



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

BIESZCZADZKI KLASYK RYSIA - 13 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT Polańczyk
Data: 2021-10-23
Miejsce: Polańczyk
Dystans: 13 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
1	DZIEWIŃSKI Damian	56	POZYTYWNIIE ZABIEGANI SANOK	M-40	1	00:28:05	01:07:14.90		5:10	11.6 (100%)
2	SZMIST Szymon	203	KB ATHLETIC ZRĘCIN	M-40	2	00:28:05	01:07:56.65	+00:00:41 (1.0%)	5:13	11.5 (99.1%)
3	MOTYKA Kamil	146	BIEGANIE NA SPONTANIE	M-30	1	00:28:16	01:09:49.15	+00:02:34 (3.7%)	5:22	11.2 (96.6%)
4	SKAWIŃSKI Tomasz	189	POZYTYWNIIE ZABIEGANI SANOK	M-40	3	00:29:57	01:12:37.15	+00:05:22 (7.4%)	5:35	10.7 (92.2%)
5	JANAS Marcin	86	KB ATHLETIC ZRĘCIN	M-40	4	00:29:42	01:12:42.90	+00:05:28 (7.5%)	5:35	10.7 (92.2%)
6	OCHYRA Konrad	151	SOLINA TEAM	M-30	2	00:29:50	01:13:09.30	+00:05:54 (8.1%)	5:37	10.7 (92.2%)
7	NIEDZIELSKI Dariusz	150	AKTYWNY DYNÓW	M-40	5	00:30:34	01:13:10.15	+00:05:55 (8.1%)	5:37	10.7 (92.2%)
8	WEREMKO Grzegorz	221	MULTIMEDIA RUNNERS PUŁAWY	M-40	6	00:29:56	01:13:12.20	+00:05:57 (8.1%)	5:37	10.7 (92.2%)
9	RUCIŃSKI Piotr	184		M-40	7	00:30:19	01:13:24.15	+00:06:09 (8.4%)	5:38	10.6 (91.4%)
10	BURY Maro	30		M-40	8	00:29:36	01:13:51.50	+00:06:36 (8.9%)	5:40	10.6 (91.4%)
11	ŁAKOMY Tomasz	125	KRESOWIANIE	M-30	3	00:30:05	01:14:38.35	+00:07:23 (9.9%)	5:44	10.5 (90.5%)
12	DOMISZEWSKA Maria	252		K-50	1	00:30:36	01:14:46.70	+00:07:31 (10.1%)	5:45	10.4 (89.7%)
13	BRENDZOWSKI Adam	242	#ZABIEGANINOCA	M-30	4	00:30:33	01:14:52.45	+00:07:37 (10.2%)	5:45	10.4 (89.7%)
14	BANASIK Krzysztof	11	SZYBKIE I WŚCIEKLI TEAM	M-40	9	00:30:35	01:15:14.60	+00:07:59 (10.6%)	5:47	10.4 (89.7%)
15	SOBOL Krystian	192		M-40	10	00:30:27	01:15:42.50	+00:08:27 (11.2%)	5:49	10.3 (88.8%)
16	WIERZBICKI Janusz	225		M-30	5	00:30:10	01:16:01.40	+00:08:46 (11.5%)	5:50	10.3 (88.8%)
17	BUSZ Jacek	31	OLD SCHOOL TRAIL RUNNING	M-30	6	00:30:57	01:16:30.95	+00:09:16 (12.1%)	5:53	10.2 (87.9%)
18	ZABORNIAK Paweł	234	KRESOWIANIE	M-30	7	00:31:13	01:16:44.90	+00:09:30 (12.4%)	5:54	10.2 (87.9%)
19	KOHUT Dariusz	101	PRZEMYSKI KLUB BIEGACZA	M-40	11	00:31:23	01:16:53.80	+00:09:38 (12.5%)	5:54	10.1 (87.1%)
20	MAKARSKI Krzysztof	133	BIEGANIE NA SPONTANIE	M-40	12	00:30:35	01:17:19.85	+00:10:04 (13.0%)	5:56	10.1 (87.1%)
21	RADYK Jakub	176	PRZEMYSKI KLUB BIEGACZA RSB	M-30	8	00:30:56	01:17:33.00	+00:10:18 (13.3%)	5:57	10.1 (87.1%)
22	MAJCHER Damian	132		M-30	9	00:32:01	01:18:05.70	+00:10:50 (13.9%)	6:00	10 (86.2%)
23	PIETRASIEWICZ Maciej	163	KRESOWIANIE	M-30	10	00:31:06	01:19:02.55	+00:11:47 (14.9%)	6:04	9.9 (85.3%)
24	STADNIK Wojciech	196	PRZEMYSKI KLUB BIEGACZA RSB	M-50	1	00:32:02	01:19:05.90	+00:11:51 (15.0%)	6:05	9.9 (85.3%)
25	PODOLAK Paweł	167	KAMIEŃ DWERNIK TRAIL	M-30	11	00:32:57	01:19:28.50	+00:12:13 (15.4%)	6:06	9.8 (84.5%)
26	ROGAŁA Grzegorz	181		M-40	13	00:32:37	01:19:49.00	+00:12:34 (15.7%)	6:08	9.8 (84.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
27	HULIN Sebastian	78	KOMENDA MIEJSKA POLICJI W KATOWICACH	M-40	14	00:32:27	01:20:07.15	+00:12:52 (16.1%)	6:09	9.7 (83.6%)
28	TRĘBSKI Krzysztof	215	#ZABIEGANINOCA	M-40	15	00:31:55	01:20:50.15	+00:13:35 (16.8%)	6:13	9.6 (82.8%)
29	CUBER Wojciech	40	#ZABIEGANINOCA	M-30	12	00:31:55	01:20:50.30	+00:13:35 (16.8%)	6:13	9.6 (82.8%)
30	STARZYŃSKI Marcin	253	WATAHA	M-30	13	00:33:08	01:21:00.45	+00:13:45 (17.0%)	6:13	9.6 (82.8%)
31	JANKOWSKI Konrad	87	SOLINA TEAM	M-30	14	00:32:53	01:21:37.85	+00:14:22 (17.6%)	6:16	9.6 (82.8%)
32	ŻELAZKO Kamil	240	CARPATHIAN RUNNERS	M-30	15	00:33:09	01:21:44.95	+00:14:30 (17.7%)	6:17	9.5 (81.9%)
33	BODNAR Krystian	22		M-16	1	00:33:34	01:22:07.30	+00:14:52 (18.1%)	6:19	9.5 (81.9%)
34	JACHIMOWSKI Jarosław	82	POZYTYWNIIE ZABIEGANI SANOK	M-30	16	00:33:01	01:22:23.80	+00:15:08 (18.4%)	6:20	9.5 (81.9%)
35	BURAK Bartłomiej	29	PRZEMYSKI KLUB BIEGACZA RSB	M-16	2	00:32:23	01:22:40.60	+00:15:25 (18.7%)	6:21	9.4 (81.0%)
36	MACIEJKO Rafał	130	KRESOWIANIE	M-40	16	00:32:53	01:23:12.45	+00:15:57 (19.2%)	6:24	9.4 (81.0%)
37	SZKODA Robert	201	BIEGANIE NA SPONTANIE	M-30	17	00:33:34	01:23:45.45	+00:16:30 (19.7%)	6:26	9.3 (80.2%)
38	JASTRZĄB Piotr	89	DEKAN LESKO	M-50	2	00:32:35	01:23:59.20	+00:16:44 (19.9%)	6:27	9.3 (80.2%)
39	FORJASZ Przemek	61		M-30	18	00:35:31	01:24:22.75	+00:17:07 (20.3%)	6:29	9.2 (79.3%)
40	GAWORECKI Tomasz	70	POZYTYWNIIE ZABIEGANI SANOK	M-40	17	00:34:53	01:24:27.80	+00:17:12 (20.4%)	6:29	9.2 (79.3%)
41	LIS-PASIONEK Małgorzata	120		K-30	1	00:34:47	01:24:32.60	+00:17:17 (20.5%)	6:30	9.2 (79.3%)
42	KŁÓSEK Paweł	99	DĘBICKIE GEPARDY	M-40	18	00:33:43	01:25:10.95	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
43	MOSKOWICZ Stefan	145	PRZEMYSKI KLUB BIEGACZA 2	M-60+	1	00:33:42	01:25:11.05	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
44	ZATOR Janusz	238	DĘBICKIE GEPARDY	M-50	3	00:33:44	01:25:11.30	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
45	ANTOSZ Bogdan	2		M-50	4	00:34:36	01:25:21.45	+00:18:06 (21.2%)	6:33	9.1 (78.4%)
46	ŚNIEŻEK Piotr	211	PRZEMYSKI KLUB BIEGACZA	M-50	5	00:32:28	01:25:45.00	+00:18:30 (21.6%)	6:35	9.1 (78.4%)
47	BANASIK Monika	10	SZYBKIE I WŚCIEKLI TEAM	K-30	2	00:35:40	01:25:49.20	+00:18:34 (21.6%)	6:36	9.1 (78.4%)
48	WAGNER Tomasz	219	KRESOWIANIE	M-30	19	00:34:41	01:26:26.30	+00:19:11 (22.2%)	6:38	9 (77.6%)
49	KRAWCZYK Jan	108	KLUB POD WISIENKĄ	M-30	20	00:35:15	01:26:32.05	+00:19:17 (22.3%)	6:39	9 (77.6%)
50	KRUSZYŃSKI Marek	114	PRZEMYSKI KLUB BIEGACZA 2	M-50	6	00:36:01	01:27:38.80	+00:20:23 (23.3%)	6:44	8.9 (76.7%)
51	ŚLIWA Anna	209	KRESOWIANIE	K-40	1	00:35:23	01:27:39.00	+00:20:24 (23.3%)	6:44	8.9 (76.7%)
52	KUBICKI Łukasz	116	KB ATHLETIC ZRĘCIN	M-30	21	00:35:59	01:27:46.70	+00:20:31 (23.4%)	6:45	8.9 (76.7%)
53	CZEKAŃSKI Wojciech	46	GRUPA POSCIGOWA	M-40	19	00:36:37	01:28:16.90	+00:21:02 (23.8%)	6:47	8.8 (75.9%)
54	ZDEB Maciej	239	PIĘKNE I BRODACZE	M-30	22	00:36:21	01:28:35.55	+00:21:20 (24.1%)	6:48	8.8 (75.9%)
55	SIENKO Łukasz	188	AKTYWNY DYNÓW	M-30	23	00:36:22	01:28:37.85	+00:21:22 (24.1%)	6:49	8.8 (75.9%)
56	ŁAWNICZAK Justyna	129	#ZABIEGANINOCA	K-30	3	00:36:02	01:28:38.50	+00:21:23 (24.1%)	6:49	8.8 (75.9%)
57	GÓRA Agnieszka	162	#ZABIEGANINOCA	K-40	2	00:36:26	01:28:51.90	+00:21:37 (24.3%)	6:50	8.8 (75.9%)
58	RĘPAŁSKA Agata	180	DZIKIE MUSTANGI	K-30	4	00:36:00	01:29:01.85	+00:21:46 (24.5%)	6:50	8.8 (75.9%)
59	GAJEK Magdalena	68	BIEGANIE NA SPONTANIE	K-40	3	00:36:56	01:29:04.40	+00:21:49 (24.5%)	6:51	8.8 (75.9%)
60	GAJEK Grzegorz	67	BIEGANIE NA SPONTANIE	M-40	20	00:36:55	01:29:05.30	+00:21:50 (24.5%)	6:51	8.8 (75.9%)
61	MAZUR Ireneusz	136	DĘBICKIE GEPARDY	M-40	21	00:35:53	01:29:07.95	+00:21:53 (24.6%)	6:51	8.8 (75.9%)
62	HUTNIK Krzysiek	80	ZERWANIE Z ŁAŃCUCHA	M-30	24	00:36:14	01:29:21.20	+00:22:06 (24.7%)	6:52	8.7 (75.0%)
63	ROŚĆ Dawid	182	ROKAN	M-40	22	00:36:45	01:29:30.60	+00:22:15 (24.9%)	6:53	8.7 (75.0%)
64	DOPART Tomasz	51	KAMIEŃ DWERNIK	M-40	23	00:36:11	01:29:40.70	+00:22:25 (25.0%)	6:53	8.7 (75.0%)
65	KRAWIEC Alan	109		M-16	3	00:36:17	01:29:50.85	+00:22:35 (25.2%)	6:54	8.7 (75.0%)
66	SUSABOWSKI Andrzej	199	BĘDZIE LEPIEJ	M-40	24	00:35:06	01:30:19.60	+00:23:04 (25.5%)	6:56	8.6 (74.1%)
67	ZASADZIŃSKA Barbara	237	SZYBKIE I WŚCIEKLI TEAM	K-40	4	00:35:34	01:30:42.60	+00:23:27 (25.9%)	6:58	8.6 (74.1%)
68	PREISNER Renata	173		K-50	2	00:36:43	01:30:45.50	+00:23:30 (25.9%)	6:58	8.6 (74.1%)
69	SURMAN Mariusz	197	DZIKIE MUSTANGI	M-30	25	00:36:35	01:31:07.00	+00:23:52 (26.2%)	7:00	8.6 (74.1%)
70	MITURA Wojtek	143		M-40	25	00:37:22	01:31:12.85	+00:23:57 (26.3%)	7:00	8.6 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
71	SMAGACZ Henryk	190	DĘBICKIE GEPARDY	M-60+	2	00:36:35	01:31:48.95	+00:24:34 (26.8%)	7:03	8.5 (73.3%)
72	KRZYWDA Konrad	115	DZIKIE MUSTANGI	M-16	4	00:37:06	01:32:26.80	+00:25:11 (27.3%)	7:06	8.4 (72.4%)
73	CZAJKA Tomasz	45		M-40	26	00:38:30	01:33:07.60	+00:25:52 (27.8%)	7:09	8.4 (72.4%)
74	BAL Barbara	8	DRUŻYNA B	K-40	5	00:36:42	01:33:30.40	+00:26:15 (28.1%)	7:11	8.3 (71.6%)
75	FUTYMA Michał	65	DRUŻYNA FUTYMA!!!	M-40	27	00:39:18	01:33:45.45	+00:26:30 (28.3%)	7:12	8.3 (71.6%)
76	FEDAK Bohdan	57	KB ATHLETIC ZRĘCIN	M-40	28	00:39:57	01:34:06.45	+00:26:51 (28.5%)	7:14	8.3 (71.6%)
77	ŚWIĘCH Anna	212	DZIKIE MUSTANGI	K-40	6	00:37:50	01:34:22.30	+00:27:07 (28.7%)	7:15	8.3 (71.6%)
78	SAJ Paweł	186	DZIKIE MUSTANGI	M-30	26	00:37:50	01:34:22.90	+00:27:08 (28.7%)	7:15	8.3 (71.6%)
79	BEŁCH Michał	14	DECARUN RZESZÓW	M-30	27	00:37:18	01:34:37.15	+00:27:22 (28.9%)	7:16	8.2 (70.7%)
80	RYBIŃSKI Grzegorz	185	BIEGAM BO LUBIĘ	M-40	29	00:37:59	01:34:38.60	+00:27:23 (28.9%)	7:16	8.2 (70.7%)
81	GWOZDA Grzegorz	73	KRESOWIANIE	M-40	30	00:40:04	01:34:46.25	+00:27:31 (29.0%)	7:17	8.2 (70.7%)
82	BILIŃSKI Tomasz	17	DRUŻYNA B	M-40	31	00:38:58	01:34:50.75	+00:27:35 (29.1%)	7:17	8.2 (70.7%)
83	POŹNIAK Grzegorz	171	DRUŻYNA B	M-40	32	00:38:58	01:34:55.45	+00:27:40 (29.2%)	7:18	8.2 (70.7%)
84	CICHOŃ Sabina	249		K-30	5	00:37:37	01:34:56.65	+00:27:41 (29.2%)	7:18	8.2 (70.7%)
85	LITWINEK Marek	121		M-40	33	00:39:16	01:35:01.95	+00:27:47 (29.2%)	7:18	8.2 (70.7%)
86	SOPEL Wiesław	194	KRESOWIANIE	M-50	7	00:38:33	01:35:04.25	+00:27:49 (29.3%)	7:18	8.2 (70.7%)
87	KOPCZYK Waldemar	103	SZYBKE I WŚCIEKLI TEAM	M-50	8	00:36:28	01:35:55.30	+00:28:40 (29.9%)	7:22	8.1 (69.8%)
88	BOCHENEK Wiktoria	20	STALOWOWOLSKI KLUB BIEGACZA	K-30	6	00:38:55	01:36:13.90	+00:28:59 (30.1%)	7:24	8.1 (69.8%)
89	BAL Robert	9	DRUŻYNA B	M-40	34	00:38:39	01:37:07.35	+00:29:52 (30.8%)	7:28	8 (69.0%)
90	ŁAPIŃSKA Anna	127	SZYBKE I WŚCIEKLI TEAM	K-40	7	00:39:09	01:37:57.20	+00:30:42 (31.3%)	7:32	8 (69.0%)
91	KOLANKO Michał	255	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	28	00:39:09	01:38:04.65	+00:30:49 (31.4%)	7:32	8 (69.0%)
92	KACZMARSKI Wojciech	90	K&O TEAM/ KACZMARSKI TEAM	M-40	35	00:37:48	01:38:10.90	+00:30:56 (31.5%)	7:33	7.9 (68.1%)
93	ARCISZEWSKI Michał	4	DZIKIE MUSTANGI	M-30	29	00:39:40	01:38:11.95	+00:30:57 (31.5%)	7:33	7.9 (68.1%)
94	PODOLAK Zbigniew	165	TOWARZYSTWO SZWEJKOWSKIE	M-60+	3	00:40:09	01:38:37.05	+00:31:22 (31.8%)	7:35	7.9 (68.1%)
95	WÓJCIK-BILIŃSKA Marta	231	DRUŻYNA B	K-40	8	00:40:14	01:38:52.40	+00:31:37 (32.0%)	7:36	7.9 (68.1%)
96	WYSKIEL Maciej	233	AKTYWNY DYNÓW	M-40	36	00:38:35	01:38:53.50	+00:31:38 (32.0%)	7:36	7.9 (68.1%)
97	KAPRAL Adam	94	DWERNIK KAMIEŃ TRAIL	M-40	37	00:37:38	01:39:19.30	+00:32:04 (32.3%)	7:38	7.9 (68.1%)
98	OŻÓG Jacek	157	UCZESTNIK INDYWIDUALNY	M-40	38	00:38:28	01:39:37.40	+00:32:22 (32.5%)	7:39	7.8 (67.2%)
99	KRUKOWSKI Robert	113	PLATINIUM CROSS ZAMOŚĆ	M-40	39	00:40:47	01:39:47.00	+00:32:32 (32.6%)	7:40	7.8 (67.2%)
100	JAKUBOWSKI Daniel	83	NOCNY BÓR TEAM	M-40	40	00:40:32	01:39:52.40	+00:32:37 (32.7%)	7:40	7.8 (67.2%)
101	OLEKSZYK Joanna	156	DECARUN RZESZÓW	K-16	1	00:40:27	01:39:58.30	+00:32:43 (32.7%)	7:41	7.8 (67.2%)
102	SIEDLACZEK Zbigniew	187		M-60+	4	00:40:41	01:40:05.15	+00:32:50 (32.8%)	7:41	7.8 (67.2%)
103	MSZANECKI Tomasz	148	35 BLP SANOK	M-30	30	00:39:49	01:40:37.95	+00:33:23 (33.2%)	7:44	7.8 (67.2%)
104	DOMISZEWSKI Wojciech	251		M-50	9	00:39:53	01:40:53.55	+00:33:38 (33.3%)	7:45	7.7 (66.4%)
105	POLAŃSKI Tomasz	169	PRZEMYSKI KLUB BIEGACZA 2	M-50	10	00:39:58	01:42:21.55	+00:35:06 (34.3%)	7:52	7.6 (65.5%)
106	ZAWADA Rafał	41		M-30	31	00:40:48	01:42:36.95	+00:35:22 (34.5%)	7:53	7.6 (65.5%)
107	LUTAK Agnieszka	123	JAK ŻÓŁWIE W GALOPIE	K-30	7	00:42:05	01:42:48.35	+00:35:33 (34.6%)	7:54	7.6 (65.5%)
108	STADNIK Renata	195	PRZEMYSKI KLUB BIEGACZA RSB	K-50	3	00:41:15	01:42:49.90	+00:35:35 (34.6%)	7:54	7.6 (65.5%)
109	BOCEK Sławomir	19	WATAHA	M-40	41	00:41:44	01:42:52.20	+00:35:37 (34.6%)	7:54	7.6 (65.5%)
110	WAJCOWICZ Witold	220	POZYTYWNIIE ZABIEGANI SANOK	M-40	42	00:40:50	01:42:56.60	+00:35:41 (34.7%)	7:55	7.6 (65.5%)
111	WOLF Weronika	230	POZYTYWNIIE ZABIEGANI SANOK	K-40	9	00:40:52	01:42:56.75	+00:35:41 (34.7%)	7:55	7.6 (65.5%)
112	ŁUCZYCKA Iwona	254	POZYTYWNIIE ZABIEGANI SANOK	K-40	10	00:42:15	01:42:57.05	+00:35:42 (34.7%)	7:55	7.6 (65.5%)
113	LEŚNIAK-POPIEL Marta	118	POZYTYWNIIE ZABIEGANI SANOK	K-40	11	00:40:51	01:42:57.60	+00:35:42 (34.7%)	7:55	7.6 (65.5%)
114	CHOMISZCZAK Bogdan	37	POZYTYWNIIE ZABIEGANI SANOK	M-50	11	00:41:13	01:42:59.25	+00:35:44 (34.7%)	7:55	7.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
115	PASIONEK Bartłomiej	159		M-30	32	00:38:43	01:43:00.05	+00:35:45 (34.7%)	7:55	7.6 (65.5%)
116	MICKIEWICZ Adam	138		M-50	12	00:41:39	01:43:10.85	+00:35:55 (34.8%)	7:56	7.6 (65.5%)
117	CHODNICKI Radosław	36	BĘDZIE LEPIEJ	M-40	43	00:42:51	01:43:47.35	+00:36:32 (35.2%)	7:59	7.5 (64.7%)
118	PRZYBYLSKI Damian	175		M-30	33	00:40:48	01:44:18.40	+00:37:03 (35.5%)	8:01	7.5 (64.7%)
119	BARTOSZEK Bogdan	13		M-50	13	00:42:05	01:44:33.80	+00:37:18 (35.7%)	8:02	7.5 (64.7%)
120	BŁAŻEWICZ Piotr	18		M-30	34	00:41:15	01:45:48.05	+00:38:33 (36.4%)	8:08	7.4 (63.8%)
121	SZMIST Jadzia	202	KB ATHLETIC ZRĘCIN	K-40	12	00:42:39	01:45:53.10	+00:38:38 (36.5%)	8:08	7.4 (63.8%)
122	OCHYRA Krzysztof	152		M-50	14	00:42:28	01:46:32.40	+00:39:17 (36.9%)	8:11	7.3 (62.9%)
123	OCHYRA Karolina	153		K-16	2	00:42:29	01:46:32.45	+00:39:17 (36.9%)	8:11	7.3 (62.9%)
124	BUKSA Andzelika	28	PRZEMYSKI KLUB BIEGACZA 2	K-40	13	00:43:45	01:46:38.30	+00:39:23 (36.9%)	8:12	7.3 (62.9%)
125	BUKSA Tomasz	27	PRZEMYSKI KLUB BIEGACZA 2	M-30	35	00:43:45	01:46:38.70	+00:39:23 (36.9%)	8:12	7.3 (62.9%)
126	LEWICKIJ Yurii	119	'STRIYSKI KHVOSTY'	M-40	44	00:41:28	01:47:44.30	+00:40:29 (37.6%)	8:17	7.2 (62.1%)
127	MAZUR Kinga	137	DĘBICKIE GEPARDY	K-30	8	00:46:34	01:52:56.50	+00:45:41 (40.5%)	8:41	6.9 (59.5%)
128	BORCZ Marcin	23	DIP-MAR MARCIN BORCZ	M-30	36	00:46:30	01:53:26.10	+00:46:11 (40.7%)	8:43	6.9 (59.5%)
129	SOJA Tomasz	193	BRAK	M-50	15	00:46:17	01:53:34.30	+00:46:19 (40.8%)	8:44	6.9 (59.5%)
130	BABIŃSKA Inga	6	PRZEMYSKI KLUB BIEGACZA	K-40	14	00:46:13	01:53:43.80	+00:46:28 (40.9%)	8:44	6.9 (59.5%)
131	PODOLAK Agnieszka	166		K-30	9	00:45:27	01:54:42.45	+00:47:27 (41.4%)	8:49	6.8 (58.6%)
132	HAŁOŃ Łukasz	74		M-30	37	00:45:04	01:55:55.55	+00:48:40 (42.0%)	8:55	6.7 (57.8%)
133	WIERZBICKA Anna	224		K-30	10	00:46:14	01:56:59.30	+00:49:44 (42.5%)	8:59	6.7 (57.8%)
134	FOLTA Anita	59	GRUPA BIEGOWA ZARSZYN	K-50	4	00:43:42	01:57:01.55	+00:49:46 (42.5%)	9:00	6.7 (57.8%)
135	FOLTA Jan	60	GRUPA BIEGOWA ZARSZYN	M-50	16	00:43:41	01:57:02.40	+00:49:47 (42.5%)	9:00	6.7 (57.8%)
136	ŚNIEŻEK Lidia	210	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:46:10	01:57:07.40	+00:49:52 (42.6%)	9:00	6.7 (57.8%)
137	BIEDROŃ Wojciech	16		M-40	45	00:43:54	01:57:09.50	+00:49:54 (42.6%)	9:00	6.7 (57.8%)
138	UJEJSKI Filip	216	4 BATALION STRZELCÓW PODHALAŃSKICH	M-16	5	00:44:02	01:58:24.05	+00:51:09 (43.2%)	9:06	6.6 (56.9%)
139	WOJTANOWSKI Andrzej	228	MORSOLINY	M-50	17	00:45:15	01:58:25.65	+00:51:10 (43.2%)	9:06	6.6 (56.9%)
140	CENGIEL Mateusz	32	5 BSP	M-16	6	00:44:03	01:58:26.30	+00:51:11 (43.2%)	9:06	6.6 (56.9%)
141	ROZENBAJGIER Sebastian	183	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	38	00:44:01	01:58:32.85	+00:51:17 (43.3%)	9:07	6.6 (56.9%)
142	HOCEK Jakub	76	5 BSP	M-16	7	00:44:01	01:58:33.65	+00:51:18 (43.3%)	9:07	6.6 (56.9%)
143	ŁASKAWSKA Justyna	128		K-40	16	00:48:51	02:00:47.00	+00:53:32 (44.3%)	9:17	6.5 (56.0%)
144	SUSABOWSKA Asia	198	BĘDZIE LEPIEJ	K-40	17	00:42:53	02:01:05.05	+00:53:50 (44.5%)	9:18	6.4 (55.2%)
145	MIKUSEK Ryszard	141	BĘDZIE LEPIEJ	M-40	46	00:46:18	02:01:05.65	+00:53:50 (44.5%)	9:18	6.4 (55.2%)
146	RADYK Joanna	177	PRZEMYSKI KLUB BIEGACZA RSB	K-30	11	00:50:58	02:02:04.70	+00:54:49 (44.9%)	9:23	6.4 (55.2%)
147	WÓJTOWICZ Paweł	232	LUBLIN BIEGA	M-40	47	00:50:43	02:02:38.75	+00:55:23 (45.2%)	9:26	6.4 (55.2%)
148	CZERWIŃSKA Małgorzata	47	JUMPING STARS TEAM	K-40	18	00:47:23	02:04:17.75	+00:57:02 (45.9%)	9:33	6.3 (54.3%)
149	SZUBA Krzysztof	205		M-50	18	00:48:05	02:04:52.40	+00:57:37 (46.1%)	9:36	6.2 (53.4%)
150	FLOREK Wojtek	58	DZIKIE MUSTANGI	M-30	39	00:53:15	02:06:54.30	+00:59:39 (47.0%)	9:45	6.1 (52.6%)
151	FORNEK Paulina	63	DZIKIE MUSTANGI	K-16	3	00:53:27	02:06:54.80	+00:59:39 (47.0%)	9:45	6.1 (52.6%)
152	KALIN Kamil	91		M-30	40	00:50:50	02:10:40.40	+01:03:25 (48.5%)	10:03	6 (51.7%)
153	WAŁACHOWSKA Urszula	246	SOLINA TEAM	K-30	12	00:57:47	02:19:56.55	+01:12:41 (51.9%)	10:45	5.6 (48.3%)
154	WARCHOŁ-SNUZIK Parycja	247	SOLINA TEAM	K-30	13	00:57:48	02:19:57.00	+01:12:42 (51.9%)	10:45	5.6 (48.3%)
155	KARDASZ Marek	243	SOLINA TEAM	M-40	48	00:57:47	02:19:57.95	+01:12:43 (52.0%)	10:45	5.6 (48.3%)
156	KARDASZ Patryk	248	SOLINA TEAM	M-16	8	00:57:47	02:26:03.50	+01:18:48 (54.0%)	11:14	5.3 (45.7%)
157	ANTOSZ Monika	3		K-40	19	00:57:46		+00:29:41	8:45	6.9 (59.5%)
DNC	POTOCKI Piotr	84	PRZEMYSKI KLUB BIEGACZA	M-30						(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
DNC	ZACNY Łukasz	235	SOLINA TEAM	M-30						(0.0%)

Znaleziono 159 wynik(ów)