

# III BIEG NIEDŹWIEDZIA - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** III Bieg Niedźwiedzia  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-07-10  
**Miejsce:** Polanica Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BIELAK Miłosz</b>	<b>167</b>		M16-39	1	00:00:03	<b>00:18:40.55</b>	<b>00:18:43.75</b>		3:44	16.1 (100%)
2	<b>FRELIK Karol</b>	<b>31</b>	LKS OSUCHÓW	M16-39	2	00:00:01	<b>00:18:51.15</b>	<b>00:18:52.95</b>	+00:00:10 (0.9%)	3:46	15.9 (98.8%)
3	<b>KMIECIK Tomasz</b>	<b>168</b>		M40-49	1	00:00:02	<b>00:20:18.95</b>	<b>00:20:21.70</b>	+00:01:38 (8.1%)	4:03	14.8 (91.9%)
4	<b>SIKORA Adam</b>	<b>116</b>	MAD RUNNERS	M16-39	3	00:00:04	<b>00:20:19.65</b>	<b>00:20:23.75</b>	+00:01:39 (8.1%)	4:03	14.8 (91.9%)
5	<b>LASKOWSKI Marcin</b>	<b>83</b>	MAD RUNNERS	M16-39	4	00:00:03	<b>00:21:05.40</b>	<b>00:21:08.95</b>	+00:02:24 (11.4%)	4:13	14.2 (88.2%)
6	<b>PARADA Bronisław</b>	<b>102</b>	RNB TEAM POLANICA-ZDRÓJ	M40-49	2	00:00:04	<b>00:21:28.80</b>	<b>00:21:33.10</b>	+00:02:48 (13.1%)	4:17	14 (87.0%)
7	<b>SZCZEPAŃSKI Grzegorz</b>	<b>132</b>	MAD RUNNERS	M16-39	5	00:00:04	<b>00:21:31.50</b>	<b>00:21:35.95</b>	+00:02:50 (13.2%)	4:18	13.9 (86.3%)
8	<b>ZIĘTERSKI Robert</b>	<b>154</b>	RNB TEAM POLANICA-ZDRÓJ	M40-49	3	00:00:04	<b>00:21:54.55</b>	<b>00:21:58.80</b>	+00:03:14 (14.8%)	4:22	13.7 (85.1%)
9	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>59</b>	KUDOWIANKA RUN	M16-39	6	00:00:03	<b>00:22:10.40</b>	<b>00:22:14.35</b>	+00:03:29 (15.8%)	4:26	13.5 (83.9%)
10	<b>KOGUS Grzegorz</b>	<b>65</b>		M40-49	4	00:00:01	<b>00:22:18.25</b>	<b>00:22:20.20</b>	+00:03:37 (16.3%)	4:27	13.5 (83.9%)
11	<b>MARCINOWSKI Paweł</b>	<b>88</b>	ULKS BYSTRZYCA KŁODZKA	M16-39	7	00:00:07	<b>00:22:29.20</b>	<b>00:22:36.25</b>	+00:03:48 (16.9%)	4:29	13.3 (82.6%)
12	<b>KORCZYŃSKI Łukasz</b>	<b>69</b>	BIEGOWA POGORZAŁA	M40-49	5	00:00:07	<b>00:23:18.90</b>	<b>00:23:26.55</b>	+00:04:38 (19.9%)	4:39	12.9 (80.1%)
13	<b>KONIECZYŃSKI Mariusz</b>	<b>67</b>	RNB TEAM POLANICA-ZDRÓJ	M40-49	6	00:00:04	<b>00:23:27.95</b>	<b>00:23:32.80</b>	+00:04:47 (20.4%)	4:41	12.8 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>WOŻNY Paulina</b>	<b>42</b>		K16-39	1	00:00:07	<b>00:23:30.05</b>	<b>00:23:37.20</b>	+00:04:49 (20.5%)	4:42	12.8 (79.5%)
15	<b>SMOLNICKI Marcin</b>	<b>120</b>		M16-39	8	00:00:04	<b>00:23:31.50</b>	<b>00:23:35.65</b>	+00:04:50 (20.6%)	4:42	12.8 (79.5%)
16	<b>DARGACZ Dominik</b>	<b>15</b>	MAD RUNNERS	M16-39	9	00:00:06	<b>00:23:40.80</b>	<b>00:23:47.35</b>	+00:05:00 (21.1%)	4:44	12.7 (78.9%)
17	<b>DWOJAK Sara</b>	<b>21</b>	MAD RUNNERS	K16-39	2	00:00:06	<b>00:23:41.65</b>	<b>00:23:47.80</b>	+00:05:01 (21.2%)	4:44	12.7 (78.9%)
18	<b>BUSS Jakub</b>	<b>6</b>	KUDOWIANKA RUN	M40-49	7	00:00:05	<b>00:23:52.50</b>	<b>00:23:57.85</b>	+00:05:11 (21.8%)	4:46	12.6 (78.3%)
19	<b>MOSZYŃSKI Jacek</b>	<b>95</b>	TKKF KOSZALIN	M50-59	1	00:00:05	<b>00:24:02.00</b>	<b>00:24:07.45</b>	+00:05:21 (22.3%)	4:48	12.5 (77.6%)
20	<b>ROMAN Krzysztof</b>	<b>111</b>	KUDOWIANKA RUN	M60-69	1	00:00:04	<b>00:24:32.55</b>	<b>00:24:36.85</b>	+00:05:52 (23.9%)	4:54	12.2 (75.8%)
21	<b>CHORZĘPA Adam</b>	<b>10</b>	KUDOWIANKA RUN	M50-59	2	00:00:04	<b>00:24:39.15</b>	<b>00:24:43.30</b>	+00:05:58 (24.2%)	4:55	12.2 (75.8%)
22	<b>SZARAFIN Sławomir</b>	<b>131</b>	OLDBOY65.COM	M50-59	3	00:00:05	<b>00:24:44.35</b>	<b>00:24:50.25</b>	+00:06:03 (24.5%)	4:56	12.1 (75.2%)
23	<b>KOZŁOWSKI Bartłomiej</b>	<b>73</b>	KUDOWIANKA - RUN	M40-49	8	00:00:03	<b>00:24:47.00</b>	<b>00:24:50.95</b>	+00:06:06 (24.6%)	4:57	12.1 (75.2%)
24	<b>STANISŁAWSKA Ewa</b>	<b>123</b>		K16-39	3	00:00:07	<b>00:25:19.75</b>	<b>00:25:27.55</b>	+00:06:39 (26.3%)	5:03	11.8 (73.3%)
25	<b>MICHALSKI Jerzy</b>	<b>93</b>		M40-49	9	00:00:18	<b>00:25:48.20</b>	<b>00:26:06.80</b>	+00:07:07 (27.6%)	5:09	11.6 (72.0%)
26	<b>KUPIEC Mariusz</b>	<b>77</b>	EBIEGI.PL	M40-49	10	00:00:09	<b>00:25:51.50</b>	<b>00:26:00.55</b>	+00:07:10 (27.8%)	5:10	11.6 (72.0%)
27	<b>RESSEL Joanna</b>	<b>108</b>	RNB TEAM POLANICA ZDRÓJ	K16-39	4	00:00:06	<b>00:25:52.25</b>	<b>00:25:58.70</b>	+00:07:11 (27.8%)	5:10	11.6 (72.0%)
28	<b>ZAREMBA Dawid</b>	<b>152</b>	ZWYCIĘZCÓW 6F	M16-39	10	00:00:05	<b>00:25:53.15</b>	<b>00:25:58.15</b>	+00:07:12 (27.9%)	5:10	11.6 (72.0%)
29	<b>DYKO Bartosz</b>	<b>24</b>	MAD RUNNERS	M16-39	11	00:00:12	<b>00:25:59.75</b>	<b>00:26:12.00</b>	+00:07:19 (28.2%)	5:11	11.5 (71.4%)
30	<b>SUCHENIA Daniel</b>	<b>128</b>		M50-59	4	00:00:05	<b>00:26:24.60</b>	<b>00:26:29.60</b>	+00:07:44 (29.3%)	5:16	11.4 (70.8%)
31	<b>EKALT Paweł</b>	<b>25</b>		M16-39	12	00:00:09	<b>00:26:38.90</b>	<b>00:26:48.25</b>	+00:07:58 (29.9%)	5:19	11.3 (70.2%)
32	<b>KOGUS Jarosław</b>	<b>66</b>		M40-49	11	00:00:03	<b>00:26:44.20</b>	<b>00:26:47.50</b>	+00:08:03 (30.1%)	5:20	11.2 (69.6%)
33	<b>WOROCH Roman</b>	<b>151</b>	KGHM METRACO POLKOWICE	M60-69	2	00:00:12	<b>00:27:08.60</b>	<b>00:27:21.55</b>	+00:08:28 (31.2%)	5:25	11.1 (68.9%)
34	<b>DĄBROWSKA Alicja</b>	<b>16</b>	TKKF KOSZALIN	K50-59	1	00:00:08	<b>00:27:12.70</b>	<b>00:27:21.55</b>	+00:08:32 (31.4%)	5:26	11 (68.3%)
35	<b>ŚLADCZYK Seweryn</b>	<b>139</b>	MKST ITF	M16-39	13	00:00:11	<b>00:27:21.20</b>	<b>00:27:32.75</b>	+00:08:40 (31.7%)	5:28	11 (68.3%)
36	<b>ŚLADCZYK Dominik</b>	<b>138</b>	MKST ITF	M16-39	14	00:00:11	<b>00:27:22.45</b>	<b>00:27:33.65</b>	+00:08:41 (31.8%)	5:28	11 (68.3%)

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37	<b>KORCZYŃSKA Alicja</b>	<b>68</b>	BIEGOWA POGORZAŁA	K40-49	1	00:00:07	<b>00:28:25.15</b>	<b>00:28:32.95</b>	+00:09:44 (34.3%)	5:41	10.6 (65.8%)
38	<b>ŁYKO Mariusz</b>	<b>85</b>	MAD RUNNERS	M40-49	12	00:00:27	<b>00:28:28.00</b>	<b>00:28:55.75</b>	+00:09:47 (34.4%)	5:41	10.5 (65.2%)
39	<b>ŁYKO Marta</b>	<b>86</b>	MAD RUNNERS	K16-39	5	00:00:27	<b>00:28:28.25</b>	<b>00:28:55.90</b>	+00:09:47 (34.4%)	5:41	10.5 (65.2%)
40	<b>DROŻYŃSKA Iwona</b>	<b>18</b>		K16-39	6	00:00:06	<b>00:28:45.20</b>	<b>00:28:51.75</b>	+00:10:04 (35.0%)	5:45	10.4 (64.6%)
41	<b>KOWAL Krzysztof</b>	<b>70</b>		M40-49	13	00:00:12	<b>00:28:52.00</b>	<b>00:29:04.35</b>	+00:10:11 (35.3%)	5:46	10.4 (64.6%)
42	<b>MADZIA Aleksandra</b>	<b>87</b>	RNB TEAM POLANICA ZDRÓJ	K16-39	7	00:00:07	<b>00:28:58.00</b>	<b>00:29:05.25</b>	+00:10:17 (35.5%)	5:47	10.4 (64.6%)
43	<b>SUSZCZYŃSKI Krzysztof</b>	<b>129</b>		M40-49	14	00:00:06	<b>00:29:16.15</b>	<b>00:29:22.90</b>	+00:10:35 (36.2%)	5:51	10.3 (64.0%)
44	<b>KOZAK Robert</b>	<b>72</b>		M40-49	15	00:00:20	<b>00:29:19.50</b>	<b>00:29:39.85</b>	+00:10:38 (36.3%)	5:51	10.2 (63.4%)
45	<b>ŚLIWKA Olga</b>	<b>140</b>		K16-39	8	00:00:05	<b>00:29:24.75</b>	<b>00:29:29.95</b>	+00:10:44 (36.5%)	5:52	10.2 (63.4%)
46	<b>JERUZAK Maciej</b>	<b>159</b>		M40-49	16	00:00:12	<b>00:30:07.75</b>	<b>00:30:19.80</b>	+00:11:27 (38.0%)	6:01	10 (62.1%)
47	<b>ADAMCZAK Jolanta</b>	<b>160</b>		K40-49	2	00:00:06	<b>00:30:16.70</b>	<b>00:30:22.85</b>	+00:11:36 (38.3%)	6:03	9.9 (61.5%)
48	<b>NASTAWSKA Bogumiła</b>	<b>98</b>		K40-49	3	00:00:16	<b>00:30:23.95</b>	<b>00:30:40.60</b>	+00:11:43 (38.6%)	6:04	9.9 (61.5%)
49	<b>KUCHTA Jacek</b>	<b>74</b>	N/A	M40-49	17	00:00:14	<b>00:30:55.15</b>	<b>00:31:09.95</b>	+00:12:14 (39.6%)	6:11	9.7 (60.2%)
50	<b>KARBOWSKI Mateusz</b>	<b>62</b>	NOWA RUDA BIEGA	M16-39	15	00:00:02	<b>00:31:01.45</b>	<b>00:31:04.15</b>	+00:12:20 (39.8%)	6:12	9.7 (60.2%)
51	<b>KURIATA Kamil</b>	<b>78</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	M16-39	16	00:00:13	<b>00:31:12.15</b>	<b>00:31:25.75</b>	+00:12:31 (40.1%)	6:14	9.6 (59.6%)
52	<b>WALCZAK Ryszard</b>	<b>147</b>		M70+	1	00:00:10	<b>00:31:16.45</b>	<b>00:31:26.80</b>	+00:12:35 (40.3%)	6:15	9.6 (59.6%)
53	<b>TEKIELI Ewelina</b>	<b>143</b>	PIESZCZOCHY&SPÓŁKA	K40-49	4	00:00:15	<b>00:31:27.15</b>	<b>00:31:43.05</b>	+00:12:46 (40.6%)	6:17	9.5 (59.0%)
54	<b>MACIEJEWSKI Robert</b>	<b>161</b>		M40-49	18	00:00:11	<b>00:31:45.35</b>	<b>00:31:56.50</b>	+00:13:04 (41.2%)	6:21	9.4 (58.4%)
55	<b>KMIECIK Roma</b>	<b>64</b>	KUDOWIANKA RUN	K40-49	5	00:00:05	<b>00:32:04.55</b>	<b>00:32:09.65</b>	+00:13:24 (41.8%)	6:24	9.4 (58.4%)
56	<b>SMOLAK Patrycja</b>	<b>119</b>		K16-39	9	00:00:07	<b>00:32:17.40</b>	<b>00:32:24.75</b>	+00:13:36 (42.2%)	6:27	9.3 (57.8%)
57	<b>KWIATKOWSKI Dominik</b>	<b>82</b>		M16-39	17	00:00:07	<b>00:32:17.75</b>	<b>00:32:24.75</b>	+00:13:37 (42.2%)	6:27	9.3 (57.8%)
58	<b>NIEDŹWIEDŹ Szymon</b>	<b>100</b>		M16-39	18	00:08:05	<b>00:32:22.70</b>	<b>00:40:27.70</b>	+00:13:42 (42.3%)	6:28	9.3 (57.8%)
59	<b>KADŁUBICKI Krzysztof</b>	<b>61</b>	RNB TEAM POLANICA-ZDRÓJ	M16-39	19	00:00:17	<b>00:32:34.80</b>	<b>00:32:52.10</b>	+00:13:54 (42.7%)	6:30	9.2 (57.1%)

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60	<b>JURASZ Aleksandra</b>	<b>60</b>		K16-39	10	00:00:05	<b>00:33:10.95</b>	<b>00:33:16.60</b>	+00:14:30 (43.7%)	6:38	9 (55.9%)
61	<b>SZYMAŃSKA Daria</b>	<b>158</b>	RNB TEAM POLANICA-ZDRÓJ	K50-59	2	00:00:13	<b>00:33:32.30</b>	<b>00:33:46.25</b>	+00:14:51 (44.3%)	6:42	8.9 (55.3%)
62	<b>SZYMAŃSKA Agnieszka</b>	<b>136</b>	ZWYCIĘZCÓW 6F	K50-59	3	00:00:14	<b>00:33:45.65</b>	<b>00:33:59.90</b>	+00:15:05 (44.7%)	6:45	8.9 (55.3%)
63	<b>CZUBA Marta</b>	<b>14</b>		K16-39	11	00:00:08	<b>00:33:49.20</b>	<b>00:33:57.20</b>	+00:15:08 (44.8%)	6:45	8.9 (55.3%)
64	<b>URLICKI Lech</b>	<b>146</b>	KB SP[OCENI NOWA SÓL	M70+	2	00:00:10	<b>00:34:17.75</b>	<b>00:34:28.15</b>	+00:15:37 (45.5%)	6:51	8.8 (54.7%)
65	<b>FIGURA Zbigniew</b>	<b>28</b>	RUNNERS TEAM NYSA	M50-59	5	00:00:08	<b>00:34:22.90</b>	<b>00:34:31.00</b>	+00:15:42 (45.7%)	6:52	8.7 (54.0%)
66	<b>PAWŁOWICZ Katarzyna</b>	<b>103</b>		K16-39	12	00:00:17	<b>00:34:26.90</b>	<b>00:34:44.25</b>	+00:15:46 (45.8%)	6:53	8.7 (54.0%)
67	<b>ZAJĄC Kamila</b>	<b>9</b>		K16-39	13	00:00:21	<b>00:35:20.40</b>	<b>00:35:42.25</b>	+00:16:39 (47.2%)	7:04	8.5 (52.8%)
68	<b>JARCZEWSKA Renata</b>	<b>54</b>		K50-59	4	00:00:20	<b>00:35:27.20</b>	<b>00:35:47.55</b>	+00:16:46 (47.3%)	7:05	8.5 (52.8%)
69	<b>HALKA Jan</b>	<b>45</b>	JACHU	M40-49	19	00:00:21	<b>00:35:49.85</b>	<b>00:36:11.25</b>	+00:17:09 (47.9%)	7:09	8.4 (52.2%)
70	<b>MRÓZ Katarzyna</b>	<b>96</b>		K16-39	14	00:00:13	<b>00:37:28.50</b>	<b>00:37:42.20</b>	+00:18:47 (50.2%)	7:29	8 (49.7%)
71	<b>GÓZDŹ Małgorzata</b>	<b>36</b>		K16-39	15	00:00:09	<b>00:38:07.40</b>	<b>00:38:17.05</b>	+00:19:26 (51.0%)	7:37	7.9 (49.1%)
72	<b>GÓZDŹ Artur</b>	<b>37</b>		M16-39	20	00:00:09	<b>00:38:07.60</b>	<b>00:38:17.25</b>	+00:19:27 (51.0%)	7:37	7.9 (49.1%)
73	<b>STĘPEK Anna</b>	<b>125</b>		K50-59	5	00:00:17	<b>00:38:59.75</b>	<b>00:39:17.10</b>	+00:20:19 (52.1%)	7:47	7.7 (47.8%)
74	<b>STĘPEK Joanna</b>	<b>124</b>		K40-49	6	00:00:17	<b>00:39:32.50</b>	<b>00:39:49.95</b>	+00:20:51 (52.8%)	7:54	7.6 (47.2%)
75	<b>RACZKOWSKI Dawid</b>	<b>107</b>		M40-49	20	00:00:05	<b>00:39:41.55</b>	<b>00:39:46.55</b>	+00:21:01 (52.9%)	7:56	7.6 (47.2%)
76	<b>ROSS Jacek</b>	<b>112</b>	EJR TEAM	M40-49	21	00:00:04	<b>00:41:42.85</b>	<b>00:41:46.85</b>	+00:23:02 (55.2%)	8:20	7.2 (44.7%)
77	<b>ZIELSKI Błażej</b>	<b>153</b>		M16-39	21	00:00:09	<b>00:41:44.10</b>	<b>00:41:54.05</b>	+00:23:03 (55.3%)	8:20	7.2 (44.7%)
78	<b>PŁOCICA Marcin</b>	<b>105</b>		M40-49	22	00:00:22	<b>00:43:02.80</b>	<b>00:43:25.55</b>	+00:24:22 (56.6%)	8:36	7 (43.5%)
79	<b>SOSNOWA Barbara</b>	<b>121</b>	KILOMETRY POMOCY	K40-49	7	00:00:21	<b>00:43:16.85</b>	<b>00:43:38.60</b>	+00:24:36 (56.8%)	8:39	6.9 (42.9%)
80	<b>MASSEY Natalia</b>	<b>90</b>	PIESZCZOCHY&SPÓŁKA	K16-39	16	00:00:16	<b>00:43:26.00</b>	<b>00:43:42.55</b>	+00:24:45 (57.0%)	8:41	6.9 (42.9%)
81	<b>ZAJĄC Michał</b>	<b>40</b>		M16-39	22	00:00:22	<b>00:53:34.35</b>	<b>00:53:56.80</b>	+00:34:53 (65.1%)	10:42	5.6 (34.8%)