



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: M-40

BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

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



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	SZEREMETA Tomasz	286		M-40	1	00:25:50	01:15:21	01:27:15	01:48:15	01:54:13.98		4:58	12.1 (100%)
2	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	+00:03:33 (3.0%)	5:07	11.7 (96.7%)
3	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	3	00:26:33	01:19:00	01:31:16	01:52:45	01:58:08.79	+00:03:54 (3.3%)	5:08	11.7 (96.7%)
4	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	+00:06:46 (5.6%)	5:15	11.4 (94.2%)
5	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	+00:06:51 (5.7%)	5:15	11.4 (94.2%)
6	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	+00:12:53 (10.1%)	5:31	10.9 (90.1%)
7	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	+00:14:24 (11.2%)	5:35	10.7 (88.4%)
8	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:27:55	01:24:00	01:39:08	02:02:49	02:09:38.38	+00:15:24 (11.9%)	5:38	10.6 (87.6%)
9	BERNAT Tomasz	21		M-40	9	00:28:14	01:27:18	01:42:15	02:09:10	02:16:19.67	+00:22:05 (16.2%)	5:55	10.1 (83.5%)
10	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	+00:23:39 (17.2%)	5:59	10 (82.6%)
11	KARDASZ Marek	108	SOLINA TEAM	M-40	11	00:31:02	01:30:39	01:46:40	02:13:16	02:20:22.11	+00:26:08 (18.6%)	6:06	9.8 (81.0%)
12	OPAŁKA Rafał	184		M-40	12	00:29:33	01:29:34	01:45:44	02:12:39	02:20:39.37	+00:26:25 (18.8%)	6:06	9.8 (81.0%)
13	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	+00:27:02 (19.1%)	6:08	9.8 (81.0%)
14	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	14	00:30:26	01:31:48	01:47:23		02:23:05.68	+00:28:51 (20.2%)	6:13	9.6 (79.3%)
15	MACIEJKO Rafał	145	KRESOWIANIE	M-40	15	00:31:11	01:31:59	01:49:35	02:17:00	02:25:09.30	+00:30:55 (21.3%)	6:18	9.5 (78.5%)
16	SOBOL Krystian	225		M-40	16	00:31:56	01:34:23	01:51:05	02:18:53	02:27:17.65	+00:33:03 (22.4%)	6:24	9.4 (77.7%)
17	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	+00:33:32 (22.7%)	6:25	9.3 (76.9%)
18	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	18	00:31:59	01:35:38	01:51:49	02:20:45	02:28:58.23	+00:34:44 (23.3%)	6:28	9.3 (76.9%)
19	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	19					02:30:22.44	+00:36:08 (24.0%)	6:32	9.2 (76.0%)
20	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	+00:36:49 (24.4%)	6:34	9.1 (75.2%)
21	PIETRYSZYN Mariusz	195	SZYBKIE ŻABY	M-40	21	00:32:35	01:37:46	01:55:06	02:23:08	02:31:19.15	+00:37:05 (24.5%)	6:34	9.1 (75.2%)
22	DRYŃIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	22	00:34:58	01:41:17	01:59:05	02:26:46	02:34:03.33	+00:39:49 (25.8%)	6:41	9 (74.4%)
23	ANTOSZ Bogdan	5		M-40	23	00:32:46	01:37:30	01:56:23	02:26:20	02:35:14.53	+00:41:00 (26.4%)	6:44	8.9 (73.6%)
24	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	+00:43:51 (27.7%)	6:52	8.7 (71.9%)
25	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	+00:46:36 (29.0%)	6:59	8.6 (71.1%)
26	FILIPOWICZ Krzysztof	67		M-40	26	00:36:43	01:49:48	02:06:26		02:40:52.67	+00:46:38 (29.0%)	6:59	8.6 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
27	MYTYCH Wiesław	169		M-40	27	00:36:53	01:49:50	02:06:36	02:33:50	02:40:52.98	+00:46:39 (29.0%)	6:59	8.6 (71.1%)
28	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	+00:47:44 (29.5%)	7:02	8.5 (70.2%)
29	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	+00:51:47 (31.2%)	7:13	8.3 (68.6%)
30	RYBIŃSKI Grzegorz	212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	30	00:35:11	01:48:29	02:08:31	02:40:46	02:50:38.41	+00:56:24 (33.1%)	7:25	8.1 (66.9%)
31	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	+00:56:42 (33.2%)	7:25	8.1 (66.9%)
32	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	+00:57:19 (33.4%)	7:27	8 (66.1%)
33	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	33	00:34:46	01:49:08	02:09:51	02:42:09	02:52:09.62	+00:57:55 (33.6%)	7:29	8 (66.1%)
34	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	34	00:34:44	01:49:06	02:10:07	02:41:59	02:52:10.49	+00:57:56 (33.7%)	7:29	8 (66.1%)
35	DRWIĘGA Maciej	56	POZYTYWNE ZABIEGANI SANOK	M-40	35	00:35:06	01:49:11	02:09:25	02:41:51	02:52:10.95	+00:57:56 (33.7%)	7:29	8 (66.1%)
36	DROBOT Piotr	312	NA PRZEKÓR	M-40	36	00:34:55	01:49:18	02:10:05	02:42:48	02:52:12.79	+00:57:58 (33.7%)	7:29	8 (66.1%)
37	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	+00:59:45 (34.3%)	7:33	7.9 (65.3%)
38	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	+01:01:56 (35.2%)	7:39	7.8 (64.5%)
39	KOPCZYK Waldemar	119	BIDA PRZEMYŚL	M-40	39	00:36:20	01:58:08	02:18:25	02:50:29	02:59:02.78	+01:04:48 (36.2%)	7:47	7.7 (63.6%)
40	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	+01:07:59 (37.3%)	7:55	7.6 (62.8%)
41	MAŚLAK Jacek	153	POZYTYWNE ZABIEGANI SANOK	M-40	41	00:38:04	01:57:02	02:20:01	02:53:06	03:02:59.21	+01:08:45 (37.6%)	7:57	7.5 (62.0%)
42	MITURA Wojtek	166		M-40	42	00:38:43	01:57:09	02:20:09	02:53:06	03:03:03.10	+01:08:49 (37.6%)	7:57	7.5 (62.0%)
43	CHODNICKI Radosław	38		M-40	43	00:39:19	02:01:41	02:22:24	02:54:59	03:04:02.23	+01:09:48 (37.9%)	8:00	7.5 (62.0%)
44	DUDEK Paweł	60		M-40	44	00:38:23	01:57:25	02:21:15	02:56:27	03:06:07.60	+01:11:53 (38.6%)	8:05	7.4 (61.2%)
45	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	45	00:39:16	02:02:30	02:26:42	03:01:10	03:11:21.17	+01:17:07 (40.3%)	8:19	7.2 (59.5%)
46	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	+01:18:00 (40.6%)	8:21	7.2 (59.5%)
47	LEVICKIJ Yurij	297	RUN STYLE	M-40	47	00:39:36	01:59:26	02:22:11	03:03:33	03:13:03.19	+01:18:49 (40.8%)	8:23	7.1 (58.7%)
48	BASARAB Grzegorz	17		M-40	48	00:41:50	02:06:22	02:28:27	03:04:03	03:13:23.10	+01:19:09 (40.9%)	8:24	7.1 (58.7%)
49	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	+01:20:00 (41.2%)	8:26	7.1 (58.7%)
50	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	+01:24:45 (42.6%)	8:39	6.9 (57.0%)
51	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	51	00:43:38	02:13:23	02:36:01	03:15:08	03:25:55.72	+01:31:41 (44.5%)	8:57	6.7 (55.4%)

Znaleziono 51 wynik(ów)