



## BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

# BIESZCZADZKI KLASYK RYSIA - 13 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2019  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2019-10-19  
**Miejsce:** Polańczyk  
**Dystans:** 13 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
1	<b>CHENIKALO Oleksandr</b>	<b>36</b>	RUN4U	M-16	1	00:21:29	00:37:00	00:56:25	<b>01:00:47.20</b>		4:40	12.8 (100%)
2	<b>DOBRAŃSKYY Bogdan</b>	<b>50</b>	FLAVIO RUNNING	M-16	2	00:21:28	00:37:03	00:56:28	<b>01:01:03.80</b>	+00:00:16 (0.5%)	4:41	12.8 (100%)
3	<b>KOBYLARZ Piotr</b>	<b>113</b>	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:23:13	00:39:11	00:59:07	<b>01:04:31.09</b>	+00:03:43 (5.8%)	4:57	12.1 (94.5%)
4	<b>JAŁOCHA Mieczysław</b>	<b>97</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:23:24	00:39:20	01:00:01	<b>01:05:39.23</b>	+00:04:52 (7.4%)	5:03	11.9 (93.0%)
5	<b>MICHALEC Marcin</b>	<b>158</b>	KKB MOSIR KROSNO	M-30	2	00:23:36	00:39:41	01:00:38	<b>01:06:00.62</b>	+00:05:13 (7.9%)	5:04	11.8 (92.2%)
6	<b>MAŁEK Andrzej</b>	<b>150</b>	PRZEMYSKI KLUB BIEGACZA 5	M-40	1	00:24:37	00:41:13	01:02:13	<b>01:08:19.59</b>	+00:07:32 (11.0%)	5:15	11.4 (89.1%)
7	<b>KOSTERKIEWICZ Marcin</b>	<b>123</b>	FANTASTYCZNA TRÓJKA	M-40	2	00:25:00	00:42:13	01:03:40	<b>01:08:57.07</b>	+00:08:09 (11.8%)	5:18	11.3 (88.3%)
8	<b>ROHAN Łukasz</b>	<b>207</b>	PRZEMYSKI KLUB BIEGACZA 2	M-30	3	00:23:44	00:40:48	01:03:05	<b>01:09:09.79</b>	+00:08:22 (12.1%)	5:19	11.3 (88.3%)
9	<b>KOZŁOWSKI Krzysztof</b>	<b>126</b>	PRZEMYSKI KLUB BIEGACZA	M-40	3	00:25:38	00:42:38	01:04:41	<b>01:10:29.81</b>	+00:09:42 (13.8%)	5:25	11.1 (86.7%)
10	<b>KACZMARSKI Grzegorz</b>	<b>104</b>	KACZMARSKI TEAM	M-30	4	00:25:11	00:42:21	01:04:45	<b>01:10:38.40</b>	+00:09:51 (13.9%)	5:26	11 (85.9%)
11	<b>DUTKEVYCH Viktoriya</b>	<b>63</b>		K-16	1	00:25:32	00:42:57	01:05:40	<b>01:12:16.13</b>	+00:11:28 (15.9%)	5:33	10.8 (84.4%)
12	<b>WINIARSKA Katarzyna</b>	<b>267</b>	FANTASTYCZNA TRÓJKA	K-30	1	00:26:19	00:44:42	01:08:04	<b>01:14:30.62</b>	+00:13:43 (18.4%)	5:43	10.5 (82.0%)
13	<b>KLINGER Weronika</b>	<b>110</b>	PRZEMYSKI KLUB BIEGACZA 1	K-30	2	00:30:23	00:50:50	01:16:24	<b>01:23:35.96</b>	+00:22:48 (27.3%)	6:25	9.3 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas		Tempo min/km	Tempo km/h
									netto 13km	Różn		
14	<b>STEFAŃSKA Maria</b>	<b>235</b>	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:30:23	00:51:19	01:17:17	<b>01:24:38.98</b>	+00:23:51 (28.2%)	6:30	9.2 (71.9%)
15	<b>MATYSIAK Agnieszka</b>	<b>20</b>	KOPALNIA MOCY TARNOBRZEG	K-30	3	00:30:57	00:52:37	01:18:18	<b>01:25:24.39</b>	+00:24:37 (28.8%)	6:34	9.1 (71.1%)
16	<b>AMROŹKIEWICZ - GROMEK Judyta</b>	<b>3</b>	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	4	00:30:36	00:51:11	01:18:20	<b>01:25:56.92</b>	+00:25:09 (29.3%)	6:36	9.1 (71.1%)
17	<b>ROGOWSKA Anna</b>	<b>135</b>	DECARUN RZESZÓW	K-30	5	00:31:17	00:52:48	01:19:27	<b>01:27:14.38</b>	+00:26:27 (30.3%)	6:42	8.9 (69.5%)
18	<b>ZAPOŁOCH Bożena</b>	<b>23</b>	POZYTYWNIIE ZABIEGANI SANOK	K-30	6	00:31:31	00:53:16	01:21:04	<b>01:28:44.72</b>	+00:27:57 (31.5%)	6:49	8.8 (68.8%)
19	<b>CIEPAŁOWICZ Ewa</b>	<b>40</b>	PRZEMYSKI KLUB BIEGACZA 6	K-30	7	00:31:40	00:54:07	01:21:50	<b>01:29:22.74</b>	+00:28:35 (32.0%)	6:52	8.7 (68.0%)
20	<b>OLEKSZYK Joanna</b>	<b>182</b>	DECARUN RZESZÓW	K-16	2	00:32:29	00:54:23	01:22:02	<b>01:29:40.42</b>	+00:28:53 (32.2%)	6:53	8.7 (68.0%)
21	<b>SKAWIŃSKI Tomasz</b>	<b>222</b>	DWERNIK KAMIEŃ TRAIL	M-30	5	00:24:59	00:42:33	01:04:54	<b>01:10:50.62</b>	+00:10:03 (14.2%)	5:27	11 (85.9%)
22	<b>GIEFERT Tomasz</b>	<b>74</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	6	00:24:56	00:42:09	01:04:48	<b>01:11:11.36</b>	+00:10:24 (14.6%)	5:28	11 (85.9%)
23	<b>PREISNER Robert</b>	<b>199</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:25:42	00:43:00	01:05:01	<b>01:11:23.53</b>	+00:10:36 (14.9%)	5:29	10.9 (85.2%)
24	<b>PEMPUŚ Bernard</b>	<b>192</b>	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:23:33	00:41:06	01:05:14	<b>01:11:36.88</b>	+00:10:49 (15.1%)	5:30	10.9 (85.2%)
25	<b>KUŚMIDER Jakub</b>	<b>112</b>	FANTASTYCZNA TRÓJKA	M-30	7	00:25:48	00:43:49	01:05:31	<b>01:11:45.52</b>	+00:10:58 (15.3%)	5:31	10.9 (85.2%)
26	<b>HOROSZKO Ernest</b>	<b>92</b>	SWR SOSBIKE SANOK	M-30	8	00:25:32	00:43:14	01:05:56	<b>01:12:05.56</b>	+00:11:18 (15.7%)	5:32	10.8 (84.4%)
27	<b>WASYLÓW Jacek</b>	<b>259</b>	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	9	00:26:23	00:43:38	01:06:18	<b>01:12:16.36</b>	+00:11:29 (15.9%)	5:33	10.8 (84.4%)
28	<b>WEREMKO Grzegorz</b>	<b>260</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	4	00:25:46	00:43:51	01:06:28	<b>01:12:30.68</b>	+00:11:43 (16.2%)	5:34	10.8 (84.4%)
29	<b>KOZIOŁ Mariusz</b>	<b>125</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	5	00:26:08	00:43:34	01:06:14	<b>01:12:31.41</b>	+00:11:44 (16.2%)	5:34	10.8 (84.4%)
30	<b>OLEJARSKI Marcin</b>	<b>181</b>	PRUCHNICKA GRUPA BIEGOWA	M-30	10	00:26:15	00:44:24	01:07:17	<b>01:12:59.14</b>	+00:12:11 (16.7%)	5:36	10.7 (83.6%)
31	<b>KOHUT Dariusz</b>	<b>115</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:26:02	00:43:44	01:06:46	<b>01:13:04.94</b>	+00:12:17 (16.8%)	5:37	10.7 (83.6%)
32	<b>RUCIŃSKI Piotr</b>	<b>211</b>		M-30	11	00:26:02	00:43:56	01:07:25	<b>01:13:33.83</b>	+00:12:46 (17.4%)	5:39	10.6 (82.8%)
33	<b>KORZENIOWSKI Władysław</b>	<b>318</b>		M-40	7	00:25:58	00:44:20	01:07:14	<b>01:13:39.33</b>	+00:12:52 (17.5%)	5:39	10.6 (82.8%)
34	<b>RADYK Jakub</b>	<b>203</b>	PRZEMYSKI KLUB BIEGACZA	M-30	12	00:26:19	00:44:00	01:07:39	<b>01:14:12.52</b>	+00:13:25 (18.1%)	5:42	10.5 (82.0%)
35	<b>GUT Jacek</b>	<b>87</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	00:26:16	00:44:14	01:07:29	<b>01:14:14.45</b>	+00:13:27 (18.1%)	5:42	10.5 (82.0%)
36	<b>BANASIK Krzysiek</b>	<b>15</b>	PRUCHNICKA GRUPA BIEGOWA	M-30	13	00:26:10	00:44:07	01:07:47	<b>01:14:23.58</b>	+00:13:36 (18.3%)	5:43	10.5 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
37	<b>DELEŻUCH Wojciech</b>	<b>49</b>	OSP NIEMCE	M-40	8	00:26:16	00:45:03	01:08:24	<b>01:14:50.03</b>	+00:14:02 (18.8%)	5:45	10.4 (81.3%)
38	<b>CURZYDŁO Bogdan</b>	<b>42</b>	POZYTYWNE ZABIEGANI SANOK	M-40	9	00:25:37	00:44:28	01:08:23	<b>01:15:15.24</b>	+00:14:28 (19.2%)	5:47	10.4 (81.3%)
39	<b>SUDACKI Sebastian</b>	<b>307</b>		M-16	5	00:25:27	00:43:28	01:08:12	<b>01:15:19.30</b>	+00:14:32 (19.3%)	5:47	10.4 (81.3%)
40	<b>KANIECKI Paweł</b>	<b>106</b>	MIEJSCE BLOK B	M-30	14	00:26:37	00:44:55	01:08:30	<b>01:15:19.56</b>	+00:14:32 (19.3%)	5:47	10.4 (81.3%)
41	<b>CHODOWIEC Emil</b>	<b>39</b>		M-30	15	00:26:42	00:45:40	01:09:00	<b>01:15:23.36</b>	+00:14:36 (19.4%)	5:47	10.3 (80.5%)
42	<b>TUTKA Dominik</b>	<b>253</b>	NALEŚNIKI	M-30	16	00:26:58	00:45:38	01:09:54	<b>01:16:10.07</b>	+00:15:22 (20.2%)	5:51	10.2 (79.7%)
43	<b>PIETRASIEWICZ Maciej</b>	<b>194</b>	KRESOWIANIE	M-30	17	00:26:30	00:44:55	01:09:41	<b>01:16:22.45</b>	+00:15:35 (20.4%)	5:52	10.2 (79.7%)
44	<b>BERNAT Tomasz</b>	<b>21</b>		M-40	10	00:26:50	00:45:24	01:09:53	<b>01:16:46.39</b>	+00:15:59 (20.8%)	5:54	10.2 (79.7%)
45	<b>OGŁUSZKA Michał</b>	<b>180</b>	DECARUN RZESZÓW 2	M-30	18	00:27:09	00:46:23	01:10:30	<b>01:16:50.55</b>	+00:16:03 (20.9%)	5:54	10.1 (78.9%)
46	<b>GAWORECKI Tomasz</b>	<b>73</b>	POZYTYWNE ZABIEGANI SANOK	M-30	19	00:27:33	00:46:35	01:10:35	<b>01:17:06.25</b>	+00:16:19 (21.2%)	5:55	10.1 (78.9%)
47	<b>NEBOHA Nikita</b>	<b>170</b>	NIKE RUN CLUB	M-16	6	00:25:46	00:44:56	01:10:24	<b>01:17:08.66</b>	+00:16:21 (21.2%)	5:56	10.1 (78.9%)
48	<b>SOBOL Krystian</b>	<b>225</b>		M-40	11	00:26:28	00:45:41	01:10:14	<b>01:17:23.26</b>	+00:16:36 (21.5%)	5:57	10.1 (78.9%)
49	<b>MAJ Witold</b>	<b>147</b>	OLDBOYS TRUSKOLASY	M-50	3	00:26:32	00:45:37	01:10:17	<b>01:17:26.36</b>	+00:16:39 (21.5%)	5:57	10.1 (78.9%)
50	<b>ĆWIAKAŁA Michał</b>	<b>46</b>	ATHLETIC ZRĘCIN	M-30	20	00:27:21	00:46:32	01:10:34	<b>01:17:27.00</b>	+00:16:39 (21.5%)	5:57	10.1 (78.9%)
51	<b>MAZEK Przemysław</b>	<b>156</b>	SZYBKIE ŻABY	M-16	7	00:28:05	00:47:52	01:11:33	<b>01:18:17.02</b>	+00:17:29 (22.4%)	6:01	10 (78.1%)
52	<b>PRZYBYŁA Piotr</b>	<b>201</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	8	00:27:17	00:47:32	01:11:53	<b>01:18:21.85</b>	+00:17:34 (22.4%)	6:01	10 (78.1%)
53	<b>KAWA Tomasz</b>	<b>109</b>	SZYBKIE ŻABY	M-30	21	00:28:09	00:47:55	01:11:40	<b>01:18:24.43</b>	+00:17:37 (22.5%)	6:01	9.9 (77.3%)
54	<b>BODNAR Krystian</b>	<b>26</b>		M-16	9	00:29:04	00:49:05	01:12:43	<b>01:18:44.03</b>	+00:17:56 (22.8%)	6:03	9.9 (77.3%)
55	<b>PYRZAK Jacek</b>	<b>202</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	22	00:27:36	00:47:44	01:11:56	<b>01:18:46.72</b>	+00:17:59 (22.8%)	6:03	9.9 (77.3%)
56	<b>WIERZBICKI Janusz</b>	<b>263</b>		M-30	23	00:26:09	00:46:26	01:12:13	<b>01:18:51.36</b>	+00:18:04 (22.9%)	6:03	9.9 (77.3%)
57	<b>JACHIMOWSKI Jarosław</b>	<b>94</b>	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:27:25	00:46:40	01:12:08	<b>01:18:53.11</b>	+00:18:05 (22.9%)	6:04	9.9 (77.3%)
58	<b>BODNAR Adrian</b>	<b>25</b>		M-16	10	00:28:57	00:49:02	01:12:38	<b>01:19:02.34</b>	+00:18:15 (23.1%)	6:04	9.9 (77.3%)
59	<b>KRUSZYŃSKI Marek</b>	<b>130</b>	PRZEMYSKI KLUB BIEGACZA 4	M-50	4	00:29:30	00:49:05	01:12:46	<b>01:19:30.20</b>	+00:18:42 (23.5%)	6:06	9.8 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
60	<b>MACIEJKO Rafał</b>	<b>145</b>	KRESOWIANIE	M-40	12	00:27:24	00:48:19	01:13:01	<b>01:20:07.16</b>	+00:19:19 (24.1%)	6:09	9.7 (75.8%)
61	<b>ORYSZCZAK Bartłomiej</b>	<b>185</b>	MTB ROZTOCZE	M-30	25	00:29:13	00:49:04	01:13:26	<b>01:20:25.78</b>	+00:19:38 (24.4%)	6:11	9.7 (75.8%)
62	<b>DOPART Tomasz</b>	<b>51</b>	DWERNIK KAMIEŃ TRAIL	M-40	13	00:27:54	00:48:21	01:13:38	<b>01:20:39.30</b>	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
63	<b>PODOLAK Paweł</b>	<b>198</b>	MKS UKB HALICZ	M-30	26	00:27:45	00:48:23	01:13:34	<b>01:20:39.65</b>	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
64	<b>ŁAŃCUCKI Łukasz</b>	<b>141</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	14	00:27:43	00:48:21	01:13:32	<b>01:20:39.97</b>	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
65	<b>FEDIO Marek</b>	<b>65</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	27	00:27:07	00:47:08	01:13:23	<b>01:20:40.14</b>	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
66	<b>NYKIEL Tomasz</b>	<b>175</b>	PRZEMYSKI KLUB BIEGACZA 3	M-50	5	00:29:00	00:49:06	01:13:49	<b>01:20:56.80</b>	+00:20:09 (24.9%)	6:13	9.6 (75.0%)
67	<b>PAJESTKA Wojtek</b>	<b>187</b>	POZYTYWNE ZABIEGANI SANOK	M-40	15	00:27:55	00:48:37	01:14:01	<b>01:21:01.00</b>	+00:20:13 (25.0%)	6:13	9.6 (75.0%)
68	<b>STADNIK Wojciech</b>	<b>229</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	16	00:27:46	00:48:05	01:14:08	<b>01:21:21.49</b>	+00:20:34 (25.3%)	6:15	9.6 (75.0%)
69	<b>KARASIŃSKI Radek</b>	<b>107</b>	KOPALNIA MOCY TARNOBRZEG	M-40	17	00:29:48	00:49:13	01:13:54	<b>01:21:30.69</b>	+00:20:43 (25.4%)	6:16	9.6 (75.0%)
70	<b>GRYCIUK Walenty</b>	<b>85</b>		M-50	6	00:27:57	00:48:38	01:14:03	<b>01:21:38.86</b>	+00:20:51 (25.5%)	6:16	9.6 (75.0%)
71	<b>SZYSZŁO Tomasz</b>	<b>251</b>	POZYTYWNE ZABIEGANI SANOK	M-30	28	00:28:42	00:48:57	01:14:32	<b>01:21:52.31</b>	+00:21:05 (25.8%)	6:17	9.5 (74.2%)
72	<b>UZDEJCZYK Kamil</b>	<b>255</b>	SOLINA TEAM	M-30	29	00:29:44	00:50:50	01:16:44	<b>01:23:31.33</b>	+00:22:44 (27.2%)	6:25	9.3 (72.7%)
73	<b>WYSOCKI Dariusz</b>	<b>294</b>	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	30	00:30:38	00:52:14	01:17:06	<b>01:23:53.98</b>	+00:23:06 (27.5%)	6:27	9.3 (72.7%)
74	<b>HANDZIAK Tomasz</b>	<b>89</b>		M-30	31	00:31:28	00:52:26	01:17:20	<b>01:24:06.57</b>	+00:23:19 (27.7%)	6:28	9.3 (72.7%)
75	<b>SOCHA Marcin</b>	<b>226</b>	AKTYWNY DYNÓW	M-30	32	00:29:30	00:50:57	01:17:02	<b>01:24:21.32</b>	+00:23:34 (27.9%)	6:29	9.2 (71.9%)
76	<b>TOKARSKI Piotr</b>	<b>314</b>		M-40	18	00:28:53	00:49:51	01:16:57	<b>01:24:40.40</b>	+00:23:53 (28.2%)	6:30	9.2 (71.9%)
77	<b>SZADURSKI Tomasz</b>	<b>239</b>	PRZEMYSKI KLUB BIEGACZA 4	M-40	19	00:30:11	00:51:07	01:17:12	<b>01:24:53.21</b>	+00:24:06 (28.4%)	6:31	9.2 (71.9%)
78	<b>ŁAPCZYŃSKI Krzysztof</b>	<b>142</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	00:29:39	00:51:04	01:17:59	<b>01:25:43.49</b>	+00:24:56 (29.1%)	6:35	9.1 (71.1%)
79	<b>ANTOSZ Bogdan</b>	<b>5</b>		M-40	20	00:29:24	00:50:40	01:18:01	<b>01:25:46.92</b>	+00:24:59 (29.1%)	6:35	9.1 (71.1%)
80	<b>MYTYCH Wiesław</b>	<b>169</b>		M-40	21	00:29:56	00:51:23	01:18:25	<b>01:26:08.74</b>	+00:25:21 (29.4%)	6:37	9.1 (71.1%)
81	<b>FILIPOWICZ Krzysztof</b>	<b>67</b>		M-40	22	00:29:59	00:51:17	01:18:07	<b>01:26:08.92</b>	+00:25:21 (29.4%)	6:37	9.1 (71.1%)
82	<b>ZBIEĆ Dariusz</b>	<b>279</b>	DARFIK TEAM	M-30	33	00:30:29	00:52:19	01:19:16	<b>01:26:24.47</b>	+00:25:37 (29.7%)	6:38	9 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
83	<b>MSZANECKI Tomasz</b>	<b>168</b>		M-30	34	00:31:08	00:52:24	01:18:52	<b>01:26:29.93</b>	+00:25:42 (29.7%)	6:39	9 (70.3%)
84	<b>SAWICKI Robert</b>	<b>217</b>	BEE IS RUNNING	M-40	23	00:31:19	00:52:53	01:19:06	<b>01:26:35.42</b>	+00:25:48 (29.8%)	6:39	9 (70.3%)
85	<b>KLOCEK Konrad</b>	<b>111</b>		M-30	35	00:31:13	00:52:49	01:19:34	<b>01:27:06.80</b>	+00:26:19 (30.2%)	6:42	9 (70.3%)
86	<b>GŁOWACKI Marcin</b>	<b>77</b>	NALEŚNIKI	M-16	12	00:30:28	00:51:33	01:19:10	<b>01:27:16.85</b>	+00:26:29 (30.4%)	6:42	8.9 (69.5%)
87	<b>KIAMUT Ryszard</b>	<b>310</b>	KGB KORCZYNA	M-60+	1	00:30:54	00:52:25	01:19:23	<b>01:27:17.54</b>	+00:26:30 (30.4%)	6:42	8.9 (69.5%)
88	<b>KUBICKI Łukasz</b>	<b>131</b>	KUBICCY	M-30	36	00:31:13	00:53:07	01:20:15	<b>01:27:47.32</b>	+00:27:00 (30.8%)	6:45	8.9 (69.5%)
89	<b>PIETRYSZYN Mariusz</b>	<b>195</b>	SZYBKIE ŻABY	M-40	24	00:32:41	00:54:28	01:20:14	<b>01:27:50.03</b>	+00:27:02 (30.8%)	6:45	8.9 (69.5%)
90	<b>MATUSZEWSKI Piotr</b>	<b>155</b>	SOLINA TEAM	M-30	37	00:30:16	00:52:04	01:20:28	<b>01:27:52.04</b>	+00:27:04 (30.8%)	6:45	8.9 (69.5%)
91	<b>WAJCOWICZ Witold</b>	<b>257</b>	KILOMETRY ODDECHÓW	M-40	25	00:30:58	00:53:37	01:20:51	<b>01:27:54.19</b>	+00:27:06 (30.8%)	6:45	8.9 (69.5%)
92	<b>SMOLIŃSKI Paweł</b>	<b>224</b>	KILOMETRY ODDECHÓW	M-40	26	00:30:54	00:53:39	01:20:45	<b>01:27:54.82</b>	+00:27:07 (30.9%)	6:45	8.9 (69.5%)
93	<b>ANIKIEJ Paweł</b>	<b>4</b>	MERCEDES-BENZ TEAM	M-40	27	00:31:05	00:52:48	01:19:52	<b>01:27:58.22</b>	+00:27:11 (30.9%)	6:46	8.9 (69.5%)
94	<b>KRUKOWSKI Robert</b>	<b>129</b>	PLATINIUM CROSS ZAMOŚĆ	M-30	38	00:30:09	00:52:18	01:19:48	<b>01:28:03.49</b>	+00:27:16 (31.0%)	6:46	8.9 (69.5%)
95	<b>SARAMA Grzegorz</b>	<b>216</b>	WWW.SANFOT.COM	M-40	28	00:30:08	00:52:29	01:20:43	<b>01:28:30.74</b>	+00:27:43 (31.3%)	6:48	8.8 (68.8%)
96	<b>ZAKRZACKI Damian</b>	<b>276</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	39	00:30:59	00:53:57	01:21:21	<b>01:28:36.89</b>	+00:27:49 (31.4%)	6:49	8.8 (68.8%)
97	<b>ŚCIBOR Jarosław</b>	<b>8</b>	PRZEMYSKI KLUB BIEGACZA	M-30	40	00:31:57	00:53:55	01:21:12	<b>01:28:39.00</b>	+00:27:51 (31.4%)	6:49	8.8 (68.8%)
98	<b>GNIADY Jarosław</b>	<b>79</b>		M-40	29	00:31:59	00:53:12	01:21:04	<b>01:29:04.53</b>	+00:28:17 (31.8%)	6:51	8.8 (68.8%)
99	<b>JARACZ Marcin</b>	<b>291</b>		M-30	41	00:29:52	00:52:40	01:20:37	<b>01:29:43.20</b>	+00:28:55 (32.2%)	6:54	8.7 (68.0%)
100	<b>STEFAŃSKI Ireneusz</b>	<b>236</b>	PRZEMYSKI KLUB BIEGACZA	M-40	30	00:31:45	00:54:26	01:22:14	<b>01:29:58.91</b>	+00:29:11 (32.4%)	6:55	8.7 (68.0%)
101	<b>SOPEL Wiesław</b>	<b>227</b>	KRESOWIANIE	M-50	7	00:33:22	00:55:42	01:22:39	<b>01:30:17.64</b>	+00:29:30 (32.7%)	6:56	8.6 (67.2%)
102	<b>BAJSAROWICZ Maciej</b>	<b>9</b>	PRUCHNICKA GRUPA BIEGOWA	M-16	13	00:32:05	00:54:14	01:22:51	<b>01:30:35.56</b>	+00:29:48 (32.9%)	6:58	8.6 (67.2%)
103	<b>SUSABOWSKI Andrzej</b>	<b>238</b>		M-30	42	00:30:30	00:53:02	01:22:05	<b>01:30:41.02</b>	+00:29:53 (33.0%)	6:58	8.6 (67.2%)
104	<b>KISIELEWICZ Marcin</b>	<b>313</b>	ATHLETIC ZRĘCIN	M-30	43	00:30:53	00:54:18	01:24:18	<b>01:31:50.04</b>	+00:31:02 (33.8%)	7:03	8.5 (66.4%)
105	<b>KOZIEŁ Tadeusz</b>	<b>124</b>	SZCZĘŚCIARZ BIEGA	M-16	14	00:33:02	00:56:01	01:24:47	<b>01:31:59.13</b>	+00:31:11 (33.9%)	7:04	8.5 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
106	<b>BURAK Adam</b>	<b>33</b>	1 BATALION CZOŁGÓW	M-40	31	00:31:52	00:54:56	01:24:33	<b>01:32:20.55</b>	+00:31:33 (34.2%)	7:06	8.4 (65.6%)
107	<b>KUZŁO Andrzej</b>	<b>136</b>		M-30	44	00:31:43	00:56:34	01:24:15	<b>01:32:21.43</b>	+00:31:34 (34.2%)	7:06	8.4 (65.6%)
108	<b>WOTA Łukasz</b>	<b>275</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	45	00:32:45	00:56:33	01:24:12	<b>01:32:22.51</b>	+00:31:35 (34.2%)	7:06	8.4 (65.6%)
109	<b>DRYLA Piotr</b>	<b>57</b>	1 BATALION CZOŁGÓW	M-40	32	00:31:53	00:54:14	01:24:53	<b>01:32:32.03</b>	+00:31:44 (34.3%)	7:07	8.4 (65.6%)
110	<b>MIKUŚ Dominik</b>	<b>162</b>	JASIELSKIE PIORUNY	M-16	15	00:33:11	00:57:14	01:25:32	<b>01:32:42.63</b>	+00:31:55 (34.4%)	7:07	8.4 (65.6%)
111	<b>CYPRYŚ Joanna</b>	<b>44</b>	DECARUN RZESZÓW	K-16	3	00:33:08	00:56:23	01:24:50	<b>01:32:49.63</b>	+00:32:02 (34.5%)	7:08	8.4 (65.6%)
112	<b>MATUŁA Przemysław</b>	<b>154</b>	UMCS BIEGA	M-50	8	00:32:01	00:55:53	01:24:49	<b>01:33:00.99</b>	+00:32:13 (34.6%)	7:09	8.4 (65.6%)
113	<b>GOLONKA Dawid</b>	<b>80</b>		M-16	16	00:33:14	00:57:16	01:25:34	<b>01:33:06.78</b>	+00:32:19 (34.7%)	7:09	8.4 (65.6%)
114	<b>KAPRAL Adam</b>	<b>315</b>	DWERNIK KAMIEŃ TRAIL	M-40	33	00:32:36	00:55:27	01:24:25	<b>01:33:07.51</b>	+00:32:20 (34.7%)	7:09	8.4 (65.6%)
115	<b>GRASZA Ireneusz</b>	<b>84</b>	PRZEMYSKI KLUB BIEGACZA 4	M-40	34	00:33:05	00:55:36	01:24:50	<b>01:33:12.22</b>	+00:32:25 (34.8%)	7:10	8.4 (65.6%)
116	<b>PLACHA Piotr</b>	<b>196</b>	KOPALNIA MOCY TARNOBRZEG	M-40	35	00:32:38	00:56:13	01:25:08	<b>01:33:57.69</b>	+00:33:10 (35.3%)	7:13	8.3 (64.8%)
117	<b>OGŁUSZKA Elżbieta</b>	<b>179</b>	DECARUN RZESZÓW	K-30	8	00:33:01	00:56:19	01:26:09	<b>01:33:58.84</b>	+00:33:11 (35.3%)	7:13	8.3 (64.8%)
118	<b>KOŁTUNIEWICZ Andrzej</b>	<b>116</b>	WIEŚ TAŃCZY I BIEGA	M-40	36	00:32:17	00:55:03	01:25:38	<b>01:34:12.39</b>	+00:33:25 (35.5%)	7:14	8.3 (64.8%)
119	<b>ROMANEK Marek</b>	<b>210</b>	UM ZAMBROW	M-50	9	00:32:12	00:55:15	01:25:21	<b>01:34:14.80</b>	+00:33:27 (35.5%)	7:15	8.3 (64.8%)
120	<b>LENIART Mirek</b>	<b>138</b>		M-30	46	00:33:40	00:56:54	01:25:52	<b>01:34:18.15</b>	+00:33:30 (35.5%)	7:15	8.3 (64.8%)
121	<b>DACYK Sylwester</b>	<b>48</b>	SAINT-GOBAIN SQUAD	M-40	37	00:32:57	00:56:24	01:25:17	<b>01:34:35.82</b>	+00:33:48 (35.7%)	7:16	8.2 (64.1%)
122	<b>AST Grzegorz</b>	<b>7</b>	AMSTAFF TEAM JEDLICZE	M-16	17	00:32:25	00:56:07	01:25:59	<b>01:34:45.99</b>	+00:33:58 (35.9%)	7:17	8.2 (64.1%)
123	<b>DRYNIAK Daniel</b>	<b>58</b>	PRZEMYSKI KLUB BIEGACZA	M-40	38	00:35:36	00:59:05	01:27:01	<b>01:35:30.00</b>	+00:34:42 (36.3%)	7:20	8.2 (64.1%)
124	<b>KOWALCZYK Sylwester</b>	<b>298</b>	ORZEŁ	M-30	47	00:35:11	00:58:05	01:26:42	<b>01:35:32.94</b>	+00:34:45 (36.4%)	7:21	8.2 (64.1%)
125	<b>NIEMIEC Łukasz</b>	<b>171</b>	EALING EAGLES RUNNING CLUB, LONDON	M-30	48	00:35:12	00:58:07	01:26:46	<b>01:35:33.43</b>	+00:34:46 (36.4%)	7:21	8.2 (64.1%)
126	<b>CZURA Renata</b>	<b>45</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	2	00:33:26	00:57:22	01:27:41	<b>01:36:00.39</b>	+00:35:13 (36.7%)	7:23	8.1 (63.3%)
127	<b>MISIAK Mateusz</b>	<b>165</b>		M-16	18	00:33:11	00:58:05	01:28:01	<b>01:36:26.49</b>	+00:35:39 (37.0%)	7:25	8.1 (63.3%)
128	<b>DROZD Jerzy</b>	<b>54</b>	LUBELAKY	M-60+	2	00:35:07	00:59:14	01:28:24	<b>01:36:45.03</b>	+00:35:57 (37.2%)	7:26	8.1 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
129	<b>KULIK Anna</b>	<b>132</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	K-40	3	00:34:01	00:57:30	01:28:47	<b>01:36:52.31</b>	+00:36:05 (37.3%)	7:27	8.1 (63.3%)
130	<b>ĆWIAKAŁA Halina</b>	<b>47</b>	ATHLETIC ZRĘCIN	K-40	4	00:33:36	00:57:03	01:29:00	<b>01:37:17.21</b>	+00:36:30 (37.5%)	7:29	8 (62.5%)
131	<b>LEVICKIJ Jurij</b>	<b>297</b>	CLUB ULTRA	M-40	39	00:34:53	00:58:19	01:28:23	<b>01:37:18.03</b>	+00:36:30 (37.5%)	7:29	8 (62.5%)
132	<b>RYBIŃSKI Grzegorz</b>	<b>212</b>	RYBKA RUNNERS TEAM PROSZOWICE	M-40	40	00:32:10	00:57:10	01:28:35	<b>01:37:34.02</b>	+00:36:46 (37.7%)	7:30	8 (62.5%)
133	<b>BEŁCH Michał</b>	<b>19</b>		M-30	49	00:33:28	00:57:54	01:29:19	<b>01:37:38.43</b>	+00:36:51 (37.7%)	7:30	8 (62.5%)
134	<b>BANASIK Monika</b>	<b>14</b>	PRUCHNICKA GRUPA BIEGOWA	K-30	9	00:34:53	00:58:08	01:29:34	<b>01:37:43.88</b>	+00:36:56 (37.8%)	7:31	8 (62.5%)
135	<b>CHODNICKI Radosław</b>	<b>38</b>		M-40	41	00:35:40	01:00:06	01:30:04	<b>01:37:58.67</b>	+00:37:11 (38.0%)	7:32	8 (62.5%)
136	<b>KOPCZYK Waldemar</b>	<b>119</b>	PRZEMYSKI KLUB BIEGACZA 6	M-40	42	00:31:30	00:58:31	01:29:03	<b>01:38:04.75</b>	+00:37:17 (38.0%)	7:32	8 (62.5%)
137	<b>GRADOWSKA Katarzyna</b>	<b>83</b>	PRZEMYSKI KLUB BIEGACZA 6	K-30	10	00:34:03	00:58:40	01:28:54	<b>01:38:05.88</b>	+00:37:18 (38.0%)	7:32	8 (62.5%)
138	<b>AMAROWICZ Jacek</b>	<b>2</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	50	00:35:30	00:57:34	01:29:07	<b>01:38:06.15</b>	+00:37:18 (38.0%)	7:32	7.9 (61.7%)
139	<b>RYŚ Katarzyna</b>	<b>214</b>	PRZEMYSKI KLUB BIEGACZA	K-30	11	00:33:39	00:59:01	01:30:15	<b>01:38:07.73</b>	+00:37:20 (38.1%)	7:32	7.9 (61.7%)
140	<b>DOROSZ Barbara</b>	<b>52</b>	PRZEMYSKI KLUB BIEGACZA 1	K-30	12	00:32:09	00:56:35	01:29:02	<b>01:38:09.92</b>	+00:37:22 (38.1%)	7:33	7.9 (61.7%)
141	<b>SKAŁUBA Marek</b>	<b>220</b>	BRAK	M-30	51	00:32:10	00:56:27	01:29:19	<b>01:38:11.90</b>	+00:37:24 (38.1%)	7:33	7.9 (61.7%)
142	<b>DRWIĘGA Beata</b>	<b>55</b>	SWIMRUN FOX TEAM	K-40	5	00:34:24	00:59:28	01:29:38	<b>01:38:24.08</b>	+00:37:36 (38.2%)	7:34	7.9 (61.7%)
143	<b>DROBOT Piotr</b>	<b>312</b>	NA PRZEKÓR	M-40	43	00:34:23	00:59:33	01:29:48	<b>01:38:24.75</b>	+00:37:37 (38.2%)	7:34	7.9 (61.7%)
144	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>172</b>	NA PRZEKÓR	K-40	6	00:34:20	00:59:31	01:29:51	<b>01:38:24.99</b>	+00:37:37 (38.2%)	7:34	7.9 (61.7%)
145	<b>SZYMALA-LIPKA Magdalena</b>	<b>247</b>	LIPKI RULEZ	K-30	13	00:33:42	00:57:43	01:30:09	<b>01:38:41.94</b>	+00:37:54 (38.4%)	7:35	7.9 (61.7%)
146	<b>WAREĆKA Katarzyna</b>	<b>258</b>	PIERDZĄCE ZAJĄCE	K-16	4	00:34:20	00:58:49	01:30:16	<b>01:38:57.33</b>	+00:38:10 (38.6%)	7:36	7.9 (61.7%)
147	<b>FURS Teodor</b>	<b>70</b>	PIERDZĄCE ZAJĄCE	M-40	44	00:34:17	00:58:52	01:30:09	<b>01:38:57.39</b>	+00:38:10 (38.6%)	7:36	7.9 (61.7%)
148	<b>OSZCZYPKO Piotr</b>	<b>186</b>	PRZEMYSŁ BEARS	M-16	19	00:34:11	01:00:02	01:30:22	<b>01:38:57.49</b>	+00:38:10 (38.6%)	7:36	7.9 (61.7%)
149	<b>ZIELIŃSKI Sebastian</b>	<b>282</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	52	00:33:51	00:58:23	01:30:05	<b>01:39:11.82</b>	+00:38:24 (38.7%)	7:37	7.9 (61.7%)
150	<b>ZAORSKA Justyna</b>	<b>319</b>	STAŁOWOWOLSKI KLUB BIEGACZA	K-40	7	00:35:14	00:59:17	01:31:11	<b>01:39:14.52</b>	+00:38:27 (38.7%)	7:38	7.9 (61.7%)
151	<b>MAŚLAK Jacek</b>	<b>153</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	45	00:35:19	01:01:00	01:31:21	<b>01:39:26.05</b>	+00:38:38 (38.9%)	7:38	7.8 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
152	<b>WOLF Weronika</b>	<b>273</b>	3PBOT, POZYTYWNE ZABIEGANI SANOK	K-40	8	00:35:34	01:01:07	01:30:46	<b>01:39:26.21</b>	+00:38:39 (38.9%)	7:38	7.8 (60.9%)
153	<b>MAŚLAK Marzena</b>	<b>152</b>	POZYTYWNE ZABIEGANI SANOK	K-30	14	00:35:35	01:01:15	01:31:01	<b>01:39:26.99</b>	+00:38:39 (38.9%)	7:39	7.8 (60.9%)
154	<b>MITURA Wojtek</b>	<b>166</b>		M-40	46	00:35:37	01:01:15	01:30:53	<b>01:39:28.69</b>	+00:38:41 (38.9%)	7:39	7.8 (60.9%)
155	<b>RĄCZKA Mateusz</b>	<b>206</b>		M-30	53	00:35:00	00:59:38	01:31:09	<b>01:39:54.62</b>	+00:39:07 (39.2%)	7:41	7.8 (60.9%)
156	<b>LUHOVSKYI Dmytro</b>	<b>296</b>	MISTO PEREMOE	M-30	54	00:32:55	00:58:02	01:30:39	<b>01:39:56.00</b>	+00:39:08 (39.2%)	7:41	7.8 (60.9%)
157	<b>HOCEK Jakub</b>	<b>91</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	20	00:35:44	01:01:44	01:31:57	<b>01:39:57.69</b>	+00:39:10 (39.2%)	7:41	7.8 (60.9%)
158	<b>KORZENIOWSKA Joanna</b>	<b>120</b>	UMCS BIEGA	K-30	15	00:34:44	00:59:31	01:31:21	<b>01:39:58.42</b>	+00:39:11 (39.2%)	7:41	7.8 (60.9%)
159	<b>PASIERB Grzegorz</b>	<b>189</b>	DECARUN RZESZÓW 2	M-40	47	00:34:48	00:59:58	01:31:24	<b>01:40:04.56</b>	+00:39:17 (39.3%)	7:41	7.8 (60.9%)
160	<b>DRAĞ Paweł</b>	<b>53</b>	DECARUN RZESZÓW 2	M-30	55	00:36:17	01:01:45	01:32:13	<b>01:40:06.44</b>	+00:39:19 (39.3%)	7:42	7.8 (60.9%)
161	<b>ZARĘBA Jolanta</b>	<b>305</b>	RZESZOWSKIE GAZELE I GEPARDY	K-50	1	00:35:38	01:00:56	01:32:27	<b>01:41:22.98</b>	+00:40:35 (40.0%)	7:47	7.7 (60.2%)
162	<b>OLSZYK Tadeusz</b>	<b>183</b>	BIEGACZE ŚWINOUJŚCIE	M-60+	3	00:35:26	01:00:36	01:32:33	<b>01:41:33.75</b>	+00:40:46 (40.1%)	7:48	7.7 (60.2%)
163	<b>GŁOWACKI Krzysztof</b>	<b>76</b>	NALEŚNIKI	M-16	21	00:35:29	00:57:13	01:29:27	<b>01:41:40.75</b>	+00:40:53 (40.2%)	7:49	7.7 (60.2%)
164	<b>BANDROWSKA Małgorzata</b>	<b>16</b>		K-16	5	00:37:43	01:04:33	01:18:11	<b>01:41:45.55</b>	+00:40:58 (40.3%)	7:49	7.7 (60.2%)
165	<b>STADNIK Renata</b>	<b>230</b>	PRZEMYSKI KLUB BIEGACZA	K-40	9	00:35:12	01:00:29	01:32:38	<b>01:42:05.66</b>	+00:41:18 (40.5%)	7:51	7.6 (59.4%)
166	<b>ŁABUDZKI Marcin</b>	<b>140</b>	PRZEMYSKI KLUB BIEGACZA	M-30	56	00:35:17	01:00:27	01:32:26	<b>01:42:08.70</b>	+00:41:21 (40.5%)	7:51	7.6 (59.4%)
167	<b>SUCHOWIECKA Sabina</b>	<b>237</b>		K-16	6	00:36:49	01:04:21	01:33:55	<b>01:42:14.58</b>	+00:41:27 (40.5%)	7:51	7.6 (59.4%)
168	<b>JAKUBOWSKI Daniel</b>	<b>95</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	48	00:35:46	01:01:32	01:33:37	<b>01:42:41.90</b>	+00:41:54 (40.8%)	7:54	7.6 (59.4%)
169	<b>DUDEK Katarzyna</b>	<b>59</b>	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:36:43	01:03:04	01:34:39	<b>01:43:04.66</b>	+00:42:17 (41.0%)	7:55	7.6 (59.4%)
170	<b>BRZozowski Marek</b>	<b>31</b>		M-30	57	00:36:16	01:02:07	01:33:51	<b>01:43:10.90</b>	+00:42:23 (41.1%)	7:56	7.6 (59.4%)
171	<b>GORZKOWSKI Marcin</b>	<b>81</b>	BIESY I CZORTY	M-30	58	00:36:26	00:58:37	01:32:20	<b>01:43:13.71</b>	+00:42:26 (41.1%)	7:56	7.6 (59.4%)
172	<b>GRZESIAK Grzegorz</b>	<b>86</b>	EULEO BIEGA	M-40	49	00:33:57	01:00:03	01:34:13	<b>01:43:54.68</b>	+00:43:07 (41.5%)	7:59	7.5 (58.6%)
173	<b>WOJTOWICZ Tomasz</b>	<b>272</b>		M-30	59	00:34:59	01:01:18	01:34:35	<b>01:43:59.56</b>	+00:43:12 (41.5%)	8:00	7.5 (58.6%)
174	<b>WILECZEK Antoni</b>	<b>265</b>		M-30	60	00:34:24	01:01:47	01:35:37	<b>01:44:04.07</b>	+00:43:16 (41.6%)	8:00	7.5 (58.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
175	<b>DUDEK Arkadiusz</b>	<b>61</b>		M-50	10	00:34:37	01:00:57	01:34:21	<b>01:44:09.88</b>	+00:43:22 (41.6%)	8:00	7.5 (58.6%)
176	<b>JAWORSKA Aleksandra</b>	<b>102</b>	BIEGACZE ŚWINOUJŚCIE	K-30	17	00:35:36	01:01:33	01:35:08	<b>01:44:39.85</b>	+00:43:52 (41.9%)	8:03	7.5 (58.6%)
177	<b>ŁOPATKIEWICZ Beata</b>	<b>143</b>		K-50	2	00:36:38	01:02:14	01:35:11	<b>01:44:43.23</b>	+00:43:56 (42.0%)	8:03	7.4 (57.8%)
178	<b>DUDEK Paweł</b>	<b>60</b>		M-40	50	00:36:58	01:04:48	01:36:54	<b>01:45:09.59</b>	+00:44:22 (42.2%)	8:05	7.4 (57.8%)
179	<b>MAŁEK Paweł</b>	<b>149</b>	DECARUN RZESZÓW 2	M-40	51	00:36:48	01:03:26	01:36:12	<b>01:45:13.86</b>	+00:44:26 (42.2%)	8:05	7.4 (57.8%)
180	<b>WOJDON Monika</b>	<b>271</b>	DECARUN RZESZÓW	K-40	10	00:37:12	01:04:55	01:36:56	<b>01:45:15.17</b>	+00:44:27 (42.2%)	8:05	7.4 (57.8%)
181	<b>KWOLIK Mateusz</b>	<b>316</b>		M-16	22	00:35:44	01:01:54	01:36:44	<b>01:45:25.58</b>	+00:44:38 (42.3%)	8:06	7.4 (57.8%)
182	<b>NOWOSAD Mariusz</b>	<b>174</b>	PLATINIUM CROSS ZAMOŚĆ	M-40	52	00:36:54	01:05:03	01:37:14	<b>01:45:36.72</b>	+00:44:49 (42.4%)	8:07	7.4 (57.8%)
183	<b>BRZUSZKO Jacek</b>	<b>32</b>		M-50	11	00:34:55	01:02:18	01:36:07	<b>01:45:37.11</b>	+00:44:49 (42.4%)	8:07	7.4 (57.8%)
184	<b>SIEDLACZEK Zbigniew</b>	<b>219</b>	SKLEP BIEGACZA LUBLIN TEAM	M-60+	4	00:36:20	01:03:54	01:37:18	<b>01:46:41.29</b>	+00:45:54 (43.0%)	8:12	7.3 (57.0%)
185	<b>BIERNACKI Rene</b>	<b>301</b>		M-60+	5	00:39:18	01:06:06	01:37:42	<b>01:46:47.91</b>	+00:46:00 (43.1%)	8:12	7.3 (57.0%)
186	<b>STEC Korwin</b>	<b>233</b>		M-40	53	00:35:34	01:02:35	01:37:44	<b>01:47:10.97</b>	+00:46:23 (43.3%)	8:14	7.3 (57.0%)
187	<b>OCHYRA Krzysztof</b>	<b>309</b>		M-50	12	00:36:57	01:04:04	01:38:03	<b>01:47:31.81</b>	+00:46:44 (43.5%)	8:16	7.3 (57.0%)
188	<b>ŁUCZYCKA Iwona</b>	<b>144</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	11	00:36:47	01:04:09	01:38:22	<b>01:47:53.30</b>	+00:47:06 (43.7%)	8:17	7.2 (56.3%)
189	<b>CURZYDŁO Magdalena</b>	<b>43</b>	POZYTYWNIIE ZABIEGANI SANOK	K-30	18	00:36:42	01:04:10	01:38:25	<b>01:47:53.38</b>	+00:47:06 (43.7%)	8:17	7.2 (56.3%)
190	<b>ZĄBEK Paweł</b>	<b>308</b>	ŻYWCEM ZABIEGANI	M-40	54	00:37:38	01:04:20	01:38:07	<b>01:48:24.04</b>	+00:47:36 (43.9%)	8:20	7.2 (56.3%)
191	<b>ROJEK Dawid</b>	<b>209</b>	NIECHBIEGA	M-16	23	00:37:55	01:06:55	01:40:26	<b>01:49:10.68</b>	+00:48:23 (44.3%)	8:23	7.1 (55.5%)
192	<b>MAGDA Arkadiusz</b>	<b>146</b>		M-16	24	00:37:34	01:06:15	01:39:56	<b>01:49:50.85</b>	+00:49:03 (44.7%)	8:27	7.1 (55.5%)
193	<b>FURMAN Brygida</b>	<b>69</b>		K-16	7	00:37:31	01:06:10	01:39:51	<b>01:49:50.90</b>	+00:49:03 (44.7%)	8:27	7.1 (55.5%)
194	<b>MIKUSEK Ryszard</b>	<b>161</b>	WARSZAWSKA DRUŻYNA	M-40	55	00:36:22	01:04:13	01:38:39	<b>01:50:03.30</b>	+00:49:16 (44.8%)	8:27	7.1 (55.5%)
195	<b>KRUKOWSKA Ewa</b>	<b>128</b>	PLATINIUM CROSS ZAMOŚĆ	K-30	19	00:38:25	01:07:18	01:40:41	<b>01:50:09.63</b>	+00:49:22 (44.8%)	8:28	7.1 (55.5%)
196	<b>KUROPATWA Kazimierz</b>	<b>133</b>	PRZEMYSKI KLUB BIEGACZA	M-60+	6	00:37:54	01:04:55	01:40:03	<b>01:50:14.68</b>	+00:49:27 (44.9%)	8:28	7.1 (55.5%)
197	<b>KACZMARSKI Artur</b>	<b>103</b>		M-30	61	00:35:09	01:02:48	01:38:30	<b>01:50:41.24</b>	+00:49:54 (45.1%)	8:30	7 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas		Tempo min/km	Tempo km/h
									netto 13km	Różn		
198	<b>KONIECZNA Joanna</b>	<b>117</b>	POZYTYWNE ZABIEGANI SANOK	K-40	12	00:39:10	01:08:10	01:41:42	<b>01:50:48.51</b>	+00:50:01 (45.1%)	8:31	7 (54.7%)
199	<b>BANASIEWICZ Paweł</b>	<b>13</b>	POZYTYWNE ZABIEGANI SANOK	M-30	62	00:39:04	01:08:06	01:41:35	<b>01:50:49.66</b>	+00:50:02 (45.2%)	8:31	7 (54.7%)
200	<b>GAJDA Mateusz</b>	<b>71</b>	SPRÓCHNIALI HERKULESI	M-30	63	00:37:03	01:04:44	01:40:06	<b>01:51:00.49</b>	+00:50:13 (45.2%)	8:32	7 (54.7%)
201	<b>MOSKAL Marzena</b>	<b>167</b>		K-40	13	00:39:12	01:06:59	01:42:17	<b>01:51:40.90</b>	+00:50:53 (45.6%)	8:35	7 (54.7%)
202	<b>SYCZ Barbara</b>	<b>304</b>	PRZEMYSKI KLUB BIEGACZA	K-40	14	00:38:22	01:05:37	01:41:59	<b>01:52:38.99</b>	+00:51:51 (46.0%)	8:39	6.9 (53.9%)
203	<b>RZESZUTEK Anna</b>	<b>215</b>	DECARUN RZESZÓW	K-16	8	00:38:52	01:07:12	01:43:10	<b>01:53:12.22</b>	+00:52:25 (46.3%)	8:42	6.9 (53.9%)
204	<b>BABINSKA Inga</b>	<b>290</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:38:35	01:06:58	01:43:16	<b>01:53:36.37</b>	+00:52:49 (46.5%)	8:44	6.9 (53.9%)
205	<b>SZUBA Krzysztof</b>	<b>246</b>		M-40	56	00:38:40	01:08:36	01:44:54	<b>01:54:39.63</b>	+00:53:52 (47.0%)	8:49	6.8 (53.1%)
206	<b>GŁUSZKO Justyna</b>	<b>78</b>	SOLINA TEAM	K-30	20	00:40:52	01:09:20	01:44:54	<b>01:54:56.73</b>	+00:54:09 (47.1%)	8:50	6.8 (53.1%)
207	<b>PERŁOWSKA-ŁOŚ Justyna</b>	<b>193</b>		K-30	21	00:40:25	01:08:51	01:46:09	<b>01:55:44.79</b>	+00:54:57 (47.5%)	8:54	6.7 (52.3%)
208	<b>JAŁOCHA Barbara</b>	<b>96</b>	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:40:09	01:09:26	01:46:14	<b>01:56:17.41</b>	+00:55:30 (47.7%)	8:56	6.7 (52.3%)
209	<b>BASARAB Grzegorz</b>	<b>17</b>		M-40	57	00:40:39	01:10:40	01:47:08	<b>01:56:37.41</b>	+00:55:50 (47.9%)	8:58	6.7 (52.3%)
210	<b>KRÓL Grażyna</b>	<b>127</b>		K-40	16	00:40:57	01:10:47	01:47:20	<b>01:56:38.05</b>	+00:55:50 (47.9%)	8:58	6.7 (52.3%)
211	<b>CUDZIŁO Joanna</b>	<b>41</b>	PKO BANK POLSKI S.A.	K-40	17	00:40:59	01:09:22	01:46:41	<b>01:56:38.34</b>	+00:55:51 (47.9%)	8:58	6.7 (52.3%)
212	<b>SZCZERBICKI Michał</b>	<b>242</b>		M-40	58	00:40:09	01:10:21	01:47:00	<b>01:56:45.04</b>	+00:55:57 (47.9%)	8:58	6.7 (52.3%)
213	<b>RADYK Joanna</b>	<b>204</b>	PRZEMYSKI KLUB BIEGACZA	K-30	22	00:41:17	01:14:19	01:48:37	<b>01:57:38.92</b>	+00:56:51 (48.3%)	9:03	6.6 (51.6%)
214	<b>KALINOWSKA Lucyna</b>	<b>105</b>		K-50	4	00:40:07	01:10:40	01:47:59	<b>01:57:47.68</b>	+00:57:00 (48.4%)	9:03	6.6 (51.6%)
215	<b>GAWEŁ Marzena</b>	<b>72</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	18	00:41:24	01:11:57	01:49:43	<b>02:00:01.02</b>	+00:59:13 (49.4%)	9:13	6.5 (50.8%)
216	<b>SZCZERBICKA Aleksandra</b>	<b>243</b>		K-16	9	00:43:15	01:12:52	01:49:49	<b>02:00:01.29</b>	+00:59:14 (49.4%)	9:14	6.5 (50.8%)
217	<b>ADAMSKI Łukasz</b>	<b>300</b>	CS	M-30	64	00:42:05	01:12:28	01:49:57	<b>02:00:20.79</b>	+00:59:33 (49.5%)	9:15	6.5 (50.8%)
218	<b>PAWLOWSKA Agnieszka</b>	<b>190</b>	PRZEMYSKI KLUB BIEGACZA	K-40	19	00:41:29	01:14:42	01:50:51	<b>02:00:41.39</b>	+00:59:54 (49.6%)	9:17	6.5 (50.8%)
219	<b>FURMAN Katarzyna</b>	<b>317</b>		K-30	23	00:41:12	01:12:24	01:51:01	<b>02:01:32.69</b>	+01:00:45 (50.0%)	9:21	6.4 (50.0%)
220	<b>BANAS Małgorzata</b>	<b>306</b>		K-50	5	00:42:47	01:14:57	01:51:19	<b>02:01:36.71</b>	+01:00:49 (50.0%)	9:21	6.4 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
221	<b>MIODUNKA Jolanta</b>	<b>164</b>	STG DĘBICA	K-40	20	00:43:14	01:14:11	01:51:26	<b>02:01:46.99</b>	+01:00:59 (50.1%)	9:22	6.4 (50.0%)
222	<b>MIODUNKA Tomasz</b>	<b>163</b>	STG DĘBICA	M-40	59	00:43:10	01:14:14	01:51:24	<b>02:01:48.29</b>	+01:01:01 (50.1%)	9:22	6.4 (50.0%)
223	<b>MIELCZARSKA Monika</b>	<b>160</b>		K-30	24	00:41:04	01:12:21	01:50:29	<b>02:02:02.01</b>	+01:01:14 (50.2%)	9:23	6.4 (50.0%)
224	<b>WILCZYNSKI Mariusz</b>	<b>264</b>	SZLACHETNA PACZKA	M-30	65	00:41:54	01:13:30	01:54:20	<b>02:05:33.77</b>	+01:04:46 (51.6%)	9:39	6.2 (48.4%)
225	<b>HARATYK Roksana</b>	<b>90</b>	DZIKIE MUSTANGI	K-30	25	00:41:51	01:13:56	01:54:37	<b>02:05:34.10</b>	+01:04:46 (51.6%)	9:39	6.2 (48.4%)
226	<b>FERFECKI Paweł</b>	<b>66</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:41:44	01:13:26	01:54:29	<b>02:05:34.27</b>	+01:04:47 (51.6%)	9:39	6.2 (48.4%)
227	<b>FORNEK Paulina</b>	<b>68</b>	DZIKIE MUSTANGI	K-16	10	00:41:41	01:13:39	01:54:22	<b>02:05:34.32</b>	+01:04:47 (51.6%)	9:39	6.2 (48.4%)
228	<b>PRZĄDKA Katarzyna</b>	<b>200</b>		K-30	26	00:44:25	01:18:22	02:00:14	<b>02:11:06.16</b>	+01:10:18 (53.6%)	10:05	5.9 (46.1%)
229	<b>ZBIEĆ Angelika</b>	<b>278</b>	DARFIK TEAM	K-30	27	00:44:18	01:18:13	02:00:11	<b>02:11:06.76</b>	+01:10:19 (53.6%)	10:05	5.9 (46.1%)
230	<b>ZBIEĆ Bożena</b>	<b>280</b>	DARFIK TEAM	K-50	6	00:44:48	01:18:28	02:00:29	<b>02:12:07.09</b>	+01:11:19 (54.0%)	10:09	5.9 (46.1%)
231	<b>ZBIEĆ Janusz</b>	<b>281</b>	DARFIK TEAM	M-60+	7	00:44:47	01:17:35	02:00:33	<b>02:12:11.51</b>	+01:11:24 (54.0%)	10:10	5.9 (46.1%)
232	<b>WŁUDZIK Michał</b>	<b>270</b>	W23 ARCHITEKCI	M-30	67	00:44:20	01:18:27	02:02:35	<b>02:14:47.55</b>	+01:14:00 (54.9%)	10:22	5.8 (45.3%)
233	<b>KARDASZ Marek</b>	<b>108</b>	SOLINA TEAM	M-40	60	00:46:56	01:22:09	02:04:44	<b>02:16:16.65</b>	+01:15:29 (55.4%)	10:28	5.7 (44.5%)
234	<b>ADAMCZYK Artur</b>	<b>1</b>	SOLINA TEAM	M-50	13	00:46:49	01:22:08	02:04:23	<b>02:16:17.26</b>	+01:15:30 (55.4%)	10:29	5.7 (44.5%)

Znaleziono 234 wynik(ów)