

Trening biegowy im. Marcina Kardasa

Organizator: Polaris Running Team
 Miejsowość i data: Opole, Wyspa Bolko, 08.10.2024
 Klasyfikacja: Bieg ok. 9,8 km (na pętli 2,45 km)

Miejsce	Numer startowy	Kraj	Nazwisko i imię	Rok ur.	Klub / Miejsowość	2,45 km	4,9 km	7,35 km	9,8 km	Czas brutto	Czas netto	Tempo	K	M
1	29	POL	Pawłowski Marek	2000	Polaris Running Team, Opole	00:08:35	00:17:02	00:25:42	00:34:11	00:34:11	00:34:10	03:44		1
2	37	POL	Berlik Piotr	1992	KB ODRA OPOLE, Opole	00:08:35	00:17:04	00:25:41	00:34:11	00:34:11	00:34:08	03:44		2
3	14	POL	Kaszuba Kamil	1992	Polaris Running Team, Opole	00:08:49	00:17:54	00:27:30	00:37:02	00:37:02	00:37:01	04:02		3
4	60	POL	Kabata Jakub	1992	Falstart Rudniki, Opole	00:09:24	00:19:03	00:28:47	00:38:32	00:38:32	00:38:30	04:12		4
5	23	POL	Chład Aleksander	1983	Ex Team, Przysiecz	00:10:16	00:20:06	00:29:34	00:38:46	00:38:46	00:38:41	04:14		5
6	54	POL	Kubiczek Andrzej	1986	Nowa Kuznia	00:10:17	00:20:06	00:29:50	00:39:26	00:39:26	00:39:23	04:18		6
7	48	POL	Laskowski Igor	1991	Opolska Grupa Biegowa, Opole	00:10:27	00:20:29	00:30:32	00:40:30	00:40:30	00:40:24	04:25		7
8	16	POL	Rudner Janusz	1979	Stan Umysłu Lewin biega, Lewin Brzeski	00:11:15	00:22:03	00:32:08	00:41:24	00:41:24	00:41:14	04:31		8
9	40	POL	Wrona Jacek	1981	Polaris Running Team / Stajniak Team, Opole	00:10:00	00:20:13	00:30:54	00:41:24	00:41:24	00:41:23	04:31		9
10	5	POL	Boczowska Marzena	1984	Stan Umysłu Lewin biega, Lewin Brzeski	00:11:15	00:22:03	00:32:08	00:41:25	00:41:25	00:41:15	04:31	1	
11	21	POL	Teleguj Michał	1983	KB ODRA OPOLE, Opole	00:10:16	00:20:18	00:31:03	00:41:31	00:41:31	00:41:24	04:32		10
12	49	POL	Kochanek Adam	1979	KB ODRA OPOLE, Opole	00:10:51	00:21:05	00:31:03	00:41:31	00:41:31	00:41:25	04:32		11
13	35	POL	Berlik Paweł	1965	KB ODRA OPOLE, Suchy Bór	00:10:52	00:21:36	00:32:33	00:43:16	00:43:16	00:43:10	04:43		12
14	11	POL	Olas Katarzyna	1989	Stajniak Team, Komprachcice	00:10:48	00:21:40	00:32:37	00:43:32	00:43:32	00:43:29	04:45	2	
15	100	POL	Zawodnik Anonimowy	1991	Polaris Running Team, Opole	00:10:49	00:21:58	00:32:38	00:43:32	00:43:32	00:43:28	04:45	3	
16	32	POL	Hrycaj Marcin	1977	KB ODRA OPOLE, Opole	00:12:27	00:24:16	00:34:34	00:43:55	00:43:55	00:43:48	04:48		13
17	55	POL	Ścieranka Łukasz	1981	Opole	00:11:15	00:22:27	00:33:16	00:44:05	00:44:05	00:44:00	04:49		14
18	59	POL	Biedron Bernard	1962	Opolska Grupa Biegowa, Żelazna	00:11:16	00:22:27	00:33:16	00:44:05	00:44:05	00:43:59	04:49		15
19	92	POL	Kaliński Dawid	1976	Parkrun Opole, Opole	00:11:15	00:22:28	00:33:16	00:44:05	00:44:05	00:44:01	04:49		16
20	26	POL	Golak Łukasz	1983	Opole	00:11:10	00:22:14	00:33:23	00:44:10	00:44:10	00:44:06	04:49		17
21	27	POL	Bukowska-Golak Joanna	1981	Opole	00:11:10	00:22:14	00:33:23	00:44:11	00:44:11	00:44:06	04:49	4	
22	73	POL	Pancylejko Beata	1975	KB ODRA OPOLE, Opole	00:12:27	00:24:16	00:34:35	00:44:51	00:44:51	00:44:44	04:54	5	
23	19	POL	Pękała Michał	1990	Polaris Running Team, Górki	00:11:49	00:23:39	00:34:20	00:44:51	00:44:51	00:44:42	04:54		18
24	10	POL	Kubiak Wojciech	1985	Opole	00:14:37	00:28:17	00:37:35	00:45:50	00:45:50	00:45:35	05:00		19
25	53	POL	Krupchenko Valeriia	2000	KB ODRA OPOLE, Opole	00:11:59	00:23:26	00:34:57	00:46:08	00:46:08	00:46:02	05:02	6	
26	90	POL	Stupak Ada	1990	KB ODRA OPOLE, Tarnów Opolski	00:11:59	00:23:26	00:34:57	00:46:08	00:46:08	00:46:02	05:02	7	
27	42	POL	Libuda Radosław	1981	KB ODRA OPOLE, Mechnice	00:10:52	00:23:27	00:34:57	00:46:10	00:46:10	00:46:07	05:02		20
28	45	POL	Włodarczyk Paweł	1977	KB ODRA OPOLE, Opole	00:13:03	00:25:01	00:36:03	00:46:29	00:46:29	00:46:20	05:04		21
29	25	POL	Kokott Grzegorz	1984	Polaris Running Team, Opole	00:11:35	00:23:05	00:34:52	00:46:32	00:46:32	00:46:24	05:05		22
30	66	POL	Sienkiewicz Jakub	1990	Polaris Running Team / Stajniak Team, Opole	00:11:02	00:22:53	00:35:02	00:47:00	00:47:00	00:46:58	05:08		23
31	94	POL	Gonet Marek	1969	Otmice	00:11:19	00:23:08	00:35:14	00:47:20	00:47:20	00:47:15	05:10		24
32	44	POL	Drozd Przemysław	1972	Trucht Team Opole, Opole	00:11:19	00:23:08	00:35:15	00:47:22	00:47:22	00:47:17	05:10		25
33	93	POL	Baziuk Artur	1976	ZmierzymyCzas.pl, Dobrzeń Wielki	00:12:01	00:23:46	00:35:42	00:47:35	00:47:35	00:47:31	05:12		26
34	34	POL	Rymarz Mirosław	1978	KB ODRA OPOLE, Opole	00:13:03	00:25:16	00:37:29	00:48:59	00:48:59	00:48:51	05:21		27
35	96	POL	Katzy Marcin	1989	Zębowice	00:12:00	00:24:22	00:37:08	00:49:27	00:49:27	00:49:23	05:24		28
36	41	POL	Dawidenko Joanna	1977	Polaris Running Team, Opole	00:12:31	00:24:51	00:37:09	00:49:29	00:49:29	00:49:27	05:24	8	
37	52	POL	Liba Sebastian	1975	Polaris Running Team, Opole	00:12:47	00:24:46	00:37:02	00:49:30	00:49:30	00:49:21	05:24		29
38	64	POL	Skórzewski Przemysław	1977	KB ODRA OPOLE, Opole	00:12:16	00:24:38	00:37:34	00:49:47	00:49:47	00:49:42	05:26		30
39	69	POL	Kęśminowicz Krzysztof	1973	Polaris Running Team / Stajniak Team, Brzeg	00:13:23	00:26:43	00:38:38	00:50:35	00:50:35	00:50:35	05:31		31
40	56	POL	Ruksza Jaro	1995	Opole	00:12:31	00:25:10	00:38:07	00:51:01	00:51:01	00:50:48	05:34		32
41	57	POL	Mikluszka Dorota	1976	KB ODRA OPOLE, Opole	00:12:30	00:25:09	00:38:07	00:51:02	00:51:02	00:50:55	05:34	9	
42	33	POL	Czech Sebastian	1977	KB ODRA OPOLE, Osowiec-Trzesina	00:12:30	00:25:10	00:38:07	00:51:04	00:51:04	00:50:56	05:34		33
43	17	POL	Gosk Urszula	1985	Opole	00:12:58	00:26:16	00:39:33	00:52:42	00:52:42	00:52:36	05:45	10	

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44	77	POL	Jarecki Witek	1977	KB ODRA OPOLE, Nakło	00:13:45	00:27:54	00:41:12	00:53:53	00:53:53	00:53:44	05:53		34
45	36	POL	Czech Andrzej	1980	KB ODRA OPOLE, Osowiec-Trzęsina	00:14:17	00:28:08	00:41:41	00:54:53	00:54:53	00:54:43	05:59		35
46	46	POL	Starczyk Sebastian	1974	KB ODRA OPOLE, Opole	00:13:27	00:26:56	00:40:40	00:54:54	00:54:54	00:54:45	05:59		36
47	20	POL	Golomb Nikodem	1997	Opole	00:13:26	00:26:52	00:41:18	00:55:05	00:55:05	00:54:54	06:01		37
48	51	POL	Zajac Anna	1986	Polaris Running Team, Bielawa	00:13:24	00:27:13	00:41:17	00:55:08	00:55:08	00:55:01	06:01	11	
49	3	POL	Wajgel Tomasz	1979	Polaris Running Team, Ozimek	00:13:25	00:27:13	00:41:17	00:55:09	00:55:09	00:55:01	06:01		38
50	63	POL	Dutka Roman	1981	Opole	00:14:35	00:29:26	00:42:36	00:56:20	00:56:20	00:56:10	06:09		39
51	47	POL	Laskowski Piotr	1961	Opole	00:18:40	00:36:46	00:53:37	01:09:41	01:09:41	01:09:29	07:36		40
52	61	POL	Zakrzewska Wiktoria	2010	LUKS Podium Kup, Chroszowice	00:13:49	00:31:30	00:50:17	01:12:53	01:12:53	01:12:50	07:57	12	
53	2	POL	Kardas Alicja	2010	UKS MOS Opole, Ozimek	00:13:49	00:31:31	00:50:17	01:12:53	01:12:53	01:12:50	07:57	13	
54	22	POL	Kokott Paulina	2010	Polaris Running Team, Opole	00:14:49	00:32:24	00:50:17	01:12:57	01:12:57	01:12:48	07:58	14	
55	43	POL	Jurkowski Piotr	1971	Polaris Running Team, Opole	00:14:50	00:32:24	00:50:17	01:12:58	01:12:58	01:12:58	07:58		41
56	31	POL	Kowalik Andrzej	1979	KB ODRA OPOLE, Opole	00:10:51	00:23:26	00:34:57		00:34:57	00:34:57	03:49		42
57	18	POL	Urbańska Katarzyna	1981	Bieg Opolski, Górki	00:11:50	00:23:37	00:35:17		00:35:17	00:35:08	03:51	15	
58	58	POL	Walczak Stanisław	2011	Ozimek	00:14:01	00:27:21	00:40:20		00:40:20	00:40:08	04:24		43
59	95	POL	Zalejski Tomasz	1990	Gościejowice	00:13:42	00:27:27	00:41:13		00:41:13	00:41:02	04:30		44
60	62	POL	Fijałkowski Rafał	1981	Polaris Running Team, Opole	00:13:42	00:27:26	00:41:14		00:41:14	00:41:05	04:30		45
61	15	POL	Jakimowicz Izabela	1974	KB ODRA OPOLE, Opole	00:13:55	00:27:54	00:43:56		00:43:56	00:43:49	04:48	16	
62	91	POL	Andrzejewska Monika	1991	KB ODRA OPOLE, Tarnów Opolski	00:14:16	00:29:57	00:45:33		00:45:33	00:45:27	04:58	17	
63	83	POL	Broy Katarzyna	1983	KB ODRA OPOLE, Tarnów Opolski	00:14:17	00:29:57	00:45:34		00:45:34	00:45:27	04:58	18	
64	50	POL	Wielichowska Milena	2010	UKS MOS Opole, Opole	00:13:48	00:29:50	00:47:11		00:47:11	00:47:08	05:09	19	
65	28	POL	Krawczyk Jakub	2009	Dobrzeń Wielki	00:13:48	00:29:50	00:47:11		00:47:11	00:47:09	05:09		46
66	65	POL	Sudoł Natalia	2011	UKS MOS Opole, Ozimek	00:13:49	00:29:50	00:47:12		00:47:12	00:47:09	05:09	20	
67	8	POL	Walczak Agnieszka	1982	Ozimek	00:15:57	00:31:54	00:48:58		00:48:58	00:48:47	05:21	21	
68	71	POL	Czykieta Łukasz	1981	Opole	00:28:26	00:42:16			00:42:16	00:26:56	04:37		47
69	68	POL	Kardas Jadwiga	1954	Ryki	00:25:02	00:51:13			00:51:13	00:51:12	05:35	22	
70	67	POL	Kardas Sławomir	1976	Jabłoń	00:18:39				00:18:39	00:18:31	02:02		48
71	38	POL	Karpisz Krzysztof	1969	Opole	00:35:31				00:35:31	00:35:24	03:52		49
72	39	POL	Ładocha Michał	1980	Polaris Running Team, Opole	00:35:31				00:35:31	00:35:26	03:52		50
DNS	30	POL	Czykieta Paweł	1994	Polaris Running Team, Popielów									
DNS	24	POL	Kokott Karolina	2012	Polaris Running Team, Opole									
DNS	76	POL	Telega Joanna	1979	Polaris Running Team, Opole									