



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

BIESZCZADZKI WEEKEND BIEGOWY RYSIA - 2018 - PO 3 ETAPACH

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT
Data: 2018-10-20
Miejsce: Polańczyk
Dystans: 39 km

 **HERKULES**
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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
1	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	1	01:02:44.90	00:22:32.72	02:03:03.69	03:28:21.31		5:20	11.2 (100%)
2	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	2	01:04:17.96	00:22:53.90	02:08:40.21	03:35:52.07	+00:07:30 (3.5%)	5:32	10.8 (96.4%)
3	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	3	01:02:30.74	00:22:42.02	02:12:31.60	03:37:44.36	+00:09:23 (4.3%)	5:34	10.7 (95.5%)
4	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	4	01:04:48.75	00:23:47.78	02:18:03.14	03:46:39.67	+00:18:18 (8.1%)	5:48	10.3 (92.0%)
5	ŁAGOŻNY Łukasz	101	POZYTYWNE ZABIEGANI SANOK 1	M-30	5	01:06:25.06	00:24:32.89	02:20:54.71	03:51:52.66	+00:23:31 (10.1%)	5:56	10.1 (90.2%)
6	GIEFERT Tomasz	47	I KZ	M-30	6	01:12:25.18	00:24:25.42	02:17:37.80	03:54:28.40	+00:26:07 (11.1%)	6:00	10 (89.3%)
7	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	7	01:06:29.14	00:24:13.89	02:27:11.07	03:57:54.10	+00:29:32 (12.4%)	6:06	9.8 (87.5%)
8	WIERZBICKI Janusz	214		M-30	8	01:08:54.60	00:24:15.56	02:26:15.57	03:59:25.73	+00:31:04 (13.0%)	6:08	9.8 (87.5%)
9	FEDIO Marek	40	I KZ	M-30	9	01:10:00.09	00:24:20.93	02:25:59.74	04:00:20.76	+00:31:59 (13.3%)	6:09	9.7 (86.6%)
10	GAWORECKI Tomasz	45	POZYTYWNE ZABIEGANI SANOK 1	M-30	10	01:11:06.91	00:25:21.94	02:29:09.25	04:05:38.10	+00:37:16 (15.2%)	6:17	9.5 (84.8%)
11	SZYSZŁO Tomasz	176	POZYTYWNE ZABIEGANI SANOK 3	M-30	11	01:11:01.77	00:26:26.06	02:28:14.54	04:05:42.37	+00:37:21 (15.2%)	6:18	9.5 (84.8%)
12	RUCIŃSKI Piotr	150		M-30	12	01:11:32.28	00:25:12.13	02:31:16.02	04:08:00.43	+00:39:39 (16.0%)	6:21	9.4 (83.9%)
13	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	13	01:11:13.20	00:26:39.21	02:30:47.02	04:08:39.43	+00:40:18 (16.2%)	6:22	9.4 (83.9%)
14	MLECZKO Grzegorz	117	I KZ	M-30	14	01:10:46.99	00:25:34.10	02:33:38.69	04:09:59.78	+00:41:38 (16.7%)	6:24	9.4 (83.9%)
15	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	15	01:10:58.47	00:25:51.30	02:33:35.81	04:10:25.58	+00:42:04 (16.8%)	6:25	9.3 (83.0%)
16	OSIŃSKI Adam	125		M-30	16	01:12:27.07	00:24:37.49	02:41:57.03	04:19:01.59	+00:50:40 (19.6%)	6:38	9 (80.4%)
17	BERNAŚ Dariusz	19	BSCZADY	M-30	17	01:15:24.20	00:28:04.40	02:37:23.67	04:20:52.27	+00:52:30 (20.1%)	6:41	9 (80.4%)
18	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	18	01:13:55.04	00:24:55.65	02:43:32.23	04:22:22.92	+00:54:01 (20.6%)	6:43	8.9 (79.5%)
19	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	19	01:11:34.05	00:25:36.71	02:45:37.85	04:22:48.61	+00:54:27 (20.7%)	6:44	8.9 (79.5%)
20	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	20	01:13:14.26	00:25:12.12	02:44:54.17	04:23:20.55	+00:54:59 (20.9%)	6:45	8.9 (79.5%)
21	SZKODA Robert	171	BURZA MUZGÓW	M-30	21	01:12:09.19	00:25:42.04	02:46:00.71	04:23:51.94	+00:55:30 (21.0%)	6:45	8.9 (79.5%)
22	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	22	01:15:32.94	00:26:43.37	02:43:14.11	04:25:30.42	+00:57:09 (21.5%)	6:48	8.8 (78.6%)
23	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	23	01:13:24.91	00:28:51.52	02:45:59.68	04:28:16.11	+00:59:54 (22.3%)	6:52	8.7 (77.7%)
24	WĘGRZYŃSKI Paweł	189		M-30	24	01:17:09.81	00:26:48.70	02:46:10.92	04:30:09.43	+01:01:48 (22.9%)	6:55	8.7 (77.7%)
25	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	25	01:16:23.18	00:28:25.72	02:46:51.52	04:31:40.42	+01:03:19 (23.3%)	6:57	8.6 (76.8%)
26	RYCYK Łukasz	152		M-30	26	01:10:11.34	00:25:09.83	03:00:12.15	04:35:33.32	+01:07:12 (24.4%)	7:03	8.5 (75.9%)

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27	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	27	01:13:28.83	00:25:21.48	02:59:36.51	04:38:26.82	+01:10:05 (25.2%)	7:08	8.4 (75.0%)
28	BEŁCH Michał	18		M-30	28	01:17:15.94	00:28:06.40	02:57:13.37	04:42:35.71	+01:14:14 (26.3%)	7:14	8.3 (74.1%)
29	KAWALIŁO Piotr	70		M-30	29	01:16:46.35	00:27:41.97	03:04:25.89	04:48:54.21	+01:20:32 (27.9%)	7:24	8.1 (72.3%)
30	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	30	01:15:18.31	00:30:49.01	03:08:14.67	04:54:21.99	+01:26:00 (29.2%)	7:32	7.9 (70.5%)
31	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	31	01:23:38.39	00:27:26.61	03:05:24.83	04:56:29.83	+01:28:08 (29.7%)	7:36	7.9 (70.5%)
32	MAJCHER Damian	107		M-30	32	01:22:29.62	00:28:57.03	03:07:39.10	04:59:05.75	+01:30:44 (30.3%)	7:40	7.8 (69.6%)
33	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	33	01:22:15.41	00:31:19.87	03:07:29.02	05:01:04.30	+01:32:42 (30.8%)	7:43	7.8 (69.6%)
34	BODNIAK Tomasz	21		M-30	34	01:28:34.67	00:31:44.12	03:09:03.37	05:09:22.16	+01:41:00 (32.7%)	7:55	7.6 (67.9%)
35	SADOWY Janusz	155	5 BSP	M-30	35	01:26:00.59	00:31:07.15	03:18:53.27	05:16:01.01	+01:47:39 (34.1%)	8:06	7.4 (66.1%)
36	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	36	01:41:02.60	00:28:27.64	03:23:33.98	05:33:04.22	+02:04:42 (37.4%)	8:32	7 (62.5%)
37	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	37	01:38:46.29	00:36:24.06	03:38:35.47	05:53:45.82	+02:25:24 (41.1%)	9:04	6.6 (58.9%)
38	KARDASZ Marek	69	SOLINA TEAM	M-30	38	01:14:31.52	00:27:07.64	04:27:42.71	06:09:21.87	+02:41:00 (43.6%)	9:28	6.3 (56.3%)

Znaleziono 38 wynik(ów)