



## II POLANICKI BIEG NIEDŹWIEDZIA - 5 KM

B4SPORT

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

II Polanicki Bieg Niedźwiedzia  
Teatr Zdrojowy Centrum Kultury i Promocji w  
Polanicy Zdrój, Fundacja Herkules All Sports

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

2020-07-11  
Polanica Zdrój  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZŁOWSKI Łukasz</b>	<b>221</b>	RONAL POLSKA RUN	M-Open	1	<b>00:18:24.05</b>		3:40	16.3 (100%)
2	<b>KRUPA Marcin</b>	<b>224</b>	AKTYWNA NOWA RUDA	M-Open	2	<b>00:19:15.55</b>	+00:00:51 (4.5%)	3:51	15.6 (95.7%)
3	<b>BOGDAŁ Paweł</b>	<b>181</b>	ULKS BYSTRZYCA KŁODZKA	M-Open	3	<b>00:19:19.10</b>	+00:00:55 (4.7%)	3:52	15.5 (95.1%)
4	<b>GENOTROWSKI Anrzej</b>	<b>295</b>	SKB GRAMITSTRZELIŃSKI KLUB BIEGACZY	M-Open	4	<b>00:19:25.10</b>	+00:01:01 (5.2%)	3:53	15.5 (95.1%)
5	<b>ZAWODNI Jarosław</b>	<b>277</b>		M-Open	5	<b>00:19:34.45</b>	+00:01:10 (6.0%)	3:54	15.3 (93.9%)
6	<b>JANUSZEWICZ Dawid</b>	<b>208</b>		M-Open	6	<b>00:19:53.05</b>	+00:01:29 (7.5%)	3:58	15.1 (92.6%)
7	<b>PAWIŁOJĆ Jakub</b>	<b>243</b>	FITNESSROAD ŚWIEBODZICE	M-Open	7	<b>00:20:03.90</b>	+00:01:39 (8.3%)	4:00	15 (92.0%)
8	<b>GRABOWSKI Roman</b>	<b>200</b>	RUNNERS TEAM NYSA	M-Open	8	<b>00:20:06.50</b>	+00:01:42 (8.5%)	4:01	14.9 (91.4%)
9	<b>DARGACZ Dominik</b>	<b>186</b>	MAD RUNNERS	M-Open	9	<b>00:20:15.20</b>	+00:01:51 (9.1%)	4:03	14.8 (90.8%)
10	<b>SZCZEPAŃSKI Grzegorz</b>	<b>266</b>	MAD RUNNERS	M-Open	10	<b>00:20:25.30</b>	+00:02:01 (9.9%)	4:05	14.7 (90.2%)
11	<b>PAŁYS Marcin</b>	<b>242</b>		M-Open	11	<b>00:20:35.90</b>	+00:02:11 (10.7%)	4:07	14.6 (89.6%)
12	<b>KOZIOŁ Stefan</b>	<b>220</b>		M-Open	12	<b>00:20:37.70</b>	+00:02:13 (10.8%)	4:07	14.5 (89.0%)
13	<b>WOJNER Adrian</b>	<b>79</b>		M-Open	13	<b>00:20:43.35</b>	+00:02:19 (11.2%)	4:08	14.5 (89.0%)
14	<b>BIRECKI Maciej</b>	<b>180</b>		M-Open	14	<b>00:20:53.90</b>	+00:02:29 (12.0%)	4:10	14.4 (88.3%)
15	<b>MARCINOWSKI Paweł</b>	<b>237</b>	ULKS BYSTRZYCA KŁODZKA	M-Open	15	<b>00:21:06.70</b>	+00:02:42 (12.8%)	4:13	14.2 (87.1%)
16	<b>TOMKIEWICZ Bartek</b>	<b>273</b>		M-Open	16	<b>00:21:32.00</b>	+00:03:07 (14.5%)	4:18	13.9 (85.3%)
17	<b>PĘCZAR Aneta</b>	<b>244</b>		K-Open	1	<b>00:22:30.50</b>	+00:04:06 (18.2%)	4:30	13.3 (81.6%)
18	<b>KONIECZYŃSKI Mariusz</b>	<b>217</b>	RNB TEAM POLANICA-ZDRÓJ	M-Open	17	<b>00:22:57.50</b>	+00:04:33 (19.9%)	4:35	13.1 (80.4%)
19	<b>SMOLNICKI Marcin</b>	<b>259</b>		M-Open	18	<b>00:23:06.85</b>	+00:04:42 (20.4%)	4:37	13 (79.8%)
20	<b>TARATUTA Patrycja</b>	<b>271</b>	PCH SPORT COMPLEX	K-Open	2	<b>00:23:08.30</b>	+00:04:44 (20.5%)	4:37	13 (79.8%)
21	<b>JANUSZ Damian</b>	<b>207</b>	KUDOWIANKA RUN	M-Open	19	<b>00:23:14.05</b>	+00:04:50 (20.8%)	4:38	12.9 (79.1%)
22	<b>DWOJAK Sara</b>	<b>190</b>	MAD RUNNERS	K-Open	3	<b>00:23:19.50</b>	+00:04:55 (21.1%)	4:39	12.9 (79.1%)
23	<b>STRZELCZAK Henryk</b>	<b>264</b>	MARATON NOWA RUDA	M-Open	20	<b>00:23:20.10</b>	+00:04:56 (21.1%)	4:40	12.9 (79.1%)
24	<b>TEREK Jacek</b>	<b>272</b>		M-Open	21	<b>00:23:20.60</b>	+00:04:56 (21.2%)	4:40	12.9 (79.1%)
25	<b>ZBYRYT Marek</b>	<b>278</b>	AKTYWNA NOWA RUDA	M-Open	22	<b>00:23:28.40</b>	+00:05:04 (21.6%)	4:41	12.8 (78.5%)
26	<b>KUPIEC Mateusz</b>	<b>288</b>		M-Open	23	<b>00:24:21.00</b>	+00:05:56 (24.4%)	4:52	12.3 (75.5%)
27	<b>MALECKI Jacek</b>	<b>235</b>		M-Open	24	<b>00:25:00.80</b>	+00:06:36 (26.4%)	5:00	12 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>RESSEL Joanna</b>	<b>250</b>	RNB TEAM POLANICA ZDRÓJ	K-Open	4	<b>00:25:03.30</b>	+00:06:39 (26.6%)	5:00	12 (73.6%)
29	<b>KNAP Sylwia</b>	<b>214</b>		K-Open	5	<b>00:25:33.05</b>	+00:07:09 (28.0%)	5:06	11.7 (71.8%)
30	<b>GNITECKA Katarzyna</b>	<b>298</b>	KUDOWIANKA RUN	K-Open	6	<b>00:25:39.05</b>	+00:07:15 (28.3%)	5:07	11.7 (71.8%)
31	<b>BOTÓR Remigiusz</b>	<b>184</b>		M-Open	25	<b>00:25:55.20</b>	+00:07:31 (29.0%)	5:11	11.6 (71.2%)
32	<b>STANISŁAWSKA Ewa</b>	<b>261</b>		K-Open	7	<b>00:26:10.65</b>	+00:07:46 (29.7%)	5:14	11.5 (70.6%)
33	<b>KACZMARSKI Martin</b>	<b>112</b>	KACZMARSKI GROUP	M-Open	26	<b>00:26:28.05</b>	+00:08:04 (30.5%)	5:17	11.3 (69.3%)
34	<b>URBAŃSKI Tomasz</b>	<b>168</b>	TYLKO RZETELNI SĄ WIARYGODNI	M-Open	27	<b>00:26:28.75</b>	+00:08:04 (30.5%)	5:17	11.3 (69.3%)
35	<b>ŚLIWKA Olga</b>	<b>269</b>		K-Open	8	<b>00:26:36.35</b>	+00:08:12 (30.8%)	5:19	11.3 (69.3%)
36	<b>BĘGOWSKI Jakub</b>	<b>179</b>		M-Open	28	<b>00:26:54.45</b>	+00:08:30 (31.6%)	5:23	11.1 (68.1%)
37	<b>PIOTROWSKI Marek</b>	<b>245</b>	GOGGLE PAE TEAM	M-Open	29	<b>00:27:10.55</b>	+00:08:46 (32.3%)	5:26	11 (67.5%)
38	<b>LESZCZYŃSKA-BOGDAL Dominika</b>	<b>231</b>	ULKS BYSTRZYCA KŁODZKA	K-Open	9	<b>00:27:13.35</b>	+00:08:49 (32.4%)	5:26	11 (67.5%)
39	<b>KILIAN Mateusz</b>	<b>213</b>		M-Open	30	<b>00:27:32.70</b>	+00:09:08 (33.2%)	5:30	10.9 (66.9%)
40	<b>KORCZYŃSKA Alicja</b>	<b>218</b>	BIEGOWA POGORZAŁA	K-Open	10	<b>00:27:41.35</b>	+00:09:17 (33.5%)	5:32	10.8 (66.3%)
41	<b>DRZEWIECKA Sylwia</b>	<b>188</b>	MAD RUNNERS	K-Open	11	<b>00:27:43.70</b>	+00:09:19 (33.6%)	5:32	10.8 (66.3%)
42	<b>MROCZEK Agnieszka</b>	<b>238</b>		K-Open	12	<b>00:27:45.45</b>	+00:09:21 (33.7%)	5:33	10.8 (66.3%)
43	<b>JUREK Szymon</b>	<b>284</b>		M-Open	31	<b>00:27:51.05</b>	+00:09:27 (33.9%)	5:34	10.8 (66.3%)
44	<b>NOWAK Łukasz</b>	<b>241</b>	PAWKO RUNNER TEAM <a href="http://PAWKORUNNER.PL">HTTP://PAWKORUNNER.PL</a>	M-Open	32	<b>00:28:00.60</b>	+00:09:36 (34.3%)	5:36	10.7 (65.6%)
44	<b>GOŁĄB Aleksandra</b>	<b>196</b>		K-Open	13	<b>00:28:00.60</b>	+00:09:36 (34.3%)	5:36	10.7 (65.6%)
46	<b>SKAWINA-POŁEĆ Anna</b>	<b>254</b>	TOPOLICE TEAM	K-Open	14	<b>00:28:15.30</b>	+00:09:51 (34.9%)	5:39	10.6 (65.0%)
47	<b>WIKLUK Łukasz</b>	<b>275</b>		M-Open	33	<b>00:28:51.25</b>	+00:10:27 (36.2%)	5:46	10.4 (63.8%)
48	<b>SMOLIŃSKI Maciej</b>	<b>258</b>		M-Open	34	<b>00:28:52.55</b>	+00:10:28 (36.3%)	5:46	10.4 (63.8%)
49	<b>JURASZ Aleksandra</b>	<b>210</b>		K-Open	15	<b>00:28:54.75</b>	+00:10:30 (36.4%)	5:47	10.4 (63.8%)
50	<b>GÓZDŹ Artur</b>	<b>198</b>	KUKURAFY	M-Open	35	<b>00:28:59.35</b>	+00:10:35 (36.5%)	5:47	10.4 (63.8%)
51	<b>NASTAWSKA Bogumiła</b>	<b>239</b>		K-Open	16	<b>00:30:03.90</b>	+00:11:39 (38.8%)	6:00	10 (61.3%)
52	<b>BARNAŚ Maciej</b>	<b>176</b>		M-Open	36	<b>00:30:08.30</b>	+00:11:44 (38.9%)	6:01	10 (61.3%)
53	<b>KARBOWSKI Mateusz</b>	<b>212</b>	NOWA RUDA BIEGA	M-Open	37	<b>00:31:04.05</b>	+00:12:40 (40.8%)	6:12	9.7 (59.5%)
54	<b>SMOLAK Patrycja</b>	<b>257</b>		K-Open	17	<b>00:31:04.60</b>	+00:12:40 (40.8%)	6:12	9.7 (59.5%)
55	<b>KWIATKOWSKI Dominik</b>	<b>230</b>		M-Open	38	<b>00:31:11.35</b>	+00:12:47 (41.0%)	6:14	9.6 (58.9%)
56	<b>KUPIEC Aneta</b>	<b>287</b>		K-Open	18	<b>00:31:21.85</b>	+00:12:57 (41.3%)	6:16	9.6 (58.9%)
57	<b>TOKARSKA Iwona</b>	<b>164</b>	KUDOWIANKA RUN	K-Open	19	<b>00:32:14.65</b>	+00:13:50 (42.9%)	6:26	9.3 (57.1%)
58	<b>STELMACH Barbara</b>	<b>262</b>	STELMACH TEAM	K-Open	20	<b>00:32:24.30</b>	+00:14:00 (43.2%)	6:28	9.3 (57.1%)
59	<b>DAROSZEWSKA Krystyna</b>	<b>187</b>	SERCE NORDICA WŁOCLAWEK	K-Open	21	<b>00:32:37.85</b>	+00:14:13 (43.6%)	6:31	9.2 (56.4%)
60	<b>KRUK-POPEK Katarzyna</b>	<b>78</b>		K-Open	22	<b>00:32:38.50</b>	+00:14:14 (43.6%)	6:31	9.2 (56.4%)
61	<b>HYLIŃSKA Hanna</b>	<b>293</b>		K-Open	23	<b>00:32:39.10</b>	+00:14:15 (43.6%)	6:32	9.2 (56.4%)
61	<b>GÓZDŹ Małgorzata</b>	<b>199</b>	KUKURAFY	K-Open	23	<b>00:32:39.10</b>	+00:14:15 (43.6%)	6:31	9.2 (56.4%)
63	<b>HAŁKA Jan</b>	<b>205</b>	JACHU	M-Open	39	<b>00:32:39.75</b>	+00:14:15 (43.7%)	6:32	9.2 (56.4%)
64	<b>ZBYRYT Halina</b>	<b>279</b>	AKTYWNA NOWA RUDA	K-Open	25	<b>00:32:43.25</b>	+00:14:19 (43.8%)	6:32	9.2 (56.4%)
65	<b>KRZEŚNIAK Iwona</b>	<b>225</b>		K-Open	26	<b>00:33:17.55</b>	+00:14:53 (44.7%)	6:39	9 (55.2%)
66	<b>KRZEŚNIAK Marlena</b>	<b>227</b>		K-Open	27	<b>00:33:17.70</b>	+00:14:53 (44.7%)	6:39	9 (55.2%)
67	<b>ŁĘTKOWSKA Agnieszka</b>	<b>233</b>		K-Open	28	<b>00:33:42.25</b>	+00:15:18 (45.4%)	6:44	8.9 (54.6%)
68	<b>JANUR Joanna</b>	<b>206</b>	RÓŻOWE LANDRYNY	K-Open	29	<b>00:34:03.50</b>	+00:15:39 (46.0%)	6:48	8.8 (54.0%)
69	<b>WILK Marcin</b>	<b>292</b>	OLAWS	M-Open	40	<b>00:34:25.15</b>	+00:16:01 (46.5%)	6:53	8.7 (53.4%)
70	<b>DZIERŻAK Krzysztof</b>	<b>191</b>	RUNNERS TEAM NYSA	M-Open	41	<b>00:34:29.85</b>	+00:16:05 (46.7%)	6:53	8.7 (53.4%)
71	<b>KRZEŚNIAK Jadwiga</b>	<b>226</b>		K-Open	30	<b>00:35:07.00</b>	+00:16:42 (47.6%)	7:01	8.5 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>SIKORSKA Marcelina</b>	<b>253</b>	BIELAWSKA AKADEMIA BIEGANIA	K-Open	31	<b>00:35:18.85</b>	+00:16:54 (47.9%)	7:03	8.5 (52.1%)
73	<b>WIERZBICKA Marta</b>	<b>274</b>		K-Open	32	<b>00:35:20.40</b>	+00:16:56 (47.9%)	7:04	8.5 (52.1%)
74	<b>GRUDYSZ Marta</b>	<b>201</b>	RNB TEAM POLANICA- ZDRÓJ	K-Open	33	<b>00:35:24.15</b>	+00:17:00 (48.0%)	7:04	8.5 (52.1%)
75	<b>GÓRSKA Katarzyna</b>	<b>197</b>	BIELAWSKA AKADEMIA BIEGANIA	K-Open	34	<b>00:35:38.10</b>	+00:17:14 (48.4%)	7:07	8.4 (51.5%)
76	<b>KOZŁOWSKI Oskar</b>	<b>222</b>		M-Open	42	<b>00:36:22.55</b>	+00:17:58 (49.4%)	7:16	8.2 (50.3%)
77	<b>WOROCH Jolanta</b>	<b>286</b>				<b>00:36:23.30</b>	+00:17:59 (49.4%)	7:16	8.2 (50.3%)
78	<b>STĘPEK Anna</b>	<b>263</b>		K-Open	35	<b>00:36:35.75</b>	+00:18:11 (49.7%)	7:19	8.2 (50.3%)
79	<b>SLATAN Filip</b>	<b>256</b>		M-Open	43	<b>00:36:40.75</b>	+00:18:16 (49.8%)	7:20	8.2 (50.3%)
80	<b>MACH Kasia</b>	<b>234</b>	NIEDŹWIEDZIE POLARNE	K-Open	36	<b>00:36:50.30</b>	+00:18:26 (50.0%)	7:22	8.1 (49.7%)
81	<b>GOJAN Joanna</b>	<b>195</b>	VEGE RUNNERS	K-Open	37	<b>00:36:57.45</b>	+00:18:33 (50.2%)	7:23	8.1 (49.7%)
82	<b>ZDANOWICZ Iza</b>	<b>280</b>	NIEDŹWIEDZIE POLARNE	K-Open	38	<b>00:37:34.75</b>	+00:19:10 (51.0%)	7:30	8 (49.1%)
83	<b>KOZUBEK Justyna</b>	<b>223</b>		K-Open	39	<b>00:38:21.65</b>	+00:19:57 (52.0%)	7:40	7.8 (47.9%)
84	<b>BĘGOWSKA Katarzyna</b>	<b>177</b>		K-Open	40	<b>00:39:03.10</b>	+00:20:39 (52.9%)	7:48	7.7 (47.2%)
85	<b>FIGURA Zbigniew</b>	<b>192</b>	RUNNERS TEAM NYSA	M-Open	44	<b>00:39:16.45</b>	+00:20:52 (53.1%)	7:51	7.6 (46.6%)
86	<b>CHWALCZUK Jerzy</b>	<b>185</b>	RUNNERS TEAM NYSA	M-Open	45	<b>00:39:16.65</b>	+00:20:52 (53.2%)	7:51	7.6 (46.6%)
87	<b>BĘGOWSKI Marek</b>	<b>178</b>	WŁOCHATE GRUBASKI	M-Open	46	<b>00:39:20.70</b>	+00:20:56 (53.2%)	7:52	7.6 (46.6%)
88	<b>MANDZIEJ Barbara</b>	<b>236</b>		K-Open	41	<b>00:40:16.60</b>	+00:21:52 (54.3%)	8:03	7.4 (45.4%)
89	<b>BOTÓR Barbara</b>	<b>183</b>		K-Open	42	<b>00:41:26.20</b>	+00:23:02 (55.6%)	8:17	7.2 (44.2%)
90	<b>KOWALCZYK Sławomir</b>	<b>219</b>	STRAŻAK NA SZLAKU	M-Open	47	<b>00:42:10.60</b>	+00:23:46 (56.4%)	8:26	7.1 (43.6%)
91	<b>ROŚKOWSKA Ewa</b>	<b>251</b>		K-Open	43	<b>00:44:34.65</b>	+00:26:10 (58.7%)	8:55	6.7 (41.1%)
92	<b>ROŚKOWSKI Tadeusz</b>	<b>252</b>		M-Open	48	<b>00:45:25.10</b>	+00:27:01 (59.5%)	9:05	6.6 (40.5%)
93	<b>KALINOWSKA Justyna</b>	<b>211</b>		K-Open	44	<b>00:45:49.35</b>	+00:27:25 (59.8%)	9:10	6.5 (39.9%)
94	<b>ZYGADLO Natalia</b>	<b>281</b>		K-Open	45	<b>00:45:49.90</b>	+00:27:25 (59.9%)	9:10	6.5 (39.9%)
95	<b>ZAJĄC Michał</b>	<b>276</b>		M-Open	49	<b>00:47:12.10</b>	+00:28:48 (61.0%)	9:26	6.4 (39.3%)
96	<b>ŻUROWSKA Ola</b>	<b>282</b>	NIEDŹWIEDZIE POLARNE	K-Open	46	<b>00:47:51.50</b>	+00:29:27 (61.6%)	9:34	6.3 (38.7%)
97	<b>HAŁKA Małgorzata</b>	<b>204</b>		K-Open	47	<b>00:48:16.55</b>	+00:29:52 (61.9%)	9:39	6.2 (38.0%)
98	<b>STYRCZ Małgorzata</b>	<b>265</b>	BIELAWSKA AKADEMIA BIEGANIA	K-Open	48	<b>00:48:20.50</b>	+00:29:56 (61.9%)	9:40	6.2 (38.0%)
99	<b>SZNAJDER Agnieszka</b>	<b>267</b>	BIELAWSKA AKADEMIA BIEGANIA	K-Open	49	<b>00:48:20.85</b>	+00:29:56 (61.9%)	9:40	6.2 (38.0%)
100	<b>KULCZYCKI Jan</b>	<b>228</b>		M-Open	50	<b>01:02:21.00</b>	+00:43:56 (70.5%)	12:28	4.8 (29.4%)

Znaleziono 100 wynik(ów)