

# BIESZCZADZKI KLASYK RYSIA - 13 KM

B4SPORT

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEWIŃSKI Damian</b>	<b>56</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	1	00:28:05	<b>01:07:14.90</b>		5:10	11.6 (100%)
2	<b>SZMIST Szymon</b>	<b>203</b>	KB ATHLETIC ZRĘCIN	M-40	2	00:28:05	<b>01:07:56.65</b>	+00:00:41 (1.0%)	5:13	11.5 (99.1%)
3	<b>MOTYKA Kamil</b>	<b>146</b>	BIEGANIE NA SPONTANIE	M-30	1	00:28:16	<b>01:09:49.15</b>	+00:02:34 (3.7%)	5:22	11.2 (96.6%)
4	<b>SKAWIŃSKI Tomasz</b>	<b>189</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	3	00:29:57	<b>01:12:37.15</b>	+00:05:22 (7.4%)	5:35	10.7 (92.2%)
5	<b>JANAS Marcin</b>	<b>86</b>	KB ATHLETIC ZRĘCIN	M-40	4	00:29:42	<b>01:12:42.90</b>	+00:05:28 (7.5%)	5:35	10.7 (92.2%)
6	<b>OCHYRA Konrad</b>	<b>151</b>	SOLINA TEAM	M-30	2	00:29:50	<b>01:13:09.30</b>	+00:05:54 (8.1%)	5:37	10.7 (92.2%)
7	<b>NIEDZIELSKI Dariusz</b>	<b>150</b>	AKTYWNY DYNÓW	M-40	5	00:30:34	<b>01:13:10.15</b>	+00:05:55 (8.1%)	5:37	10.7 (92.2%)
8	<b>WEREMKO Grzegorz</b>	<b>221</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	6	00:29:56	<b>01:13:12.20</b>	+00:05:57 (8.1%)	5:37	10.7 (92.2%)
9	<b>RUCIŃSKI Piotr</b>	<b>184</b>		M-40	7	00:30:19	<b>01:13:24.15</b>	+00:06:09 (8.4%)	5:38	10.6 (91.4%)
10	<b>BURY Maro</b>	<b>30</b>		M-40	8	00:29:36	<b>01:13:51.50</b>	+00:06:36 (8.9%)	5:40	10.6 (91.4%)
11	<b>ŁAKOMY Tomasz</b>	<b>125</b>	KRESOWIANIE	M-30	3	00:30:05	<b>01:14:38.35</b>	+00:07:23 (9.9%)	5:44	10.5 (90.5%)
12	<b>DOMISZEWSKA Maria</b>	<b>252</b>		K-50	1	00:30:36	<b>01:14:46.70</b>	+00:07:31 (10.1%)	5:45	10.4 (89.7%)
13	<b>BRENDZOWSKI Adam</b>	<b>242</b>	#ZABIEGANINOCA	M-30	4	00:30:33	<b>01:14:52.45</b>	+00:07:37 (10.2%)	5:45	10.4 (89.7%)
14	<b>BANASIK Krzysztof</b>	<b>11</b>	SZYBKIE I WŚCIEKLI TEAM	M-40	9	00:30:35	<b>01:15:14.60</b>	+00:07:59 (10.6%)	5:47	10.4 (89.7%)
15	<b>SOBOL Krystian</b>	<b>192</b>		M-40	10	00:30:27	<b>01:15:42.50</b>	+00:08:27 (11.2%)	5:49	10.3 (88.8%)
16	<b>WIERZBICKI Janusz</b>	<b>225</b>		M-30	5	00:30:10	<b>01:16:01.40</b>	+00:08:46 (11.5%)	5:50	10.3 (88.8%)
17	<b>BUSZ Jacek</b>	<b>31</b>	OLD SCHOOL TRAIL RUNNING	M-30	6	00:30:57	<b>01:16:30.95</b>	+00:09:16 (12.1%)	5:53	10.2 (87.9%)
18	<b>ZABORNIAK Paweł</b>	<b>234</b>	KRESOWIANIE	M-30	7	00:31:13	<b>01:16:44.90</b>	+00:09:30 (12.4%)	5:54	10.2 (87.9%)
19	<b>KOHUT Dariusz</b>	<b>101</b>	PRZEMYSKI KLUB BIEGACZA	M-40	11	00:31:23	<b>01:16:53.80</b>	+00:09:38 (12.5%)	5:54	10.1 (87.1%)
20	<b>MAKARSKI Krzysztof</b>	<b>133</b>	BIEGANIE NA SPONTANIE	M-40	12	00:30:35	<b>01:17:19.85</b>	+00:10:04 (13.0%)	5:56	10.1 (87.1%)
21	<b>RADYK Jakub</b>	<b>176</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-30	8	00:30:56	<b>01:17:33.00</b>	+00:10:18 (13.3%)	5:57	10.1 (87.1%)
22	<b>MAJCHER Damian</b>	<b>132</b>		M-30	9	00:32:01	<b>01:18:05.70</b>	+00:10:50 (13.9%)	6:00	10 (86.2%)
23	<b>PIETRASIEWICZ Maciej</b>	<b>163</b>	KRESOWIANIE	M-30	10	00:31:06	<b>01:19:02.55</b>	+00:11:47 (14.9%)	6:04	9.9 (85.3%)
24	<b>STADNIK Wojciech</b>	<b>196</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-50	1	00:32:02	<b>01:19:05.90</b>	+00:11:51 (15.0%)	6:05	9.9 (85.3%)
25	<b>PODOLAK Paweł</b>	<b>167</b>	KAMIEŃ DWERNIK TRAIL	M-30	11	00:32:57	<b>01:19:28.50</b>	+00:12:13 (15.4%)	6:06	9.8 (84.5%)
26	<b>ROGAŁA Grzegorz</b>	<b>181</b>		M-40	13	00:32:37	<b>01:19:49.00</b>	+00:12:34 (15.7%)	6:08	9.8 (84.5%)
27	<b>HULIN Sebastian</b>	<b>78</b>	KOMENDA MIEJSKA POLICJI W KATOWICACH	M-40	14	00:32:27	<b>01:20:07.15</b>	+00:12:52 (16.1%)	6:09	9.7 (83.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
28	<b>TRĘBSKI Krzysztof</b>	<b>215</b>	#ZABIEGANINOCA	M-40	15	00:31:55	<b>01:20:50.15</b>	+00:13:35 (16.8%)	6:13	9.6 (82.8%)
29	<b>CUBER Wojciech</b>	<b>40</b>	#ZABIEGANINOCA	M-30	12	00:31:55	<b>01:20:50.30</b>	+00:13:35 (16.8%)	6:13	9.6 (82.8%)
30	<b>STARZYŃSKI Marcin</b>	<b>253</b>	WATAHA	M-30	13	00:33:08	<b>01:21:00.45</b>	+00:13:45 (17.0%)	6:13	9.6 (82.8%)
31	<b>JANKOWSKI Konrad</b>	<b>87</b>	SOLINA TEAM	M-30	14	00:32:53	<b>01:21:37.85</b>	+00:14:22 (17.6%)	6:16	9.6 (82.8%)
32	<b>ŻELAZKO Kamil</b>	<b>240</b>	CARPATHIAN RUNNERS	M-30	15	00:33:09	<b>01:21:44.95</b>	+00:14:30 (17.7%)	6:17	9.5 (81.9%)
33	<b>BODNAR Krystian</b>	<b>22</b>		M-16	1	00:33:34	<b>01:22:07.30</b>	+00:14:52 (18.1%)	6:19	9.5 (81.9%)
34	<b>JACHIMOWSKI Jarosław</b>	<b>82</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	16	00:33:01	<b>01:22:23.80</b>	+00:15:08 (18.4%)	6:20	9.5 (81.9%)
35	<b>BURAK Bartłomiej</b>	<b>29</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-16	2	00:32:23	<b>01:22:40.60</b>	+00:15:25 (18.7%)	6:21	9.4 (81.0%)
36	<b>MACIEJKO Rafał</b>	<b>130</b>	KRESOWIANIE	M-40	16	00:32:53	<b>01:23:12.45</b>	+00:15:57 (19.2%)	6:24	9.4 (81.0%)
37	<b>SZKODA Robert</b>	<b>201</b>	BIEGANIE NA SPONTANIE	M-30	17	00:33:34	<b>01:23:45.45</b>	+00:16:30 (19.7%)	6:26	9.3 (80.2%)
38	<b>JASTRZĄB Piotr</b>	<b>89</b>	DEKAN LESKO	M-50	2	00:32:35	<b>01:23:59.20</b>	+00:16:44 (19.9%)	6:27	9.3 (80.2%)
39	<b>FORJASZ Przemek</b>	<b>61</b>		M-30	18	00:35:31	<b>01:24:22.75</b>	+00:17:07 (20.3%)	6:29	9.2 (79.3%)
40	<b>GAWORECKI Tomasz</b>	<b>70</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	17	00:34:53	<b>01:24:27.80</b>	+00:17:12 (20.4%)	6:29	9.2 (79.3%)
41	<b>LIS-PASIONEK Małgorzata</b>	<b>120</b>		K-30	1	00:34:47	<b>01:24:32.60</b>	+00:17:17 (20.5%)	6:30	9.2 (79.3%)
42	<b>KŁÓSEK Paweł</b>	<b>99</b>	DĘBICKIE GEPARDY	M-40	18	00:33:43	<b>01:25:10.95</b>	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
43	<b>MOSKOWICZ Stefan</b>	<b>145</b>	PRZEMYSKI KLUB BIEGACZA 2	M-60+	1	00:33:42	<b>01:25:11.05</b>	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
44	<b>ZATOR Janusz</b>	<b>238</b>	DĘBICKIE GEPARDY	M-50	3	00:33:44	<b>01:25:11.30</b>	+00:17:56 (21.1%)	6:33	9.2 (79.3%)
45	<b>ANTOSZ Bogdan</b>	<b>2</b>		M-50	4	00:34:36	<b>01:25:21.45</b>	+00:18:06 (21.2%)	6:33	9.1 (78.4%)
46	<b>ŚNIEŻEK Piotr</b>	<b>211</b>	PRZEMYSKI KLUB BIEGACZA	M-50	5	00:32:28	<b>01:25:45.00</b>	+00:18:30 (21.6%)	6:35	9.1 (78.4%)
47	<b>BANASIK Monika</b>	<b>10</b>	SZYBKIE I WŚCIEKLI TEAM	K-30	2	00:35:40	<b>01:25:49.20</b>	+00:18:34 (21.6%)	6:36	9.1 (78.4%)
48	<b>WAGNER Tomasz</b>	<b>219</b>	KRESOWIANIE	M-30	19	00:34:41	<b>01:26:26.30</b>	+00:19:11 (22.2%)	6:38	9 (77.6%)
49	<b>KRAWCZYK Jan</b>	<b>108</b>	KLUB POD WISIENKĄ	M-30	20	00:35:15	<b>01:26:32.05</b>	+00:19:17 (22.3%)	6:39	9 (77.6%)
50	<b>KRUSZYŃSKI Marek</b>	<b>114</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	6	00:36:01	<b>01:27:38.80</b>	+00:20:23 (23.3%)	6:44	8.9 (76.7%)
51	<b>ŚLIWA Anna</b>	<b>209</b>	KRESOWIANIE	K-40	1	00:35:23	<b>01:27:39.00</b>	+00:20:24 (23.3%)	6:44	8.9 (76.7%)
52	<b>KUBICKI Łukasz</b>	<b>116</b>	KB ATHLETIC ZRĘCIN	M-30	21	00:35:59	<b>01:27:46.70</b>	+00:20:31 (23.4%)	6:45	8.9 (76.7%)
53	<b>CZEKAŃSKI Wojciech</b>	<b>46</b>	GRUPA POSCIGOWA	M-40	19	00:36:37	<b>01:28:16.90</b>	+00:21:02 (23.8%)	6:47	8.8 (75.9%)
54	<b>ZDEB Maciej</b>	<b>239</b>	PIĘKNE I BRODACZE	M-30	22	00:36:21	<b>01:28:35.55</b>	+00:21:20 (24.1%)	6:48	8.8 (75.9%)
55	<b>SIEŃKO Łukasz</b>	<b>188</b>	AKTYWNY DYNÓW	M-30	23	00:36:22	<b>01:28:37.85</b>	+00:21:22 (24.1%)	6:49	8.8 (75.9%)
56	<b>ŁAWNICZAK Justyna</b>	<b>129</b>	#ZABIEGANINOCA	K-30	3	00:36:02	<b>01:28:38.50</b>	+00:21:23 (24.1%)	6:49	8.8 (75.9%)
57	<b>GÓRA Agnieszka</b>	<b>162</b>	#ZABIEGANINOCA	K-40	2	00:36:26	<b>01:28:51.90</b>	+00:21:37 (24.3%)	6:50	8.8 (75.9%)
58	<b>RĘPAŁSKA Agata</b>	<b>180</b>	DZIKIE MUSTANGI	K-30	4	00:36:00	<b>01:29:01.85</b>	+00:21:46 (24.5%)	6:50	8.8 (75.9%)
59	<b>GAJEK Magdalena</b>	<b>68</b>	BIEGANIE NA SPONTANIE	K-40	3	00:36:56	<b>01:29:04.40</b>	+00:21:49 (24.5%)	6:51	8.8 (75.9%)
60	<b>GAJEK Grzegorz</b>	<b>67</b>	BIEGANIE NA SPONTANIE	M-40	20	00:36:55	<b>01:29:05.30</b>	+00:21:50 (24.5%)	6:51	8.8 (75.9%)
61	<b>MAZUR Ireneusz</b>	<b>136</b>	DĘBICKIE GEPARDY	M-40	21	00:35:53	<b>01:29:07.95</b>	+00:21:53 (24.6%)	6:51	8.8 (75.9%)
62	<b>HUTNIK Krzysiek</b>	<b>80</b>	ZERWANIE Z ŁAŃCUCHA	M-30	24	00:36:14	<b>01:29:21.20</b>	+00:22:06 (24.7%)	6:52	8.7 (75.0%)
63	<b>ROŚĆ Dawid</b>	<b>182</b>	ROKAN	M-40	22	00:36:45	<b>01:29:30.60</b>	+00:22:15 (24.9%)	6:53	8.7 (75.0%)
64	<b>DOPART Tomasz</b>	<b>51</b>	KAMIEŃ DWERNIK	M-40	23	00:36:11	<b>01:29:40.70</b>	+00:22:25 (25.0%)	6:53	8.7 (75.0%)
65	<b>KRAWIEC Alan</b>	<b>109</b>		M-16	3	00:36:17	<b>01:29:50.85</b>	+00:22:35 (25.2%)	6:54	8.7 (75.0%)
66	<b>SUSABOWSKI Andrzej</b>	<b>199</b>	BĘDZIE LEPIEJ	M-40	24	00:35:06	<b>01:30:19.60</b>	+00:23:04 (25.5%)	6:56	8.6 (74.1%)
67	<b>ZASADZIŃSKA Barbara</b>	<b>237</b>	SZYBKIE I WŚCIEKLI TEAM	K-40	4	00:35:34	<b>01:30:42.60</b>	+00:23:27 (25.9%)	6:58	8.6 (74.1%)
68	<b>PREISNER Renata</b>	<b>173</b>		K-50	2	00:36:43	<b>01:30:45.50</b>	+00:23:30 (25.9%)	6:58	8.6 (74.1%)
69	<b>SURMAN Mariusz</b>	<b>197</b>	DZIKIE MUSTANGI	M-30	25	00:36:35	<b>01:31:07.00</b>	+00:23:52 (26.2%)	7:00	8.6 (74.1%)
70	<b>MITURA Wojtek</b>	<b>143</b>		M-40	25	00:37:22	<b>01:31:12.85</b>	+00:23:57 (26.3%)	7:00	8.6 (74.1%)
71	<b>SMAGACZ Henryk</b>	<b>190</b>	DĘBICKIE GEPARDY	M-60+	2	00:36:35	<b>01:31:48.95</b>	+00:24:34 (26.8%)	7:03	8.5 (73.3%)

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72	<b>KRZYWDA Konrad</b>	<b>115</b>	DZIKIE MUSTANGI	M-16	4	00:37:06	<b>01:32:26.80</b>	+00:25:11 (27.3%)	7:06	8.4 (72.4%)
73	<b>CZAJKA Tomasz</b>	<b>45</b>		M-40	26	00:38:30	<b>01:33:07.60</b>	+00:25:52 (27.8%)	7:09	8.4 (72.4%)
74	<b>BAL Barbara</b>	<b>8</b>	DRUŻYNA B	K-40	5	00:36:42	<b>01:33:30.40</b>	+00:26:15 (28.1%)	7:11	8.3 (71.6%)
75	<b>FUTYMA Michał</b>	<b>65</b>	DRUŻYNA FUTYMA!!!	M-40	27	00:39:18	<b>01:33:45.45</b>	+00:26:30 (28.3%)	7:12	8.3 (71.6%)
76	<b>FEDAK Bohdan</b>	<b>57</b>	KB ATHLETIC ZRĘCIN	M-40	28	00:39:57	<b>01:34:06.45</b>	+00:26:51 (28.5%)	7:14	8.3 (71.6%)
77	<b>ŚWIĘCH Anna</b>	<b>212</b>	DZIKIE MUSTANGI	K-40	6	00:37:50	<b>01:34:22.30</b>	+00:27:07 (28.7%)	7:15	8.3 (71.6%)
78	<b>SAJ Paweł</b>	<b>186</b>	DZIKIE MUSTANGI	M-30	26	00:37:50	<b>01:34:22.90</b>	+00:27:08 (28.7%)	7:15	8.3 (71.6%)
79	<b>BEŁCH Michał</b>	<b>14</b>	DECARUN RZESZÓW	M-30	27	00:37:18	<b>01:34:37.15</b>	+00:27:22 (28.9%)	7:16	8.2 (70.7%)
80	<b>RYBIŃSKI Grzegorz</b>	<b>185</b>	BIEGAM BO LUBIĘ	M-40	29	00:37:59	<b>01:34:38.60</b>	+00:27:23 (28.9%)	7:16	8.2 (70.7%)
81	<b>GWOZDA Grzegorz</b>	<b>73</b>	KRESOWIANIE	M-40	30	00:40:04	<b>01:34:46.25</b>	+00:27:31 (29.0%)	7:17	8.2 (70.7%)
82	<b>BILIŃSKI Tomasz</b>	<b>17</b>	DRUŻYNA B	M-40	31	00:38:58	<b>01:34:50.75</b>	+00:27:35 (29.1%)	7:17	8.2 (70.7%)
83	<b>POŹNIAK Grzegorz</b>	<b>171</b>	DRUŻYNA B	M-40	32	00:38:58	<b>01:34:55.45</b>	+00:27:40 (29.2%)	7:18	8.2 (70.7%)
84	<b>CICHOŃ Sabina</b>	<b>249</b>		K-30	5	00:37:37	<b>01:34:56.65</b>	+00:27:41 (29.2%)	7:18	8.2 (70.7%)
85	<b>LITWINEK Marek</b>	<b>121</b>		M-40	33	00:39:16	<b>01:35:01.95</b>	+00:27:47 (29.2%)	7:18	8.2 (70.7%)
86	<b>SOPEL Wiesław</b>	<b>194</b>	KRESOWIANIE	M-50	7	00:38:33	<b>01:35:04.25</b>	+00:27:49 (29.3%)	7:18	8.2 (70.7%)
87	<b>KOPCZYK Waldemar</b>	<b>103</b>	SZYBKIE I WŚCIEKLI TEAM	M-50	8	00:36:28	<b>01:35:55.30</b>	+00:28:40 (29.9%)	7:22	8.1 (69.8%)
88	<b>BOCHENEK Wiktoria</b>	<b>20</b>	STALOWOWOLSKI KLUB BIEGACZA	K-30	6	00:38:55	<b>01:36:13.90</b>	+00:28:59 (30.1%)	7:24	8.1 (69.8%)
89	<b>BAL Robert</b>	<b>9</b>	DRUŻYNA B	M-40	34	00:38:39	<b>01:37:07.35</b>	+00:29:52 (30.8%)	7:28	8 (69.0%)
90	<b>ŁAPIŃSKA Anna</b>	<b>127</b>	SZYBKIE I WŚCIEKLI TEAM	K-40	7	00:39:09	<b>01:37:57.20</b>	+00:30:42 (31.3%)	7:32	8 (69.0%)
91	<b>KOLANKO Michał</b>	<b>255</b>	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	28	00:39:09	<b>01:38:04.65</b>	+00:30:49 (31.4%)	7:32	8 (69.0%)
92	<b>KACZMARSKI Wojciech</b>	<b>90</b>	K&O TEAM/ KACZMARSKI TEAM	M-40	35	00:37:48	<b>01:38:10.90</b>	+00:30:56 (31.5%)	7:33	7.9 (68.1%)
93	<b>ARCISZEWSKI Michał</b>	<b>4</b>	DZIKIE MUSTANGI	M-30	29	00:39:40	<b>01:38:11.95</b>	+00:30:57 (31.5%)	7:33	7.9 (68.1%)
94	<b>PODOLAK Zbigniew</b>	<b>165</b>	TOWARZYSTWO SZWEJKOWSKIE	M-60+	3	00:40:09	<b>01:38:37.05</b>	+00:31:22 (31.8%)	7:35	7.9 (68.1%)
95	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>231</b>	DRUŻYNA B	K-40	8	00:40:14	<b>01:38:52.40</b>	+00:31:37 (32.0%)	7:36	7.9 (68.1%)
96	<b>WYSKIEL Maciej</b>	<b>233</b>	AKTYWNY DYNÓW	M-40	36	00:38:35	<b>01:38:53.50</b>	+00:31:38 (32.0%)	7:36	7.9 (68.1%)
97	<b>KAPRAL Adam</b>	<b>94</b>	DWERNIK KAMIEŃ TRAIL	M-40	37	00:37:38	<b>01:39:19.30</b>	+00:32:04 (32.3%)	7:38	7.9 (68.1%)
98	<b>OŻÓG Jacek</b>	<b>157</b>	UCZESTNIK INDYWIDUALNY	M-40	38	00:38:28	<b>01:39:37.40</b>	+00:32:22 (32.5%)	7:39	7.8 (67.2%)
99	<b>KRUKOWSKI Robert</b>	<b>113</b>	PLATINIUM CROSS ZAMOŚĆ	M-40	39	00:40:47	<b>01:39:47.00</b>	+00:32:32 (32.6%)	7:40	7.8 (67.2%)
100	<b>JAKUBOWSKI Daniel</b>	<b>83</b>	NOCNY BÓR TEAM	M-40	40	00:40:32	<b>01:39:52.40</b>	+00:32:37 (32.7%)	7:40	7.8 (67.2%)
101	<b>OLEKSZYK Joanna</b>	<b>156</b>	DECARUN RZESZÓW	K-16	1	00:40:27	<b>01:39:58.30</b>	+00:32:43 (32.7%)	7:41	7.8 (67.2%)
102	<b>SIEDLACZEK Zbigniew</b>	<b>187</b>		M-60+	4	00:40:41	<b>01:40:05.15</b>	+00:32:50 (32.8%)	7:41	7.8 (67.2%)
103	<b>MSZANECKI Tomasz</b>	<b>148</b>	35 BLP SANOK	M-30	30	00:39:49	<b>01:40:37.95</b>	+00:33:23 (33.2%)	7:44	7.8 (67.2%)
104	<b>DOMISZEWSKI Wojciech</b>	<b>251</b>		M-50	9	00:39:53	<b>01:40:53.55</b>	+00:33:38 (33.3%)	7:45	7.7 (66.4%)
105	<b>POLAŃSKI Tomasz</b>	<b>169</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	10	00:39:58	<b>01:42:21.55</b>	+00:35:06 (34.3%)	7:52	7.6 (65.5%)
106	<b>ZAWADA Rafał</b>	<b>41</b>		M-30	31	00:40:48	<b>01:42:36.95</b>	+00:35:22 (34.5%)	7:53	7.6 (65.5%)
107	<b>LUTAK Agnieszka</b>	<b>123</b>	JAK ŻÓŁWIE W GALOPIE	K-30	7	00:42:05	<b>01:42:48.35</b>	+00:35:33 (34.6%)	7:54	7.6 (65.5%)
108	<b>STADNIK Renata</b>	<b>195</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-50	3	00:41:15	<b>01:42:49.90</b>	+00:35:35 (34.6%)	7:54	7.6 (65.5%)
109	<b>BOCEK Sławomir</b>	<b>19</b>	WATAHA	M-40	41	00:41:44	<b>01:42:52.20</b>	+00:35:37 (34.6%)	7:54	7.6 (65.5%)
110	<b>WAJCOWICZ Witold</b>	<b>220</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	42	00:40:50	<b>01:42:56.60</b>	+00:35:41 (34.7%)	7:55	7.6 (65.5%)
111	<b>WOLF Weronika</b>	<b>230</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	9	00:40:52	<b>01:42:56.75</b>	+00:35:41 (34.7%)	7:55	7.6 (65.5%)
112	<b>ŁUCZYCKA Iwona</b>	<b>254</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	10	00:42:15	<b>01:42:57.05</b>	+00:35:42 (34.7%)	7:55	7.6 (65.5%)
113	<b>LEŚNIAK-POPIEL Marta</b>	<b>118</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	11	00:40:51	<b>01:42:57.60</b>	+00:35:42 (34.7%)	7:55	7.6 (65.5%)
114	<b>CHOMISZCZAK Bogdan</b>	<b>37</b>	POZYTYWNIIE ZABIEGANI SANOK	M-50	11	00:41:13	<b>01:42:59.25</b>	+00:35:44 (34.7%)	7:55	7.6 (65.5%)
115	<b>PASIONEK Bartłomiej</b>	<b>159</b>		M-30	32	00:38:43	<b>01:43:00.05</b>	+00:35:45 (34.7%)	7:55	7.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
116	<b>MICKIEWICZ Adam</b>	<b>138</b>		M-50	12	00:41:39	<b>01:43:10.85</b>	+00:35:55 (34.8%)	7:56	7.6 (65.5%)
117	<b>CHODNICKI Radosław</b>	<b>36</b>	BĘDZIE LEPIEJ	M-40	43	00:42:51	<b>01:43:47.35</b>	+00:36:32 (35.2%)	7:59	7.5 (64.7%)
118	<b>PRZYBYLSKI Damian</b>	<b>175</b>		M-30	33	00:40:48	<b>01:44:18.40</b>	+00:37:03 (35.5%)	8:01	7.5 (64.7%)
119	<b>BARTOSZEK Bogdan</b>	<b>13</b>		M-50	13	00:42:05	<b>01:44:33.80</b>	+00:37:18 (35.7%)	8:02	7.5 (64.7%)
120	<b>BŁAŻEWICZ Piotr</b>	<b>18</b>		M-30	34	00:41:15	<b>01:45:48.05</b>	+00:38:33 (36.4%)	8:08	7.4 (63.8%)
121	<b>SZMIST Jadzia</b>	<b>202</b>	KB ATHLETIC ZRĘCIN	K-40	12	00:42:39	<b>01:45:53.10</b>	+00:38:38 (36.5%)	8:08	7.4 (63.8%)
122	<b>OCHYRA Krzysztof</b>	<b>152</b>		M-50	14	00:42:28	<b>01:46:32.40</b>	+00:39:17 (36.9%)	8:11	7.3 (62.9%)
123	<b>OCHYRA Karolina</b>	<b>153</b>		K-16	2	00:42:29	<b>01:46:32.45</b>	+00:39:17 (36.9%)	8:11	7.3 (62.9%)
124	<b>BUKSA Andzelika</b>	<b>28</b>	PRZEMYSKI KLUB BIEGACZA 2	K-40	13	00:43:45	<b>01:46:38.30</b>	+00:39:23 (36.9%)	8:12	7.3 (62.9%)
125	<b>BUKSA Tomasz</b>	<b>27</b>	PRZEMYSKI KLUB BIEGACZA 2	M-30	35	00:43:45	<b>01:46:38.70</b>	+00:39:23 (36.9%)	8:12	7.3 (62.9%)
126	<b>LEWICKIJ Yurii</b>	<b>119</b>	'STRIYSKI KHVOSTY'	M-40	44	00:41:28	<b>01:47:44.30</b>	+00:40:29 (37.6%)	8:17	7.2 (62.1%)
127	<b>MAZUR Kinga</b>	<b>137</b>	DĘBICKIE GEPARDY	K-30	8	00:46:34	<b>01:52:56.50</b>	+00:45:41 (40.5%)	8:41	6.9 (59.5%)
128	<b>BORCZ Marcin</b>	<b>23</b>	DIP-MAR MARCIN BORCZ	M-30	36	00:46:30	<b>01:53:26.10</b>	+00:46:11 (40.7%)	8:43	6.9 (59.5%)
129	<b>SOJA Tomasz</b>	<b>193</b>	BRAK	M-50	15	00:46:17	<b>01:53:34.30</b>	+00:46:19 (40.8%)	8:44	6.9 (59.5%)
130	<b>BABIŃSKA Inga</b>	<b>6</b>	PRZEMYSKI KLUB BIEGACZA	K-40	14	00:46:13	<b>01:53:43.80</b>	+00:46:28 (40.9%)	8:44	6.9 (59.5%)
131	<b>PODOLAK Agnieszka</b>	<b>166</b>		K-30	9	00:45:27	<b>01:54:42.45</b>	+00:47:27 (41.4%)	8:49	6.8 (58.6%)
132	<b>HAŁOŃ Łukasz</b>	<b>74</b>		M-30	37	00:45:04	<b>01:55:55.55</b>	+00:48:40 (42.0%)	8:55	6.7 (57.8%)
133	<b>WIERZBICKA Anna</b>	<b>224</b>		K-30	10	00:46:14	<b>01:56:59.30</b>	+00:49:44 (42.5%)	8:59	6.7 (57.8%)
134	<b>FOLTA Anita</b>	<b>59</b>	GRUPA BIEGOWA ZARSZYN	K-50	4	00:43:42	<b>01:57:01.55</b>	+00:49:46 (42.5%)	9:00	6.7 (57.8%)
135	<b>FOLTA Jan</b>	<b>60</b>	GRUPA BIEGOWA ZARSZYN	M-50	16	00:43:41	<b>01:57:02.40</b>	+00:49:47 (42.5%)	9:00	6.7 (57.8%)
136	<b>ŚNIEŻEK Lidia</b>	<b>210</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:46:10	<b>01:57:07.40</b>	+00:49:52 (42.6%)	9:00	6.7 (57.8%)
137	<b>BIEDROŃ Wojciech</b>	<b>16</b>		M-40	45	00:43:54	<b>01:57:09.50</b>	+00:49:54 (42.6%)	9:00	6.7 (57.8%)
138	<b>UJEJSKI Filip</b>	<b>216</b>	4 BATALION STRZELCÓW PODHALAŃSKICH	M-16	5	00:44:02	<b>01:58:24.05</b>	+00:51:09 (43.2%)	9:06	6.6 (56.9%)
139	<b>WOJTANOWSKI Andrzej</b>	<b>228</b>	MORSOLINY	M-50	17	00:45:15	<b>01:58:25.65</b>	+00:51:10 (43.2%)	9:06	6.6 (56.9%)
140	<b>CENGIEL Mateusz</b>	<b>32</b>	5 BSP	M-16	6	00:44:03	<b>01:58:26.30</b>	+00:51:11 (43.2%)	9:06	6.6 (56.9%)
141	<b>ROZENBAJGIER Sebastian</b>	<b>183</b>	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	38	00:44:01	<b>01:58:32.85</b>	+00:51:17 (43.3%)	9:07	6.6 (56.9%)
142	<b>HOCEK Jakub</b>	<b>76</b>	5 BSP	M-16	7	00:44:01	<b>01:58:33.65</b>	+00:51:18 (43.3%)	9:07	6.6 (56.9%)
143	<b>ŁASKAWSKA Justyna</b>	<b>128</b>		K-40	16	00:48:51	<b>02:00:47.00</b>	+00:53:32 (44.3%)	9:17	6.5 (56.0%)
144	<b>SUSABOWSKA Asia</b>	<b>198</b>	BĘDZIE LEPIEJ	K-40	17	00:42:53	<b>02:01:05.05</b>	+00:53:50 (44.5%)	9:18	6.4 (55.2%)
145	<b>MIKUSEK Ryszard</b>	<b>141</b>	BĘDZIE LEPIEJ	M-40	46	00:46:18	<b>02:01:05.65</b>	+00:53:50 (44.5%)	9:18	6.4 (55.2%)
146	<b>RADYK Joanna</b>	<b>177</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-30	11	00:50:58	<b>02:02:04.70</b>	+00:54:49 (44.9%)	9:23	6.4 (55.2%)
147	<b>WÓJTOWICZ Paweł</b>	<b>232</b>	LUBLIN BIEGA	M-40	47	00:50:43	<b>02:02:38.75</b>	+00:55:23 (45.2%)	9:26	6.4 (55.2%)
148	<b>CZERWIŃSKA Małgorzata</b>	<b>47</b>	JUMPING STARS TEAM	K-40	18	00:47:23	<b>02:04:17.75</b>	+00:57:02 (45.9%)	9:33	6.3 (54.3%)
149	<b>SZUBA Krzysztof</b>	<b>205</b>		M-50	18	00:48:05	<b>02:04:52.40</b>	+00:57:37 (46.1%)	9:36	6.2 (53.4%)
150	<b>FLOREK Wojtek</b>	<b>58</b>	DZIKIE MUSTANGI	M-30	39	00:53:15	<b>02:06:54.30</b>	+00:59:39 (47.0%)	9:45	6.1 (52.6%)
151	<b>FORNEK Paulina</b>	<b>63</b>	DZIKIE MUSTANGI	K-16	3	00:53:27	<b>02:06:54.80</b>	+00:59:39 (47.0%)	9:45	6.1 (52.6%)
152	<b>KALIN Kamil</b>	<b>91</b>		M-30	40	00:50:50	<b>02:10:40.40</b>	+01:03:25 (48.5%)	10:03	6 (51.7%)
153	<b>WAŁACHOWSKA Urszula</b>	<b>246</b>	SOLINA TEAM	K-30	12	00:57:47	<b>02:19:56.55</b>	+01:12:41 (51.9%)	10:45	5.6 (48.3%)
154	<b>WARCHOŁ-SNUZIK Parycja</b>	<b>247</b>	SOLINA TEAM	K-30	13	00:57:48	<b>02:19:57.00</b>	+01:12:42 (51.9%)	10:45	5.6 (48.3%)
155	<b>KARDASZ Marek</b>	<b>243</b>	SOLINA TEAM	M-40	48	00:57:47	<b>02:19:57.95</b>	+01:12:43 (52.0%)	10:45	5.6 (48.3%)
156	<b>KARDASZ Patryk</b>	<b>248</b>	SOLINA TEAM	M-16	8	00:57:47	<b>02:26:03.50</b>	+01:18:48 (54.0%)	11:14	5.3 (45.7%)
157	<b>ANTOSZ Monika</b>	<b>3</b>		K-40	19	00:57:46		+00:29:41	8:45	6.9 (59.5%)
DNC	<b>POTOCKI Piotr</b>	<b>84</b>	PRZEMYSKI KLUB BIEGACZA	M-30						(0.0%)
DNC	<b>ZACNY Łukasz</b>	<b>235</b>	SOLINA TEAM	M-30						(0.0%)

Znaleziono 159 wynik(ów)