

**I POLANICKI BIEG NIEDŹWIEDZIA - 10 KM**

Organizator: Teatr Zdrojowy Centrum Kultury i Promocji w Polanicy Zdrój, Fundacja Herkules All Sports  
 Data: 2019-07-06  
 Miejsce: Polanica Zdrój  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**I POLANICKI BIEG NIEDŹWIEDZIA - 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	BRYLKOWSKI PATRYK	73		ŚWIDNICA	POL	M16-29	1	M 1	00:09:10	00:18:36	00:28:14	00:37:49.65	3:47	15.9
2	LEŚNIAK SEBASTIAN	113	TIGERS PRUDNIK /RUNNERS TEAM NYSA	NYSA	POL	M30-39	1	M 2	00:09:18	00:18:43	00:28:22	00:38:05.00	3:48	15.8
3	MARCJANEK ŁUKASZ	117	KUDOWIANKA RUN	SZCZYTNA	POL	M30-39	2	M 3	00:08:32	00:18:37	00:28:38	00:38:58.40	3:53	15.4
4	BOGDAŁ PAWEŁ	72	ULKS BYSTRZYCA KŁODZKA	MIĘDZYGÓRZE	POL	M40-49	1	M 4	00:07:31	00:20:29	00:31:03	00:41:23.55	4:08	14.5
5	JANUSZ RYSZARD	97	KUDOWIANKA RUN	SZCZYTNA	POL	M50-59	1	M 5	00:07:31	00:20:52	00:32:01	00:43:20.75	4:20	13.8
6	PARADA BRONISŁAW	192		POLANICA-ZDRÓJ	POL	M40-49	2	M 6	00:11:32	00:21:12	00:32:39	00:43:50.30	4:23	13.7
7	BYKOWSKI MAREK	74	KS MARATON NOWA RUDA	ŚCINAWKA ŚREDNIA	POL	M16-29	2	M 7	00:09:30	00:23:30	00:33:30	00:44:13.00	4:25	13.6
8	GAJEWSKI MARCIN	83	EBIEGI.PL	KŁODZKO	POL	M40-49	3	M 8	00:10:22	00:21:17	00:32:47	00:44:17.95	4:25	13.5
9	KILIAN MATEUSZ	103	JÓZEFIŃSKA TEAM	KRAKÓW	POL	M30-39	3	M 9	00:10:49	00:21:55	00:33:21	00:44:34.80	4:27	13.5
10	LEŚNICKI MAREK	115	STRZEGOMSKA DWUNASTKA	STANOWICE	POL	M50-59	2	M 10	00:08:31	00:22:30	00:34:31	00:45:14.35	4:31	13.3
11	RESTERNY JAKUB	129	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	M30-39	4	M 11	00:13:29	00:21:29	00:33:50	00:45:35.35	4:33	13.2
12	GOŁĘBIEWSKA ANNA	86	EBIEGI.PL	KŁODZKO	POL	K30-39	1	K 1	00:11:01	00:22:45	00:34:40	00:46:11.85	4:37	13
13	BANAŚ ROBERT	67	AKTYWNA NOWA RUDA	NOWA RUDA	POL	M30-39	5	M 12	00:08:31	00:22:25	00:34:31	00:46:27.20	4:38	12.9
14	JARZĘBOWICZ ADAM	99		KATOWICE	POL	M40-49	4	M 13	00:10:49	00:22:42	00:35:02	00:46:55.65	4:41	12.8
15	BAHRANOWSKA MARIA	66	AZS AWF KRAKÓW MASTERS	KRAKÓW	POL	K16-29	1	K 2	00:10:30	00:22:45	00:34:40	00:47:10.25	4:43	12.7
16	SIDOROWICZ-RADZIKOWSKI ANDRZEJ	155		POLANICA-ZDRÓJ	POL	M50-59	3	M 14	00:11:27	00:23:14	00:35:18	00:47:38.45	4:45	12.6
17	BRZozowski PIOTR	154	AKTYWNI POSTOMINO	SŁAWNO	POL	M30-39	6	M 15	00:11:17	00:23:38	00:36:32	00:47:45.00	4:46	12.6
18	ROMAN KRZYSZTOF	189	KUDOWIANKA RUN	KUDOWA-ZDRÓJ	POL	M60-69	1	M 16	00:11:27	00:23:23	00:35:48	00:48:06.20	4:48	12.5
19	GÓRA SYLWESTER	164	#ZABIEGANINOCA/HERKULES	OKONEK	POL	M40-49	5	M 17	00:11:40	00:23:50	00:35:50	00:48:09.50	4:49	12.5
20	DUBANIEWICZ MICHAŁ	76		KUDOWA-ZDRÓJ	POL	M16-29	3	M 18	00:11:42	00:24:13	00:36:39	00:48:22.35	4:50	12.4
21	TEREK MICHAŁ	147		KŁODZKO	POL	M16-29	4	M 19	00:11:11	00:23:18	00:36:35	00:48:46.75	4:52	12.3
22	STRZELCZAK HENRYK	136	KS MARATON NOWA RUDA	NOWA RUDA	POL	M60-69	2	M 20	00:13:31	00:23:56	00:34:31	00:49:59.80	5:00	12
23	WIERZBICKI DANIEL	144	EBIEGI.PL	KŁODZKO	POL	M30-39	7	M 21	00:12:03	00:24:34	00:37:33	00:50:08.90	5:00	12
24	GRZĘDZIALSKI JACEK	157		KRAKÓW	POL	M40-49	6	M 22	00:11:54	00:25:28	00:36:58	00:50:09.30	5:01	12
25	PAWLAK DANIEL	126	LKS ISKRA JASZKOWA	KŁODZKO	POL	M40-49	7	M 23	00:11:53	00:24:40	00:37:36	00:50:19.80	5:02	11.9
26	GAJEWSKA KATARZYNA	82	EBIEGI.PL	KŁODZKO	POL	K40-49	1	K 3	00:12:20	00:25:02	00:38:04	00:51:02.85	5:06	11.8
27	MOKRZYŃSKI MARCIN	120	FENIKS TEAM	OLDRZYCHOWICE KŁODZKIE	POL	M30-39	8	M 24	00:13:04	00:25:39	00:38:27	00:51:32.00	5:09	11.6
28	KORCZYŃSKI ŁUKASZ	108	BIEGOWA POGORZAŁA	POGORZAŁA	POL	M30-39	9	M 25	00:12:20	00:25:41	00:39:09	00:51:40.80	5:10	11.6
29	TARŁOWSKI PRZEMYSŁAW	141	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	M40-49	8	M 26	00:11:44	00:24:39	00:38:06	00:51:41.05	5:10	11.6
30	GÓRA AGNIESZKA	165	#ZABIEGANINOCA/HERKULES	OKONEK	POL	K40-49	2	K 4	00:12:25	00:25:06	00:38:17	00:51:42.20	5:10	11.6
31	WOROCZ ROMAN	146	POLKOWICE	DOPIEWO	POL	M60-69	3	M 27	00:12:37	00:25:37	00:38:52	00:51:52.05	5:11	11.6
32	ZIELIŃSKA IWONA	149	WKB MARATOŃCZYK WŁOCŁAWEK	WŁOCŁAWEK	POL	K50+	1	K 5	00:12:12	00:25:13	00:38:40	00:52:01.55	5:12	11.5
33	JAGNIAŃKOWSKI JACEK	160	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKO		POL	M30-39	10	M 28	00:11:31	00:24:57	00:38:23	00:52:05.50	5:12	11.5
34	TEKIELI JERZY	142	PIESZCZOCHY & SPÓŁKA	BYSTRZYCA KŁODZKA	POL	M40-49	9	M 29	00:11:46	00:24:50	00:38:40	00:52:07.30	5:12	11.5
35	AKUTKO DAWID	64		KŁODZKO	POL	M16-29	5	M 30	00:11:55	00:25:21	00:38:47	00:52:07.75	5:12	11.5
36	SITKOWSKA JOANNA	132	EBIEGI.PL	KŁODZKO	POL	K16-29	2	K 6	00:12:22	00:25:21	00:38:58	00:52:21.15	5:14	11.5
37	KUCZEK KRZYSZTOF	109	ULKS BYSTRZYCA KŁODZKA	GORZANÓW	GBR	M30-39	11	M 31	00:11:59	00:25:05	00:38:50	00:52:22.45	5:14	11.5
38	RESSEL JOANNA	128	BUKOWY PARK	POLANICA ZDRÓJ	POL	K30-39	2	K 7	00:12:28	00:25:29	00:39:11	00:52:25.10	5:14	11.4
39	PARTYKA ANDRZEJ	125		KŁODZKO	POL	M30-39	12	M 32	00:11:48	00:25:29	00:39:45	00:52:43.50	5:16	11.4
40	GOŁĘBIEWSKI SEBASTIAN	87	EBIEGI.PL	KŁODZKO	POL	M30-39	13	M 33	00:12:19	00:25:23	00:38:59	00:52:47.70	5:16	11.4
41	BŁOŃSKI MAREK	185	EBIEGI.PL	KŁODZKO	POL	M16-29	6	M 34	00:12:41	00:25:45	00:39:55	00:53:06.05	5:18	11.3
42	OZIMEK AGATA	124	PRO-RUN WROCŁAW	BYSTRZYCA KŁODZKA	POL	K30-39	3	K 8	00:13:01	00:26:06	00:39:57	00:53:21.00	5:20	11.2
43	LACHERA KAMILA	111	CSC ADVENTURE ACADEMY	KATOWICE	POL	K30-39	4	K 9	00:13:01	00:26:13	00:39:58	00:53:22.45	5:20	11.2
44	SĄŁAPATEK ROBERT	130		LUTOMIA DOLNA	POL	M40-49	10	M 35	00:12:28	00:25:59	00:40:15	00:54:33.70	5:27	11
45	GNITECKA KATARZYNA	184	EBIEGI.PL	KUDOWA-ZDRÓJ	POL	K16-29	3	K 10	00:12:31	00:26:03	00:40:08	00:54:34.70	5:27	11

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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	FILIPEK TOMASZ	80		WROCLAW	POL	M30-39	14	M 36	00:13:05	00:26:18	00:40:40	00:55:04.65	5:30	10.9
47	OLEWICZ WOJCIECH	123	-	WROCLAW	POL	M30-39	15	M 37	00:12:22	00:27:25	00:42:34	00:55:24.85	5:32	10.8
48	JARZEBOWICZ IWONA	98		KATOWICE	POL	K40-49	3	K 11	00:12:59	00:25:28	00:41:25	00:55:27.00	5:32	10.8
49	WIERZBICKA BEATA	143	EBIEGI.PL	KŁODZKO	POL	K30-39	5	K 12	00:13:09	00:27:12	00:41:45	00:55:27.55	5:32	10.8
50	LESZCZYŃSKA-BOGDAŁ DOMINIKA	112	ULKS BYSTRZYCA KŁODZKA	MIĘDZYGÓRZE	POL	K30-39	6	K 13	00:13:27	00:27:30	00:39:30	00:55:30.00	5:33	10.8
51	NOWAK IRENEUSZ	122		BYSTRZYCAKŁODZKA	POL	M40-49	11	M 38	00:13:16	00:27:27	00:41:35	00:55:34.90	5:33	10.8
52	HEHL TOMASZ	92	PIESZCZOCHY & SPÓŁKA	HEIDELBERG	POL	M40-49	12	M 39	00:15:29	00:27:19	00:41:34	00:55:49.05	5:34	10.7
53	GAJEWSKA NATALIA	81	EBIEGI.PL	KŁODZKO	POL	K16-29	4	K 14	00:13:33	00:27:39	00:42:05	00:56:37.85	5:39	10.6
54	JANOSZEK MARCEL	95		STEBLÓW	POL	M16-29	7	M 40	00:24:30	00:28:31	00:39:30	00:56:49.45	5:40	10.6
55	SKOWROŃSKI MICHAŁ	133	GOVEGAN!	WROCLAW	POL	M40-49	13	M 41	00:13:30	00:27:34	00:42:28	00:57:21.00	5:44	10.5
56	SZNAJDER PAWEŁ	137		WAŁBRZYCH	POL	M30-39	16	M 42	00:13:29	00:27:32	00:42:26	00:57:21.70	5:44	10.5
57	GLOS LUCYNA	85		ŁOZINA	POL	K30-39	7	K 15	00:13:29	00:28:25	00:43:19	00:57:29.85	5:45	10.4
58	CHOMICZ-SZABLOWSKA ANNA	75		KOWARY	POL	K40-49	4	K 16	00:13:33	00:27:55	00:42:57	00:57:34.00	5:45	10.4
59	GAŚIÓR KATARZYNA	84	FRAMO MORAT POLSKA	NOWA RUDA	POL	K30-39	8	K 17	00:12:37	00:27:02	00:45:32	00:57:48.25	5:46	10.4
60	DUDEK KAZIMIERZ	77	DOM Z KERAMZYTU S.C. DARIUSZ SYWAK	CHOJNÓW	POL	MAŁŻEŃSTWO	1	M 43	00:13:54	00:28:34	00:43:24	00:57:55.10	5:47	10.4
61	BIELECKI GRZEGORZ	68	HAPPY SCHOOL	LEGNICA	POL	M40-49	14	M 44	00:13:05	00:27:26	00:42:43	00:58:02.00	5:48	10.3
62	ZAREMBA DAWID	178	GRZECHU SUPPORT	POLANICA-ZDRÓJ	POL	M30-39	17	M 45	00:13:04	00:29:28	00:47:46	00:58:22.00	5:50	10.3
63	PANEK ANGELA	162		POLANICA-ZDRÓJ	POL	K16-29	5	K 18	00:13:28	00:28:12	00:43:34	00:58:24.10	5:50	10.3
64	HASIAK ALEKSANDER	91		NYSA	POL	M50-59	4	M 46	00:13:24	00:27:56	00:43:25	00:58:25.30	5:50	10.3
65	KOLIGAT ANNA	106		KOSZALIN	POL	K30-39	9	K 19	00:13:49	00:28:31	00:43:29	00:58:28.35	5:50	10.3
66	STACHNIK MACIEJ	134	ŚLĄSK WROCLAW	WROCLAW	POL	M30-39	18	M 47	00:13:54	00:28:44	00:44:12	00:59:23.05	5:56	10.1
67	KURNYTA STANISŁAW	110	TEMMPO WAŁBRZYCH	WITKÓW ŚL.	POL	M50-59	5	M 48	00:13:07	00:28:41	00:44:41	01:00:09.05	6:00	10
68	AKUTKO PAWEŁ	63		KŁODZKO	POL	M30-39	19	M 49	00:12:18	00:27:25	00:43:54	01:00:34.70	6:03	9.9
69	JAKUBOWSKI RAFAŁ	94	Z2BPG	BYSTRZYCA KŁODZKA	POL	M30-39	20	M 50	00:13:36	00:27:53	00:44:03	01:00:45.45	6:04	9.9
70	MIKODA STANISŁAW	119		PRZEŁĘK	POL	M40-49	15	M 51	00:13:28	00:28:30	00:44:27	01:00:53.70	6:05	9.9
71	LEŚNIAK ADRIAN	114	RUNNERS TEAM NYSA/TIGERS PRUDNIK	NYSA	POL	M30-39	21	M 52	00:13:07	00:27:55	00:44:39	01:01:35.55	6:09	9.7
72	KĄŻMIERCZAK MICHAŁ	102		WROCLAW	POL	M30-39	22	M 53	00:12:48	00:28:03	00:45:46	01:01:53.60	6:11	9.7
73	KLEPACKA KATARZYNA	105		OSTROSZOWICE	POL	K30-39	10	K 20	00:14:41	00:30:04	00:46:16	01:01:57.55	6:11	9.7
74	KIRCUŃ PAWEŁ	104		WROCLAW	POL	M40-49	16	M 54	00:14:33	00:30:17	00:47:27	01:03:30.25	6:21	9.4
75	ROMAN ELŻBIETA	188	KUDOWIANKA RUN	KUDOWA-ZDRÓJ	POL	K50+	2	K 21	00:15:19	00:31:15	00:47:33	01:03:37.25	6:21	9.4
76	ŻBIK JAROSŁAW	180		KŁODZKO	POL	M40-49	17	M 55	00:14:33	00:30:23	00:47:09	01:03:52.90	6:23	9.4
77	MUCHA ALINA	121	KORFF TEAM	MIROSLAWICE	POL	K50+	3	K 22	00:14:39	00:30:25	00:47:09	01:04:02.45	6:24	9.4
78	PLINIEWICZ JOANNA	127		STRONIE ŚLASKIE	POL	K30-39	11	K 23	00:14:34	00:30:13	00:47:21	01:04:33.10	6:27	9.3
79	MICHALSKA-HASIAK KATARZYNA	118		NYSA	POL	K50+	4	K 24	00:14:56	00:31:18	00:48:19	01:06:01.15	6:36	9.1
80	HALKA JAN	90	JACHU	WROCLAW	POL	M40-49	18	M 56	00:15:44	00:31:50	00:49:06	01:06:07.85	6:36	9.1
81	KUBAŚ DAWID	193		KŁODZKO	POL	M30-39	23	M 57	00:15:23	00:32:25	00:49:35	01:06:11.80	6:37	9.1
82	WIKLUK ŁUKASZ	145		KŁODZKO	POL	M30-39	24	M 58	00:13:50	00:30:49	00:48:50	01:06:35.15	6:39	9
83	JÓŹWIĄK MARIANNA	100	SERCE NORDICA WŁOCŁAWEK	WŁOCŁAWEK	POL	K40-49	5	K 25	00:15:05	00:31:40	00:49:11	01:06:38.55	6:39	9
84	SZYMAŃSKI GRZEGORZ	140	ZWYCIĘZCÓW 6F	POLANICA-ZDRÓJ	POL	M40-49	19	M 59	00:13:36	00:29:45	00:47:55	01:06:47.35	6:40	9
85	MARCINEK RAFAŁ	116		WROCLAW	POL	M40-49	20	M 60	00:14:37	00:31:42	00:49:18	01:07:02.90	6:42	8.9
86	JĄGODZIŃSKI KAZIMIERZ	93	NOWA RUDA BIEGA	WOLIBÓRZ	POL	M40-49	21	M 61	00:15:00	00:32:06	00:50:30	01:09:16.90	6:55	8.7
87	SZYMAŃSKA DARIA	138		POLANICA ZDROJ	POL	K40-49	6	K 26	00:15:24	00:32:39	00:51:10	01:09:20.85	6:56	8.7
88	BISKUPSKA ANNA	70		POLANICA-ZDRÓJ	POL	K30-39	12	K 27	00:15:24	00:30:26	00:51:10	01:09:21.30	6:56	8.7
89	BABICZ ANNA	65		BIELAWA	POL	K40-49	7	K 28	00:16:22	00:34:45	00:53:14	01:11:02.05	7:06	8.4
90	SZYMAŃSKA AGNIESZKA	139	ZWYCIĘZCÓW 6F	POLANICA-ZDRÓJ	POL	K40-49	8	K 29	00:16:07	00:34:07	00:50:27	01:12:47.25	7:16	8.2
91	HALKA MAŁGORZATA	89	JACHU	WROCLAW	POL	K40-49	9	K 30	00:18:06	00:37:16	00:58:22	01:18:24.05	7:50	7.7
92	BIERNACKI JAKUB	69		DUSZNIKI-ZDRÓJ	POL	M40-49	22	M 62	00:11:00	00:22:48			4:33	13.2
93	MEGGER AGATA	153	AKTYWNI POSTOMINO	SIEMIANICE	POL	K40-49	10	K 31	00:17:03				6:49	8.8