



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

# BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	<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>		5:00	12 (100%)
2	<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>	+00:03:18 (2.8%)	5:09	11.6 (96.7%)
3	<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>	+00:04:56 (4.1%)	5:13	11.5 (95.8%)
4	<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>	+00:05:13 (4.3%)	5:14	11.4 (95.0%)
5	<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>	+00:05:39 (4.7%)	5:15	11.4 (95.0%)
6	<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>	+00:06:09 (5.1%)	5:16	11.4 (95.0%)
7	<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>	+00:10:32 (8.4%)	5:28	11 (91.7%)
8	<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>	+00:11:37 (9.2%)	5:31	10.9 (90.8%)
9	<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>	+00:13:34 (10.5%)	5:36	10.7 (89.2%)
10	<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>	+00:17:06 (12.9%)	5:45	10.4 (86.7%)
11	<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>	+00:17:50 (13.4%)	5:47	10.4 (86.7%)
12	<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>	+00:18:26 (13.8%)	5:48	10.3 (85.8%)
13	<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>	+00:20:04 (14.8%)	5:53	10.2 (85.0%)
14	<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>	+00:20:48 (15.3%)	5:55	10.1 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto		Tempo min/km	Tempo km/h
										23km	Różn		
15	<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>	+00:20:55 (15.4%)	5:55	10.1 (84.2%)
16	<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>	+00:21:18 (15.6%)	5:56	10.1 (84.2%)
17	<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>	+00:21:24 (15.7%)	5:56	10.1 (84.2%)
18	<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>	+00:21:40 (15.8%)	5:57	10.1 (84.2%)
19	<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>	+00:22:04 (16.1%)	5:58	10 (83.3%)
20	<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>	+00:22:25 (16.3%)	5:59	10 (83.3%)
21	<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>	+00:24:32 (17.5%)	6:04	9.9 (82.5%)
22	<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>	+00:25:18 (18.0%)	6:06	9.8 (81.7%)
23	<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>	+00:25:24 (18.1%)	6:07	9.8 (81.7%)
24	<b>JACHIMOWSKI Jarosław</b>	<b>94</b>	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:30:41	01:30:48	01:47:06	02:13:57	<b>02:21:14.60</b>	+00:25:54 (18.3%)	6:08	9.8 (81.7%)
25	<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>	+00:26:23 (18.6%)	6:09	9.7 (80.8%)
26	<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>	+00:26:41 (18.8%)	6:10	9.7 (80.8%)
27	<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>	+00:28:33 (19.8%)	6:15	9.6 (80.0%)
28	<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>	+00:29:48 (20.5%)	6:18	9.5 (79.2%)
29	<b>SZYSZŁO Tomasz</b>	<b>251</b>	POZYTYWNE ZABIEGANI SANOK	M-30	29	00:32:14	01:34:52	01:51:21	02:19:21	<b>02:27:14.28</b>	+00:31:53 (21.7%)	6:24	9.4 (78.3%)
30	<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>	+00:32:12 (21.8%)	6:24	9.4 (78.3%)
31	<b>GAWORECKI Tomasz</b>	<b>73</b>	POZYTYWNE ZABIEGANI SANOK	M-30	31	00:32:51	01:35:56	01:53:42	02:20:58	<b>02:28:29.15</b>	+00:33:08 (22.3%)	6:27	9.3 (77.5%)
32	<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>	+00:35:02 (23.3%)	6:32	9.2 (76.7%)
33	<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>	+00:37:03 (24.3%)	6:37	9.1 (75.8%)
34	<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>	+00:40:25 (25.9%)	6:46	8.9 (74.2%)
35	<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>	+00:42:09 (26.8%)	6:50	8.8 (73.3%)
36	<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>	+00:42:32 (26.9%)	6:51	8.7 (72.5%)
37	<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>	+00:42:48 (27.1%)	6:52	8.7 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto		Tempo min/km	Tempo km/h
										23km	Różn		
38	<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>	+00:44:04 (27.6%)	6:55	8.7 (72.5%)
39	<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>	+00:45:27 (28.3%)	6:59	8.6 (71.7%)
40	<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>	+00:45:44 (28.4%)	7:00	8.6 (71.7%)
41	<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>	+00:48:29 (29.6%)	7:07	8.4 (70.0%)
42	<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>	+00:49:48 (30.2%)	7:10	8.4 (70.0%)
43	<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>	+00:50:01 (30.2%)	7:11	8.3 (69.2%)
44	<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>	+00:50:02 (30.3%)	7:11	8.3 (69.2%)
45	<b>AMAROWICZ Jacek</b>	<b>2</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	45					<b>02:45:54.20</b>	+00:50:33 (30.5%)	7:12	8.3 (69.2%)
46	<b>BACH Dawid</b>	<b>8</b>	MSR	M-30	46					<b>02:45:54.79</b>	+00:50:34 (30.5%)	7:12	8.3 (69.2%)
47	<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>	+00:50:34 (30.5%)	7:12	8.3 (69.2%)
48	<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>	+00:51:02 (30.7%)	7:14	8.3 (69.2%)
49	<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>	+00:51:02 (30.7%)	7:14	8.3 (69.2%)
50	<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>	+00:51:24 (30.8%)	7:15	8.3 (69.2%)
51	<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>	+00:52:53 (31.4%)	7:18	8.2 (68.3%)
52	<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>	+00:53:08 (31.5%)	7:19	8.2 (68.3%)
53	<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>	+00:54:56 (32.3%)	7:24	8.1 (67.5%)
54	<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>	+01:03:52 (35.6%)	7:47	7.7 (64.2%)
55	<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>	+01:07:49 (37.0%)	7:57	7.5 (62.5%)
56	<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>	+01:08:16 (37.2%)	7:58	7.5 (62.5%)
57	<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>	+01:17:11 (40.1%)	8:22	7.2 (60.0%)
58	<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>	+02:01:10 (51.2%)	10:17	5.8 (48.3%)
59	<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>	+02:01:13 (51.2%)	10:17	5.8 (48.3%)
60	<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>	+02:07:42 (52.5%)	10:34	5.7 (47.5%)

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61	<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>	+02:07:43 (52.5%)	10:34	5.7 (47.5%)
62	<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>	+02:07:54 (52.6%)	10:34	5.7 (47.5%)

Znaleziono 62 wynik(ów)