



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Classification: All

BIESZCZADZKI PÓLMARATON RYSIA - 2018 - DYSTANS 23KM

B4SPORT

Event: Bieszczadzki Weekend Biegowy Rysia
Organiser: GOKSiT
Date: 2018-10-21
Place: Polańczyk
Distance: 22 km

 **HERKULES**
www.herkules.org.pl

Place	Participant	Number	Club	Category	MCat	Herk_Bor 13km	Net time 22km	Gap	Pace min/km	Pace km/h
1	DOMISZEWSKI Ignacy	225	MKS-HALISZ	M-16	1	01:07:50	01:57:05.64		5:19	11.3 (100%)
2	JACHYMCZYK Norbert	62	KB MCKIS JAWORZNP	M-40	1	01:15:55	01:59:36.02	+00:02:30 (2.1%)	5:26	11 (97.3%)
3	GLEŃ Robert	48	MUKS PODKARPACIE JEDLICZE	M-40	2	01:15:50	01:59:50.89	+00:02:45 (2.3%)	5:26	11 (97.3%)
4	STAŃKO Paweł	165	BIESY I CZORTY	M-40	3	01:18:31	02:02:52.63	+00:05:46 (4.7%)	5:35	10.7 (94.7%)
5	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	1	01:18:27	02:03:03.69	+00:05:58 (4.8%)	5:35	10.7 (94.7%)
6	MACIASZEK Grzegorz	106	RAJSPOORT ACTIVE SIERADZ	M-40	4	01:19:28	02:03:43.32	+00:06:37 (5.4%)	5:37	10.7 (94.7%)
7	BRENDZOWSKI Adam	23	SOLINA TEAM	M-30	2	01:18:47	02:06:43.76	+00:09:38 (7.6%)	5:45	10.4 (92.0%)
8	KOSTERKIEWICZ Marcin	86	PRZEMYSKI KLUB BIEGACZA	M-40	5	01:22:28	02:07:02.40	+00:09:56 (7.8%)	5:46	10.4 (92.0%)
9	SURMACZ Sławek	169	SZAFA BIEGACZA	M-40	6	01:19:27	02:07:28.01	+00:10:22 (8.1%)	5:47	10.4 (92.0%)
10	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	3	01:21:14	02:08:40.20	+00:11:34 (9.0%)	5:50	10.3 (91.2%)
11	WÓJCIK Krzysztof	201	NIGHT RUNNERS ŚWILCZA	M-30	4	01:18:51	02:09:52.78	+00:12:47 (9.8%)	5:54	10.2 (90.3%)
12	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	5	01:22:35	02:12:31.60	+00:15:25 (11.6%)	6:01	10 (88.5%)
13	GUT Jacek	53	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	01:26:41	02:13:57.75	+00:16:52 (12.6%)	6:05	9.9 (87.6%)

Place	Participant	Number	Club	Category	MCat	Herk_Bor 13km	Net	Gap	Pace min/km	Pace km/h
							time 22km			
14	KOHUT Dariusz	81	PRZEMYSKI KLUB BIEGACZA	M-40	7	01:25:33	02:14:26.43	+00:17:20 (12.9%)	6:06	9.8 (86.7%)
15	WOJNAROWSKI Jacek	197		M-40	8	01:26:43	02:14:33.85	+00:17:28 (13.0%)	6:07	9.8 (86.7%)
16	RODZINKA Jan	136	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	9	01:20:10	02:15:00.42	+00:17:54 (13.3%)	6:08	9.8 (86.7%)
17	STADNIK Wojciech	164	PRZEMYSKI KLUB BIEGACZA	M-40	10	01:25:40	02:15:58.55	+00:18:52 (13.9%)	6:10	9.7 (85.8%)
18	MOSOŃ Wiktor	118	MUKS PODKARPACIE JEDLICZE	M-40	11	01:25:11	02:17:04.94	+00:19:59 (14.6%)	6:13	9.6 (85.0%)
19	GIEFERT Tomasz	47	I KZ	M-30	6	01:25:24	02:17:37.80	+00:20:32 (14.9%)	6:15	9.6 (85.0%)
20	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	7	01:29:24	02:18:03.13	+00:20:57 (15.2%)	6:16	9.6 (85.0%)
21	TOMASZEK Zbigniew	179	KAMIEŃ DWERNIK	M-40	12	01:29:25	02:18:18.52	+00:21:12 (15.3%)	6:17	9.5 (84.1%)
22	DELEŻUCH Wojciech	29	OSP NIEMCE	M-40	13	01:26:55	02:18:21.52	+00:21:15 (15.4%)	6:17	9.5 (84.1%)
23	CURZYDŁO Bogdan	27		M-40	14	01:26:29	02:18:54.96	+00:21:49 (15.7%)	6:18	9.5 (84.1%)
24	DOPART Tomasz	33	KAMIEŃ DWERNIK	M-40	15	01:29:53	02:19:20.40	+00:22:14 (16.0%)	6:20	9.5 (84.1%)
25	ŁAGOŻNY Łukasz	101	POZYTYWNIE ZABIEGANI SANOK 1	M-30	8	01:29:33	02:20:54.70	+00:23:49 (16.9%)	6:24	9.4 (83.2%)
26	OCHYRA Konrad	121	SOLINA TEAM	M-16	3	01:29:38	02:21:27.00	+00:24:21 (17.2%)	6:25	9.3 (82.3%)
27	DOMISZEWSKA Maria	31		K-50	1	01:29:12	02:21:45.72	+00:24:40 (17.4%)	6:26	9.3 (82.3%)
28	MAZURKIEWICZ Bartłomiej	113	POZYTYWNIE ZABIEGANI SANOK 3	M-16	4	01:30:27	02:22:52.13	+00:25:46 (18.0%)	6:29	9.2 (81.4%)
29	SNUZIK Michał	161	SOLINA TEAM	M-30	9	01:27:36	02:23:09.59	+00:26:03 (18.2%)	6:30	9.2 (81.4%)
30	SMOLIŃSKI Paweł	227	ZAPOROWY MARATON /SMASHING PĄPKINS	M-30	10	01:30:31	02:25:14.43	+00:28:08 (19.4%)	6:36	9.1 (80.5%)
31	FEDIO Marek	40	I KZ	M-30	11	01:30:31	02:25:59.73	+00:28:54 (19.8%)	6:38	9 (79.6%)
32	WIERZBICKI Janusz	214		M-30	12	01:28:54	02:26:15.57	+00:29:09 (19.9%)	6:38	9 (79.6%)
33	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	13	01:32:59	02:27:11.06	+00:30:05 (20.4%)	6:41	9 (79.6%)
34	PASTERCZYK Dariusz	127	MUKS PODKARPACIE JEDLICZE	M-40	16	01:34:02	02:27:47.01	+00:30:41 (20.8%)	6:43	8.9 (78.8%)
35	SZYSZŁO Tomasz	176	POZYTYWNIE ZABIEGANI SANOK 3	M-30	14	01:33:13	02:28:14.53	+00:31:08 (21.0%)	6:44	8.9 (78.8%)
36	GAWORECKI Tomasz	45	POZYTYWNIE ZABIEGANI SANOK 1	M-30	15	01:32:46	02:29:09.25	+00:32:03 (21.5%)	6:46	8.9 (78.8%)

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							time 22km			
37	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	16	01:31:22	02:30:47.01	+00:33:41 (22.3%)	6:51	8.8 (77.9%)
38	RUCIŃSKI Piotr	150		M-30	17	01:35:22	02:31:16.01	+00:34:10 (22.6%)	6:52	8.7 (77.0%)
39	OPAŁKA Rafał	123	MTB MOSIR DUKLA	M-40	17	01:36:26	02:31:43.54	+00:34:37 (22.8%)	6:53	8.7 (77.0%)
40	HANDZIAK Tomasz	55	BLUBB	M-30	18	01:36:03	02:32:25.37	+00:35:19 (23.2%)	6:55	8.7 (77.0%)
41	KAŻMIERCZAK Krzysztof	72		M-40	18	01:33:10	02:33:24.44	+00:36:18 (23.7%)	6:58	8.6 (76.1%)
42	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	19	01:35:46	02:33:35.80	+00:36:30 (23.8%)	6:58	8.6 (76.1%)
43	MLECZKO Grzegorz	117	I KZ	M-30	20	01:36:44	02:33:38.69	+00:36:33 (23.8%)	6:59	8.6 (76.1%)
44	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	19	01:37:10	02:34:30.26	+00:37:24 (24.2%)	7:01	8.5 (75.2%)
45	ORŁOWSKI Robert	124		M-40	20	01:38:19	02:34:50.78	+00:37:45 (24.4%)	7:02	8.5 (75.2%)
46	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	21	01:36:26	02:34:57.46	+00:37:51 (24.4%)	7:02	8.5 (75.2%)
47	GÓRA Agnieszka	223	FIRMA HERKULES	K-40	1	01:38:05	02:35:00.75	+00:37:55 (24.5%)	7:02	8.5 (75.2%)
48	GÓRA Sylwester	228	HERKULES	M-40	22	01:38:05	02:35:02.70	+00:37:57 (24.5%)	7:02	8.5 (75.2%)
49	NAWROT Bartłomiej	119		M-30	21	01:38:47	02:35:46.22	+00:38:40 (24.8%)	7:04	8.5 (75.2%)
50	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	23	01:36:26	02:37:16.57	+00:40:10 (25.5%)	7:08	8.4 (74.3%)
51	BERNAŚ Dariusz	19	BSCZADY	M-30	22	01:38:41	02:37:23.67	+00:40:18 (25.6%)	7:09	8.4 (74.3%)
52	STEFAŃSKA Maria	166	TRIO Z PKB	K-30	1	01:42:16	02:38:20.80	+00:41:15 (26.1%)	7:11	8.3 (73.5%)
53	WOJTOWICZ Sylwia	198	POŁUDNIOWA POLSKA TEAM	K-16	1		02:38:35.00	+00:41:29 (26.2%)	7:12	8.3 (73.5%)
54	HYDZIK Łukasz	58	BIURO RACHUNKOWE LIDER	M-40	24	01:37:25	02:39:13.61	+00:42:07 (26.5%)	7:14	8.3 (73.5%)
55	SIKORA-KOŁODZIEJ Irmina	157	BIESY I CZORTY	K-30	2	01:41:32	02:39:44.07	+00:42:38 (26.7%)	7:15	8.3 (73.5%)
56	KORNAK Dariusz	83	PKP CARGO	M-40	25	01:40:12	02:41:26.24	+00:44:20 (27.5%)	7:20	8.2 (72.6%)
57	OSIŃSKI Adam	125		M-30	23	01:40:52	02:41:57.03	+00:44:51 (27.7%)	7:21	8.2 (72.6%)
58	ANTOSZ Bogdan	7		M-40	26	01:41:22	02:42:53.47	+00:45:47 (28.1%)	7:24	8.1 (71.7%)
59	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	24	01:45:07	02:43:14.10	+00:46:08 (28.3%)	7:25	8.1 (71.7%)

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60	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	25	01:44:45	02:43:32.22	+00:46:26 (28.4%)	7:26	8.1 (71.7%)
61	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	26	01:45:00	02:44:54.16	+00:47:48 (29.0%)	7:29	8 (70.8%)
62	WALANIA Kinga	183	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	3	01:45:00	02:44:54.65	+00:47:49 (29.0%)	7:29	8 (70.8%)
63	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	27	01:48:55	02:45:37.84	+00:48:32 (29.3%)	7:31	8 (70.8%)
64	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	28	01:41:38	02:45:59.68	+00:48:54 (29.5%)	7:32	8 (70.8%)
65	SZKODA Robert	171	BURZA MUZGÓW	M-30	29	01:42:12	02:46:00.71	+00:48:55 (29.5%)	7:32	8 (70.8%)
66	WĘGRZYŃSKI Paweł	189		M-30	30	01:47:07	02:46:10.91	+00:49:05 (29.5%)	7:33	7.9 (69.9%)
67	AMROZKIEWICZ-GROMEK Judyta	5	AMROZKIEWICZ TEAM	K-30	4	01:45:42	02:46:13.87	+00:49:08 (29.6%)	7:33	7.9 (69.9%)
68	JABŁOŃSKI Marek	60	PGB SPORTOWA PACZKA	M-16	5	01:44:56	02:46:16.40	+00:49:10 (29.6%)	7:33	7.9 (69.9%)
69	SZKULSKI Krystian	172	1BCZ	M-16	6	01:43:32	02:46:32.13	+00:49:26 (29.7%)	7:34	7.9 (69.9%)
70	RECZKOWSKI Andrzej	146	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	01:42:33	02:46:48.02	+00:49:42 (29.8%)	7:34	7.9 (69.9%)
71	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	31	01:46:35	02:46:51.52	+00:49:45 (29.8%)	7:35	7.9 (69.9%)
72	KAŻMIERCZAK Eryk	73		M-16	7	01:40:06	02:47:05.26	+00:49:59 (29.9%)	7:35	7.9 (69.9%)
73	ZDEB Artur	202		M-40	27	01:46:05	02:48:33.05	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
74	SOPAŁA Jakub	163		M-40	28	01:46:02	02:48:33.15	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
75	HUTNIK Krzysztof	230	ZERWANI Z ŁAŃCUCHA	M-30	32	01:44:23	02:48:33.40	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
76	SZEWczyk Rafał	170		M-40	29	01:46:36	02:50:30.87	+00:53:25 (31.3%)	7:45	7.7 (68.1%)
77	MACHLARZ Mateusz	105	SRTG RZESZÓW	M-16	8	01:44:41	02:51:16.90	+00:54:11 (31.6%)	7:47	7.7 (68.1%)
78	KANDEFER Beata	217	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	2	01:38:47	02:52:12.18	+00:55:06 (32.0%)	7:49	7.7 (68.1%)
79	BURAK Adam	25	1BCZ	M-40	30	01:47:41	02:53:08.17	+00:56:02 (32.4%)	7:52	7.6 (67.3%)
80	KOZIEŁ Tadeusz	89	BURZA MUZGÓW	M-16	9	01:45:07	02:53:09.64	+00:56:03 (32.4%)	7:52	7.6 (67.3%)
81	KAPRAL Adam	67	KAMIEŃ DWERNIK	M-40	31	01:46:35	02:53:38.52	+00:56:32 (32.6%)	7:53	7.6 (67.3%)
82	PĘKOSZ Agnieszka	132	TRIO Z PKB	K-30	5	01:45:13	02:53:39.68	+00:56:34 (32.6%)	7:53	7.6 (67.3%)

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83	DOMISZEWSKI Wojciech	196		M-50	1	01:45:29	02:54:26.00	+00:57:20 (32.9%)	7:55	7.6 (67.3%)
84	PAJESTKA Wojciech	126	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	32	01:54:17	02:54:34.92	+00:57:29 (32.9%)	7:56	7.6 (67.3%)
85	MITURA Wojtek	116		M-40	33	01:55:49	02:55:24.34	+00:58:18 (33.2%)	7:58	7.5 (66.4%)
86	AST Grzegorz	8	AMSTAFF TEAM JEDLICZE	M-16	10	01:50:29	02:57:02.49	+00:59:56 (33.9%)	8:02	7.5 (66.4%)
87	BEŁCH Michał	18		M-30	33	01:53:04	02:57:13.36	+01:00:07 (33.9%)	8:03	7.4 (65.5%)
88	JONASZ Piotr	65		M-16	11	01:43:42	02:57:19.52	+01:00:13 (34.0%)	8:03	7.4 (65.5%)
89	IGNOR Edyta	59	SRTG RZESZÓW	K-16	2	01:49:01	02:59:33.72	+01:02:28 (34.8%)	8:09	7.4 (65.5%)
90	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	34	01:53:14	02:59:36.50	+01:02:30 (34.8%)	8:09	7.3 (64.6%)
91	BABINSKA Inga	9	SZYBKIE BLONDYNY	K-40	3	01:53:29	02:59:40.18	+01:02:34 (34.8%)	8:10	7.3 (64.6%)
92	GALANTY Agnieszka	44	SZYBKIE BLONDYNY	K-40	4	01:53:08	02:59:40.44	+01:02:34 (34.8%)	8:10	7.3 (64.6%)
93	LEWICKIY Yurii	153		M-40	34	01:45:24	02:59:55.35	+01:02:49 (34.9%)	8:10	7.3 (64.6%)
94	RYCYK Łukasz	152		M-30	35	01:44:14	03:00:12.14	+01:03:06 (35.0%)	8:11	7.3 (64.6%)
95	MANGILI Alberto	109		M-30	36	01:54:43	03:00:15.04	+01:03:09 (35.0%)	8:11	7.3 (64.6%)
96	SZUMANSKA Teresa	174		K-30	6	01:54:53	03:00:15.36	+01:03:09 (35.0%)	8:11	7.3 (64.6%)
97	ZIĘBA Ewa	203	BURZA MUZGÓW	K-16	3	01:55:45	03:00:32.50	+01:03:26 (35.1%)	8:12	7.3 (64.6%)
98	BODNAR Adrian	20		M-16	12	01:48:05	03:01:39.46	+01:04:33 (35.5%)	8:15	7.3 (64.6%)
99	WAJCOWICZ Witold	182	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	35	01:55:48	03:02:38.81	+01:05:33 (35.9%)	8:18	7.2 (63.7%)
100	LEŚNIAK-POPIEL Marta	97	POZYTYWNIIE ZABIEGANI SANOK 2	K-40	5	01:55:49	03:02:39.18	+01:05:33 (35.9%)	8:18	7.2 (63.7%)
101	DROBOT Piotr	35	POZYTYWNIIE ZABIEGANI SANOK	M-40	36	01:56:03	03:02:57.12	+01:05:51 (36.0%)	8:18	7.2 (63.7%)
102	NIEMIEC-DRWIĘGA Bernadeta	120		K-40	6	01:56:45	03:02:57.41	+01:05:51 (36.0%)	8:18	7.2 (63.7%)
103	DRWIĘGA Maciej	36	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	37	01:55:11	03:02:57.89	+01:05:52 (36.0%)	8:19	7.2 (63.7%)
104	KAWALIŁO Piotr	70		M-30	37	01:55:32	03:04:25.88	+01:07:20 (36.5%)	8:23	7.2 (63.7%)
105	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	01:57:43	03:05:24.82	+01:08:19 (36.8%)	8:25	7.1 (62.8%)

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106	RĄCZKA Mateusz	145		M-30	39	01:50:03	03:05:39.94	+01:08:34 (36.9%)	8:26	7.1 (62.8%)
107	FELEDYN Michał	41	ERKADO RT KRAŚNIK	M-16	13	01:49:43	03:06:37.04	+01:09:31 (37.3%)	8:28	7.1 (62.8%)
108	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	40	01:56:22	03:07:29.02	+01:10:23 (37.5%)	8:31	7 (61.9%)
109	DOROSZ Barbara	34	TRIO Z PKB	K-30	7	01:56:12	03:07:30.92	+01:10:25 (37.6%)	8:31	7 (61.9%)
110	ZYMRÓZ Tomek	206	JAK NIE MY TO KTO? ROPCZYCE	M-16	14	01:56:12	03:07:30.95	+01:10:25 (37.6%)	8:31	7 (61.9%)
111	DUDEK Paweł	38		M-40	38	01:58:10	03:07:35.09	+01:10:29 (37.6%)	8:31	7 (61.9%)
112	MAJCHER Damian	107		M-30	41	01:57:57	03:07:39.10	+01:10:33 (37.6%)	8:31	7 (61.9%)
113	ŁUCZYCKA Iwona	103	POZYTYWNI ZABIEGANI SANOK	K-40	7	01:58:32	03:08:14.64	+01:11:09 (37.8%)	8:33	7 (61.9%)
114	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	42	01:57:37	03:08:14.66	+01:11:09 (37.8%)	8:33	7 (61.9%)
115	BODNIAK Tomasz	21		M-30	43	02:04:01	03:09:03.37	+01:11:57 (38.1%)	8:35	7 (61.9%)
116	WARZOCHA Paweł	187	NIECHBIEGA	M-40	39	02:03:08	03:10:57.17	+01:13:51 (38.7%)	8:40	6.9 (61.1%)
117	WITUSIK Mariusz	195	NW-TEAM JASŁO	M-40	40	01:55:14	03:10:59.63	+01:13:53 (38.7%)	8:40	6.9 (61.1%)
118	MAŚLAK Jacek	110	POZYTYWNI ZABIEGANI SANOK 2	M-40	41	01:59:14	03:12:02.94	+01:14:57 (39.0%)	8:43	6.9 (61.1%)
119	SIEDLACZEK Zbigniew	156	SKLEP BIEGACZA LUBLIN TEAM	M-60	2	01:54:27	03:12:36.35	+01:15:30 (39.2%)	8:45	6.9 (61.1%)
120	JAKUBOWSKI Daniel	63	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	42	02:02:25	03:12:55.41	+01:15:49 (39.3%)	8:46	6.8 (60.2%)
121	MISIAK Mateusz	115	BURZA MUZGÓW	M-16	15	02:03:58	03:13:41.47	+01:16:35 (39.5%)	8:48	6.8 (60.2%)
122	WACNIK Janusz	181		M-50	2	02:01:28	03:14:53.05	+01:17:47 (39.9%)	8:51	6.8 (60.2%)
123	ŁUCZAK Janusz	102		M-50	3	02:00:36	03:16:41.04	+01:19:35 (40.5%)	8:56	6.7 (59.3%)
124	ZARĘBA Jolanta	218	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	02:07:04	03:17:02.91	+01:19:57 (40.6%)	8:57	6.7 (59.3%)
125	DABROWSKA Agnieszka	28		K-30	8	02:03:49	03:17:08.37	+01:20:02 (40.6%)	8:57	6.7 (59.3%)
126	SUCHOWIECKA Sabina	168		K-16	4	02:05:35	03:17:39.22	+01:20:33 (40.8%)	8:59	6.7 (59.3%)
127	SADOWY Janusz	155	5 BSP	M-30	44	02:06:20	03:18:53.27	+01:21:47 (41.1%)	9:02	6.6 (58.4%)
128	KISIELEWICZ Marcin	75	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	16	02:01:12	03:20:32.63	+01:23:26 (41.6%)	9:06	6.6 (58.4%)

Place	Participant	Number	Club	Category	MCat	Herk_Bor 13km	Net	Gap	Pace min/km	Pace km/h
							time 22km			
129	WALCZAK Izabela	184		K-30	9	02:06:03	03:20:37.49	+01:23:31 (41.6%)	9:07	6.6 (58.4%)
130	WILK Maciej	192		M-30	45	02:06:03	03:20:37.68	+01:23:32 (41.6%)	9:07	6.6 (58.4%)
131	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	46	02:09:26	03:23:33.98	+01:26:28 (42.5%)	9:15	6.5 (57.5%)
132	GNIECIAK Monika	51	GRE NIERUCHOMOŚCI	K-30	10	02:09:26	03:23:36.66	+01:26:31 (42.5%)	9:15	6.5 (57.5%)
133	GALANTY Bartłomiej	43	PRZEMYSKI KLUB BIEGACZA	M-40	43	02:09:40	03:24:56.92	+01:27:51 (42.9%)	9:18	6.4 (56.6%)
134	DUDEK Katarzyna	39	PRZEMYSKI KLUB BIEGACZA	K-30	11	02:18:10	03:26:30.49	+01:29:24 (43.3%)	9:23	6.4 (56.6%)
135	ŻUREK Piotr	208	LUBLIN BIEGA	M-40	44	02:17:01	03:26:53.64	+01:29:47 (43.4%)	9:24	6.4 (56.6%)
136	KĘDRA Agnieszka	74		K-16	5	02:08:46	03:27:50.20	+01:30:44 (43.7%)	9:26	6.4 (56.6%)
137	PAWŁOWSKA Agnieszka	128	SZYBKIE BLONDYNY	K-40	8	02:18:12	03:28:48.70	+01:31:43 (43.9%)	9:29	6.3 (55.8%)
138	ŻUROWSKI Jacek	209	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	45	02:17:47	03:32:21.32	+01:35:15 (44.9%)	9:39	6.2 (54.9%)
139	JAŁOCHA Barbara	64	PRZEMYSKI KLUB BIEGACZA	K-50	3	02:17:50	03:32:25.54	+01:35:19 (44.9%)	9:39	6.2 (54.9%)
140	WITUSIK Dorota	194	NW-TEAM JASŁO	K-40	9	02:18:08	03:36:15.77	+01:39:10 (45.9%)	9:49	6.1 (54.0%)
141	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	47	02:19:12	03:38:35.47	+01:41:29 (46.4%)	9:56	6 (53.1%)
142	KOCZOROWSKA Anna	79	TEAM ZABIEGANEDNI	K-30	12	02:19:12	03:38:35.80	+01:41:30 (46.4%)	9:56	6 (53.1%)
143	WILGUCKI Krzysztof	191	1BCZ	M-16	17	02:06:52	03:41:41.06	+01:44:35 (47.2%)	10:04	6 (53.1%)
144	KAPA Patrycja	66	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	6	02:28:43	03:45:05.48	+01:47:59 (48.0%)	10:13	5.9 (52.2%)
145	DONIEC Katarzyna	32		M-30	48	02:29:33	03:53:00.30	+01:55:54 (49.7%)	10:35	5.7 (50.4%)
146	MAŚLAK Marzena	111	POZYTYWNIIE ZABIEGANI SANOK	K-30	13	02:24:50	03:58:35.43	+02:01:29 (50.9%)	10:50	5.5 (48.7%)
147	WOLF Weronika	199	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNIIE ZABIEGANI SANOK	K-40	10	02:24:53	03:58:35.80	+02:01:30 (50.9%)	10:50	5.5 (48.7%)
148	KAWECKA Magdalena	71	KAWA BEZ PAPIEROSA	K-30	14	02:34:33	04:01:17.27	+02:04:11 (51.5%)	10:58	5.5 (48.7%)
149	PECKA Krzysztof	129	SOLINA TEAM	M-30	49		04:05:27.86	+02:08:22 (52.3%)	11:09	5.4 (47.8%)
150	PRUCNAL Paweł	139	RUN FOR 42	M-40	46	02:46:57	04:19:47.11	+02:22:41 (54.9%)	11:48	5.1 (45.1%)
151	KOWALSKI-NEUKIRCH Henryk	88	TRUCHTACZ MYSŁOWICE	M-60	3	02:46:31	04:19:47.72	+02:22:42 (54.9%)	11:48	5.1 (45.1%)

Place	Participant	Number	Club	Category	MCat	Herk_Bor 13km	Net	Gap	Pace min/km	Pace km/h
							time 22km			
152	ŁACH Wiesław	100	KLUB MATIEGO JEŻOWE	M-40	47	02:50:33	04:26:39.84	+02:29:34 (56.1%)	12:07	5 (44.2%)
153	KARDASZ Marek	69	SOLINA TEAM	M-30	50	02:51:27	04:27:42.70	+02:30:37 (56.3%)	12:10	4.9 (43.4%)
154	MATUSZEWSKI Piotr	112		M-30	51	02:52:29	04:27:44.21	+02:30:38 (56.3%)	12:10	4.9 (43.4%)
155	WAŁACHOWSKA Urszula	185	SOLINA TEAM	K-30	15	02:48:42	04:27:57.01	+02:30:51 (56.3%)	12:10	4.9 (43.4%)
156	GŁUSZKO Justyna	50	SOLINA TEAM	K-30	16	02:46:42	04:27:57.15	+02:30:51 (56.3%)	12:10	4.9 (43.4%)
157	RYŁKO Jacek	211	SOLINA TEAM	M-40	48	02:49:42	04:27:57.74	+02:30:52 (56.3%)	12:10	4.9 (43.4%)
158	FERFECKI Paweł	42		M-30	52	02:10:41		+01:02:52	10:03	6 (53.1%)
159	RUTKOWSKI Grzegorz	151	KLUB MATIEGO JEŻOWE	M-30	53	02:51:33		+01:43:43	13:11	4.5 (39.8%)

Total 159 results.