



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-40

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	MAŁEK Andrzej	150	PRZEMYSKI KLUB BIEGACZA 5	M-40	1	00:24:37	00:41:13	01:02:13	01:08:19.59		5:15	11.4 (100%)
2	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	2	00:25:00	00:42:13	01:03:40	01:08:57.07	+00:00:37 (0.9%)	5:18	11.3 (99.1%)
3	KOZŁOWSKI Krzysztof	126	PRZEMYSKI KLUB BIEGACZA	M-40	3	00:25:38	00:42:38	01:04:41	01:10:29.81	+00:02:10 (3.1%)	5:25	11.1 (97.4%)
4	WEREMKO Grzegorz	260	MULTIMEDIA RUNNERS PUŁAWY	M-40	4	00:25:46	00:43:51	01:06:28	01:12:30.68	+00:04:11 (5.8%)	5:34	10.8 (94.7%)
5	KOZIOŁ Mariusz	125	PRZEMYSKI KLUB BIEGACZA 3	M-40	5	00:26:08	00:43:34	01:06:14	01:12:31.41	+00:04:11 (5.8%)	5:34	10.8 (94.7%)
6	KOHUT Dariusz	115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:26:02	00:43:44	01:06:46	01:13:04.94	+00:04:45 (6.5%)	5:37	10.7 (93.9%)
7	KORZENIOWSKI Władysław	318		M-40	7	00:25:58	00:44:20	01:07:14	01:13:39.33	+00:05:19 (7.2%)	5:39	10.6 (93.0%)
8	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:26:16	00:45:03	01:08:24	01:14:50.03	+00:06:30 (8.7%)	5:45	10.4 (91.2%)
9	CURZYDŁO Bogdan	42	POZYTYWNE ZABIEGANI SANOK	M-40	9	00:25:37	00:44:28	01:08:23	01:15:15.24	+00:06:55 (9.2%)	5:47	10.4 (91.2%)
10	BERNAT Tomasz	21		M-40	10	00:26:50	00:45:24	01:09:53	01:16:46.39	+00:08:26 (11.0%)	5:54	10.2 (89.5%)
11	SOBOL Krystian	225		M-40	11	00:26:28	00:45:41	01:10:14	01:17:23.26	+00:09:03 (11.7%)	5:57	10.1 (88.6%)
12	MACIEJKO Rafał	145	KRESOWIANIE	M-40	12	00:27:24	00:48:19	01:13:01	01:20:07.16	+00:11:47 (14.7%)	6:09	9.7 (85.1%)
13	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	13	00:27:54	00:48:21	01:13:38	01:20:39.30	+00:12:19 (15.3%)	6:12	9.7 (85.1%)
14	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	14	00:27:43	00:48:21	01:13:32	01:20:39.97	+00:12:20 (15.3%)	6:12	9.7 (85.1%)
15	PAJESTKA Wojtek	187	POZYTYWNE ZABIEGANI SANOK	M-40	15	00:27:55	00:48:37	01:14:01	01:21:01.00	+00:12:41 (15.7%)	6:13	9.6 (84.2%)
16	STADNIK Wojciech	229	PRZEMYSKI KLUB BIEGACZA 3	M-40	16	00:27:46	00:48:05	01:14:08	01:21:21.49	+00:13:01 (16.0%)	6:15	9.6 (84.2%)
17	KARASIŃSKI Radek	107	KOPALNIA MOCY TARNOBRZEG	M-40	17	00:29:48	00:49:13	01:13:54	01:21:30.69	+00:13:11 (16.2%)	6:16	9.6 (84.2%)
18	TOKARSKI Piotr	314		M-40	18	00:28:53	00:49:51	01:16:57	01:24:40.40	+00:16:20 (19.3%)	6:30	9.2 (80.7%)
19	SZADURSKI Tomasz	239	PRZEMYSKI KLUB BIEGACZA 4	M-40	19	00:30:11	00:51:07	01:17:12	01:24:53.21	+00:16:33 (19.5%)	6:31	9.2 (80.7%)
20	ANTOSZ Bogdan	5		M-40	20	00:29:24	00:50:40	01:18:01	01:25:46.92	+00:17:27 (20.3%)	6:35	9.1 (79.8%)
21	MYTYCH Wiesław	169		M-40	21	00:29:56	00:51:23	01:18:25	01:26:08.74	+00:17:49 (20.7%)	6:37	9.1 (79.8%)
22	FILIPOWICZ Krzysztof	67		M-40	22	00:29:59	00:51:17	01:18:07	01:26:08.92	+00:17:49 (20.7%)	6:37	9.1 (79.8%)
23	SAWICKI Robert	217	BEE IS RUNNING	M-40	23	00:31:19	00:52:53	01:19:06	01:26:35.42	+00:18:15 (21.1%)	6:39	9 (78.9%)
24	PIETRYSZYN Mariusz	195	SZYBKIE ŻABY	M-40	24	00:32:41	00:54:28	01:20:14	01:27:50.03	+00:19:30 (22.2%)	6:45	8.9 (78.1%)
25	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	25	00:30:58	00:53:37	01:20:51	01:27:54.19	+00:19:34 (22.3%)	6:45	8.9 (78.1%)
26	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	26	00:30:54	00:53:39	01:20:45	01:27:54.82	+00:19:35 (22.3%)	6:45	8.9 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
27	ANIKIEJ Pawel	4	MERCEDES-BENZ TEAM	M-40	27	00:31:05	00:52:48	01:19:52	01:27:58.22	+00:19:38 (22.3%)	6:46	8.9 (78.1%)
28	SARAMA Grzegorz	216	WWW.SANFOT.COM	M-40	28	00:30:08	00:52:29	01:20:43	01:28:30.74	+00:20:11 (22.8%)	6:48	8.8 (77.2%)
29	GNIADY Jarosław	79		M-40	29	00:31:59	00:53:12	01:21:04	01:29:04.53	+00:20:44 (23.3%)	6:51	8.8 (77.2%)
30	STEFAŃSKI Ireneusz	236	PRZEMYSKI KLUB BIEGACZA	M-40	30	00:31:45	00:54:26	01:22:14	01:29:58.91	+00:21:39 (24.1%)	6:55	8.7 (76.3%)
31	BURAK Adam	33	1 BATALION CZOŁGÓW	M-40	31	00:31:52	00:54:56	01:24:33	01:32:20.55	+00:24:00 (26.0%)	7:06	8.4 (73.7%)
32	DRYLA Piotr	57	1 BATALION CZOŁGÓW	M-40	32	00:31:53	00:54:14	01:24:53	01:32:32.03	+00:24:12 (26.2%)	7:07	8.4 (73.7%)
33	KAPRAL Adam	315	DWERNIK KAMIEŃ TRAIL	M-40	33	00:32:36	00:55:27	01:24:25	01:33:07.51	+00:24:47 (26.6%)	7:09	8.4 (73.7%)
34	GRASZA Ireneusz	84	PRZEMYSKI KLUB BIEGACZA 4	M-40	34	00:33:05	00:55:36	01:24:50	01:33:12.22	+00:24:52 (26.7%)	7:10	8.4 (73.7%)
35	PLACHA Piotr	196	KOPALNIA MOCY TARNOBRZEG	M-40	35	00:32:38	00:56:13	01:25:08	01:33:57.69	+00:25:38 (27.3%)	7:13	8.3 (72.8%)
36	KOŁTUNIEWICZ Andrzej	116	WIEŚ TAŃCZY I BIEGA	M-40	36	00:32:17	00:55:03	01:25:38	01:34:12.39	+00:25:52 (27.5%)	7:14	8.3 (72.8%)
37	DACYK Sylwester	48	SAINT-GOBAIN SQUAD	M-40	37	00:32:57	00:56:24	01:25:17	01:34:35.82	+00:26:16 (27.8%)	7:16	8.2 (71.9%)
38	DRYNIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	38	00:35:36	00:59:05	01:27:01	01:35:30.00	+00:27:10 (28.5%)	7:20	8.2 (71.9%)
39	LEVICKIJ Yurij	297	CLUB ULTRA	M-40	39	00:34:53	00:58:19	01:28:23	01:37:18.03	+00:28:58 (29.8%)	7:29	8 (70.2%)
40	RYBIŃSKI Grzegorz	212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	40	00:32:10	00:57:10	01:28:35	01:37:34.02	+00:29:14 (30.0%)	7:30	8 (70.2%)
41	CHODNICKI Radosław	38		M-40	41	00:35:40	01:00:06	01:30:04	01:37:58.67	+00:29:39 (30.3%)	7:32	8 (70.2%)
42	KOPCZYK Waldemar	119	PRZEMYSKI KLUB BIEGACZA 6	M-40	42	00:31:30	00:58:31	01:29:03	01:38:04.75	+00:29:45 (30.3%)	7:32	8 (70.2%)
43	DROBOT Piotr	312	NA PRZEKÓR	M-40	43	00:34:23	00:59:33	01:29:48	01:38:24.75	+00:30:05 (30.6%)	7:34	7.9 (69.3%)
44	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	44	00:34:17	00:58:52	01:30:09	01:38:57.39	+00:30:37 (31.0%)	7:36	7.9 (69.3%)
45	MAŚLAK Jacek	153	POZYTYWNE ZABIEGANI SANOK	M-40	45	00:35:19	01:01:00	01:31:21	01:39:26.05	+00:31:06 (31.3%)	7:38	7.8 (68.4%)
46	MITURA Wojtek	166		M-40	46	00:35:37	01:01:15	01:30:53	01:39:28.69	+00:31:09 (31.3%)	7:39	7.8 (68.4%)
47	PASIERB Grzegorz	189	DECARUN RZESZÓW 2	M-40	47	00:34:48	00:59:58	01:31:24	01:40:04.56	+00:31:44 (31.7%)	7:41	7.8 (68.4%)
48	JAKUBOWSKI Daniel	95	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	48	00:35:46	01:01:32	01:33:37	01:42:41.90	+00:34:22 (33.5%)	7:54	7.6 (66.7%)
49	GRZESIAK Grzegorz	86	EULEO BIEGA	M-40	49	00:33:57	01:00:03	01:34:13	01:43:54.68	+00:35:35 (34.2%)	7:59	7.5 (65.8%)
50	DUDEK Pawel	60		M-40	50	00:36:58	01:04:48	01:36:54	01:45:09.59	+00:36:49 (35.0%)	8:05	7.4 (64.9%)
51	MAŁEK Paweł	149	DECARUN RZESZÓW 2	M-40	51	00:36:48	01:03:26	01:36:12	01:45:13.86	+00:36:54 (35.1%)	8:05	7.4 (64.9%)
52	NOWOSAD Mariusz	174	PLATINIUM CROSS ZAMOŚĆ	M-40	52	00:36:54	01:05:03	01:37:14	01:45:36.72	+00:37:17 (35.3%)	8:07	7.4 (64.9%)
53	STEC Korwin	233		M-40	53	00:35:34	01:02:35	01:37:44	01:47:10.97	+00:38:51 (36.3%)	8:14	7.3 (64.0%)
54	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	54	00:37:38	01:04:20	01:38:07	01:48:24.04	+00:40:04 (37.0%)	8:20	7.2 (63.2%)
55	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	55	00:36:22	01:04:13	01:38:39	01:50:03.30	+00:41:43 (37.9%)	8:27	7.1 (62.3%)
56	SZUBA Krzysztof	246		M-40	56	00:38:40	01:08:36	01:44:54	01:54:39.63	+00:46:20 (40.4%)	8:49	6.8 (59.6%)
57	BASARAB Grzegorz	17		M-40	57	00:40:39	01:10:40	01:47:08	01:56:37.41	+00:48:17 (41.4%)	8:58	6.7 (58.8%)
58	SZCZERBICKI Michał	242		M-40	58	00:40:09	01:10:21	01:47:00	01:56:45.04	+00:48:25 (41.5%)	8:58	6.7 (58.8%)
59	MIODUNKA Tomasz	163	STG DĘBICA	M-40	59	00:43:10	01:14:14	01:51:24	02:01:48.29	+00:53:28 (43.9%)	9:22	6.4 (56.1%)
60	KARDASZ Marek	108	SOLINA TEAM	M-40	60	00:46:56	01:22:09	02:04:44	02:16:16.65	+01:07:57 (49.9%)	10:28	5.7 (50.0%)

Znaleziono 60 wynik(ów)