

# BIESZCZADZKI PÓŁMARATON RYSIA - 2018 - DYSTANS 23KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia  
**Organizator:** GOKSiT  
**Data:** 2018-10-21  
**Miejsce:** Polańczyk  
**Dystans:** 22 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>225</b>	MKS-HALISZ	M-16	1	01:07:50	<b>01:57:05.64</b>		5:19	11.3 (100%)
2	<b>JACHYMCZYK Norbert</b>	<b>62</b>	KB MCKIS JAWORZNP	M-40	1	01:15:55	<b>01:59:36.02</b>	+00:02:30 (2.1%)	5:26	11 (97.3%)
3	<b>GLEŃ Robert</b>	<b>48</b>	MUKS PODKARPACIE JEDLICZE	M-40	2	01:15:50	<b>01:59:50.89</b>	+00:02:45 (2.3%)	5:26	11 (97.3%)
4	<b>STAŃKO Paweł</b>	<b>165</b>	BIESY I CZORTY	M-40	3	01:18:31	<b>02:02:52.63</b>	+00:05:46 (4.7%)	5:35	10.7 (94.7%)
5	<b>SKAWIŃSKI Tomasz</b>	<b>158</b>	BIESY I CZORTY	M-30	1	01:18:27	<b>02:03:03.69</b>	+00:05:58 (4.8%)	5:35	10.7 (94.7%)
6	<b>MACIASZEK Grzegorz</b>	<b>106</b>	RAJSPOORT ACTIVE SIERADZ	M-40	4	01:19:28	<b>02:03:43.32</b>	+00:06:37 (5.4%)	5:37	10.7 (94.7%)
7	<b>BRENDZOWSKI Adam</b>	<b>23</b>	SOLINA TEAM	M-30	2	01:18:47	<b>02:06:43.76</b>	+00:09:38 (7.6%)	5:45	10.4 (92.0%)
8	<b>KOSTERKIEWICZ Marcin</b>	<b>86</b>	PRZEMYSKI KLUB BIEGACZA	M-40	5	01:22:28	<b>02:07:02.40</b>	+00:09:56 (7.8%)	5:46	10.4 (92.0%)
9	<b>SURMACZ Sławek</b>	<b>169</b>	SZAFA BIEGACZA	M-40	6	01:19:27	<b>02:07:28.01</b>	+00:10:22 (8.1%)	5:47	10.4 (92.0%)
10	<b>GŁUSZKO Przemek</b>	<b>49</b>	SOLINA TEAM	M-30	3	01:21:14	<b>02:08:40.20</b>	+00:11:34 (9.0%)	5:50	10.3 (91.2%)
11	<b>WÓJCIK Krzysztof</b>	<b>201</b>	NIGHT RUNNERS ŚWILCZA	M-30	4	01:18:51	<b>02:09:52.78</b>	+00:12:47 (9.8%)	5:54	10.2 (90.3%)
12	<b>SZMIST Szymon</b>	<b>173</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	5	01:22:35	<b>02:12:31.60</b>	+00:15:25 (11.6%)	6:01	10 (88.5%)
13	<b>GUT Jacek</b>	<b>53</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	01:26:41	<b>02:13:57.75</b>	+00:16:52 (12.6%)	6:05	9.9 (87.6%)
14	<b>KOHUT Dariusz</b>	<b>81</b>	PRZEMYSKI KLUB BIEGACZA	M-40	7	01:25:33	<b>02:14:26.43</b>	+00:17:20 (12.9%)	6:06	9.8 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas		Tempo min/km	Tempo km/h
							netto 22km	Różn		
15	<b>WOJNAROWSKI Jacek</b>	<b>197</b>		M-40	8	01:26:43	<b>02:14:33.85</b>	+00:17:28 (13.0%)	6:07	9.8 (86.7%)
16	<b>RODZINKA Jan</b>	<b>136</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	9	01:20:10	<b>02:15:00.42</b>	+00:17:54 (13.3%)	6:08	9.8 (86.7%)
17	<b>STADNIK Wojciech</b>	<b>164</b>	PRZEMYSKI KLUB BIEGACZA	M-40	10	01:25:40	<b>02:15:58.55</b>	+00:18:52 (13.9%)	6:10	9.7 (85.8%)
18	<b>MOSOŃ Wiktor</b>	<b>118</b>	MUKS PODKARPACIE JEDLICZE	M-40	11	01:25:11	<b>02:17:04.94</b>	+00:19:59 (14.6%)	6:13	9.6 (85.0%)
19	<b>GIEFERT Tomasz</b>	<b>47</b>	I KZ	M-30	6	01:25:24	<b>02:17:37.80</b>	+00:20:32 (14.9%)	6:15	9.6 (85.0%)
20	<b>PYRZAK Jacek</b>	<b>141</b>	BIKESHOP RZESZÓW	M-30	7	01:29:24	<b>02:18:03.13</b>	+00:20:57 (15.2%)	6:16	9.6 (85.0%)
21	<b>TOMASZEK Zbigniew</b>	<b>179</b>	KAMIEŃ DWERNIK	M-40	12	01:29:25	<b>02:18:18.52</b>	+00:21:12 (15.3%)	6:17	9.5 (84.1%)
22	<b>DELEŻUCH Wojciech</b>	<b>29</b>	OSP NIEMCE	M-40	13	01:26:55	<b>02:18:21.52</b>	+00:21:15 (15.4%)	6:17	9.5 (84.1%)
23	<b>CURZYDŁO Bogdan</b>	<b>27</b>		M-40	14	01:26:29	<b>02:18:54.96</b>	+00:21:49 (15.7%)	6:18	9.5 (84.1%)
24	<b>DOPART Tomasz</b>	<b>33</b>	KAMIEŃ DWERNIK	M-40	15	01:29:53	<b>02:19:20.40</b>	+00:22:14 (16.0%)	6:20	9.5 (84.1%)
25	<b>ŁAGOŻNY Łukasz</b>	<b>101</b>	POZYTYWNE ZABIEGANI SANOK 1	M-30	8	01:29:33	<b>02:20:54.70</b>	+00:23:49 (16.9%)	6:24	9.4 (83.2%)
26	<b>OCHYRA Konrad</b>	<b>121</b>	SOLINA TEAM	M-16	3	01:29:38	<b>02:21:27.00</b>	+00:24:21 (17.2%)	6:25	9.3 (82.3%)
27	<b>DOMISZEWSKA Maria</b>	<b>31</b>		K-50	1	01:29:12	<b>02:21:45.72</b>	+00:24:40 (17.4%)	6:26	9.3 (82.3%)
28	<b>MAZURKIEWICZ Bartłomiej</b>	<b>113</b>	POZYTYWNE ZABIEGANI SANOK 3	M-16	4	01:30:27	<b>02:22:52.13</b>	+00:25:46 (18.0%)	6:29	9.2 (81.4%)
29	<b>SNUZIK Michał</b>	<b>161</b>	SOLINA TEAM	M-30	9	01:27:36	<b>02:23:09.59</b>	+00:26:03 (18.2%)	6:30	9.2 (81.4%)
30	<b>SMOLIŃSKI Paweł</b>	<b>227</b>	ZAPOROWY MARATON /SMASHING PĄPKINS	M-30	10	01:30:31	<b>02:25:14.43</b>	+00:28:08 (19.4%)	6:36	9.1 (80.5%)
31	<b>FEDIO Marek</b>	<b>40</b>	I KZ	M-30	11	01:30:31	<b>02:25:59.73</b>	+00:28:54 (19.8%)	6:38	9 (79.6%)
32	<b>WIERZBICKI Janusz</b>	<b>214</b>		M-30	12	01:28:54	<b>02:26:15.57</b>	+00:29:09 (19.9%)	6:38	9 (79.6%)
33	<b>DUDA Paweł</b>	<b>37</b>	MUKS PODKARPACIE JEDLICZE	M-30	13	01:32:59	<b>02:27:11.06</b>	+00:30:05 (20.4%)	6:41	9 (79.6%)
34	<b>PASTERCZYK Dariusz</b>	<b>127</b>	MUKS PODKARPACIE JEDLICZE	M-40	16	01:34:02	<b>02:27:47.01</b>	+00:30:41 (20.8%)	6:43	8.9 (78.8%)
35	<b>SZYSZŁO Tomasz</b>	<b>176</b>	POZYTYWNE ZABIEGANI SANOK 3	M-30	14	01:33:13	<b>02:28:14.53</b>	+00:31:08 (21.0%)	6:44	8.9 (78.8%)
36	<b>GAWORECKI Tomasz</b>	<b>45</b>	POZYTYWNE ZABIEGANI SANOK 1	M-30	15	01:32:46	<b>02:29:09.25</b>	+00:32:03 (21.5%)	6:46	8.9 (78.8%)
37	<b>PODOLAK Paweł</b>	<b>138</b>	KAMIEŃ DWERNIK	M-30	16	01:31:22	<b>02:30:47.01</b>	+00:33:41 (22.3%)	6:51	8.8 (77.9%)

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							netto 22km	Różn		
38	RUCIŃSKI Piotr	150		M-30	17	01:35:22	<b>02:31:16.01</b>	+00:34:10 (22.6%)	6:52	8.7 (77.0%)
39	OPAŁKA Rafał	123	MTB MOSIR DUKLA	M-40	17	01:36:26	<b>02:31:43.54</b>	+00:34:37 (22.8%)	6:53	8.7 (77.0%)
40	HANDZIAK Tomasz	55	BLUBB	M-30	18	01:36:03	<b>02:32:25.37</b>	+00:35:19 (23.2%)	6:55	8.7 (77.0%)
41	KAŹMIERCZAK Krzysztof	72		M-40	18	01:33:10	<b>02:33:24.44</b>	+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	<b>02:33:35.80</b>	+00:36:30 (23.8%)	6:58	8.6 (76.1%)
43	MLECZKO Grzegorz	117	I KZ	M-30	20	01:36:44	<b>02:33:38.69</b>	+00:36:33 (23.8%)	6:59	8.6 (76.1%)
44	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	19	01:37:10	<b>02:34:30.26</b>	+00:37:24 (24.2%)	7:01	8.5 (75.2%)
45	ORŁOWSKI Robert	124		M-40	20	01:38:19	<b>02:34:50.78</b>	+00:37:45 (24.4%)	7:02	8.5 (75.2%)
46	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	21	01:36:26	<b>02:34:57.46</b>	+00:37:51 (24.4%)	7:02	8.5 (75.2%)
47	GÓRA Agnieszka	223	FIRMA HERKULES	K-40	1	01:38:05	<b>02:35:00.75</b>	+00:37:55 (24.5%)	7:02	8.5 (75.2%)
48	GÓRA Sylwester	228	HERKULES	M-40	22	01:38:05	<b>02:35:02.70</b>	+00:37:57 (24.5%)	7:02	8.5 (75.2%)
49	NAWROT Bartłomiej	119		M-30	21	01:38:47	<b>02:35:46.22</b>	+00:38:40 (24.8%)	7:04	8.5 (75.2%)
50	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	23	01:36:26	<b>02:37:16.57</b>	+00:40:10 (25.5%)	7:08	8.4 (74.3%)
51	BERNAŚ Dariusz	19	BSCZADY	M-30	22	01:38:41	<b>02:37:23.67</b>	+00:40:18 (25.6%)	7:09	8.4 (74.3%)
52	STEFAŃSKA Maria	166	TRIO Z PKB	K-30	1	01:42:16	<b>02:38:20.80</b>	+00:41:15 (26.1%)	7:11	8.3 (73.5%)
53	WOJTOWICZ Sylwia	198	POŁUDNIOWA POLSKA TEAM	K-16	1		<b>02:38:35.00</b>	+00:41:29 (26.2%)	7:12	8.3 (73.5%)
54	HYDZIK Łukasz	58	BIURO RACHUNKOWE LIDER	M-40	24	01:37:25	<b>02:39:13.61</b>	+00:42:07 (26.5%)	7:14	8.3 (73.5%)
55	SIKORA-KOŁODZIEJ Irmína	157	BIESY I CZORTY	K-30	2	01:41:32	<b>02:39:44.07</b>	+00:42:38 (26.7%)	7:15	8.3 (73.5%)
56	KORNAK Dariusz	83	PKP CARGO	M-40	25	01:40:12	<b>02:41:26.24</b>	+00:44:20 (27.5%)	7:20	8.2 (72.6%)
57	OSIŃSKI Adam	125		M-30	23	01:40:52	<b>02:41:57.03</b>	+00:44:51 (27.7%)	7:21	8.2 (72.6%)
58	ANTOSZ Bogdan	7		M-40	26	01:41:22	<b>02:42:53.47</b>	+00:45:47 (28.1%)	7:24	8.1 (71.7%)
59	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	24	01:45:07	<b>02:43:14.10</b>	+00:46:08 (28.3%)	7:25	8.1 (71.7%)
60	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	25	01:44:45	<b>02:43:32.22</b>	+00:46:26 (28.4%)	7:26	8.1 (71.7%)

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61	<b>BRONHARD Rafał</b>	<b>24</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	26	01:45:00	<b>02:44:54.16</b>	+00:47:48 (29.0%)	7:29	8 (70.8%)
62	<b>WALANIA Kinga</b>	<b>183</b>	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	3	01:45:00	<b>02:44:54.65</b>	+00:47:49 (29.0%)	7:29	8 (70.8%)
63	<b>KOŚMIDER Tomasz</b>	<b>87</b>	SPARTANIE DZIECIOM	M-30	27	01:48:55	<b>02:45:37.84</b>	+00:48:32 (29.3%)	7:31	8 (70.8%)
64	<b>AMAROWICZ Jacek</b>	<b>4</b>	I KZ III - PLZ	M-30	28	01:41:38	<b>02:45:59.68</b>	+00:48:54 (29.5%)	7:32	8 (70.8%)
65	<b>SZKODA Robert</b>	<b>171</b>	BURZA MUZGÓW	M-30	29	01:42:12	<b>02:46:00.71</b>	+00:48:55 (29.5%)	7:32	8 (70.8%)
66	<b>WĘGRZYŃSKI Paweł</b>	<b>189</b>		M-30	30	01:47:07	<b>02:46:10.91</b>	+00:49:05 (29.5%)	7:33	7.9 (69.9%)
67	<b>AMROZKIEWICZ-GROMEK Judyta</b>	<b>5</b>	AMROZKIEWICZ TEAM	K-30	4	01:45:42	<b>02:46:13.87</b>	+00:49:08 (29.6%)	7:33	7.9 (69.9%)
68	<b>JABŁOŃSKI Marek</b>	<b>60</b>	PGB SPORTOWA PACZKA	M-16	5	01:44:56	<b>02:46:16.40</b>	+00:49:10 (29.6%)	7:33	7.9 (69.9%)
69	<b>SZKULSKI Krystian</b>	<b>172</b>	1BCZ	M-16	6	01:43:32	<b>02:46:32.13</b>	+00:49:26 (29.7%)	7:34	7.9 (69.9%)
70	<b>RECZKOWSKI Andrzej</b>	<b>146</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	01:42:33	<b>02:46:48.02</b>	+00:49:42 (29.8%)	7:34	7.9 (69.9%)
71	<b>RADYK Jakub</b>	<b>142</b>	PRZEMYSKI KLUB BIEGACZA	M-30	31	01:46:35	<b>02:46:51.52</b>	+00:49:45 (29.8%)	7:35	7.9 (69.9%)
72	<b>KAŹMIERCZAK Eryk</b>	<b>73</b>		M-16	7	01:40:06	<b>02:47:05.26</b>	+00:49:59 (29.9%)	7:35	7.9 (69.9%)
73	<b>ZDEB Artur</b>	<b>202</b>		M-40	27	01:46:05	<b>02:48:33.05</b>	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
74	<b>SOPAŁA Jakub</b>	<b>163</b>		M-40	28	01:46:02	<b>02:48:33.15</b>	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
75	<b>HUTNIK Krzysztof</b>	<b>230</b>	ZERWANI Z ŁAŃCUCHA	M-30	32	01:44:23	<b>02:48:33.40</b>	+00:51:27 (30.5%)	7:39	7.8 (69.0%)
76	<b>SZEWCZYK Rafał</b>	<b>170</b>		M-40	29	01:46:36	<b>02:50:30.87</b>	+00:53:25 (31.3%)	7:45	7.7 (68.1%)
77	<b>MACHLARZ Mateusz</b>	<b>105</b>	SRTG RZESZÓW	M-16	8	01:44:41	<b>02:51:16.90</b>	+00:54:11 (31.6%)	7:47	7.7 (68.1%)
78	<b>KANDEFER Beata</b>	<b>217</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	2	01:38:47	<b>02:52:12.18</b>	+00:55:06 (32.0%)	7:49	7.7 (68.1%)
79	<b>BURAK Adam</b>	<b>25</b>	1BCZ	M-40	30	01:47:41	<b>02:53:08.17</b>	+00:56:02 (32.4%)	7:52	7.6 (67.3%)
80	<b>KOZIEŁ Tadeusz</b>	<b>89</b>	BURZA MUZGÓW	M-16	9	01:45:07	<b>02:53:09.64</b>	+00:56:03 (32.4%)	7:52	7.6 (67.3%)
81	<b>KAPRAL Adam</b>	<b>67</b>	KAMIEŃ DWERNIK	M-40	31	01:46:35	<b>02:53:38.52</b>	+00:56:32 (32.6%)	7:53	7.6 (67.3%)
82	<b>PĘKOSZ Agnieszka</b>	<b>132</b>	TRIO Z PKB	K-30	5	01:45:13	<b>02:53:39.68</b>	+00:56:34 (32.6%)	7:53	7.6 (67.3%)
83	<b>DOMISZEWSKI Wojciech</b>	<b>196</b>		M-50	1	01:45:29	<b>02:54:26.00</b>	+00:57:20 (32.9%)	7:55	7.6 (67.3%)

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84	<b>PAJESTKA Wojciech</b>	<b>126</b>	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	32	01:54:17	<b>02:54:34.92</b>	+00:57:29 (32.9%)	7:56	7.6 (67.3%)
85	<b>MITURA Wojtek</b>	<b>116</b>		M-40	33	01:55:49	<b>02:55:24.34</b>	+00:58:18 (33.2%)	7:58	7.5 (66.4%)
86	<b>AST Grzegorz</b>	<b>8</b>	AMSTAFF TEAM JEDLICZE	M-16	10	01:50:29	<b>02:57:02.49</b>	+00:59:56 (33.9%)	8:02	7.5 (66.4%)
87	<b>BEŁCH Michał</b>	<b>18</b>		M-30	33	01:53:04	<b>02:57:13.36</b>	+01:00:07 (33.9%)	8:03	7.4 (65.5%)
88	<b>JONASZ Piotr</b>	<b>65</b>		M-16	11	01:43:42	<b>02:57:19.52</b>	+01:00:13 (34.0%)	8:03	7.4 (65.5%)
89	<b>IGNOR Edyta</b>	<b>59</b>	SRTG RZESZÓW	K-16	2	01:49:01	<b>02:59:33.72</b>	+01:02:28 (34.8%)	8:09	7.4 (65.5%)
90	<b>CZERNICKI Marcin</b>	<b>149</b>	PRZEMYSKI KLUB BIEGACZA	M-30	34	01:53:14	<b>02:59:36.50</b>	+01:02:30 (34.8%)	8:09	7.3 (64.6%)
91	<b>BABINSKA Inga</b>	<b>9</b>	SZYBKIE BLONDYNY	K-40	3	01:53:29	<b>02:59:40.18</b>	+01:02:34 (34.8%)	8:10	7.3 (64.6%)
92	<b>GALANTY Agnieszka</b>	<b>44</b>	SZYBKIE BLONDYNY	K-40	4	01:53:08	<b>02:59:40.44</b>	+01:02:34 (34.8%)	8:10	7.3 (64.6%)
93	<b>LEWICKIY Yurii</b>	<b>153</b>		M-40	34	01:45:24	<b>02:59:55.35</b>	+01:02:49 (34.9%)	8:10	7.3 (64.6%)
94	<b>RYCYK Łukasz</b>	<b>152</b>		M-30	35	01:44:14	<b>03:00:12.14</b>	+01:03:06 (35.0%)	8:11	7.3 (64.6%)
95	<b>MANGILI Alberto</b>	<b>109</b>		M-30	36	01:54:43	<b>03:00:15.04</b>	+01:03:09 (35.0%)	8:11	7.3 (64.6%)
96	<b>SZUMANSKA Teresa</b>	<b>174</b>		K-30	6	01:54:53	<b>03:00:15.36</b>	+01:03:09 (35.0%)	8:11	7.3 (64.6%)
97	<b>ZIĘBA Ewa</b>	<b>203</b>	BURZA MUZGÓW	K-16	3	01:55:45	<b>03:00:32.50</b>	+01:03:26 (35.1%)	8:12	7.3 (64.6%)
98	<b>BODNAR Adrian</b>	<b>20</b>		M-16	12	01:48:05	<b>03:01:39.46</b>	+01:04:33 (35.5%)	8:15	7.3 (64.6%)
99	<b>WAJCOWICZ Witold</b>	<b>182</b>	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	35	01:55:48	<b>03:02:38.81</b>	+01:05:33 (35.9%)	8:18	7.2 (63.7%)
100	<b>LEŚNIAK-POPIEL Marta</b>	<b>97</b>	POZYTYWNIIE ZABIEGANI SANOK 2	K-40	5	01:55:49	<b>03:02:39.18</b>	+01:05:33 (35.9%)	8:18	7.2 (63.7%)
101	<b>DROBOT Piotr</b>	<b>35</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	36	01:56:03	<b>03:02:57.12</b>	+01:05:51 (36.0%)	8:18	7.2 (63.7%)
102	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>120</b>		K-40	6	01:56:45	<b>03:02:57.41</b>	+01:05:51 (36.0%)	8:18	7.2 (63.7%)
103	<b>DRWIĘGA Maciej</b>	<b>36</b>	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	37	01:55:11	<b>03:02:57.89</b>	+01:05:52 (36.0%)	8:19	7.2 (63.7%)
104	<b>KAWALIŁO Piotr</b>	<b>70</b>		M-30	37	01:55:32	<b>03:04:25.88</b>	+01:07:20 (36.5%)	8:23	7.2 (63.7%)
105	<b>KLESZCZYŃSKI Bartosz</b>	<b>77</b>	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	01:57:43	<b>03:05:24.82</b>	+01:08:19 (36.8%)	8:25	7.1 (62.8%)
106	<b>RĄCZKA Mateusz</b>	<b>145</b>		M-30	39	01:50:03	<b>03:05:39.94</b>	+01:08:34 (36.9%)	8:26	7.1 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas		Tempo min/km	Tempo km/h
							netto 22km	Różn		
107	<b>FELEDYN Michał</b>	<b>41</b>	ERKADO RT KRAŚNIK	M-16	13	01:49:43	<b>03:06:37.04</b>	+01:09:31 (37.3%)	8:28	7.1 (62.8%)
108	<b>ŚCIBOR Jarosław</b>	<b>177</b>	I KZ III - PLZ	M-30	40	01:56:22	<b>03:07:29.02</b>	+01:10:23 (37.5%)	8:31	7 (61.9%)
109	<b>DOROSZ Barbara</b>	<b>34</b>	TRIO Z PKB	K-30	7	01:56:12	<b>03:07:30.92</b>	+01:10:25 (37.6%)	8:31	7 (61.9%)
110	<b>ZYMRÓZ Tomek</b>	<b>206</b>	JAK NIE MY TO KTO? ROPCZYCE	M-16	14	01:56:12	<b>03:07:30.95</b>	+01:10:25 (37.6%)	8:31	7 (61.9%)
111	<b>DUDEK Paweł</b>	<b>38</b>		M-40	38	01:58:10	<b>03:07:35.09</b>	+01:10:29 (37.6%)	8:31	7 (61.9%)
112	<b>MAJCHER Damian</b>	<b>107</b>		M-30	41	01:57:57	<b>03:07:39.10</b>	+01:10:33 (37.6%)	8:31	7 (61.9%)
113	<b>ŁUCZYCKA Iwona</b>	<b>103</b>	POZYTYWNE ZABIEGANI SANOK	K-40	7	01:58:32	<b>03:08:14.64</b>	+01:11:09 (37.8%)	8:33	7 (61.9%)
114	<b>JACHIMOWSKI Jarek</b>	<b>61</b>	KOMP-SERWIS24 SANOK	M-30	42	01:57:37	<b>03:08:14.66</b>	+01:11:09 (37.8%)	8:33	7 (61.9%)
115	<b>BODNIAK Tomasz</b>	<b>21</b>		M-30	43	02:04:01	<b>03:09:03.37</b>	+01:11:57 (38.1%)	8:35	7 (61.9%)
116	<b>WARZOCHA Paweł</b>	<b>187</b>	NIECHBIEGA	M-40	39	02:03:08	<b>03:10:57.17</b>	+01:13:51 (38.7%)	8:40	6.9 (61.1%)
117	<b>WITUSIK Mariusz</b>	<b>195</b>	NW-TEAM JASŁO	M-40	40	01:55:14	<b>03:10:59.63</b>	+01:13:53 (38.7%)	8:40	6.9 (61.1%)
118	<b>MAŚLAK Jacek</b>	<b>110</b>	POZYTYWNE ZABIEGANI SANOK 2	M-40	41	01:59:14	<b>03:12:02.94</b>	+01:14:57 (39.0%)	8:43	6.9 (61.1%)
119	<b>SIEDLACZEK Zbigniew</b>	<b>156</b>	SKLEP BIEGACZA LUBLIN TEAM	M-60	2	01:54:27	<b>03:12:36.35</b>	+01:15:30 (39.2%)	8:45	6.9 (61.1%)
120	<b>JAKUBOWSKI Daniel</b>	<b>63</b>	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	42	02:02:25	<b>03:12:55.41</b>	+01:15:49 (39.3%)	8:46	6.8 (60.2%)
121	<b>MISIAK Mateusz</b>	<b>115</b>	BURZA MUZGÓW	M-16	15	02:03:58	<b>03:13:41.47</b>	+01:16:35 (39.5%)	8:48	6.8 (60.2%)
122	<b>WACNIK Janusz</b>	<b>181</b>		M-50	2	02:01:28	<b>03:14:53.05</b>	+01:17:47 (39.9%)	8:51	6.8 (60.2%)
123	<b>ŁUCZAK Janusz</b>	<b>102</b>		M-50	3	02:00:36	<b>03:16:41.04</b>	+01:19:35 (40.5%)	8:56	6.7 (59.3%)
124	<b>ZARĘBA Jolanta</b>	<b>218</b>	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	02:07:04	<b>03:17:02.91</b>	+01:19:57 (40.6%)	8:57	6.7 (59.3%)
125	<b>DABROWSKA Agnieszka</b>	<b>28</b>		K-30	8	02:03:49	<b>03:17:08.37</b>	+01:20:02 (40.6%)	8:57	6.7 (59.3%)
126	<b>SUCHOWIECKA Sabina</b>	<b>168</b>		K-16	4	02:05:35	<b>03:17:39.22</b>	+01:20:33 (40.8%)	8:59	6.7 (59.3%)
127	<b>SADOWY Janusz</b>	<b>155</b>	5 BSP	M-30	44	02:06:20	<b>03:18:53.27</b>	+01:21:47 (41.1%)	9:02	6.6 (58.4%)
128	<b>KISIELEWICZ Marcin</b>	<b>75</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	16	02:01:12	<b>03:20:32.63</b>	+01:23:26 (41.6%)	9:06	6.6 (58.4%)
129	<b>WALCZAK Izabela</b>	<b>184</b>		K-30	9	02:06:03	<b>03:20:37.49</b>	+01:23:31 (41.6%)	9:07	6.6 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas		Tempo min/km	Tempo km/h
							netto 22km	Różn		
130	<b>WILK Maciej</b>	<b>192</b>		M-30	45	02:06:03	<b>03:20:37.68</b>	+01:23:32 (41.6%)	9:07	6.6 (58.4%)
131	<b>LESZCZYŃSKI Mirosław</b>	<b>96</b>	GRE NIERUCHOMOŚCI	M-30	46	02:09:26	<b>03:23:33.98</b>	+01:26:28 (42.5%)	9:15	6.5 (57.5%)
132	<b>GNIECIAK Monika</b>	<b>51</b>	GRE NIERUCHOMOŚCI	K-30	10	02:09:26	<b>03:23:36.66</b>	+01:26:31 (42.5%)	9:15	6.5 (57.5%)
133	<b>GALANTY Bartłomiej</b>	<b>43</b>	PRZEMYSKI KLUB BIEGACZA	M-40	43	02:09:40	<b>03:24:56.92</b>	+01:27:51 (42.9%)	9:18	6.4 (56.6%)
134	<b>DUDEK Katarzyna</b>	<b>39</b>	PRZEMYSKI KLUB BIEGACZA	K-30	11	02:18:10	<b>03:26:30.49</b>	+01:29:24 (43.3%)	9:23	6.4 (56.6%)
135	<b>ŻUREK Piotr</b>	<b>208</b>	LUBLIN BIEGA	M-40	44	02:17:01	<b>03:26:53.64</b>	+01:29:47 (43.4%)	9:24	6.4 (56.6%)
136	<b>KĘDRA Agnieszka</b>	<b>74</b>		K-16	5	02:08:46	<b>03:27:50.20</b>	+01:30:44 (43.7%)	9:26	6.4 (56.6%)
137	<b>PAWŁOWSKA Agnieszka</b>	<b>128</b>	SZYBKIE BLONDYNY	K-40	8	02:18:12	<b>03:28:48.70</b>	+01:31:43 (43.9%)	9:29	6.3 (55.8%)
138	<b>ŻUROWSKI Jacek</b>	<b>209</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	45	02:17:47	<b>03:32:21.32</b>	+01:35:15 (44.9%)	9:39	6.2 (54.9%)
139	<b>JAŁOCHA Barbara</b>	<b>64</b>	PRZEMYSKI KLUB BIEGACZA	K-50	3	02:17:50	<b>03:32:25.54</b>	+01:35:19 (44.9%)	9:39	6.2 (54.9%)
140	<b>WITUSIK Dorota</b>	<b>194</b>	NW-TEAM JASŁO	K-40	9	02:18:08	<b>03:36:15.77</b>	+01:39:10 (45.9%)	9:49	6.1 (54.0%)
141	<b>KOCZOROWSKI Marcin</b>	<b>80</b>	TEAM ZABIEGANEDNI	M-30	47	02:19:12	<b>03:38:35.47</b>	+01:41:29 (46.4%)	9:56	6 (53.1%)
142	<b>KOCZOROWSKA Anna</b>	<b>79</b>	TEAM ZABIEGANEDNI	K-30	12	02:19:12	<b>03:38:35.80</b>	+01:41:30 (46.4%)	9:56	6 (53.1%)
143	<b>WILGUCKI Krzysztof</b>	<b>191</b>	1BCZ	M-16	17	02:06:52	<b>03:41:41.06</b>	+01:44:35 (47.2%)	10:04	6 (53.1%)
144	<b>KAPA Patrycja</b>	<b>66</b>	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	6	02:28:43	<b>03:45:05.48</b>	+01:47:59 (48.0%)	10:13	5.9 (52.2%)
145	<b>DONIEC Katarzyna</b>	<b>32</b>		M-30	48	02:29:33	<b>03:53:00.30</b>	+01:55:54 (49.7%)	10:35	5.7 (50.4%)
146	<b>MAŚLAK Marzena</b>	<b>111</b>	POZYTYWNI ZABIEGANI SANOK	K-30	13	02:24:50	<b>03:58:35.43</b>	+02:01:29 (50.9%)	10:50	5.5 (48.7%)
147	<b>WOLF Weronika</b>	<b>199</b>	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNI ZABIEGANI SANOK	K-40	10	02:24:53	<b>03:58:35.80</b>	+02:01:30 (50.9%)	10:50	5.5 (48.7%)
148	<b>KAWECKA Magdalena</b>	<b>71</b>	KAWA BEZ PAPIEROSA	K-30	14	02:34:33	<b>04:01:17.27</b>	+02:04:11 (51.5%)	10:58	5.5 (48.7%)
149	<b>PECKA Krzysztof</b>	<b>129</b>	SOLINA TEAM	M-30	49		<b>04:05:27.86</b>	+02:08:22 (52.3%)	11:09	5.4 (47.8%)
150	<b>PRUCNAL Paweł</b>	<b>139</b>	RUN FOR 42	M-40	46	02:46:57	<b>04:19:47.11</b>	+02:22:41 (54.9%)	11:48	5.1 (45.1%)
151	<b>KOWALSKI-NEUKIRCH Henryk</b>	<b>88</b>	TRUCHTACZ MYSŁOWICE	M-60	3	02:46:31	<b>04:19:47.72</b>	+02:22:42 (54.9%)	11:48	5.1 (45.1%)
152	<b>ŁACH Wiesław</b>	<b>100</b>	KLUB MATIEGO JEŻOWE	M-40	47	02:50:33	<b>04:26:39.84</b>	+02:29:34 (56.1%)	12:07	5 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
153	<b>KARDASZ Marek</b>	<b>69</b>	SOLINA TEAM	M-30	50	02:51:27	<b>04:27:42.70</b>	+02:30:37 (56.3%)	12:10	4.9 (43.4%)
154	<b>MATUSZEWSKI Piotr</b>	<b>112</b>	SOLINA TEAM	M-30	51	02:52:29	<b>04:27:44.21</b>	+02:30:38 (56.3%)	12:10	4.9 (43.4%)
155	<b>WAŁACHOWSKA Urszula</b>	<b>185</b>	SOLINA TEAM	K-30	15	02:48:42	<b>04:27:57.01</b>	+02:30:51 (56.3%)	12:10	4.9 (43.4%)
156	<b>GŁUSZKO Justyna</b>	<b>50</b>	SOLINA TEAM	K-30	16	02:46:42	<b>04:27:57.15</b>	+02:30:51 (56.3%)	12:10	4.9 (43.4%)
157	<b>RYŁKO Jacek</b>	<b>211</b>	SOLINA TEAM	M-40	48	02:49:42	<b>04:27:57.74</b>	+02:30:52 (56.3%)	12:10	4.9 (43.4%)
158	<b>FERFECKI Paweł</b>	<b>42</b>	SOLINA TEAM	M-30	52	02:10:41		+01:02:52	10:03	6 (53.1%)
159	<b>RUTKOWSKI Grzegorz</b>	<b>151</b>	KLUB MATIEGO JEŻOWE	M-30	53	02:51:33		+01:43:43	13:11	4.5 (39.8%)

Znaleziono 159 wynik(ów)