



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Classification: All

BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

Event: Bieszczadzki Weekend Biegowy Rysia 2019
Organiser: GOKSiT Polańczyk
Date: 2019-10-20
Place: Polańczyk
Distance: 23 km



Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
1	CHENIKALO Oleksandr	36	RUN4U	M-16	1	00:22:07	01:09:21	01:21:46	01:41:43	01:46:16.72		4:37	13 (100%)
2	DOBRANSKY Bogdan	50	FLAVIO RUNNING	M-16	2	00:22:09	01:09:22	01:21:48	01:41:46	01:47:15.92	+00:00:59 (0.9%)	4:39	12.9 (99.2%)
3	JAŁOCHA Mieczysław	97	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:25:49	01:15:20	01:27:16	01:48:15	01:54:01.27	+00:07:44 (6.8%)	4:57	12.1 (93.1%)
4	SZEREMETA Tomasz	286		M-40	1	00:25:50	01:15:21	01:27:15	01:48:15	01:54:13.98	+00:07:57 (7.0%)	4:58	12.1 (93.1%)
5	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:25:00	01:15:10	01:27:15	01:49:44	01:55:20.36	+00:09:03 (7.9%)	5:00	12 (92.3%)
6	MAŁEK Andrzej	150	PRZEMYSKI KLUB BIEGACZA 5	M-40	2	00:26:25	01:16:32	01:29:17	01:51:39	01:57:47.28	+00:11:30 (9.8%)	5:07	11.7 (90.0%)
7	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	3	00:26:33	01:19:00	01:31:16	01:52:45	01:58:08.79	+00:11:52 (10.0%)	5:08	11.7 (90.0%)
8	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	2	00:26:02	01:16:18	01:29:11	01:52:08	01:58:39.20	+00:12:22 (10.4%)	5:09	11.6 (89.2%)
9	BRENDZOWSKI Adam	29	SOLINATEAM	M-30	3	00:25:50	01:16:00	01:29:29	01:53:57	02:00:16.36	+00:13:59 (11.6%)	5:13	11.5 (88.5%)
10	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	4	00:25:19	01:16:56	01:30:46	01:54:38	02:00:34.29	+00:14:17 (11.9%)	5:14	11.4 (87.7%)
11	DUTKEVYCH Viktoriya	63		K-16	1	00:27:39	01:21:07	01:37:24	01:59:53	02:06:15.56	+00:19:58 (15.8%)	5:29	10.9 (83.8%)
12	WINIARSKA Katarzyna	267	FANTASTYCZNA TRÓJKA	K-30	1	00:27:43	01:22:37	01:37:55	02:00:40	02:06:54.05	+00:20:37 (16.3%)	5:31	10.9 (83.8%)
13	ROGOWSKA Anna	135	DECARUN RZESZÓW	K-30	2	00:32:17	01:33:06	01:48:43	02:15:42	02:23:16.23	+00:36:59 (25.8%)	6:13	9.6 (73.8%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
14	KLINGER Weronika	110	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:32:29	01:34:10	01:50:09	02:17:44	02:24:45.46	+00:38:28 (26.6%)	6:17	9.5 (73.1%)
15	MATYSIAK Agnieszka	20	KOPALNIA MOCY TARNOBRZEG	K-30	4	00:32:34	01:34:47	01:51:09	02:18:53	02:26:34.37	+00:40:17 (27.5%)	6:22	9.4 (72.3%)
16	STEFAŃSKA Maria	235	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:32:56	01:36:29	01:53:26	02:21:44	02:29:17.77	+00:43:01 (28.8%)	6:29	9.2 (70.8%)
17	AMROŹKIEWICZ - GROMEK Judyta	3	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	5	00:34:03	01:38:48	01:56:44	02:25:57	02:34:57.10	+00:48:40 (31.4%)	6:44	8.9 (68.5%)
18	OGŁUSZKA Elżbieta	179	DECARUN RZESZÓW	K-30	6	00:33:50	01:41:42	01:59:52	02:30:17	02:38:21.17	+00:52:04 (32.9%)	6:53	8.7 (66.9%)
19	OLEKSZYK Joanna	182	DECARUN RZESZÓW	K-16	2	00:34:06	01:41:38	02:00:08	02:30:34	02:39:03.35	+00:52:46 (33.2%)	6:54	8.7 (66.9%)
20	CYPRYŚ Joanna	44	DECARUN RZESZÓW	K-16	3	00:34:03	01:41:46	02:00:12	02:30:31	02:39:04.93	+00:52:48 (33.2%)	6:55	8.7 (66.9%)
21	PEMPUŚ Bernard	192	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:27:37	01:19:37	01:31:32	01:54:33	02:00:37.82	+00:14:21 (11.9%)	5:14	11.4 (87.7%)
22	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	5	00:26:29	01:19:23	01:32:24	01:54:49	02:00:59.84	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
23	STAŃKO Paweł	231	BIESY I CZORTY	M-40	4	00:26:22	01:19:20	01:32:31	01:54:50	02:01:00.25	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
24	KOZŁOWSKI Krzysztof	126	PRZEMYSKI KLUB BIEGACZA	M-40	5	00:27:21	01:19:35	01:32:20	01:54:59	02:01:05.07	+00:14:48 (12.2%)	5:15	11.4 (87.7%)
25	CHOJNACKI Wiktor	118		M-30	6	00:25:51	01:18:49	01:32:04	01:54:47	02:01:29.93	+00:15:13 (12.5%)	5:16	11.4 (87.7%)
26	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	7	00:26:56	01:20:34	01:34:39	01:58:18	02:05:52.55	+00:19:35 (15.6%)	5:28	11 (84.6%)
27	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	8	00:29:23	01:24:32	01:38:46	02:00:58	02:06:57.78	+00:20:41 (16.3%)	5:31	10.9 (83.8%)
28	KOHUT Dariusz	115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:27:50	01:22:39	01:38:03	02:00:35	02:07:07.66	+00:20:50 (16.4%)	5:31	10.9 (83.8%)
29	PREISNER Robert	199	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:27:09	01:21:21	01:35:10	02:00:18	02:07:21.61	+00:21:04 (16.6%)	5:32	10.8 (83.1%)
30	WEREMKO Grzegorz	260	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	00:27:12	01:22:45	01:38:11	02:01:43	02:08:38.62	+00:22:21 (17.4%)	5:35	10.7 (82.3%)
31	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	9	00:29:02	01:25:37	01:39:28	02:02:28	02:08:54.55	+00:22:37 (17.6%)	5:36	10.7 (82.3%)
32	GUT Jacek	87	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	00:27:57	01:23:10	01:38:23	02:02:01	02:08:56.54	+00:22:39 (17.6%)	5:36	10.7 (82.3%)
33	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:27:55	01:24:00	01:39:08	02:02:49	02:09:38.38	+00:23:21 (18.0%)	5:38	10.6 (81.5%)
34	RUCIŃSKI Piotr	211		M-30	10	00:28:37	01:26:23	01:40:45	02:06:06	02:12:26.43	+00:26:09 (19.8%)	5:45	10.4 (80.0%)
35	OCZOŚ Hubert	177	OSTR STUFF	M-30	11	00:28:47	01:26:18	01:41:24	02:06:07	02:13:10.77	+00:26:54 (20.2%)	5:47	10.4 (80.0%)
36	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	12	00:29:29	01:26:32	01:41:00	02:06:26	02:13:46.55	+00:27:29 (20.6%)	5:48	10.3 (79.2%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time	Gap	Pace min/km	Pace km/h
										23km			
37	NEBOHA Nikita	170	NIKE RUN CLUB	M-16	5	00:27:45	01:24:04	01:40:30	02:07:45	02:15:23.83	+00:29:07 (21.5%)	5:53	10.2 (78.5%)
38	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	13	00:26:05	01:20:30	01:37:31	02:04:20	02:15:24.92	+00:29:08 (21.5%)	5:53	10.2 (78.5%)
39	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	14	00:29:38	01:28:58	01:43:12	02:09:10	02:16:09.25	+00:29:52 (21.9%)	5:55	10.1 (77.7%)
40	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:28:56	01:27:02	01:42:10	02:09:15	02:16:15.54	+00:29:58 (22.0%)	5:55	10.1 (77.7%)
41	BERNAT Tomasz	21		M-40	9	00:28:14	01:27:18	01:42:15	02:09:10	02:16:19.67	+00:30:02 (22.0%)	5:55	10.1 (77.7%)
42	WASYLÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	16	00:28:34	01:27:50	01:43:09	02:09:44	02:16:38.52	+00:30:21 (22.2%)	5:56	10.1 (77.7%)
43	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	17	00:29:03	01:27:26	01:43:09	02:09:28	02:16:44.83	+00:30:28 (22.3%)	5:56	10.1 (77.7%)
44	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	18	00:30:56	01:30:44	01:45:57	02:10:12	02:17:01.11	+00:30:44 (22.4%)	5:57	10.1 (77.7%)
45	CHODOWIEC Emil	39		M-30	19	00:29:18	01:28:26	01:44:39	02:10:28	02:17:24.59	+00:31:07 (22.7%)	5:58	10 (76.9%)
46	ZAWISZA Grzegorz	277		M-16	6	00:29:04	01:27:27	01:43:14	02:09:47	02:17:25.32	+00:31:08 (22.7%)	5:58	10 (76.9%)
47	BODNAR Krystian	26		M-16	7	00:29:56	01:29:22	01:44:58	02:10:39	02:17:26.70	+00:31:09 (22.7%)	5:58	10 (76.9%)
48	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	20	00:30:14	01:28:24	01:44:04	02:10:41	02:17:45.55	+00:31:28 (22.9%)	5:59	10 (76.9%)
49	STADNIK Wojciech	229	PRZEMYSKI KLUB BIEGACZA 3	M-40	10	00:29:51	01:28:59	01:44:06	02:10:36	02:17:53.20	+00:31:36 (22.9%)	5:59	10 (76.9%)
50	TUTKA Dominik	253	NALEŚNIKI	M-30	21	00:30:41	01:29:46	01:44:56	02:11:56	02:19:52.61	+00:33:35 (24.0%)	6:04	9.9 (76.2%)
51	BODNAR Adrian	25		M-16	8	00:30:40	01:29:50	01:44:46	02:12:03	02:19:57.07	+00:33:40 (24.1%)	6:05	9.9 (76.2%)
52	KARDASZ Marek	108	SOLINA TEAM	M-40	11	00:31:02	01:30:39	01:46:40	02:13:16	02:20:22.11	+00:34:05 (24.3%)	6:06	9.8 (75.4%)
53	PODOLAK Paweł	198	MKS UKB HALICZ	M-30	22	00:29:08	01:29:28	01:45:08	02:12:27	02:20:39.22	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
54	OPAŁKA Rafał	184		M-40	12	00:29:33	01:29:34	01:45:44	02:12:39	02:20:39.37	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
55	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	23	00:30:31	01:31:50	01:46:35	02:13:07	02:20:45.22	+00:34:28 (24.5%)	6:07	9.8 (75.4%)
56	JACHIMOWSKI Jarosław	94	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:30:41	01:30:48	01:47:06	02:13:57	02:21:14.60	+00:34:57 (24.8%)	6:08	9.8 (75.4%)
57	CURZYDŁO Bogdan	42	POZYTYWNE ZABIEGANI SANOK	M-40	13	00:30:32	01:30:55	01:46:55	02:13:51	02:21:16.00	+00:34:59 (24.8%)	6:08	9.8 (75.4%)
58	WOLIŃSKI Ryszard	274	NOWY STYL RUNNIG TEAM	M-30	25	00:30:10	01:30:15	01:46:47	02:13:43	02:21:43.84	+00:35:27 (25.0%)	6:09	9.7 (74.6%)
59	HANDZIAK Tomasz	89		M-30	26	00:32:04	01:34:12	01:49:14	02:14:59	02:22:01.48	+00:35:44 (25.2%)	6:10	9.7 (74.6%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time	Gap	Pace min/km	Pace km/h
										23km			
60	KRUSZYŃSKI Marek	130	PRZEMYSKI KLUB BIEGACZA 4	M-50	3	00:32:30	01:34:43	01:49:36	02:15:46	02:22:52.48	+00:36:35 (25.6%)	6:12	9.7 (74.6%)
61	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	14	00:30:26	01:31:48	01:47:23		02:23:05.68	+00:36:48 (25.7%)	6:13	9.6 (73.8%)
62	MAJ Witold	147	OLDBOYS TRUSKOLASY	M-50	4	00:29:33	01:29:13	01:46:21	02:14:57	02:23:12.47	+00:36:55 (25.8%)	6:13	9.6 (73.8%)
63	WIERZBICKI Janusz	263		M-30	27	00:29:05	01:30:07	01:47:34	02:15:54	02:23:53.85	+00:37:37 (26.1%)	6:15	9.6 (73.8%)
64	GRYCIUK Walenty	85		M-50	5	00:30:04	01:32:06	01:48:07	02:15:31	02:24:21.70	+00:38:04 (26.4%)	6:16	9.6 (73.8%)
65	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	28	00:30:56	01:32:00	01:49:32	02:16:56	02:25:09.00	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
66	MACIEJKO Rafał	145	KRESOWIANIE	M-40	15	00:31:11	01:31:59	01:49:35	02:17:00	02:25:09.30	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
67	SZYSZŁO Tomasz	251	POZYTYWNE ZABIEGANI SANOK	M-30	29	00:32:14	01:34:52	01:51:21	02:19:21	02:27:14.28	+00:40:57 (27.8%)	6:24	9.4 (72.3%)
68	SOBOL Krystian	225		M-40	16	00:31:56	01:34:23	01:51:05	02:18:53	02:27:17.65	+00:41:00 (27.8%)	6:24	9.4 (72.3%)
69	ĆWIAKAŁA Michał	46	ATHLETIC ZRĘCIN	M-30	30	00:30:57	01:36:34	01:53:29	02:19:57	02:27:33.06	+00:41:16 (28.0%)	6:24	9.4 (72.3%)
70	PAJESTKA Wojtek	187	POZYTYWNE ZABIEGANI SANOK	M-40	17	00:32:49	01:36:03	01:53:40	02:20:53	02:27:46.43	+00:41:29 (28.1%)	6:25	9.3 (71.5%)
71	GAWORECKI Tomasz	73	POZYTYWNE ZABIEGANI SANOK	M-30	31	00:32:51	01:35:56	01:53:42	02:20:58	02:28:29.15	+00:42:12 (28.4%)	6:27	9.3 (71.5%)
72	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	18	00:31:59	01:35:38	01:51:49	02:20:45	02:28:58.23	+00:42:41 (28.7%)	6:28	9.3 (71.5%)
73	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	32	00:31:44	01:34:41	01:52:36	02:22:08	02:30:22.43	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
74	PRZYBYŁA Piotr	201	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	9	00:31:41	01:34:36	01:52:40	02:21:57	02:30:22.44	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
75	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	19					02:30:22.44	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
76	SAWICKI Robert	217	BEE IS RUNNING	M-40	20	00:33:34	01:38:26	01:55:06	02:22:56	02:31:03.13	+00:44:46 (29.6%)	6:34	9.1 (70.0%)
77	PIETRYSZYN Mariusz	195	SZYBKIE ŻABY	M-40	21	00:32:35	01:37:46	01:55:06	02:23:08	02:31:19.15	+00:45:02 (29.8%)	6:34	9.1 (70.0%)
78	WINIARSKI Krystian	268		M-30	33	00:30:06	01:33:03	01:51:00	02:22:44	02:32:23.41	+00:46:06 (30.3%)	6:37	9.1 (70.0%)
79	SUDACKI Sebastian	307		M-16	10	00:29:39	01:33:10	01:52:22	02:25:08	02:33:45.72	+00:47:28 (30.9%)	6:41	9 (69.2%)
80	DRYNIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	22	00:34:58	01:41:17	01:59:05	02:26:46	02:34:03.33	+00:47:46 (31.0%)	6:41	9 (69.2%)
81	NYKIEL Tomasz	175	PRZEMYSKI KLUB BIEGACZA 3	M-50	6	00:32:46	01:36:28	01:54:02	02:25:32	02:34:13.12	+00:47:56 (31.1%)	6:42	8.9 (68.5%)
82	ANTOSZ Bogdan	5		M-40	23	00:32:46	01:37:30	01:56:23	02:26:20	02:35:14.53	+00:48:57 (31.5%)	6:44	8.9 (68.5%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time	Gap	Pace min/km	Pace km/h
										23km			
83	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	34	00:32:40	01:40:00	01:58:44	02:29:03	02:35:45.44	+00:49:28 (31.8%)	6:46	8.9 (68.5%)
84	ŁAPCZYŃSKI Krzysztof	142	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	00:30:51	01:37:30	01:57:37	02:27:36	02:36:39.69	+00:50:22 (32.2%)	6:48	8.8 (67.7%)
85	MAZEK Przemysław	156	SZYBKIE ŻABY	M-16	12	00:32:36	01:41:29	01:58:37	02:29:10	02:37:26.27	+00:51:09 (32.5%)	6:50	8.8 (67.7%)
86	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	35	00:33:28	01:41:27	01:59:22	02:28:57	02:37:29.43	+00:51:12 (32.5%)	6:50	8.8 (67.7%)
87	GŁOWACKI Marcin	77	NALEŚNIKI	M-16	13	00:31:47	01:35:54	01:53:01	02:29:11	02:37:52.46	+00:51:35 (32.7%)	6:51	8.7 (66.9%)
88	KUBICKI Łukasz	131	KUBICCY	M-30	36	00:33:15	01:38:54	01:57:08	02:28:12	02:37:53.05	+00:51:36 (32.7%)	6:51	8.7 (66.9%)
89	SZADURSKI Tomasz	239	PRZEMYSKI KLUB BIEGACZA	M-40	24	00:33:28	01:40:18	01:59:21	02:29:56	02:38:05.28	+00:51:48 (32.8%)	6:52	8.7 (66.9%)
90	ZBIEĆ Dariusz	279	DARFIK TEAM	M-30	37	00:33:38	01:40:32	01:59:23	02:29:56	02:38:08.53	+00:51:51 (32.8%)	6:52	8.7 (66.9%)
91	KLOCEK Konrad	111		M-30	38	00:33:01	01:40:32	01:59:10	02:30:10	02:39:24.92	+00:53:08 (33.3%)	6:55	8.7 (66.9%)
92	SOPEL Wiesław	227	KRESOWIANIE	M-50	7	00:34:07	01:41:01	02:01:23	02:31:51	02:40:46.41	+00:54:29 (33.9%)	6:59	8.6 (66.2%)
93	BRZozowski Marek	31		M-30	39	00:41:10	02:04:03	02:23:28	02:33:15	02:40:47.63	+00:54:30 (33.9%)	6:59	8.6 (66.2%)
94	KAPRAL Adam	315	DWERNIK KAMIEŃ TRAIL	M-40	25	00:36:03	01:43:27	02:01:34	02:32:18	02:40:50.45	+00:54:33 (33.9%)	6:59	8.6 (66.2%)
95	FILIPowicz Krzysztof	67		M-40	26	00:36:43	01:49:48	02:06:26		02:40:52.67	+00:54:35 (33.9%)	6:59	8.6 (66.2%)
96	MYTYCH Wiesław	169		M-40	27	00:36:53	01:49:50	02:06:36	02:33:50	02:40:52.98	+00:54:36 (33.9%)	6:59	8.6 (66.2%)
97	GUT Marcin	88		M-30	40	00:34:49	01:43:32	02:00:46	02:31:37	02:41:04.99	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
98	DROZD Jerzy	54	LUBELAKY	M-60+	1	00:36:00	01:44:03	02:02:08	02:32:25	02:41:05.62	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
99	GRASZA Ireneusz	84	PRZEMYSKI KLUB BIEGACZA 4	M-40	28	00:35:30	01:41:47	02:00:39	02:32:13	02:41:58.54	+00:55:41 (34.4%)	7:02	8.5 (65.4%)
100	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	41	00:35:52	01:45:20	02:04:07	02:36:03	02:43:50.16	+00:57:33 (35.1%)	7:07	8.4 (64.6%)
101	KIAMUT Ryszard	310	KGB KORCZYNA	M-60+	2	00:33:22	01:41:32	01:59:47	02:33:50	02:44:19.90	+00:58:03 (35.3%)	7:08	8.4 (64.6%)
102	DOROSZ Barbara	52	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:30:19	01:48:46	02:07:44		02:44:40.01	+00:58:23 (35.5%)	7:09	8.4 (64.6%)
103	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	42	00:35:35	01:47:49	02:08:04	02:37:42	02:45:08.91	+00:58:52 (35.6%)	7:10	8.4 (64.6%)
104	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	43	00:34:18	01:46:27	02:04:57	02:36:55	02:45:21.53	+00:59:04 (35.7%)	7:11	8.3 (63.8%)
105	KUZŁO Andrzej	136		M-30	44	00:35:45	01:45:26	02:04:26	02:36:25	02:45:23.11	+00:59:06 (35.7%)	7:11	8.3 (63.8%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
106	KONOPKA Henryk	137	ZIELONY CIEŃ	M-60+	3	00:37:42	01:46:49	02:05:17	02:36:39	02:45:53.53	+00:59:36 (35.9%)	7:12	8.3 (63.8%)
107	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	45					02:45:54.20	+00:59:37 (35.9%)	7:12	8.3 (63.8%)
108	BACH Dawid	8	MSR	M-30	46					02:45:54.79	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
109	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	47	00:36:19	01:48:33	02:07:44	02:37:10	02:45:55.02	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
110	STEFAŃSKI Ireneusz	236	PRZEMYSKI KLUB BIEGACZA	M-40	29	00:36:34	01:48:41	02:07:55	02:37:21	02:46:01.70	+00:59:44 (36.0%)	7:13	8.3 (63.8%)
111	BEŁCH Michał	19		M-30	48	00:37:05	01:48:07	02:06:04	02:37:47	02:46:22.97	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
112	ŚCIBOR Jarosław	252	PRZEMYSKI KLUB BIEGACZA	M-30	49	00:37:49	01:48:57	02:08:13	02:37:40	02:46:23.00	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
113	SUSABOWSKI Andrzej	238		M-30	50	00:33:32	01:41:46	02:01:14	02:35:54	02:46:45.20	+01:00:28 (36.3%)	7:15	8.3 (63.8%)
114	CIEPAŁOWICZ Ewa	40	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:36:46	01:48:55	02:08:11	02:38:54	02:47:11.44	+01:00:54 (36.4%)	7:16	8.3 (63.8%)
115	JARACZ Marcin	291		M-30	51	00:31:10	01:42:22	02:03:33	02:38:39	02:48:13.53	+01:01:56 (36.8%)	7:18	8.2 (63.1%)
116	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	52	00:38:07	01:48:51	02:08:16	02:39:55	02:48:29.28	+01:02:12 (36.9%)	7:19	8.2 (63.1%)
117	KOZIEŁ Tadeusz	124	SZCZĘŚCIARZ BIEGA	M-16	14	00:33:13	01:46:58	02:06:22	02:39:43	02:48:30.00	+01:02:13 (36.9%)	7:19	8.2 (63.1%)
118	SZYMAŁA-LIPKA Magdalena	247	LIPKI RULEZ	K-30	9	00:36:25	01:48:43	02:08:32	02:39:42	02:48:30.84	+01:02:14 (36.9%)	7:19	8.2 (63.1%)
119	ĆWIAKAŁA Halina	47	ATHLETIC ZRĘCIN	K-40	2	00:35:49	01:48:33	02:08:41	02:40:18	02:49:13.01	+01:02:56 (37.2%)	7:21	8.2 (63.1%)
120	CHLEBEK Tomasz	37	RESOVIA	M-16	15	00:36:08	01:46:51	02:07:16	02:40:22	02:49:23.20	+01:03:06 (37.3%)	7:21	8.1 (62.3%)
121	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	53	00:35:35	01:46:14	02:07:08	02:40:43	02:50:16.82	+01:04:00 (37.6%)	7:24	8.1 (62.3%)
122	MATUŁA Przemysław	154	UMCS BIEGA	M-50	8	00:33:53	01:45:47	02:07:00	02:40:33	02:50:18.34	+01:04:01 (37.6%)	7:24	8.1 (62.3%)
123	RYBIŃSKI Grzegorz	212	RYBKĄ RUNNERS TEAM PROSZOWICE	M-40	30	00:35:11	01:48:29	02:08:31	02:40:46	02:50:38.41	+01:04:21 (37.7%)	7:25	8.1 (62.3%)
124	PLACHA Piotr	196	KOPALNIA MOCY TARNOBRZEG	M-40	31	00:37:52	01:51:03	02:10:42	02:42:45	02:50:56.87	+01:04:40 (37.8%)	7:25	8.1 (62.3%)
125	WARĘCKA Katarzyna	258	PIERDZĄCE ZAJĄCE	K-16	4	00:35:13	01:49:35	02:09:45	02:42:40	02:51:31.06	+01:05:14 (38.0%)	7:27	8 (61.5%)
126	KOŁTUNIEWICZ Andrzej	116	WIEŚ TAŃCZY I BIEGA	M-40	32	00:38:20	01:52:17	02:13:49	02:43:03	02:51:33.60	+01:05:16 (38.1%)	7:27	8 (61.5%)
127	AST Grzegorz	7	AMSTAFF TEAM JEDLICZE	M-16	16	00:35:26	01:49:45	02:09:27	02:42:40	02:51:35.75	+01:05:19 (38.1%)	7:27	8 (61.5%)
128	MISIAK Mateusz	165		M-16	17	00:36:08	01:50:51	02:10:29	02:42:46	02:51:39.59	+01:05:22 (38.1%)	7:27	8 (61.5%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
129	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	33	00:34:46	01:49:08	02:09:51	02:42:09	02:52:09.62	+01:05:52 (38.3%)	7:29	8 (61.5%)
130	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	34	00:34:44	01:49:06	02:10:07	02:41:59	02:52:10.49	+01:05:53 (38.3%)	7:29	8 (61.5%)
131	DRWIĘGA Maciej	56	POZYTYWNI ZABIEGANI SANOK	M-40	35	00:35:06	01:49:11	02:09:25	02:41:51	02:52:10.95	+01:05:54 (38.3%)	7:29	8 (61.5%)
132	DRWIĘGA Beata	55	SWIMRUN FOX TEAM	K-40	3	00:34:57	01:49:15	02:09:46	02:42:23	02:52:11.89	+01:05:55 (38.3%)	7:29	8 (61.5%)
133	NIEMIEC-DRWIĘGA Bernadeta	172	NA PRZEKÓR	K-40	4	00:34:51	01:49:19	02:09:59	02:42:49	02:52:12.60	+01:05:55 (38.3%)	7:29	8 (61.5%)
134	DROBOT Piotr	312	NA PRZEKÓR	M-40	36	00:34:55	01:49:18	02:10:05	02:42:48	02:52:12.79	+01:05:56 (38.3%)	7:29	8 (61.5%)
135	DRYLA Piotr	57	1 BATALION CZOŁGÓW	M-40	37	00:36:59	01:52:31	02:13:59	02:44:44	02:53:59.60	+01:07:42 (38.9%)	7:33	7.9 (60.8%)
136	KULIK Anna	132		K-40	5	00:35:26	01:51:33	02:12:27	02:46:34	02:56:05.72	+01:09:48 (39.6%)	7:39	7.8 (60.0%)
137	KOZIOŁ Mariusz	125	PRZEMYSKI KLUB BIEGACZA 3	M-40	38	00:27:28	01:42:07	02:03:40	02:46:50	02:56:10.21	+01:09:53 (39.7%)	7:39	7.8 (60.0%)
138	ŁOPATKIEWICZ Beata	143		K-50	1	00:37:27	01:53:08	02:13:46	02:47:13	02:57:48.17	+01:11:31 (40.2%)	7:43	7.8 (60.0%)
139	KOPCZYK Waldemar	119	BIDA PRZEMYŚL	M-40	39	00:36:20	01:58:08	02:18:25	02:50:29	02:59:02.78	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
140	GRADOWSKA Katarzyna	83	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:36:30	01:58:10	02:18:30	02:50:32	02:59:02.97	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
141	WILECZEK Antoni	265		M-30	54	00:39:45	01:57:54	02:18:18	02:50:47	02:59:12.47	+01:12:55 (40.7%)	7:47	7.7 (59.2%)
142	CZURA Renata	45	PRZEMYSKI KLUB BIEGACZA 5	K-40	6	00:40:19	02:00:29	02:18:51	02:51:09	02:59:29.37	+01:13:12 (40.8%)	7:48	7.7 (59.2%)
143	OSZCZYPKO Piotr	186	PRZEMYŚL BEARS	M-16	18	00:38:18	01:53:58	02:16:41	02:51:12	02:59:37.73	+01:13:21 (40.8%)	7:48	7.7 (59.2%)
144	OLSZYK Tadeusz	183	BIEGACZE ŚWINOUJŚCIE	M-60+	4	00:38:25	01:55:37	02:16:51	02:51:05	03:00:08.01	+01:13:51 (41.0%)	7:49	7.7 (59.2%)
145	GÓRA Agnieszka	205	"ZABIEGANI NOCĄ"	K-40	7	00:37:35	01:54:27	02:15:18	02:51:08	03:00:18.95	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
146	SUCHODOLSKA Anna	221		K-30	11	00:37:13	01:54:25	02:15:44	02:51:03	03:00:19.15	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
147	KORZENIOWSKA Joanna	120	UMCS BIEGA	K-30	12	00:38:12	01:57:07	02:20:16	02:52:02	03:00:36.98	+01:14:20 (41.2%)	7:51	7.6 (58.5%)
148	BAJSAROWICZ Maciej	9	PRUCHNICKA GRUPA BIEGOWA	M-16	19	00:37:12	01:52:05	02:16:01	02:52:15	03:01:26.41	+01:15:09 (41.4%)	7:53	7.6 (58.5%)
149	PASIERB Grzegorz	189	DECARUN RZESZÓW 2	M-40	40	00:38:50	01:58:18	02:20:29	02:53:54	03:02:13.97	+01:15:57 (41.7%)	7:55	7.6 (58.5%)
150	ZARĘBA Jolanta	305	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:38:36	01:57:54	02:19:05	02:53:22	03:02:42.78	+01:16:26 (41.8%)	7:56	7.6 (58.5%)
151	WOLF Weronika	273	POZYTYWNI ZABIEGANI SANOK	K-40	8	00:37:50	01:56:34	02:19:41	02:52:49	03:02:58.71	+01:16:41 (41.9%)	7:57	7.5 (57.7%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
152	MAŚLAK Marzena	152	POZYTYWNI ZABIEGANI SANOK	K-30	13	00:37:55	01:56:48	02:19:48	02:52:56	03:02:58.88	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
153	MAŚLAK Jacek	153	POZYTYWNI ZABIEGANI SANOK	M-40	41	00:38:04	01:57:02	02:20:01	02:53:06	03:02:59.21	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
154	ŁUCZYCKA Iwona	144	POZYTYWNI ZABIEGANI SANOK	K-40	9	00:38:08	01:56:47	02:20:03	02:52:54	03:02:59.70	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
155	MITURA Wojtek	166		M-40	42	00:38:43	01:57:09	02:20:09	02:53:06	03:03:03.10	+01:16:46 (41.9%)	7:57	7.5 (57.7%)
156	ZIELIŃSKI Sebastian	282	POZYTYWNI ZABIEGANI SANOK	M-30	55	00:38:00	01:56:59	02:20:09	02:53:11	03:03:09.88	+01:16:53 (42.0%)	7:57	7.5 (57.7%)
157	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	56	00:35:41	01:53:43	02:16:57	02:53:53	03:03:36.68	+01:17:19 (42.1%)	7:58	7.5 (57.7%)
158	CHODNICKI Radosław	38		M-40	43	00:39:19	02:01:41	02:22:24	02:54:59	03:04:02.23	+01:17:45 (42.3%)	8:00	7.5 (57.7%)
159	HOCEK Jakub	91	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	20	00:40:33	02:02:32	02:25:01	02:56:06	03:05:34.00	+01:19:17 (42.7%)	8:04	7.4 (56.9%)
160	BIERNACKI Rene	301		M-60+	5	00:40:23	01:58:16	02:21:05	02:55:50	03:05:48.71	+01:19:31 (42.8%)	8:04	7.4 (56.9%)
161	SUCHOWIECKA Sabina	237		K-16	5	00:38:50	01:56:46	02:23:48	02:56:25	03:05:57.79	+01:19:41 (42.8%)	8:05	7.4 (56.9%)
162	DUDEK Pawel	60		M-40	44	00:38:23	01:57:25	02:21:15	02:56:27	03:06:07.60	+01:19:50 (42.9%)	8:05	7.4 (56.9%)
163	PODOLAK Zbigniew	197	STOWARZYSZENIE SZWEJKOWSKIE	M-50	9	00:38:25	01:58:49	02:20:18	02:56:34	03:08:02.21	+01:21:45 (43.5%)	8:10	7.3 (56.2%)
164	WOJDON Monika	271	DECARUN RZESZÓW	K-40	10	00:40:14	02:03:29	02:26:02	03:00:50	03:10:16.93	+01:24:00 (44.1%)	8:16	7.3 (56.2%)
165	GŁOWACKI Krzysztof	76	NALEŚNIKI	M-16	21	00:36:05	01:57:45	02:19:07	02:58:12	03:10:18.36	+01:24:01 (44.2%)	8:16	7.3 (56.2%)
166	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	45	00:39:16	02:02:30	02:26:42	03:01:10	03:11:21.17	+01:25:04 (44.5%)	8:19	7.2 (55.4%)
167	JAKUBOWSKI Daniel	95	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	46	00:42:07	02:04:23	02:27:53	03:02:57	03:12:14.47	+01:25:57 (44.7%)	8:21	7.2 (55.4%)
168	DUDEK Katarzyna	59	PRZEMYSKI KLUB BIEGACZA	K-30	14	00:42:18	02:06:17	02:28:25	03:03:57	03:12:23.27	+01:26:06 (44.8%)	8:21	7.2 (55.4%)
169	KONIECZNA Joanna	117	POZYTYWNI ZABIEGANI SANOK	K-40	11	00:41:33	02:04:03	02:25:46	03:02:18	03:12:32.21	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
170	BANASIEWICZ Paweł	13	POZYTYWNI ZABIEGANI SANOK	M-30	57	00:41:28	02:04:04	02:25:23	03:02:20	03:12:32.25	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
171	ZAORSKA Justyna	319	STALOWOWOLSKI KLUB BIEGACZA	K-40	12	00:39:27	01:59:18	02:21:56	03:03:38	03:12:38.19	+01:26:21 (44.8%)	8:22	7.2 (55.4%)
172	LEVICKIJ Yuriy	297	RUN STYLE	M-40	47	00:39:36	01:59:26	02:22:11	03:03:33	03:13:03.19	+01:26:46 (44.9%)	8:23	7.1 (54.6%)
173	BASARAB Grzegorz	17		M-40	48	00:41:50	02:06:22	02:28:27	03:04:03	03:13:23.10	+01:27:06 (45.0%)	8:24	7.1 (54.6%)
174	KRÓL Grażyna	127		K-40	13	00:41:46	02:06:15	02:28:15		03:13:23.65	+01:27:06 (45.0%)	8:24	7.1 (54.6%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
175	RZESZUTEK Anna	215	DECARUN RZESZÓW	K-16	6	00:42:23	02:06:56	02:28:48	03:04:07	03:14:12.49	+01:27:55 (45.3%)	8:26	7.1 (54.6%)
176	BURAK Adam	33	1 BATALION CZOŁGÓW	M-40	49	00:37:18	01:52:41	02:15:09	02:59:54	03:14:14.24	+01:27:57 (45.3%)	8:26	7.1 (54.6%)
177	MOSKAL Marzena	167		K-40	14	00:42:25	02:06:46	02:29:10	03:04:43	03:14:48.26	+01:28:31 (45.4%)	8:28	7.1 (54.6%)
178	BRZUSZKO Jacek	32		M-50	10	00:41:52	02:03:11	02:24:15	03:04:48	03:16:23.72	+01:30:06 (45.9%)	8:32	7 (53.8%)
179	SIEDLACZEK Zbigniew	219	SKLEP BIEGACZA LUBLIN TEAM	M-60+	6	00:39:31	02:05:42	02:28:07	03:05:55	03:17:17.53	+01:31:00 (46.1%)	8:34	7 (53.8%)
180	ROJEK Dawid	209	NIECHBIEGA	M-16	22	00:42:16	02:08:39	02:30:22	03:07:39	03:18:50.60	+01:32:33 (46.6%)	8:38	6.9 (53.1%)
181	MAŁEK Paweł	149	DECARUN RZESZÓW 2	M-40	50	00:42:00	02:05:02	02:30:26	03:08:41	03:18:59.58	+01:32:42 (46.6%)	8:39	6.9 (53.1%)
182	BABINSKA Inga	290	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:43:37	02:09:17	02:30:09	03:07:53	03:19:00.35	+01:32:43 (46.6%)	8:39	6.9 (53.1%)
183	PERŁOWSKA-ŁOŚ Justyna	193		K-30	15	00:42:02	02:09:02	02:31:06	03:09:12	03:19:34.87	+01:33:18 (46.7%)	8:40	6.9 (53.1%)
184	JAŁOCHA Barbara	96	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:43:59	02:12:33	02:35:40	03:14:43	03:25:06.86	+01:38:50 (48.2%)	8:55	6.7 (51.5%)
185	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	51	00:43:38	02:13:23	02:36:01	03:15:08	03:25:55.72	+01:39:38 (48.4%)	8:57	6.7 (51.5%)
186	CUDZIŁO Joanna	41	PKO BANK POLSKI S.A.	K-40	16	00:42:27	02:10:23	02:34:13	03:15:02	03:25:57.53	+01:39:40 (48.4%)	8:57	6.7 (51.5%)
187	SYCZ Barbara	304	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:42:50	02:12:49	02:37:01	03:15:43	03:26:02.09	+01:39:45 (48.4%)	8:57	6.7 (51.5%)
188	KALINOWSKA Lucyna	105		K-50	4	00:42:20	02:20:44	02:46:09	03:26:31	03:36:36.31	+01:50:19 (50.9%)	9:25	6.4 (49.2%)
189	RADYK Joanna	204	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:44:52	02:25:20	02:49:39	03:27:50	03:38:22.02	+01:52:05 (51.3%)	9:29	6.3 (48.5%)
190	PAWLOWSKA Agnieszka	190	PRZEMYSKI KLUB BIEGACZA	K-40	18	00:45:00	02:25:23	02:50:12	03:29:16	03:40:05.87	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
191	GAWEŁ Marzena	72	PRZEMYSKI KLUB BIEGACZA 5	K-40	19	00:44:56	02:25:14	02:49:53	03:29:06	03:40:06.15	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
192	BANAS Małgorzata	306		K-50	5	00:45:33	02:26:30	02:52:53	03:35:44	03:47:22.29	+02:01:05 (53.3%)	9:53	6.1 (46.9%)
193	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	58	00:45:17	02:24:48	02:54:07	03:43:50	03:56:31.34	+02:10:14 (55.1%)	10:17	5.8 (44.6%)
194	FORNEK Paulina	311	DZIKIE MUSTANGI	K-16	7	00:45:15	02:24:49	02:54:20	03:43:53	03:56:32.34	+02:10:15 (55.1%)	10:17	5.8 (44.6%)
195	WILCZYNSKI Mariusz	264	SZLACHETNA PACZKA	M-30	59	00:45:11	02:27:02	02:55:47	03:43:56	03:56:34.08	+02:10:17 (55.1%)	10:17	5.8 (44.6%)
196	OCHYRA Konrad	303	SOLINA TEAM	M-30	60	00:45:51	02:53:05	03:04:10	03:51:10	04:03:02.92	+02:16:46 (56.3%)	10:34	5.7 (43.8%)
197	GŁUSZKO Justyna	78	SOLINA TEAM	K-30	17	00:46:13	02:30:45	03:03:00	03:51:16	04:03:03.88	+02:16:47 (56.3%)	10:34	5.7 (43.8%)

Place	Participant	Number	Club	Category	MCat	5.5km	15km	19km	22km	Net time 23km	Gap	Pace min/km	Pace km/h
198	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	61	00:46:02	02:30:42	03:02:34	03:51:06	04:03:04.35	+02:16:47 (56.3%)	10:34	5.7 (43.8%)
199	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	62	00:45:55	02:30:53	03:01:04	03:51:02	04:03:14.79	+02:16:58 (56.3%)	10:34	5.7 (43.8%)
	KUROPATWA Kazimierz	133	PRZEMYSKI KLUB BIEGACZA	M-60+		00:41:06 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 200 results.