

III BIEG NIEDŹWIEDZIA - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: OPEN -M

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	BIEGAMDŁAZDROWIA	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	ŚWIDNICA	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	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
24	GURGUL Ryszard	43	ŚWIDNICKA 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
25	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
26	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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Laps_5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
27	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
28	RAJCZAKOWSKI Jarosław	165		M16-39	15	00:00:09	00:25:29	00:52:38.50	00:52:48.40	+00:11:48	5:15	11.4
29	TEREK Jacek	144		M50-59	5	00:00:02	00:26:23	00:52:38.65	00:52:41.20	+00:11:48	5:15	11.4
30	CZAJKOWSKI Paweł	13	WIKI&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
31	SĄŁAPATEK 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
32	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
33	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
34	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
35	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
36	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
37	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
38	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
39	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
40	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
41	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
42	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
43	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
44	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
45	SKOCZYŁAS 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
46	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
47	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
48	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
49	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
50	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
51	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
52	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
53	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
54	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
55	KURNYTA Stanisław	79	TEMPO 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
56	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
57	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
58	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
59	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
60	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
61	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
62	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
63	DRZAZGA Jakub	19	AGILE COACHING JAKUB DRZAZGA	M16-39	27	00:00:15	00:41:13	01:25:20.90	01:25:36.35	+00:44:30	8:32	7

Znaleziono 63 wynik(ów)