

# III BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** III Bieg Niedźwiedzia  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-07-10  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>JAGODZIŃSKI Tomasz</b>	<b>51</b>	DELOITTE ADVENTURE TEAM	M16-39	1	00:00:02	00:20:01	<b>00:40:50.45</b>	<b>00:40:53.10</b>		4:05	14.7 (100%)
2	<b>SZPARGAŁA Bartłomiej</b>	<b>30</b>	MAD RUNNERS	M16-39	2	00:00:01	00:20:56	<b>00:41:46.70</b>	<b>00:41:48.65</b>	+00:00:56 (2.2%)	4:10	14.4 (98.0%)
3	<b>STOJANOWSKI Mariusz</b>	<b>127</b>	RNB TEAM POLANICA ZDRÓJ	M16-39	3	00:00:01	00:21:10	<b>00:42:31.15</b>	<b>00:42:33.00</b>	+00:01:40 (3.9%)	4:15	14.1 (95.9%)
4	<b>JAGNIĘTKOWSKI Jacek</b>	<b>163</b>		M40-49	1	00:00:02	00:22:15	<b>00:44:05.50</b>	<b>00:44:08.25</b>	+00:03:15 (7.4%)	4:24	13.6 (92.5%)
5	<b>CENDROWSKI Andrzej</b>	<b>162</b>	MAD RUNNERS	M16-39	4	00:00:03	00:21:28	<b>00:44:23.45</b>	<b>00:44:26.50</b>	+00:03:33 (8.0%)	4:26	13.5 (91.8%)
6	<b>FRYDLEWICZ Zbigniew</b>	<b>32</b>	BIEGAMDLAZDROWIA	M40-49	2	00:00:03	00:21:57	<b>00:44:23.55</b>	<b>00:44:26.90</b>	+00:03:33 (8.0%)	4:26	13.5 (91.8%)
7	<b>CABAJ Damian</b>	<b>8</b>	ŚWIDNICA	M16-39	5	00:00:02	00:21:59	<b>00:44:42.50</b>	<b>00:44:44.90</b>	+00:03:52 (8.7%)	4:28	13.4 (91.2%)
8	<b>CIECIUCH Maciej</b>	<b>11</b>	RNB TEAM POLANICA ZDRÓJ	M40-49	3	00:00:02	00:21:52	<b>00:44:46.10</b>	<b>00:44:49.00</b>	+00:03:55 (8.8%)	4:28	13.4 (91.2%)
9	<b>KLIMCZAK Piotr</b>	<b>63</b>	GIMPAS PASŁĘK	M40-49	4	00:00:04	00:22:24	<b>00:45:14.35</b>	<b>00:45:19.05</b>	+00:04:23 (9.7%)	4:31	13.3 (90.5%)
10	<b>WOJTKOWSKI Wojciech</b>	<b>150</b>	MAD RUNNERS	M16-39	6	00:00:02	00:21:27	<b>00:45:15.30</b>	<b>00:45:17.55</b>	+00:04:24 (9.8%)	4:31	13.3 (90.5%)
11	<b>GORCZYŃSKI Norbert</b>	<b>35</b>	KUDOWIANKA RUN	M16-39	7	00:00:05	00:22:59	<b>00:45:57.55</b>	<b>00:46:02.55</b>	+00:05:07 (11.1%)	4:35	13.1 (89.1%)
12	<b>GRZEGOREK Grzegorz</b>	<b>41</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	M50-59	1	00:00:03	00:22:45	<b>00:46:15.70</b>	<b>00:46:18.70</b>	+00:05:25 (11.7%)	4:37	13 (88.4%)
13	<b>GRAF Remigiusz</b>	<b>38</b>	TURBO RUN LESZNO	M50-59	2	00:00:04	00:22:48	<b>00:46:18.95</b>	<b>00:46:23.65</b>	+00:05:28 (11.8%)	4:37	13 (88.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>SWATOWSKI Tomasz</b>	<b>130</b>	KLUB BIEGACZA KĄTY WROCŁAWSKIE	M16-39	8	00:00:02	00:22:16	<b>00:46:33.80</b>	<b>00:46:36.15</b>	+00:05:43 (12.3%)	4:39	12.9 (87.8%)
15	<b>JARZĘBOWICZ Adam</b>	<b>56</b>	PIESZCZOCHY&SPÓŁKA	M40-49	5	00:00:03	00:22:22	<b>00:46:49.90</b>	<b>00:46:53.45</b>	+00:05:59 (12.8%)	4:40	12.8 (87.1%)
16	<b>RĘBIAŁKOWSKI Jakub</b>	<b>110</b>	RNB TEAM POLANICA ZDRÓJ	M16-39	9	00:00:08	00:22:51	<b>00:46:52.70</b>	<b>00:47:01.55</b>	+00:06:02 (12.9%)	4:41	12.8 (87.1%)
17	<b>NEBOHA Nikita</b>	<b>99</b>		M16-39	10	00:00:05	00:22:58	<b>00:47:06.35</b>	<b>00:47:11.75</b>	+00:06:15 (13.3%)	4:42	12.7 (86.4%)
18	<b>JANUSZ Ryszard</b>	<b>53</b>	KUDOWIANKA RUN	M50-59	3	00:00:04	00:23:13	<b>00:47:29.40</b>	<b>00:47:33.50</b>	+00:06:38 (14.0%)	4:44	12.6 (85.7%)
19	<b>FEICHTINGER Marek</b>	<b>27</b>		M40-49	6	00:00:03	00:22:57	<b>00:48:03.80</b>	<b>00:48:07.45</b>	+00:07:13 (15.0%)	4:48	12.5 (85.0%)
20	<b>KURZAWIAK Grzegorz</b>	<b>81</b>	KUDOWIANKA RUN	M16-39	11	00:00:04	00:23:48	<b>00:48:49.35</b>	<b>00:48:54.10</b>	+00:07:58 (16.3%)	4:52	12.3 (83.7%)
21	<b>JANOSZEK Marcel</b>	<b>52</b>	JULA MEBLE	M16-39	12	00:00:20	00:24:34	<b>00:49:17.85</b>	<b>00:49:38.45</b>	+00:08:27 (17.2%)	4:55	12.2 (83.0%)
22	<b>ZAWIERTA Jarosław</b>	<b>169</b>		M16-39	13	00:00:08	00:25:02	<b>00:50:24.35</b>	<b>00:50:32.55</b>	+00:09:33 (19.0%)	5:02	11.9 (81.0%)
23	<b>HOTAŁA Sylwia</b>	<b>49</b>	KUDOWIANKA RUN	K16-39	1	00:00:03	00:25:03	<b>00:50:26.05</b>	<b>00:50:29.55</b>	+00:09:35 (19.0%)	5:02	11.9 (81.0%)
24	<b>HOLICKÝ Milan</b>	<b>48</b>	PARDUBICE	M50-59	4	00:00:04	00:24:59	<b>00:50:30.00</b>	<b>00:50:34.40</b>	+00:09:39 (19.1%)	5:03	11.9 (81.0%)
25	<b>GURGUL Ryszard</b>	<b>43</b>	ŚWIDNICKA GRUPA BIEGOWA	M60-69	1	00:00:05	00:24:52	<b>00:50:32.35</b>	<b>00:50:38.25</b>	+00:09:41 (19.2%)	5:03	11.9 (81.0%)
26	<b>AKUTKO Dawid</b>	<b>1</b>		M16-39	14	00:00:08	00:25:17	<b>00:50:50.70</b>	<b>00:50:59.45</b>	+00:10:00 (19.7%)	5:05	11.8 (80.3%)
27	<b>RETECKI Tomasz</b>	<b>109</b>	POLSKA BIEGA	M40-49	7	00:00:09	00:25:07	<b>00:51:52.25</b>	<b>00:52:01.55</b>	+00:11:01 (21.3%)	5:11	11.6 (78.9%)
28	<b>TEKIELI Jerzy</b>	<b>142</b>	PIESZCZOCHY&SPÓŁKA	M40-49	8	00:00:15	00:25:17	<b>00:52:08.15</b>	<b>00:52:23.40</b>	+00:11:17 (21.7%)	5:12	11.5 (78.2%)
29	<b>JAZ Joanna</b>	<b>58</b>	RNB TEAM POLANICA ZDRÓJ	K16-39	2	00:00:05	00:26:00	<b>00:52:09.05</b>	<b>00:52:14.85</b>	+00:11:18 (21.7%)	5:12	11.5 (78.2%)
30	<b>DYJA Magdalena</b>	<b>22</b>	RNB TEAM POLANICA ZDRÓJ	K16-39	3	00:00:08	00:26:18	<b>00:52:35.75</b>	<b>00:52:43.85</b>	+00:11:45 (22.3%)	5:15	11.4 (77.6%)
31	<b>RAJCZAKOWSKI Jarosław</b>	<b>165</b>		M16-39	15	00:00:09	00:25:29	<b>00:52:38.50</b>	<b>00:52:48.40</b>	+00:11:48 (22.4%)	5:15	11.4 (77.6%)
32	<b>TEREK Jacek</b>	<b>144</b>		M50-59	5	00:00:02	00:26:23	<b>00:52:38.65</b>	<b>00:52:41.20</b>	+00:11:48 (22.4%)	5:15	11.4 (77.6%)
33	<b>CZAJKOWSKI Paweł</b>	<b>13</b>	WIKI&MAKS	M40-49	9	00:00:12	00:26:25	<b>00:52:41.80</b>	<b>00:52:54.45</b>	+00:11:51 (22.5%)	5:16	11.4 (77.6%)
34	<b>SĄŁAPATEK Robert</b>	<b>114</b>	BIEGOWA ŚWIDNICA	M40-49	10	00:00:10	00:25:29	<b>00:52:52.95</b>	<b>00:53:03.85</b>	+00:12:02 (22.8%)	5:17	11.3 (76.9%)
35	<b>WINNY Przemysław</b>	<b>148</b>	BIELAWSKA AKADEMIA BIEGANIA	M16-39	16	00:00:02	00:25:03	<b>00:53:39.10</b>	<b>00:53:41.35</b>	+00:12:48 (23.9%)	5:21	11.2 (76.2%)
36	<b>KOWALCZYK Bogdan</b>	<b>71</b>	PHU BODEX BOGDAN KOWALCZYK	M50-59	6	00:00:04	00:32:01	<b>00:54:01.00</b>	<b>00:54:05.00</b>	+00:13:10 (24.4%)	5:24	11.1 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
37	JARZĘBOWICZ Iwona	55	PIESZCZOCHY&SPÓŁKA	K40-49	1	00:00:15	00:27:13	00:55:24.65	00:55:40.35	+00:14:34 (26.3%)	5:32	10.8 (73.5%)
38	PAWŁOWSKI Piotr	104	BIEGOWA ŚWIDNICA	M50-59	7	00:00:11	00:26:33	00:55:26.30	00:55:37.45	+00:14:35 (26.3%)	5:32	10.8 (73.5%)
39	DYJAK Leszek	23		M16-39	17	00:00:03	00:26:13	00:55:31.60	00:55:34.60	+00:14:41 (26.4%)	5:33	10.8 (73.5%)
40	BYKOWSKI Marek	7	AKTYWNA NOWA RUDA	M16-39	18	00:00:03	00:25:32	00:55:33.80	00:55:37.10	+00:14:43 (26.5%)	5:33	10.8 (73.5%)
41	MAZURKIEWICZ Grzegorz	91		M50-59	8	00:00:02	00:28:26	00:55:50.00	00:55:52.00	+00:14:59 (26.9%)	5:35	10.7 (72.8%)
42	BORCZUCH Paweł	5	ABY DO METY	M40-49	11	00:00:21	00:26:49	00:56:03.95	00:56:25.05	+00:15:13 (27.2%)	5:36	10.7 (72.8%)
43	ŁĘGA Wiesław	84	KS TĘCZA	M40-49	12	00:00:03	00:26:42	00:56:16.95	00:56:20.15	+00:15:26 (27.4%)	5:37	10.7 (72.8%)
44	PONDEL Marzena	106	BRAK	K40-49	2	00:00:08	00:27:55	00:56:43.60	00:56:52.15	+00:15:53 (28.0%)	5:40	10.6 (72.1%)
45	FABJANSKI Augustyn	26	AKTYWNI KLECINA	M60-69	2	00:00:07	00:27:56	00:57:29.75	00:57:37.40	+00:16:39 (29.0%)	5:44	10.4 (70.7%)
46	CHOMICZ-SZABŁOWSKA Anna	155		K40-49	3	00:00:03	00:27:56	00:57:32.00	00:57:35.00	+00:16:41 (29.0%)	5:45	10.4 (70.7%)
47	BIELECKI Grzegorz	3		M40-49	13	00:00:13	00:28:43	00:57:43.45	00:57:56.75	+00:16:53 (29.2%)	5:46	10.4 (70.7%)
48	NOWAK Ireneusz	101	PIESZCZOCHY & SPÓŁKA	M40-49	14	00:00:15	00:28:35	00:57:52.40	00:58:07.85	+00:17:01 (29.4%)	5:47	10.4 (70.7%)
49	KUCHTA Izabela	75		K40-49	4	00:00:14	00:28:48	00:57:59.45	00:58:14.25	+00:17:09 (29.6%)	5:47	10.3 (70.1%)
50	KUBAŚ Dawid	164		M16-39	19	00:00:10	00:29:05	00:58:19.25	00:58:29.80	+00:17:28 (30.0%)	5:49	10.3 (70.1%)
51	FILIPEK Tomasz	29	PIESZCZOCHY & SPÓŁKA	M16-39	20	00:00:16	00:29:48	00:58:56.10	00:59:12.45	+00:18:05 (30.7%)	5:53	10.2 (69.4%)
52	SKOCZYLAS Artur	118	PREDATORS WAŁBRZYCH	M40-49	15	00:00:03	00:29:15	00:59:15.00	00:59:18.00	+00:18:24 (31.1%)	5:55	10.1 (68.7%)
53	HEHL Tomasz	47	PIESZCZOCHY&SPÓŁKA	M40-49	16	00:00:16	00:28:35	00:59:21.50	00:59:37.65	+00:18:31 (31.2%)	5:56	10.1 (68.7%)
54	HASIAK Aleksander	46		M50-59	9	00:00:12	00:28:34	00:59:43.45	00:59:56.25	+00:18:53 (31.6%)	5:58	10 (68.0%)
55	STACHNIK Maciej	122	ŚLĄSK WROCŁAW	M16-39	21	00:00:10	00:29:21	01:00:49.85	01:01:00.35	+00:19:59 (32.9%)	6:04	9.9 (67.3%)
56	GABRYSZUK Kamil	33	ZWYCIĘZCÓW 6F	M16-39	22	00:00:19	00:29:18	01:01:07.80	01:01:26.95	+00:20:17 (33.2%)	6:06	9.8 (66.7%)
57	KURPAS Agata	80	MULTIFIT	K16-39	4	00:00:09	00:30:11	01:01:15.15	01:01:24.50	+00:20:24 (33.3%)	6:07	9.8 (66.7%)
58	NAPIERAŁA Tadeusz	97	TEGES	M60-69	3	00:00:11	00:30:30	01:01:19.15	01:01:30.80	+00:20:28 (33.4%)	6:07	9.8 (66.7%)
59	AKUTKO Paweł	2		M16-39	23	00:00:08	00:28:23	01:01:29.90	01:01:38.65	+00:20:39 (33.6%)	6:08	9.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
60	<b>STOBIŃSKI Michał</b>	<b>126</b>	FC BIAŁKA	M16-39	24	00:00:11	00:32:12	<b>01:01:55.05</b>	<b>01:02:06.20</b>	+00:21:04 (34.0%)	6:11	9.7 (66.0%)
61	<b>MIZERACKI Bolesław</b>	<b>94</b>	BIELAWSKA AKADEMIA BIEGANIA	M60-69	4	00:00:02	00:30:08	<b>01:02:28.90</b>	<b>01:02:30.95</b>	+00:21:38 (34.6%)	6:14	9.6 (65.3%)
62	<b>SZCZEŚNIAK Andrzej</b>	<b>133</b>	WOMP WROCŁAW	M70+	1	00:00:04	00:30:51	<b>01:02:40.20</b>	<b>01:02:45.10</b>	+00:21:49 (34.8%)	6:16	9.6 (65.3%)
63	<b>KURNYTA Stanisław</b>	<b>79</b>	TEMPO WAŁBRZYCH	M50-59	10	00:00:09	00:30:07	<b>01:03:02.00</b>	<b>01:03:11.80</b>	+00:22:11 (35.2%)	6:18	9.5 (64.6%)
64	<b>DUDA Agnieszka</b>	<b>20</b>		K40-49	5	00:00:03	00:34:09	<b>01:03:15.00</b>	<b>01:03:18.00</b>	+00:22:24 (35.4%)	6:19	9.5 (64.6%)
65	<b>BŁASZCZYK Jerzy</b>	<b>4</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M60-69	5	00:00:11	00:30:42	<b>01:03:16.30</b>	<b>01:03:28.05</b>	+00:22:25 (35.5%)	6:19	9.5 (64.6%)
66	<b>DRAB Paweł</b>	<b>17</b>	LEAN TECH RUN	M40-49	17	00:00:16	00:31:07	<b>01:03:21.25</b>	<b>01:03:37.35</b>	+00:22:30 (35.5%)	6:20	9.5 (64.6%)
67	<b>ZAWIERTA Angelika</b>	<b>170</b>		K16-39	5	00:00:14	00:31:15	<b>01:03:27.10</b>	<b>01:03:41.75</b>	+00:22:36 (35.6%)	6:20	9.5 (64.6%)
68	<b>SKIBA-DZIADYK Dominika</b>	<b>117</b>	MAD RUNNERS	K40-49	6	00:00:17	00:31:33	<b>01:03:50.00</b>	<b>01:04:07.70</b>	+00:22:59 (36.0%)	6:23	9.4 (63.9%)
69	<b>SZYMAŃSKI Grzegorz</b>	<b>137</b>	ZWYCIĘZCÓW 6F	M40-49	18	00:00:13	00:31:57	<b>01:04:11.05</b>	<b>01:04:25.00</b>	+00:23:20 (36.4%)	6:25	9.3 (63.3%)
70	<b>GRAJEK Tomasz</b>	<b>39</b>	BROWAR KARCZEWSKI TEAM	M40-49	19	00:00:19	00:32:04	<b>01:05:15.10</b>	<b>01:05:35.00</b>	+00:24:24 (37.4%)	6:31	9.2 (62.6%)
71	<b>TACHNER Magdalena</b>	<b>166</b>		K40-49	7	00:00:18	00:32:01	<b>01:05:34.75</b>	<b>01:05:53.00</b>	+00:24:44 (37.7%)	6:33	9.2 (62.6%)
72	<b>CYBULSKI Grzegorz</b>	<b>12</b>	NAJWIĘKSZA ARMIA ŚWIATA	M40-49	20	00:00:11	00:31:58	<b>01:05:47.70</b>	<b>01:05:59.50</b>	+00:24:57 (37.9%)	6:34	9.1 (61.9%)
73	<b>MICHALSKA-HASIAK Katarzyna</b>	<b>92</b>		K50-59	1	00:00:12	00:32:43	<b>01:07:15.00</b>	<b>01:07:27.50</b>	+00:26:24 (39.3%)	6:43	8.9 (60.5%)
74	<b>MARSZAŁKOWSKI Radosław</b>	<b>89</b>		M16-39	25	00:00:21	00:34:18	<b>01:08:38.15</b>	<b>01:09:00.00</b>	+00:27:47 (40.5%)	6:51	8.7 (59.2%)
75	<b>ZAYKOWSKI Bartosz</b>	<b>157</b>		M16-39	26	00:00:02	00:32:27	<b>01:10:01.90</b>	<b>01:10:04.25</b>	+00:29:11 (41.7%)	7:00	8.6 (58.5%)
76	<b>SZCZĘDOR Mariola</b>	<b>134</b>	ABY DO METY	K40-49	8	00:00:20	00:34:33	<b>01:11:04.60</b>	<b>01:11:25.30</b>	+00:30:14 (42.5%)	7:06	8.4 (57.1%)
77	<b>STROJWAŚ Anna</b>	<b>156</b>	WKB PIAST	K60-69	1	00:00:08	00:36:40	<b>01:15:42.05</b>	<b>01:15:50.45</b>	+00:34:51 (46.0%)	7:34	7.9 (53.7%)
78	<b>DRZAZGA Jakub</b>	<b>19</b>	AGILE COACHING JAKUB DRZAZGA	M16-39	27	00:00:15	00:41:13	<b>01:25:20.90</b>	<b>01:25:36.35</b>	+00:44:30 (52.1%)	8:32	7 (47.6%)
79	<b>GEREMESZ-NAPIERAŁA Katarzyna</b>	<b>34</b>	TEGES	K50-59	2	00:00:11	00:42:30	<b>01:31:30.10</b>	<b>01:31:41.35</b>	+00:50:39 (55.4%)	9:09	6.6 (44.9%)
80	<b>HALKA Małgorzata</b>	<b>44</b>	JACHU	K40-49	9	00:00:21	00:47:13	<b>24576:00:00</b>	<b>24576:00:21</b>	+408:55:0 (100.0%)	147456:00	0 (0.0%)

Znaleziono 80 wynik(ów)