

## WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM

Organizator: Polska Federacja Nordic Walking  
 Data: 2018-09-15  
 Miejsce: Wrocław  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.



### WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	PRUCIAK KRZYSZTOF	553	LECZYMY DURŚ	OŁAWA	POL	M30-39	1	M 1	00:09:05	00:18:25	00:27:59	00:37:29.60	3:45	16
2	KURIATA ROBERT	587	ZLB ZŁOTORYJA	ZŁOTORYJA		M50-59	1	M 2	00:09:09	00:18:35	00:28:11	00:37:42.95	3:46	15.9
3	NOWAKOWSKI MARCIN	546		WROCLAW	POL	M30-39	2	M 3	00:09:16	00:19:06	00:29:29	00:39:30.20	3:57	15.2
4	OLKIS RAFAŁ	581	PRZEBIEGA.PL	WROCLAW		M30-39	3	M 4	00:09:13	00:19:11	00:29:33	00:39:33.95	3:57	15.2
5	PODWÓRNY JAN	552	TRENUJZNA.MI.PL	WROCLAW	POL	M40-49	1	M 5	00:09:50	00:19:43	00:29:42	00:39:53.40	3:59	15
6	GÓRA SYLWSTER	576	#ZABIEGANINOCA	OKONEK	POL	M40-49	2	M 6	00:09:56	00:20:02	00:30:12	00:40:14.05	4:01	14.9
7	ŻUREK TOMASZ	582		WROCLAW		M30-39	4	M 7	00:09:24	00:19:43	00:30:14	00:40:55.10	4:05	14.7
8	JANKOWSKI JERZY	531	ŚREDZCY BIEGACZE	ŚRODA ŚLĄSKA	POL	M40-49	3	M 8	00:09:50	00:20:13	00:31:15	00:42:01.50	4:12	14.3
9	CZECHOWSKI PAWEŁ	519		WROCLAW	POL	M30-39	5	M 9	00:09:54	00:20:29	00:31:31	00:42:26.70	4:14	14.1
10	PLATEK TOMASZ	551	WIELUŃ BIEGA	DROBNICE	POL	M18-29	1	M 10	00:09:53	00:20:35	00:31:51	00:43:03.90	4:18	13.9
11	NARÓG PAWEŁ	545		ŚLEZA	POL	M30-39	6	M 11	00:10:20	00:21:07	00:32:18	00:43:10.15	4:19	13.9
12	BRODA DOMINIK	513	POSITIVE VIBRATION	WROCLAW	POL	M30-39	7	M 12	00:10:38	00:21:44	00:32:43	00:43:28.10	4:20	13.8
13	MORAŃSKI WOJCIECH	543	SANTANDER CONSUMER BANK	WROCLAW	POL	M30-39	8	M 13	00:10:30	00:21:28	00:32:44	00:43:51.35	4:23	13.7
14	CIESIELSKI MACIEJ	515	CIESIU TEAM	WROCLAW	POL	M30-39	9	M 14	00:10:32	00:21:39	00:32:55	00:43:54.65	4:23	13.7
15	SOBORAK MARIUSZ	559	AKTYWNA EKIPA CALYPSO	CZĘSTOCHOWA	POL	M30-39	10	M 15	00:09:55	00:20:55	00:32:34	00:44:07.15	4:24	13.6
16	BASAŁYGO MACIEK	510	B FAMILY	WROCLAW	POL	M40-49	4	M 16	00:10:52	00:22:05	00:33:42	00:44:49.55	4:28	13.4
17	BYŚ MATEUSZ	514		WROCLAW	POL	M30-39	11	M 17	00:10:56	00:22:16	00:33:53	00:45:09.90	4:31	13.3
18	CZAJA MACIEJ	516	MINICLASSIC.PL	WROCLAW	POL	M40-49	5	M 18	00:10:43	00:22:00	00:33:38	00:45:20.20	4:32	13.2
19	MALUGA BARTOSZ	541	MALUGA.PL	WROCLAW	POL	M40-49	6	M 19	00:11:31	00:22:52	00:34:19	00:45:21.30	4:32	13.2
20	CZAJA MAŁGORZATA	517	MINICLASSIC.PL	WROCLAW	POL	K40-49	1	K 1	00:10:53	00:22:09	00:33:51	00:45:31.90	4:33	13.2
21	HORAŁA PIOTR	527	POWERS TEAM - KAWAII NEKO	WROCLAW	POL	M30-39	12	M 20	00:11:00	00:22:43	00:34:22	00:45:54.25	4:35	13.1
22	LECHOWSKI JAN	538	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	M60-69	1	M 21	00:11:09	00:22:39	00:34:31	00:46:24.50	4:38	12.9
23	BIAZIK ANETA	511		WROCLAW	POL	K30-39	1	K 2	00:11:22	00:22:59	00:34:56	00:46:52.55	4:41	12.8
24	MINKOWSKI KAMIL	542		WROCLAW	POL	M18-29	2	M 22	00:11:11	00:22:57	00:35:34	00:47:19.35	4:43	12.7
25	SZYMAŃSKI PAWEŁ	563		BRZEG DOLNY	POL	M18-29	3	M 23	00:11:59	00:23:57	00:35:59	00:47:23.90	4:44	12.7
26	ŚWIĄTEK EWELINA	565	SPARTANIE DZIECIOM	WROCLAW	POL	K30-39	2	K 3	00:11:29	00:23:31	00:35:38	00:47:43.55	4:46	12.6
27	FABJAŃSKI AUGUSTYN	524	AKTYWNI KLECINA	WROCLAW	POL	M60-69	2	M 24	00:11:21	00:23:16	00:35:26	00:47:47.50	4:46	12.6
28	CZYŻYKOWSKI PATRYK	520		WROCLAW	POL	M18-29	4	M 25	00:10:31	00:22:39	00:35:57	00:48:06.65	4:48	12.5
29	ŻUREK MAGDALENA	583		WROCLAW	POL	K30-39	3	K 4	00:11:44	00:24:03	00:36:15	00:48:07.60	4:48	12.5
30	JEDNACHOWSKI ARTUR	532		DARZLUBIE	POL	M18-29	5	M 26	00:11:32	00:23:43	00:36:07	00:48:13.50	4:49	12.4
31	BASAŁYGO ZUZANNA	509		WROCLAW	POL	K18-29	1	K 5	00:11:44	00:24:02	00:36:24	00:48:17.10	4:49	12.4
32	BARCZYK BOGDAN	588	VIKING CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M50-59	2	M 27	00:11:31	00:23:42	00:36:28	00:49:03.10	4:54	12.2
33	DOBOSZ ŁUKASZ	522		DOBRYKOWICE	POL	M30-39	13	M 28	00:11:32	00:23:53	00:36:37	00:49:15.20	4:55	12.2
34	BIK STANISŁAW	512	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	KSIĘGINICE	POL	M50-59	3	M 29	00:11:40	00:24:03	00:36:45	00:49:20.45	4:56	12.2
35	KYJAK BŁAŻEJ	584		WROCLAW		M30-39	14	M 30	00:11:34	00:23:42	00:37:28	00:50:06.90	5:00	12
36	URBAŃSKI MACIEJ	566	BIEGAM BO LUBIĘ	ZDUŃSKA WOLA	POL	M18-29	6	M 31	00:11:41	00:24:10	00:37:17	00:50:08.60	5:00	12
37	ANTOSZ KASIA	507		WROCLAW	POL	K30-39	4	K 6	00:11:38	00:23:45	00:37:32	00:50:10.85	5:01	12
38	ADAMSKA JOANNA	501	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	K40-49	2	K 7	00:11:57	00:24:50	00:38:03	00:51:02.95	5:06	11.8
39	ADAMSKI ROBERT	502	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	M40-49	7	M 32	00:11:57	00:24:50	00:38:03	00:51:03.15	5:06	11.8
40	JÓZEFIAK DARIUSZ	533	SCB	WROCLAW	POL	M40-49	8	M 33	00:12:22	00:25:06	00:38:15	00:51:09.95	5:07	11.7
41	KONASZCZUK AGNIESZKA	586		:EGNICA	POL	K40-49	3	K 8	00:12:50	00:26:24	00:39:53	00:52:43.85	5:16	11.4
42	PIETRASZEK PIOTR	549	RADIO WROCLAW	WROCLAW	POL	M40-49	9	M 34	00:12:53	00:26:25	00:39:50	00:52:52.70	5:17	11.3
43	HUMENIUK WOJCIECH	528	AMATOR	OŁAWA	POL	M30-39	15	M 35	00:12:50	00:26:24	00:40:07	00:53:46.35	5:22	11.2
44	DIUG-HUMENIUK IWONA	521	AMATOR	OŁAWA	POL	K30-39	5	K 9	00:12:51	00:26:25	00:40:08	00:53:48.05	5:22	11.2
45	CZAJKOWSKI STANISŁAW	518	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	M60-69	3	M 36	00:12:54	00:26:24	00:40:11	00:53:53.20	5:23	11.1

**WROCŁAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	5km	7.5km	Netto	min/km	km/h
46	ANTCZAK JACEK	506	PRO-RUN WROCŁAW	WROCŁAW	POL	M40-49	10	M 37	00:14:04	00:27:51	00:41:35	00:54:24.75	5:26	11
47	SZAŁAJKO JERZY	562	DUCH GÓR	WROCŁAW	POL	M50-59	4	M 38	00:13:05	00:26:51	00:40:52	00:54:30.60	5:27	11
48	ŁUKASIEWICZ GRZEGORZ	539		WROCŁAW	POL	M50-59	5	M 39	00:13:41	00:27:18	00:41:06	00:54:49.55	5:28	10.9
49	RÓŻAŃSKA MAŁGORZATA	554		WROCŁAW	POL	K40-49	4	K 10	00:13:00	00:26:27	00:40:34	00:54:51.20	5:29	10.9
50	MALESZKA-BAGIŃSKA KINGA	540	GRUPA BIEGOWA ANZELM	WROCŁAW	POL	K30-39	6	K 11	00:13:42	00:27:50	00:41:59	00:55:59.35	5:35	10.7
51	CZAKIERT MAREK	571	VIKING NTCZ	CZĘSTOCHOWA	POL	M50-59	6	M 40	00:13:24	00:27:54	00:43:16	00:58:21.00	5:50	10.3
52	WANAT WAĆŁAW	567	PRO-RUN WROCŁAW	WROCŁAW	POL	M70+	1	M 41	00:14:51	00:30:02	00:45:09	01:00:09.20	6:00	10
53	DWORZYŃSKA KAROLINA	523		TOMASZÓW MAZOWIECKI	POL	K18-29	2	K 12	00:14:01	00:29:28	00:45:21	01:01:02.50	6:06	9.8
54	PAWLAK KATARZYNA	547	RADIO WROCŁAW	WROCŁAW	POL	K40-49	5	K 13	00:14:59	00:30:34	00:46:06	01:01:24.55	6:08	9.8
55	SIATKOWSKI SEBASTIAN	556	SANDAŁY JUDASZA	WROCŁAW	POL	M30-39	16	M 42	00:13:16	00:28:49	00:45:48	01:01:43.10	6:10	9.7
56	WILCZYŃSKA ANNA	569		WROCŁAW	POL	K30-39	7	K 14	00:14:42	00:29:54	00:45:53	01:02:15.90	6:13	9.6
57	LESZKIEWICZ IWONA	575	WROCŁAW MARATHON TEAM	WROCŁAW	POL	K40-49	6	K 15	00:14:22	00:30:00	00:46:28	01:03:00.20	6:18	9.5
58	WOJCIECHOWSKA BEATA	574	WROCŁAW MARATHON TEAM	WROCŁAW	POL	K30-39	8	K 16	00:14:24	00:30:02	00:46:29	01:03:01.50	6:18	9.5
59	SKUPIEŃ ANNA	558	RADIO WROCŁAW	WROCŁAW	POL	K40-49	7	K 17	00:15:15	00:31:21	00:47:41	01:03:55.90	6:23	9.4
60	MIODYŃSKA KATARZYNA	573		WROCŁAW	POL			K 18	00:14:40	00:31:28	00:49:08	01:06:22.50	6:38	9
61	JANIAK ARTUR	530		WROCŁAW	POL	M30-39	17	M 43	00:15:56	00:32:52	00:50:30	01:06:44.95	6:40	9
62	SZABAT ADRIANNA	561		WROCŁAW	POL	K18-29	3	K 19	00:14:57	00:32:37	00:50:38	01:06:48.15	6:40	9
63	MIODYŃSKI KAROL	572		WROCŁAW	POL	M50-59	7	M 44	00:15:45	00:33:48	00:52:45	01:12:34.75	7:15	8.3
64	MOŹDŻEŃ BARBARA	544	NIERZESZONA	GNIEZNO	POL	K50-59	1	K 20	00:15:46	00:33:21	00:52:39	01:12:36.60	7:15	8.3
65	FILIPEK AGNIESZKA	525	KLUB BOBIKA	WROCŁAW	POL	K30-39	9	K 21	00:16:45	00:35:22	00:54:56	01:13:45.25	7:22	8.1
	HYLLER PAULINA	529		WROCŁAW	POL	K18-29			00:16:25	00:39:46	DNF	DNF	-	-
	KRUPSKI MAKSYMILIAN	585		WROCŁAW		M40-49			DNF	DNF	DNF	DNF	-	-
									DNF	DNF	DNF	DNF	-	-