

# BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2022  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2022-10-23  
**Miejsce:** Polańczyk  
**Dystans:** 23 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>CEBERAK Bartek</b>	<b>23</b>		M-30	1	01:09:57	<b>01:47:25.70</b>		4:40	12.8 (100%)
2	<b>WILKOS Mateusz</b>	<b>177</b>	NIEMCE TEAM	M-30	2	01:15:34	<b>01:57:07.05</b>	+00:09:41 (8.3%)	5:05	11.8 (92.2%)
3	<b>KIPER Maciej</b>	<b>69</b>	JAROSŁAWSKI BIEGACZ	M-40	1	01:15:34	<b>01:57:33.55</b>	+00:10:07 (8.6%)	5:06	11.7 (91.4%)
4	<b>GUT Jacek</b>	<b>49</b>	BLACK JACK TEAM	M-30	3	01:18:12	<b>01:58:14.95</b>	+00:10:49 (9.2%)	5:08	11.7 (91.4%)
5	<b>JAKUBIK Marcin</b>	<b>58</b>	MKS HALICZ	M-30	4	01:18:13	<b>01:59:22.95</b>	+00:11:57 (10.0%)	5:11	11.6 (90.6%)
6	<b>WIERZBICKI Janusz</b>	<b>176</b>	SIENIAWA	M-30	5	01:18:35	<b>02:01:11.45</b>	+00:13:45 (11.4%)	5:16	11.4 (89.1%)
7	<b>CISEK Andrzej</b>	<b>28</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	2	01:21:34	<b>02:02:53.05</b>	+00:15:27 (12.6%)	5:20	11.2 (87.5%)
8	<b>SZMIST Jarosław</b>	<b>159</b>	KB ATHLETIC ZRECIN	M-40	3	01:22:58	<b>02:05:27.20</b>	+00:18:01 (14.4%)	5:27	11 (85.9%)
9	<b>NIEDZIELSKI Dariusz</b>	<b>115</b>	AKTYWNY DYNÓW	M-40	4	01:23:01	<b>02:05:41.60</b>	+00:18:15 (14.5%)	5:27	11 (85.9%)
10	<b>JANAS Marcin</b>	<b>59</b>		M-40	5	01:22:58	<b>02:06:34.75</b>	+00:19:09 (15.1%)	5:30	10.9 (85.2%)
11	<b>BURY Maro</b>	<b>21</b>	MTB CZUDEK	M-40	6	01:23:57	<b>02:09:05.65</b>	+00:21:39 (16.8%)	5:36	10.7 (83.6%)
12	<b>WEREMKO Grzegorz</b>	<b>172</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	01:25:16	<b>02:09:29.45</b>	+00:22:03 (17.0%)	5:37	10.7 (83.6%)
13	<b>RÓG Piotr</b>	<b>146</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	8	01:25:16	<b>02:10:20.90</b>	+00:22:55 (17.6%)	5:40	10.6 (82.8%)
14	<b>BANASIK Krzysztof</b>	<b>7</b>	KAŃCZUCKA GRUPA BIEGOWA	M-40	9	01:25:54	<b>02:11:32.45</b>	+00:24:06 (18.3%)	5:43	10.5 (82.0%)
15	<b>OGŁUSZKA Michał</b>	<b>121</b>	RZESZOWSKIE GAZELE I GEPARDY	M-30	6	01:27:30	<b>02:11:42.95</b>	+00:24:17 (18.4%)	5:43	10.5 (82.0%)
16	<b>KOT Łukasz</b>	<b>76</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	10	01:27:49	<b>02:12:15.20</b>	+00:24:49 (18.8%)	5:45	10.4 (81.3%)
17	<b>JACHIMOWSKI Jarosław</b>	<b>57</b>	SANOK BIEGA	M-30	7	01:28:33	<b>02:14:01.00</b>	+00:26:35 (19.8%)	5:49	10.3 (80.5%)
18	<b>ŁAKOMY Tomasz</b>	<b>89</b>	KRESOWIANIE	M-30	8	01:27:34	<b>02:15:51.05</b>	+00:28:25 (20.9%)	5:54	10.2 (79.7%)
19	<b>PIETRASIEWICZ Maciej</b>	<b>133</b>	KRESOWIANIE	M-30	9	01:30:20	<b>02:17:41.10</b>	+00:30:15 (22.0%)	5:59	10 (78.1%)
20	<b>KACZMARSKI Grzegorz</b>	<b>65</b>	KACZMARSKI TEAM / K&O TEAM	M-30	10	01:27:56	<b>02:21:25.50</b>	+00:33:59 (24.0%)	6:08	9.8 (76.6%)
21	<b>ŻAK Paweł</b>	<b>187</b>	KLUB BIEGACZA DYDMIA	M-16	1	01:34:30	<b>02:22:54.85</b>	+00:35:29 (24.8%)	6:12	9.7 (75.8%)
22	<b>KURZYDŁO Michał</b>	<b>84</b>	WAR TEAM	M-16	2	01:33:56	<b>02:22:59.10</b>	+00:35:33 (24.9%)	6:13	9.7 (75.8%)
23	<b>PEŁDIAK Mateusz</b>	<b>132</b>	DZIKIE ŚWINKI	M-30	11	01:29:30	<b>02:23:18.40</b>	+00:35:52 (25.0%)	6:13	9.6 (75.0%)
24	<b>RACHWAŁSKI Tomasz</b>	<b>138</b>	BŁĘKITNI ŻEGLCE	M-50	1	01:33:56	<b>02:24:00.40</b>	+00:36:34 (25.4%)	6:15	9.6 (75.0%)
25	<b>PASTERZ Piotr</b>	<b>131</b>		M-30	12	01:35:02	<b>02:25:01.95</b>	+00:37:36 (25.9%)	6:18	9.5 (74.2%)
26	<b>BERNAT Tomasz</b>	<b>13</b>		M-40	11	01:34:53	<b>02:25:04.85</b>	+00:37:39 (26.0%)	6:18	9.5 (74.2%)
27	<b>ŚCIUBA Tomasz</b>	<b>163</b>		M-40	12	01:37:09	<b>02:25:41.80</b>	+00:38:16 (26.3%)	6:20	9.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
28	<b>MACIEJKO Rafał</b>	<b>93</b>	KRESOWIANIE	M-40	13	01:35:30	<b>02:25:58.70</b>	+00:38:33 (26.4%)	6:20	9.5 (74.2%)
29	<b>SOCHA Krzysztof</b>	<b>154</b>	RZESZOWSKIE GAZELE I GEPARDY	M-30	13	01:39:01	<b>02:26:18.10</b>	+00:38:52 (26.6%)	6:21	9.4 (73.4%)
30	<b>DELEŻUCH Wojciech</b>	<b>34</b>	POZIOMKI	M-40	14	01:37:52	<b>02:26:21.65</b>	+00:38:55 (26.6%)	6:21	9.4 (73.4%)
31	<b>JASTRZĄB Piotr</b>	<b>62</b>	DEKAN LESKO	M-50	2	01:36:47	<b>02:26:55.15</b>	+00:39:29 (26.9%)	6:23	9.4 (73.4%)
32	<b>ANTOSZ Bogdan</b>	<b>3</b>	SIENIAWA	M-50	3	01:37:36	<b>02:27:05.50</b>	+00:39:39 (27.0%)	6:23	9.4 (73.4%)
33	<b>ZATOR Janusz</b>	<b>184</b>	DĘBICKIE GEPARDY	M-50	4	01:36:59	<b>02:27:56.20</b>	+00:40:30 (27.4%)	6:25	9.3 (72.7%)
34	<b>RYCAK Andrzej</b>	<b>148</b>	NJNSABAUDY	M-50	5	01:36:59	<b>02:27:56.60</b>	+00:40:30 (27.4%)	6:25	9.3 (72.7%)
35	<b>STADNYK Janusz</b>	<b>156</b>	KOZACKI TEAM HŁOMCZA	M-16	3	01:37:57	<b>02:27:59.45</b>	+00:40:33 (27.4%)	6:26	9.3 (72.7%)
36	<b>LEŚ Michał</b>	<b>85</b>	SANOK BIEGA	M-30	14	01:36:26	<b>02:31:53.80</b>	+00:44:28 (29.3%)	6:36	9.1 (71.1%)
37	<b>RÓG Dorota</b>	<b>145</b>	RZESZOWSKIE GAZELE I GEPARDY	K-40	1	01:39:25	<b>02:32:23.15</b>	+00:44:57 (29.5%)	6:37	9.1 (71.1%)
38	<b>ROMAN Krzysztof</b>	<b>143</b>	KOZACKI TEAM HŁOMCZA	M-30	15	01:39:02	<b>02:35:09.85</b>	+00:47:44 (30.8%)	6:44	8.9 (69.5%)
39	<b>ŚWIĘCH Anna</b>	<b>167</b>	DZIKIE ŚWINKI	K-40	2	01:40:51	<b>02:35:37.75</b>	+00:48:12 (31.0%)	6:45	8.9 (69.5%)
40	<b>RYBA Piotr</b>	<b>147</b>	DZIKIE ŚWINKI	M-40	15	01:40:51	<b>02:35:38.20</b>	+00:48:12 (31.0%)	6:46	8.9 (69.5%)
41	<b>GAWORECKI Tomasz</b>	<b>45</b>	SANOK BIEGA	M-40	16	01:44:50	<b>02:36:15.25</b>	+00:48:49 (31.2%)	6:47	8.8 (68.8%)
42	<b>ROGOWSKA Anna</b>	<b>141</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	3	01:46:14	<b>02:37:35.75</b>	+00:50:10 (31.8%)	6:51	8.8 (68.8%)
43	<b>GAJEK Magdalena</b>	<b>43</b>	AKM PROMILEK	K-40	4	01:46:30	<b>02:38:40.75</b>	+00:51:15 (32.3%)	6:53	8.7 (68.0%)
44	<b>GAJEK Grzegorz</b>	<b>44</b>	AKM PROMILEK	M-40	17	01:46:29	<b>02:38:41.20</b>	+00:51:15 (32.3%)	6:53	8.7 (68.0%)
45	<b>KLATKA Kamil</b>	<b>71</b>	ATHLETIC ZRĘCIN	M-30	16	01:45:46	<b>02:39:00.90</b>	+00:51:35 (32.4%)	6:54	8.7 (68.0%)
46	<b>KRAKOWIAN Marek</b>	<b>81</b>	JEST LEPIEJ RUN TEAM	M-30	17	01:45:34	<b>02:39:19.30</b>	+00:51:53 (32.6%)	6:55	8.7 (68.0%)
47	<b>KIELAR Daniel</b>	<b>68</b>	KRESOWIANIE	M-40	18	01:45:29	<b>02:41:21.05</b>	+00:53:55 (33.4%)	7:00	8.6 (67.2%)
48	<b>ŚNIEŻEK Piotr</b>	<b>166</b>	PRZEMYSKI KLUB BIEGACZA	M-50	6	01:45:25	<b>02:41:42.00</b>	+00:54:16 (33.6%)	7:01	8.5 (66.4%)
49	<b>CZAJKA Tomasz</b>	<b>30</b>	DZIKIE MORSY KARŁOWICE	M-40	19	01:46:07	<b>02:43:15.85</b>	+00:55:50 (34.2%)	7:05	8.5 (66.4%)
50	<b>SIEŃKO Łukasz</b>	<b>152</b>	AKTYWNY DYNÓW	M-30	18	01:47:41	<b>02:43:48.20</b>	+00:56:22 (34.4%)	7:07	8.4 (65.6%)
51	<b>MACHOWSKI Krzysztof</b>	<b>92</b>		M-40	20	01:45:07	<b>02:44:05.45</b>	+00:56:39 (34.5%)	7:08	8.4 (65.6%)
52	<b>MATERNA Roman</b>	<b>101</b>	RZESZOWSKIE GAZELE I GEPARDY	M-50	7	01:49:57	<b>02:44:24.00</b>	+00:56:58 (34.7%)	7:08	8.4 (65.6%)
53	<b>GRUSZCZYŃSKI Romuald</b>	<b>48</b>	KRESOWIANIE	M-30	19	01:36:05	<b>02:44:47.25</b>	+00:57:21 (34.8%)	7:09	8.4 (65.6%)
54	<b>HOŁUB Wacław</b>	<b>54</b>	JAROSŁAWSKI BIEGACZ	M-50	8	01:45:29	<b>02:46:44.95</b>	+00:59:19 (35.6%)	7:14	8.3 (64.8%)
55	<b>KŁÓSEK Paweł</b>	<b>72</b>	DĘBICKIE GEPARDY	M-40	21	01:50:14	<b>02:47:07.55</b>	+00:59:41 (35.7%)	7:15	8.3 (64.8%)
56	<b>JARZYŃKA Krzysztof</b>	<b>61</b>	K2	M-50	9	01:52:25	<b>02:47:26.80</b>	+01:00:01 (35.8%)	7:16	8.2 (64.1%)
57	<b>BRYŁA-CRUZ Agnieszka</b>	<b>19</b>	AKM PROMILEK	K-40	5	01:50:43	<b>02:47:59.00</b>	+01:00:33 (36.0%)	7:18	8.2 (64.1%)
58	<b>GOGACZ Sebastian</b>	<b>46</b>	UKS TRÓJKA PUŁAWY	M-40	22	01:45:42	<b>02:48:39.85</b>	+01:01:14 (36.3%)	7:19	8.2 (64.1%)
59	<b>KOBYLARZ Piotr</b>	<b>73</b>	RZESZOWSKIE GAZELE I GEPARDY	M-30	20	01:43:27	<b>02:49:30.00</b>	+01:02:04 (36.6%)	7:22	8.1 (63.3%)
60	<b>BRZEZICKI Maciej</b>	<b>20</b>	TREC TEAM	M-40	23	01:55:24	<b>02:49:39.45</b>	+01:02:13 (36.7%)	7:22	8.1 (63.3%)
61	<b>DUDA Natalia</b>	<b>36</b>	NIEMCE TEAM	K-16	1	01:52:04	<b>02:50:00.90</b>	+01:02:35 (36.8%)	7:23	8.1 (63.3%)
62	<b>ANDREARCZYK Patryk</b>	<b>2</b>		M-30	21	01:48:14	<b>02:50:11.70</b>	+01:02:46 (36.9%)	7:23	8.1 (63.3%)
63	<b>TELEGA Robert</b>	<b>169</b>	BLOK_B	M-50	10	01:48:29	<b>02:50:33.10</b>	+01:03:07 (37.0%)	7:24	8.1 (63.3%)
64	<b>WAGNER Tomasz</b>	<b>171</b>	KRESOWIANIE	M-30	22	01:55:09	<b>02:51:02.50</b>	+01:03:36 (37.2%)	7:26	8.1 (63.3%)
65	<b>BILIŃSKI Tomasz</b>	<b>15</b>	PRZEMYSKI KLUB BIEGACZA	M-40	24	01:54:31	<b>02:51:12.85</b>	+01:03:47 (37.3%)	7:26	8.1 (63.3%)
66	<b>TRZONEK Andrzej</b>	<b>170</b>	JGBS	M-50	11	01:55:20	<b>02:52:39.50</b>	+01:05:13 (37.8%)	7:30	8 (62.5%)
67	<b>KUBICKI Łukasz</b>	<b>82</b>		M-30	23	01:52:13	<b>02:52:52.25</b>	+01:05:26 (37.9%)	7:30	8 (62.5%)
68	<b>BIELÓWKA Roman</b>	<b>14</b>	GRODZISKA GRUPA BIEGOWA SZALONE ŻÓŁWIE	M-60+	1	01:49:10	<b>02:53:23.45</b>	+01:05:57 (38.0%)	7:32	8 (62.5%)
69	<b>POŹNIAK Grzegorz</b>	<b>136</b>		M-40	25	01:54:31	<b>02:53:47.05</b>	+01:06:21 (38.2%)	7:33	7.9 (61.7%)
70	<b>ŚLIWA Anna</b>	<b>164</b>	KRESOWIANIE	K-40	6	01:55:11	<b>02:53:51.10</b>	+01:06:25 (38.2%)	7:33	7.9 (61.7%)
71	<b>JARACZ Marcin</b>	<b>60</b>		M-40	26	01:53:55	<b>02:54:07.25</b>	+01:06:41 (38.3%)	7:34	7.9 (61.7%)

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72	<b>NYLEC Tomek</b>	<b>117</b>	DZIKIE ŚWINKI	M-16	4	01:53:14	<b>02:54:40.45</b>	+01:07:14 (38.5%)	7:35	7.9 (61.7%)
73	<b>LIS Paulina</b>	<b>87</b>	GŁOGOVIA GŁOGW MAŁOPOLSKI	K-30	1	01:53:09	<b>02:54:40.70</b>	+01:07:15 (38.5%)	7:35	7.9 (61.7%)
74	<b>JĘDRZEJCZYK Agnieszka</b>	<b>63</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-40	7	01:55:41	<b>02:54:54.65</b>	+01:07:28 (38.6%)	7:36	7.9 (61.7%)
75	<b>GWOZDA Grzegorz</b>	<b>50</b>	KRESOWIANIE	M-40	27	01:56:20	<b>02:55:36.50</b>	+01:08:10 (38.8%)	7:38	7.9 (61.7%)
76	<b>BANASIEWICZ Witold</b>	<b>6</b>	SANOK BIEGA	M-40	28	01:56:57	<b>02:55:41.70</b>	+01:08:16 (38.9%)	7:38	7.9 (61.7%)
77	<b>MITURA Wojtek</b>	<b>107</b>	POZIOMKI	M-40	29	01:58:41	<b>02:56:15.75</b>	+01:08:50 (39.1%)	7:39	7.8 (60.9%)
78	<b>ZATORSKA Karolina</b>	<b>185</b>	TREC TEAM	K-30	2	01:55:29	<b>02:56:50.85</b>	+01:09:25 (39.3%)	7:41	7.8 (60.9%)
79	<b>KOZŁOWSKI Sylwester</b>	<b>80</b>	KOZACKI TEAM HŁOMCZA	M-30	24	01:55:28	<b>02:58:02.55</b>	+01:10:36 (39.7%)	7:44	7.8 (60.9%)
80	<b>OCHYRA Karolina</b>	<b>118</b>	SANOK BIEGA	K-16	2	01:55:28	<b>02:58:02.70</b>	+01:10:37 (39.7%)	7:44	7.8 (60.9%)
81	<b>RĘPALSKA Agata</b>	<b>140</b>	DZIKIE ŚWINKI	K-30	3	01:56:55	<b>02:58:16.85</b>	+01:10:51 (39.7%)	7:45	7.7 (60.2%)
82	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>181</b>		K-40	8	01:59:18	<b>02:59:51.35</b>	+01:12:25 (40.3%)	7:49	7.7 (60.2%)
83	<b>OCHYRA Krzysztof</b>	<b>119</b>		M-50	12	01:59:22	<b>03:00:24.50</b>	+01:12:58 (40.5%)	7:50	7.6 (59.4%)
84	<b>BERNAŚ Dariusz</b>	<b>12</b>	BSCZADY	M-30	25	02:03:18	<b>03:00:50.35</b>	+01:13:24 (40.6%)	7:51	7.6 (59.4%)
85	<b>HYDZIK Łukasz</b>	<b>56</b>	KOZACKI TEAM HŁOMCZA	M-40	30	02:01:10	<b>03:01:59.15</b>	+01:14:33 (41.0%)	7:54	7.6 (59.4%)
86	<b>RECZKOWSKI Andrzej</b>	<b>190</b>	ATHLETIC ZRĘCIN	M-60+	2	01:59:07	<b>03:04:10.45</b>	+01:16:44 (41.7%)	8:00	7.5 (58.6%)
87	<b>LEWCZUK Norbert</b>	<b>86</b>	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M-30	26	02:04:34	<b>03:04:57.85</b>	+01:17:32 (41.9%)	8:02	7.5 (58.6%)
88	<b>OGŁUSZKA Elżbieta</b>	<b>122</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	4	02:04:20	<b>03:05:08.00</b>	+01:17:42 (42.0%)	8:02	7.5 (58.6%)
89	<b>WYSKIEL Maciej</b>	<b>182</b>	AKTYWNY DYNÓW	M-40	31	01:59:05	<b>03:06:51.95</b>	+01:19:26 (42.5%)	8:07	7.4 (57.8%)
90	<b>NAUKA Edyta</b>	<b>112</b>	DĘBICKIE GEPARDY	K-50	1	02:08:33	<b>03:06:54.35</b>	+01:19:28 (42.5%)	8:07	7.4 (57.8%)
91	<b>WÓJCICKI Damian</b>	<b>180</b>	AKM PROMILEK	M-30	27	02:08:52	<b>03:08:06.45</b>	+01:20:40 (42.9%)	8:10	7.3 (57.0%)
92	<b>BOCEK Sławomir</b>	<b>17</b>	DZIKIE ŚWINKI	M-40	32	02:03:04	<b>03:08:53.50</b>	+01:21:27 (43.1%)	8:12	7.3 (57.0%)
93	<b>BEDNARZ Iwona</b>	<b>11</b>	WATAHA FIT	K-30	5	02:09:52	<b>03:08:57.90</b>	+01:21:32 (43.1%)	8:12	7.3 (57.0%)
94	<b>ROŚĆ Dawid</b>	<b>144</b>		M-40	33	02:10:02	<b>03:08:59.75</b>	+01:21:34 (43.2%)	8:13	7.3 (57.0%)
95	<b>SMAGACZ Henryk</b>	<b>153</b>	DĘBICKIE GEPARDY	M-60+	3	02:04:25	<b>03:10:50.60</b>	+01:23:24 (43.7%)	8:17	7.2 (56.3%)
96	<b>KISIELEWICZ Marcin</b>	<b>70</b>	ATHLETIC ZRĘCIN	M-30	28	02:04:26	<b>03:11:35.40</b>	+01:24:09 (43.9%)	8:19	7.2 (56.3%)
97	<b>KACZMARSKI Artur</b>	<b>66</b>	KACZMARSKI TEAM	M-40	34	02:04:58	<b>03:12:41.85</b>	+01:25:16 (44.3%)	8:22	7.2 (56.3%)
98	<b>MICHNO Małgorzata</b>	<b>104</b>	JAROSŁAWSKI BIEGACZ	K-40	9	02:12:16	<b>03:15:55.90</b>	+01:28:30 (45.2%)	8:31	7 (54.7%)
99	<b>ZARĘBA Jolanta</b>	<b>183</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-50	2	02:10:37	<b>03:15:58.60</b>	+01:28:32 (45.2%)	8:31	7 (54.7%)
100	<b>ORLOWSKA Beata</b>	<b>125</b>	STALOWOWOLSKI KLUB BIEGACZA	K-50	3	02:12:18	<b>03:15:58.65</b>	+01:28:32 (45.2%)	8:31	7 (54.7%)
101	<b>NAMIOTA Urszula</b>	<b>110</b>	MARATOŃCZYK DĘBICA	K-60+	1	02:12:04	<b>03:16:51.45</b>	+01:29:25 (45.4%)	8:33	7 (54.7%)
102	<b>RAGAN Monika</b>	<b>139</b>	WATAHA FIT	K-30	6	02:09:53	<b>03:18:42.60</b>	+01:31:16 (45.9%)	8:38	6.9 (53.9%)
103	<b>ĆWIAKAŁA Halina</b>	<b>32</b>	ATHLETIC ZRĘCIN	K-40	10	02:11:49	<b>03:18:58.80</b>	+01:31:33 (46.0%)	8:39	6.9 (53.9%)
104	<b>SERAFIN Jacek</b>	<b>150</b>	KGB KORCZYNA	M-50	13	02:11:47	<b>03:19:00.00</b>	+01:31:34 (46.0%)	8:39	6.9 (53.9%)
105	<b>PASEK Janusz</b>	<b>130</b>	DĘBICKIE GEPARDY	M-50	14	02:09:51	<b>03:20:42.20</b>	+01:33:16 (46.5%)	8:43	6.9 (53.9%)
106	<b>BOGDAN Jarosław</b>	<b>18</b>		M-40	35	02:17:08	<b>03:22:20.95</b>	+01:34:55 (46.9%)	8:47	6.8 (53.1%)
107	<b>OŻÓG Jacek</b>	<b>129</b>		M-40	36	02:09:59	<b>03:22:42.60</b>	+01:35:16 (47.0%)	8:48	6.8 (53.1%)
108	<b>POLAŃSKI Robert</b>	<b>135</b>	NOĆNE WOŁKI	M-40	37	02:18:17	<b>03:25:47.25</b>	+01:38:21 (47.8%)	8:56	6.7 (52.3%)
109	<b>NAZIEMKOWSKI Bogusław</b>	<b>114</b>		M-40	38	02:18:12	<b>03:26:23.70</b>	+01:38:58 (48.0%)	8:58	6.7 (52.3%)
110	<b>NAUKA Wiesław</b>	<b>113</b>	DĘBICKIE GEPARDY	M-50	15	02:17:39	<b>03:27:35.65</b>	+01:40:09 (48.3%)	9:01	6.6 (51.6%)
111	<b>BABIŃSKA Inga</b>	<b>4</b>	PRZEMYSKI KLUB BIEGACZA	K-40	11	02:19:33	<b>03:28:12.50</b>	+01:40:46 (48.4%)	9:03	6.6 (51.6%)
112	<b>MOGILANY Łukasz</b>	<b>108</b>		M-30	29	02:14:03	<b>03:28:16.60</b>	+01:40:50 (48.4%)	9:03	6.6 (51.6%)
113	<b>WAWRZYŃSKA Wioletta</b>	<b>188</b>		K-50	4	02:17:40	<b>03:28:16.65</b>	+01:40:50 (48.4%)	9:03	6.6 (51.6%)
114	<b>SIEDLACZEK Zbigniew</b>	<b>151</b>		M-60+	4	02:16:08	<b>03:30:11.90</b>	+01:42:46 (48.9%)	9:08	6.6 (51.6%)
115	<b>NAMIOTA Marek</b>	<b>111</b>		M-60+	5	02:25:13	<b>03:36:31.55</b>	+01:49:05 (50.4%)	9:24	6.4 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
116	<b>FOLTA Anita</b>	<b>39</b>	DZIKIE ŚWINKI	K-50	5	02:24:13	<b>03:37:29.85</b>	+01:50:04 (50.6%)	9:27	6.3 (49.2%)
117	<b>MAJCHROWICZ Marzenna</b>	<b>97</b>		K-40	12	02:23:45	<b>03:39:30.40</b>	+01:52:04 (51.1%)	9:32	6.3 (49.2%)
118	<b>SZCZOTKA Agata</b>	<b>158</b>	JAROSŁAWSKI BIEGACZ	K-40	13	02:25:05	<b>03:39:57.85</b>	+01:52:32 (51.2%)	9:33	6.3 (49.2%)
119	<b>ŚNIEŻEK Lidia</b>	<b>165</b>	PKB	K-50	6	02:26:08	<b>03:40:37.10</b>	+01:53:11 (51.3%)	9:35	6.3 (49.2%)
120	<b>WIATROWICZ Barbara</b>	<b>173</b>	STALOWOWOLSKI KLUB BIEGACZA	K-60+	2	02:27:28	<b>03:42:05.55</b>	+01:54:39 (51.6%)	9:39	6.2 (48.4%)
121	<b>NOWACZEK Aleksandra</b>	<b>116</b>	MULTIMEDIA RUNNERS PUŁAWY	K-30	7	02:24:08	<b>03:44:55.05</b>	+01:57:29 (52.2%)	9:46	6.1 (47.7%)
122	<b>FIL Hubert</b>	<b>37</b>	JAROSŁAWSKI BIEGACZ	M-16	5	02:25:28	<b>03:46:16.75</b>	+01:58:51 (52.5%)	9:50	6.1 (47.7%)
123	<b>FOLTA Jan</b>	<b>40</b>	DZIKIE ŚWINKI	M-60+	6	02:25:47	<b>03:46:17.35</b>	+01:58:51 (52.5%)	9:50	6.1 (47.7%)
124	<b>MAZUR Kinga</b>	<b>102</b>	DĘBICKIE GEPARDY	K-30	8	02:33:00	<b>03:48:14.45</b>	+02:00:48 (52.9%)	9:55	6 (46.9%)
125	<b>SOJA Tomek</b>	<b>155</b>	DZIKIE ŚWINKI	M-50	16	02:32:59	<b>03:48:31.35</b>	+02:01:05 (53.0%)	9:56	6 (46.9%)
126	<b>WIERCHOŁA Joanna</b>	<b>174</b>		K-60+	3	02:36:39	<b>03:53:19.05</b>	+02:05:53 (54.0%)	10:08	5.9 (46.1%)
127	<b>CELEK Katarzyna</b>	<b>24</b>	RZESZOWSKIE GAZELE I GEPARDY K	K-30	9	02:44:23	<b>03:54:29.75</b>	+02:07:04 (54.2%)	10:11	5.9 (46.1%)
128	<b>ORŁOWSKI Wojciech</b>	<b>126</b>	STALOWOWOLSKI KLUB BIEGACZA	M-50	17	02:46:26	<b>04:05:08.10</b>	+02:17:42 (56.2%)	10:39	5.6 (43.8%)
129	<b>WISZNIEWSKA Marzena</b>	<b>178</b>	DZIKIE MORSY KARŁOWICE	K-30	10	02:46:09	<b>04:17:19.75</b>	+02:29:54 (58.3%)	11:11	5.4 (42.2%)
130	<b>MAZUREK Małgorzata</b>	<b>103</b>	AKM PROMILEK	K-40	14	02:51:10	<b>04:17:21.45</b>	+02:29:55 (58.3%)	11:11	5.4 (42.2%)
131	<b>HEJDUK Monika</b>	<b>52</b>	UMCS BIEGA	K-40	15	02:51:08	<b>04:17:23.60</b>	+02:29:57 (58.3%)	11:11	5.4 (42.2%)
132	<b>DRĄG Piotr</b>	<b>35</b>	STALOWOWOLSKI KLUB BIEGACZA	M-30	30	03:02:42	<b>04:20:37.75</b>	+02:33:12 (58.8%)	11:19	5.3 (41.4%)
133	<b>CHUDY Paulina</b>	<b>27</b>		K-40	16	03:00:09	<b>04:29:46.50</b>	+02:42:20 (60.2%)	11:43	5.1 (39.8%)
134	<b>KORDOWSKA Kasia</b>	<b>75</b>		K-40	17	03:00:43	<b>04:29:47.15</b>	+02:42:21 (60.2%)	11:43	5.1 (39.8%)
135	<b>TARKOWSKI Dawid</b>	<b>168</b>	PRZEMYSKI KLUB BIEGACZA	M-30	31	03:00:10	<b>04:29:47.70</b>	+02:42:22 (60.2%)	11:43	5.1 (39.8%)
136	<b>OCHYRA Konrad</b>	<b>90</b>	SOLINA TEAM	M-30	32	03:15:23	<b>04:33:42.70</b>	+02:46:17 (60.8%)	11:54	5 (39.1%)
137	<b>BŁUDOW Walery</b>	<b>16</b>		M-60+	7	02:57:41	<b>04:33:42.85</b>	+02:46:17 (60.8%)	11:54	5 (39.1%)
	<b>MAJCHROWICZ Andrzej</b>	<b>96</b>		M-50		02:40:17 DNF	<b>DNF</b>	-	-	-(0.0%)
	<b>WÓJCIK Bolesław</b>	<b>195</b>		M-60+		03:16:41 DNF	<b>DNF</b>	-	-	-(0.0%)

Znaleziono 139 wynik(ów)