

## III BIEG NIEDŹWIEDZIA - 10 KM

□ **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	JAGODZIŃSKI Tomasz	51	DELOITTE ADVENTURE TEAM	M16-39	1	00:00:02	00:20:01	00:40:50.45	00:40:53.10		4:05	14.7
2	SZPARGAŁA Bartłomiej	30	MAD RUNNERS	M16-39	2	00:00:01	00:20:56	00:41:46.70	00:41:48.65	+00:00:56	4:10	14.4
3	STOJANOWSKI Mariusz	127	RNB TEAM POLANICA ZDRÓJ	M16-39	3	00:00:01	00:21:10	00:42:31.15	00:42:33.00	+00:01:40	4:15	14.1
4	JAGNIĘTKOWSKI Jacek	163		M40-49	1	00:00:02	00:22:15	00:44:05.50	00:44:08.25	+00:03:15	4:24	13.6
5	CENDROWSKI Andrzej	162	MAD RUNNERS	M16-39	4	00:00:03	00:21:28	00:44:23.45	00:44:26.50	+00:03:33	4:26	13.5
6	FRYDLEWICZ Zbigniew	32	BIEGAMDLAZDROWA	M40-49	2	00:00:03	00:21:57	00:44:23.55	00:44:26.90	+00:03:33	4:26	13.5
7	CABAJ Damian	8	ŚWMDNICA	M16-39	5	00:00:02	00:21:59	00:44:42.50	00:44:44.90	+00:03:52	4:28	13.4
8	CIECIUCH Maciej	11	RNB TEAM POLANICA ZDRÓJ	M40-49	3	00:00:02	00:21:52	00:44:46.10	00:44:49.00	+00:03:55	4:28	13.4
9	KLIMCZAK Piotr	63	GIMPAS PASŁĘK	M40-49	4	00:00:04	00:22:24	00:45:14.35	00:45:19.05	+00:04:23	4:31	13.3
10	WOJTKOWSKI Wojciech	150	MAD RUNNERS	M16-39	6	00:00:02	00:21:27	00:45:15.30	00:45:17.55	+00:04:24	4:31	13.3
11	GORCZYŃSKI Norbert	35	KUDOWANKA RUN	M16-39	7	00:00:05	00:22:59	00:45:57.55	00:46:02.55	+00:05:07	4:35	13.1
12	GRZEGOREK Grzegorz	41	KLUB BIEGACZA KĄTY WROCŁAWSKIE	M50-59	1	00:00:03	00:22:45	00:46:15.70	00:46:18.70	+00:05:25	4:37	13
13	GRAF Remigiusz	38	TURBO RUN LESZNO	M50-59	2	00:00:04	00:22:48	00:46:18.95	00:46:23.65	+00:05:28	4:37	13
14	SWATOWSKI Tomasz	130	KLUB BIEGACZA KĄTY WROCŁAWSKIE	M16-39	8	00:00:02	00:22:16	00:46:33.80	00:46:36.15	+00:05:43	4:39	12.9
15	JARZĘBOWICZ Adam	56	PIESZCZOCHY&SPÓŁKA	M40-49	5	00:00:03	00:22:22	00:46:49.90	00:46:53.45	+00:05:59	4:40	12.8
16	RĘBIAŁKOWSKI Jakub	110	RNB TEAM POLANICA ZDRÓJ	M16-39	9	00:00:08	00:22:51	00:46:52.70	00:47:01.55	+00:06:02	4:41	12.8
17	NEBOHA Nikita	99		M16-39	10	00:00:05	00:22:58	00:47:06.35	00:47:11.75	+00:06:15	4:42	12.7
18	JANUSZ Ryszard	53	KUDOWANKA RUN	M50-59	3	00:00:04	00:23:13	00:47:29.40	00:47:33.50	+00:06:38	4:44	12.6
19	FEICHTINGER Marek	27		M40-49	6	00:00:03	00:22:57	00:48:03.80	00:48:07.45	+00:07:13	4:48	12.5
20	KURZAWIAK Grzegorz	81	KUDOWANKA RUN	M16-39	11	00:00:04	00:23:48	00:48:49.35	00:48:54.10	+00:07:58	4:52	12.3
21	JANOSZEK Marcel	52	JULA MEBLE	M16-39	12	00:00:20	00:24:34	00:49:17.85	00:49:38.45	+00:08:27	4:55	12.2
22	ZAWIERTA Jarosław	169		M16-39	13	00:00:08	00:25:02	00:50:24.35	00:50:32.55	+00:09:33	5:02	11.9
23	HOTAŁA Sylwia	49	KUDOWANKA RUN	K16-39	1	00:00:03	00:25:03	00:50:26.05	00:50:29.55	+00:09:35	5:02	11.9
24	HOLICKÝ Milan	48	PARDUBICE	M50-59	4	00:00:04	00:24:59	00:50:30.00	00:50:34.40	+00:09:39	5:03	11.9
25	GURGUL Ryszard	43	ŚWMDNICKA GRUPA BIEGOWA	M60-69	1	00:00:05	00:24:52	00:50:32.35	00:50:38.25	+00:09:41	5:03	11.9
26	AKUTKO Dawid	1		M16-39	14	00:00:08	00:25:17	00:50:50.70	00:50:59.45	+00:10:00	5:05	11.8
27	RETECKI Tomasz	109	POLSKA BIEGA	M40-49	7	00:00:09	00:25:07	00:51:52.25	00:52:01.55	+00:11:01	5:11	11.6
28	TEKIELI Jerzy	142	PIESZCZOCHY&SPÓŁKA	M40-49	8	00:00:15	00:25:17	00:52:08.15	00:52:23.40	+00:11:17	5:12	11.5
29	JAZ Joanna	58	RNB TEAM POLANICA ZDRÓJ	K16-39	2	00:00:05	00:26:00	00:52:09.05	00:52:14.85	+00:11:18	5:12	11.5

Msc	Nazwisko	Numer	Klub	Kategoria	Mkat	Czas startu	Laps - 5km	Czas 5km	Czas 10km	Tempo min/km	Tempo km/h	
30	DYJA Magdalena	22	RNB TEAM POLANICA ZDRÓJ	K16-39	3	00:00:08	00:26:18	00:52:35.75	00:52:43.85	+00:11:45	5:15	11.4
31	RAJCZAKOWSKI Jacek	144		M50-59	5	00:00:02	00:26:23	00:52:16.50	00:52:16.40	+00:11:48	5:15	11.4
32	TEREK Jacek	144		M50-59	5	00:00:02	00:26:23	00:52:16.50	00:52:16.40	+00:11:48	5:15	11.4
33	CZAJKOWSKI Paweł	13	WKI&MAKS	M40-49	9	00:00:12	00:26:25	00:52:41.80	00:52:54.45	+00:11:51	5:16	11.4
34	SALAPATEK Robert	114	BIEGOWA ŚWIDNICA	M40-49	10	00:00:10	00:25:29	00:52:52.95	00:53:03.85	+00:12:02	5:17	11.3
35	WINNY Przemysław	148	BIELAWSKA AKADEMIA BIEGANIA	M16-39	16	00:00:02	00:25:03	00:53:39.10	00:53:41.35	+00:12:48	5:21	11.2
36	KOWALCZYK Bogdan	71	PHU BODEX BOGDAN KOWALCZYK	M50-59	6	00:00:04	00:32:01	00:54:01.00	00:54:05.00	+00:13:10	5:24	11.1
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	5:32	10.8
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	5:32	10.8
39	DYJAK Leszek	23		M16-39	17	00:00:03	00:26:13	00:55:31.60	00:55:34.60	+00:14:41	5:33	10.8
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	5:33	10.8
41	MAZURKIEWICZ Grzegorz	91		M50-59	8	00:00:02	00:28:26	00:55:50.00	00:55:52.00	+00:14:59	5:35	10.7
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	5:36	10.7
43	LĘGA Wiesław	84	KS TĘCZA	M40-49	12	00:00:03	00:26:42	00:56:16.95	00:56:20.15	+00:15:26	5:37	10.7
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	5:40	10.6
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	5:44	10.4
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	5:45	10.4
47	BIELECKI Grzegorz	3		M40-49	13	00:00:13	00:28:43	00:57:43.45	00:57:56.75	+00:16:53	5:46	10.4
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	5:47	10.4
49	KUCHTA Izabela	75		K40-49	4	00:00:14	00:28:48	00:57:59.45	00:58:14.25	+00:17:09	5:47	10.3
50	KUBAŚ Dawid	164		M16-39	19	00:00:10	00:29:05	00:58:19.25	00:58:29.80	+00:17:28	5:49	10.3
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	5:53	10.2
52	SKOCZYLAŚ Artur	118	PREDATORS WAŁBRZYCH	M40-49	15	00:00:03	00:29:15	00:59:15.00	00:59:18.00	+00:18:24	5:55	10.1
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	5:56	10.1
54	HASIAK Aleksander	46		M50-59	9	00:00:12	00:28:34	00:59:43.45	00:59:56.25	+00:18:53	5:58	10
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	6:04	9.9
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	6:06	9.8
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	6:07	9.8
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	6:07	9.8
59	AKUTKO Paweł	2		M16-39	23	00:00:08	00:28:23	01:01:29.90	01:01:38.65	+00:20:39	6:08	9.8
60	STOBIŃSKI Michał	126	FC BIAŁKA	M16-39	24	00:00:11	00:32:12	01:01:55.05	01:02:06.20	+00:21:04	6:11	9.7
61	MIZERACKI Bolesław	94	BIELAWSKA AKADEMIA BIEGANIA	M60-69	4	00:00:02	00:30:08	01:02:28.90	01:02:30.95	+00:21:38	6:14	9.6
62	SZCZEŚNIAK Andrzej	133	WOMP WROCŁAW	M70+	1	00:00:04	00:30:51	01:02:40.20	01:02:45.10	+00:21:49	6:16	9.6
63	KURNYTA Stanisław	79	TEMMPO WAŁBRZYCH	M50-59	10	00:00:09	00:30:07	01:03:02.00	01:03:11.80	+00:22:11	6:18	9.5
64	DUDA Agnieszka	20		K40-49	5	00:00:03	00:34:09	01:03:15.00	01:03:18.00	+00:22:24	6:19	9.5
65	BŁASZCZYK Jerzy	4	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M60-69	5	00:00:11	00:30:42	01:03:16.30	01:03:28.05	+00:22:25	6:19	9.5
66	DRAB Paweł	17	LEAN TECH RUN	M40-49	17	00:00:16	00:31:07	01:03:21.25	01:03:37.35	+00:22:30	6:20	9.5
67	ZAWIERTA Angelika	170		K16-39	5	00:00:14	00:31:15	01:03:27.10	01:03:41.75	+00:22:36	6:20	9.5
68	SKIBA-DZIADYK Dominika	117	MAD RUNNERS	K40-49	6	00:00:17	00:31:33	01:03:50.00	01:04:07.70	+00:22:59	6:23	9.4
69	SZYMAŃSKI Grzegorz	137	ZWYCIĘZCÓW 6F	M40-49	18	00:00:13	00:31:57	01:04:11.05	01:04:25.00	+00:23:20	6:25	9.3
70	GRAJEK Tomasz	39	BROWAR KARCZEWSKI TEAM	M40-49	19	00:00:19	00:32:04	01:05:15.10	01:05:35.00	+00:24:24	6:31	9.2
71	TACHNER Magdalena	166		K40-49	7	00:00:18	00:32:01	01:05:34.75	01:05:53.00	+00:24:44	6:33	9.2
72	CYBULSKI Grzegorz	12	NAJWIĘKSZA ARMIA ŚWIATA	M40-49	20	00:00:11	00:31:58	01:05:47.70	01:05:59.50	+00:24:57	6:34	9.1
73	MICHALSKA-HASIAK Katarzyna	92		K50-59	1	00:00:12	00:32:43	01:07:15.00	01:07:27.50	+00:26:24	6:43	8.9
74	MARSZAŁKOWSKI Radosław	89		M16-39	25	00:00:21	00:34:18	01:08:38.15	01:09:00.00	+00:27:47	6:51	8.7
75	ZAYKOWSKI Bartosz	157		M16-39	26	00:00:02	00:32:27	01:10:01.90	01:10:04.25	+00:29:11	7:00	8.6
76	SZCZĘDOR Mariola	134	ABY DO METY	K40-49	8	00:00:20	00:34:33	01:11:04.60	01:11:25.30	+00:30:14	7:06	8.4
77	STROJWAŚ Anna	156	WKB PIAST	K60-69	1	00:00:08	00:36:40	01:15:42.05	01:15:50.45	+00:34:51	7:34	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
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	8:32	7
79	<b>GEREMESZAWIŁKA Katarzyna</b>	<b>34</b>	TEGES	K50-59	2	00:00:11	00:42:00	<b>01:31:30.10</b>	<b>01:31:41.35</b>	+00:50:39	9:09	6.8
80	<b>HALKA Małgorzata</b>	<b>44</b>	JACHU	K40-49	9	00:00:21	00:47:13			+00:27:12	9:26	6.4

Znaleziono 80 wynik(ów)