



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-Open

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	CHENIKALO Oleksandr	36	RUN4U	M-16	1	00:21:29	00:37:00	00:56:25	01:00:47.20		4:40	12.8 (100%)
2	DOBRAŃSKYY Bogdan	50	FLAVIO RUNNING	M-16	2	00:21:28	00:37:03	00:56:28	01:01:03.80	+00:00:16 (0.5%)	4:41	12.8 (100%)
3	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:23:13	00:39:11	00:59:07	01:04:31.09	+00:03:43 (5.8%)	4:57	12.1 (94.5%)
4	JAŁOCHA Mieczysław	97	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:23:24	00:39:20	01:00:01	01:05:39.23	+00:04:52 (7.4%)	5:03	11.9 (93.0%)
5	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	2	00:23:36	00:39:41	01:00:38	01:06:00.62	+00:05:13 (7.9%)	5:04	11.8 (92.2%)
6	MAŁEK Andrzej	150	PRZEMYSKI KLUB BIEGACZA 5	M-40	1	00:24:37	00:41:13	01:02:13	01:08:19.59	+00:07:32 (11.0%)	5:15	11.4 (89.1%)
7	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	2	00:25:00	00:42:13	01:03:40	01:08:57.07	+00:08:09 (11.8%)	5:18	11.3 (88.3%)
8	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	3	00:23:44	00:40:48	01:03:05	01:09:09.79	+00:08:22 (12.1%)	5:19	11.3 (88.3%)
9	KOZŁOWSKI Krzysztof	126	PRZEMYSKI KLUB BIEGACZA	M-40	3	00:25:38	00:42:38	01:04:41	01:10:29.81	+00:09:42 (13.8%)	5:25	11.1 (86.7%)
10	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	4	00:25:11	00:42:21	01:04:45	01:10:38.40	+00:09:51 (13.9%)	5:26	11 (85.9%)
11	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	5	00:24:59	00:42:33	01:04:54	01:10:50.62	+00:10:03 (14.2%)	5:27	11 (85.9%)
12	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	6	00:24:56	00:42:09	01:04:48	01:11:11.36	+00:10:24 (14.6%)	5:28	11 (85.9%)
13	PREISNER Robert	199	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:25:42	00:43:00	01:05:01	01:11:23.53	+00:10:36 (14.9%)	5:29	10.9 (85.2%)
14	PEMPUŚ Bernard	192	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:23:33	00:41:06	01:05:14	01:11:36.88	+00:10:49 (15.1%)	5:30	10.9 (85.2%)
15	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	7	00:25:48	00:43:49	01:05:31	01:11:45.52	+00:10:58 (15.3%)	5:31	10.9 (85.2%)
16	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	8	00:25:32	00:43:14	01:05:56	01:12:05.56	+00:11:18 (15.7%)	5:32	10.8 (84.4%)
17	WASYLÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	9	00:26:23	00:43:38	01:06:18	01:12:16.36	+00:11:29 (15.9%)	5:33	10.8 (84.4%)
18	WEREMKO Grzegorz	260	MULTIMEDIA RUNNERS PUŁAWY	M-40	4	00:25:46	00:43:51	01:06:28	01:12:30.68	+00:11:43 (16.2%)	5:34	10.8 (84.4%)
19	KOZIOŁ Mariusz	125	PRZEMYSKI KLUB BIEGACZA 3	M-40	5	00:26:08	00:43:34	01:06:14	01:12:31.41	+00:11:44 (16.2%)	5:34	10.8 (84.4%)
20	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	10	00:26:15	00:44:24	01:07:17	01:12:59.14	+00:12:11 (16.7%)	5:36	10.7 (83.6%)
21	KOHUT Dariusz	115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:26:02	00:43:44	01:06:46	01:13:04.94	+00:12:17 (16.8%)	5:37	10.7 (83.6%)
22	RUCIŃSKI Piotr	211		M-30	11	00:26:02	00:43:56	01:07:25	01:13:33.83	+00:12:46 (17.4%)	5:39	10.6 (82.8%)
23	KORZENIOWSKI Władysław	318		M-40	7	00:25:58	00:44:20	01:07:14	01:13:39.33	+00:12:52 (17.5%)	5:39	10.6 (82.8%)
24	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	12	00:26:19	00:44:00	01:07:39	01:14:12.52	+00:13:25 (18.1%)	5:42	10.5 (82.0%)
25	GUT Jacek	87	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	00:26:16	00:44:14	01:07:29	01:14:14.45	+00:13:27 (18.1%)	5:42	10.5 (82.0%)
26	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	13	00:26:10	00:44:07	01:07:47	01:14:23.58	+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
27	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:26:16	00:45:03	01:08:24	01:14:50.03	+00:14:02 (18.8%)	5:45	10.4 (81.3%)
28	CURZYDŁO Bogdan	42	POZYTYWNE ZABIEGANI SANOK	M-40	9	00:25:37	00:44:28	01:08:23	01:15:15.24	+00:14:28 (19.2%)	5:47	10.4 (81.3%)
29	SUDACKI Sebastian	307		M-16	5	00:25:27	00:43:28	01:08:12	01:15:19.30	+00:14:32 (19.3%)	5:47	10.4 (81.3%)
30	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	14	00:26:37	00:44:55	01:08:30	01:15:19.56	+00:14:32 (19.3%)	5:47	10.4 (81.3%)
31	CHODOWIEC Emil	39		M-30	15	00:26:42	00:45:40	01:09:00	01:15:23.36	+00:14:36 (19.4%)	5:47	10.3 (80.5%)
32	TUTKA Dominik	253	NALEŚNIKI	M-30	16	00:26:58	00:45:38	01:09:54	01:16:10.07	+00:15:22 (20.2%)	5:51	10.2 (79.7%)
33	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	17	00:26:30	00:44:55	01:09:41	01:16:22.45	+00:15:35 (20.4%)	5:52	10.2 (79.7%)
34	BERNAT Tomasz	21		M-40	10	00:26:50	00:45:24	01:09:53	01:16:46.39	+00:15:59 (20.8%)	5:54	10.2 (79.7%)
35	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	18	00:27:09	00:46:23	01:10:30	01:16:50.55	+00:16:03 (20.9%)	5:54	10.1 (78.9%)
36	GAWORECKI Tomasz	73	POZYTYWNE ZABIEGANI SANOK	M-30	19	00:27:33	00:46:35	01:10:35	01:17:06.25	+00:16:19 (21.2%)	5:55	10.1 (78.9%)
37	NEBOHA Nikita	170	NIKE RUN CLUB	M-16	6	00:25:46	00:44:56	01:10:24	01:17:08.66	+00:16:21 (21.2%)	5:56	10.1 (78.9%)
38	SOBOL Krystian	225		M-40	11	00:26:28	00:45:41	01:10:14	01:17:23.26	+00:16:36 (21.5%)	5:57	10.1 (78.9%)
39	MAJ Witold	147	OLDBOYS TRUSKOLASY	M-50	3	00:26:32	00:45:37	01:10:17	01:17:26.36	+00:16:39 (21.5%)	5:57	10.1 (78.9%)
40	ĆWIAKAŁA Michał	46	ATHLETIC ŻRĘCIN	M-30	20	00:27:21	00:46:32	01:10:34	01:17:27.00	+00:16:39 (21.5%)	5:57	10.1 (78.9%)
41	MAZEK Przemysław	156	SZYBKIE ŻABY	M-16	7	00:28:05	00:47:52	01:11:33	01:18:17.02	+00:17:29 (22.4%)	6:01	10 (78.1%)
42	PRZYBYŁA Piotr	201	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	8	00:27:17	00:47:32	01:11:53	01:18:21.85	+00:17:34 (22.4%)	6:01	10 (78.1%)
43	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	21	00:28:09	00:47:55	01:11:40	01:18:24.43	+00:17:37 (22.5%)	6:01	9.9 (77.3%)
44	BODNAR Krystian	26		M-16	9	00:29:04	00:49:05	01:12:43	01:18:44.03	+00:17:56 (22.8%)	6:03	9.9 (77.3%)
45	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	22	00:27:36	00:47:44	01:11:56	01:18:46.72	+00:17:59 (22.8%)	6:03	9.9 (77.3%)
46	WIERZBICKI Janusz	263		M-30	23	00:26:09	00:46:26	01:12:13	01:18:51.36	+00:18:04 (22.9%)	6:03	9.9 (77.3%)
47	JACHIMOWSKI Jarosław	94	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:27:25	00:46:40	01:12:08	01:18:53.11	+00:18:05 (22.9%)	6:04	9.9 (77.3%)
48	BODNAR Adrian	25		M-16	10	00:28:57	00:49:02	01:12:38	01:19:02.34	+00:18:15 (23.1%)	6:04	9.9 (77.3%)
49	KRUSZYŃSKI Marek	130	PRZEMYSKI KLUB BIEGACZA 4	M-50	4	00:29:30	00:49:05	01:12:46	01:19:30.20	+00:18:42 (23.5%)	6:06	9.8 (76.6%)
50	MACIEJKO Rafał	145	KRESOWIANIE	M-40	12	00:27:24	00:48:19	01:13:01	01:20:07.16	+00:19:19 (24.1%)	6:09	9.7 (75.8%)
51	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	25	00:29:13	00:49:04	01:13:26	01:20:25.78	+00:19:38 (24.4%)	6:11	9.7 (75.8%)
52	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	13	00:27:54	00:48:21	01:13:38	01:20:39.30	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
53	PODOLAK Paweł	198	MKS UKB HALICZ	M-30	26	00:27:45	00:48:23	01:13:34	01:20:39.65	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
54	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	14	00:27:43	00:48:21	01:13:32	01:20:39.97	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
55	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	27	00:27:07	00:47:08	01:13:23	01:20:40.14	+00:19:52 (24.6%)	6:12	9.7 (75.8%)
56	NYKIEL Tomasz	175	PRZEMYSKI KLUB BIEGACZA 3	M-50	5	00:29:00	00:49:06	01:13:49	01:20:56.80	+00:20:09 (24.9%)	6:13	9.6 (75.0%)
57	PAJESTKA Wojtek	187	POZYTYWNE ZABIEGANI SANOK	M-40	15	00:27:55	00:48:37	01:14:01	01:21:01.00	+00:20:13 (25.0%)	6:13	9.6 (75.0%)
58	STADNIK Wojciech	229	PRZEMYSKI KLUB BIEGACZA 3	M-40	16	00:27:46	00:48:05	01:14:08	01:21:21.49	+00:20:34 (25.3%)	6:15	9.6 (75.0%)
59	KARASIŃSKI Radek	107	KOPALNIA MOCY TARNOBRZEG	M-40	17	00:29:48	00:49:13	01:13:54	01:21:30.69	+00:20:43 (25.4%)	6:16	9.6 (75.0%)
60	GRYCIUK Walenty	85		M-50	6	00:27:57	00:48:38	01:14:03	01:21:38.86	+00:20:51 (25.5%)	6:16	9.6 (75.0%)
61	SZYSZŁO Tomasz	251	POZYTYWNE ZABIEGANI SANOK	M-30	28	00:28:42	00:48:57	01:14:32	01:21:52.31	+00:21:05 (25.8%)	6:17	9.5 (74.2%)
62	UZDEJCZYK Kamil	255	SOLINA TEAM	M-30	29	00:29:44	00:50:50	01:16:44	01:23:31.33	+00:22:44 (27.2%)	6:25	9.3 (72.7%)
63	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	30	00:30:38	00:52:14	01:17:06	01:23:53.98	+00:23:06 (27.5%)	6:27	9.3 (72.7%)
64	HANDZIAK Tomasz	89		M-30	31	00:31:28	00:52:26	01:17:20	01:24:06.57	+00:23:19 (27.7%)	6:28	9.3 (72.7%)
65	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	32	00:29:30	00:50:57	01:17:02	01:24:21.32	+00:23:34 (27.9%)	6:29	9.2 (71.9%)
66	TOKARSKI Piotr	314		M-40	18	00:28:53	00:49:51	01:16:57	01:24:40.40	+00:23:53 (28.2%)	6:30	9.2 (71.9%)
67	SZADURSKI Tomasz	239	PRZEMYSKI KLUB BIEGACZA 4	M-40	19	00:30:11	00:51:07	01:17:12	01:24:53.21	+00:24:06 (28.4%)	6:31	9.2 (71.9%)
68	ŁAPCZYŃSKI Krzysztof	142	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	00:29:39	00:51:04	01:17:59	01:25:43.49	+00:24:56 (29.1%)	6:35	9.1 (71.1%)
69	ANTOSZ Bogdan	5		M-40	20	00:29:24	00:50:40	01:18:01	01:25:46.92	+00:24:59 (29.1%)	6:35	9.1 (71.1%)
70	MYTYCH Wiesław	169		M-40	21	00:29:56	00:51:23	01:18:25	01:26:08.74	+00:25:21 (29.4%)	6:37	9.1 (71.1%)

									Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	13km	Różn	min/km	km/h
71	FILIPOWICZ Krzysztof	67		M-40	22	00:29:59	00:51:17	01:18:07	01:26:08.92	+00:25:21 (29.4%)	6:37	9.1 (71.1%)
72	ZBIEĆ Dariusz	279	DARFIK TEAM	M-30	33	00:30:29	00:52:19	01:19:16	01:26:24.47	+00:25:37 (29.7%)	6:38	9 (70.3%)
73	MSZANECKI Tomasz	168		M-30	34	00:31:08	00:52:24	01:18:52	01:26:29.93	+00:25:42 (29.7%)	6:39	9 (70.3%)
74	SAWICKI Robert	217	BEE IS RUNNING	M-40	23	00:31:19	00:52:53	01:19:06	01:26:35.42	+00:25:48 (29.8%)	6:39	9 (70.3%)
75	KLOCEK Konrad	111		M-30	35	00:31:13	00:52:49	01:19:34	01:27:06.80	+00:26:19 (30.2%)	6:42	9 (70.3%)
76	GŁOWACKI Marcin	77	NALEŚNIKI	M-16	12	00:30:28	00:51:33	01:19:10	01:27:16.85	+00:26:29 (30.4%)	6:42	8.9 (69.5%)
77	KIAMUT Ryszard	310	KGB KORCZYNA	M-60+	1	00:30:54	00:52:25	01:19:23	01:27:17.54	+00:26:30 (30.4%)	6:42	8.9 (69.5%)
78	KUBICKI Łukasz	131	KUBICCY	M-30	36	00:31:13	00:53:07	01:20:15	01:27:47.32	+00:27:00 (30.8%)	6:45	8.9 (69.5%)
79	PIETRYSZYN Mariusz	195	SZYBKIE ŻABY	M-40	24	00:32:41	00:54:28	01:20:14	01:27:50.03	+00:27:02 (30.8%)	6:45	8.9 (69.5%)
80	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	37	00:30:16	00:52:04	01:20:28	01:27:52.04	+00:27:04 (30.8%)	6:45	8.9 (69.5%)
81	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	25	00:30:58	00:53:37	01:20:51	01:27:54.19	+00:27:06 (30.8%)	6:45	8.9 (69.5%)
82	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	26	00:30:54	00:53:39	01:20:45	01:27:54.82	+00:27:07 (30.9%)	6:45	8.9 (69.5%)
83	ANIKIEJ Paweł	4	MERCEDES-BENZ TEAM	M-40	27	00:31:05	00:52:48	01:19:52	01:27:58.22	+00:27:11 (30.9%)	6:46	8.9 (69.5%)
84	KRUKOWSKI Robert	129	PLATINIUM CROSS ZAMOŚĆ	M-30	38	00:30:09	00:52:18	01:19:48	01:28:03.49	+00:27:16 (31.0%)	6:46	8.9 (69.5%)
85	SARAMA Grzegorz	216	WWW.SANFOT.COM	M-40	28	00:30:08	00:52:29	01:20:43	01:28:30.74	+00:27:43 (31.3%)	6:48	8.8 (68.8%)
86	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	39	00:30:59	00:53:57	01:21:21	01:28:36.89	+00:27:49 (31.4%)	6:49	8.8 (68.8%)
87	ŚCIBOR Jarosław	8	PRZEMYSKI KLUB BIEGACZA	M-30	40	00:31:57	00:53:55	01:21:12	01:28:39.00	+00:27:51 (31.4%)	6:49	8.8 (68.8%)
88	GNIADY Jarosław	79		M-40	29	00:31:59	00:53:12	01:21:04	01:29:04.53	+00:28:17 (31.8%)	6:51	8.8 (68.8%)
89	JARACZ Marcin	291		M-30	41	00:29:52	00:52:40	01:20:37	01:29:43.20	+00:28:55 (32.2%)	6:54	8.7 (68.0%)
90	STEFAŃSKI Ireneusz	236	PRZEMYSKI KLUB BIEGACZA	M-40	30	00:31:45	00:54:26	01:22:14	01:29:58.91	+00:29:11 (32.4%)	6:55	8.7 (68.0%)
91	SOPEL Wiesław	227	KRESOWIANIE	M-50	7	00:33:22	00:55:42	01:22:39	01:30:17.64	+00:29:30 (32.7%)	6:56	8.6 (67.2%)
92	BAJSAROWICZ Maciej	9	PRUCHNICKA GRUPA BIEGOWA	M-16	13	00:32:05	00:54:14	01:22:51	01:30:35.56	+00:29:48 (32.9%)	6:58	8.6 (67.2%)
93	SUSABOWSKI Andrzej	238		M-30	42	00:30:30	00:53:02	01:22:05	01:30:41.02	+00:29:53 (33.0%)	6:58	8.6 (67.2%)
94	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	43	00:30:53	00:54:18	01:24:18	01:31:50.04	+00:31:02 (33.8%)	7:03	8.5 (66.4%)
95	KOZIEŁ Tadeusz	124	SZCZĘŚCIARZ BIEGA	M-16	14	00:33:02	00:56:01	01:24:47	01:31:59.13	+00:31:11 (33.9%)	7:04	8.5 (66.4%)
96	BURAK Adam	33	1 BATALION CZOŁGÓW	M-40	31	00:31:52	00:54:56	01:24:33	01:32:20.55	+00:31:33 (34.2%)	7:06	8.4 (65.6%)
97	KUZŁO Andrzej	136		M-30	44	00:31:43	00:56:34	01:24:15	01:32:21.43	+00:31:34 (34.2%)	7:06	8.4 (65.6%)
98	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	45	00:32:45	00:56:33	01:24:12	01:32:22.51	+00:31:35 (34.2%)	7:06	8.4 (65.6%)
99	DRYLA Piotr	57	1 BATALION CZOŁGÓW	M-40	32	00:31:53	00:54:14	01:24:53	01:32:32.03	+00:31:44 (34.3%)	7:07	8.4 (65.6%)
100	MIKUŚ Dominik	162	JASIELSKIE PIORUNY	M-16	15	00:33:11	00:57:14	01:25:32	01:32:42.63	+00:31:55 (34.4%)	7:07	8.4 (65.6%)
101	MATUŁA Przemysław	154	UMCS BIEGA	M-50	8	00:32:01	00:55:53	01:24:49	01:33:00.99	+00:32:13 (34.6%)	7:09	8.4 (65.6%)
102	GOLONKA Dawid	80		M-16	16	00:33:14	00:57:16	01:25:34	01:33:06.78	+00:32:19 (34.7%)	7:09	8.4 (65.6%)
103	KAPRAL Adam	315	DWERNIK KAMIEŃ TRAIL	M-40	33	00:32:36	00:55:27	01:24:25	01:33:07.51	+00:32:20 (34.7%)	7:09	8.4 (65.6%)
104	GRASZA Ireneusz	84	PRZEMYSKI KLUB BIEGACZA 4	M-40	34	00:33:05	00:55:36	01:24:50	01:33:12.22	+00:32:25 (34.8%)	7:10	8.4 (65.6%)
105	PLACHA Piotr	196	KOPALNIA MOCY TARNOBRZEG	M-40	35	00:32:38	00:56:13	01:25:08	01:33:57.69	+00:33:10 (35.3%)	7:13	8.3 (64.8%)
106	KOŁTUNIEWICZ Andrzej	116	WIEŚ TAŃCZY I BIEGA	M-40	36	00:32:17	00:55:03	01:25:38	01:34:12.39	+00:33:25 (35.5%)	7:14	8.3 (64.8%)
107	ROMANEK Marek	210	UM ZAMBROW	M-50	9	00:32:12	00:55:15	01:25:21	01:34:14.80	+00:33:27 (35.5%)	7:15	8.3 (64.8%)
108	LENIART Mirek	138		M-30	46	00:33:40	00:56:54	01:25:52	01:34:18.15	+00:33:30 (35.5%)	7:15	8.3 (64.8%)
109	DACYK Sylwester	48	SAINT-GOBAIN SQUAD	M-40	37	00:32:57	00:56:24	01:25:17	01:34:35.82	+00:33:48 (35.7%)	7:16	8.2 (64.1%)
110	AST Grzegorz	7	AMSTAFF TEAM JEDLICZE	M-16	17	00:32:25	00:56:07	01:25:59	01:34:45.99	+00:33:58 (35.9%)	7:17	8.2 (64.1%)
111	DRYNIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	38	00:35:36	00:59:05	01:27:01	01:35:30.00	+00:34:42 (36.3%)	7:20	8.2 (64.1%)
112	KOWALCZYK Sylwester	298	ORZEŁ	M-30	47	00:35:11	00:58:05	01:26:42	01:35:32.94	+00:34:45 (36.4%)	7:21	8.2 (64.1%)
113	NIEMIEC Łukasz	171	EALING EAGLES RUNNING CLUB, LONDON	M-30	48	00:35:12	00:58:07	01:26:46	01:35:33.43	+00:34:46 (36.4%)	7:21	8.2 (64.1%)
114	MISIAK Mateusz	165		M-16	18	00:33:11	00:58:05	01:28:01	01:36:26.49	+00:35:39 (37.0%)	7:25	8.1 (63.3%)

									Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	13km	Różn	min/km	km/h
115	DROZD Jerzy	54	LUBELAKY	M-60+	2	00:35:07	00:59:14	01:28:24	01:36:45.03	+00:35:57 (37.2%)	7:26	8.1 (63.3%)
116	LEVICKIJ Yurij	297	CLUB ULTRA	M-40	39	00:34:53	00:58:19	01:28:23	01:37:18.03	+00:36:30 (37.5%)	7:29	8 (62.5%)
117	RYBIŃSKI Grzegorz	212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	40	00:32:10	00:57:10	01:28:35	01:37:34.02	+00:36:46 (37.7%)	7:30	8 (62.5%)
118	BEŁCH Michał	19		M-30	49	00:33:28	00:57:54	01:29:19	01:37:38.43	+00:36:51 (37.7%)	7:30	8 (62.5%)
119	CHODNICKI Radosław	38		M-40	41	00:35:40	01:00:06	01:30:04	01:37:58.67	+00:37:11 (38.0%)	7:32	8 (62.5%)
120	KOPCZYK Waldemar	119	PRZEMYSKI KLUB BIEGACZA 6	M-40	42	00:31:30	00:58:31	01:29:03	01:38:04.75	+00:37:17 (38.0%)	7:32	8 (62.5%)
121	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	50	00:35:30	00:57:34	01:29:07	01:38:06.15	+00:37:18 (38.0%)	7:32	7.9 (61.7%)
122	SKAŁUBA Marek	220	BRAK	M-30	51	00:32:10	00:56:27	01:29:19	01:38:11.90	+00:37:24 (38.1%)	7:33	7.9 (61.7%)
123	DROBOT Piotr	312	NA PRZEKÓR	M-40	43	00:34:23	00:59:33	01:29:48	01:38:24.75	+00:37:37 (38.2%)	7:34	7.9 (61.7%)
124	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	44	00:34:17	00:58:52	01:30:09	01:38:57.39	+00:38:10 (38.6%)	7:36	7.9 (61.7%)
125	OSZCZYPKO Piotr	186	PRZEMYŚL BEARS	M-16	19	00:34:11	01:00:02	01:30:22	01:38:57.49	+00:38:10 (38.6%)	7:36	7.9 (61.7%)
126	ZIELIŃSKI Sebastian	282	POZYTYWNIIE ZABIEGANI SANOK	M-30	52	00:33:51	00:58:23	01:30:05	01:39:11.82	+00:38:24 (38.7%)	7:37	7.9 (61.7%)
127	MAŚLAK Jacek	153	POZYTYWNIIE ZABIEGANI SANOK	M-40	45	00:35:19	01:01:00	01:31:21	01:39:26.05	+00:38:38 (38.9%)	7:38	7.8 (60.9%)
128	MITURA Wojtek	166		M-40	46	00:35:37	01:01:15	01:30:53	01:39:28.69	+00:38:41 (38.9%)	7:39	7.8 (60.9%)
129	RĄCZKA Mateusz	206		M-30	53	00:35:00	00:59:38	01:31:09	01:39:54.62	+00:39:07 (39.2%)	7:41	7.8 (60.9%)
130	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	54	00:32:55	00:58:02	01:30:39	01:39:56.00	+00:39:08 (39.2%)	7:41	7.8 (60.9%)
131	HOCEK Jakub	91	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	20	00:35:44	01:01:44	01:31:57	01:39:57.69	+00:39:10 (39.2%)	7:41	7.8 (60.9%)
132	PASIERB Grzegorz	189	DECARUN RZESZÓW 2	M-40	47	00:34:48	00:59:58	01:31:24	01:40:04.56	+00:39:17 (39.3%)	7:41	7.8 (60.9%)
133	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	55	00:36:17	01:01:45	01:32:13	01:40:06.44	+00:39:19 (39.3%)	7:42	7.8 (60.9%)
134	OLSZYK Tadeusz	183	BIEGACZE ŚWINOUJŚCIE	M-60+	3	00:35:26	01:00:36	01:32:33	01:41:33.75	+00:40:46 (40.1%)	7:48	7.7 (60.2%)
135	GŁOWACKI Krzysztof	76	NALEŚNIKI	M-16	21	00:35:29	00:57:13	01:29:27	01:41:40.75	+00:40:53 (40.2%)	7:49	7.7 (60.2%)
136	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	56	00:35:17	01:00:27	01:32:26	01:42:08.70	+00:41:21 (40.5%)	7:51	7.6 (59.4%)
137	JAKUBOWSKI Daniel	95	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	48	00:35:46	01:01:32	01:33:37	01:42:41.90	+00:41:54 (40.8%)	7:54	7.6 (59.4%)
138	BRZOZOWSKI Marek	31		M-30	57	00:36:16	01:02:07	01:33:51	01:43:10.90	+00:42:23 (41.1%)	7:56	7.6 (59.4%)
139	GORZKOWSKI Marcin	81	BIESY I CZORTY	M-30	58	00:36:26	00:58:37	01:32:20	01:43:13.71	+00:42:26 (41.1%)	7:56	7.6 (59.4%)
140	GRZESIAK Grzegorz	86	EULEO BIEGA	M-40	49	00:33:57	01:00:03	01:34:13	01:43:54.68	+00:43:07 (41.5%)	7:59	7.5 (58.6%)
141	WOJTOWICZ Tomasz	272		M-30	59	00:34:59	01:01:18	01:34:35	01:43:59.56	+00:43:12 (41.5%)	8:00	7.5 (58.6%)
142	WILECZEK Antoni	265		M-30	60	00:34:24	01:01:47	01:35:37	01:44:04.07	+00:43:16 (41.6%)	8:00	7.5 (58.6%)
143	DUDEK Arkadiusz	61		M-50	10	00:34:37	01:00:57	01:34:21	01:44:09.88	+00:43:22 (41.6%)	8:00	7.5 (58.6%)
144	DUDEK Paweł	60		M-40	50	00:36:58	01:04:48	01:36:54	01:45:09.59	+00:44:22 (42.2%)	8:05	7.4 (57.8%)
145	MAŁEK Paweł	149	DECARUN RZESZÓW 2	M-40	51	00:36:48	01:03:26	01:36:12	01:45:13.86	+00:44:26 (42.2%)	8:05	7.4 (57.8%)
146	KWOLIK Mateusz	316		M-16	22	00:35:44	01:01:54	01:36:44	01:45:25.58	+00:44:38 (42.3%)	8:06	7.4 (57.8%)
147	NOWOSAD Mariusz	174	PLATINIUM CROSS ZAMOŚĆ	M-40	52	00:36:54	01:05:03	01:37:14	01:45:36.72	+00:44:49 (42.4%)	8:07	7.4 (57.8%)
148	BRZUSZKO Jacek	32		M-50	11	00:34:55	01:02:18	01:36:07	01:45:37.11	+00:44:49 (42.4%)	8:07	7.4 (57.8%)
149	SIEDLACZEK Zbigniew	219	SKLEP BIEGACZA LUBLIN TEAM	M-60+	4	00:36:20	01:03:54	01:37:18	01:46:41.29	+00:45:54 (43.0%)	8:12	7.3 (57.0%)
150	BIERNACKI Rene	301		M-60+	5	00:39:18	01:06:06	01:37:42	01:46:47.91	+00:46:00 (43.1%)	8:12	7.3 (57.0%)
151	STEC Korwin	233		M-40	53	00:35:34	01:02:35	01:37:44	01:47:10.97	+00:46:23 (43.3%)	8:14	7.3 (57.0%)
152	OCHYRA Krzysztof	309		M-50	12	00:36:57	01:04:04	01:38:03	01:47:31.81	+00:46:44 (43.5%)	8:16	7.3 (57.0%)
153	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	54	00:37:38	01:04:20	01:38:07	01:48:24.04	+00:47:36 (43.9%)	8:20	7.2 (56.3%)
154	ROJEK Dawid	209	NIECHBIEGA	M-16	23	00:37:55	01:06:55	01:40:26	01:49:10.68	+00:48:23 (44.3%)	8:23	7.1 (55.5%)
155	MAGDA Arkadiusz	146		M-16	24	00:37:34	01:06:15	01:39:56	01:49:50.85	+00:49:03 (44.7%)	8:27	7.1 (55.5%)
156	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	55	00:36:22	01:04:13	01:38:39	01:50:03.30	+00:49:16 (44.8%)	8:27	7.1 (55.5%)
157	KUROPATWA Kazimierz	133	PRZEMYSKI KLUB BIEGACZA	M-60+	6	00:37:54	01:04:55	01:40:03	01:50:14.68	+00:49:27 (44.9%)	8:28	7.1 (55.5%)
158	KACZMARSKI Artur	103		M-30	61	00:35:09	01:02:48	01:38:30	01:50:41.24	+00:49:54 (45.1%)	8:30	7 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	9.5km	12km	Czas netto 13km	Różn	Tempo min/km	Tempo km/h
159	BANASIEWICZ Paweł	13	POZYTYWNIIE ZABIEGANI SANOK	M-30	62	00:39:04	01:08:06	01:41:35	01:50:49.66	+00:50:02 (45.2%)	8:31	7 (54.7%)
160	GAJDA Mateusz	71	SPRÓCHNIALI HERKULESI	M-30	63	00:37:03	01:04:44	01:40:06	01:51:00.49	+00:50:13 (45.2%)	8:32	7 (54.7%)
161	SZUBA Krzysztof	246		M-40	56	00:38:40	01:08:36	01:44:54	01:54:39.63	+00:53:52 (47.0%)	8:49	6.8 (53.1%)
162	BASARAB Grzegorz	17		M-40	57	00:40:39	01:10:40	01:47:08	01:56:37.41	+00:55:50 (47.9%)	8:58	6.7 (52.3%)
163	SZCZERBICKI Michał	242		M-40	58	00:40:09	01:10:21	01:47:00	01:56:45.04	+00:55:57 (47.9%)	8:58	6.7 (52.3%)
164	ADAMSKI Łukasz	300	CS	M-30	64	00:42:05	01:12:28	01:49:57	02:00:20.79	+00:59:33 (49.5%)	9:15	6.5 (50.8%)
165	MIODUNKA Tomasz	163	STG DĘBICA	M-40	59	00:43:10	01:14:14	01:51:24	02:01:48.29	+01:01:01 (50.1%)	9:22	6.4 (50.0%)
166	WILCZYNSKI Mariusz	264	SZLACHETNA PACZKA	M-30	65	00:41:54	01:13:30	01:54:20	02:05:33.77	+01:04:46 (51.6%)	9:39	6.2 (48.4%)
167	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:41:44	01:13:26	01:54:29	02:05:34.27	+01:04:47 (51.6%)	9:39	6.2 (48.4%)
168	ZBIEĆ Janusz	281	DARFIK TEAM	M-60+	7	00:44:47	01:17:35	02:00:33	02:12:11.51	+01:11:24 (54.0%)	10:10	5.9 (46.1%)
169	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	67	00:44:20	01:18:27	02:02:35	02:14:47.55	+01:14:00 (54.9%)	10:22	5.8 (45.3%)
170	KARDASZ Marek	108	SOLINA TEAM	M-40	60	00:46:56	01:22:09	02:04:44	02:16:16.65	+01:15:29 (55.4%)	10:28	5.7 (44.5%)
171	ADAMCZYK Artur	1	SOLINA TEAM	M-50	13	00:46:49	01:22:08	02:04:23	02:16:17.26	+01:15:30 (55.4%)	10:29	5.7 (44.5%)

Znalezione 171 wynik(ów)