



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Mężczyźni

BIESZCZADZKI KLASYK RYSIA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieszczadzki Weekend Biegowy Rysia
GOKSiT
2018-10-20
Polańczyk
12 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	MACIASZEK Grzegorz	106	RAJSPOORT ACTIVE SIERADZ	M-40	1	00:26:23	00:58:28.49		4:52	12.3 (100%)
2	RODZINKA Jan	136	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	2	00:25:44	00:59:01.61	+00:00:33 (0.9%)	4:55	12.2 (99.2%)
3	GLEŃ Robert	48	MUKS PODKARPACIE JEDLICZE	M-40	3	00:26:06	00:59:47.77	+00:01:19 (2.2%)	4:59	12 (97.6%)
4	STAŃKO Paweł	165	BIESY I CZORTY	M-40	4	00:27:16	01:01:55.85	+00:03:27 (5.6%)	5:09	11.6 (94.3%)
5	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	1	00:27:22	01:02:30.74	+00:04:02 (6.5%)	5:12	11.5 (93.5%)
6	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	2	00:28:16	01:02:44.90	+00:04:16 (6.8%)	5:13	11.5 (93.5%)
7	WOJNAROWSKI Jacek	197		M-40	5	00:27:45	01:02:48.51	+00:04:20 (6.9%)	5:14	11.5 (93.5%)
8	KOSTERKIEWICZ Marcin	86	PRZEMYSKI KLUB BIEGACZA	M-40	6	00:28:27	01:02:51.83	+00:04:23 (7.0%)	5:14	11.5 (93.5%)
9	MOSOŃ Wiktor	118	MUKS PODKARPACIE JEDLICZE	M-40	7	00:27:23	01:03:02.44	+00:04:33 (7.2%)	5:15	11.4 (92.7%)
10	PISZCZEK Stanisław	135		M-30	3	00:28:15	01:03:14.37	+00:04:45 (7.5%)	5:16	11.4 (92.7%)
11	OLEJARSKI Marcin	122		M-16	1	00:27:03	01:03:40.84	+00:05:12 (8.2%)	5:18	11.3 (91.9%)
12	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	4	00:27:51	01:04:17.96	+00:05:49 (9.1%)	5:21	11.2 (91.1%)
13	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	5	00:29:19	01:04:48.75	+00:06:20 (9.8%)	5:24	11.1 (90.2%)
14	TOMASZEK Zbigniew	179	KAMIEŃ DWERNIK	M-40	8	00:28:41	01:05:03.46	+00:06:34 (10.1%)	5:25	11.1 (90.2%)
15	KOHUT Dariusz	81	PRZEMYSKI KLUB BIEGACZA	M-40	9	00:29:25	01:05:25.80	+00:06:57 (10.6%)	5:27	11 (89.4%)
16	GUT Jacek	53	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	00:28:40	01:05:34.28	+00:07:05 (10.8%)	5:27	11 (89.4%)
17	ŁAGOŻNY Łukasz	101	POZYTYWNE ZABIEGANI SANOK 1	M-30	6	00:29:46	01:06:25.06	+00:07:56 (12.0%)	5:32	10.8 (87.8%)
18	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	7	00:29:39	01:06:29.14	+00:08:00 (12.0%)	5:32	10.8 (87.8%)
19	CURZYDŁO Bogdan	27		M-40	10	00:29:20	01:06:47.14	+00:08:18 (12.4%)	5:34	10.8 (87.8%)
20	DELEŻUCH Wojciech	29	OSP NIEMCE	M-40	11	00:29:58	01:07:07.72	+00:08:39 (12.9%)	5:35	10.7 (87.0%)
21	STADNIK Wojciech	164	PRZEMYSKI KLUB BIEGACZA	M-40	12	00:29:44	01:07:09.19	+00:08:40 (12.9%)	5:35	10.7 (87.0%)
22	OCHYRA Konrad	121	SOLINA TEAM	M-16	3	00:30:40	01:07:34.41	+00:09:05 (13.5%)	5:37	10.7 (87.0%)
23	WIERZBICKI Janusz	214		M-30	8	00:29:27	01:08:54.60	+00:10:26 (15.1%)	5:44	10.4 (84.6%)
24	DOPART Tomasz	33	KAMIEŃ DWERNIK	M-40	13	00:31:28	01:09:04.35	+00:10:35 (15.3%)	5:45	10.4 (84.6%)
25	FEDIO Marek	40	I KZ	M-30	9	00:29:46	01:10:00.09	+00:11:31 (16.5%)	5:50	10.3 (83.7%)
26	RYCYK Łukasz	152		M-30	10	00:31:25	01:10:11.34	+00:11:42 (16.7%)	5:51	10.3 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
27	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	14	00:31:30	01:10:15.33	+00:11:46 (16.8%)	5:51	10.2 (82.9%)
28	KAŻMIERCZAK Krzysztof	72		M-40	15	00:31:36	01:10:32.12	+00:12:03 (17.1%)	5:52	10.2 (82.9%)
29	MLECZKO Grzegorz	117	I KZ	M-30	11	00:31:21	01:10:46.99	+00:12:18 (17.4%)	5:53	10.2 (82.9%)
30	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	12	00:31:23	01:10:58.47	+00:12:29 (17.6%)	5:54	10.1 (82.1%)
31	MAZURKIEWICZ Bartłomiej	113	POZYTYWNE ZABIEGANI SANOK 3	M-16	4	00:31:59	01:11:00.51	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
32	BODNAR Adrian	20		M-16	5	00:31:52	01:11:01.25	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
33	SZYSZŁO Tomasz	176	POZYTYWNE ZABIEGANI SANOK 3	M-30	13	00:31:30	01:11:01.77	+00:12:33 (17.7%)	5:55	10.1 (82.1%)
34	GAWORECKI Tomasz	45	POZYTYWNE ZABIEGANI SANOK 1	M-30	14	00:31:32	01:11:06.91	+00:12:38 (17.8%)	5:55	10.1 (82.1%)
35	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	15	00:31:29	01:11:13.20	+00:12:44 (17.9%)	5:56	10.1 (82.1%)
36	RUCIŃSKI Piotr	150		M-30	16	00:31:48	01:11:32.28	+00:13:03 (18.3%)	5:57	10.1 (82.1%)
37	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	17	00:32:49	01:11:34.05	+00:13:05 (18.3%)	5:57	10.1 (82.1%)
38	JABŁOŃSKI Marek	60	PGB SPORTOWA PACZKA	M-16	6	00:31:55	01:11:43.53	+00:13:15 (18.5%)	5:58	10 (81.3%)
39	SZKULSKI Krystian	172	1BCZ	M-16	7	00:31:51	01:11:57.93	+00:13:29 (18.7%)	5:59	10 (81.3%)
40	SZKODA Robert	171	BURZA MUZGÓW	M-30	18	00:31:47	01:12:09.19	+00:13:40 (19.0%)	6:00	10 (81.3%)
41	ANTOSZ Bogdan	7		M-40	16	00:32:17	01:12:24.22	+00:13:55 (19.2%)	6:02	9.9 (80.5%)
42	GIEFERT Tomasz	47	I KZ	M-30	19	00:31:17	01:12:25.18	+00:13:56 (19.3%)	6:02	9.9 (80.5%)
43	OSIŃSKI Adam	125		M-30	20	00:31:39	01:12:27.07	+00:13:58 (19.3%)	6:02	9.9 (80.5%)
44	PASTERCZYK Dariusz	127	MUKS PODKARPACIE JEDLICZE	M-40	17	00:32:31	01:12:41.56	+00:14:13 (19.6%)	6:03	9.9 (80.5%)
45	WINIARSKI Karol	193	BŁĘKITNY ŻEGLCE	M-30	21	00:31:55	01:13:01.43	+00:14:32 (19.9%)	6:05	9.9 (80.5%)
46	KAŻMIERCZAK Eryk	73		M-16	8	00:32:08	01:13:02.14	+00:14:33 (19.9%)	6:05	9.9 (80.5%)
47	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	18	00:32:04	01:13:06.33	+00:14:37 (20.0%)	6:05	9.8 (79.7%)
48	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	22	00:32:18	01:13:14.26	+00:14:45 (20.2%)	6:06	9.8 (79.7%)
49	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	23	00:32:42	01:13:24.91	+00:14:56 (20.4%)	6:07	9.8 (79.7%)
50	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	24	00:32:43	01:13:28.83	+00:15:00 (20.4%)	6:07	9.8 (79.7%)
51	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	25	00:31:49	01:13:55.04	+00:15:26 (20.9%)	6:09	9.7 (78.9%)
52	KARDASZ Marek	69	SOLINA TEAM	M-30	26	00:32:53	01:14:31.52	+00:16:03 (21.5%)	6:12	9.7 (78.9%)
53	ROCZNIAK Bogdan	148		M-40	19	00:34:10	01:14:46.11	+00:16:17 (21.8%)	6:13	9.6 (78.0%)
54	DOMISZEWSKI Wojciech	196		M-50	1	00:33:00	01:14:50.88	+00:16:22 (21.9%)	6:14	9.6 (78.0%)
55	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	20	00:34:01	01:14:52.29	+00:16:23 (21.9%)	6:14	9.6 (78.0%)
56	MITURA Wojtek	116		M-40	21	00:34:28	01:15:11.17	+00:16:42 (22.2%)	6:15	9.6 (78.0%)
57	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	27	00:33:05	01:15:18.31	+00:16:49 (22.3%)	6:16	9.6 (78.0%)
58	BERNAŚ Dariusz	19	BSCZADY	M-30	28	00:33:43	01:15:24.20	+00:16:55 (22.5%)	6:17	9.5 (77.2%)
59	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	29	00:33:20	01:15:32.94	+00:17:04 (22.6%)	6:17	9.5 (77.2%)
60	BODZIOCH Grzegorz	22	GORLICKA GRUPA BIEGOWA	M-40	22	00:33:12	01:15:33.72	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
61	MATUSZEWSKI Piotr	112		M-30	30	00:34:15	01:15:33.76	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
62	PAJESTKA Wojciech	126	POZYTYWNE ZABIEGANI SANOK 3	M-40	23	00:34:19	01:15:34.01	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
63	KOZIEŁ Tadeusz	89	BURZA MUZGÓW	M-16	9	00:33:37	01:15:42.11	+00:17:13 (22.8%)	6:18	9.5 (77.2%)
64	MACHLARZ Mateusz	105	SRTG RZESZÓW	M-16	10	00:32:41	01:15:52.18	+00:17:23 (22.9%)	6:19	9.5 (77.2%)
65	RECZKOWSKI Andrzej	146	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	00:32:54	01:16:00.31	+00:17:31 (23.1%)	6:20	9.5 (77.2%)
66	ROCZNIAK Marcin	147	ROCZNIAK TEAM	M-30	31	00:33:20	01:16:06.03	+00:17:37 (23.2%)	6:20	9.5 (77.2%)
67	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	32	00:33:31	01:16:23.18	+00:17:54 (23.4%)	6:21	9.4 (76.4%)
68	KAWALIŁO Piotr	70		M-30	33	00:32:45	01:16:46.35	+00:18:17 (23.8%)	6:23	9.4 (76.4%)
69	HADUCH Jerzy	54	SANOK I OKOLICE	M-60	2	00:33:29	01:17:08.07	+00:18:39 (24.2%)	6:25	9.3 (75.6%)
70	WĘGRZYŃSKI Paweł	189		M-30	34	00:34:26	01:17:09.81	+00:18:41 (24.2%)	6:25	9.3 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
71	BEŁCH Michał	18		M-30	35	00:33:32	01:17:15.94	+00:18:47 (24.3%)	6:26	9.3 (75.6%)
72	BURAK Adam	25	1BCZ	M-40	24		01:17:27.16	+00:18:58 (24.5%)	6:27	9.3 (75.6%)
73	SZEWCZYK Rafał	170		M-40	25	00:34:47	01:18:02.21	+00:19:33 (25.1%)	6:30	9.2 (74.8%)
74	LEWSZA Michał	98		M-16	11	00:34:09	01:18:33.00	+00:20:04 (25.6%)	6:32	9.2 (74.8%)
75	MAŚLAK Jacek	110	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	26	00:34:52	01:19:33.80	+00:21:05 (26.5%)	6:37	9 (73.2%)
76	DRWIĘGA Maciej	36	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	27	00:34:52	01:19:33.94	+00:21:05 (26.5%)	6:37	9 (73.2%)
77	KAPRAL Mateusz	68		M-16	12	00:35:08	01:20:14.18	+00:21:45 (27.1%)	6:41	9 (73.2%)
78	PEŁDIAK Bogdan	131		M-50	2	00:34:43	01:20:49.93	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
79	KAPRAL Adam	67	KAMIEŃ DWERNIK	M-40	28	00:35:46	01:20:50.04	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
80	ZYMRÓZ Tomek	206	JAK NIE MY TO KTO? ROPCZYCE	M-16	13	00:34:56	01:21:25.72	+00:22:57 (28.2%)	6:47	8.8 (71.5%)
81	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	36	00:36:29	01:22:15.41	+00:23:46 (28.9%)	6:51	8.8 (71.5%)
82	JAKUBOWSKI Daniel	63	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	29	00:35:53	01:22:23.26	+00:23:54 (29.0%)	6:52	8.7 (70.7%)
83	MAJCHER Damian	107		M-30	37	00:36:21	01:22:29.62	+00:24:01 (29.1%)	6:52	8.7 (70.7%)
84	RYŁKO Jacek	211	SOLINA TEAM	M-40	30	00:36:21	01:23:36.16	+00:25:07 (30.1%)	6:58	8.6 (69.9%)
85	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	00:37:21	01:23:38.39	+00:25:09 (30.1%)	6:58	8.6 (69.9%)
86	BAŁABAN Waldemar	13	WALBA	M-50	3	00:38:42	01:23:57.72	+00:25:29 (30.4%)	6:59	8.6 (69.9%)
87	SIEDLACZEK Zbigniew	156	SKLEP BIEGACZA LUBLIN TEAM	M-60	3	00:36:30	01:24:23.53	+00:25:55 (30.7%)	7:02	8.5 (69.1%)
88	ŁUCZAK Janusz	102		M-50	4	00:37:25	01:24:49.79	+00:26:21 (31.1%)	7:04	8.5 (69.1%)
89	WAJCOWICZ Witold	182	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	31	00:37:27	01:25:01.16	+00:26:32 (31.2%)	7:05	8.5 (69.1%)
90	KROK Krzysztof	91	NIEZRZESZONY	M-50	5	00:38:10	01:25:04.82	+00:26:36 (31.3%)	7:05	8.5 (69.1%)
91	WACNIK Janusz	181		M-50	6	00:37:26	01:25:44.06	+00:27:15 (31.8%)	7:08	8.4 (68.3%)
92	HABART Maciej	220		M-40	32	00:39:07	01:25:49.36	+00:27:20 (31.9%)	7:09	8.4 (68.3%)
93	SADOWY Janusz	155	5 BSP	M-30	39	00:37:06	01:26:00.59	+00:27:32 (32.0%)	7:10	8.4 (68.3%)
94	MISIAK Mateusz	115	BURZA MUZGÓW	M-16	14	00:38:00	01:26:11.84	+00:27:43 (32.2%)	7:11	8.4 (68.3%)
95	KISIELEWICZ Marcin	75	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	15	00:37:44	01:26:16.64	+00:27:48 (32.2%)	7:11	8.3 (67.5%)
96	AST Grzegorz	8	AMSTAFF TEAM JEDLICZE	M-16	16	00:38:40	01:26:29.24	+00:28:00 (32.4%)	7:12	8.3 (67.5%)
97	DROBOT Piotr	35	POZYTYWNIIE ZABIEGANI SANOK	M-40	33	00:38:34	01:27:35.37	+00:29:06 (33.2%)	7:18	8.2 (66.7%)
98	DUDEK Paweł	38		M-40	34	00:37:41	01:28:24.37	+00:29:55 (33.9%)	7:22	8.1 (65.9%)
99	BODNIAK Tomasz	21		M-30	40	00:39:21	01:28:34.67	+00:30:06 (34.0%)	7:22	8.1 (65.9%)
100	WILGUCKI Krzysztof	191	1BCZ	M-16	17	00:37:46	01:29:49.85	+00:31:21 (34.9%)	7:29	8 (65.0%)
101	WARZOCZA Paweł	187	NIECHBIEGA	M-40	35	00:40:32	01:29:51.27	+00:31:22 (34.9%)	7:29	8 (65.0%)
102	FERFECKI Paweł	42		M-30	41	00:38:43	01:30:44.31	+00:32:15 (35.6%)	7:33	7.9 (64.2%)
103	WITUSIK Mariusz	195	NW-TEAM JASŁO	M-40	36	00:37:32	01:30:51.48	+00:32:22 (35.6%)	7:34	7.9 (64.2%)
104	GALANTY Bartłomiej	43	PRZEMYSKI KLUB BIEGACZA	M-40	37	00:41:11	01:31:01.59	+00:32:33 (35.8%)	7:35	7.9 (64.2%)
105	PECKA Krzysztof	129	SOLINA TEAM	M-30	42	00:39:56	01:31:31.34	+00:33:02 (36.1%)	7:37	7.9 (64.2%)
106	ŻUROWSKI Jacek	209	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	38	00:40:54	01:31:55.74	+00:33:27 (36.4%)	7:39	7.8 (63.4%)
107	ŻUREK Piotr	208	LUBLIN BIEGA	M-40	39	00:40:56	01:31:56.49	+00:33:28 (36.4%)	7:39	7.8 (63.4%)
108	ZAJĄCZKOWSKI Krzysztof	167	PRZEMYSKI KLUB BIEGACZA	M-30	43	00:41:31	01:32:13.23	+00:33:44 (36.6%)	7:41	7.8 (63.4%)
109	PIELECH Wojciech	133		M-50	7	00:42:20	01:36:25.43	+00:37:56 (39.4%)	8:02	7.5 (61.0%)
110	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	44	00:43:08	01:38:46.29	+00:40:17 (40.8%)	8:13	7.3 (59.3%)
111	PRUCNAL Paweł	139	RUN FOR 42	M-40	40	00:44:07	01:40:00.85	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
112	KOWALSKI-NEUKIRCH Henryk	88	TRUCHTACZ MYŚŁOWICE	M-60	4	00:44:07	01:40:01.21	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
113	BIERNACKI Rene	212		M-60	5	00:45:26	01:41:01.69	+00:42:33 (42.1%)	8:25	7.1 (57.7%)
114	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	45	00:43:33	01:41:02.60	+00:42:34 (42.1%)	8:25	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
115	RUTKOWSKI Grzegorz	151	KLUB MATIEGO JEŻOWE	M-30	46	00:47:51	01:51:22.78	+00:52:54 (47.5%)	9:16	6.5 (52.8%)
116	ŁACH Wiesław	100	KLUB MATIEGO JEŻOWE	M-40	41	00:49:31	01:55:40.87	+00:57:12 (49.5%)	9:38	6.2 (50.4%)
117	ADAMCZYK Artur	1	SOLINA TEAM	M-50	8	00:56:02	02:06:23.85	+01:07:55 (53.7%)	10:32	5.7 (46.3%)

Znaleziono 117 wynik(ów)