



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

BIESZCZADZKI KLASYK RYSIA - 13 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieszczadzki Weekend Biegowy Rysia 2019
GOKSiT Polańczyk
2019-10-19
Polańczyk
13 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
1	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:23:13	00:39:11	00:59:07	01:04:31.09		4:57	12.1 (100%)
2	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	2	00:23:36	00:39:41	01:00:38	01:06:00.62	+00:01:29 (2.3%)	5:04	11.8 (97.5%)
3	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	3	00:23:44	00:40:48	01:03:05	01:09:09.79	+00:04:38 (6.7%)	5:19	11.3 (93.4%)
4	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	4	00:25:11	00:42:21	01:04:45	01:10:38.40	+00:06:07 (8.7%)	5:26	11 (90.9%)
5	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	5	00:24:59	00:42:33	01:04:54	01:10:50.62	+00:06:19 (8.9%)	5:27	11 (90.9%)
6	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	6	00:24:56	00:42:09	01:04:48	01:11:11.36	+00:06:40 (9.4%)	5:28	11 (90.9%)
7	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	7	00:25:48	00:43:49	01:05:31	01:11:45.52	+00:07:14 (10.1%)	5:31	10.9 (90.1%)
8	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	8	00:25:32	00:43:14	01:05:56	01:12:05.56	+00:07:34 (10.5%)	5:32	10.8 (89.3%)
9	WASYLÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	9	00:26:23	00:43:38	01:06:18	01:12:16.36	+00:07:45 (10.7%)	5:33	10.8 (89.3%)
10	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	10	00:26:15	00:44:24	01:07:17	01:12:59.14	+00:08:28 (11.6%)	5:36	10.7 (88.4%)
11	RUCIŃSKI Piotr	211		M-30	11	00:26:02	00:43:56	01:07:25	01:13:33.83	+00:09:02 (12.3%)	5:39	10.6 (87.6%)
12	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	12	00:26:19	00:44:00	01:07:39	01:14:12.52	+00:09:41 (13.1%)	5:42	10.5 (86.8%)
13	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	13	00:26:10	00:44:07	01:07:47	01:14:23.58	+00:09:52 (13.3%)	5:43	10.5 (86.8%)
14	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	14	00:26:37	00:44:55	01:08:30	01:15:19.56	+00:10:48 (14.3%)	5:47	10.4 (86.0%)
15	CHODOWIEC Emil	39		M-30	15	00:26:42	00:45:40	01:09:00	01:15:23.36	+00:10:52 (14.4%)	5:47	10.3 (85.1%)
16	TUTKA Dominik	253	NALEŚNIKI	M-30	16	00:26:58	00:45:38	01:09:54	01:16:10.07	+00:11:38 (15.3%)	5:51	10.2 (84.3%)
17	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	17	00:26:30	00:44:55	01:09:41	01:16:22.45	+00:11:51 (15.5%)	5:52	10.2 (84.3%)
18	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	18	00:27:09	00:46:23	01:10:30	01:16:50.55	+00:12:19 (16.0%)	5:54	10.1 (83.5%)
19	GAWORECKI Tomasz	73	POZYTYWNE ZABIEGANI SANOK	M-30	19	00:27:33	00:46:35	01:10:35	01:17:06.25	+00:12:35 (16.3%)	5:55	10.1 (83.5%)
20	ĆWIAKAŁA Michał	46	ATHLETIC ZRĘCIN	M-30	20	00:27:21	00:46:32	01:10:34	01:17:27.00	+00:12:55 (16.7%)	5:57	10.1 (83.5%)
21	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	21	00:28:09	00:47:55	01:11:40	01:18:24.43	+00:13:53 (17.7%)	6:01	9.9 (81.8%)
22	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	22	00:27:36	00:47:44	01:11:56	01:18:46.72	+00:14:15 (18.1%)	6:03	9.9 (81.8%)
23	WIERZBICKI Janusz	263		M-30	23	00:26:09	00:46:26	01:12:13	01:18:51.36	+00:14:20 (18.2%)	6:03	9.9 (81.8%)
24	JACHIMOWSKI Jarosław	94	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:27:25	00:46:40	01:12:08	01:18:53.11	+00:14:22 (18.2%)	6:04	9.9 (81.8%)
25	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	25	00:29:13	00:49:04	01:13:26	01:20:25.78	+00:15:54 (19.8%)	6:11	9.7 (80.2%)
26	PODOLAK Paweł	198	MKS UKB HALICZ	M-30	26	00:27:45	00:48:23	01:13:34	01:20:39.65	+00:16:08 (20.0%)	6:12	9.7 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
27	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	27	00:27:07	00:47:08	01:13:23	01:20:40.14	+00:16:09 (20.0%)	6:12	9.7 (80.2%)
28	SZYSZŁO Tomasz	251	POZYTYWNIE ZABIEGANI SANOK	M-30	28	00:28:42	00:48:57	01:14:32	01:21:52.31	+00:17:21 (21.2%)	6:17	9.5 (78.5%)
29	UZDEJCZYK Kamil	255	SOLINA TEAM	M-30	29	00:29:44	00:50:50	01:16:44	01:23:31.33	+00:19:00 (22.8%)	6:25	9.3 (76.9%)
30	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	30	00:30:38	00:52:14	01:17:06	01:23:53.98	+00:19:22 (23.1%)	6:27	9.3 (76.9%)
31	HANDZIAK Tomasz	89		M-30	31	00:31:28	00:52:26	01:17:20	01:24:06.57	+00:19:35 (23.3%)	6:28	9.3 (76.9%)
32	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	32	00:29:30	00:50:57	01:17:02	01:24:21.32	+00:19:50 (23.5%)	6:29	9.2 (76.0%)
33	ZBIEĆ Dariusz	279	DARFIK TEAM	M-30	33	00:30:29	00:52:19	01:19:16	01:26:24.47	+00:21:53 (25.3%)	6:38	9 (74.4%)
34	MSZANECKI Tomasz	168		M-30	34	00:31:08	00:52:24	01:18:52	01:26:29.93	+00:21:58 (25.4%)	6:39	9 (74.4%)
35	KLOCEK Konrad	111		M-30	35	00:31:13	00:52:49	01:19:34	01:27:06.80	+00:22:35 (25.9%)	6:42	9 (74.4%)
36	KUBICKI Łukasz	131	KUBICCY	M-30	36	00:31:13	00:53:07	01:20:15	01:27:47.32	+00:23:16 (26.5%)	6:45	8.9 (73.6%)
37	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	37	00:30:16	00:52:04	01:20:28	01:27:52.04	+00:23:20 (26.6%)	6:45	8.9 (73.6%)
38	KRUKOWSKI Robert	129	PLATINIUM CROSS ZAMOŚĆ	M-30	38	00:30:09	00:52:18	01:19:48	01:28:03.49	+00:23:32 (26.7%)	6:46	8.9 (73.6%)
39	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	39	00:30:59	00:53:57	01:21:21	01:28:36.89	+00:24:05 (27.2%)	6:49	8.8 (72.7%)
40	ŚCIBOR Jarosław	8	PRZEMYSKI KLUB BIEGACZA	M-30	40	00:31:57	00:53:55	01:21:12	01:28:39.00	+00:24:07 (27.2%)	6:49	8.8 (72.7%)
41	JARACZ Marcin	291		M-30	41	00:29:52	00:52:40	01:20:37	01:29:43.20	+00:25:12 (28.1%)	6:54	8.7 (71.9%)
42	SUSABOWSKI Andrzej	238		M-30	42	00:30:30	00:53:02	01:22:05	01:30:41.02	+00:26:09 (28.9%)	6:58	8.6 (71.1%)
43	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	43	00:30:53	00:54:18	01:24:18	01:31:50.04	+00:27:18 (29.7%)	7:03	8.5 (70.2%)
44	KUZŁO Andrzej	136		M-30	44	00:31:43	00:56:34	01:24:15	01:32:21.43	+00:27:50 (30.1%)	7:06	8.4 (69.4%)
45	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	45	00:32:45	00:56:33	01:24:12	01:32:22.51	+00:27:51 (30.2%)	7:06	8.4 (69.4%)
46	LENIART Mirek	138		M-30	46	00:33:40	00:56:54	01:25:52	01:34:18.15	+00:29:47 (31.6%)	7:15	8.3 (68.6%)
47	KOWALCZYK Sylwester	298	ORZEŁ	M-30	47	00:35:11	00:58:05	01:26:42	01:35:32.94	+00:31:01 (32.5%)	7:21	8.2 (67.8%)
48	NIEMIEC Łukasz	171	EALING EAGLES RUNNING CLUB, LONDON	M-30	48	00:35:12	00:58:07	01:26:46	01:35:33.43	+00:31:02 (32.5%)	7:21	8.2 (67.8%)
49	BEŁCH Michał	19		M-30	49	00:33:28	00:57:54	01:29:19	01:37:38.43	+00:33:07 (33.9%)	7:30	8 (66.1%)
50	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	50	00:35:30	00:57:34	01:29:07	01:38:06.15	+00:33:35 (34.2%)	7:32	7.9 (65.3%)
51	SKAŁUBA Marek	220	BRAK	M-30	51	00:32:10	00:56:27	01:29:19	01:38:11.90	+00:33:40 (34.3%)	7:33	7.9 (65.3%)
52	ZIELIŃSKI Sebastian	282	POZYTYWNIE ZABIEGANI SANOK	M-30	52	00:33:51	00:58:23	01:30:05	01:39:11.82	+00:34:40 (35.0%)	7:37	7.9 (65.3%)
53	RĄCZKA Mateusz	206		M-30	53	00:35:00	00:59:38	01:31:09	01:39:54.62	+00:35:23 (35.4%)	7:41	7.8 (64.5%)
54	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	54	00:32:55	00:58:02	01:30:39	01:39:56.00	+00:35:24 (35.4%)	7:41	7.8 (64.5%)
55	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	55	00:36:17	01:01:45	01:32:13	01:40:06.44	+00:35:35 (35.6%)	7:42	7.8 (64.5%)
56	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	56	00:35:17	01:00:27	01:32:26	01:42:08.70	+00:37:37 (36.8%)	7:51	7.6 (62.8%)
57	BRZOZOWSKI Marek	31		M-30	57	00:36:16	01:02:07	01:33:51	01:43:10.90	+00:38:39 (37.5%)	7:56	7.6 (62.8%)
58	GORZKOWSKI Marcin	81	BIESY I CZORTY	M-30	58	00:36:26	00:58:37	01:32:20	01:43:13.71	+00:38:42 (37.5%)	7:56	7.6 (62.8%)
59	WOJTOWICZ Tomasz	272		M-30	59	00:34:59	01:01:18	01:34:35	01:43:59.56	+00:39:28 (38.0%)	8:00	7.5 (62.0%)
60	WILECZEK Antoni	265		M-30	60	00:34:24	01:01:47	01:35:37	01:44:04.07	+00:39:32 (38.0%)	8:00	7.5 (62.0%)
61	KACZMARSKI Artur	103		M-30	61	00:35:09	01:02:48	01:38:30	01:50:41.24	+00:46:10 (41.7%)	8:30	7 (57.9%)
62	BANASIEWICZ Paweł	13	POZYTYWNIE ZABIEGANI SANOK	M-30	62	00:39:04	01:08:06	01:41:35	01:50:49.66	+00:46:18 (41.8%)	8:31	7 (57.9%)
63	GAJDA Mateusz	71	SPRÓCHNIALI HERKULESI	M-30	63	00:37:03	01:04:44	01:40:06	01:51:00.49	+00:46:29 (41.9%)	8:32	7 (57.9%)
64	ADAMSKI Łukasz	300	CS	M-30	64	00:42:05	01:12:28	01:49:57	02:00:20.79	+00:55:49 (46.4%)	9:15	6.5 (53.7%)
65	WILCZYNSKI Mariusz	264	SZLACHETNA PACZKA	M-30	65	00:41:54	01:13:30	01:54:20	02:05:33.77	+01:01:02 (48.6%)	9:39	6.2 (51.2%)
66	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:41:44	01:13:26	01:54:29	02:05:34.27	+01:01:03 (48.6%)	9:39	6.2 (51.2%)
67	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	67	00:44:20	01:18:27	02:02:35	02:14:47.55	+01:10:16 (52.1%)	10:22	5.8 (47.9%)