



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

BIESZCZADZKI KLASYK RYSIA

B4SPORT

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



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 6km	Czas		Tempo min/km	Tempo km/h
							12km	Różn		
14	TOMASZEK Zbigniew	179	KAMIEŃ DWERNIK	M-40	8	00:28:41	01:05:03.46	+00:06:34 (10.1%)	5:25	11.1 (90.2%)
15	KOHUT Dariusz	81	PRZEMYSKI KLUB BIEGACZA	M-40	9	00:29:25	01:05:25.80	+00:06:57 (10.6%)	5:27	11 (89.4%)
16	GUT Jacek	53	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	00:28:40	01:05:34.28	+00:07:05 (10.8%)	5:27	11 (89.4%)
17	DOMISZEWSKA Maria	31		K-50	1	00:28:45	01:06:08.53	+00:07:40 (11.6%)	5:30	10.9 (88.6%)
18	ŁAGOŻNY Łukasz	101	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	6	00:29:46	01:06:25.06	+00:07:56 (12.0%)	5:32	10.8 (87.8%)
19	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	7	00:29:39	01:06:29.14	+00:08:00 (12.0%)	5:32	10.8 (87.8%)
20	CURZYDŁO Bogdan	27		M-40	10	00:29:20	01:06:47.14	+00:08:18 (12.4%)	5:34	10.8 (87.8%)
21	DELEŻUCH Wojciech	29	OSP NIEMCE	M-40	11	00:29:58	01:07:07.72	+00:08:39 (12.9%)	5:35	10.7 (87.0%)
22	STADNIK Wojciech	164	PRZEMYSKI KLUB BIEGACZA	M-40	12	00:29:44	01:07:09.19	+00:08:40 (12.9%)	5:35	10.7 (87.0%)
23	OCHYRA Konrad	121	SOLINA TEAM	M-16	3	00:30:40	01:07:34.41	+00:09:05 (13.5%)	5:37	10.7 (87.0%)
24	WIERZBICKI Janusz	214		M-30	8	00:29:27	01:08:54.60	+00:10:26 (15.1%)	5:44	10.4 (84.6%)
25	DOPART Tomasz	33	KAMIEŃ DWERNIK	M-40	13	00:31:28	01:09:04.35	+00:10:35 (15.3%)	5:45	10.4 (84.6%)
26	FEDIO Marek	40	I KZ	M-30	9	00:29:46	01:10:00.09	+00:11:31 (16.5%)	5:50	10.3 (83.7%)
27	RYCYK Łukasz	152		M-30	10	00:31:25	01:10:11.34	+00:11:42 (16.7%)	5:51	10.3 (83.7%)
28	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	14	00:31:30	01:10:15.33	+00:11:46 (16.8%)	5:51	10.2 (82.9%)
29	KAŻMIERCZAK Krzysztof	72		M-40	15	00:31:36	01:10:32.12	+00:12:03 (17.1%)	5:52	10.2 (82.9%)
30	MLECZKO Grzegorz	117	I KZ	M-30	11	00:31:21	01:10:46.99	+00:12:18 (17.4%)	5:53	10.2 (82.9%)
31	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	12	00:31:23	01:10:58.47	+00:12:29 (17.6%)	5:54	10.1 (82.1%)
32	MAZURKIEWICZ Bartłomiej	113	POZYTYWNIIE ZABIEGANI SANOK 3	M-16	4	00:31:59	01:11:00.51	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
33	BODNAR Adrian	20		M-16	5	00:31:52	01:11:01.25	+00:12:32 (17.7%)	5:55	10.1 (82.1%)
34	SZYSZŁO Tomasz	176	POZYTYWNIIE ZABIEGANI SANOK 3	M-30	13	00:31:30	01:11:01.77	+00:12:33 (17.7%)	5:55	10.1 (82.1%)
35	GAWORECKI Tomasz	45	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	14	00:31:32	01:11:06.91	+00:12:38 (17.8%)	5:55	10.1 (82.1%)
36	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	15	00:31:29	01:11:13.20	+00:12:44 (17.9%)	5:56	10.1 (82.1%)

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							12km	Różn		
37	RUCIŃSKI Piotr	150		M-30	16	00:31:48	01:11:32.28	+00:13:03 (18.3%)	5:57	10.1 (82.1%)
38	KANDEFER Beata	217	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	1	00:31:42	01:11:33.89	+00:13:05 (18.3%)	5:57	10.1 (82.1%)
39	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	17	00:32:49	01:11:34.05	+00:13:05 (18.3%)	5:57	10.1 (82.1%)
40	JABŁOŃSKI Marek	60	PGB SPORTOWA PACZKA	M-16	6	00:31:55	01:11:43.53	+00:13:15 (18.5%)	5:58	10 (81.3%)
41	SZKULSKI Krystian	172	1BCZ	M-16	7	00:31:51	01:11:57.93	+00:13:29 (18.7%)	5:59	10 (81.3%)
42	SZKODA Robert	171	BURZA MUZGÓW	M-30	18	00:31:47	01:12:09.19	+00:13:40 (19.0%)	6:00	10 (81.3%)
43	ANTOSZ Bogdan	7		M-40	16	00:32:17	01:12:24.22	+00:13:55 (19.2%)	6:02	9.9 (80.5%)
44	GIEFERT Tomasz	47	I KZ	M-30	19	00:31:17	01:12:25.18	+00:13:56 (19.3%)	6:02	9.9 (80.5%)
45	OSIŃSKI Adam	125		M-30	20	00:31:39	01:12:27.07	+00:13:58 (19.3%)	6:02	9.9 (80.5%)
46	PASTERCZYK Dariusz	127	MUKS PODKARPACIE JEDLICZE	M-40	17	00:32:31	01:12:41.56	+00:14:13 (19.6%)	6:03	9.9 (80.5%)
47	WINIARSKI Karol	193	BŁĘKITNY ŻEGLCE	M-30	21	00:31:55	01:13:01.43	+00:14:32 (19.9%)	6:05	9.9 (80.5%)
48	KAŹMIERCZAK Eryk	73		M-16	8	00:32:08	01:13:02.14	+00:14:33 (19.9%)	6:05	9.9 (80.5%)
49	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	18	00:32:04	01:13:06.33	+00:14:37 (20.0%)	6:05	9.8 (79.7%)
50	WALANIA Kinga	183	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	1	00:32:18	01:13:14.19	+00:14:45 (20.2%)	6:06	9.8 (79.7%)
51	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	22	00:32:18	01:13:14.26	+00:14:45 (20.2%)	6:06	9.8 (79.7%)
52	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	23	00:32:42	01:13:24.91	+00:14:56 (20.4%)	6:07	9.8 (79.7%)
53	SIKORA-KOŁODZIEJ Irmína	157	BIESY I CZORTY	K-30	2	00:32:41	01:13:27.18	+00:14:58 (20.4%)	6:07	9.8 (79.7%)
54	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	24	00:32:43	01:13:28.83	+00:15:00 (20.4%)	6:07	9.8 (79.7%)
55	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	25	00:31:49	01:13:55.04	+00:15:26 (20.9%)	6:09	9.7 (78.9%)
56	KARDASZ Marek	69	SOLINA TEAM	M-30	26	00:32:53	01:14:31.52	+00:16:03 (21.5%)	6:12	9.7 (78.9%)
57	ROCZNIAK Bogdan	148		M-40	19	00:34:10	01:14:46.11	+00:16:17 (21.8%)	6:13	9.6 (78.0%)
58	DOMISZEWSKI Wojciech	196		M-50	1	00:33:00	01:14:50.88	+00:16:22 (21.9%)	6:14	9.6 (78.0%)
59	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	20	00:34:01	01:14:52.29	+00:16:23 (21.9%)	6:14	9.6 (78.0%)

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							12km	Różn		
60	MITURA Wojtek	116		M-40	21	00:34:28	01:15:11.17	+00:16:42 (22.2%)	6:15	9.6 (78.0%)
61	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	27	00:33:05	01:15:18.31	+00:16:49 (22.3%)	6:16	9.6 (78.0%)
62	BERNAŚ Dariusz	19	BSCZADY	M-30	28	00:33:43	01:15:24.20	+00:16:55 (22.5%)	6:17	9.5 (77.2%)
63	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	29	00:33:20	01:15:32.94	+00:17:04 (22.6%)	6:17	9.5 (77.2%)
64	PĘKOSZ Agnieszka	132	TRIO Z PKB	K-30	3	00:33:29	01:15:33.04	+00:17:04 (22.6%)	6:17	9.5 (77.2%)
65	BODZIOCH Grzegorz	22	GORLICKA GRUPA BIEGOWA	M-40	22	00:33:12	01:15:33.72	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
66	MATUSZEWSKI Piotr	112		M-30	30	00:34:15	01:15:33.76	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
67	PAJESTKA Wojciech	126	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	23	00:34:19	01:15:34.01	+00:17:05 (22.6%)	6:17	9.5 (77.2%)
68	KOZIEŁ Tadeusz	89	BURZA MUZGÓW	M-16	9	00:33:37	01:15:42.11	+00:17:13 (22.8%)	6:18	9.5 (77.2%)
69	STEFAŃSKA Maria	166	TRIO Z PKB	K-30	4	00:33:37	01:15:42.52	+00:17:14 (22.8%)	6:18	9.5 (77.2%)
70	MACHLARZ Mateusz	105	SRTG RZESZÓW	M-16	10	00:32:41	01:15:52.18	+00:17:23 (22.9%)	6:19	9.5 (77.2%)
71	RECZKOWSKI Andrzej	146	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	00:32:54	01:16:00.31	+00:17:31 (23.1%)	6:20	9.5 (77.2%)
72	ROCZNIAK Marcin	147	ROCZNIAK TEAM	M-30	31	00:33:20	01:16:06.03	+00:17:37 (23.2%)	6:20	9.5 (77.2%)
73	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	32	00:33:31	01:16:23.18	+00:17:54 (23.4%)	6:21	9.4 (76.4%)
74	KAWALIŁO Piotr	70		M-30	33	00:32:45	01:16:46.35	+00:18:17 (23.8%)	6:23	9.4 (76.4%)
75	AMROZKIEWICZ-GROMEK Judyta	5	AMROZKIEWICZ TEAM	K-30	5	00:34:18	01:16:46.86	+00:18:18 (23.8%)	6:23	9.4 (76.4%)
76	HADUCH Jerzy	54	SANOK I OKOLICE	M-60	2	00:33:29	01:17:08.07	+00:18:39 (24.2%)	6:25	9.3 (75.6%)
77	WĘGRZYŃSKI Paweł	189		M-30	34	00:34:26	01:17:09.81	+00:18:41 (24.2%)	6:25	9.3 (75.6%)
78	BEŁCH Michał	18		M-30	35	00:33:32	01:17:15.94	+00:18:47 (24.3%)	6:26	9.3 (75.6%)
79	BURAK Adam	25	1BCZ	M-40	24		01:17:27.16	+00:18:58 (24.5%)	6:27	9.3 (75.6%)
80	SZEWczyk Rafał	170		M-40	25	00:34:47	01:18:02.21	+00:19:33 (25.1%)	6:30	9.2 (74.8%)
81	LEWSZA Michał	98		M-16	11	00:34:09	01:18:33.00	+00:20:04 (25.6%)	6:32	9.2 (74.8%)
82	MAŚLAK Jacek	110	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	26	00:34:52	01:19:33.80	+00:21:05 (26.5%)	6:37	9 (73.2%)

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						Herk All 6km	netto 12km			
83	DRWIĘGA Maciej	36	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	27	00:34:52	01:19:33.94	+00:21:05 (26.5%)	6:37	9 (73.2%)
84	KAPRAL Mateusz	68		M-16	12	00:35:08	01:20:14.18	+00:21:45 (27.1%)	6:41	9 (73.2%)
85	PEŁDIAK Bogdan	131		M-50	2	00:34:43	01:20:49.93	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
86	KAPRAL Adam	67	KAMIEŃ DWERNIK	M-40	28	00:35:46	01:20:50.04	+00:22:21 (27.7%)	6:44	8.9 (72.4%)
87	ZYMRÓZ Tomek	206	JAK NIE MY TO KTO? ROPCZYCE	M-16	13	00:34:56	01:21:25.72	+00:22:57 (28.2%)	6:47	8.8 (71.5%)
88	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	36	00:36:29	01:22:15.41	+00:23:46 (28.9%)	6:51	8.8 (71.5%)
89	JAKUBOWSKI Daniel	63	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	29	00:35:53	01:22:23.26	+00:23:54 (29.0%)	6:52	8.7 (70.7%)
90	MAJCHER Damian	107		M-30	37	00:36:21	01:22:29.62	+00:24:01 (29.1%)	6:52	8.7 (70.7%)
91	DOROSZ Barbara	34	TRIO Z PKB	K-30	6	00:36:26	01:22:45.61	+00:24:17 (29.3%)	6:53	8.7 (70.7%)
92	SZYMALA-LIPKA Magdalena	175		K-30	7	00:36:42	01:23:30.62	+00:25:02 (30.0%)	6:57	8.6 (69.9%)
93	SUCHOWIECKA Sabina	168		K-16	1	00:36:30	01:23:35.06	+00:25:06 (30.0%)	6:57	8.6 (69.9%)
94	RYŁKO Jacek	211	SOLINA TEAM	M-40	30	00:36:21	01:23:36.16	+00:25:07 (30.1%)	6:58	8.6 (69.9%)
95	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	00:37:21	01:23:38.39	+00:25:09 (30.1%)	6:58	8.6 (69.9%)
96	BAŁABAN Waldemar	13	WALBA	M-50	3	00:38:42	01:23:57.72	+00:25:29 (30.4%)	6:59	8.6 (69.9%)
97	HABART Dorota	219		K-40	2	00:38:06	01:24:01.23	+00:25:32 (30.4%)	7:00	8.6 (69.9%)
98	GALANTY Agnieszka	44	SZYBKIE BLONDYNY	K-40	3	00:37:36	01:24:07.80	+00:25:39 (30.5%)	7:00	8.6 (69.9%)
99	SIEDLACZEK Zbigniew	156	SKLEP BIEGACZA LUBLIN TEAM	M-60	3	00:36:30	01:24:23.53	+00:25:55 (30.7%)	7:02	8.5 (69.1%)
100	ŁUCZAK Janusz	102		M-50	4	00:37:25	01:24:49.79	+00:26:21 (31.1%)	7:04	8.5 (69.1%)
101	KORYCIŃSKA Izabela	84		K-30	8	00:37:50	01:24:53.33	+00:26:24 (31.1%)	7:04	8.5 (69.1%)
102	BABINSKA Inga	9	SZYBKIE BLONDYNY	K-40	4	00:37:39	01:24:56.88	+00:26:28 (31.2%)	7:04	8.5 (69.1%)
103	LEŚNIAK-POPIEL Marta	97	POZYTYWNIIE ZABIEGANI SANOK 2	K-40	5	00:37:26	01:25:00.99	+00:26:32 (31.2%)	7:05	8.5 (69.1%)
104	WAJCOWICZ Witold	182	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	31	00:37:27	01:25:01.16	+00:26:32 (31.2%)	7:05	8.5 (69.1%)
105	KROK Krzysztof	91	NIEZRZESZONY	M-50	5	00:38:10	01:25:04.82	+00:26:36 (31.3%)	7:05	8.5 (69.1%)

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							12km	Różn		
106	WACNIK Janusz	181		M-50	6	00:37:26	01:25:44.06	+00:27:15 (31.8%)	7:08	8.4 (68.3%)
107	HABART Maciej	220		M-40	32	00:39:07	01:25:49.36	+00:27:20 (31.9%)	7:09	8.4 (68.3%)
108	WAŁĘGA-ROSTEK Małgorzata	186	ULTAMĘKI	K-40	6	00:37:29	01:25:50.73	+00:27:22 (31.9%)	7:09	8.4 (68.3%)
109	SADOWY Janusz	155	5 BSP	M-30	39	00:37:06	01:26:00.59	+00:27:32 (32.0%)	7:10	8.4 (68.3%)
110	RYŚ Katarzyna	154	PRZEMYSKI KLUB BIEGACZA	K-30	9	00:38:04	01:26:00.92	+00:27:32 (32.0%)	7:10	8.4 (68.3%)
111	MISIAK Mateusz	115	BURZA MUZGÓW	M-16	14	00:38:00	01:26:11.84	+00:27:43 (32.2%)	7:11	8.4 (68.3%)
112	KISIELEWICZ Marcin	75	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	15	00:37:44	01:26:16.64	+00:27:48 (32.2%)	7:11	8.3 (67.5%)
113	IGNOR Edyta	59	SRTG RZESZÓW	K-16	2	00:37:01	01:26:16.82	+00:27:48 (32.2%)	7:11	8.3 (67.5%)
114	ZIĘBA Ewa	203	BURZA MUZGÓW	K-16	3	00:38:00	01:26:24.09	+00:27:55 (32.3%)	7:12	8.3 (67.5%)
115	AST Grzegorz	8	AMSTAFF TEAM JEDLICZE	M-16	16	00:38:40	01:26:29.24	+00:28:00 (32.4%)	7:12	8.3 (67.5%)
116	NIEMIEC-DRWIĘGA Bernadeta	120		K-40	7	00:38:34	01:27:35.37	+00:29:06 (33.2%)	7:18	8.2 (66.7%)
117	DROBOT Piotr	35	POZYTYWNIIE ZABIEGANI SANOK	M-40	33	00:38:34	01:27:35.37	+00:29:06 (33.2%)	7:18	8.2 (66.7%)
118	DABROWSKA Agnieszka	28		K-30	10	00:37:35	01:27:35.84	+00:29:07 (33.2%)	7:18	8.2 (66.7%)
119	DUDEK Paweł	38		M-40	34	00:37:41	01:28:24.37	+00:29:55 (33.9%)	7:22	8.1 (65.9%)
120	BODNIAK Tomasz	21		M-30	40	00:39:21	01:28:34.67	+00:30:06 (34.0%)	7:22	8.1 (65.9%)
121	DUDEK Katarzyna	39	PRZEMYSKI KLUB BIEGACZA	K-30	11	00:40:24	01:29:27.10	+00:30:58 (34.6%)	7:27	8 (65.0%)
122	KĘDRA Agnieszka	74		K-16	4	00:39:47	01:29:39.95	+00:31:11 (34.8%)	7:28	8 (65.0%)
123	WILGUCKI Krzysztof	191	1BCZ	M-16	17	00:37:46	01:29:49.85	+00:31:21 (34.9%)	7:29	8 (65.0%)
124	WARZOCHA Paweł	187	NIECHBIEGA	M-40	35	00:40:32	01:29:51.27	+00:31:22 (34.9%)	7:29	8 (65.0%)
125	ZARĘBA Jolanta	218	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:39:44	01:30:19.09	+00:31:50 (35.3%)	7:31	8 (65.0%)
126	PAWŁOWSKA Agnieszka	128	SZYBKIE BLONDYNY	K-40	8	00:40:23	01:30:21.68	+00:31:53 (35.3%)	7:31	8 (65.0%)
127	FERFECKI Paweł	42		M-30	41	00:38:43	01:30:44.31	+00:32:15 (35.6%)	7:33	7.9 (64.2%)
128	WITUSIK Mariusz	195	NW-TEAM JASŁO	M-40	36	00:37:32	01:30:51.48	+00:32:22 (35.6%)	7:34	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Herk All 6km	netto 12km			
129	GALANTY Bartłomiej	43	PRZEMYSKI KLUB BIEGACZA	M-40	37	00:41:11	01:31:01.59	+00:32:33 (35.8%)	7:35	7.9 (64.2%)
130	PECKA Krzysztof	129	SOLINA TEAM	M-30	42	00:39:56	01:31:31.34	+00:33:02 (36.1%)	7:37	7.9 (64.2%)
131	ŻUROWSKI Jacek	209	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	38	00:40:54	01:31:55.74	+00:33:27 (36.4%)	7:39	7.8 (63.4%)
132	ŻUREK Piotr	208	LUBLIN BIEGA	M-40	39	00:40:56	01:31:56.49	+00:33:28 (36.4%)	7:39	7.8 (63.4%)
133	ZAJĄCZKOWSKI Krzysztof	167	PRZEMYSKI KLUB BIEGACZA	M-30	43	00:41:31	01:32:13.23	+00:33:44 (36.6%)	7:41	7.8 (63.4%)
134	KAPA Patrycja	66	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	5	00:42:06	01:32:14.16	+00:33:45 (36.6%)	7:41	7.8 (63.4%)
135	JAŁOCHA Barbara	64	PRZEMYSKI KLUB BIEGACZA	K-50	3	00:40:53	01:32:57.72	+00:34:29 (37.1%)	7:44	7.7 (62.6%)
136	WITUSIK Dorota	194	NW-TEAM JASŁO	K-40	9	00:39:47	01:33:34.96	+00:35:06 (37.5%)	7:47	7.7 (62.6%)
137	WARCHOŁ-SNUZIK Patrycja	215	SOLINA TEAM	K-30	12	00:41:53	01:33:42.91	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
138	MAŚLAK Marzena	111	POZYTYWNI ZABIEGANI SANOK	K-30	13	00:41:12	01:33:43.15	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
139	ŁUCZYCKA Iwona	103	POZYTYWNI ZABIEGANI SANOK	K-40	10	00:41:12	01:33:43.29	+00:35:14 (37.6%)	7:48	7.7 (62.6%)
140	WOLF Weronika	199	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNI ZABIEGANI SANOK	K-40	11	00:41:13	01:33:43.59	+00:35:15 (37.6%)	7:48	7.7 (62.6%)
141	KŁODZIŃSKA Barbara	78	ULTAMĘKI	K-40	12	00:41:20	01:35:22.77	+00:36:54 (38.7%)	7:56	7.5 (61.0%)
142	PIELECH Wojciech	133		M-50	7	00:42:20	01:36:25.43	+00:37:56 (39.4%)	8:02	7.5 (61.0%)
143	ZIMOŃ Paulina	204		K-16	6	00:42:19	01:36:25.82	+00:37:57 (39.4%)	8:02	7.5 (61.0%)
144	ZIÓŁKOWSKA Bożena	205	WALBA	K-40	13	00:42:12	01:37:28.03	+00:38:59 (40.0%)	8:07	7.4 (60.2%)
145	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	44	00:43:08	01:38:46.29	+00:40:17 (40.8%)	8:13	7.3 (59.3%)
146	KOCZOROWSKA Anna	79	TEAM ZABIEGANEDNI	K-30	14	00:43:08	01:38:46.66	+00:40:18 (40.8%)	8:13	7.3 (59.3%)
147	PRUCNAL Paweł	139	RUN FOR 42	M-40	40	00:44:07	01:40:00.85	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
148	KOWALSKI-NEUKIRCH Henryk	88	TRUCHTACZ MYSŁOWICE	M-60	4	00:44:07	01:40:01.21	+00:41:32 (41.5%)	8:20	7.2 (58.5%)
149	BIERNACKI Rene	212		M-60	5	00:45:26	01:41:01.69	+00:42:33 (42.1%)	8:25	7.1 (57.7%)
150	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	45	00:43:33	01:41:02.60	+00:42:34 (42.1%)	8:25	7.1 (57.7%)
151	GNIECIAK Monika	51	GRE NIERUCHOMOŚCI	K-30	15	00:43:37	01:41:06.57	+00:42:38 (42.2%)	8:25	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 6km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 12km				
152	BĄK Magdalena	17		K-16	7	00:44:41	01:42:37.45	+00:44:08 (43.0%)	8:33	7 (56.9%)	
153	KAWECKA Magdalena	71	KAWA BEZ PAPIEROSA	K-30	16	00:44:50	01:43:41.50	+00:45:13 (43.6%)	8:38	6.9 (56.1%)	
154	LECH Magdalena	95		K-30	17	00:47:12	01:46:17.95	+00:47:49 (45.0%)	8:51	6.8 (55.3%)	
155	CIEŚLAK-SAWICKA Katarzyna	26	KCS TEAM	K-40	14	00:47:13	01:49:32.54	+00:51:04 (46.6%)	9:07	6.6 (53.7%)	
156	DOBISZEWSKA Ilona	30	I KZ	K-30	18	00:47:49	01:51:22.62	+00:52:54 (47.5%)	9:16	6.5 (52.8%)	
157	RUTKOWSKI Grzegorz	151	KLUB MATIEGO JEŻOWE	M-30	46	00:47:51	01:51:22.78	+00:52:54 (47.5%)	9:16	6.5 (52.8%)	
158	ŁACH Wiesław	100	KLUB MATIEGO JEŻOWE	M-40	41	00:49:31	01:55:40.87	+00:57:12 (49.5%)	9:38	6.2 (50.4%)	
159	BANASZEK-CHMIEL Karolina	16		K-30	19	00:49:33	01:55:42.56	+00:57:14 (49.5%)	9:38	6.2 (50.4%)	
160	MAZURKIEWICZ Iwona	114		K-16	8	00:54:49	02:05:21.35	+01:06:52 (53.4%)	10:26	5.7 (46.3%)	
161	KORBECKA Małgorzata	82		K-40	15	00:54:12	02:06:22.50	+01:07:54 (53.7%)	10:31	5.7 (46.3%)	
162	ADAMCZYK Artur	1	SOLINA TEAM	M-50	8	00:56:02	02:06:23.85	+01:07:55 (53.7%)	10:32	5.7 (46.3%)	
163	KORBECKA Monika	213		K-16	9	00:54:11	02:06:24.50	+01:07:56 (53.7%)	10:32	5.7 (46.3%)	
164	GŁUSZKO Justyna	50	SOLINA TEAM	K-30	20	00:56:17	02:06:42.75	+01:08:14 (53.9%)	10:33	5.7 (46.3%)	
165	WAŁACHOWSKA Urszula	185	SOLINA TEAM	K-30	21	00:56:17	02:06:42.86	+01:08:14 (53.9%)	10:33	5.7 (46.3%)	

Znaleziono 165 wynik(ów)