

# BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2019  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2019-10-20  
**Miejsce:** Polańczyk  
**Dystans:** 23 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>CHENIKALO Oleksandr</b>	<b>36</b>	RUN4U	M-16	1	00:22:07	01:09:21	01:21:46	01:41:43	<b>01:46:16.72</b>		4:37	13 (100%)
2	<b>DOBRAŃSKYY Bogdan</b>	<b>50</b>	FLAVIO RUNNING	M-16	2	00:22:09	01:09:22	01:21:48	01:41:46	<b>01:47:15.92</b>	+00:00:59 (0.9%)	4:39	12.9 (99.2%)
3	<b>JAŁOCHA Mieczysław</b>	<b>97</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:25:49	01:15:20	01:27:16	01:48:15	<b>01:54:01.27</b>	+00:07:44 (6.8%)	4:57	12.1 (93.1%)
4	<b>SZEREMETA Tomasz</b>	<b>286</b>		M-40	1	00:25:50	01:15:21	01:27:15	01:48:15	<b>01:54:13.98</b>	+00:07:57 (7.0%)	4:58	12.1 (93.1%)
5	<b>KOBYLARZ Piotr</b>	<b>113</b>	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:25:00	01:15:10	01:27:15	01:49:44	<b>01:55:20.36</b>	+00:09:03 (7.9%)	5:00	12 (92.3%)
6	<b>MAŁEK Andrzej</b>	<b>150</b>	PRZEMYSKI KLUB BIEGACZA 5	M-40	2	00:26:25	01:16:32	01:29:17	01:51:39	<b>01:57:47.28</b>	+00:11:30 (9.8%)	5:07	11.7 (90.0%)
7	<b>KOSTERKIEWICZ Marcin</b>	<b>123</b>	FANTASTYCZNA TRÓJKA	M-40	3	00:26:33	01:19:00	01:31:16	01:52:45	<b>01:58:08.79</b>	+00:11:52 (10.0%)	5:08	11.7 (90.0%)
8	<b>ROHAN Łukasz</b>	<b>207</b>	PRZEMYSKI KLUB BIEGACZA 2	M-30	2	00:26:02	01:16:18	01:29:11	01:52:08	<b>01:58:39.20</b>	+00:12:22 (10.4%)	5:09	11.6 (89.2%)
9	<b>BRENDZOWSKI Adam</b>	<b>29</b>	SOLINATEAM	M-30	3	00:25:50	01:16:00	01:29:29	01:53:57	<b>02:00:16.36</b>	+00:13:59 (11.6%)	5:13	11.5 (88.5%)
10	<b>MICHALEC Marcin</b>	<b>158</b>	KKB MOSIR KROSNO	M-30	4	00:25:19	01:16:56	01:30:46	01:54:38	<b>02:00:34.29</b>	+00:14:17 (11.9%)	5:14	11.4 (87.7%)
11	<b>DUTKEVYCH Viktoriya</b>	<b>63</b>		K-16	1	00:27:39	01:21:07	01:37:24	01:59:53	<b>02:06:15.56</b>	+00:19:58 (15.8%)	5:29	10.9 (83.8%)
12	<b>WINIARSKA Katarzyna</b>	<b>267</b>	FANTASTYCZNA TRÓJKA	K-30	1	00:27:43	01:22:37	01:37:55	02:00:40	<b>02:06:54.05</b>	+00:20:37 (16.3%)	5:31	10.9 (83.8%)
13	<b>ROGOWSKA Anna</b>	<b>135</b>	DECARUN RZESZÓW	K-30	2	00:32:17	01:33:06	01:48:43	02:15:42	<b>02:23:16.23</b>	+00:36:59 (25.8%)	6:13	9.6 (73.8%)
14	<b>KLINGER Weronika</b>	<b>110</b>	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:32:29	01:34:10	01:50:09	02:17:44	<b>02:24:45.46</b>	+00:38:28 (26.6%)	6:17	9.5 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
15	<b>MATYSIAK Agnieszka</b>	<b>20</b>	KOPALNIA MOCY TARNOBRZEG	K-30	4	00:32:34	01:34:47	01:51:09	02:18:53	<b>02:26:34.37</b>	+00:40:17 (27.5%)	6:22	9.4 (72.3%)
16	<b>STEFAŃSKA Maria</b>	<b>235</b>	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:32:56	01:36:29	01:53:26	02:21:44	<b>02:29:17.77</b>	+00:43:01 (28.8%)	6:29	9.2 (70.8%)
17	<b>AMROŹKIEWICZ - GROMEK Judyta</b>	<b>3</b>	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	5	00:34:03	01:38:48	01:56:44	02:25:57	<b>02:34:57.10</b>	+00:48:40 (31.4%)	6:44	8.9 (68.5%)
18	<b>OGŁUSZKA Elżbieta</b>	<b>179</b>	DECARUN RZESZÓW	K-30	6	00:33:50	01:41:42	01:59:52	02:30:17	<b>02:38:21.17</b>	+00:52:04 (32.9%)	6:53	8.7 (66.9%)
19	<b>OLEKSZYK Joanna</b>	<b>182</b>	DECARUN RZESZÓW	K-16	2	00:34:06	01:41:38	02:00:08	02:30:34	<b>02:39:03.35</b>	+00:52:46 (33.2%)	6:54	8.7 (66.9%)
20	<b>CYPRYŚ Joanna</b>	<b>44</b>	DECARUN RZESZÓW	K-16	3	00:34:03	01:41:46	02:00:12	02:30:31	<b>02:39:04.93</b>	+00:52:48 (33.2%)	6:55	8.7 (66.9%)
21	<b>PEMPUŚ Bernard</b>	<b>192</b>	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:27:37	01:19:37	01:31:32	01:54:33	<b>02:00:37.82</b>	+00:14:21 (11.9%)	5:14	11.4 (87.7%)
22	<b>SKAWIŃSKI Tomasz</b>	<b>222</b>	DWERNIK KAMIEŃ TRAIL	M-30	5	00:26:29	01:19:23	01:32:24	01:54:49	<b>02:00:59.84</b>	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
23	<b>STAŃKO Paweł</b>	<b>231</b>	BIESY I CZORTY	M-40	4	00:26:22	01:19:20	01:32:31	01:54:50	<b>02:01:00.25</b>	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
24	<b>KOZŁOWSKI Krzysztof</b>	<b>126</b>	PRZEMYSKI KLUB BIEGACZA	M-40	5	00:27:21	01:19:35	01:32:20	01:54:59	<b>02:01:05.07</b>	+00:14:48 (12.2%)	5:15	11.4 (87.7%)
25	<b>CHOJNACKI Wiktor</b>	<b>118</b>		M-30	6	00:25:51	01:18:49	01:32:04	01:54:47	<b>02:01:29.93</b>	+00:15:13 (12.5%)	5:16	11.4 (87.7%)
26	<b>GIEFERT Tomasz</b>	<b>74</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	7	00:26:56	01:20:34	01:34:39	01:58:18	<b>02:05:52.55</b>	+00:19:35 (15.6%)	5:28	11 (84.6%)
27	<b>KUŚMIDER Jakub</b>	<b>112</b>	FANTASTYCZNA TRÓJKA	M-30	8	00:29:23	01:24:32	01:38:46	02:00:58	<b>02:06:57.78</b>	+00:20:41 (16.3%)	5:31	10.9 (83.8%)
28	<b>KOHUT Dariusz</b>	<b>115</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:27:50	01:22:39	01:38:03	02:00:35	<b>02:07:07.66</b>	+00:20:50 (16.4%)	5:31	10.9 (83.8%)
29	<b>PREISNER Robert</b>	<b>199</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:27:09	01:21:21	01:35:10	02:00:18	<b>02:07:21.61</b>	+00:21:04 (16.6%)	5:32	10.8 (83.1%)
30	<b>WEREMKO Grzegorz</b>	<b>260</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	00:27:12	01:22:45	01:38:11	02:01:43	<b>02:08:38.62</b>	+00:22:21 (17.4%)	5:35	10.7 (82.3%)
31	<b>OLEJARSKI Marcin</b>	<b>181</b>	PRUCHNICKA GRUPA BIEGOWA	M-30	9	00:29:02	01:25:37	01:39:28	02:02:28	<b>02:08:54.55</b>	+00:22:37 (17.6%)	5:36	10.7 (82.3%)
32	<b>GUT Jacek</b>	<b>87</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	00:27:57	01:23:10	01:38:23	02:02:01	<b>02:08:56.54</b>	+00:22:39 (17.6%)	5:36	10.7 (82.3%)
33	<b>DELEŻUCH Wojciech</b>	<b>49</b>	OSP NIEMCE	M-40	8	00:27:55	01:24:00	01:39:08	02:02:49	<b>02:09:38.38</b>	+00:23:21 (18.0%)	5:38	10.6 (81.5%)
34	<b>RUCIŃSKI Piotr</b>	<b>211</b>		M-30	10	00:28:37	01:26:23	01:40:45	02:06:06	<b>02:12:26.43</b>	+00:26:09 (19.8%)	5:45	10.4 (80.0%)
35	<b>OCZOŚ Hubert</b>	<b>177</b>	OSTR STUFF	M-30	11	00:28:47	01:26:18	01:41:24	02:06:07	<b>02:13:10.77</b>	+00:26:54 (20.2%)	5:47	10.4 (80.0%)
36	<b>KANIECKI Paweł</b>	<b>106</b>	MIEJSCE BLOK B	M-30	12	00:29:29	01:26:32	01:41:00	02:06:26	<b>02:13:46.55</b>	+00:27:29 (20.6%)	5:48	10.3 (79.2%)
37	<b>NEBOHA Nikita</b>	<b>170</b>	NIKE RUN CLUB	M-16	5	00:27:45	01:24:04	01:40:30	02:07:45	<b>02:15:23.83</b>	+00:29:07 (21.5%)	5:53	10.2 (78.5%)

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38	<b>KACZMARSKI Grzegorz</b>	<b>104</b>	KACZMARSKI TEAM	M-30	13	00:26:05	01:20:30	01:37:31	02:04:20	<b>02:15:24.92</b>	+00:29:08 (21.5%)	5:53	10.2 (78.5%)
39	<b>HOROSZKO Ernest</b>	<b>92</b>	SWR SOSBIKE SANOK	M-30	14	00:29:38	01:28:58	01:43:12	02:09:10	<b>02:16:09.25</b>	+00:29:52 (21.9%)	5:55	10.1 (77.7%)
40	<b>BANASIK Krzysiek</b>	<b>15</b>	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:28:56	01:27:02	01:42:10	02:09:15	<b>02:16:15.54</b>	+00:29:58 (22.0%)	5:55	10.1 (77.7%)
41	<b>BERNAT Tomasz</b>	<b>21</b>		M-40	9	00:28:14	01:27:18	01:42:15	02:09:10	<b>02:16:19.67</b>	+00:30:02 (22.0%)	5:55	10.1 (77.7%)
42	<b>WASYLÓW Jacek</b>	<b>259</b>	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	16	00:28:34	01:27:50	01:43:09	02:09:44	<b>02:16:38.52</b>	+00:30:21 (22.2%)	5:56	10.1 (77.7%)
43	<b>RADYK Jakub</b>	<b>203</b>	PRZEMYSKI KLUB BIEGACZA	M-30	17	00:29:03	01:27:26	01:43:09	02:09:28	<b>02:16:44.83</b>	+00:30:28 (22.3%)	5:56	10.1 (77.7%)
44	<b>PYRZAK Jacek</b>	<b>202</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	18	00:30:56	01:30:44	01:45:57	02:10:12	<b>02:17:01.11</b>	+00:30:44 (22.4%)	5:57	10.1 (77.7%)
45	<b>CHODOWIEC Emil</b>	<b>39</b>		M-30	19	00:29:18	01:28:26	01:44:39	02:10:28	<b>02:17:24.59</b>	+00:31:07 (22.7%)	5:58	10 (76.9%)
46	<b>ZAWISZA Grzegorz</b>	<b>277</b>		M-16	6	00:29:04	01:27:27	01:43:14	02:09:47	<b>02:17:25.32</b>	+00:31:08 (22.7%)	5:58	10 (76.9%)
47	<b>BODNAR Krystian</b>	<b>26</b>		M-16	7	00:29:56	01:29:22	01:44:58	02:10:39	<b>02:17:26.70</b>	+00:31:09 (22.7%)	5:58	10 (76.9%)
48	<b>OGŁUSZKA Michał</b>	<b>180</b>	DECARUN RZESZÓW 2	M-30	20	00:30:14	01:28:24	01:44:04	02:10:41	<b>02:17:45.55</b>	+00:31:28 (22.9%)	5:59	10 (76.9%)
49	<b>STADNIK Wojciech</b>	<b>229</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	10	00:29:51	01:28:59	01:44:06	02:10:36	<b>02:17:53.20</b>	+00:31:36 (22.9%)	5:59	10 (76.9%)
50	<b>TUTKA Dominik</b>	<b>253</b>	NALEŚNIKI	M-30	21	00:30:41	01:29:46	01:44:56	02:11:56	<b>02:19:52.61</b>	+00:33:35 (24.0%)	6:04	9.9 (76.2%)
51	<b>BODNAR Adrian</b>	<b>25</b>		M-16	8	00:30:40	01:29:50	01:44:46	02:12:03	<b>02:19:57.07</b>	+00:33:40 (24.1%)	6:05	9.9 (76.2%)
52	<b>KARDASZ Marek</b>	<b>108</b>	SOLINA TEAM	M-40	11	00:31:02	01:30:39	01:46:40	02:13:16	<b>02:20:22.11</b>	+00:34:05 (24.3%)	6:06	9.8 (75.4%)
53	<b>PODOLAK Paweł</b>	<b>198</b>	MKS UKB HALICZ	M-30	22	00:29:08	01:29:28	01:45:08	02:12:27	<b>02:20:39.22</b>	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
54	<b>OPAŁKA Rafał</b>	<b>184</b>		M-40	12	00:29:33	01:29:34	01:45:44	02:12:39	<b>02:20:39.37</b>	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
55	<b>ORYSZCZAK Bartłomiej</b>	<b>185</b>	MTB ROZTOCZE	M-30	23	00:30:31	01:31:50	01:46:35	02:13:07	<b>02:20:45.22</b>	+00:34:28 (24.5%)	6:07	9.8 (75.4%)
56	<b>JACHIMOWSKI Jarosław</b>	<b>94</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	24	00:30:41	01:30:48	01:47:06	02:13:57	<b>02:21:14.60</b>	+00:34:57 (24.8%)	6:08	9.8 (75.4%)
57	<b>CURZYDŁO Bogdan</b>	<b>42</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	13	00:30:32	01:30:55	01:46:55	02:13:51	<b>02:21:16.00</b>	+00:34:59 (24.8%)	6:08	9.8 (75.4%)
58	<b>WOLIŃSKI Ryszard</b>	<b>274</b>	NOWY STYL RUNNIG TEAM	M-30	25	00:30:10	01:30:15	01:46:47	02:13:43	<b>02:21:43.84</b>	+00:35:27 (25.0%)	6:09	9.7 (74.6%)
59	<b>HANDZIAK Tomasz</b>	<b>89</b>		M-30	26	00:32:04	01:34:12	01:49:14	02:14:59	<b>02:22:01.48</b>	+00:35:44 (25.2%)	6:10	9.7 (74.6%)
60	<b>KRUSZYŃSKI Marek</b>	<b>130</b>	PRZEMYSKI KLUB BIEGACZA 4	M-50	3	00:32:30	01:34:43	01:49:36	02:15:46	<b>02:22:52.48</b>	+00:36:35 (25.6%)	6:12	9.7 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas		Tempo min/km	Tempo km/h
										netto 23km	Różn		
61	<b>DOPART Tomasz</b>	<b>51</b>	DWERNIK KAMIEŃ TRAIL	M-40	14	00:30:26	01:31:48	01:47:23		<b>02:23:05.68</b>	+00:36:48 (25.7%)	6:13	9.6 (73.8%)
62	<b>MAJ Witold</b>	<b>147</b>	OLDBOYS TRUSKOLASY	M-50	4	00:29:33	01:29:13	01:46:21	02:14:57	<b>02:23:12.47</b>	+00:36:55 (25.8%)	6:13	9.6 (73.8%)
63	<b>WIERZBICKI Janusz</b>	<b>263</b>		M-30	27	00:29:05	01:30:07	01:47:34	02:15:54	<b>02:23:53.85</b>	+00:37:37 (26.1%)	6:15	9.6 (73.8%)
64	<b>GRYCIUK Walenty</b>	<b>85</b>		M-50	5	00:30:04	01:32:06	01:48:07	02:15:31	<b>02:24:21.70</b>	+00:38:04 (26.4%)	6:16	9.6 (73.8%)
65	<b>PIETRASIEWICZ Maciej</b>	<b>194</b>	KRESOWIANIE	M-30	28	00:30:56	01:32:00	01:49:32	02:16:56	<b>02:25:09.00</b>	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
66	<b>MACIEJKO Rafał</b>	<b>145</b>	KRESOWIANIE	M-40	15	00:31:11	01:31:59	01:49:35	02:17:00	<b>02:25:09.30</b>	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
67	<b>SZYSZŁO Tomasz</b>	<b>251</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	29	00:32:14	01:34:52	01:51:21	02:19:21	<b>02:27:14.28</b>	+00:40:57 (27.8%)	6:24	9.4 (72.3%)
68	<b>SOBOL Krystian</b>	<b>225</b>		M-40	16	00:31:56	01:34:23	01:51:05	02:18:53	<b>02:27:17.65</b>	+00:41:00 (27.8%)	6:24	9.4 (72.3%)
69	<b>ĆWIAKAŁA Michał</b>	<b>46</b>	ATHLETIC ZRĘCIN	M-30	30	00:30:57	01:36:34	01:53:29	02:19:57	<b>02:27:33.06</b>	+00:41:16 (28.0%)	6:24	9.4 (72.3%)
70	<b>PAJESTKA Wojtek</b>	<b>187</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	17	00:32:49	01:36:03	01:53:40	02:20:53	<b>02:27:46.43</b>	+00:41:29 (28.1%)	6:25	9.3 (71.5%)
71	<b>GAWORECKI Tomasz</b>	<b>73</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	31	00:32:51	01:35:56	01:53:42	02:20:58	<b>02:28:29.15</b>	+00:42:12 (28.4%)	6:27	9.3 (71.5%)
72	<b>FURS Teodor</b>	<b>70</b>	PIERDZĄCE ZAJĄCE	M-40	18	00:31:59	01:35:38	01:51:49	02:20:45	<b>02:28:58.23</b>	+00:42:41 (28.7%)	6:28	9.3 (71.5%)
73	<b>FEDIO Marek</b>	<b>65</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	32	00:31:44	01:34:41	01:52:36	02:22:08	<b>02:30:22.43</b>	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
74	<b>PRZYBYŁA Piotr</b>	<b>201</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	9	00:31:41	01:34:36	01:52:40	02:21:57	<b>02:30:22.44</b>	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
75	<b>ŁAŃCUCKI Łukasz</b>	<b>141</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	19					<b>02:30:22.44</b>	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
76	<b>SAWICKI Robert</b>	<b>217</b>	BEE IS RUNNING	M-40	20	00:33:34	01:38:26	01:55:06	02:22:56	<b>02:31:03.13</b>	+00:44:46 (29.6%)	6:34	9.1 (70.0%)
77	<b>PIETRYSZYN Mariusz</b>	<b>195</b>	SZYBKIE ŻABY	M-40	21	00:32:35	01:37:46	01:55:06	02:23:08	<b>02:31:19.15</b>	+00:45:02 (29.8%)	6:34	9.1 (70.0%)
78	<b>WINIARSKI Krystian</b>	<b>268</b>		M-30	33	00:30:06	01:33:03	01:51:00	02:22:44	<b>02:32:23.41</b>	+00:46:06 (30.3%)	6:37	9.1 (70.0%)
79	<b>SUDACKI Sebastian</b>	<b>307</b>		M-16	10	00:29:39	01:33:10	01:52:22	02:25:08	<b>02:33:45.72</b>	+00:47:28 (30.9%)	6:41	9 (69.2%)
80	<b>DRYNIAK Daniel</b>	<b>58</b>	PRZEMYSKI KLUB BIEGACZA	M-40	22	00:34:58	01:41:17	01:59:05	02:26:46	<b>02:34:03.33</b>	+00:47:46 (31.0%)	6:41	9 (69.2%)
81	<b>NYKIEL Tomasz</b>	<b>175</b>	PRZEMYSKI KLUB BIEGACZA 3	M-50	6	00:32:46	01:36:28	01:54:02	02:25:32	<b>02:34:13.12</b>	+00:47:56 (31.1%)	6:42	8.9 (68.5%)
82	<b>ANTOSZ Bogdan</b>	<b>5</b>		M-40	23	00:32:46	01:37:30	01:56:23	02:26:20	<b>02:35:14.53</b>	+00:48:57 (31.5%)	6:44	8.9 (68.5%)
83	<b>KAWA Tomasz</b>	<b>109</b>	SZYBKIE ŻABY	M-30	34	00:32:40	01:40:00	01:58:44	02:29:03	<b>02:35:45.44</b>	+00:49:28 (31.8%)	6:46	8.9 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
84	<b>ŁAPCZYŃSKI Krzysztof</b>	<b>142</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	00:30:51	01:37:30	01:57:37	02:27:36	<b>02:36:39.69</b>	+00:50:22 (32.2%)	6:48	8.8 (67.7%)
85	<b>MAZEK Przemysław</b>	<b>156</b>	SZYBKIE ŻABY	M-16	12	00:32:36	01:41:29	01:58:37	02:29:10	<b>02:37:26.27</b>	+00:51:09 (32.5%)	6:50	8.8 (67.7%)
86	<b>SOCHA Marcin</b>	<b>226</b>	AKTYWNY DYNÓW	M-30	35	00:33:28	01:41:27	01:59:22	02:28:57	<b>02:37:29.43</b>	+00:51:12 (32.5%)	6:50	8.8 (67.7%)
87	<b>GŁOWACKI Marcin</b>	<b>77</b>	NALEŚNIKI	M-16	13	00:31:47	01:35:54	01:53:01	02:29:11	<b>02:37:52.46</b>	+00:51:35 (32.7%)	6:51	8.7 (66.9%)
88	<b>KUBICKI Łukasz</b>	<b>131</b>	KUBICCY	M-30	36	00:33:15	01:38:54	01:57:08	02:28:12	<b>02:37:53.05</b>	+00:51:36 (32.7%)	6:51	8.7 (66.9%)
89	<b>SZADURSKI Tomasz</b>	<b>239</b>	PRZEMYSKI KLUB BIEGACZA	M-40	24	00:33:28	01:40:18	01:59:21	02:29:56	<b>02:38:05.28</b>	+00:51:48 (32.8%)	6:52	8.7 (66.9%)
90	<b>ZBIEĆ Dariusz</b>	<b>279</b>	DARFIK TEAM	M-30	37	00:33:38	01:40:32	01:59:23	02:29:56	<b>02:38:08.53</b>	+00:51:51 (32.8%)	6:52	8.7 (66.9%)
91	<b>KLOCEK Konrad</b>	<b>111</b>		M-30	38	00:33:01	01:40:32	01:59:10	02:30:10	<b>02:39:24.92</b>	+00:53:08 (33.3%)	6:55	8.7 (66.9%)
92	<b>SOPEL Wiesław</b>	<b>227</b>	KRESOWIANIE	M-50	7	00:34:07	01:41:01	02:01:23	02:31:51	<b>02:40:46.41</b>	+00:54:29 (33.9%)	6:59	8.6 (66.2%)
93	<b>BRZozowski Marek</b>	<b>31</b>		M-30	39	00:41:10	02:04:03	02:23:28	02:33:15	<b>02:40:47.63</b>	+00:54:30 (33.9%)	6:59	8.6 (66.2%)
94	<b>KAPRAL Adam</b>	<b>315</b>	DWERNIK KAMIEŃ TRAIL	M-40	25	00:36:03	01:43:27	02:01:34	02:32:18	<b>02:40:50.45</b>	+00:54:33 (33.9%)	6:59	8.6 (66.2%)
95	<b>FILIPowicz Krzysztof</b>	<b>67</b>		M-40	26	00:36:43	01:49:48	02:06:26		<b>02:40:52.67</b>	+00:54:35 (33.9%)	6:59	8.6 (66.2%)
96	<b>MYTYCH Wiesław</b>	<b>169</b>		M-40	27	00:36:53	01:49:50	02:06:36	02:33:50	<b>02:40:52.98</b>	+00:54:36 (33.9%)	6:59	8.6 (66.2%)
97	<b>GUT Marcin</b>	<b>88</b>		M-30	40	00:34:49	01:43:32	02:00:46	02:31:37	<b>02:41:04.99</b>	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
98	<b>DROZD Jerzy</b>	<b>54</b>	LUBELAKY	M-60+	1	00:36:00	01:44:03	02:02:08	02:32:25	<b>02:41:05.62</b>	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
99	<b>GRASZA Ireneusz</b>	<b>84</b>	PRZEMYSKI KLUB BIEGACZA 4	M-40	28	00:35:30	01:41:47	02:00:39	02:32:13	<b>02:41:58.54</b>	+00:55:41 (34.4%)	7:02	8.5 (65.4%)
100	<b>WOTA Łukasz</b>	<b>275</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	41	00:35:52	01:45:20	02:04:07	02:36:03	<b>02:43:50.16</b>	+00:57:33 (35.1%)	7:07	8.4 (64.6%)
101	<b>KIAMUT Ryszard</b>	<b>310</b>	KGB KORCZYNA	M-60+	2	00:33:22	01:41:32	01:59:47	02:33:50	<b>02:44:19.90</b>	+00:58:03 (35.3%)	7:08	8.4 (64.6%)
102	<b>DOROSZ Barbara</b>	<b>52</b>	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:30:19	01:48:46	02:07:44		<b>02:44:40.01</b>	+00:58:23 (35.5%)	7:09	8.4 (64.6%)
103	<b>WYSOCKI Dariusz</b>	<b>294</b>	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	42	00:35:35	01:47:49	02:08:04	02:37:42	<b>02:45:08.91</b>	+00:58:52 (35.6%)	7:10	8.4 (64.6%)
104	<b>KISIELEWICZ Marcin</b>	<b>313</b>	ATHLETIC ZRĘCIN	M-30	43	00:34:18	01:46:27	02:04:57	02:36:55	<b>02:45:21.53</b>	+00:59:04 (35.7%)	7:11	8.3 (63.8%)
105	<b>KUZŁO Andrzej</b>	<b>136</b>		M-30	44	00:35:45	01:45:26	02:04:26	02:36:25	<b>02:45:23.11</b>	+00:59:06 (35.7%)	7:11	8.3 (63.8%)
106	<b>KONOPKA Henryk</b>	<b>137</b>	ZIELONY CIEŃ	M-60+	3	00:37:42	01:46:49	02:05:17	02:36:39	<b>02:45:53.53</b>	+00:59:36 (35.9%)	7:12	8.3 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
107	<b>AMAROWICZ Jacek</b>	<b>2</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	45					<b>02:45:54.20</b>	+00:59:37 (35.9%)	7:12	8.3 (63.8%)
108	<b>BACH Dawid</b>	<b>8</b>	MSR	M-30	46					<b>02:45:54.79</b>	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
109	<b>ŁABUDZKI Marcin</b>	<b>140</b>	PRZEMYSKI KLUB BIEGACZA	M-30	47	00:36:19	01:48:33	02:07:44	02:37:10	<b>02:45:55.02</b>	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
110	<b>STEFAŃSKI Ireneusz</b>	<b>236</b>	PRZEMYSKI KLUB BIEGACZA	M-40	29	00:36:34	01:48:41	02:07:55	02:37:21	<b>02:46:01.70</b>	+00:59:44 (36.0%)	7:13	8.3 (63.8%)
111	<b>BEŁCH Michał</b>	<b>19</b>		M-30	48	00:37:05	01:48:07	02:06:04	02:37:47	<b>02:46:22.97</b>	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
112	<b>ŚCIBOR Jarosław</b>	<b>252</b>	PRZEMYSKI KLUB BIEGACZA	M-30	49	00:37:49	01:48:57	02:08:13	02:37:40	<b>02:46:23.00</b>	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
113	<b>SUSABOWSKI Andrzej</b>	<b>238</b>		M-30	50	00:33:32	01:41:46	02:01:14	02:35:54	<b>02:46:45.20</b>	+01:00:28 (36.3%)	7:15	8.3 (63.8%)
114	<b>CIEPAŁOWICZ Ewa</b>	<b>40</b>	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:36:46	01:48:55	02:08:11	02:38:54	<b>02:47:11.44</b>	+01:00:54 (36.4%)	7:16	8.3 (63.8%)
115	<b>JARACZ Marcin</b>	<b>291</b>		M-30	51	00:31:10	01:42:22	02:03:33	02:38:39	<b>02:48:13.53</b>	+01:01:56 (36.8%)	7:18	8.2 (63.1%)
116	<b>DRĄG Paweł</b>	<b>53</b>	DECARUN RZESZÓW 2	M-30	52	00:38:07	01:48:51	02:08:16	02:39:55	<b>02:48:29.28</b>	+01:02:12 (36.9%)	7:19	8.2 (63.1%)
117	<b>KOZIEŁ Tadeusz</b>	<b>124</b>	SZCZĘŚCIARZ BIEGA	M-16	14	00:33:13	01:46:58	02:06:22	02:39:43	<b>02:48:30.00</b>	+01:02:13 (36.9%)	7:19	8.2 (63.1%)
118	<b>SZYMAŁA-LIPKA Magdalena</b>	<b>247</b>	LIPKI RULEZ	K-30	9	00:36:25	01:48:43	02:08:32	02:39:42	<b>02:48:30.84</b>	+01:02:14 (36.9%)	7:19	8.2 (63.1%)
119	<b>ĆWIAKAŁA Halina</b>	<b>47</b>	ATHLETIC ZRĘCIN	K-40	2	00:35:49	01:48:33	02:08:41	02:40:18	<b>02:49:13.01</b>	+01:02:56 (37.2%)	7:21	8.2 (63.1%)
120	<b>CHLEBEK Tomasz</b>	<b>37</b>	RESOVIA	M-16	15	00:36:08	01:46:51	02:07:16	02:40:22	<b>02:49:23.20</b>	+01:03:06 (37.3%)	7:21	8.1 (62.3%)
121	<b>ZAKRZACKI Damian</b>	<b>276</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	53	00:35:35	01:46:14	02:07:08	02:40:43	<b>02:50:16.82</b>	+01:04:00 (37.6%)	7:24	8.1 (62.3%)
122	<b>MATUŁA Przemysław</b>	<b>154</b>	UMCS BIEGA	M-50	8	00:33:53	01:45:47	02:07:00	02:40:33	<b>02:50:18.34</b>	+01:04:01 (37.6%)	7:24	8.1 (62.3%)
123	<b>RYBIŃSKI Grzegorz</b>	<b>212</b>	RYBKA RUNNERS TEAM PROSZOWICE	M-40	30	00:35:11	01:48:29	02:08:31	02:40:46	<b>02:50:38.41</b>	+01:04:21 (37.7%)	7:25	8.1 (62.3%)
124	<b>PLACHA Piotr</b>	<b>196</b>	KOPALNIA MOCY TARNOBRZEG	M-40	31	00:37:52	01:51:03	02:10:42	02:42:45	<b>02:50:56.87</b>	+01:04:40 (37.8%)	7:25	8.1 (62.3%)
125	<b>WARĘCKA Katarzyna</b>	<b>258</b>	PIERDZĄCE ZAJĄCE	K-16	4	00:35:13	01:49:35	02:09:45	02:42:40	<b>02:51:31.06</b>	+01:05:14 (38.0%)	7:27	8 (61.5%)
126	<b>KOŁTUNIEWICZ Andrzej</b>	<b>116</b>	WIEŚ TAŃCZY I BIEGA	M-40	32	00:38:20	01:52:17	02:13:49	02:43:03	<b>02:51:33.60</b>	+01:05:16 (38.1%)	7:27	8 (61.5%)
127	<b>AST Grzegorz</b>	<b>7</b>	AMSTAFF TEAM JEDLICZE	M-16	16	00:35:26	01:49:45	02:09:27	02:42:40	<b>02:51:35.75</b>	+01:05:19 (38.1%)	7:27	8 (61.5%)
128	<b>MISIAK Mateusz</b>	<b>165</b>		M-16	17	00:36:08	01:50:51	02:10:29	02:42:46	<b>02:51:39.59</b>	+01:05:22 (38.1%)	7:27	8 (61.5%)
129	<b>WAJCOWICZ Witold</b>	<b>257</b>	KILOMETRY ODDECHÓW	M-40	33	00:34:46	01:49:08	02:09:51	02:42:09	<b>02:52:09.62</b>	+01:05:52 (38.3%)	7:29	8 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
130	<b>SMOLIŃSKI Paweł</b>	<b>224</b>	KILOMETRY ODDECHÓW	M-40	34	00:34:44	01:49:06	02:10:07	02:41:59	<b>02:52:10.49</b>	+01:05:53 (38.3%)	7:29	8 (61.5%)
131	<b>DRWIĘGA Maciej</b>	<b>56</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	35	00:35:06	01:49:11	02:09:25	02:41:51	<b>02:52:10.95</b>	+01:05:54 (38.3%)	7:29	8 (61.5%)
132	<b>DRWIĘGA Beata</b>	<b>55</b>	SWIMRUN FOX TEAM	K-40	3	00:34:57	01:49:15	02:09:46	02:42:23	<b>02:52:11.89</b>	+01:05:55 (38.3%)	7:29	8 (61.5%)
133	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>172</b>	NA PRZEKÓR	K-40	4	00:34:51	01:49:19	02:09:59	02:42:49	<b>02:52:12.60</b>	+01:05:55 (38.3%)	7:29	8 (61.5%)
134	<b>DROBOT Piotr</b>	<b>312</b>	NA PRZEKÓR	M-40	36	00:34:55	01:49:18	02:10:05	02:42:48	<b>02:52:12.79</b>	+01:05:56 (38.3%)	7:29	8 (61.5%)
135	<b>DRYLA Piotr</b>	<b>57</b>	1 BATALION CZOŁGÓW	M-40	37	00:36:59	01:52:31	02:13:59	02:44:44	<b>02:53:59.60</b>	+01:07:42 (38.9%)	7:33	7.9 (60.8%)
136	<b>KULIK Anna</b>	<b>132</b>		K-40	5	00:35:26	01:51:33	02:12:27	02:46:34	<b>02:56:05.72</b>	+01:09:48 (39.6%)	7:39	7.8 (60.0%)
137	<b>KOZIOŁ Mariusz</b>	<b>125</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	38	00:27:28	01:42:07	02:03:40	02:46:50	<b>02:56:10.21</b>	+01:09:53 (39.7%)	7:39	7.8 (60.0%)
138	<b>ŁOPATKIEWICZ Beata</b>	<b>143</b>		K-50	1	00:37:27	01:53:08	02:13:46	02:47:13	<b>02:57:48.17</b>	+01:11:31 (40.2%)	7:43	7.8 (60.0%)
139	<b>KOPCZYK Waldemar</b>	<b>119</b>	BIDA PRZEMYSŁ	M-40	39	00:36:20	01:58:08	02:18:25	02:50:29	<b>02:59:02.78</b>	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
140	<b>GRADOWSKA Katarzyna</b>	<b>83</b>	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:36:30	01:58:10	02:18:30	02:50:32	<b>02:59:02.97</b>	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
141	<b>WILECZEK Antoni</b>	<b>265</b>		M-30	54	00:39:45	01:57:54	02:18:18	02:50:47	<b>02:59:12.47</b>	+01:12:55 (40.7%)	7:47	7.7 (59.2%)
142	<b>CZURA Renata</b>	<b>45</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	6	00:40:19	02:00:29	02:18:51	02:51:09	<b>02:59:29.37</b>	+01:13:12 (40.8%)	7:48	7.7 (59.2%)
143	<b>OSZCZYPKO Piotr</b>	<b>186</b>	PRZEMYSŁ BEARS	M-16	18	00:38:18	01:53:58	02:16:41	02:51:12	<b>02:59:37.73</b>	+01:13:21 (40.8%)	7:48	7.7 (59.2%)
144	<b>OLSZYK Tadeusz</b>	<b>183</b>	BIEGACZE ŚWINOUJŚCIE	M-60+	4	00:38:25	01:55:37	02:16:51	02:51:05	<b>03:00:08.01</b>	+01:13:51 (41.0%)	7:49	7.7 (59.2%)
145	<b>GÓRA Agnieszka</b>	<b>205</b>	"ZABIEGANI NOCĄ"	K-40	7	00:37:35	01:54:27	02:15:18	02:51:08	<b>03:00:18.95</b>	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
146	<b>SUCHODOLSKA Anna</b>	<b>221</b>		K-30	11	00:37:13	01:54:25	02:15:44	02:51:03	<b>03:00:19.15</b>	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
147	<b>KORZENIOWSKA Joanna</b>	<b>120</b>	UMCS BIEGA	K-30	12	00:38:12	01:57:07	02:20:16	02:52:02	<b>03:00:36.98</b>	+01:14:20 (41.2%)	7:51	7.6 (58.5%)
148	<b>BAJSAROWICZ Maciej</b>	<b>9</b>	PRUCHNICKA GRUPA BIEGOWA	M-16	19	00:37:12	01:52:05	02:16:01	02:52:15	<b>03:01:26.41</b>	+01:15:09 (41.4%)	7:53	7.6 (58.5%)
149	<b>PASIERB Grzegorz</b>	<b>189</b>	DECARUN RZESZÓW 2	M-40	40	00:38:50	01:58:18	02:20:29	02:53:54	<b>03:02:13.97</b>	+01:15:57 (41.7%)	7:55	7.6 (58.5%)
150	<b>ZARĘBA Jolanta</b>	<b>305</b>	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:38:36	01:57:54	02:19:05	02:53:22	<b>03:02:42.78</b>	+01:16:26 (41.8%)	7:56	7.6 (58.5%)
151	<b>WOLF Weronika</b>	<b>273</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	8	00:37:50	01:56:34	02:19:41	02:52:49	<b>03:02:58.71</b>	+01:16:41 (41.9%)	7:57	7.5 (57.7%)
152	<b>MAŚLAK Marzena</b>	<b>152</b>	POZYTYWNIIE ZABIEGANI SANOK	K-30	13	00:37:55	01:56:48	02:19:48	02:52:56	<b>03:02:58.88</b>	+01:16:42 (41.9%)	7:57	7.5 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
153	<b>MAŚLAK Jacek</b>	<b>153</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	41	00:38:04	01:57:02	02:20:01	02:53:06	<b>03:02:59.21</b>	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
154	<b>ŁUCZYCKA Iwona</b>	<b>144</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	9	00:38:08	01:56:47	02:20:03	02:52:54	<b>03:02:59.70</b>	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
155	<b>MITURA Wojtek</b>	<b>166</b>		M-40	42	00:38:43	01:57:09	02:20:09	02:53:06	<b>03:03:03.10</b>	+01:16:46 (41.9%)	7:57	7.5 (57.7%)
156	<b>ZIELIŃSKI Sebastian</b>	<b>282</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	55	00:38:00	01:56:59	02:20:09	02:53:11	<b>03:03:09.88</b>	+01:16:53 (42.0%)	7:57	7.5 (57.7%)
157	<b>LUHOVSKYI Dmytro</b>	<b>296</b>	MISTO PEREMOE	M-30	56	00:35:41	01:53:43	02:16:57	02:53:53	<b>03:03:36.68</b>	+01:17:19 (42.1%)	7:58	7.5 (57.7%)
158	<b>CHODNICKI Radosław</b>	<b>38</b>		M-40	43	00:39:19	02:01:41	02:22:24	02:54:59	<b>03:04:02.23</b>	+01:17:45 (42.3%)	8:00	7.5 (57.7%)
159	<b>HOCEK Jakub</b>	<b>91</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	20	00:40:33	02:02:32	02:25:01	02:56:06	<b>03:05:34.00</b>	+01:19:17 (42.7%)	8:04	7.4 (56.9%)
160	<b>BIERNACKI Rene</b>	<b>301</b>		M-60+	5	00:40:23	01:58:16	02:21:05	02:55:50	<b>03:05:48.71</b>	+01:19:31 (42.8%)	8:04	7.4 (56.9%)
161	<b>SUCHOWIECKA Sabina</b>	<b>237</b>		K-16	5	00:38:50	01:56:46	02:23:48	02:56:25	<b>03:05:57.79</b>	+01:19:41 (42.8%)	8:05	7.4 (56.9%)
162	<b>DUDEK Pawel</b>	<b>60</b>		M-40	44	00:38:23	01:57:25	02:21:15	02:56:27	<b>03:06:07.60</b>	+01:19:50 (42.9%)	8:05	7.4 (56.9%)
163	<b>PODOLAK Zbigniew</b>	<b>197</b>	STOWARZYSZENIE SZWEJKOWSKIE	M-50	9	00:38:25	01:58:49	02:20:18	02:56:34	<b>03:08:02.21</b>	+01:21:45 (43.5%)	8:10	7.3 (56.2%)
164	<b>WOJDON Monika</b>	<b>271</b>	DECARUN RZESZÓW	K-40	10	00:40:14	02:03:29	02:26:02	03:00:50	<b>03:10:16.93</b>	+01:24:00 (44.1%)	8:16	7.3 (56.2%)
165	<b>GŁOWACKI Krzysztof</b>	<b>76</b>	NALEŚNIKI	M-16	21	00:36:05	01:57:45	02:19:07	02:58:12	<b>03:10:18.36</b>	+01:24:01 (44.2%)	8:16	7.3 (56.2%)
166	<b>MIKUSEK Ryszard</b>	<b>161</b>	WARSZAWSKA DRUŻYNA	M-40	45	00:39:16	02:02:30	02:26:42	03:01:10	<b>03:11:21.17</b>	+01:25:04 (44.5%)	8:19	7.2 (55.4%)
167	<b>JAKUBOWSKI Daniel</b>	<b>95</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	46	00:42:07	02:04:23	02:27:53	03:02:57	<b>03:12:14.47</b>	+01:25:57 (44.7%)	8:21	7.2 (55.4%)
168	<b>DUDEK Katarzyna</b>	<b>59</b>	PRZEMYSKI KLUB BIEGACZA	K-30	14	00:42:18	02:06:17	02:28:25	03:03:57	<b>03:12:23.27</b>	+01:26:06 (44.8%)	8:21	7.2 (55.4%)
169	<b>KONIECZNA Joanna</b>	<b>117</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	11	00:41:33	02:04:03	02:25:46	03:02:18	<b>03:12:32.21</b>	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
170	<b>BANASIEWICZ Paweł</b>	<b>13</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	57	00:41:28	02:04:04	02:25:23	03:02:20	<b>03:12:32.25</b>	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
171	<b>ZAORSKA Justyna</b>	<b>319</b>	STALOWOWOLSKI KLUB BIEGACZA	K-40	12	00:39:27	01:59:18	02:21:56	03:03:38	<b>03:12:38.19</b>	+01:26:21 (44.8%)	8:22	7.2 (55.4%)
172	<b>LEVICKIJ Yurij</b>	<b>297</b>	RUN STYLE	M-40	47	00:39:36	01:59:26	02:22:11	03:03:33	<b>03:13:03.19</b>	+01:26:46 (44.9%)	8:23	7.1 (54.6%)
173	<b>BASARAB Grzegorz</b>	<b>17</b>		M-40	48	00:41:50	02:06:22	02:28:27	03:04:03	<b>03:13:23.10</b>	+01:27:06 (45.0%)	8:24	7.1 (54.6%)
174	<b>KRÓL Grażyna</b>	<b>127</b>		K-40	13	00:41:46	02:06:15	02:28:15		<b>03:13:23.65</b>	+01:27:06 (45.0%)	8:24	7.1 (54.6%)
175	<b>RZESZUTEK Anna</b>	<b>215</b>	DECARUN RZESZÓW	K-16	6	00:42:23	02:06:56	02:28:48	03:04:07	<b>03:14:12.49</b>	+01:27:55 (45.3%)	8:26	7.1 (54.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
176	<b>BURAK Adam</b>	<b>33</b>	1 BATALION CZOŁGÓW	M-40	49	00:37:18	01:52:41	02:15:09	02:59:54	<b>03:14:14.24</b>	+01:27:57 (45.3%)	8:26	7.1 (54.6%)
177	<b>MOSKAL Marzena</b>	<b>167</b>		K-40	14	00:42:25	02:06:46	02:29:10	03:04:43	<b>03:14:48.26</b>	+01:28:31 (45.4%)	8:28	7.1 (54.6%)
178	<b>BRZUSZKO Jacek</b>	<b>32</b>		M-50	10	00:41:52	02:03:11	02:24:15	03:04:48	<b>03:16:23.72</b>	+01:30:06 (45.9%)	8:32	7 (53.8%)
179	<b>SIEDLACZEK Zbigniew</b>	<b>219</b>	SKLEP BIEGACZA LUBLIN TEAM	M-60+	6	00:39:31	02:05:42	02:28:07	03:05:55	<b>03:17:17.53</b>	+01:31:00 (46.1%)	8:34	7 (53.8%)
180	<b>ROJEK Dawid</b>	<b>209</b>	NIECHBIEGA	M-16	22	00:42:16	02:08:39	02:30:22	03:07:39	<b>03:18:50.60</b>	+01:32:33 (46.6%)	8:38	6.9 (53.1%)
181	<b>MAŁEK Paweł</b>	<b>149</b>	DECARUN RZESZÓW 2	M-40	50	00:42:00	02:05:02	02:30:26	03:08:41	<b>03:18:59.58</b>	+01:32:42 (46.6%)	8:39	6.9 (53.1%)
182	<b>BABINSKA Inga</b>	<b>290</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:43:37	02:09:17	02:30:09	03:07:53	<b>03:19:00.35</b>	+01:32:43 (46.6%)	8:39	6.9 (53.1%)
183	<b>PERŁOWSKA-ŁOŚ Justyna</b>	<b>193</b>		K-30	15	00:42:02	02:09:02	02:31:06	03:09:12	<b>03:19:34.87</b>	+01:33:18 (46.7%)	8:40	6.9 (53.1%)
184	<b>JAŁOCHA Barbara</b>	<b>96</b>	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:43:59	02:12:33	02:35:40	03:14:43	<b>03:25:06.86</b>	+01:38:50 (48.2%)	8:55	6.7 (51.5%)
185	<b>ZĄBEK Paweł</b>	<b>308</b>	ŻYWCEM ZABIEGANI	M-40	51	00:43:38	02:13:23	02:36:01	03:15:08	<b>03:25:55.72</b>	+01:39:38 (48.4%)	8:57	6.7 (51.5%)
186	<b>CUDZIŁO Joanna</b>	<b>41</b>	PKO BANK POLSKI S.A.	K-40	16	00:42:27	02:10:23	02:34:13	03:15:02	<b>03:25:57.53</b>	+01:39:40 (48.4%)	8:57	6.7 (51.5%)
187	<b>SYCZ Barbara</b>	<b>304</b>	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:42:50	02:12:49	02:37:01	03:15:43	<b>03:26:02.09</b>	+01:39:45 (48.4%)	8:57	6.7 (51.5%)
188	<b>KALINOWSKA Lucyna</b>	<b>105</b>		K-50	4	00:42:20	02:20:44	02:46:09	03:26:31	<b>03:36:36.31</b>	+01:50:19 (50.9%)	9:25	6.4 (49.2%)
189	<b>RADYK Joanna</b>	<b>204</b>	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:44:52	02:25:20	02:49:39	03:27:50	<b>03:38:22.02</b>	+01:52:05 (51.3%)	9:29	6.3 (48.5%)
190	<b>PAWLOWSKA Agnieszka</b>	<b>190</b>	PRZEMYSKI KLUB BIEGACZA	K-40	18	00:45:00	02:25:23	02:50:12	03:29:16	<b>03:40:05.87</b>	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
191	<b>GAWEŁ Marzena</b>	<b>72</b>	PRZEMYSKI KLUB BIEGACZA 5	K-40	19	00:44:56	02:25:14	02:49:53	03:29:06	<b>03:40:06.15</b>	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
192	<b>BANAS Małgorzata</b>	<b>306</b>		K-50	5	00:45:33	02:26:30	02:52:53	03:35:44	<b>03:47:22.29</b>	+02:01:05 (53.3%)	9:53	6.1 (46.9%)
193	<b>FERFECKI Paweł</b>	<b>66</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	58	00:45:17	02:24:48	02:54:07	03:43:50	<b>03:56:31.34</b>	+02:10:14 (55.1%)	10:17	5.8 (44.6%)
194	<b>FORNEK Paulina</b>	<b>311</b>	DZIKIE MUSTANGI	K-16	7	00:45:15	02:24:49	02:54:20	03:43:53	<b>03:56:32.34</b>	+02:10:15 (55.1%)	10:17	5.8 (44.6%)
195	<b>WILCZYNSKI Mariusz</b>	<b>264</b>	SZLACHETNA PACZKA	M-30	59	00:45:11	02:27:02	02:55:47	03:43:56	<b>03:56:34.08</b>	+02:10:17 (55.1%)	10:17	5.8 (44.6%)
196	<b>OCHYRA Konrad</b>	<b>303</b>	SOLINA TEAM	M-30	60	00:45:51	02:53:05	03:04:10	03:51:10	<b>04:03:02.92</b>	+02:16:46 (56.3%)	10:34	5.7 (43.8%)
197	<b>GŁUSZKO Justyna</b>	<b>78</b>	SOLINA TEAM	K-30	17	00:46:13	02:30:45	03:03:00	03:51:16	<b>04:03:03.88</b>	+02:16:47 (56.3%)	10:34	5.7 (43.8%)
198	<b>MATUSZEWSKI Piotr</b>	<b>155</b>	SOLINA TEAM	M-30	61	00:46:02	02:30:42	03:02:34	03:51:06	<b>04:03:04.35</b>	+02:16:47 (56.3%)	10:34	5.7 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
199	<b>WŁUDZIK Michał</b>	<b>270</b>	W23 ARCHITEKCI	M-30	62	00:45:55	02:30:53	03:01:04	03:51:02	<b>04:03:14.79</b>	+02:16:58 (56.3%)	10:34	5.7 (43.8%)
	<b>KUROPATWA Kazimierz</b>	<b>133</b>	PRZEMYSKI KLUB BIEGACZA	M-60+		00:41:06 DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 200 wynik(ów)