BIESZCZADZKI KLASYK RYSIA

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT
Data: 2018-10-20
Miejsce: Polańczyk
Dystans: 12 km

B4SPORT
HERKULES
www.herkules.org.pl

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	**SZMIST Szymon**	**173**	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	1	00:27:22	**01:02:30.74**		5:12	11.5 (100%)
2	**SKAWIŃSKI Tomasz**	**158**	BIESY I CZORTY	M-30	2	00:28:16	**01:02:44.90**	+00:00:14 (0.4%)	5:13	11.5 (100%)
3	**PISZCZEK Stanisław**	**135**		M-30	3	00:28:15	**01:03:14.37**	+00:00:43 (1.1%)	5:16	11.4 (99.1%)
4	**GŁUSZKO Przemek**	**49**	SOLINA TEAM	M-30	4	00:27:51	**01:04:17.96**	+00:01:47 (2.8%)	5:21	11.2 (97.4%)
5	**PYRZAK Jacek**	**141**	BIKESHOP RZESZÓW	M-30	5	00:29:19	**01:04:48.75**	+00:02:18 (3.5%)	5:24	11.1 (96.5%)
6	**ŁAGOŻNY Łukasz**	**101**	POZYTYWNIE ZABIEGANI SANOK 1	M-30	6	00:29:46	**01:06:25.06**	+00:03:54 (5.9%)	5:32	10.8 (93.9%)
7	**DUDA Paweł**	**37**	MUKS PODKARPACIE JEDLICZE	M-30	7	00:29:39	**01:06:29.14**	+00:03:58 (6.0%)	5:32	10.8 (93.9%)
8	**WIERZBICKI Janusz**	**214**		M-30	8	00:29:27	**01:08:54.60**	+00:06:23 (9.3%)	5:44	10.4 (90.4%)
9	**FEDIO Marek**	**40**	I KZ	M-30	9	00:29:46	**01:10:00.09**	+00:07:29 (10.7%)	5:50	10.3 (89.6%)
10	**RYCYK Łukasz**	**152**		M-30	10	00:31:25	**01:10:11.34**	+00:07:40 (10.9%)	5:51	10.3 (89.6%)
11	**MLECZKO Grzegorz**	**117**	I KZ	M-30	11	00:31:21	**01:10:46.99**	+00:08:16 (11.7%)	5:53	10.2 (88.7%)
12	**WOLIŃSKI Ryszard**	**200**	RUNNING TEAM NOWY STYL GROUP	M-30	12	00:31:23	**01:10:58.47**	+00:08:27 (11.9%)	5:54	10.1 (87.8%)
13	**SZYSZŁO Tomasz**	**176**	POZYTYWNIE ZABIEGANI SANOK 3	M-30	13	00:31:30	**01:11:01.77**	+00:08:31 (12.0%)	5:55	10.1 (87.8%)
14	**GAWORECKI Tomasz**	**45**	POZYTYWNIE ZABIEGANI SANOK 1	M-30	14	00:31:32	**01:11:06.91**	+00:08:36 (12.1%)	5:55	10.1 (87.8%)
15	**PODOLAK Paweł**	**138**	KAMIEŃ DWERNIK	M-30	15	00:31:29	**01:11:13.20**	+00:08:42 (12.2%)	5:56	10.1 (87.8%)
16	**RUCIŃSKI Piotr**	**150**		M-30	16	00:31:48	**01:11:32.28**	+00:09:01 (12.6%)	5:57	10.1 (87.8%)
17	**KOŚMIDER Tomasz**	**87**	SPARTANIE DZIECIOM	M-30	17	00:32:49	**01:11:34.05**	+00:09:03 (12.7%)	5:57	10.1 (87.8%)
18	**SZKODA Robert**	**171**	BURZA MUZGÓW	M-30	18	00:31:47	**01:12:09.19**	+00:09:38 (13.4%)	6:00	10 (87.0%)
19	**GIEFERT Tomasz**	**47**	I KZ	M-30	19	00:31:17	**01:12:25.18**	+00:09:54 (13.7%)	6:02	9.9 (86.1%)
20	**OSIŃSKI Adam**	**125**		M-30	20	00:31:39	**01:12:27.07**	+00:09:56 (13.7%)	6:02	9.9 (86.1%)
21	**WINIARSKI Karol**	**193**	BŁĘKITNY ŻEGLCE	M-30	21	00:31:55	**01:13:01.43**	+00:10:30 (14.4%)	6:05	9.9 (86.1%)
22	**BRONHARD Rafał**	**24**	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	22	00:32:18	**01:13:14.26**	+00:10:43 (14.6%)	6:06	9.8 (85.2%)
23	**AMAROWICZ Jacek**	**4**	I KZ III - PLZ	M-30	23	00:32:42	**01:13:24.91**	+00:10:54 (14.9%)	6:07	9.8 (85.2%)
24	**CZERNICKI Marcin**	**149**	PRZEMYSKI KLUB BIEGACZA	M-30	24	00:32:43	**01:13:28.83**	+00:10:58 (14.9%)	6:07	9.8 (85.2%)
25	**GOLEŚ Grzegorz**	**52**	RUN GIEDLAROWA	M-30	25	00:31:49	**01:13:55.04**	+00:11:24 (15.4%)	6:09	9.7 (84.3%)
26	**KARDASZ Marek**	**69**	SOLINA TEAM	M-30	26	00:32:53	**01:14:31.52**	+00:12:00 (16.1%)	6:12	9.7 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
27	**JACHIMOWSKI Jarek**	**61**	KOMP-SERWIS24 SANOK	M-30	27	00:33:05	**01:15:18.31**	+00:12:47 (17.0%)	6:16	9.6 (83.5%)
28	**BERNAŚ Dariusz**	**19**	BSCZADY	M-30	28	00:33:43	**01:15:24.20**	+00:12:53 (17.1%)	6:17	9.5 (82.6%)
29	**ŁABUDZKI Marcin**	**99**	PRZEMYSKI KLUB BIEGACZA	M-30	29	00:33:20	**01:15:32.94**	+00:13:02 (17.3%)	6:17	9.5 (82.6%)
30	**MATUSZEWSKI Piotr**	**112**		M-30	30	00:34:15	**01:15:33.76**	+00:13:03 (17.3%)	6:17	9.5 (82.6%)
31	**ROCZNIAK Marcin**	**147**	ROCZNIAK TEAM	M-30	31	00:33:20	**01:16:06.03**	+00:13:35 (17.9%)	6:20	9.5 (82.6%)
32	**RADYK Jakub**	**142**	PRZEMYSKI KLUB BIEGACZA	M-30	32	00:33:31	**01:16:23.18**	+00:13:52 (18.2%)	6:21	9.4 (81.7%)
33	**KAWALIŁO Piotr**	**70**		M-30	33	00:32:45	**01:16:46.35**	+00:14:15 (18.6%)	6:23	9.4 (81.7%)
34	**WĘGRZYŃSKI Paweł**	**189**		M-30	34	00:34:26	**01:17:09.81**	+00:14:39 (19.0%)	6:25	9.3 (80.9%)
35	**BEŁCH Michał**	**18**		M-30	35	00:33:32	**01:17:15.94**	+00:14:45 (19.1%)	6:26	9.3 (80.9%)
36	**ŚCIBOR Jarosław**	**177**	I KZ III - PLZ	M-30	36	00:36:29	**01:22:15.41**	+00:19:44 (24.0%)	6:51	8.8 (76.5%)
37	**MAJCHER Damian**	**107**		M-30	37	00:36:21	**01:22:29.62**	+00:19:58 (24.2%)	6:52	8.7 (75.7%)
38	**KLESZCZYŃSKI Bartosz**	**77**	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	00:37:21	**01:23:38.39**	+00:21:07 (25.3%)	6:58	8.6 (74.8%)
39	**SADOWY Janusz**	**155**	5 BSP	M-30	39	00:37:06	**01:26:00.59**	+00:23:29 (27.3%)	7:10	8.4 (73.0%)
40	**BODNIAK Tomasz**	**21**		M-30	40	00:39:21	**01:28:34.67**	+00:26:03 (29.4%)	7:22	8.1 (70.4%)
41	**FERFECKI Paweł**	**42**		M-30	41	00:38:43	**01:30:44.31**	+00:28:13 (31.1%)	7:33	7.9 (68.7%)
42	**PECKA Krzysztof**	**129**	SOLINA TEAM	M-30	42	00:39:56	**01:31:31.34**	+00:29:00 (31.7%)	7:37	7.9 (68.7%)
43	**ZAJĄCZKOWSKI Krzysztof**	**167**	PRZEMYSKI KLUB BIEGACZA	M-30	43	00:41:31	**01:32:13.23**	+00:29:42 (32.2%)	7:41	7.8 (67.8%)
44	**KOCZOROWSKI Marcin**	**80**	TEAM ZABIEGANEDNI	M-30	44	00:43:08	**01:38:46.29**	+00:36:15 (36.7%)	8:13	7.3 (63.5%)
45	**LESZCZYŃSKI Mirosław**	**96**	GRE NIERUCHOMOŚCI	M-30	45	00:43:33	**01:41:02.60**	+00:38:31 (38.1%)	8:25	7.1 (61.7%)
46	**RUTKOWSKI Grzegorz**	**151**	KLUB MATIEGO JEŻOWE	M-30	46	00:47:51	**01:51:22.78**	+00:48:52 (43.9%)	9:16	6.5 (56.5%)

Znaleziono 46 wynik(ów)