



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Classification: M-16

# 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     | <b>CHENIKALO Aleksandr</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>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%) |
| 4     | <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%) |
| 5     | <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%) |
| 6     | <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%)   |
| 7     | <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%)   |
| 8     | <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%)  |
| 9     | <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%)  |
| 10    | <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%)    |
| 11    | <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%)  |
| 12    | <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%)  |
| 13    | <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%)  |
| 14    | <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%)  |

| Place | Participant               | Number     | Club                               | Category | MCat | 5.5km    | 15km     | 19km     | 22km     | Net time<br>23km   | Gap                  | Pace<br>min/km | Pace<br>km/h |
|-------|---------------------------|------------|------------------------------------|----------|------|----------|----------|----------|----------|--------------------|----------------------|----------------|--------------|
| 15    | <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<br>(37.3%) | 7:21           | 8.1 (62.3%)  |
| 16    | <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<br>(38.1%) | 7:27           | 8 (61.5%)    |
| 17    | <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<br>(38.1%) | 7:27           | 8 (61.5%)    |
| 18    | <b>OSZCZYPKO Piotr</b>    | <b>186</b> | PRZEMYŚL 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<br>(40.8%) | 7:48           | 7.7 (59.2%)  |
| 19    | <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<br>(41.4%) | 7:53           | 7.6 (58.5%)  |
| 20    | <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<br>(42.7%) | 8:04           | 7.4 (56.9%)  |
| 21    | <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<br>(44.2%) | 8:16           | 7.3 (56.2%)  |
| 22    | <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<br>(46.6%) | 8:38           | 6.9 (53.1%)  |

Total 22 results.