

**NOCNY SPRINT RYSIA - 6 KM**

Organizator: GOKSiT Polańczyk

Data: 2021-10-23

Miejsce: Polańczyk

Dystans: 6 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 10 miejsc wg czasu brutto

**NOCNY SPRINT RYSIA - 6 KM, OPEN**

| M-ce | Nazwisko i imię      | Nr  | Klub                                 | M-scowość         | Kraj | Kat.  | M. kat | K/M  | 3km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|--------------------------------------|-------------------|------|-------|--------|------|----------|-------------|-------------|--------|------|
| 1    | DZIEWIŃSKI DAMIAN    | 56  | POZYTYWNE ZABIEGANI SANOK            | SANOK             | POL  | M-40  | 1      | M 1  | 00:11:40 | 00:23:39.40 | 00:23:43.65 | 3:56   | 15.2 |
| 2    | SZMIST SZYMON        | 203 | KB ATHLETIC ZREĆIN                   | SZCZEPAŃCOWA      | POL  | M-40  | 2      | M 2  | 00:11:41 | 00:24:01.25 | 00:24:05.50 | 4:00   | 15   |
| 3    | MOTYKA KAMIL         | 146 | BIEGANIE NA SPONTANIE                | JAROSŁAW          | POL  | M-30  | 1      | M 3  | 00:12:09 | 00:24:49.90 | 00:24:54.55 | 4:08   | 14.5 |
| 4    | RUCIŃSKI PIOTR       | 184 |                                      | PRZEMYSŁ          | POL  | M-40  | 3      | M 4  | 00:12:19 | 00:25:20.25 | 00:25:27.45 | 4:13   | 14.2 |
| 5    | MAKARSKI KRZYSZTOF   | 133 | BIEGANIE NA SPONTANIE                | JAROSŁAW          | POL  | M-40  | 4      | M 5  | 00:12:28 | 00:25:46.85 | 00:25:51.70 | 4:17   | 14   |
| 6    | SKAWIŃSKI TOMASZ     | 189 | POZYTYWNE ZABIEGANI SANOK            | SANOK             | POL  | M-40  | 5      | M 6  | 00:12:38 | 00:25:52.60 | 00:25:57.00 | 4:18   | 13.9 |
| 7    | BURY MARO            | 30  |                                      | BABICA            | POL  | M-40  | 6      | M 7  | 00:12:44 | 00:26:02.25 | 00:26:07.60 | 4:20   | 13.8 |
| 8    | WEREMKO GRZEGORZ     | 221 | MULTIMEDIA RUNNERS PUŁAWY            | PUŁAWY            | POL  | M-40  | 7      | M 8  | 00:12:47 | 00:26:11.20 | 00:26:11.20 | 4:21   | 13.7 |
| 9    | ŁAKOMY TOMASZ        | 125 | KRESOWIANIE                          | OLESZYCE          | POL  | M-30  | 2      | M 9  | 00:12:41 | 00:26:08.55 | 00:26:14.10 | 4:21   | 13.8 |
| 10   | WIERZBICKI JANUSZ    | 225 |                                      | SIENIAWA          | POL  | M-30  | 3      | M 10 | 00:12:45 | 00:26:18.90 | 00:26:23.60 | 4:23   | 13.7 |
| 11   | JANAS MARCIN         | 86  | KB ATHLETIC ZREĆIN                   | ODRZYKOŃ          | POL  | M-40  | 8      | M 11 | 00:13:00 | 00:26:35.60 | 00:26:41.10 | 4:25   | 13.5 |
| 12   | NIEDZIELSKI DARIUSZ  | 150 | AKTYWNY DYNÓW                        | DYNÓW             | POL  | M-40  | 9      | M 12 | 00:13:00 | 00:26:40.45 | 00:26:45.15 | 4:26   | 13.5 |
| 13   | KOHUT DARIUSZ        | 101 | PRZEMYSKI KLUB BIEGACZA              | PRZEMYSŁ          | POL  | M-40  | 10     | M 13 | 00:13:00 | 00:26:42.85 | 00:26:48.15 | 4:27   | 13.5 |
| 14   | DOMISZEWSKA MARIA    | 252 |                                      | USTRZYKI DOLNE    | POL  | K-50  | 1      | K 1  | 00:12:50 | 00:26:45.30 | 00:26:50.25 | 4:27   | 13.5 |
| 15   | RADYK JAKUB          | 176 | PRZEMYSKI KLUB BIEGACZA RSB          | PRZEMYSŁ          | POL  | M-30  | 4      | M 14 | 00:12:48 | 00:26:51.40 | 00:26:57.35 | 4:28   | 13.4 |
| 16   | BRENDZOWSKI ADAM     | 242 | #ZABIEGANINOCĄ                       | SOLINA            | POL  | M-30  | 5      | M 15 | 00:12:50 | 00:26:54.65 | 00:27:01.05 | 4:29   | 13.4 |
| 17   | BANASIK KRZYSZTOF    | 11  | SZYBKIE I WŚCIEKLI TEAM              | PRUCHNIK          | POL  | M-40  | 11     | M 16 | 00:12:53 | 00:26:59.70 | 00:27:04.25 | 4:29   | 13.3 |
| 18   | CUBER WOJCIECH       | 40  | #ZABIEGANINOCĄ                       | ZŁOTÓW            | POL  | M-30  | 6      | M 17 | 00:13:28 | 00:27:00.25 | 00:27:06.70 | 4:30   | 13.3 |
| 19   | MACIEJKO RAFAŁ       | 130 | KRESOWIANIE                          | DACHNÓW           | POL  | M-40  | 12     | M 18 | 00:12:55 | 00:27:12.05 | 00:27:20.05 | 4:32   | 13.2 |
| 20   | ZABORNIAK PAWEŁ      | 234 | KRESOWIANIE                          | KOWALÓWKA         | POL  | M-30  | 7      | M 19 | 00:13:02 | 00:27:18.95 | 00:27:24.75 | 4:33   | 13.2 |
| 21   | PIETRASIEWICZ MACIEJ | 163 | KRESOWIANIE                          | DACHNÓW           | POL  | M-30  | 8      | M 20 | 00:13:08 | 00:27:19.45 | 00:27:26.15 | 4:33   | 13.2 |
| 22   | ŻELAZKO KAMIL        | 240 | CARPATHIAN RUNNERS                   | RZESZÓW           | POL  | M-30  | 9      | M 21 | 00:13:00 | 00:27:22.85 | 00:27:29.75 | 4:33   | 13.2 |
| 23   | OCHYRA KONRAD        | 151 | SOLINA TEAM                          | LESKO             | POL  | M-30  | 10     | M 22 | 00:13:20 | 00:27:32.20 | 00:27:38.95 | 4:35   | 13.1 |
| 24   | SOBOL KRYSZTIAN      | 192 |                                      | MYCZKÓW           | POL  | M-40  | 13     | M 23 | 00:13:17 | 00:27:42.65 | 00:27:48.25 | 4:37   | 13   |
| 25   | BUSZ JACEK           | 31  | OLD SCHOOL TRAIL RUNNING             | RZESZÓW           | POL  | M-30  | 11     | M 24 | 00:13:06 | 00:27:46.15 | 00:27:50.80 | 4:37   | 13   |
| 26   | JACHIMOWSKI JAROSŁAW | 82  | POZYTYWNE ZABIEGANI SANOK            | SANOK             | POL  | M-30  | 12     | M 25 | 00:13:31 | 00:27:51.05 | 00:27:57.75 | 4:38   | 12.9 |
| 27   | STADNIK WOJCIECH     | 196 | PRZEMYSKI KLUB BIEGACZA RSB          | PRZEMYSŁ          | POL  | M-50  | 1      | M 26 | 00:13:35 | 00:27:56.90 | 00:28:03.05 | 4:39   | 12.9 |
| 28   | HULIN SEBASTIAN      | 78  | KOMENDA MIEJSKA POLICJI W KATOWICACH | KATOWICE          | POL  | M-40  | 14     | M 27 | 00:13:42 | 00:28:05.90 | 00:28:19.50 | 4:40   | 12.8 |
| 29   | BODNAR KRYSZTIAN     | 22  |                                      | ZAŁUŻ             | POL  | M-16  | 1      | M 28 | 00:13:40 | 00:28:10.55 | 00:28:18.25 | 4:41   | 12.8 |
| 30   | JASTRZĄB PIOTR       | 89  | DEKAN LESKO                          | LESKO             | POL  | M-50  | 2      | M 29 | 00:13:50 | 00:28:11.75 | 00:28:17.35 | 4:41   | 12.8 |
| 31   | MEJER JACEK          | 250 | DRUYNĄ SZPIKU                        | SUCHY LAS         | POL  | M-30  | 13     | M 30 | 00:14:17 | 00:28:14.30 | 00:28:29.85 | 4:42   | 12.8 |
| 32   | MAJCHER DAMIAN       | 132 |                                      | TARNOBRZEG        | POL  | M-30  | 14     | M 31 | 00:14:12 | 00:28:16.50 | 00:28:24.95 | 4:42   | 12.7 |
| 33   | SZKODA ROBERT        | 201 | BIEGANIE NA SPONTANIE                | BIŁGORAJ          | POL  | M-30  | 15     | M 32 | 00:13:33 | 00:28:26.75 | 00:28:32.90 | 4:44   | 12.7 |
| 34   | ROGAŁ GRZEGORZ       | 181 |                                      | BOGUCHWAŁA        | POL  | M-40  | 15     | M 33 | 00:13:44 | 00:28:37.20 | 00:28:43.30 | 4:46   | 12.6 |
| 35   | FORJASZ PRZEMEK      | 61  |                                      | RZESZÓW           | POL  | M-30  | 16     | M 34 | 00:14:26 | 00:28:37.90 | 00:28:50.40 | 4:46   | 12.6 |
| 36   | BURAK BARTŁOMIEJ     | 29  | PRZEMYSKI KLUB BIEGACZA RSB          | PRZEMYSŁ          | POL  | M-16  | 2      | M 35 | 00:14:26 | 00:28:38.40 | 00:28:46.00 | 4:46   | 12.6 |
| 37   | TRĘBSKI KRZYSZTOF    | 215 | #ZABIEGANINOCĄ                       | OKONEK            | POL  | M-40  | 16     | M 36 | 00:13:45 | 00:28:38.70 | 00:28:44.60 | 4:46   | 12.6 |
| 38   | ZATOR JANUSZ         | 238 | DĘBICKIE GEPARDY                     | MOKRE             | POL  | M-50  | 3      | M 37 | 00:13:44 | 00:28:57.90 | 00:29:04.80 | 4:49   | 12.4 |
| 39   | ŚLIWA ANNA           | 209 | KRESOWIANIE                          | TOMASZÓW LUBELSKI | POL  | K-40  | 1      | K 2  | 00:13:50 | 00:29:04.30 | 00:29:09.45 | 4:50   | 12.4 |
| 40   | BANASIK MONIKA       | 10  | SZYBKIE I WŚCIEKLI TEAM              | PRUCHNIK          | POL  | K-30  | 1      | K 3  | 00:14:00 | 00:29:27.10 | 00:29:31.65 | 4:54   | 12.2 |
| 41   | KŁÓSEK PAWEŁ         | 99  | DĘBICKIE GEPARDY                     | DĘBICA            | POL  | M-40  | 17     | M 38 | 00:14:29 | 00:29:31.00 | 00:29:38.00 | 4:55   | 12.2 |
| 42   | MOSKOWICZ STEFAN     | 145 | PRZEMYSKI KLUB BIEGACZA 2            | MŁODOWICE         | POL  | M-60+ | 1      | M 39 | 00:14:35 | 00:29:44.75 | 00:29:50.55 | 4:57   | 12.1 |
| 43   | KRAWIEC ALAN         | 110 |                                      | PRZEWORSK         | POL  | M-16  | 3      | M 40 | 00:14:19 | 00:29:44.85 | 00:29:51.55 | 4:57   | 12.1 |
| 44   | GAWORECKI TOMASZ     | 70  | POZYTYWNE ZABIEGANI SANOK            | SANOK             | POL  | M-40  | 18     | M 41 | 00:14:25 | 00:29:45.95 | 00:29:52.50 | 4:57   | 12.1 |
| 45   | ANTOSZ BOGDAN        | 2   |                                      | SIENIAWA          | POL  | M-50  | 4      | M 42 | 00:14:07 | 00:29:46.55 | 00:29:54.05 | 4:57   | 12.1 |
| 46   | RĘPAŁSKA AGATA       | 180 | DZIKIE MUSTANGI                      | KROŚCIENKO WYŻNE  | POL  | K-30  | 2      | K 4  | 00:14:34 | 00:29:57.30 | 00:30:01.85 | 4:59   | 12   |

**NOCNY SPRINT RYSIA - 6 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                                  | M-scowość            | Kraj | Kat.  | M. kat | K/M  | 3km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|-----|---------------------------------------|----------------------|------|-------|--------|------|----------|-------------|-------------|--------|------|
| 47   | ROŚĆ DAWID            | 182 | ROKAN                                 | RZESZÓW              | POL  | M-40  | 19     | M 43 | 00:14:27 | 00:30:05.65 | 00:30:13.45 | 5:00   | 12   |
| 48   | MITURA WOJTEK         | 143 |                                       | PARCZEW              | POL  | M-40  | 20     | M 44 | 00:14:27 | 00:30:14.70 | 00:30:20.65 | 5:02   | 11.9 |
| 49   | WAGNER TOMASZ         | 219 | KRESOWIANIE                           | BEŁŻEC               | POL  | M-30  | 17     | M 45 | 00:14:33 | 00:30:33.50 | 00:30:38.65 | 5:05   | 11.8 |
| 50   | ŚNIEŻEK PIOTR         | 211 | PRZEMYSKI KLUB BIEGACZA               | PRZEMYSŁ             | POL  | M-50  | 5      | M 46 | 00:14:54 | 00:30:36.95 | 00:30:43.55 | 5:06   | 11.8 |
| 51   | GAJEK GRZEGORZ        | 67  | BIEGANIE NA SPONTANIE                 | CZÓŁNA               | POL  | M-40  | 21     | M 47 | 00:14:48 | 00:30:39.65 | 00:30:48.30 | 5:06   | 11.7 |
| 52   | ZASADZIŃSKA BARBARA   | 237 | SZYBKIE I WŚCIEKLI TEAM               | PRZEMYSŁ             | POL  | K-40  | 2      | K 5  | 00:14:29 | 00:30:45.60 | 00:30:54.15 | 5:07   | 11.7 |
| 53   | HUTNIK KRZYSIEK       | 80  | ZERWANIE Z ŁAŃCUCHA                   | LUDÓW ŚLĄSKI         | POL  | M-30  | 18     | M 48 | 00:15:17 | 00:30:46.80 | 00:31:00.65 | 5:07   | 11.7 |
| 54   | ŚWICIŃSKI RAFAŁ       | 131 |                                       | WIDOK                | POL  | M-16  | 4      | M 49 | 00:14:40 | 00:30:48.55 | 00:30:53.40 | 5:08   | 11.7 |
| 55   | GAJEK MAGDALENA       | 68  | BIEGANIE NA SPONTANIE                 | CZÓŁNA               | POL  | K-40  | 3      | K 6  | 00:14:59 | 00:30:48.55 | 00:30:57.30 | 5:08   | 11.7 |
| 56   | LITWINEK MAREK        | 121 |                                       | LUBARTÓW             | POL  | M-40  | 22     | M 50 | 00:14:57 | 00:30:49.60 | 00:30:59.95 | 5:08   | 11.7 |
| 57   | KRUSZYŃSKI MAREK      | 114 | PRZEMYSKI KLUB BIEGACZA 2             | PRZEMYSŁ             | POL  | M-50  | 6      | M 51 | 00:14:55 | 00:30:50.25 | 00:30:56.40 | 5:08   | 11.7 |
| 58   | ZDEB MACIEJ           | 239 | PIĘKNE I BRODACZE                     | RZESZÓW              | POL  | M-30  | 19     | M 52 | 00:14:56 | 00:30:57.65 | 00:31:07.40 | 5:09   | 11.6 |
| 59   | ŁAWNICZAK JUSTYNA     | 129 | #ZABIEGANINOCĄ                        | ZAKRZEWO             | POL  | K-30  | 3      | K 7  | 00:15:15 | 00:30:59.35 | 00:31:08.60 | 5:09   | 11.6 |
| 60   | MAZUR IRENEUSZ        | 136 | DĘBICKIE GEPARDY                      | DĘBICA               | POL  | M-40  | 23     | M 53 | 00:14:44 | 00:31:02.20 | 00:31:09.70 | 5:10   | 11.6 |
| 61   | SURMAN MARIUSZ        | 197 | DZIKIE MUSTANGI                       | PUSTKÓW OSIEDLE      | POL  | M-30  | 20     | M 54 | 00:14:59 | 00:31:19.05 | 00:31:24.35 | 5:13   | 11.5 |
| 62   | SUSABOWSKI ANDRZEJ    | 199 | BĘDZIE LEPIJ                          | WARSZAWA             | POL  | M-40  | 24     | M 55 | 00:14:35 | 00:31:29.30 | 00:31:39.75 | 5:14   | 11.4 |
| 63   | PODOLAK PAWEŁ         | 167 | KAMIEŃ DWERNIK TRAIL                  | USTRZYKI DOLNE       | POL  | M-30  | 21     | M 56 | 00:15:03 | 00:31:29.85 | 00:31:41.95 | 5:14   | 11.4 |
| 64   | SIENKO ŁUKASZ         | 188 | AKTYWNY DYNÓW                         | DYNÓW                | POL  | M-30  | 22     | M 57 | 00:15:17 | 00:31:33.70 | 00:31:42.85 | 5:15   | 11.4 |
| 65   | FUTYMA MICHAŁ         | 65  | DRUŻYNA FUTYMA!!!                     | USTRZYKI DOLNE       | POL  | M-40  | 25     | M 58 | 00:15:48 | 00:31:38.85 | 00:31:52.30 | 5:16   | 11.4 |
| 66   | ŚWIECH ANNA           | 212 | DZIKIE MUSTANGI                       | STRZYŻÓW             | POL  | K-40  | 4      | K 8  | 00:15:25 | 00:31:41.00 | 00:31:45.85 | 5:16   | 11.4 |
| 67   | KUBICKI ŁUKASZ        | 116 | KB ATHLETIC ZREĆIN                    | IWONICZ ZDRÓJ        | POL  | M-30  | 23     | M 59 | 00:14:54 | 00:31:47.60 | 00:31:59.20 | 5:17   | 11.3 |
| 68   | LEŚNIAK-POPIEL MARTA  | 118 | POZYTYWNE ZABIEGANI SANOK             | SANOK                | POL  | K-40  | 5      | K 9  | 00:15:37 | 00:32:03.10 | 00:32:12.95 | 5:20   | 11.2 |
| 69   | PREISNER RENATA       | 173 |                                       | PRZEMYSŁ             | POL  | K-50  | 2      | K 10 | 00:15:26 | 00:32:08.55 | 00:32:15.55 | 5:21   | 11.2 |
| 70   | BAL BARBARA           | 8   | DRUŻYNA B                             | PRZEMYSŁ             | POL  | K-40  | 6      | K 11 | 00:15:44 | 00:32:14.30 | 00:32:22.65 | 5:22   | 11.2 |
| 71   | GWOZDZA GRZEGORZ      | 73  | KRESOWIANIE                           | TOMASZÓW LUBELSKI    | POL  | M-40  | 26     | M 60 | 00:15:47 | 00:32:18.85 | 00:32:31.95 | 5:23   | 11.1 |
| 72   | ŁAPIŃSKA ANNA         | 127 | SZYBKIE I WŚCIEKLI TEAM               | PRZEMYSŁ             | POL  | K-40  | 7      | K 12 | 00:15:20 | 00:32:23.10 | 00:32:29.50 | 5:23   | 11.1 |
| 73   | SMAGACZ HENRYK        | 190 | DĘBICKIE GEPARDY                      | STARA JASTRZĄBKA     | POL  | M-60+ | 2      | M 61 | 00:15:31 | 00:32:25.05 | 00:32:32.85 | 5:24   | 11.1 |
| 74   | SAJ PAWEŁ             | 186 | DZIKIE MUSTANGI                       | SĘDZISZÓW MAŁOPOLSKI | POL  | M-30  | 24     | M 62 | 00:15:37 | 00:32:26.45 | 00:32:31.60 | 5:24   | 11.1 |
| 75   | WAJCOWICZ WITOLD      | 220 | POZYTYWNE ZABIEGANI SANOK             | SANOK                | POL  | M-40  | 27     | M 63 | 00:15:35 | 00:32:35.80 | 00:32:46.95 | 5:25   | 11   |
| 76   | BILIŃSKI TOMASZ       | 17  | DRUŻYNA B                             | PRZEMYSŁ             | POL  | M-40  | 28     | M 64 | 00:16:07 | 00:32:38.80 | 00:32:47.35 | 5:26   | 11   |
| 77   | ARCISZEWSKI MICHAŁ    | 4   | DZIKIE MUSTANGI                       | ŚWIERZOWA POLSKA     | POL  | M-30  | 25     | M 65 | 00:15:43 | 00:32:49.55 | 00:32:56.25 | 5:28   | 11   |
| 78   | GÓRA AGNIESZKA        | 162 | #ZABIEGANINOCĄ                        | OKONEK               | POL  | K-40  | 8      | K 13 | 00:15:45 | 00:32:50.95 | 00:33:00.40 | 5:28   | 11   |
| 79   | POŹNIAK GRZEGORZ      | 171 | DRUŻYNA B                             | KUPNO                | POL  | M-40  | 29     | M 66 | 00:16:06 | 00:32:58.65 | 00:33:08.00 | 5:29   | 10.9 |
| 80   | CZEKAŃSKI WOJCIECH    | 46  | GRUPA POSCIGOWA                       | KROŚCIENKO WYŻNE     | POL  | M-40  | 30     | M 67 | 00:16:08 | 00:33:02.20 | 00:33:11.95 | 5:30   | 10.9 |
| 81   | BEŁCH MICHAŁ          | 14  | DECARUN RZESZÓW                       | WIDACZ               | POL  | M-30  | 26     | M 68 | 00:15:48 | 00:33:21.05 | 00:33:32.45 | 5:33   | 10.8 |
| 82   | KRZYWDA KONRAD        | 115 | DZIKIE MUSTANGI                       | CHORKÓWKA            | POL  | M-16  | 5      | M 69 | 00:15:48 | 00:33:22.00 | 00:33:32.00 | 5:33   | 10.8 |
| 83   | WOJTANOWSKI DAMIAN    | 229 | OTRYT LUTOWISKA                       | PSZCZELINY           | POL  | M-40  | 31     | M 70 | 00:16:14 | 00:33:30.50 | 00:33:41.80 | 5:35   | 10.7 |
| 84   | KACZMARSKI WOJCIECH   | 90  | K&O TEAM/ KACZMARSKI TEAM             | MYCZKOWCE            | POL  | M-40  | 32     | M 71 | 00:16:14 | 00:33:32.55 | 00:33:40.50 | 5:35   | 10.7 |
| 85   | KRUKOWSKI ROBERT      | 113 | PLATINIUM CROSS ZAMOŚĆ                | ZAMOŚĆ               | POL  | M-40  | 33     | M 72 | 00:15:43 | 00:33:33.50 | 00:33:42.05 | 5:35   | 10.7 |
| 86   | STADNIK RENATA        | 195 | PRZEMYSKI KLUB BIEGACZA RSB           | PRZEMYSŁ             | POL  | K-50  | 3      | K 14 | 00:16:18 | 00:33:37.20 | 00:33:46.95 | 5:36   | 10.7 |
| 87   | BAL ROBERT            | 9   | DRUŻYNA B                             | PRZEMYSŁ             | POL  | M-40  | 34     | M 73 | 00:16:11 | 00:33:39.05 | 00:33:47.10 | 5:36   | 10.7 |
| 88   | WÓJCIK-BILIŃSKA MARTA | 231 | DRUŻYNA B                             | PRZEMYSŁ             | POL  | K-40  | 9      | K 15 | 00:16:19 | 00:33:39.80 | 00:33:48.65 | 5:36   | 10.7 |
| 89   | WOLF WERONIKA         | 230 | POZYTYWNE ZABIEGANI SANOK             | MCHAWA               | POL  | K-40  | 10     | K 16 | 00:16:07 | 00:33:44.60 | 00:33:54.35 | 5:37   | 10.7 |
| 90   | KOLANKO MICHAŁ        | 255 | NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW | KROŚCIENKO WYŻNE     | POL  | M-30  | 27     | M 74 | 00:16:18 | 00:34:01.35 | 00:34:11.70 | 5:40   | 10.6 |
| 91   | WYSKIEL MACIEJ        | 233 | AKTYWNY DYNÓW                         | DYNÓW                | POL  | M-40  | 35     | M 75 | 00:16:21 | 00:34:04.05 | 00:34:13.60 | 5:40   | 10.6 |
| 92   | BOCHENEK WIKTORIA     | 20  | STAŁOWOWOLSKI KLUB BIEGACZA           | RUDNIK NAD SANEM     | POL  | K-30  | 4      | K 17 | 00:16:00 | 00:34:19.15 | 00:34:26.15 | 5:43   | 10.5 |
| 93   | KRAWCZYK JAN          | 108 | KLUB POD WISIENKĄ                     | KRAKÓW               | POL  | M-30  | 28     | M 76 | 00:16:43 | 00:34:20.60 | 00:34:32.50 | 5:43   | 10.5 |
| 94   | FEDAK BOHDAN          | 57  | KB ATHLETIC ZREĆIN                    | ZAGÓRZ               | POL  | M-40  | 36     | M 77 | 00:16:43 | 00:34:21.00 | 00:34:32.65 | 5:43   | 10.5 |
| 95   | CZAJKA TOMASZ         | 45  |                                       | KURZNIE              | POL  | M-40  | 37     | M 78 | 00:16:30 | 00:34:23.20 | 00:34:39.40 | 5:43   | 10.5 |
| 96   | SOPEL WIESŁAW         | 194 | KRESOWIANIE                           | LUBACZÓW             | POL  | M-50  | 7      | M 79 | 00:16:40 | 00:34:23.65 | 00:34:35.60 | 5:43   | 10.5 |
| 97   | KLIMOWICZ SYLWIA      | 256 |                                       | HŁOMCZA              |      | K-16  | 1      | K 18 | 00:16:29 | 00:34:39.65 | 00:34:48.60 | 5:46   | 10.4 |
| 98   | CHOMISZCZAK BOGDAN    | 37  | POZYTYWNE ZABIEGANI SANOK             | SANOK                | POL  | M-50  | 8      | M 80 | 00:16:43 | 00:34:42.95 | 00:34:53.75 | 5:47   | 10.4 |
| 99   | MUCHA ŁUKASZ          | 149 |                                       | PASZCZYNA            | POL  | M-40  | 38     | M 81 | 00:16:56 | 00:34:59.55 | 00:35:13.80 | 5:49   | 10.3 |
| 100  | OCHYRA KRZYSZTOF      | 152 |                                       | LESKO                | POL  | M-50  | 9      | M 82 | 00:16:33 | 00:35:00.45 | 00:35:08.40 | 5:50   | 10.3 |
| 101  | DOPART TOMASZ         | 51  | KAMIEŃ DWERNIK                        | USTRZYKI DOLNE       | POL  | M-40  | 39     | M 83 | 00:17:01 | 00:35:11.15 | 00:35:23.40 | 5:51   | 10.2 |
| 102  | RYBIŃSKI GRZEGORZ     | 185 | BIEGAM BO LUBIEŃ                      | PROSZOWICE           | POL  | M-40  | 40     | M 84 | 00:17:02 | 00:35:12.25 | 00:35:26.35 | 5:52   | 10.2 |

**NOCNY SPRINT RYSIA - 6 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                               | M-scowość  | Kraj | Kat.  | M. kat | K/M   | 3km      | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|------------------------------------|------------|------|-------|--------|-------|----------|-------------|-------------|--------|------|
| 103  | CHMIELEWSKI KRZYSZTOF  | 35  |                                    | SZAŁSZA    | POL  | M-50  | 10     | M 85  | 00:17:28 | 00:35:17.60 | 00:35:31.95 | 5:52   | 10.2 |
| 104  | OCHYRA KAROLINA        | 153 |                                    | LESKO      | POL  | K-16  | 2      | K 19  | 00:17:10 | 00:35:18.35 | 00:35:26.15 | 5:53   | 10.2 |
| 105  | ŁUCZYCKA IWONA         | 254 | POZYTYWNE ZABIEGANI SANOK          | HŁOMCZA    | POL  | K-40  | 11     | K 20  | 00:16:54 | 00:35:20.65 | 00:35:29.80 | 5:53   | 10.2 |
| 106  | POLAŃSKI TOMASZ        | 169 | PRZEMYSKI KLUB BIEGACZA 2          | PRZEMYŚL   | POL  | M-50  | 11     | M 86  | 00:16:16 | 00:35:25.95 | 00:35:38.85 | 5:54   | 10.2 |
| 107  | ZAWADA RAFAŁ           | 41  |                                    | RZESZÓW    | POL  | M-30  | 29     | M 87  | 00:16:34 | 00:35:29.55 | 00:35:38.40 | 5:54   | 10.1 |
| 108  | PODOLAK ZBIGNIEW       | 165 | TOWARZYSTWO SZWEJKOWSKIE           | PRZEMYŚL   | POL  | M-60+ | 3      | M 88  | 00:16:35 | 00:35:36.25 | 00:35:44.20 | 5:56   | 10.1 |
| 109  | SIEDLACZEK ZBIGNIEW    | 187 |                                    | LUBLIN     | POL  | M-60+ | 4      | M 89  | 00:17:17 | 00:35:39.60 | 00:35:50.30 | 5:56   | 10.1 |
| 110  | BOCEK SŁAWOMIR         | 19  | WATAHA                             | BOGUCHWAŁA | POL  | M-40  | 41     | M 90  | 00:17:01 | 00:35:46.20 | 00:35:56.40 | 5:57   | 10.1 |
| 111  | OLEKSZYK JOANNA        | 156 | DECARUN RZESZÓW                    | SZYSZKÓW   | POL  | K-16  | 3      | K 21  | 00:17:02 | 00:35:49.20 | 00:36:00.55 | 5:58   | 10.1 |
| 112  | BUKSA TOMASZ           | 27  | PRZEMYSKI KLUB BIEGACZA 2          | PRZEMYŚL   | POL  | M-30  | 30     | M 91  | 00:16:56 | 00:35:50.20 | 00:36:00.45 | 5:58   | 10   |
| 113  | BUKSA ANDZELIKA        | 28  | PRZEMYSKI KLUB BIEGACZA 2          | PRZEMYŚL   | POL  | K-40  | 12     | K 22  | 00:16:57 | 00:35:51.05 | 00:36:00.25 | 5:58   | 10   |
| 114  | FLOREK WOJTEK          | 58  | DZIKIE MUSTANGI                    | RZESZÓW    | POL  | M-30  | 31     | M 92  | 00:17:37 | 00:36:09.55 | 00:36:21.30 | 6:01   | 10   |
| 115  | JAKUBOWSKI DANIEL      | 83  | NOCNY BÓR TEAM                     | ZABAJKA    | POL  | M-40  | 42     | M 93  | 00:16:52 | 00:36:09.90 | 00:36:20.25 | 6:01   | 10   |
| 116  | MICKIEWICZ ADAM        | 138 |                                    | GRACZE     | POL  | M-50  | 12     | M 94  | 00:17:28 | 00:36:20.20 | 00:36:30.65 | 6:03   | 9.9  |
| 117  | CENGIEL MATEUSZ        | 32  | 5 BSP                              | PRZEMYŚL   | POL  | M-16  | 6      | M 95  | 00:18:41 | 00:36:37.50 | 00:36:52.75 | 6:06   | 9.8  |
| 118  | ROZENBAJGIER SEBASTIAN | 183 | 6 BATALION STRZELCÓW PODHALAŃSKICH | PRZEMYŚL   | POL  | M-30  | 32     | M 96  | 00:18:37 | 00:36:39.10 | 00:36:54.50 | 6:06   | 9.8  |
| 119  | PECKA KRZYSZTOF        | 260 | SOLINA TEAM                        | POLAŃCZYK  | POL  | M-40  | 43     | M 97  | 00:17:31 | 00:36:59.10 | 00:37:15.60 | 6:09   | 9.7  |
| 120  | KOPCZYK WALDEMAR       | 103 | SZYBKIE I WŚCIEKLI TEAM            | PRZEMYŚL   | POL  | M-50  | 13     | M 98  | 00:17:57 | 00:37:04.50 | 00:37:20.45 | 6:10   | 9.7  |
| 121  | OŻÓG JACEK             | 157 | UCZESTNIK INDYWIDUALNY             | KIELANÓWKA | POL  | M-40  | 44     | M 99  | 00:16:58 | 00:37:05.10 | 00:37:12.10 | 6:10   | 9.7  |
| 122  | SZMIST JADZIA          | 202 | KB ATHLETIC ZRĘCIN                 | ZRĘCIN     | POL  | K-40  | 13     | K 23  | 00:17:50 | 00:37:07.30 | 00:37:15.40 | 6:11   | 9.7  |
| 123  | ŁASKAWSKA JUSTYNA      | 128 |                                    | WARSZAWA   | POL  | K-40  | 14     | K 24  | 00:17:51 | 00:37:20.20 | 00:37:30.55 | 6:13   | 9.6  |
| 124  | MAZUR KINGA            | 137 | DĘBICKIE GEPARDY                   | DĘBICA     | POL  | K-30  | 5      | K 25  | 00:17:34 | 00:37:47.25 | 00:37:59.00 | 6:17   | 9.5  |
| 125  | UJEJSKI FILIP          | 216 | 4 BATALION STRZELCÓW PODHALAŃSKICH | PRZEMYŚL   | POL  | M-16  | 7      | M 100 | 00:18:40 | 00:37:56.85 | 00:38:12.30 | 6:19   | 9.5  |
| 126  | HOCEK JAKUB            | 76  | 5 BSP                              | PRZEMYSL   | POL  | M-16  | 8      | M 101 | 00:18:42 | 00:37:57.55 | 00:38:12.20 | 6:19   | 9.5  |
| 127  | CHODNICKI RADOSŁAW     | 36  | BĘDZIE LEPIJ                       | WARSZAWA   | POL  | M-40  | 45     | M 102 | 00:17:58 | 00:38:02.55 | 00:38:15.55 | 6:20   | 9.5  |
| 128  | MIKUSEK RYSZARD        | 141 | BĘDZIE LEPIJ                       | WARSZAWA   | POL  | M-40  | 46     | M 103 | 00:17:46 | 00:38:19.80 | 00:38:32.60 | 6:23   | 9.4  |
| 129  | BIEDROŃ WOJCIECH       | 16  |                                    | WARSZAWA   | POL  | M-40  | 47     | M 104 | 00:18:04 | 00:38:33.05 | 00:38:44.05 | 6:25   | 9.3  |
| 130  | BORCZ MARCIN           | 23  | DIP-MAR MARCIN BORCZ               | KAŃCZUGA   | POL  | M-30  | 33     | M 105 | 00:18:10 | 00:38:41.50 | 00:38:51.55 | 6:26   | 9.3  |
| 131  | FORNEK PAULINA         | 63  | DZIKIE MUSTANGI                    | OCIEKA     | POL  | K-16  | 4      | K 26  | 00:18:47 | 00:38:55.55 | 00:39:06.85 | 6:29   | 9.3  |
| 132  | BARTOSZEK BOGDAN       | 13  |                                    | RZESZÓW    | POL  | M-50  | 14     | M 106 | 00:19:00 | 00:39:11.70 | 00:39:21.25 | 6:31   | 9.2  |
| 133  | BABIŃSKA INGA          | 6   | PRZEMYSKI KLUB BIEGACZA            | PRZEMYŚL   | POL  | K-40  | 15     | K 27  | 00:19:08 | 00:39:13.55 | 00:39:22.40 | 6:32   | 9.2  |
| 134  | LEWICKIJ YURII         | 119 | 'STRIYSKI KHVOSTY'                 | STRIJ      | UKR  | M-40  | 48     | M 107 | 00:18:31 | 00:39:29.80 | 00:39:42.95 | 6:34   | 9.1  |
| 135  | CZAJKA RENATA          | 44  | DZIKIE MORSY                       | KURZNIE    | POL  | K-40  | 16     | K 28  | 00:18:59 | 00:39:30.90 | 00:39:48.70 | 6:35   | 9.1  |
| 136  | ŚNIEŻEK LIDIA          | 210 | PRZEMYSKI KLUB BIEGACZA            | PRZEMYŚL   | POL  | K-40  | 17     | K 29  | 00:18:39 | 00:39:36.20 | 00:39:44.85 | 6:36   | 9.1  |
| 137  | MROCZEK BARTEK         | 147 | WŁUCZYKIJE                         | PASZCZYNA  | POL  | M-40  | 49     | M 108 | 00:18:56 | 00:39:38.85 | 00:39:53.90 | 6:36   | 9.1  |
| 138  | MROCZEK SYLWIA         | 257 |                                    | PASZCZYNA  | POL  | K-30  | 6      | K 30  | 00:18:57 | 00:39:38.95 | 00:39:53.75 | 6:36   | 9.1  |
| 139  | WEREMKO ANNA           | 222 | MULTIMEDIA RUNNERS PUŁAWY          | PUŁAWY     | POL  | K-50  | 4      | K 31  | 00:18:59 | 00:39:41.50 | 00:39:57.40 | 6:36   | 9.1  |
| 140  | WOJTANOWSKI ANDRZEJ    | 228 | MORSOLINY                          | SOLINA     | POL  | M-50  | 15     | M 109 | 00:18:38 | 00:39:54.35 | 00:40:07.75 | 6:39   | 9    |
| 141  | SUSABOWSKA ASIA        | 198 | BĘDZIE LEPIJ                       | WARSZAWA   | POL  | K-40  | 18     | K 32  | 00:18:34 | 00:40:00.80 | 00:40:12.75 | 6:40   | 9    |
| 142  | CHMIELEWSKA BEATA      | 34  |                                    | SZAŁSZA    | POL  | K-50  | 5      | K 33  | 00:19:24 | 00:40:14.30 | 00:40:28.35 | 6:42   | 8.9  |
| 143  | SOJA TOMASZ            | 193 | BRĄK                               | MIELEC     | POL  | M-50  | 16     | M 110 | 00:19:40 | 00:40:36.70 | 00:40:42.20 | 6:46   | 8.9  |
| 144  | WÓJTOWICZ PAWEŁ        | 232 | LUBLIN BIEGA                       | LUBLIN     | POL  | M-40  | 50     | M 111 | 00:18:57 | 00:40:43.30 | 00:40:54.30 | 6:47   | 8.8  |
| 145  | FOLTA ANITA            | 59  | GRUPA BIEGOWA ZARSZYN              | ZARSZYN    | POL  | K-50  | 6      | K 34  | 00:19:36 | 00:41:29.65 | 00:41:37.00 | 6:54   | 8.7  |
| 146  | FOLTA JAN              | 60  | GRUPA BIEGOWA ZARSZYN              | ZARSZYN    | POL  | M-50  | 17     | M 112 | 00:19:37 | 00:41:30.25 | 00:41:37.60 | 6:55   | 8.7  |
| 147  | RADYK JOANNA           | 177 | PRZEMYSKI KLUB BIEGACZA RSB        | PRZEMYŚL   | POL  | K-30  | 7      | K 35  | 00:19:49 | 00:42:14.20 | 00:42:28.15 | 7:02   | 8.5  |
| 148  | POLAŃSKA BOGUSŁAWA     | 168 | PRZEMYSKI KLUB BIEGACZA            | PRZEMYŚL   | POL  | K-50  | 7      | K 36  | 00:19:50 | 00:42:16.35 | 00:42:30.10 | 7:02   | 8.5  |
| 149  | PIETRASIEWICZ BEATA    | 164 | KRESOWIANIE                        | DACHNÓW    | POL  | K-16  | 5      | K 37  | 00:20:39 | 00:44:01.55 | 00:44:14.15 | 7:20   | 8.2  |
| 150  | ŁAKOMA MAŁGORZATA      | 124 | KRESOWIANIE                        | OLESZYCE   | POL  | K-30  | 8      | K 38  | 00:20:38 | 00:44:01.80 | 00:44:14.65 | 7:20   | 8.2  |
| 151  | GRADOWSKA KATARZYNA    | 71  | PRZEMYSKI KLUB BIEGACZA            | PRZEMYŚL   | POL  | K-40  | 19     | K 39  | 00:19:46 | 00:44:07.90 | 00:44:24.10 | 7:21   | 8.2  |
| 152  | KALIN KAMIL            | 91  |                                    | SIENIAWA   | POL  | M-30  | 34     | M 113 | 00:20:33 | 00:45:15.30 | 00:45:27.50 | 7:32   | 8    |
| 153  | CZERWIŃSKA MAŁGORZATA  | 48  | JUMPING STARS TEAM                 | PRZEMYŚL   | POL  | K-40  | 20     | K 40  | 00:22:03 | 00:46:50.75 | 00:47:03.25 | 7:48   | 7.7  |
| 154  | DROŃ BERNADETA         | 53  |                                    | PRZEMYŚL   | POL  | K-40  | 21     | K 41  | 00:22:04 | 00:46:51.45 | 00:47:03.95 | 7:48   | 7.7  |
| 155  | RADYK ANNA             | 178 | PRZEMYSKI KLUB BIEGACZA            | PRZEMYŚL   | POL  | K-16  | 6      | K 42  | 00:27:45 | 00:51:31.40 | 00:51:45.85 | 8:35   | 7    |