



## BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: M-OPEN

# BIESZCZADZKI PÓLMARATON RYSIA - 2018 - DYSTANS 23KM

B4SPORT

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

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

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>	RAJSPOK 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%)
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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<b>RUCIŃSKI Piotr</b>	<b>150</b>		M-30	17	01:35:22	<b>02:31:16.01</b>	+00:34:10 (22.6%)	6:52	8.7 (77.0%)
38	<b>OPAŁKA Rafał</b>	<b>123</b>	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%)
39	<b>HANDZIAK Tomasz</b>	<b>55</b>	BLUBB	M-30	18	01:36:03	<b>02:32:25.37</b>	+00:35:19 (23.2%)	6:55	8.7 (77.0%)
40	<b>KAŻMIERCZAK Krzysztof</b>	<b>72</b>		M-40	18	01:33:10	<b>02:33:24.44</b>	+00:36:18 (23.7%)	6:58	8.6 (76.1%)
41	<b>WOLIŃSKI Ryszard</b>	<b>200</b>	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%)
42	<b>MLECZKO Grzegorz</b>	<b>117</b>	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%)
43	<b>BALICKI Zbigniew</b>	<b>12</b>	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%)
44	<b>ORŁOWSKI Robert</b>	<b>124</b>		M-40	20	01:38:19	<b>02:34:50.78</b>	+00:37:45 (24.4%)	7:02	8.5 (75.2%)
45	<b>WEREMKO Grzegorz</b>	<b>188</b>	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%)
46	<b>GÓRA Sylwester</b>	<b>228</b>	HERKULES	M-40	22	01:38:05	<b>02:35:02.70</b>	+00:37:57 (24.5%)	7:02	8.5 (75.2%)
47	<b>NAWROT Bartłomiej</b>	<b>119</b>		M-30	21	01:38:47	<b>02:35:46.22</b>	+00:38:40 (24.8%)	7:04	8.5 (75.2%)
48	<b>PIETRYSZYN Mariusz</b>	<b>134</b>	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%)
49	<b>BERNAŚ Dariusz</b>	<b>19</b>	BSCZADY	M-30	22	01:38:41	<b>02:37:23.67</b>	+00:40:18 (25.6%)	7:09	8.4 (74.3%)
50	<b>HYDZIK Łukasz</b>	<b>58</b>	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%)
51	<b>KORNAK Dariusz</b>	<b>83</b>	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%)
52	<b>OSIŃSKI Adam</b>	<b>125</b>		M-30	23	01:40:52	<b>02:41:57.03</b>	+00:44:51 (27.7%)	7:21	8.2 (72.6%)
53	<b>ANTOSZ Bogdan</b>	<b>7</b>		M-40	26	01:41:22	<b>02:42:53.47</b>	+00:45:47 (28.1%)	7:24	8.1 (71.7%)
54	<b>ŁABUDZKI Marcin</b>	<b>99</b>	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%)
55	<b>GOLEŚ Grzegorz</b>	<b>52</b>	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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<b>KAŻMIERCZAK 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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk Bor 13km	Czas		Tempo min/km	Tempo km/h
							netto 22km	Różn		
71	BURAK Adam	25	1BCZ	M-40	30	01:47:41	<b>02:53:08.17</b>	+00:56:02 (32.4%)	7:52	7.6 (67.3%)
72	KOZIEŁ Tadeusz	89	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%)
73	KAPRAL Adam	67	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%)
74	DOMISZEWSKI Wojciech	196		M-50	1	01:45:29	<b>02:54:26.00</b>	+00:57:20 (32.9%)	7:55	7.6 (67.3%)
75	PAJESTKA Wojciech	126	POZYTYWNE 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%)
76	MITURA Wojtek	116		M-40	33	01:55:49	<b>02:55:24.34</b>	+00:58:18 (33.2%)	7:58	7.5 (66.4%)
77	AST Grzegorz	8	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%)
78	BEŁCH Michał	18		M-30	33	01:53:04	<b>02:57:13.36</b>	+01:00:07 (33.9%)	8:03	7.4 (65.5%)
79	JONASZ Piotr	65		M-16	11	01:43:42	<b>02:57:19.52</b>	+01:00:13 (34.0%)	8:03	7.4 (65.5%)
80	CZERNICKI Marcin	149	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%)
81	LEWICKIY Yurii	153		M-40	34	01:45:24	<b>02:59:55.35</b>	+01:02:49 (34.9%)	8:10	7.3 (64.6%)
82	RYCYK Łukasz	152		M-30	35	01:44:14	<b>03:00:12.14</b>	+01:03:06 (35.0%)	8:11	7.3 (64.6%)
83	MANGILI Alberto	109		M-30	36	01:54:43	<b>03:00:15.04</b>	+01:03:09 (35.0%)	8:11	7.3 (64.6%)
84	BODNAR Adrian	20		M-16	12	01:48:05	<b>03:01:39.46</b>	+01:04:33 (35.5%)	8:15	7.3 (64.6%)
85	WAJCOWICZ Witold	182	POZYTYWNE 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%)
86	DROBOT Piotr	35	POZYTYWNE 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%)
87	DRWIĘGA Maciej	36	POZYTYWNE 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%)
88	KAWALIŁO Piotr	70		M-30	37	01:55:32	<b>03:04:25.88</b>	+01:07:20 (36.5%)	8:23	7.2 (63.7%)
89	KLESZCZYŃSKI Bartosz	77	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%)
90	RĄCZKA Mateusz	145		M-30	39	01:50:03	<b>03:05:39.94</b>	+01:08:34 (36.9%)	8:26	7.1 (62.8%)
91	FELEDYN Michał	41	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%)
92	ŚCIBOR Jarosław	177	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%)
93	ZYMRÓZ Tomek	206	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%)
94	DUDEK Paweł	38		M-40	38	01:58:10	<b>03:07:35.09</b>	+01:10:29 (37.6%)	8:31	7 (61.9%)
95	MAJCHER Damian	107		M-30	41	01:57:57	<b>03:07:39.10</b>	+01:10:33 (37.6%)	8:31	7 (61.9%)
96	JACHIMOWSKI Jarek	61	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%)
97	BODNIAK Tomasz	21		M-30	43	02:04:01	<b>03:09:03.37</b>	+01:11:57 (38.1%)	8:35	7 (61.9%)
98	WARZOCHA Paweł	187	NIECHBIEGA	M-40	39	02:03:08	<b>03:10:57.17</b>	+01:13:51 (38.7%)	8:40	6.9 (61.1%)
99	WITUSIK Mariusz	195	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%)
100	MAŚLAK Jacek	110	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%)
101	SIEDLACZEK Zbigniew	156	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%)
102	JAKUBOWSKI Daniel	63	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%)
103	MISIAK Mateusz	115	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%)
104	WACNIK Janusz	181		M-50	2	02:01:28	<b>03:14:53.05</b>	+01:17:47 (39.9%)	8:51	6.8 (60.2%)
105	ŁUCZAK Janusz	102		M-50	3	02:00:36	<b>03:16:41.04</b>	+01:19:35 (40.5%)	8:56	6.7 (59.3%)
106	SADOWY Janusz	155	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%)
107	KISIELEWICZ Marcin	75	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%)
108	WILK Maciej	192		M-30	45	02:06:03	<b>03:20:37.68</b>	+01:23:32 (41.6%)	9:07	6.6 (58.4%)
109	LESZCZYŃSKI Mirosław	96	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%)
110	GALANTY Bartłomiej	43	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%)
111	ŻUREK Piotr	208	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%)
112	ŻUROWSKI Jacek	209	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%)
113	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	47	02:19:12	<b>03:38:35.47</b>	+01:41:29 (46.4%)	9:56	6 (53.1%)
114	WILGUCKI Krzysztof	191	1BCZ	M-16	17	02:06:52	<b>03:41:41.06</b>	+01:44:35 (47.2%)	10:04	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk Bor 13km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
115	<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%)
116	<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%)
117	<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%)
118	<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%)
119	<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%)
120	<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%)
121	<b>MATUSZEWSKI Piotr</b>	<b>112</b>		M-30	51	02:52:29	<b>04:27:44.21</b>	+02:30:38 (56.3%)	12:10	4.9 (43.4%)
122	<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%)
123	<b>FERFECKI Paweł</b>	<b>42</b>		M-30	52	02:10:41		+01:02:52	10:03	6 (53.1%)
124	<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 124 wynik(ów)