</b>	CZAJKERSI	M-Open	64				(0.0%)

Znaleziono 84 wynik(ów)