

# BIESZCZADZKI KLASYK RYSIA

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia  
**Organizator:** GOKSiT  
**Data:** 2018-10-20  
**Miejsce:** Polańczyk  
**Dystans:** 12 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	<b>MACIASZEK Grzegorz</b>	<b>106</b>	RAJSPORT ACTIVE SIERADZ	M-40	1	00:26:23	<b>00:58:28.49</b>		4:52	12.3 (100%)
2	<b>RODZINKA Jan</b>	<b>136</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	2	00:25:44	<b>00:59:01.61</b>	+00:00:33 (0.9%)	4:55	12.2 (99.2%)
3	<b>GLEŃ Robert</b>	<b>48</b>	MUKS PODKARPACIE JEDLICZE	M-40	3	00:26:06	<b>00:59:47.77</b>	+00:01:19 (2.2%)	4:59	12 (97.6%)
4	<b>STAŃKO Paweł</b>	<b>165</b>	BIESY I CZORTY	M-40	4	00:27:16	<b>01:01:55.85</b>	+00:03:27 (5.6%)	5:09	11.6 (94.3%)
5	<b>SZMIST Szymon</b>	<b>173</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	1	00:27:22	<b>01:02:30.74</b>	+00:04:02 (6.5%)	5:12	11.5 (93.5%)
6	<b>SKAWIŃSKI Tomasz</b>	<b>158</b>	BIESY I CZORTY	M-30	2	00:28:16	<b>01:02:44.90</b>	+00:04:16 (6.8%)	5:13	11.5 (93.5%)
7	<b>WOJNAROWSKI Jacek</b>	<b>197</b>		M-40	5	00:27:45	<b>01:02:48.51</b>	+00:04:20 (6.9%)	5:14	11.5 (93.5%)
8	<b>KOSTERKIEWICZ Marcin</b>	<b>86</b>	PRZEMYSKI KLUB BIEGACZA	M-40	6	00:28:27	<b>01:02:51.83</b>	+00:04:23 (7.0%)	5:14	11.5 (93.5%)
9	<b>MOSOŃ Wiktor</b>	<b>118</b>	MUKS PODKARPACIE JEDLICZE	M-40	7	00:27:23	<b>01:03:02.44</b>	+00:04:33 (7.2%)	5:15	11.4 (92.7%)
10	<b>PISZCZEK Stanisław</b>	<b>135</b>		M-30	3	00:28:15	<b>01:03:14.37</b>	+00:04:45 (7.5%)	5:16	11.4 (92.7%)
11	<b>OLEJARSKI Marcin</b>	<b>122</b>		M-16	1	00:27:03	<b>01:03:40.84</b>	+00:05:12 (8.2%)	5:18	11.3 (91.9%)
12	<b>GŁUSZKO Przemek</b>	<b>49</b>	SOLINA TEAM	M-30	4	00:27:51	<b>01:04:17.96</b>	+00:05:49 (9.1%)	5:21	11.2 (91.1%)
13	<b>PYRZAK Jacek</b>	<b>141</b>	BIKESHOP RZESZÓW	M-30	5	00:29:19	<b>01:04:48.75</b>	+00:06:20 (9.8%)	5:24	11.1 (90.2%)
14	<b>TOMASZEK Zbigniew</b>	<b>179</b>	KAMIEŃ DWERNIK	M-40	8	00:28:41	<b>01:05:03.46</b>	+00:06:34 (10.1%)	5:25	11.1 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas		Tempo min/km	Tempo km/h
							12km	Różn		
15	<b>KOHUT Dariusz</b>	<b>81</b>	PRZEMYSKI KLUB BIEGACZA	M-40	9	00:29:25	<b>01:05:25.80</b>	+00:06:57 (10.6%)	5:27	11 (89.4%)
16	<b>GUT Jacek</b>	<b>53</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	00:28:40	<b>01:05:34.28</b>	+00:07:05 (10.8%)	5:27	11 (89.4%)
17	<b>DOMISZEWSKA Maria</b>	<b>31</b>		K-50	1	00:28:45	<b>01:06:08.53</b>	+00:07:40 (11.6%)	5:30	10.9 (88.6%)
18	<b>ŁAGOŻNY Łukasz</b>	<b>101</b>	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	6	00:29:46	<b>01:06:25.06</b>	+00:07:56 (12.0%)	5:32	10.8 (87.8%)
19	<b>DUDA Paweł</b>	<b>37</b>	MUKS PODKARPACIE JEDLICZE	M-30	7	00:29:39	<b>01:06:29.14</b>	+00:08:00 (12.0%)	5:32	10.8 (87.8%)
20	<b>CURZYDŁO Bogdan</b>	<b>27</b>		M-40	10	00:29:20	<b>01:06:47.14</b>	+00:08:18 (12.4%)	5:34	10.8 (87.8%)
21	<b>DELEŻUCH Wojciech</b>	<b>29</b>	OSP NIEMCE	M-40	11	00:29:58	<b>01:07:07.72</b>	+00:08:39 (12.9%)	5:35	10.7 (87.0%)
22	<b>STADNIK Wojciech</b>	<b>164</b>	PRZEMYSKI KLUB BIEGACZA	M-40	12	00:29:44	<b>01:07:09.19</b>	+00:08:40 (12.9%)	5:35	10.7 (87.0%)
23	<b>OCHYRA Konrad</b>	<b>121</b>	SOLINA TEAM	M-16	3	00:30:40	<b>01:07:34.41</b>	+00:09:05 (13.5%)	5:37	10.7 (87.0%)
24	<b>WIERZBICKI Janusz</b>	<b>214</b>		M-30	8	00:29:27	<b>01:08:54.60</b>	+00:10:26 (15.1%)	5:44	10.4 (84.6%)
25	<b>DOPART Tomasz</b>	<b>33</b>	KAMIEŃ DWERNIK	M-40	13	00:31:28	<b>01:09:04.35</b>	+00:10:35 (15.3%)	5:45	10.4 (84.6%)
26	<b>FEDIO Marek</b>	<b>40</b>	I KZ	M-30	9	00:29:46	<b>01:10:00.09</b>	+00:11:31 (16.5%)	5:50	10.3 (83.7%)
27	<b>RYCYK Łukasz</b>	<b>152</b>		M-30	10	00:31:25	<b>01:10:11.34</b>	+00:11:42 (16.7%)	5:51	10.3 (83.7%)
28	<b>WEREMKO Grzegorz</b>	<b>188</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	14	00:31:30	<b>01:10:15.33</b>	+00:11:46 (16.8%)	5:51	10.2 (82.9%)
29	<b>KAŻMIERCZAK Krzysztof</b>	<b>72</b>		M-40	15	00:31:36	<b>01:10:32.12</b>	+00:12:03 (17.1%)	5:52	10.2 (82.9%)
30	<b>MLECZKO Grzegorz</b>	<b>117</b>	I KZ	M-30	11	00:31:21	<b>01:10:46.99</b>	+00:12:18 (17.4%)	5:53	10.2 (82.9%)
31	<b>WOLIŃSKI Ryszard</b>	<b>200</b>	RUNNING TEAM NOWY STYL GROUP	M-30	12	00:31:23	<b>01:10:58.47</b>	+00:12:29 (17.6%)	5:54	10.1 (82.1%)
32	<b>MAZURKIEWICZ Bartłomiej</b>	<b>113</b>	POZYTYWNIIE ZABIEGANI SANOK 3	M-16	4	00:31:59	<b>01:11:00.51</b>	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
33	<b>BODNAR Adrian</b>	<b>20</b>		M-16	5	00:31:52	<b>01:11:01.25</b>	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
34	<b>SZYSZŁO Tomasz</b>	<b>176</b>	POZYTYWNIIE ZABIEGANI SANOK 3	M-30	13	00:31:30	<b>01:11:01.77</b>	+00:12:33 (17.7%)	5:55	10.1 (82.1%)
35	<b>GAWORECKI Tomasz</b>	<b>45</b>	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	14	00:31:32	<b>01:11:06.91</b>	+00:12:38 (17.8%)	5:55	10.1 (82.1%)
36	<b>PODOLAK Paweł</b>	<b>138</b>	KAMIEŃ DWERNIK	M-30	15	00:31:29	<b>01:11:13.20</b>	+00:12:44 (17.9%)	5:56	10.1 (82.1%)
37	<b>RUCIŃSKI Piotr</b>	<b>150</b>		M-30	16	00:31:48	<b>01:11:32.28</b>	+00:13:03 (18.3%)	5:57	10.1 (82.1%)

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							12km	Różn		
38	<b>KANDEFER Beata</b>	<b>217</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	1	00:31:42	<b>01:11:33.89</b>	+00:13:05 (18.3%)	5:57	10.1 (82.1%)
39	<b>KOŚMIDER Tomasz</b>	<b>87</b>	SPARTANIE DZIECIOM	M-30	17	00:32:49	<b>01:11:34.05</b>	+00:13:05 (18.3%)	5:57	10.1 (82.1%)
40	<b>JABŁOŃSKI Marek</b>	<b>60</b>	PGB SPORTOWA PACZKA	M-16	6	00:31:55	<b>01:11:43.53</b>	+00:13:15 (18.5%)	5:58	10 (81.3%)
41	<b>SZKULSKI Krystian</b>	<b>172</b>	1BCZ	M-16	7	00:31:51	<b>01:11:57.93</b>	+00:13:29 (18.7%)	5:59	10 (81.3%)
42	<b>SZKODA Robert</b>	<b>171</b>	BURZA MUZGÓW	M-30	18	00:31:47	<b>01:12:09.19</b>	+00:13:40 (19.0%)	6:00	10 (81.3%)
43	<b>ANTOSZ Bogdan</b>	<b>7</b>		M-40	16	00:32:17	<b>01:12:24.22</b>	+00:13:55 (19.2%)	6:02	9.9 (80.5%)
44	<b>GIEFERT Tomasz</b>	<b>47</b>	I KZ	M-30	19	00:31:17	<b>01:12:25.18</b>	+00:13:56 (19.3%)	6:02	9.9 (80.5%)
45	<b>OSIŃSKI Adam</b>	<b>125</b>		M-30	20	00:31:39	<b>01:12:27.07</b>	+00:13:58 (19.3%)	6:02	9.9 (80.5%)
46	<b>PASTERCZYK Dariusz</b>	<b>127</b>	MUKS PODKARPACIE JEDLICZE	M-40	17	00:32:31	<b>01:12:41.56</b>	+00:14:13 (19.6%)	6:03	9.9 (80.5%)
47	<b>WINIARSKI Karol</b>	<b>193</b>	BŁĘKITNY ŻEGLCE	M-30	21	00:31:55	<b>01:13:01.43</b>	+00:14:32 (19.9%)	6:05	9.9 (80.5%)
48	<b>KAŹMIERCZAK Eryk</b>	<b>73</b>		M-16	8	00:32:08	<b>01:13:02.14</b>	+00:14:33 (19.9%)	6:05	9.9 (80.5%)
49	<b>BALICKI Zbigniew</b>	<b>12</b>	BURZA MUZGÓW	M-40	18	00:32:04	<b>01:13:06.33</b>	+00:14:37 (20.0%)	6:05	9.8 (79.7%)
50	<b>WALANIA Kinga</b>	<b>183</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	1	00:32:18	<b>01:13:14.19</b>	+00:14:45 (20.2%)	6:06	9.8 (79.7%)
51	<b>BRONHARD Rafał</b>	<b>24</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	22	00:32:18	<b>01:13:14.26</b>	+00:14:45 (20.2%)	6:06	9.8 (79.7%)
52	<b>AMAROWICZ Jacek</b>	<b>4</b>	I KZ III - PLZ	M-30	23	00:32:42	<b>01:13:24.91</b>	+00:14:56 (20.4%)	6:07	9.8 (79.7%)
53	<b>SIKORA-KOŁODZIEJ Irmina</b>	<b>157</b>	BIESY I CZORTY	K-30	2	00:32:41	<b>01:13:27.18</b>	+00:14:58 (20.4%)	6:07	9.8 (79.7%)
54	<b>CZERNICKI Marcin</b>	<b>149</b>	PRZEMYSKI KLUB BIEGACZA	M-30	24	00:32:43	<b>01:13:28.83</b>	+00:15:00 (20.4%)	6:07	9.8 (79.7%)
55	<b>GOLEŚ Grzegorz</b>	<b>52</b>	RUN GIEDLAROWA	M-30	25	00:31:49	<b>01:13:55.04</b>	+00:15:26 (20.9%)	6:09	9.7 (78.9%)
56	<b>KARDASZ Marek</b>	<b>69</b>	SOLINA TEAM	M-30	26	00:32:53	<b>01:14:31.52</b>	+00:16:03 (21.5%)	6:12	9.7 (78.9%)
57	<b>ROCZNIAK Bogdan</b>	<b>148</b>		M-40	19	00:34:10	<b>01:14:46.11</b>	+00:16:17 (21.8%)	6:13	9.6 (78.0%)
58	<b>DOMISZEWSKI Wojciech</b>	<b>196</b>		M-50	1	00:33:00	<b>01:14:50.88</b>	+00:16:22 (21.9%)	6:14	9.6 (78.0%)
59	<b>PIETRYSZYN Mariusz</b>	<b>134</b>	SOLINA TEAM	M-40	20	00:34:01	<b>01:14:52.29</b>	+00:16:23 (21.9%)	6:14	9.6 (78.0%)
60	<b>MITURA Wojtek</b>	<b>116</b>		M-40	21	00:34:28	<b>01:15:11.17</b>	+00:16:42 (22.2%)	6:15	9.6 (78.0%)

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							12km	Różn		
61	<b>JACHIMOWSKI Jarek</b>	<b>61</b>	KOMP-SERWIS24 SANOK	M-30	27	00:33:05	<b>01:15:18.31</b>	+00:16:49 (22.3%)	6:16	9.6 (78.0%)
62	<b>BERNAŚ Dariusz</b>	<b>19</b>	BSCZADY	M-30	28	00:33:43	<b>01:15:24.20</b>	+00:16:55 (22.5%)	6:17	9.5 (77.2%)
63	<b>ŁABUDZKI Marcin</b>	<b>99</b>	PRZEMYSKI KLUB BIEGACZA	M-30	29	00:33:20	<b>01:15:32.94</b>	+00:17:04 (22.6%)	6:17	9.5 (77.2%)
64	<b>PĘKOSZ Agnieszka</b>	<b>132</b>	TRIO Z PKB	K-30	3	00:33:29	<b>01:15:33.04</b>	+00:17:04 (22.6%)	6:17	9.5 (77.2%)
65	<b>BODZIOCH Grzegorz</b>	<b>22</b>	GORLICKA GRUPA BIEGOWA	M-40	22	00:33:12	<b>01:15:33.72</b>	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
66	<b>MATUSZEWSKI Piotr</b>	<b>112</b>		M-30	30	00:34:15	<b>01:15:33.76</b>	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
67	<b>PAJESTKA Wojciech</b>	<b>126</b>	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	23	00:34:19	<b>01:15:34.01</b>	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
68	<b>KOZIEŁ Tadeusz</b>	<b>89</b>	BURZA MUZGÓW	M-16	9	00:33:37	<b>01:15:42.11</b>	+00:17:13 (22.8%)	6:18	9.5 (77.2%)
69	<b>STEFAŃSKA Maria</b>	<b>166</b>	TRIO Z PKB	K-30	4	00:33:37	<b>01:15:42.52</b>	+00:17:14 (22.8%)	6:18	9.5 (77.2%)
70	<b>MACHLARZ Mateusz</b>	<b>105</b>	SRTG RZESZÓW	M-16	10	00:32:41	<b>01:15:52.18</b>	+00:17:23 (22.9%)	6:19	9.5 (77.2%)
71	<b>RECZKOWSKI Andrzej</b>	<b>146</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	00:32:54	<b>01:16:00.31</b>	+00:17:31 (23.1%)	6:20	9.5 (77.2%)
72	<b>ROCZNIAK Marcin</b>	<b>147</b>	ROCZNIAK TEAM	M-30	31	00:33:20	<b>01:16:06.03</b>	+00:17:37 (23.2%)	6:20	9.5 (77.2%)
73	<b>RADYK Jakub</b>	<b>142</b>	PRZEMYSKI KLUB BIEGACZA	M-30	32	00:33:31	<b>01:16:23.18</b>	+00:17:54 (23.4%)	6:21	9.4 (76.4%)
74	<b>KAWALIŁO Piotr</b>	<b>70</b>		M-30	33	00:32:45	<b>01:16:46.35</b>	+00:18:17 (23.8%)	6:23	9.4 (76.4%)
75	<b>AMROZKIEWICZ-GROMEK Judyta</b>	<b>5</b>	AMROZKIEWICZ TEAM	K-30	5	00:34:18	<b>01:16:46.86</b>	+00:18:18 (23.8%)	6:23	9.4 (76.4%)
76	<b>HADUCH Jerzy</b>	<b>54</b>	SANOK I OKOLICE	M-60	2	00:33:29	<b>01:17:08.07</b>	+00:18:39 (24.2%)	6:25	9.3 (75.6%)
77	<b>WĘGRZYŃSKI Paweł</b>	<b>189</b>		M-30	34	00:34:26	<b>01:17:09.81</b>	+00:18:41 (24.2%)	6:25	9.3 (75.6%)
78	<b>BEŁCH Michał</b>	<b>18</b>		M-30	35	00:33:32	<b>01:17:15.94</b>	+00:18:47 (24.3%)	6:26	9.3 (75.6%)
79	<b>BURAK Adam</b>	<b>25</b>	1BCZ	M-40	24		<b>01:17:27.16</b>	+00:18:58 (24.5%)	6:27	9.3 (75.6%)
80	<b>SZEWczyk Rafał</b>	<b>170</b>		M-40	25	00:34:47	<b>01:18:02.21</b>	+00:19:33 (25.1%)	6:30	9.2 (74.8%)
81	<b>LEWSZA Michał</b>	<b>98</b>		M-16	11	00:34:09	<b>01:18:33.00</b>	+00:20:04 (25.6%)	6:32	9.2 (74.8%)
82	<b>MAŚLAK Jacek</b>	<b>110</b>	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	26	00:34:52	<b>01:19:33.80</b>	+00:21:05 (26.5%)	6:37	9 (73.2%)
83	<b>DRWIĘGA Maciej</b>	<b>36</b>	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	27	00:34:52	<b>01:19:33.94</b>	+00:21:05 (26.5%)	6:37	9 (73.2%)

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							12km	Różn		
84	<b>KAPRAL Mateusz</b>	<b>68</b>		M-16	12	00:35:08	<b>01:20:14.18</b>	+00:21:45 (27.1%)	6:41	9 (73.2%)
85	<b>PEŁDIAK Bogdan</b>	<b>131</b>		M-50	2	00:34:43	<b>01:20:49.93</b>	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
86	<b>KAPRAL Adam</b>	<b>67</b>	KAMIEŃ DWERNIK	M-40	28	00:35:46	<b>01:20:50.04</b>	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
87	<b>ZYMRÓZ Tomek</b>	<b>206</b>	JAK NIE MY TO KTO? ROPCZYCE	M-16	13	00:34:56	<b>01:21:25.72</b>	+00:22:57 (28.2%)	6:47	8.8 (71.5%)
88	<b>ŚCIBOR Jarosław</b>	<b>177</b>	I KZ III - PLZ	M-30	36	00:36:29	<b>01:22:15.41</b>	+00:23:46 (28.9%)	6:51	8.8 (71.5%)
89	<b>JAKUBOWSKI Daniel</b>	<b>63</b>	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	29	00:35:53	<b>01:22:23.26</b>	+00:23:54 (29.0%)	6:52	8.7 (70.7%)
90	<b>MAJCHER Damian</b>	<b>107</b>		M-30	37	00:36:21	<b>01:22:29.62</b>	+00:24:01 (29.1%)	6:52	8.7 (70.7%)
91	<b>DOROSZ Barbara</b>	<b>34</b>	TRIO Z PKB	K-30	6	00:36:26	<b>01:22:45.61</b>	+00:24:17 (29.3%)	6:53	8.7 (70.7%)
92	<b>SZYMALA-LIPKA Magdalena</b>	<b>175</b>		K-30	7	00:36:42	<b>01:23:30.62</b>	+00:25:02 (30.0%)	6:57	8.6 (69.9%)
93	<b>SUCHOWIECKA Sabina</b>	<b>168</b>		K-16	1	00:36:30	<b>01:23:35.06</b>	+00:25:06 (30.0%)	6:57	8.6 (69.9%)
94	<b>RYŁKO Jacek</b>	<b>211</b>	SOLINA TEAM	M-40	30	00:36:21	<b>01:23:36.16</b>	+00:25:07 (30.1%)	6:58	8.6 (69.9%)
95	<b>KLESZCZYŃSKI Bartosz</b>	<b>77</b>	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	00:37:21	<b>01:23:38.39</b>	+00:25:09 (30.1%)	6:58	8.6 (69.9%)
96	<b>BAŁABAN Waldemar</b>	<b>13</b>	WALBA	M-50	3	00:38:42	<b>01:23:57.72</b>	+00:25:29 (30.4%)	6:59	8.6 (69.9%)
97	<b>HABART Dorota</b>	<b>219</b>		K-40	2	00:38:06	<b>01:24:01.23</b>	+00:25:32 (30.4%)	7:00	8.6 (69.9%)
98	<b>GALANTY Agnieszka</b>	<b>44</b>	SZYBKIE BLONDYNY	K-40	3	00:37:36	<b>01:24:07.80</b>	+00:25:39 (30.5%)	7:00	8.6 (69.9%)
99	<b>SIEDLACZEK Zbigniew</b>	<b>156</b>	SKLEP BIEGACZA LUBLIN TEAM	M-60	3	00:36:30	<b>01:24:23.53</b>	+00:25:55 (30.7%)	7:02	8.5 (69.1%)
100	<b>ŁUCZAK Janusz</b>	<b>102</b>		M-50	4	00:37:25	<b>01:24:49.79</b>	+00:26:21 (31.1%)	7:04	8.5 (69.1%)
101	<b>KORYCIŃSKA Izabela</b>	<b>84</b>		K-30	8	00:37:50	<b>01:24:53.33</b>	+00:26:24 (31.1%)	7:04	8.5 (69.1%)
102	<b>BABINSKA Inga</b>	<b>9</b>	SZYBKIE BLONDYNY	K-40	4	00:37:39	<b>01:24:56.88</b>	+00:26:28 (31.2%)	7:04	8.5 (69.1%)
103	<b>LEŚNIAK-POPIEL Marta</b>	<b>97</b>	POZYTYWNIE ZABIEGANI SANOK 2	K-40	5	00:37:26	<b>01:25:00.99</b>	+00:26:32 (31.2%)	7:05	8.5 (69.1%)
104	<b>WAJCOWICZ Witold</b>	<b>182</b>	POZYTYWNIE ZABIEGANI SANOK 2	M-40	31	00:37:27	<b>01:25:01.16</b>	+00:26:32 (31.2%)	7:05	8.5 (69.1%)
105	<b>KROK Krzysztof</b>	<b>91</b>	NIEZRZESZONY	M-50	5	00:38:10	<b>01:25:04.82</b>	+00:26:36 (31.3%)	7:05	8.5 (69.1%)
106	<b>WACNIK Janusz</b>	<b>181</b>		M-50	6	00:37:26	<b>01:25:44.06</b>	+00:27:15 (31.8%)	7:08	8.4 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas		Tempo min/km	Tempo km/h
							12km	Różn		
107	<b>HABART Maciej</b>	<b>220</b>		M-40	32	00:39:07	<b>01:25:49.36</b>	+00:27:20 (31.9%)	7:09	8.4 (68.3%)
108	<b>WAŁĘGA-ROSTEK Małgorzata</b>	<b>186</b>	ULTAMĘKI	K-40	6	00:37:29	<b>01:25:50.73</b>	+00:27:22 (31.9%)	7:09	8.4 (68.3%)
109	<b>SADOWY Janusz</b>	<b>155</b>	5 BSP	M-30	39	00:37:06	<b>01:26:00.59</b>	+00:27:32 (32.0%)	7:10	8.4 (68.3%)
110	<b>RYŚ Katarzyna</b>	<b>154</b>	PRZEMYSKI KLUB BIEGACZA	K-30	9	00:38:04	<b>01:26:00.92</b>	+00:27:32 (32.0%)	7:10	8.4 (68.3%)
111	<b>MISIAK Mateusz</b>	<b>115</b>	BURZA MUZGÓW	M-16	14	00:38:00	<b>01:26:11.84</b>	+00:27:43 (32.2%)	7:11	8.4 (68.3%)
112	<b>KISIELEWICZ Marcin</b>	<b>75</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	15	00:37:44	<b>01:26:16.64</b>	+00:27:48 (32.2%)	7:11	8.3 (67.5%)
113	<b>IGNOR Edyta</b>	<b>59</b>	SRTG RZESZÓW	K-16	2	00:37:01	<b>01:26:16.82</b>	+00:27:48 (32.2%)	7:11	8.3 (67.5%)
114	<b>ZIĘBA Ewa</b>	<b>203</b>	BURZA MUZGÓW	K-16	3	00:38:00	<b>01:26:24.09</b>	+00:27:55 (32.3%)	7:12	8.3 (67.5%)
115	<b>AST Grzegorz</b>	<b>8</b>	AMSTAFF TEAM JEDLICZE	M-16	16	00:38:40	<b>01:26:29.24</b>	+00:28:00 (32.4%)	7:12	8.3 (67.5%)
116	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>120</b>		K-40	7	00:38:34	<b>01:27:35.37</b>	+00:29:06 (33.2%)	7:18	8.2 (66.7%)
117	<b>DROBOT Piotr</b>	<b>35</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	33	00:38:34	<b>01:27:35.37</b>	+00:29:06 (33.2%)	7:18	8.2 (66.7%)
118	<b>DABROWSKA Agnieszka</b>	<b>28</b>		K-30	10	00:37:35	<b>01:27:35.84</b>	+00:29:07 (33.2%)	7:18	8.2 (66.7%)
119	<b>DUDEK Paweł</b>	<b>38</b>		M-40	34	00:37:41	<b>01:28:24.37</b>	+00:29:55 (33.9%)	7:22	8.1 (65.9%)
120	<b>BODNIAK Tomasz</b>	<b>21</b>		M-30	40	00:39:21	<b>01:28:34.67</b>	+00:30:06 (34.0%)	7:22	8.1 (65.9%)
121	<b>DUDEK Katarzyna</b>	<b>39</b>	PRZEMYSKI KLUB BIEGACZA	K-30	11	00:40:24	<b>01:29:27.10</b>	+00:30:58 (34.6%)	7:27	8 (65.0%)
122	<b>KĘDRA Agnieszka</b>	<b>74</b>		K-16	4	00:39:47	<b>01:29:39.95</b>	+00:31:11 (34.8%)	7:28	8 (65.0%)
123	<b>WILGUCKI Krzysztof</b>	<b>191</b>	1BCZ	M-16	17	00:37:46	<b>01:29:49.85</b>	+00:31:21 (34.9%)	7:29	8 (65.0%)
124	<b>WARZOCHA Paweł</b>	<b>187</b>	NIECHBIEGA	M-40	35	00:40:32	<b>01:29:51.27</b>	+00:31:22 (34.9%)	7:29	8 (65.0%)
125	<b>ZARĘBA Jolanta</b>	<b>218</b>	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:39:44	<b>01:30:19.09</b>	+00:31:50 (35.3%)	7:31	8 (65.0%)
126	<b>PAWŁOWSKA Agnieszka</b>	<b>128</b>	SZYBKIE BLONDYNY	K-40	8	00:40:23	<b>01:30:21.68</b>	+00:31:53 (35.3%)	7:31	8 (65.0%)
127	<b>FERFECKI Paweł</b>	<b>42</b>		M-30	41	00:38:43	<b>01:30:44.31</b>	+00:32:15 (35.6%)	7:33	7.9 (64.2%)
128	<b>WITUSIK Mariusz</b>	<b>195</b>	NW-TEAM JASŁO	M-40	36	00:37:32	<b>01:30:51.48</b>	+00:32:22 (35.6%)	7:34	7.9 (64.2%)
129	<b>GALANTY Bartłomiej</b>	<b>43</b>	PRZEMYSKI KLUB BIEGACZA	M-40	37	00:41:11	<b>01:31:01.59</b>	+00:32:33 (35.8%)	7:35	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas		Tempo min/km	Tempo km/h
							12km	Różn		
130	<b>PECKA Krzysztof</b>	<b>129</b>	SOLINA TEAM	M-30	42	00:39:56	<b>01:31:31.34</b>	+00:33:02 (36.1%)	7:37	7.9 (64.2%)
131	<b>ŻUROWSKI Jacek</b>	<b>209</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	38	00:40:54	<b>01:31:55.74</b>	+00:33:27 (36.4%)	7:39	7.8 (63.4%)
132	<b>ŻUREK Piotr</b>	<b>208</b>	LUBLIN BIEGA	M-40	39	00:40:56	<b>01:31:56.49</b>	+00:33:28 (36.4%)	7:39	7.8 (63.4%)
133	<b>ZAJĄCZKOWSKI Krzysztof</b>	<b>167</b>	PRZEMYSKI KLUB BIEGACZA	M-30	43	00:41:31	<b>01:32:13.23</b>	+00:33:44 (36.6%)	7:41	7.8 (63.4%)
134	<b>KAPA Patrycja</b>	<b>66</b>	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	5	00:42:06	<b>01:32:14.16</b>	+00:33:45 (36.6%)	7:41	7.8 (63.4%)
135	<b>JAŁOCHA Barbara</b>	<b>64</b>	PRZEMYSKI KLUB BIEGACZA	K-50	3	00:40:53	<b>01:32:57.72</b>	+00:34:29 (37.1%)	7:44	7.7 (62.6%)
136	<b>WITUSIK Dorota</b>	<b>194</b>	NW-TEAM JASŁO	K-40	9	00:39:47	<b>01:33:34.96</b>	+00:35:06 (37.5%)	7:47	7.7 (62.6%)
137	<b>WARCHOŁ-SNUZIK Patrycja</b>	<b>215</b>	SOLINA TEAM	K-30	12	00:41:53	<b>01:33:42.91</b>	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
138	<b>MAŚLAK Marzena</b>	<b>111</b>	POZYTYWNE ZABIEGANI SANOK	K-30	13	00:41:12	<b>01:33:43.15</b>	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
139	<b>ŁUCZYCKA Iwona</b>	<b>103</b>	POZYTYWNE ZABIEGANI SANOK	K-40	10	00:41:12	<b>01:33:43.29</b>	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
140	<b>WOLF Weronika</b>	<b>199</b>	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNE ZABIEGANI SANOK	K-40	11	00:41:13	<b>01:33:43.59</b>	+00:35:15 (37.6%)	7:48	7.7 (62.6%)
141	<b>KŁODZIŃSKA Barbara</b>	<b>78</b>	ULTAMĘKI	K-40	12	00:41:20	<b>01:35:22.77</b>	+00:36:54 (38.7%)	7:56	7.5 (61.0%)
142	<b>PIELECH Wojciech</b>	<b>133</b>		M-50	7	00:42:20	<b>01:36:25.43</b>	+00:37:56 (39.4%)	8:02	7.5 (61.0%)
143	<b>ZIMOŃ Paulina</b>	<b>204</b>		K-16	6	00:42:19	<b>01:36:25.82</b>	+00:37:57 (39.4%)	8:02	7.5 (61.0%)
144	<b>ZIÓŁKOWSKA Bożena</b>	<b>205</b>	WALBA	K-40	13	00:42:12	<b>01:37:28.03</b>	+00:38:59 (40.0%)	8:07	7.4 (60.2%)
145	<b>KOCZOROWSKI Marcin</b>	<b>80</b>	TEAM ZABIEGANEDNI	M-30	44	00:43:08	<b>01:38:46.29</b>	+00:40:17 (40.8%)	8:13	7.3 (59.3%)
146	<b>KOCZOROWSKA Anna</b>	<b>79</b>	TEAM ZABIEGANEDNI	K-30	14	00:43:08	<b>01:38:46.66</b>	+00:40:18 (40.8%)	8:13	7.3 (59.3%)
147	<b>PRUCNAL Paweł</b>	<b>139</b>	RUN FOR 42	M-40	40	00:44:07	<b>01:40:00.85</b>	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
148	<b>KOWALSKI-NEUKIRCH Henryk</b>	<b>88</b>	TRUCHTACZ MYSŁOWICE	M-60	4	00:44:07	<b>01:40:01.21</b>	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
149	<b>BIERNACKI Rene</b>	<b>212</b>		M-60	5	00:45:26	<b>01:41:01.69</b>	+00:42:33 (42.1%)	8:25	7.1 (57.7%)
150	<b>LESZCZYŃSKI Mirosław</b>	<b>96</b>	GRE NIERUCHOMOŚCI	M-30	45	00:43:33	<b>01:41:02.60</b>	+00:42:34 (42.1%)	8:25	7.1 (57.7%)
151	<b>GNIĘCIAK Monika</b>	<b>51</b>	GRE NIERUCHOMOŚCI	K-30	15	00:43:37	<b>01:41:06.57</b>	+00:42:38 (42.2%)	8:25	7.1 (57.7%)
152	<b>BAK Magdalena</b>	<b>17</b>		K-16	7	00:44:41	<b>01:42:37.45</b>	+00:44:08 (43.0%)	8:33	7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 12km				
153	<b>KAWECKA Magdalena</b>	<b>71</b>	KAWA BEZ PAPIEROSA	K-30	16	00:44:50	<b>01:43:41.50</b>	+00:45:13 (43.6%)	8:38	6.9 (56.1%)	
154	<b>LECH Magdalena</b>	<b>95</b>		K-30	17	00:47:12	<b>01:46:17.95</b>	+00:47:49 (45.0%)	8:51	6.8 (55.3%)	
155	<b>CIEŚLAK-SAWICKA Katarzyna</b>	<b>26</b>	KCS TEAM	K-40	14	00:47:13	<b>01:49:32.54</b>	+00:51:04 (46.6%)	9:07	6.6 (53.7%)	
156	<b>DOBISZEWSKA Ilona</b>	<b>30</b>	I KZ	K-30	18	00:47:49	<b>01:51:22.62</b>	+00:52:54 (47.5%)	9:16	6.5 (52.8%)	
157	<b>RUTKOWSKI Grzegorz</b>	<b>151</b>	KLUB MATIEGO JEŻOWE	M-30	46	00:47:51	<b>01:51:22.78</b>	+00:52:54 (47.5%)	9:16	6.5 (52.8%)	
158	<b>ŁACH Wiesław</b>	<b>100</b>	KLUB MATIEGO JEŻOWE	M-40	41	00:49:31	<b>01:55:40.87</b>	+00:57:12 (49.5%)	9:38	6.2 (50.4%)	
159	<b>BANASZEK-CHMIEL Karolina</b>	<b>16</b>		K-30	19	00:49:33	<b>01:55:42.56</b>	+00:57:14 (49.5%)	9:38	6.2 (50.4%)	
160	<b>MAZURKIEWICZ Iwona</b>	<b>114</b>		K-16	8	00:54:49	<b>02:05:21.35</b>	+01:06:52 (53.4%)	10:26	5.7 (46.3%)	
161	<b>KORBECKA Małgorzata</b>	<b>82</b>		K-40	15	00:54:12	<b>02:06:22.50</b>	+01:07:54 (53.7%)	10:31	5.7 (46.3%)	
162	<b>ADAMCZYK Artur</b>	<b>1</b>	SOLINA TEAM	M-50	8	00:56:02	<b>02:06:23.85</b>	+01:07:55 (53.7%)	10:32	5.7 (46.3%)	
163	<b>KORBECKA Monika</b>	<b>213</b>		K-16	9	00:54:11	<b>02:06:24.50</b>	+01:07:56 (53.7%)	10:32	5.7 (46.3%)	
164	<b>GŁUSZKO Justyna</b>	<b>50</b>	SOLINA TEAM	K-30	20	00:56:17	<b>02:06:42.75</b>	+01:08:14 (53.9%)	10:33	5.7 (46.3%)	
165	<b>WAŁACHOWSKA Urszula</b>	<b>185</b>	SOLINA TEAM	K-30	21	00:56:17	<b>02:06:42.86</b>	+01:08:14 (53.9%)	10:33	5.7 (46.3%)	

Znaleziono 165 wynik(ów)