



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

B4SPORT

**Wydarzenie:** III Finał Akademii Zdrowia Santandera  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-09-15  
**Miejsce:** Wrocław  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PRUCIAK Krzysztof</b>	<b>553</b>	LECZYMY DURŚ	M30-39	1	00:00:02	00:09:05	00:18:25	00:27:59	<b>00:37:29.60</b>	<b>00:37:32.45</b>		3:45	16 (100%)
2	<b>KURIATA Robert</b>	<b>587</b>	ZLB ZŁOTORYJA	M50-59	1	00:00:02	00:09:09	00:18:35	00:28:11	<b>00:37:42.95</b>	<b>00:37:45.75</b>	+00:00:13 (0.6%)	3:46	15.9 (99.4%)
3	<b>NOWAKOWSKI Marcin</b>	<b>546</b>		M30-39	2	00:00:02	00:09:16	00:19:06	00:29:29	<b>00:39:30.20</b>	<b>00:39:33.00</b>	+00:02:00 (5.1%)	3:57	15.2 (95.0%)
4	<b>OLKIS Rafał</b>	<b>581</b>	PRZEBIEGA.PL	M30-39	3	00:00:04	00:09:13	00:19:11	00:29:33	<b>00:39:33.95</b>	<b>00:39:38.30</b>	+00:02:04 (5.2%)	3:57	15.2 (95.0%)
5	<b>PODWÓRNY Jan</b>	<b>552</b>	TRENUJZNAAMI.PL	M40-49	1	00:00:04	00:09:50	00:19:43	00:29:42	<b>00:39:53.40</b>	<b>00:39:57.45</b>	+00:02:23 (6.0%)	3:59	15 (93.8%)
6	<b>GÓRA Sylwster</b>	<b>576</b>	#ZABIEGANINOCA	M40-49	2	00:00:03	00:09:56	00:20:02	00:30:12	<b>00:40:14.05</b>	<b>00:40:18.00</b>	+00:02:44 (6.8%)	4:01	14.9 (93.1%)
7	<b>ŻUREK Tomasz</b>	<b>582</b>		M30-39	4	00:00:04	00:09:24	00:19:43	00:30:14	<b>00:40:55.10</b>	<b>00:40:59.20</b>	+00:03:25 (8.4%)	4:05	14.7 (91.9%)
8	<b>JANKOWSKI Jerzy</b>	<b>531</b>	ŚREDZCY BIEGACZE	M40-49	3	00:00:04	00:09:50	00:20:13	00:31:15	<b>00:42:01.50</b>	<b>00:42:06.20</b>	+00:04:31 (10.8%)	4:12	14.3 (89.4%)
9	<b>CZECHOWSKI Paweł</b>	<b>519</b>		M30-39	5	00:00:04	00:09:54	00:20:29	00:31:31	<b>00:42:26.70</b>	<b>00:42:31.10</b>	+00:04:57 (11.7%)	4:14	14.1 (88.1%)
10	<b>PŁATEK Tomasz</b>	<b>551</b>	WIELUŃ BIEGA	M18-29	1	00:00:04	00:09:53	00:20:35	00:31:51	<b>00:43:03.90</b>	<b>00:43:08.15</b>	+00:05:34 (12.9%)	4:18	13.9 (86.9%)
11	<b>NARÓG Paweł</b>	<b>545</b>		M30-39	6	00:00:06	00:10:20	00:21:07	00:32:18	<b>00:43:10.15</b>	<b>00:43:16.15</b>	+00:05:40 (13.1%)	4:19	13.9 (86.9%)
12	<b>BRODA Dominik</b>	<b>513</b>	POSITIVE VIBRATION	M30-39	7	00:00:04	00:10:38	00:21:44	00:32:43	<b>00:43:28.10</b>	<b>00:43:32.30</b>	+00:05:58 (13.7%)	4:20	13.8 (86.3%)
13	<b>MORAŃSKI Wojciech</b>	<b>543</b>	SANTANDER CONSUMER BANK	M30-39	8	00:00:04	00:10:30	00:21:28	00:32:44	<b>00:43:51.35</b>	<b>00:43:55.40</b>	+00:06:21 (14.5%)	4:23	13.7 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>CIESIELSKI Maciej</b>	<b>515</b>	CIESIU TEAM	M30-39	9	00:00:06	00:10:32	00:21:39	00:32:55	<b>00:43:54.65</b>	<b>00:44:00.80</b>	+00:06:25 (14.6%)	4:23	13.7 (85.6%)
15	<b>SOBORAK Mariusz</b>	<b>559</b>	AKTYWNA EKIPA CALYPSO	M30-39	10	00:00:04	00:09:55	00:20:55	00:32:34	<b>00:44:07.15</b>	<b>00:44:11.80</b>	+00:06:37 (15.0%)	4:24	13.6 (85.0%)
16	<b>BASAŁYGO Maciek</b>	<b>510</b>	B FAMILY	M40-49	4	00:00:08	00:10:52	00:22:05	00:33:42	<b>00:44:49.55</b>	<b>00:44:57.70</b>	+00:07:19 (16.4%)	4:28	13.4 (83.8%)
17	<b>BYŚ Mateusz</b>	<b>514</b>		M30-39	11	00:00:05	00:10:56	00:22:16	00:33:53	<b>00:45:09.90</b>	<b>00:45:15.55</b>	+00:07:40 (17.0%)	4:31	13.3 (83.1%)
18	<b>CZAJA Maciej</b>	<b>516</b>	MINICLASSIC.PL	M40-49	5	00:00:05	00:10:43	00:22:00	00:33:38	<b>00:45:20.20</b>	<b>00:45:26.15</b>	+00:07:50 (17.3%)	4:32	13.2 (82.5%)
19	<b>MALUGA Bartosz</b>	<b>541</b>	MALUGA.PL	M40-49	6	00:00:07	00:11:31	00:22:52	00:34:19	<b>00:45:21.30</b>	<b>00:45:29.00</b>	+00:07:51 (17.3%)	4:32	13.2 (82.5%)
20	<b>CZAJA Małgorzata</b>	<b>517</b>	MINICLASSIC.PL	K40-49	1	00:00:05	00:10:53	00:22:09	00:33:51	<b>00:45:31.90</b>	<b>00:45:37.30</b>	+00:08:02 (17.7%)	4:33	13.2 (82.5%)
21	<b>HORAŁA Piotr</b>	<b>527</b>	POWERS TEAM - KAWAII NEKO	M30-39	12	00:00:05	00:11:00	00:22:43	00:34:22	<b>00:45:54.25</b>	<b>00:45:59.70</b>	+00:08:24 (18.3%)	4:35	13.1 (81.9%)
22	<b>LECHOWSKI Jan</b>	<b>538</b>	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	1	00:00:11	00:11:09	00:22:39	00:34:31	<b>00:46:24.50</b>	<b>00:46:36.15</b>	+00:08:54 (19.2%)	4:38	12.9 (80.6%)
23	<b>BIAZIK Aneta</b>	<b>511</b>		K30-39	1	00:00:06	00:11:22	00:22:59	00:34:56	<b>00:46:52.55</b>	<b>00:46:58.65</b>	+00:09:22 (20.0%)	4:41	12.8 (80.0%)
24	<b>MINKOWSKI Kamil</b>	<b>542</b>		M18-29	2	00:00:06	00:11:11	00:22:57	00:35:34	<b>00:47:19.35</b>	<b>00:47:25.50</b>	+00:09:49 (20.8%)	4:43	12.7 (79.4%)
25	<b>SZYMAŃSKI Paweł</b>	<b>563</b>		M18-29	3	00:00:04	00:11:59	00:23:57	00:35:59	<b>00:47:23.90</b>	<b>00:47:28.60</b>	+00:09:54 (20.9%)	4:44	12.7 (79.4%)
26	<b>ŚWIĄTEK Ewelina</b>	<b>565</b>	SPARTANIE DZIECIOM	K30-39	2	00:00:04	00:11:29	00:23:31	00:35:38	<b>00:47:43.55</b>	<b>00:47:47.80</b>	+00:10:13 (21.4%)	4:46	12.6 (78.8%)
27	<b>FABJAŃSKI Augustyn</b>	<b>524</b>	AKTYWNI KLECINA	M60-69	2	00:00:07	00:11:21	00:23:16	00:35:26	<b>00:47:47.50</b>	<b>00:47:54.60</b>	+00:10:17 (21.5%)	4:46	12.6 (78.8%)
28	<b>CZYŻYKOWSKI Patryk</b>	<b>520</b>		M18-29	4	00:00:03	00:10:31	00:22:39	00:35:57	<b>00:48:06.65</b>	<b>00:48:10.50</b>	+00:10:37 (22.1%)	4:48	12.5 (78.1%)
29	<b>ŻUREK Magdalena</b>	<b>583</b>		K30-39	3	00:00:03	00:11:44	00:24:03	00:36:15	<b>00:48:07.60</b>	<b>00:48:11.30</b>	+00:10:38 (22.1%)	4:48	12.5 (78.1%)
30	<b>JEDNACHOWSKI Artur</b>	<b>532</b>		M18-29	5	00:00:04	00:11:32	00:23:43	00:36:07	<b>00:48:13.50</b>	<b>00:48:18.20</b>	+00:10:43 (22.3%)	4:49	12.4 (77.5%)
31	<b>BASAŁYGO Zuzanna</b>	<b>509</b>		K18-29	1	00:00:03	00:11:44	00:24:02	00:36:24	<b>00:48:17.10</b>	<b>00:48:20.80</b>	+00:10:47 (22.3%)	4:49	12.4 (77.5%)
32	<b>BARCZYK Bogdan</b>	<b>588</b>	VIKING CZĘSTOCHOWA	M50-59	2	00:00:07	00:11:31	00:23:42	00:36:28	<b>00:49:03.10</b>	<b>00:49:10.70</b>	+00:11:33 (23.6%)	4:54	12.2 (76.3%)
33	<b>DOBOSZ Łukasz</b>	<b>522</b>		M30-39	13	00:00:06	00:11:32	00:23:53	00:36:37	<b>00:49:15.20</b>	<b>00:49:21.45</b>	+00:11:45 (23.9%)	4:55	12.2 (76.3%)
34	<b>BIK Stanisław</b>	<b>512</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	3	00:00:07	00:11:40	00:24:03	00:36:45	<b>00:49:20.45</b>	<b>00:49:27.45</b>	+00:11:50 (24.0%)	4:56	12.2 (76.3%)
35	<b>KYJAK Błażej</b>	<b>584</b>		M30-39	14	00:00:10	00:11:34	00:23:42	00:37:28	<b>00:50:06.90</b>	<b>00:50:16.90</b>	+00:12:37 (25.2%)	5:00	12 (75.0%)
36	<b>URBAŃSKI Maciej</b>	<b>566</b>	BIEGAM BO LUBIĘ	M18-29	6	00:00:04	00:11:41	00:24:10	00:37:17	<b>00:50:08.60</b>	<b>00:50:12.80</b>	+00:12:39 (25.2%)	5:00	12 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2.5km	Start All 5km	Start All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
37	<b>ANTOSZ Kasia</b>	<b>507</b>		K30-39	4	00:00:05	00:11:38	00:23:45	00:37:32	<b>00:50:10.85</b>	<b>00:50:16.00</b>	+00:12:41 (25.3%)	5:01	12 (75.0%)
38	<b>ADAMSKA Joanna</b>	<b>501</b>	PREDATORS WAŁBRZYCH	K40-49	2	00:00:06	00:11:57	00:24:50	00:38:03	<b>00:51:02.95</b>	<b>00:51:09.20</b>	+00:13:33 (26.6%)	5:06	11.8 (73.8%)
39	<b>ADAMSKI Robert</b>	<b>502</b>	PREDATORS WAŁBRZYCH	M40-49	7	00:00:06	00:11:57	00:24:50	00:38:03	<b>00:51:03.15</b>	<b>00:51:09.40</b>	+00:13:33 (26.6%)	5:06	11.8 (73.8%)
40	<b>JÓZEFIAK Dariusz</b>	<b>533</b>	SCB	M40-49	8	00:00:09	00:12:22	00:25:06	00:38:15	<b>00:51:09.95</b>	<b>00:51:19.65</b>	+00:13:40 (26.7%)	5:07	11.7 (73.1%)
41	<b>KONASZCZUK Agnieszka</b>	<b>586</b>		K40-49	3	00:00:07	00:12:50	00:26:24	00:39:53	<b>00:52:43.85</b>	<b>00:52:51.65</b>	+00:15:14 (28.9%)	5:16	11.4 (71.3%)
42	<b>PIETRASZEK Piotr</b>	<b>549</b>	RADIO WROCŁAW	M40-49	9	00:00:09	00:12:53	00:26:25	00:39:50	<b>00:52:52.70</b>	<b>00:53:02.50</b>	+00:15:23 (29.1%)	5:17	11.3 (70.6%)
43	<b>HUMENIUK Wojciech</b>	<b>528</b>	AMATOR	M30-39	15	00:00:05	00:12:50	00:26:24	00:40:07	<b>00:53:46.35</b>	<b>00:53:52.10</b>	+00:16:16 (30.3%)	5:22	11.2 (70.0%)
44	<b>DIUG-HUMENIUK Iwona</b>	<b>521</b>	AMATOR	K30-39	5	00:00:05	00:12:51	00:26:25	00:40:08	<b>00:53:48.05</b>	<b>00:53:53.65</b>	+00:16:18 (30.3%)	5:22	11.2 (70.0%)
45	<b>CZAJKOWSKI Stanisław</b>	<b>518</b>	KB HARCOWNIK JELCZ-LASKOWICE	M60-69	3	00:00:09	00:12:54	00:26:24	00:40:11	<b>00:53:53.20</b>	<b>00:54:03.00</b>	+00:16:23 (30.4%)	5:23	11.1 (69.4%)
46	<b>ANTCZAK Jacek</b>	<b>506</b>	PRO-RUN WROCŁAW	M40-49	10	00:00:09	00:14:04	00:27:51	00:41:35	<b>00:54:24.75</b>	<b>00:54:34.65</b>	+00:16:55 (31.1%)	5:26	11 (68.8%)
47	<b>SZAŁAJKO Jerzy</b>	<b>562</b>	DUCH GÓR	M50-59	4	00:00:07	00:13:05	00:26:51	00:40:52	<b>00:54:30.60</b>	<b>00:54:38.30</b>	+00:17:01 (31.2%)	5:27	11 (68.8%)
48	<b>ŁUKASIEWICZ Grzegorz</b>	<b>539</b>		M50-59	5	00:00:09	00:13:41	00:27:18	00:41:06	<b>00:54:49.55</b>	<b>00:54:58.65</b>	+00:17:19 (31.6%)	5:28	10.9 (68.1%)
49	<b>RÓŻAŃSKA Małgorzata</b>	<b>554</b>		K40-49	4	00:00:07	00:13:00	00:26:27	00:40:34	<b>00:54:51.20</b>	<b>00:54:58.80</b>	+00:17:21 (31.6%)	5:29	10.9 (68.1%)
50	<b>MALESZKA-BAGIŃSKA Kinga</b>	<b>540</b>	GRUPA BIEGOWA ANZELM	K30-39	6	00:00:07	00:13:42	00:27:50	00:41:59	<b>00:55:59.35</b>	<b>00:56:06.70</b>	+00:18:29 (33.0%)	5:35	10.7 (66.9%)
51	<b>CZAKIERT Marek</b>	<b>571</b>	VIKING NTCZ	M50-59	6	00:00:07	00:13:24	00:27:54	00:43:16	<b>00:58:21.00</b>	<b>00:58:28.70</b>	+00:20:51 (35.7%)	5:50	10.3 (64.4%)
52	<b>WANAT Wacław</b>	<b>567</b>	PRO-RUN WROCŁAW	M70+	1	00:00:09	00:14:51	00:30:02	00:45:09	<b>01:00:09.20</b>	<b>01:00:18.50</b>	+00:22:39 (37.7%)	6:00	10 (62.5%)
53	<b>DWORZYŃSKA Karolina</b>	<b>523</b>		K18-29	2	00:00:04	00:14:01	00:29:28	00:45:21	<b>01:01:02.50</b>	<b>01:01:07.05</b>	+00:23:32 (38.6%)	6:06	9.8 (61.3%)
54	<b>PAWLAK Katarzyna</b>	<b>547</b>	RADIO WROCŁAW	K40-49	5	00:00:08	00:14:59	00:30:34	00:46:06	<b>01:01:24.55</b>	<b>01:01:33.10</b>	+00:23:54 (38.9%)	6:08	9.8 (61.3%)
55	<b>SIATKOWSKI Sebastian</b>	<b>556</b>	SANDAŁY JUDASZA	M30-39	16	00:00:05	00:13:16	00:28:49	00:45:48	<b>01:01:43.10</b>	<b>01:01:48.70</b>	+00:24:13 (39.3%)	6:10	9.7 (60.6%)
56	<b>WILCZYŃSKA Anna</b>	<b>569</b>		K30-39	7	00:00:06	00:14:42	00:29:54	00:45:53	<b>01:02:15.90</b>	<b>01:02:22.15</b>	+00:24:46 (39.8%)	6:13	9.6 (60.0%)
57	<b>LESZKIEWICZ Iwona</b>	<b>575</b>	WROCŁAW MARATHON TEAM	K40-49	6	00:00:07	00:14:22	00:30:00	00:46:28	<b>01:03:00.20</b>	<b>01:03:08.05</b>	+00:25:30 (40.5%)	6:18	9.5 (59.4%)
58	<b>WOJCIECHOWSKA Beata</b>	<b>574</b>	WROCŁAW MARATHON TEAM	K30-39	8	00:00:06	00:14:24	00:30:02	00:46:29	<b>01:03:01.50</b>	<b>01:03:07.95</b>	+00:25:31 (40.5%)	6:18	9.5 (59.4%)
59	<b>SKUPIEŃ Anna</b>	<b>558</b>	RADIO WROCŁAW	K40-49	7	00:00:09	00:15:15	00:31:21	00:47:41	<b>01:03:55.90</b>	<b>01:04:05.10</b>	+00:26:26 (41.4%)	6:23	9.4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
60	<b>MIODYŃSKA Katarzyna</b>	<b>573</b>				00:00:03	00:14:40	00:31:28	00:49:08	<b>01:06:22.50</b>	<b>01:06:25.50</b>	+00:28:52 (43.5%)	6:38	9 (56.3%)
61	<b>JANIAK Artur</b>	<b>530</b>		M30-39	17	00:00:07	00:15:56	00:32:52	00:50:30	<b>01:06:44.95</b>	<b>01:06:52.50</b>	+00:29:15 (43.8%)	6:40	9 (56.3%)
62	<b>SZABAT Adrianna</b>	<b>561</b>		K18-29	3	00:00:04	00:14:57	00:32:37	00:50:38	<b>01:06:48.15</b>	<b>01:06:52.70</b>	+00:29:18 (43.9%)	6:40	9 (56.3%)
63	<b>MIODYŃSKI Karol</b>	<b>572</b>		M50-59	7	00:00:08	00:15:45	00:33:48	00:52:45	<b>01:12:34.75</b>	<b>01:12:43.10</b>	+00:35:05 (48.3%)	7:15	8.3 (51.9%)
64	<b>MOŹDŹEŃ Barbara</b>	<b>544</b>	NIERZESZONA	K50-59	1	00:00:07	00:15:46	00:33:21	00:52:39	<b>01:12:36.60</b>	<b>01:12:43.95</b>	+00:35:07 (48.4%)	7:15	8.3 (51.9%)
65	<b>FILIPEK Agnieszka</b>	<b>525</b>	KLUB BOBIKA	K30-39	9	00:00:07	00:16:45	00:35:22	00:54:56	<b>01:13:45.25</b>	<b>01:13:52.25</b>	+00:36:15 (49.2%)	7:22	8.1 (50.6%)
	<b>HYLLER Paulina</b>	<b>529</b>		K18-29		DNF	00:16:25 DNF	00:39:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KRUPSKI Maksymilian</b>	<b>585</b>		M40-49		DNF	00:14:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 67 wynik(ów)