

4 POLANICKI BIEG NIEDŹWIEDZIA

Organizator: Urząd Miasta Polanica-Zdrój
 Data: 2022-07-02
 Miejsce: Polanica-Zdrój
 Dystans: 5 km
 Klasyfikacja wg czasów netto.



4 POLANICKI BIEG NIEDŹWIEDZIA, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|-------------------------|----------------------|------|-------|--------|------|-------------|--------|------|
| 1 | JAZ MARCIN | 45 | RNB TEAM POLANICA-ZDRÓJ | POLANICA-ZDRÓJ | POL | M-16 | 1 | M 1 | 00:21:56.00 | 4:23 | 13.7 |
| 2 | STOJANOWSKI MARIUSZ | 43 | RNB POLANICA ZDRÓJ TEAM | DUSZNIKI ZDRÓJ | POL | M-16 | 2 | M 2 | 00:22:49.30 | 4:33 | 13.1 |
| 3 | ZAWODNI JAROSŁAW | 26 | | WAŁBRZYCH | POL | M-16 | 3 | M 3 | 00:23:39.45 | 4:43 | 12.7 |
| 4 | KLIMCZAK PIOTR | 30 | GIMPAS PASŁĘK | KŁODZKO | POL | M-50 | 1 | M 4 | 00:23:44.60 | 4:44 | 12.6 |
| 5 | SZCZEPAŃSKI GRZEGORZ | 54 | MAD RUNNERS | CZARNY BÓR | POL | M-16 | 4 | M 5 | 00:24:23.05 | 4:52 | 12.3 |
| 6 | PARADA BRONISŁAW | 51 | RNB TEAM POLANICA-ZDROJ | POLANICA ZDRÓJ | POL | M-40 | 1 | M 6 | 00:25:08.90 | 5:01 | 11.9 |
| 7 | SMOLNICKI MARCIN | 6 | | POZNAŃ | POL | M-16 | 5 | M 7 | 00:25:48.90 | 5:09 | 11.6 |
| 8 | CHORZĘPA ADAM | 25 | | SZCZYTNIA | POL | M-50 | 2 | M 8 | 00:26:57.55 | 5:23 | 11.1 |
| 9 | DYJA MAGDALENA | 44 | RNB TEAM POLANICA-ZDROJ | POLANICA-ZDRÓJ | POL | K-16 | 1 | K 1 | 00:27:13.40 | 5:26 | 11 |
| 10 | KOZŁOWSKI BARTŁOMIEJ | 49 | RNB POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | M-40 | 2 | M 9 | 00:27:25.50 | 5:29 | 10.9 |
| 11 | SĘDZIK ALEKSANDER | 3 | | BYTOM | POL | M-50 | 3 | M 10 | 00:27:28.05 | 5:29 | 10.9 |
| 12 | KARATKÓW EWA | 34 | LKS ISKRA JASZKOWA | RADKÓW | POL | K-40 | 1 | K 2 | 00:28:51.45 | 5:46 | 10.4 |
| 13 | ROMAN KRZYSZTOF | 32 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M-60 | 1 | M 11 | 00:29:17.40 | 5:51 | 10.2 |
| 14 | KRAWCZYK SEBASTIAN | 27 | CITYFIT | WAŁBRZYCH | POL | M-16 | 6 | M 12 | 00:29:34.95 | 5:54 | 10.1 |
| 15 | BIELECKI GRZEGORZ | 31 | HAPPY SCHOOL | LEGNICA | POL | M-40 | 3 | M 13 | 00:29:41.10 | 5:56 | 10.1 |
| 16 | SZYMAŃSKI GRZEGORZ | 41 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | M-40 | 4 | M 14 | 00:29:44.60 | 5:56 | 10.1 |
| 17 | DEREŃ AGATA | 33 | LKS ISKRA JASZKOWA | STARA ŁOMNICA | POL | K-16 | 2 | K 3 | 00:29:58.95 | 5:59 | 10 |
| 18 | MAZURKIEWICZ GRZEGORZ | 24 | | WAŁBRZYCH | POL | M-50 | 4 | M 15 | 00:30:09.80 | 6:01 | 10 |
| 19 | EKALT PAWEŁ | 13 | | BIAŁA | POL | M-16 | 7 | M 16 | 00:30:40.25 | 6:08 | 9.8 |
| 20 | HASIAK ALEKSANDER | 1 | | NYSA | POL | M-50 | 5 | M 17 | 00:30:43.20 | 6:08 | 9.8 |
| 21 | MALECKI JACEK | 23 | | KAMIENIEC ZĄBKOWICKI | POL | M-40 | 5 | M 18 | 00:31:23.55 | 6:16 | 9.6 |
| 22 | GOLEK SEWERYN GOLEK | 39 | POLACY BIEGAJA W UK | LONDON | POL | M-40 | 6 | M 19 | 00:31:26.55 | 6:17 | 9.5 |
| 23 | FABJAŃSKI AUGUSTYN | 11 | | WROCŁAW | POL | M-60 | 2 | M 20 | 00:31:31.25 | 6:18 | 9.5 |
| 24 | ŁYKO MARIUSZ | 36 | MAD RUNNERS | WAŁBRZYCH | POL | M-40 | 7 | M 21 | 00:31:48.10 | 6:21 | 9.4 |
| 25 | ŁYKO MARTA | 35 | MAD RUNNERS | WAŁBRZYCH | POL | K-40 | 2 | K 4 | 00:31:48.30 | 6:21 | 9.4 |
| 26 | ŚLIWKA OLGA | 22 | | OŁAWA | POL | K-16 | 3 | K 5 | 00:32:55.85 | 6:35 | 9.1 |
| 27 | MADZIA ALEKSANDRA | 52 | RNB TEAM POLANICA-ZDROJ | POLANICA-ZDRÓJ | POL | K-16 | 4 | K 6 | 00:32:56.80 | 6:35 | 9.1 |
| 28 | STANKOWSKA RENATA | 7 | | BARDO | POL | K-40 | 3 | K 7 | 00:33:12.65 | 6:38 | 9 |
| 29 | NASTAWSKA BOGUMIŁA | 4 | | WAŁBRZYCH | POL | K-50 | 1 | K 8 | 00:33:19.90 | 6:39 | 9 |
| 30 | ŚWIEBODA KAROLINA | 40 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | K-16 | 5 | K 9 | 00:33:55.10 | 6:47 | 8.8 |
| 31 | BUCZKO BOGUSŁAW | 57 | | ŚNIDNICA | POL | M-50 | 6 | M 22 | 00:33:56.00 | 6:47 | 8.8 |
| 32 | CZUBA MARTA | 15 | | GLIWICE | POL | K-16 | 6 | K 10 | 00:34:04.00 | 6:48 | 8.8 |
| 33 | JURASZ ALEKSANDRA | 18 | | KAMIENIEC ZĄBKOWICKI | POL | K-16 | 7 | K 11 | 00:34:18.55 | 6:51 | 8.7 |
| 34 | FIGURA ZBIGNIEW | 46 | RUNNERS TEAM NYSA | NYSA | POL | M-60 | 3 | M 23 | 00:36:14.05 | 7:14 | 8.3 |
| 35 | HASIAK KATARZYNA | 2 | | NYSA | POL | K-50 | 2 | K 12 | 00:36:18.45 | 7:15 | 8.3 |
| 36 | SPOWAR JAN | 50 | KOS TESLA BRNO | BRNO | POL | M-70+ | 1 | M 24 | 00:36:43.20 | 7:20 | 8.2 |
| 37 | STEMPIN SYLWIA | 16 | | KĘPNO | POL | K-16 | 8 | K 13 | 00:37:27.30 | 7:29 | 8 |
| 38 | SZCZYPEK ANNA | 28 | CITYFIT | WAŁBRZYCH | POL | K-40 | 4 | K 14 | 00:37:40.25 | 7:32 | 8 |
| 39 | PAWŁOWICZ KATARZYNA | 48 | | POLANICA-ZDRÓJ | POL | K-16 | 9 | K 15 | 00:37:53.60 | 7:34 | 7.9 |
| 40 | GRYGOROWICZ MAREK | 14 | | NYSA | POL | M-40 | 8 | M 25 | 00:38:08.10 | 7:37 | 7.9 |
| 41 | MANDZIEJ ULA | 9 | | NYSA | POL | K-40 | 5 | K 16 | 00:38:13.05 | 7:38 | 7.8 |
| 42 | MAĆKÓW KLAUDIA | 19 | | STROBICE | POL | K-16 | 10 | K 17 | 00:38:27.35 | 7:41 | 7.8 |
| 43 | MUŁKIN KLAUDIA | 55 | | STROBICE | POL | K-16 | 11 | K 18 | 00:38:27.75 | 7:41 | 7.8 |
| 44 | KUBAŚ DAWID | 56 | NADLEŚNICTWO ZDROJOWE | KŁODZKO | POL | M-16 | 8 | M 26 | 00:39:50.05 | 7:58 | 7.5 |
| 45 | GRYGOROWICZ KATARZYNA | 53 | | NYSA | POL | K-40 | 6 | K 19 | 00:40:41.45 | 8:08 | 7.4 |
| 46 | RĘKAS ANIA | 10 | | NYSA | POL | K-40 | 7 | K 20 | 00:41:32.70 | 8:18 | 7.2 |

4 POLANICKI BIEG NIEDŹWIEDZIA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|----|------------|----------------|------|-------|--------|------|-------------|--------|------|
| 47 | MAĆKÓW MAŁGORZATA | 20 | | NYSA | POL | K-16 | 12 | K 21 | 00:41:34.05 | 8:18 | 7.2 |
| 48 | GOZDZ MAŁGORZATA | 37 | MAŻ & ŻONA | POLANICA ZDRÓJ | POL | K-16 | 13 | K 22 | 00:42:04.35 | 8:24 | 7.1 |
| 49 | GÓDŹ ARTUR | 38 | MAŻ & ŻONA | POLANICA ZDRÓJ | POL | M-16 | 9 | M 27 | 00:42:04.60 | 8:24 | 7.1 |
| 50 | STROJWAŚ ANNA | 47 | WKB PIAST | WROCŁAW | POL | K-60+ | 1 | K 23 | 00:42:32.25 | 8:30 | 7.1 |
| 51 | ZIELSKI BŁAŻEJ | 17 | | PRUDNIK | POL | M-16 | 10 | M 28 | 00:44:34.05 | 8:54 | 6.7 |
| 52 | ROSS JACEK | 29 | EJR | ZABRZE | POL | M-40 | 9 | M 29 | 00:46:48.70 | 9:21 | 6.4 |

4 POLANICKI BIEG NIEDŹWIEDZIA, OPEN -K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|-------------------------|----------------------|------|-------|--------|------|-------------|--------|------|
| 1 | DYJA MAGDALENA | 44 | RNB TEAM POLANICA-ZDRÓJ | POLANICA-ZDRÓJ | POL | K-16 | 1 | K 1 | 00:27:13.40 | 5:26 | 11 |
| 2 | KARATKÓW EWA | 34 | LKS ISKRA JASZKOWA | RADKÓW | POL | K-40 | 1 | K 2 | 00:28:51.45 | 5:46 | 10.4 |
| 3 | DEREŃ AGATA | 33 | LKS ISKRA JASZKOWA | STARA ŁOMNICA | POL | K-16 | 2 | K 3 | 00:29:58.95 | 5:59 | 10 |
| 4 | ŁYKO MARTA | 35 | MAD RUNNERS | WAŁBRZYCH | POL | K-40 | 2 | K 4 | 00:31:48.30 | 6:21 | 9.4 |
| 5 | ŚLIWKA OLGA | 22 | | OŁAWA | POL | K-16 | 3 | K 5 | 00:32:55.85 | 6:35 | 9.1 |
| 6 | MADZIA ALEKSANDRA | 52 | RNB TEAM POLANICA-ZDRÓJ | POLANICA-ZDRÓJ | POL | K-16 | 4 | K 6 | 00:32:56.80 | 6:35 | 9.1 |
| 7 | STANKOWSKA RENATA | 7 | | BARDO | POL | K-40 | 3 | K 7 | 00:33:12.65 | 6:38 | 9 |
| 8 | NASTAWSKA BOGUMIŁA | 4 | | WAŁBRZYCH | POL | K-50 | 1 | K 8 | 00:33:19.90 | 6:39 | 9 |
| 9 | ŚWIEBODA KAROLINA | 40 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | K-16 | 5 | K 9 | 00:33:55.10 | 6:47 | 8.8 |
| 10 | CZUBA MARTA | 15 | | GLIWICE | POL | K-16 | 6 | K 10 | 00:34:04.00 | 6:48 | 8.8 |
| 11 | JURASZ ALEKSANDRA | 18 | | KAMIENIEC ZĄBKOWICKI | POL | K-16 | 7 | K 11 | 00:34:18.55 | 6:51 | 8.7 |
| 12 | HASIAK KATARZYNA | 2 | | NYSA | POL | K-50 | 2 | K 12 | 00:36:18.45 | 7:15 | 8.3 |
| 13 | STEMPIN SYLWIA | 16 | | KĘPNO | POL | K-16 | 8 | K 13 | 00:37:27.30 | 7:29 | 8 |
| 14 | SZCZYPEK ANNA | 28 | CITYFIT | WAŁBRZYCH | POL | K-40 | 4 | K 14 | 00:37:40.25 | 7:32 | 8 |
| 15 | PAWŁOWICZ KATARZYNA | 48 | | POLANICA-ZDRÓJ | POL | K-16 | 9 | K 15 | 00:37:53.60 | 7:34 | 7.9 |
| 16 | MANDZIEJ ULA | 9 | | NYSA | POL | K-40 | 5 | K 16 | 00:38:13.05 | 7:38 | 7.8 |
| 17 | MAĆKÓW KLAUDIA | 19 | | STROBICE | POL | K-16 | 10 | K 17 | 00:38:27.35 | 7:41 | 7.8 |
| 18 | MUŁKIN KLAUDIA | 55 | | STROBICE | POL | K-16 | 11 | K 18 | 00:38:27.75 | 7:41 | 7.8 |
| 19 | GRYGOROWICZ KATARZYNA | 53 | | NYSA | POL | K-40 | 6 | K 19 | 00:40:41.45 | 8:08 | 7.4 |
| 20 | RĘKAS ANIA | 10 | | NYSA | POL | K-40 | 7 | K 20 | 00:41:32.70 | 8:18 | 7.2 |
| 21 | MAĆKÓW MAŁGORZATA | 20 | | NYSA | POL | K-16 | 12 | K 21 | 00:41:34.05 | 8:18 | 7.2 |
| 22 | GOZDZ MAŁGORZATA | 37 | MAŻ & ŻONA | POLANICA ZDRÓJ | POL | K-16 | 13 | K 22 | 00:42:04.35 | 8:24 | 7.1 |
| 23 | STROJWAŚ ANNA | 47 | WKB PIAST | WROCŁAW | POL | K-60+ | 1 | K 23 | 00:42:32.25 | 8:30 | 7.1 |

4 POLANICKI BIEG NIEDŹWIEDZIA, OPEN -M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|-------------------------|----------------|------|------|--------|------|-------------|--------|------|
| 1 | JAZ MARCIN | 45 | RNB TEAM POLANICA-ZDRÓJ | POLANICA-ZDRÓJ | POL | M-16 | 1 | M 1 | 00:21:56.00 | 4:23 | 13.7 |
| 2 | STOJANOWSKI MARIUSZ | 43 | RNB POLANICA ZDRÓJ TEAM | DUSZNIKI ZDRÓJ | POL | M-16 | 2 | M 2 | 00:22:49.30 | 4:33 | 13.1 |
| 3 | ZAWODNI JAROSŁAW | 26 | | WAŁBRZYCH | POL | M-16 | 3 | M 3 | 00:23:39.45 | 4:43 | 12.7 |
| 4 | KLIMCZAK PIOTR | 30 | GIMPAS PASŁĘK | KŁODZKO | POL | M-50 | 1 | M 4 | 00:23:44.60 | 4:44 | 12.6 |
| 5 | SZCZEPAŃSKI GRZEGORZ | 54 | MAD RUNNERS | CZARNY BÓR | POL | M-16 | 4 | M 5 | 00:24:23.05 | 4:52 | 12.3 |
| 6 | PARADA BRONISŁAW | 51 | RNB TEAM POLANICA-ZDRÓJ | POLANICA ZDRÓJ | POL | M-40 | 1 | M 6 | 00:25:08.90 | 5:01 | 11.9 |
| 7 | SMOLNICKI MARCIN | 6 | | POZNAŃ | POL | M-16 | 5 | M 7 | 00:25:48.90 | 5:09 | 11.6 |
| 8 | CHORZĘPA ADAM | 25 | | SZCZYTNA | POL | M-50 | 2 | M 8 | 00:26:57.55 | 5:23 | 11.1 |
| 9 | KOZŁOWSKI BARTŁOIMIEJ | 49 | RNB POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | M-40 | 2 | M 9 | 00:27:25.50 | 5:29 | 10.9 |
| 10 | SĘDZIK ALEKSANDER | 3 | | BYTOM | POL | M-50 | 3 | M 10 | 00:27:28.05 | 5:29 | 10.9 |
| 11 | ROMAN KRZYSZTOF | 32 | KUDOWIANA RUN | KUDOWA ZDRÓJ | POL | M-60 | 1 | M 11 | 00:29:17.40 | 5:51 | 10.2 |
| 12 | KRAWCZYK SEBASTIAN | 27 | CITYFIT | WAŁBRZYCH | POL | M-16 | 6 | M 12 | 00:29:34.95 | 5:54 | 10.1 |
| 13 | BIELECKI GRZEGORZ | 31 | HAPPY SCHOOL | LEGNICA | POL | M-40 | 3 | M 13 | 00:29:41.10 | 5:56 | 10.1 |
| 14 | SZYMAŃSKI GRZEGORZ | 41 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | M-40 | 4 | M 14 | 00:29:44.60 | 5:56 | 10.1 |
| 15 | MAZURKIEWICZ GRZEGORZ | 24 | | WAŁBRZYCH | POL | M-50 | 4 | M 15 | 00:30:09.80 | 6:01 | 10 |
| 16 | EKALT PAWEŁ | 13 | | BIAŁA | POL | M-16 | 7 | M 16 | 00:30:40.25 | 6:08 | 9.8 |
| 17 | HASIAK ALEKSANDER | 1 | | NYSA | POL | M-50 | 5 | M 17 | 00:30:43.20 | 6:08 | 9.8 |

4 POLANICKI BIEG NIEDŹWIEDZIA, OPEN -M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|----|-----------------------|----------------------|------|-------|--------|------|-------------|--------|------|
| 18 | MALECKI JACEK | 23 | | KAMIENIEC ZĄBKOWICKI | POL | M-40 | 5 | M 18 | 00:31:23.55 | 6:16 | 9.6 |
| 19 | GOLEK SEWERYN GOLEK | 39 | POLACY BIEGAJA W UK | LONDON | POL | M-40 | 6 | M 19 | 00:31:26.55 | 6:17 | 9.5 |
| 20 | FABJAŃSKI AUGUSTYN | 11 | | WROCŁAW | POL | M-60 | 2 | M 20 | 00:31:31.25 | 6:18 | 9.5 |
| 21 | ŁYKO MARIUSZ | 36 | MAD RUNNERS | WAŁBRZYCH | POL | M-40 | 7 | M 21 | 00:31:48.10 | 6:21 | 9.4 |
| 22 | BUCZKO BOGUSŁAW | 57 | | ŚNIDNICA | POL | M-50 | 6 | M 22 | 00:33:56.00 | 6:47 | 8.8 |
| 23 | FIGURA ZBIGNIEW | 46 | RUNNERS TEAM NYSA | NYSA | POL | M-60 | 3 | M 23 | 00:36:14.05 | 7:14 | 8.3 |
| 24 | SPOWAR JAN | 50 | KOS TESLA BRNO | BRNO | POL | M-70+ | 1 | M 24 | 00:36:43.20 | 7:20 | 8.2 |
| 25 | GRYGOROWICZ MAREK | 14 | | NYSA | POL | M-40 | 8 | M 25 | 00:38:08.10 | 7:37 | 7.9 |
| 26 | KUBAŚ DAWID | 56 | NADLEŚNICTWO ZDROJOWE | KŁODZKO | POL | M-16 | 8 | M 26 | 00:39:50.05 | 7:58 | 7.5 |
| 27 | GÓZDŹ ARTUR | 38 | MAŹ & ŻONA | POLANICA ZDRÓJ | POL | M-16 | 9 | M 27 | 00:42:04.60 | 8:24 | 7.1 |
| 28 | ZIELSKI BŁAŻEJ | 17 | | PRUDNIK | POL | M-16 | 10 | M 28 | 00:44:34.05 | 8:54 | 6.7 |
| 29 | ROSS JACEK | 29 | EJR | ZABRZE | POL | M-40 | 9 | M 29 | 00:46:48.70 | 9:21 | 6.4 |

4 POLANICKI BIEG NIEDŹWIEDZIA, K-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|----|-------------------------|----------------------|------|------|--------|------|-------------|--------|------|
| 1 | DYJA MAGDALENA | 44 | RNB TEAM POLANICA-ZDROJ | POLANICA-ZDRÓJ | POL | K-16 | 1 | K 1 | 00:27:13.40 | 5:26 | 11 |
| 2 | DEREŃ AGATA | 33 | LKS ISKRA JASZKOWA | STARA ŁOMNICA | POL | K-16 | 2 | K 3 | 00:29:58.95 | 5:59 | 10 |
| 3 | ŚLIWKA OLGA | 22 | | OŁAWA | POL | K-16 | 3 | K 5 | 00:32:55.85 | 6:35 | 9.1 |
| 4 | MADZIA ALEKSANDRA | 52 | RNB TEAM POLANICA-ZDROJ | POLANICA-ZDRÓJ | POL | K-16 | 4 | K 6 | 00:32:56.80 | 6:35 | 9.1 |
| 5 | ŚWIEBODA KAROLINA | 40 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | K-16 | 5 | K 9 | 00:33:55.10 | 6:47 | 8.8 |
| 6 | CZUBA MARTA | 15 | | GLIWICE | POL | K-16 | 6 | K 10 | 00:34:04.00 | 6:48 | 8.8 |
| 7 | JURASZ ALEKSANDRA | 18 | | KAMIENIEC ZĄBKOWICKI | POL | K-16 | 7 | K 11 | 00:34:18.55 | 6:51 | 8.7 |
| 8 | STEMPIN SYLWIA | 16 | | KĘPNO | POL | K-16 | 8 | K 13 | 00:37:27.30 | 7:29 | 8 |
| 9 | PAWŁOWICZ KATARZYNA | 48 | | POLANICA-ZDRÓJ | POL | K-16 | 9 | K 15 | 00:37:53.60 | 7:34 | 7.9 |
| 10 | MAĆKÓW KLAUDIA | 19 | | STROBICE | POL | K-16 | 10 | K 17 | 00:38:27.35 | 7:41 | 7.8 |
| 11 | MUŁKIN KLAUDIA | 55 | | STROBICE | POL | K-16 | 11 | K 18 | 00:38:27.75 | 7:41 | 7.8 |
| 12 | MAĆKÓW MAŁGORZATA | 20 | | NYSA | POL | K-16 | 12 | K 21 | 00:41:34.05 | 8:18 | 7.2 |
| 13 | GOZDZ MALGORZATA | 37 | MAŹ & ŻONA | POLANICA ZDROJ | POL | K-16 | 13 | K 22 | 00:42:04.35 | 8:24 | 7.1 |

4 POLANICKI BIEG NIEDŹWIEDZIA, M-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|-------------------------|----------------|------|------|--------|------|-------------|--------|------|
| 1 | JAZ MARCIN | 45 | RNB TEAM POLANICA-ZDRÓJ | POLANICA-ZDRÓJ | POL | M-16 | 1 | M 1 | 00:21:56.00 | 4:23 | 13.7 |
| 2 | STOJANOWSKI MARIUSZ | 43 | RNB POLANICA ZDRÓJ TEAM | DUSZNIKI ZDRÓJ | POL | M-16 | 2 | M 2 | 00:22:49.30 | 4:33 | 13.1 |
| 3 | ZAWODNI JAROSŁAW | 26 | | WAŁBRZYCH | POL | M-16 | 3 | M 3 | 00:23:39.45 | 4:43 | 12.7 |
| 4 | SZCZEPAŃSKI GRZEGORZ | 54 | MAD RUNNERS | CZARNY BÓR | POL | M-16 | 4 | M 5 | 00:24:23.05 | 4:52 | 12.3 |
| 5 | SMOLNICKI MARCIN | 6 | | POZNAŃ | POL | M-16 | 5 | M 7 | 00:25:48.90 | 5:09 | 11.6 |
| 6 | KRAWCZYK SEBASTIAN | 27 | CITYFIT | WAŁBRZYCH | POL | M-16 | 6 | M 12 | 00:29:34.95 | 5:54 | 10.1 |
| 7 | EKALT PAWEŁ | 13 | | BIAŁA | POL | M-16 | 7 | M 16 | 00:30:40.25 | 6:08 | 9.8 |
| 8 | KUBAŚ DAWID | 56 | NADLEŚNICTWO ZDROJOWE | KŁODZKO | POL | M-16 | 8 | M 26 | 00:39:50.05 | 7:58 | 7.5 |
| 9 | GÓZDŹ ARTUR | 38 | MAŹ & ŻONA | POLANICA ZDRÓJ | POL | M-16 | 9 | M 27 | 00:42:04.60 | 8:24 | 7.1 |
| 10 | ZIELSKI BŁAŻEJ | 17 | | PRUDNIK | POL | M-16 | 10 | M 28 | 00:44:34.05 | 8:54 | 6.7 |

4 POLANICKI BIEG NIEDŹWIEDZIA, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|----|--------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KARATKÓW EWA | 34 | LKS ISKRA JASZKOWA | RADKÓW | POL | K-40 | 1 | K 2 | 00:28:51.45 | 5:46 | 10.4 |
| 2 | ŁYKO MARTA | 35 | MAD RUNNERS | WAŁBRZYCH | POL | K-40 | 2 | K 4 | 00:31:48.30 | 6:21 | 9.4 |
| 3 | STANKOWSKA RENATA | 7 | | BARDO | POL | K-40 | 3 | K 7 | 00:33:12.65 | 6:38 | 9 |
| 4 | SZCZYPEK ANNA | 28 | CITYFIT | WAŁBRZYCH | POL | K-40 | 4 | K 14 | 00:37:40.25 | 7:32 | 8 |
| 5 | MANDZIEJ ULA | 9 | | NYSA | POL | K-40 | 5 | K 16 | 00:38:13.05 | 7:38 | 7.8 |

4 POLANICKI BIEG NIEDŹWIEDZIA, K-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|------|-----------|------|------|--------|------|-------------|--------|------|
| 6 | GRYGOROWICZ KATARZYNA | 53 | | NYSA | POL | K-40 | 6 | K 19 | 00:40:41.45 | 8:08 | 7.4 |
| 7 | RĘKAS ANIA | 10 | | NYSA | POL | K-40 | 7 | K 20 | 00:41:32.70 | 8:18 | 7.2 |

4 POLANICKI BIEG NIEDŹWIEDZIA, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|-------------------------|----------------------|------|------|--------|------|-------------|--------|------|
| 1 | PARADA BRONISŁAW | 51 | RNB TEAM POLANICA-ZDROJ | POLANICA ZDRÓJ | POL | M-40 | 1 | M 6 | 00:25:08.90 | 5:01 | 11.9 |
| 2 | KOZŁOWSKI BARTŁOMIEJ | 49 | RNB POLANICA ZDRÓJ | POLANICA ZDRÓJ | POL | M-40 | 2 | M 9 | 00:27:25.50 | 5:29 | 10.9 |
| 3 | BIELECKI GRZEGORZ | 31 | HAPPY SCHOOL | LEGNICA | POL | M-40 | 3 | M 13 | 00:29:41.10 | 5:56 | 10.1 |
| 4 | SZYMAŃSKI GRZEGORZ | 41 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | M-40 | 4 | M 14 | 00:29:44.60 | 5:56 | 10.1 |
| 5 | MALECKI JACEK | 23 | | KAMIENIEC ZĄBKOWICKI | POL | M-40 | 5 | M 18 | 00:31:23.55 | 6:16 | 9.6 |
| 6 | GOLEK SEWERYN GOLEK | 39 | POLACY BIEGAJA W UK | LONDON | POL | M-40 | 6 | M 19 | 00:31:26.55 | 6:17 | 9.5 |
| 7 | ŁYKO MARIUSZ | 36 | MAD RUNNERS | WAŁBRZYCH | POL | M-40 | 7 | M 21 | 00:31:48.10 | 6:21 | 9.4 |
| 8 | GRYGOROWICZ MAREK | 14 | | NYSA | POL | M-40 | 8 | M 25 | 00:38:08.10 | 7:37 | 7.9 |
| 9 | ROSS JACEK | 29 | EJR | ZABRZE | POL | M-40 | 9 | M 29 | 00:46:48.70 | 9:21 | 6.4 |

4 POLANICKI BIEG NIEDŹWIEDZIA, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|----|------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | NASTAWSKA BOGUMIŁA | 4 | | WAŁBRZYCH | POL | K-50 | 1 | K 8 | 00:33:19.90 | 6:39 | 9 |
| 2 | HASIAK KATARZYNA | 2 | | NYSA | POL | K-50 | 2 | K 12 | 00:36:18.45 | 7:15 | 8.3 |

4 POLANICKI BIEG NIEDŹWIEDZIA, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|---------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KLIMCZAK PIOTR | 30 | GIMPAS PASŁĘK | KŁODZKO | POL | M-50 | 1 | M 4 | 00:23:44.60 | 4:44 | 12.6 |
| 2 | CHORZĘPA ADAM | 25 | | SZCZYTNA | POL | M-50 | 2 | M 8 | 00:26:57.55 | 5:23 | 11.1 |
| 3 | SĘDZIK ALEKSANDER | 3 | | BYTOM | POL | M-50 | 3 | M 10 | 00:27:28.05 | 5:29 | 10.9 |
| 4 | MAZURKIEWICZ GRZEGORZ | 24 | | WAŁBRZYCH | POL | M-50 | 4 | M 15 | 00:30:09.80 | 6:01 | 10 |
| 5 | HASIAK ALEKSANDER | 1 | | NYSA | POL | M-50 | 5 | M 17 | 00:30:43.20 | 6:08 | 9.8 |
| 6 | BUCZKO BOGUSŁAW | 57 | | ŚNIDNICA | POL | M-50 | 6 | M 22 | 00:33:56.00 | 6:47 | 8.8 |

4 POLANICKI BIEG NIEDŹWIEDZIA, K-60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|-----------|-----------|------|-------|--------|------|-------------|--------|------|
| 1 | STROJWAŚ ANNA | 47 | WKB PIAST | WROCŁAW | POL | K-60+ | 1 | K 23 | 00:42:32.25 | 8:30 | 7.1 |

4 POLANICKI BIEG NIEDŹWIEDZIA, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|----|-------------------|--------------|------|------|--------|------|-------------|--------|------|
| 1 | ROMAN KRZYSZTOF | 32 | KUDOWIANA RUN | KUDOWA ZDRÓJ | POL | M-60 | 1 | M 11 | 00:29:17.40 | 5:51 | 10.2 |
| 2 | FABJAŃSKI AUGUSTYN | 11 | | WROCŁAW | POL | M-60 | 2 | M 20 | 00:31:31.25 | 6:18 | 9.5 |
| 3 | FIGURA ZBIGNIEW | 46 | RUNNERS TEAM NYSA | NYSA | POL | M-60 | 3 | M 23 | 00:36:14.05 | 7:14 | 8.3 |

4 POLANICKI BIEG NIEDŹWIEDZIA, M-70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|----------------|-----------|------|-------|--------|------|-------------|--------|------|
| 1 | SPOWAR JAN | 50 | KOS TESLA BRNO | BRNO | POL | M-70+ | 1 | M 24 | 00:36:43.20 | 7:20 | 8.2 |