



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

# BIESZCZADZKI PÓLMARATON RYSIA - 2018 - DYSTANS 23KM

B4SPORT

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



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	1	01:18:27	<b>02:03:03.69</b>		5:35	10.7 (100%)
2	BRENDZOWSKI Adam	23	SOLINA TEAM	M-30	2	01:18:47	<b>02:06:43.76</b>	+00:03:40 (2.9%)	5:45	10.4 (97.2%)
3	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	3	01:21:14	<b>02:08:40.20</b>	+00:05:36 (4.4%)	5:50	10.3 (96.3%)
4	WÓJCIK Krzysztof	201	NIGHT RUNNERS ŚWILCZA	M-30	4	01:18:51	<b>02:09:52.78</b>	+00:06:49 (5.2%)	5:54	10.2 (95.3%)
5	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	5	01:22:35	<b>02:12:31.60</b>	+00:09:27 (7.1%)	6:01	10 (93.5%)
6	GIEFERT Tomasz	47	I KZ	M-30	6	01:25:24	<b>02:17:37.80</b>	+00:14:34 (10.6%)	6:15	9.6 (89.7%)
7	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	7	01:29:24	<b>02:18:03.13</b>	+00:14:59 (10.9%)	6:16	9.6 (89.7%)
8	ŁAGOŻNY Łukasz	101	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	8	01:29:33	<b>02:20:54.70</b>	+00:17:51 (12.7%)	6:24	9.4 (87.9%)
9	SNUZIK Michał	161	SOLINA TEAM	M-30	9	01:27:36	<b>02:23:09.59</b>	+00:20:05 (14.0%)	6:30	9.2 (86.0%)
10	SMOLIŃSKI Paweł	227	ZAPOROWY MARATON /SMASHING PĄPKINS	M-30	10	01:30:31	<b>02:25:14.43</b>	+00:22:10 (15.3%)	6:36	9.1 (85.0%)
11	FEDIO Marek	40	I KZ	M-30	11	01:30:31	<b>02:25:59.73</b>	+00:22:56 (15.7%)	6:38	9 (84.1%)
12	WIERZBICKI Janusz	214		M-30	12	01:28:54	<b>02:26:15.57</b>	+00:23:11 (15.9%)	6:38	9 (84.1%)
13	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	13	01:32:59	<b>02:27:11.06</b>	+00:24:07 (16.4%)	6:41	9 (84.1%)
14	SZYSZŁO Tomasz	176	POZYTYWNIIE ZABIEGANI SANOK 3	M-30	14	01:33:13	<b>02:28:14.53</b>	+00:25:10 (17.0%)	6:44	8.9 (83.2%)
15	GAWORECKI Tomasz	45	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	15	01:32:46	<b>02:29:09.25</b>	+00:26:05 (17.5%)	6:46	8.9 (83.2%)
16	PODOLAK Paweł	138	KAMIEN DWERNIK	M-30	16	01:31:22	<b>02:30:47.01</b>	+00:27:43 (18.4%)	6:51	8.8 (82.2%)
17	RUCIŃSKI Piotr	150		M-30	17	01:35:22	<b>02:31:16.01</b>	+00:28:12 (18.6%)	6:52	8.7 (81.3%)
18	HANDZIAK Tomasz	55	BLUBB	M-30	18	01:36:03	<b>02:32:25.37</b>	+00:29:21 (19.3%)	6:55	8.7 (81.3%)
19	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	19	01:35:46	<b>02:33:35.80</b>	+00:30:32 (19.9%)	6:58	8.6 (80.4%)
20	MLECZKO Grzegorz	117	I KZ	M-30	20	01:36:44	<b>02:33:38.69</b>	+00:30:34 (19.9%)	6:59	8.6 (80.4%)
21	NAWROT Bartłomiej	119		M-30	21	01:38:47	<b>02:35:46.22</b>	+00:32:42 (21.0%)	7:04	8.5 (79.4%)
22	BERNAŚ Dariusz	19	BSCZADY	M-30	22	01:38:41	<b>02:37:23.67</b>	+00:34:19 (21.8%)	7:09	8.4 (78.5%)
23	OSIŃSKI Adam	125		M-30	23	01:40:52	<b>02:41:57.03</b>	+00:38:53 (24.0%)	7:21	8.2 (76.6%)
24	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	24	01:45:07	<b>02:43:14.10</b>	+00:40:10 (24.6%)	7:25	8.1 (75.7%)
25	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	25	01:44:45	<b>02:43:32.22</b>	+00:40:28 (24.8%)	7:26	8.1 (75.7%)
26	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	26	01:45:00	<b>02:44:54.16</b>	+00:41:50 (25.4%)	7:29	8 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
27	<b>KOŚMIDER Tomasz</b>	<b>87</b>	SPARTANIE DZIECIOM	M-30	27	01:48:55	<b>02:45:37.84</b>	+00:42:34 (25.7%)	7:31	8 (74.8%)
28	<b>AMAROWICZ Jacek</b>	<b>4</b>	I KZ III - PLZ	M-30	28	01:41:38	<b>02:45:59.68</b>	+00:42:55 (25.9%)	7:32	8 (74.8%)
29	<b>SZKODA Robert</b>	<b>171</b>	BURZA MUZGÓW	M-30	29	01:42:12	<b>02:46:00.71</b>	+00:42:57 (25.9%)	7:32	8 (74.8%)
30	<b>WĘGRZYŃSKI Paweł</b>	<b>189</b>		M-30	30	01:47:07	<b>02:46:10.91</b>	+00:43:07 (25.9%)	7:33	7.9 (73.8%)
31	<b>RADYK Jakub</b>	<b>142</b>	PRZEMYSKI KLUB BIEGACZA	M-30	31	01:46:35	<b>02:46:51.52</b>	+00:43:47 (26.2%)	7:35	7.9 (73.8%)
32	<b>HUTNIK Krzysztof</b>	<b>230</b>	ZERWANI Z ŁAŃCUCHA	M-30	32	01:44:23	<b>02:48:33.40</b>	+00:45:29 (27.0%)	7:39	7.8 (72.9%)
33	<b>BEŁCH Michał</b>	<b>18</b>		M-30	33	01:53:04	<b>02:57:13.36</b>	+00:54:09 (30.6%)	8:03	7.4 (69.2%)
34	<b>CZERNICKI Marcin</b>	<b>149</b>	PRZEMYSKI KLUB BIEGACZA	M-30	34	01:53:14	<b>02:59:36.50</b>	+00:56:32 (31.5%)	8:09	7.3 (68.2%)
35	<b>RYCYK Łukasz</b>	<b>152</b>		M-30	35	01:44:14	<b>03:00:12.14</b>	+00:57:08 (31.7%)	8:11	7.3 (68.2%)
36	<b>MANGILI Alberto</b>	<b>109</b>		M-30	36	01:54:43	<b>03:00:15.04</b>	+00:57:11 (31.7%)	8:11	7.3 (68.2%)
37	<b>KAWALIŁO Piotr</b>	<b>70</b>		M-30	37	01:55:32	<b>03:04:25.88</b>	+01:01:22 (33.3%)	8:23	7.2 (67.3%)
38	<b>KLESZCZYŃSKI Bartosz</b>	<b>77</b>	MULTIMEDIA RUNNERS PUŁAWY	M-30	38	01:57:43	<b>03:05:24.82</b>	+01:02:21 (33.6%)	8:25	7.1 (66.4%)
39	<b>RĄCZKA Mateusz</b>	<b>145</b>		M-30	39	01:50:03	<b>03:05:39.94</b>	+01:02:36 (33.7%)	8:26	7.1 (66.4%)
40	<b>ŚCIBOR Jarosław</b>	<b>177</b>	I KZ III - PLZ	M-30	40	01:56:22	<b>03:07:29.02</b>	+01:04:25 (34.4%)	8:31	7 (65.4%)
41	<b>MAJCHER Damian</b>	<b>107</b>		M-30	41	01:57:57	<b>03:07:39.10</b>	+01:04:35 (34.4%)	8:31	7 (65.4%)
42	<b>JACHIMOWSKI Jarek</b>	<b>61</b>	KOMP-SERWIS24 SANOK	M-30	42	01:57:37	<b>03:08:14.66</b>	+01:05:10 (34.6%)	8:33	7 (65.4%)
43	<b>BODNIAK Tomasz</b>	<b>21</b>		M-30	43	02:04:01	<b>03:09:03.37</b>	+01:05:59 (34.9%)	8:35	7 (65.4%)
44	<b>SADOWY Janusz</b>	<b>155</b>	5 BSP	M-30	44	02:06:20	<b>03:18:53.27</b>	+01:15:49 (38.1%)	9:02	6.6 (61.7%)
45	<b>WILK Maciej</b>	<b>192</b>		M-30	45	02:06:03	<b>03:20:37.68</b>	+01:17:33 (38.7%)	9:07	6.6 (61.7%)
46	<b>LESZCZYŃSKI Mirosław</b>	<b>96</b>	GRE NIERUCHOMOŚCI	M-30	46	02:09:26	<b>03:23:33.98</b>	+01:20:30 (39.5%)	9:15	6.5 (60.7%)
47	<b>KOCZOROWSKI Marcin</b>	<b>80</b>	TEAM ZABIEGANEDNI	M-30	47	02:19:12	<b>03:38:35.47</b>	+01:35:31 (43.7%)	9:56	6 (56.1%)
48	<b>DONIEC Katarzyna</b>	<b>32</b>		M-30	48	02:29:33	<b>03:53:00.30</b>	+01:49:56 (47.2%)	10:35	5.7 (53.3%)
49	<b>PECKA Krzysztof</b>	<b>129</b>	SOLINA TEAM	M-30	49		<b>04:05:27.86</b>	+02:02:24 (49.9%)	11:09	5.4 (50.5%)
50	<b>KARDASZ Marek</b>	<b>69</b>	SOLINA TEAM	M-30	50	02:51:27	<b>04:27:42.70</b>	+02:24:39 (54.0%)	12:10	4.9 (45.8%)
51	<b>MATUSZEWSKI Piotr</b>	<b>112</b>		M-30	51	02:52:29	<b>04:27:44.21</b>	+02:24:40 (54.0%)	12:10	4.9 (45.8%)
52	<b>FERFECKI Paweł</b>	<b>42</b>		M-30	52	02:10:41		+00:52:14	10:03	6 (56.1%)
53	<b>RUTKOWSKI Grzegorz</b>	<b>151</b>	KLUB MATIEGO JEŻOWE	M-30	53	02:51:33		+01:33:05	13:11	4.5 (42.1%)

Znaleziono 53 wynik(ów)