

III BIEG NIEDŹWIEDZIA - 5 KM

B4SPORT
INTELEGENTE 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	BIELAK Miłosz	167		M16-39	1	00:00:03	00:18:40.55	00:18:43.75		3:44	16.1 (100%)
2	FRELIK Karol	31	LKS OSUCHÓW	M16-39	2	00:00:01	00:18:51.15	00:18:52.95	+00:00:10 (0.9%)	3:46	15.9 (98.8%)
3	KMIECIK Tomasz	168		M40-49	1	00:00:02	00:20:18.95	00:20:21.70	+00:01:38 (8.1%)	4:03	14.8 (91.9%)
4	SIKORA Adam	116	MAD RUNNERS	M16-39	3	00:00:04	00:20:19.65	00:20:23.75	+00:01:39 (8.1%)	4:03	14.8 (91.9%)
5	LASKOWSKI Marcin	83	MAD RUNNERS	M16-39	4	00:00:03	00:21:05.40	00:21:08.95	+00:02:24 (11.4%)	4:13	14.2 (88.2%)
6	PARADA Bronisław	102	RNB TEAM POLANICA-ZDRÓJ	M40-49	2	00:00:04	00:21:28.80	00:21:33.10	+00:02:48 (13.1%)	4:17	14 (87.0%)
7	SZCZEPAŃSKI Grzegorz	132	MAD RUNNERS	M16-39	5	00:00:04	00:21:31.50	00:21:35.95	+00:02:50 (13.2%)	4:18	13.9 (86.3%)
8	ZIĘTERSKI Robert	154	RNB TEAM POLANICA-ZDRÓJ	M40-49	3	00:00:04	00:21:54.55	00:21:58.80	+00:03:14 (14.8%)	4:22	13.7 (85.1%)
9	JĘDRYCHOWSKI Bartłomiej	59	KUDOWIANKA RUN	M16-39	6	00:00:03	00:22:10.40	00:22:14.35	+00:03:29 (15.8%)	4:26	13.5 (83.9%)
10	KOGUS Grzegorz	65		M40-49	4	00:00:01	00:22:18.25	00:22:20.20	+00:03:37 (16.3%)	4:27	13.5 (83.9%)
11	MARCINOWSKI Paweł	88	ULKS BYSTRZYCA KŁODZKA	M16-39	7	00:00:07	00:22:29.20	00:22:36.25	+00:03:48 (16.9%)	4:29	13.3 (82.6%)
12	KORCZYŃSKI Łukasz	69	BIEGOWA POGORZAŁA	M40-49	5	00:00:07	00:23:18.90	00:23:26.55	+00:04:38 (19.9%)	4:39	12.9 (80.1%)
13	KONIECZYŃSKI Mariusz	67	RNB TEAM POLANICA-ZDRÓJ	M40-49	6	00:00:04	00:23:27.95	00:23:32.80	+00:04:47 (20.4%)	4:41	12.8 (79.5%)

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

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

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