



BIESZCZADZKI WEEKEND BIEGOWY RYSIA - 2018 - PO 3 ETAPACH

B4SPORT
INTELEKTUALNE ZDROWIE

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
1	GLEŃ Robert	48	MUKS PODKARPACIE JEDLICZE	M-40	1	00:59:47.77	00:22:04.49	01:59:50.89	03:21:43.15		5:10	11.6 (100%)
2	MACIASZEK Grzegorz	106	RAJSPOORT ACTIVE SIERADZ	M-40	2	00:58:28.49	00:21:17.52	02:03:43.33	03:23:29.34	+00:01:46 (0.9%)	5:13	11.5 (99.1%)
3	STAŃKO Paweł	165	BIESY I CZORTY	M-40	3	01:01:55.85	00:22:26.28	02:02:52.63	03:27:14.76	+00:05:31 (2.7%)	5:18	11.3 (97.4%)
4	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	+00:06:38 (3.2%)	5:20	11.2 (96.6%)
5	KOSTERKIEWICZ Marcin	86	PRZEMYSKI KLUB BIEGACZA	M-40	4	01:02:51.83	00:22:57.70	02:07:02.40	03:32:51.93	+00:11:08 (5.2%)	5:27	11 (94.8%)
6	RODZINKA Jan	136	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	5	00:59:01.61	00:21:34.59	02:15:00.42	03:35:36.62	+00:13:53 (6.4%)	5:31	10.9 (94.0%)
7	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	2	01:04:17.96	00:22:53.90	02:08:40.21	03:35:52.07	+00:14:08 (6.6%)	5:32	10.8 (93.1%)
8	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	+00:16:01 (7.4%)	5:34	10.7 (92.2%)
9	WOJNAROWSKI Jacek	197		M-40	6	01:02:48.51	00:23:08.09	02:14:33.85	03:40:30.45	+00:18:47 (8.5%)	5:39	10.6 (91.4%)
10	GUT Jacek	53	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	1	01:05:34.28	00:23:29.52	02:13:57.76	03:43:01.56	+00:21:18 (9.6%)	5:43	10.5 (90.5%)
11	MOSOŃ Wiktor	118	MUKS PODKARPACIE JEDLICZE	M-40	7	01:03:02.44	00:23:21.93	02:17:04.95	03:43:29.32	+00:21:46 (9.7%)	5:43	10.5 (90.5%)
12	KOHUT Dariusz	81	PRZEMYSKI KLUB BIEGACZA	M-40	8	01:05:25.80	00:23:49.44	02:14:26.44	03:43:41.68	+00:21:58 (9.8%)	5:44	10.5 (90.5%)
13	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	4	01:04:48.75	00:23:47.78	02:18:03.14	03:46:39.67	+00:24:56 (11.0%)	5:48	10.3 (88.8%)
14	TOMASZEK Zbigniew	179	KAMIEŃ DWERNIK	M-40	9	01:05:03.46	00:23:41.48	02:18:18.52	03:47:03.46	+00:25:20 (11.2%)	5:49	10.3 (88.8%)
15	STADNIK Wojciech	164	PRZEMYSKI KLUB BIEGACZA	M-40	10	01:07:09.19	00:24:32.57	02:15:58.55	03:47:40.31	+00:25:57 (11.4%)	5:50	10.3 (88.8%)
16	DELEŻUCH Wojciech	29	OSP NIEMCE	M-40	11	01:07:07.72	00:23:52.94	02:18:21.53	03:49:22.19	+00:27:39 (12.1%)	5:52	10.2 (87.9%)

									Czas netto 39km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km				
17	CURZYDŁO Bogdan	27		M-40	12	01:06:47.14	00:24:15.07	02:18:54.96	03:49:57.17	+00:28:14 (12.3%)	5:53	10.2 (87.9%)
18	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	+00:30:09 (13.0%)	5:56	10.1 (87.1%)
19	DOMISZEWSKA Maria	31		K-50	1	01:06:08.53	00:24:08.26	02:21:45.72	03:52:02.51	+00:30:19 (13.1%)	5:56	10.1 (87.1%)
20	OCHYRA Konrad	121	SOLINA TEAM	M-16	2	01:07:34.41	00:24:36.01	02:21:27.01	03:53:37.43	+00:31:54 (13.7%)	5:59	10 (86.2%)
21	DOPART Tomasz	33	KAMIEŃ DWERNIK	M-40	13	01:09:04.35	00:25:37.92	02:19:20.40	03:54:02.67	+00:32:19 (13.8%)	6:00	10 (86.2%)
22	GIEFERT Tomasz	47	I KZ	M-30	6	01:12:25.18	00:24:25.42	02:17:37.80	03:54:28.40	+00:32:45 (14.0%)	6:00	10 (86.2%)
23	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	+00:36:10 (15.2%)	6:06	9.8 (84.5%)
24	MAZURKIEWICZ Bartłomiej	113	POZYTYWNE ZABIEGANI SANOK 3	M-16	3	01:11:00.51	00:24:08.47	02:22:52.14	03:58:01.12	+00:36:17 (15.3%)	6:06	9.8 (84.5%)
25	WIERZBICKI Janusz	214		M-30	8	01:08:54.60	00:24:15.56	02:26:15.57	03:59:25.73	+00:37:42 (15.7%)	6:08	9.8 (84.5%)
26	FEDIO Marek	40	I KZ	M-30	9	01:10:00.09	00:24:20.93	02:25:59.74	04:00:20.76	+00:38:37 (16.1%)	6:09	9.7 (83.6%)
27	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	+00:43:54 (17.9%)	6:17	9.5 (81.9%)
28	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	+00:43:59 (17.9%)	6:18	9.5 (81.9%)
29	PASTERCZYK Dariusz	127	MUKS PODKARPACIE JEDLICZE	M-40	14	01:12:41.56	00:26:57.89	02:27:47.02	04:07:26.47	+00:45:43 (18.5%)	6:20	9.5 (81.9%)
30	RUCIŃSKI Piotr	150		M-30	12	01:11:32.28	00:25:12.13	02:31:16.02	04:08:00.43	+00:46:17 (18.7%)	6:21	9.4 (81.0%)
31	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	13	01:11:13.20	00:26:39.21	02:30:47.02	04:08:39.43	+00:46:56 (18.9%)	6:22	9.4 (81.0%)
32	KĄŻMIERCZAK Krzysztof	72		M-40	15	01:10:32.12	00:25:04.52	02:33:24.45	04:09:01.09	+00:47:17 (19.0%)	6:23	9.4 (81.0%)
33	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	16	01:10:15.33	00:23:52.22	02:34:57.46	04:09:05.01	+00:47:21 (19.0%)	6:23	9.4 (81.0%)
34	MLECZKO Grzegorz	117	I KZ	M-30	14	01:10:46.99	00:25:34.10	02:33:38.69	04:09:59.78	+00:48:16 (19.3%)	6:24	9.4 (81.0%)
35	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	+00:48:42 (19.4%)	6:25	9.3 (80.2%)
36	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	17	01:13:06.33	00:26:57.27	02:34:30.26	04:14:33.86	+00:52:50 (20.8%)	6:31	9.2 (79.3%)
37	OSIŃSKI Adam	125		M-30	16	01:12:27.07	00:24:37.49	02:41:57.03	04:19:01.59	+00:57:18 (22.1%)	6:38	9 (77.6%)
38	SIKORA-KOŁODZIEJ Irmína	157	BIESY I CZORTY	K-30	1	01:13:27.18	00:26:03.20	02:39:44.07	04:19:14.45	+00:57:31 (22.2%)	6:38	9 (77.6%)
39	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	18	01:14:52.29	00:27:39.08	02:37:16.58	04:19:47.95	+00:58:04 (22.4%)	6:39	9 (77.6%)
40	BERNAŚ Dariusz	19	BSCZADY	M-30	17	01:15:24.20	00:28:04.40	02:37:23.67	04:20:52.27	+00:59:09 (22.7%)	6:41	9 (77.6%)
41	STEFAŃSKA Maria	166	TRIO Z PKB	K-30	2	01:15:42.52	00:27:20.74	02:38:20.81	04:21:24.07	+00:59:40 (22.8%)	6:42	9 (77.6%)

									Czas netto 39km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km				
42	ANTOSZ Bogdan	7		M-40	19	01:12:24.22	00:26:40.54	02:42:53.48	04:21:58.24	+01:00:15 (23.0%)	6:43	8.9 (76.7%)
43	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	18	01:13:55.04	00:24:55.65	02:43:32.23	04:22:22.92	+01:00:39 (23.1%)	6:43	8.9 (76.7%)
44	SZKULSKI Krystian	172	1BCZ	M-16	4	01:11:57.93	00:24:09.07	02:46:32.13	04:22:39.13	+01:00:55 (23.2%)	6:44	8.9 (76.7%)
45	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	19	01:11:34.05	00:25:36.71	02:45:37.85	04:22:48.61	+01:01:05 (23.2%)	6:44	8.9 (76.7%)
46	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	+01:01:37 (23.4%)	6:45	8.9 (76.7%)
47	JABŁOŃSKI Marek	60	PGB SPORTOWA PACZKA	M-16	5	01:11:43.53	00:25:29.77	02:46:16.40	04:23:29.70	+01:01:46 (23.4%)	6:45	8.9 (76.7%)
48	WALANIA Kinga	183	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	3	01:13:14.19	00:25:31.43	02:44:54.65	04:23:40.27	+01:01:57 (23.5%)	6:45	8.9 (76.7%)
49	SZKODA Robert	171	BURZA MUZGÓW	M-30	21	01:12:09.19	00:25:42.04	02:46:00.71	04:23:51.94	+01:02:08 (23.6%)	6:45	8.9 (76.7%)
50	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	+01:03:47 (24.0%)	6:48	8.8 (75.9%)
51	KAŻMIERCZAK Eryk	73		M-16	6	01:13:02.14	00:26:03.92	02:47:05.26	04:26:11.32	+01:04:28 (24.2%)	6:49	8.8 (75.9%)
52	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	+01:06:32 (24.8%)	6:52	8.7 (75.0%)
53	KANDEFER Beata	217	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	1	01:11:33.89	00:25:40.18	02:52:12.18	04:29:26.25	+01:07:43 (25.1%)	6:54	8.7 (75.0%)
54	RECZKOWSKI Andrzej	146	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	01:16:00.31	00:27:01.74	02:46:48.03	04:29:50.08	+01:08:06 (25.2%)	6:55	8.7 (75.0%)
55	WĘGRZYŃSKI Paweł	189		M-30	24	01:17:09.81	00:26:48.70	02:46:10.92	04:30:09.43	+01:08:26 (25.3%)	6:55	8.7 (75.0%)
56	AMROZKIEWICZ-GROMEK Judyta	5	AMROZKIEWICZ TEAM	K-30	4	01:16:46.86	00:27:45.85	02:46:13.88	04:30:46.59	+01:09:03 (25.5%)	6:56	8.6 (74.1%)
57	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	+01:09:57 (25.7%)	6:57	8.6 (74.1%)
58	MACHLARZ Mateusz	105	SRTG RZESZÓW	M-16	7	01:15:52.18	00:27:40.28	02:51:16.90	04:34:49.36	+01:13:06 (26.6%)	7:02	8.5 (73.3%)
59	RYCYK Łukasz	152		M-30	26	01:10:11.34	00:25:09.83	03:00:12.15	04:35:33.32	+01:13:50 (26.8%)	7:03	8.5 (73.3%)
60	MITURA Wojtek	116		M-40	20	01:15:11.17	00:25:46.45	02:55:24.35	04:36:21.97	+01:14:38 (27.0%)	7:05	8.5 (73.3%)
61	KOZIEŁ Tadeusz	89	BURZA MUZGÓW	M-16	8	01:15:42.11	00:27:56.93	02:53:09.65	04:36:48.69	+01:15:05 (27.1%)	7:05	8.5 (73.3%)
62	PĘKOSZ Agnieszka	132	TRIO Z PKB	K-30	5	01:15:33.04	00:27:37.07	02:53:39.69	04:36:49.80	+01:15:06 (27.1%)	7:05	8.5 (73.3%)
63	PAJESTKA Wojciech	126	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	21	01:15:34.01	00:26:45.37	02:54:34.92	04:36:54.30	+01:15:11 (27.2%)	7:06	8.5 (73.3%)
64	SZEWCZYK Rafał	170		M-40	22	01:18:02.21	00:29:31.70	02:50:30.88	04:38:04.79	+01:16:21 (27.5%)	7:07	8.4 (72.4%)
65	BURAK Adam	25	1BCZ	M-40	23	01:17:27.16	00:27:29.65	02:53:08.18	04:38:04.99	+01:16:21 (27.5%)	7:07	8.4 (72.4%)
66	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	+01:16:43 (27.6%)	7:08	8.4 (72.4%)

									Czas netto 39km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km				
67	BODNAR Adrian	20		M-16	9	01:11:01.25	00:26:23.17	03:01:39.46	04:39:03.88	+01:17:20 (27.7%)	7:09	8.4 (72.4%)
68	BEŁCH Michał	18		M-30	28	01:17:15.94	00:28:06.40	02:57:13.37	04:42:35.71	+01:20:52 (28.6%)	7:14	8.3 (71.6%)
69	KAPRAL Adam	67	KAMIEŃ DWERNIK	M-40	24	01:20:50.04	00:29:47.08	02:53:38.53	04:44:15.65	+01:22:32 (29.0%)	7:17	8.2 (70.7%)
70	KAWALIŁO Piotr	70		M-30	29	01:16:46.35	00:27:41.97	03:04:25.89	04:48:54.21	+01:27:11 (30.2%)	7:24	8.1 (69.8%)
71	DRWIĘGA Maciej	36	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	25	01:19:33.94	00:29:30.01	03:02:57.90	04:52:01.85	+01:30:18 (30.9%)	7:29	8 (69.0%)
72	AST Grzegorz	8	AMSTAFF TEAM JEDLICZE	M-16	10	01:26:29.24	00:30:11.96	02:57:02.50	04:53:43.70	+01:32:00 (31.3%)	7:31	8 (69.0%)
73	GALANTY Agnieszka	44	SZYBKIE BLONDYNY	K-40	2	01:24:07.80	00:30:08.90	02:59:40.45	04:53:57.15	+01:32:13 (31.4%)	7:32	8 (69.0%)
74	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	+01:32:38 (31.5%)	7:32	7.9 (68.1%)
75	IGNOR Edyta	59	SRTG RZESZÓW	K-16	1	01:26:16.82	00:28:57.04	02:59:33.72	04:54:47.58	+01:33:04 (31.6%)	7:33	7.9 (68.1%)
76	BABINSKA Inga	9	SZYBKIE BLONDYNY	K-40	3	01:24:56.88	00:30:36.47	02:59:40.18	04:55:13.53	+01:33:30 (31.7%)	7:34	7.9 (68.1%)
77	WAJCOWICZ Witold	182	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	26	01:25:01.16	00:28:17.17	03:02:38.81	04:55:57.14	+01:34:13 (31.8%)	7:35	7.9 (68.1%)
78	LEŚNIAK-POPIEL Marta	97	POZYTYWNIIE ZABIEGANI SANOK 2	K-40	4	01:25:00.99	00:28:17.94	03:02:39.18	04:55:58.11	+01:34:14 (31.8%)	7:35	7.9 (68.1%)
79	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	+01:34:46 (32.0%)	7:36	7.9 (68.1%)
80	ZIĘBA Ewa	203	BURZA MUZGÓW	K-16	2	01:26:24.09	00:29:41.86	03:00:32.51	04:56:38.46	+01:34:55 (32.0%)	7:36	7.9 (68.1%)
81	ZYMRÓZ Tomek	206	JAK NIE MY TO KTO? ROPCZYCE	M-16	11	01:21:25.72	00:28:08.92	03:07:30.95	04:57:05.59	+01:35:22 (32.1%)	7:37	7.9 (68.1%)
82	DOROSZ Barbara	34	TRIO Z PKB	K-30	6	01:22:45.61	00:27:45.35	03:07:30.93	04:58:01.89	+01:36:18 (32.3%)	7:38	7.9 (68.1%)
83	MAJCHER Damian	107		M-30	32	01:22:29.62	00:28:57.03	03:07:39.10	04:59:05.75	+01:37:22 (32.6%)	7:40	7.8 (67.2%)
84	MAŚLAK Jacek	110	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	27	01:19:33.80	00:27:50.23	03:12:02.95	04:59:26.98	+01:37:43 (32.6%)	7:40	7.8 (67.2%)
85	DROBOT Piotr	35	POZYTYWNIIE ZABIEGANI SANOK	M-40	28	01:27:35.37	00:30:26.23	03:02:57.12	05:00:58.72	+01:39:15 (33.0%)	7:43	7.8 (67.2%)
86	NIEMIEC-DRWIĘGA Bernadeta	120		K-40	5	01:27:35.37	00:30:26.81	03:02:57.42	05:00:59.60	+01:39:16 (33.0%)	7:43	7.8 (67.2%)
87	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	+01:39:21 (33.0%)	7:43	7.8 (67.2%)
88	SIEDLACZEK Zbigniew	156	SKLEP BIEGACZA LUBLIN TEAM	M-60	2	01:24:23.53	00:28:51.48	03:12:36.35	05:05:51.36	+01:44:08 (34.0%)	7:50	7.7 (66.4%)
89	DUDEK Paweł	38		M-40	29	01:28:24.37	00:30:47.74	03:07:35.09	05:06:47.20	+01:45:04 (34.2%)	7:51	7.6 (65.5%)
90	WARZOCHA Paweł	187	NIECHBIEGA	M-40	30	01:29:51.27	00:26:33.04	03:10:57.17	05:07:21.48	+01:45:38 (34.4%)	7:52	7.6 (65.5%)
91	JAKUBOWSKI Daniel	63	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	31	01:22:23.26	00:32:34.95	03:12:55.42	05:07:53.63	+01:46:10 (34.5%)	7:53	7.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
92	BODNIAK Tomasz	21		M-30	34	01:28:34.67	00:31:44.12	03:09:03.37	05:09:22.16	+01:47:39 (34.8%)	7:55	7.6 (65.5%)
93	MISIAK Mateusz	115	BURZA MUZGÓW	M-16	12	01:26:11.84	00:30:12.55	03:13:41.47	05:10:05.86	+01:48:22 (34.9%)	7:57	7.5 (64.7%)
94	WACNIK Janusz	181		M-50	1	01:25:44.06	00:30:29.90	03:14:53.06	05:11:07.02	+01:49:23 (35.2%)	7:58	7.5 (64.7%)
95	ŁUCZAK Janusz	102		M-50	2	01:24:49.79	00:30:19.97	03:16:41.05	05:11:50.81	+01:50:07 (35.3%)	7:59	7.5 (64.7%)
96	WITUSIK Mariusz	195	NW-TEAM JASŁO	M-40	32	01:30:51.48	00:30:36.29	03:10:59.64	05:12:27.41	+01:50:44 (35.4%)	8:00	7.5 (64.7%)
97	SUCHOWIECKA Sabina	168		K-16	3	01:23:35.06	00:31:19.18	03:17:39.23	05:12:33.47	+01:50:50 (35.5%)	8:00	7.5 (64.7%)
98	DABROWSKA Agnieszka	28		K-30	7	01:27:35.84	00:30:52.31	03:17:08.37	05:15:36.52	+01:53:53 (36.1%)	8:05	7.4 (63.8%)
99	SADOWY Janusz	155	5 BSP	M-30	35	01:26:00.59	00:31:07.15	03:18:53.27	05:16:01.01	+01:54:17 (36.2%)	8:06	7.4 (63.8%)
100	KISIELEWICZ Marcin	75	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	13	01:26:16.64	00:29:23.58	03:20:32.64	05:16:12.86	+01:54:29 (36.2%)	8:06	7.4 (63.8%)
101	ŁUCZYCKA Iwona	103	POZYTYWNIIE ZABIEGANI SANOK	K-40	6	01:33:43.29	00:34:37.07	03:08:14.65	05:16:35.01	+01:54:51 (36.3%)	8:07	7.4 (63.8%)
102	ZARĘBA Jolanta	218	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	01:30:19.09	00:31:57.86	03:17:02.91	05:19:19.86	+01:57:36 (36.8%)	8:11	7.3 (62.9%)
103	KĘDRA Agnieszka	74		K-16	4	01:29:39.95	00:30:10.41	03:27:50.20	05:27:40.56	+02:05:57 (38.4%)	8:24	7.1 (61.2%)
104	DUDEK Katarzyna	39	PRZEMYSKI KLUB BIEGACZA	K-30	8	01:29:27.10	00:32:06.99	03:26:30.49	05:28:04.58	+02:06:21 (38.5%)	8:24	7.1 (61.2%)
105	GALANTY Bartłomiej	43	PRZEMYSKI KLUB BIEGACZA	M-40	33	01:31:01.59	00:32:56.00	03:24:56.92	05:28:54.51	+02:07:11 (38.7%)	8:26	7.1 (61.2%)
106	ŻUREK Piotr	208	LUBLIN BIEGA	M-40	34	01:31:56.49	00:30:22.55	03:26:53.64	05:29:12.68	+02:07:29 (38.7%)	8:26	7.1 (61.2%)
107	PAWŁOWSKA Agnieszka	128	SZYBKIE BLONDYNY	K-40	7	01:30:21.68	00:32:08.14	03:28:48.71	05:31:18.53	+02:09:35 (39.1%)	8:29	7.1 (61.2%)
108	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	36	01:41:02.60	00:28:27.64	03:23:33.98	05:33:04.22	+02:11:21 (39.4%)	8:32	7 (60.3%)
109	ŻUROWSKI Jacek	209	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	35	01:31:55.74	00:30:22.57	03:32:21.32	05:34:39.63	+02:12:56 (39.7%)	8:34	7 (60.3%)
110	JAŁOCHA Barbara	64	PRZEMYSKI KLUB BIEGACZA	K-50	3	01:32:57.72	00:33:44.82	03:32:25.54	05:39:08.08	+02:17:24 (40.5%)	8:41	6.9 (59.5%)
111	GNIECIAK Monika	51	GRE NIERUCHOMOŚCI	K-30	9	01:41:06.57	00:34:53.40	03:23:36.67	05:39:36.64	+02:17:53 (40.6%)	8:42	6.9 (59.5%)
112	WITUSIK Dorota	194	NW-TEAM JASŁO	K-40	8	01:33:34.96	00:31:59.50	03:36:15.77	05:41:50.23	+02:20:07 (41.0%)	8:45	6.8 (58.6%)
113	WILGUCKI Krzysztof	191	1BCZ	M-16	14	01:29:49.85	00:31:27.03	03:41:41.06	05:42:57.94	+02:21:14 (41.2%)	8:47	6.8 (58.6%)
114	KAPA Patrycja	66	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	5	01:32:14.16	00:30:03.19	03:45:05.49	05:47:22.84	+02:25:39 (41.9%)	8:54	6.7 (57.8%)
115	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	37	01:38:46.29	00:36:24.06	03:38:35.47	05:53:45.82	+02:32:02 (43.0%)	9:04	6.6 (56.9%)
116	KOCZOROWSKA Anna	79	TEAM ZABIEGANEDNI	K-30	10	01:38:46.66	00:36:24.07	03:38:35.81	05:53:46.54	+02:32:03 (43.0%)	9:04	6.6 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 12km	Etap 5km	Etap 22km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
117	MAŚLAK Marzena	111	POZYTYWNE ZABIEGANI SANOK	K-30	11	01:33:43.15	00:34:37.97	03:58:35.44	06:06:56.56	+02:45:13 (45.0%)	9:24	6.4 (55.2%)
118	WOLF Weronika	199	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNE ZABIEGANI SANOK	K-40	9	01:33:43.59	00:34:39.50	03:58:35.80	06:06:58.89	+02:45:15 (45.0%)	9:24	6.4 (55.2%)
119	KARDASZ Marek	69	SOLINA TEAM	M-30	38	01:14:31.52	00:27:07.64	04:27:42.71	06:09:21.87	+02:47:38 (45.4%)	9:28	6.3 (54.3%)
120	Kawecka Magdalena	71	KAWA BEZ PAPIEROSA	K-30	12	01:43:41.50	00:33:21.92	04:01:17.27	06:18:20.69	+02:56:37 (46.7%)	9:42	6.2 (53.4%)
121	PRUCNAL Paweł	139	RUN FOR 42	M-40	36	01:40:00.85	00:34:57.28	04:19:47.12	06:34:45.25	+03:13:02 (48.9%)	10:07	5.9 (50.9%)
122	KOWALSKI-NEUKIRCH Henryk	88	TRUCHTACZ MYSŁOWICE	M-60	3	01:40:01.21	00:34:57.84	04:19:47.72	06:34:46.77	+03:13:03 (48.9%)	10:07	5.9 (50.9%)
123	ŁACH Wiesław	100	KLUB MATIEGO JEŻOWE	M-40	37	01:55:40.87	00:37:05.76	04:26:39.84	06:59:26.47	+03:37:43 (51.9%)	10:45	5.6 (48.3%)
124	WAŁACHOWSKA Urszula	185	SOLINA TEAM	K-30	13	02:06:42.86	00:29:56.65	04:27:57.01	07:04:36.52	+03:42:53 (52.5%)	10:53	5.5 (47.4%)
125	GŁUSZKO Justyna	50	SOLINA TEAM	K-30	14	02:06:42.75	00:34:58.08	04:27:57.16	07:09:37.99	+03:47:54 (53.0%)	11:00	5.4 (46.6%)

Znaleziono 125 wynik(ów)