



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: M-OPEN

BIESZCZADZKI PÓLMARATON RYSIA - 23 KM

B4SPORT

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	16km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
27	ŚCIUBA Tomasz	163		M-40	12	01:37:09	02:25:41.80	+00:38:16 (26.3%)	6:20	9.5 (74.2%)
28	MACIEJKO Rafał	93	KRESOWIANIE	M-40	13	01:35:30	02:25:58.70	+00:38:33 (26.4%)	6:20	9.5 (74.2%)
29	SOCHA Krzysztof	154	RZESZOWSKIE GAZELE I GEPARDY	M-30	13	01:39:01	02:26:18.10	+00:38:52 (26.6%)	6:21	9.4 (73.4%)
30	DELEŻUCH Wojciech	34	POZIOMKI	M-40	14	01:37:52	02:26:21.65	+00:38:55 (26.6%)	6:21	9.4 (73.4%)
31	JASTRZĄB Piotr	62	DEKAN LESKO	M-50	2	01:36:47	02:26:55.15	+00:39:29 (26.9%)	6:23	9.4 (73.4%)
32	ANTOSZ Bogdan	3	SIENIAWA	M-50	3	01:37:36	02:27:05.50	+00:39:39 (27.0%)	6:23	9.4 (73.4%)
33	ZATOR Janusz	184	DĘBICKIE GEPARDY	M-50	4	01:36:59	02:27:56.20	+00:40:30 (27.4%)	6:25	9.3 (72.7%)
34	RYCAK Andrzej	148	NJNSABAUDY	M-50	5	01:36:59	02:27:56.60	+00:40:30 (27.4%)	6:25	9.3 (72.7%)
35	STADNYK Janusz	156	KOZACKI TEAM HŁOMCZA	M-16	3	01:37:57	02:27:59.45	+00:40:33 (27.4%)	6:26	9.3 (72.7%)
36	LEŚ Michał	85	SANOK BIEGA	M-30	14	01:36:26	02:31:53.80	+00:44:28 (29.3%)	6:36	9.1 (71.1%)
37	ROMAN Krzysztof	143	KOZACKI TEAM HŁOMCZA	M-30	15	01:39:02	02:35:09.85	+00:47:44 (30.8%)	6:44	8.9 (69.5%)
38	RYBA Piotr	147	DZIKIE ŚWINKI	M-40	15	01:40:51	02:35:38.20	+00:48:12 (31.0%)	6:46	8.9 (69.5%)
39	GAWORECKI Tomasz	45	SANOK BIEGA	M-40	16	01:44:50	02:36:15.25	+00:48:49 (31.2%)	6:47	8.8 (68.8%)
40	GAJEK Grzegorz	44	AKM PROMILEK	M-40	17	01:46:29	02:38:41.20	+00:51:15 (32.3%)	6:53	8.7 (68.0%)
41	KLATKA Kamil	71	ATHLETIC ZRĘCIN	M-30	16	01:45:46	02:39:00.90	+00:51:35 (32.4%)	6:54	8.7 (68.0%)
42	KRAKOWIAN Marek	81	JEST LEPIEJ RUN TEAM	M-30	17	01:45:34	02:39:19.30	+00:51:53 (32.6%)	6:55	8.7 (68.0%)
43	KIELAR Daniel	68	KRESOWIANIE	M-40	18	01:45:29	02:41:21.05	+00:53:55 (33.4%)	7:00	8.6 (67.2%)
44	ŚNIEŻEK Piotr	166	PRZEMYSKI KLUB BIEGACZA	M-50	6	01:45:25	02:41:42.00	+00:54:16 (33.6%)	7:01	8.5 (66.4%)
45	CZAJKA Tomasz	30	DZIKIE MORSY KARŁOWICE	M-40	19	01:46:07	02:43:15.85	+00:55:50 (34.2%)	7:05	8.5 (66.4%)
46	SIEŃKO Łukasz	152	AKTYWNY DYNÓW	M-30	18	01:47:41	02:43:48.20	+00:56:22 (34.4%)	7:07	8.4 (65.6%)
47	MACHOWSKI Krzysztof	92		M-40	20	01:45:07	02:44:05.45	+00:56:39 (34.5%)	7:08	8.4 (65.6%)
48	MATERNA Roman	101	RZESZOWSKIE GAZELE I GEPARDY	M-50	7	01:49:57	02:44:24.00	+00:56:58 (34.7%)	7:08	8.4 (65.6%)
49	GRUSZCZYŃSKI Romuald	48	KRESOWIANIE	M-30	19	01:36:05	02:44:47.25	+00:57:21 (34.8%)	7:09	8.4 (65.6%)
50	HOŁUB Wacław	54	JAROSŁAWSKI BIEGACZ	M-50	8	01:45:29	02:46:44.95	+00:59:19 (35.6%)	7:14	8.3 (64.8%)
51	KŁÓSEK Paweł	72	DĘBICKIE GEPARDY	M-40	21	01:50:14	02:47:07.55	+00:59:41 (35.7%)	7:15	8.3 (64.8%)
52	JARZYŃKA Krzysztof	61	K2	M-50	9	01:52:25	02:47:26.80	+01:00:01 (35.8%)	7:16	8.2 (64.1%)
53	GOGACZ Sebastian	46	UKS TRÓJKA PUŁAWY	M-40	22	01:45:42	02:48:39.85	+01:01:14 (36.3%)	7:19	8.2 (64.1%)
54	KOBYLARZ Piotr	73	RZESZOWSKIE GAZELE I GEPARDY	M-30	20	01:43:27	02:49:30.00	+01:02:04 (36.6%)	7:22	8.1 (63.3%)
55	BRZEZICKI Maciej	20	TREC TEAM	M-40	23	01:55:24	02:49:39.45	+01:02:13 (36.7%)	7:22	8.1 (63.3%)
56	ANDREARCZYK Patryk	2		M-30	21	01:48:14	02:50:11.70	+01:02:46 (36.9%)	7:23	8.1 (63.3%)
57	TELEGA Robert	169	BLOK_B	M-50	10	01:48:29	02:50:33.10	+01:03:07 (37.0%)	7:24	8.1 (63.3%)
58	WAGNER Tomasz	171	KRESOWIANIE	M-30	22	01:55:09	02:51:02.50	+01:03:36 (37.2%)	7:26	8.1 (63.3%)
59	BILIŃSKI Tomasz	15	PRZEMYSKI KLUB BIEGACZA	M-40	24	01:54:31	02:51:12.85	+01:03:47 (37.3%)	7:26	8.1 (63.3%)
60	TRZONEK Andrzej	170	JGBS	M-50	11	01:55:20	02:52:39.50	+01:05:13 (37.8%)	7:30	8 (62.5%)
61	KUBICKI Łukasz	82		M-30	23	01:52:13	02:52:52.25	+01:05:26 (37.9%)	7:30	8 (62.5%)
62	BIELÓWKA Roman	14	GRODZISKA GRUPA BIEGOWA SZALONE ŻÓŁWIE	M-60+	1	01:49:10	02:53:23.45	+01:05:57 (38.0%)	7:32	8 (62.5%)
63	POŹNIAK Grzegorz	136		M-40	25	01:54:31	02:53:47.05	+01:06:21 (38.2%)	7:33	7.9 (61.7%)
64	JARACZ Marcin	60		M-40	26	01:53:55	02:54:07.25	+01:06:41 (38.3%)	7:34	7.9 (61.7%)
65	NYLEC Tomek	117	DZIKIE ŚWINKI	M-16	4	01:53:14	02:54:40.45	+01:07:14 (38.5%)	7:35	7.9 (61.7%)
66	GWOZDA Grzegorz	50	KRESOWIANIE	M-40	27	01:56:20	02:55:36.50	+01:08:10 (38.8%)	7:38	7.9 (61.7%)
67	BANASIEWICZ Witold	6	SANOK BIEGA	M-40	28	01:56:57	02:55:41.70	+01:08:16 (38.9%)	7:38	7.9 (61.7%)
68	MITURA Wojtek	107	POZIOMKI	M-40	29	01:58:41	02:56:15.75	+01:08:50 (39.1%)	7:39	7.8 (60.9%)
69	KOZŁOWSKI Sylwester	80	KOZACKI TEAM HŁOMCZA	M-30	24	01:55:28	02:58:02.55	+01:10:36 (39.7%)	7:44	7.8 (60.9%)
70	OCHYRA Krzysztof	119		M-50	12	01:59:22	03:00:24.50	+01:12:58 (40.5%)	7:50	7.6 (59.4%)

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71	BERNAŚ Dariusz	12	BSCZADY	M-30	25	02:03:18	03:00:50.35	+01:13:24 (40.6%)	7:51	7.6 (59.4%)
72	HYDZIK Łukasz	56	KOZACKI TEAM HŁOMCZA	M-40	30	02:01:10	03:01:59.15	+01:14:33 (41.0%)	7:54	7.6 (59.4%)
73	RECZKOWSKI Andrzej	190	ATHLETIC ZRĘCIN	M-60+	2	01:59:07	03:04:10.45	+01:16:44 (41.7%)	8:00	7.5 (58.6%)
74	LEWCZUK Norbert	86	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M-30	26	02:04:34	03:04:57.85	+01:17:32 (41.9%)	8:02	7.5 (58.6%)
75	WYSKIEL Maciej	182	AKTYWNY DYNÓW	M-40	31	01:59:05	03:06:51.95	+01:19:26 (42.5%)	8:07	7.4 (57.8%)
76	WÓJCICKI Damian	180	AKM PROMILEK	M-30	27	02:08:52	03:08:06.45	+01:20:40 (42.9%)	8:10	7.3 (57.0%)
77	BOCEK Sławomir	17	DZIKIE ŚWINKI	M-40	32	02:03:04	03:08:53.50	+01:21:27 (43.1%)	8:12	7.3 (57.0%)
78	ROŚĆ Dawid	144		M-40	33	02:10:02	03:08:59.75	+01:21:34 (43.2%)	8:13	7.3 (57.0%)
79	SMAGACZ Henryk	153	DĘBICKIE GEPARDY	M-60+	3	02:04:25	03:10:50.60	+01:23:24 (43.7%)	8:17	7.2 (56.3%)
80	KISIELEWICZ Marcin	70	ATHLETIC ZRĘCIN	M-30	28	02:04:26	03:11:35.40	+01:24:09 (43.9%)	8:19	7.2 (56.3%)
81	KACZMARSKI Artur	66	KACZMARSKI TEAM	M-40	34	02:04:58	03:12:41.85	+01:25:16 (44.3%)	8:22	7.2 (56.3%)
82	SERAFIN Jacek	150	KGB KORCZYNA	M-50	13	02:11:47	03:19:00.00	+01:31:34 (46.0%)	8:39	6.9 (53.9%)
83	PASEK Janusz	130	DĘBICKIE GEPARDY	M-50	14	02:09:51	03:20:42.20	+01:33:16 (46.5%)	8:43	6.9 (53.9%)
84	BOGDAN Jarosław	18		M-40	35	02:17:08	03:22:20.95	+01:34:55 (46.9%)	8:47	6.8 (53.1%)
85	OŻÓG Jacek	129		M-40	36	02:09:59	03:22:42.60	+01:35:16 (47.0%)	8:48	6.8 (53.1%)
86	POLAŃSKI Robert	135	NOĆNE WOŁKI	M-40	37	02:18:17	03:25:47.25	+01:38:21 (47.8%)	8:56	6.7 (52.3%)
87	NAZIEMKOWSKI Bogusław	114		M-40	38	02:18:12	03:26:23.70	+01:38:58 (48.0%)	8:58	6.7 (52.3%)
88	NAUKA Wiesław	113	DĘBICKIE GEPARDY	M-50	15	02:17:39	03:27:35.65	+01:40:09 (48.3%)	9:01	6.6 (51.6%)
89	MOGILANY Łukasz	108		M-30	29	02:14:03	03:28:16.60	+01:40:50 (48.4%)	9:03	6.6 (51.6%)
90	SIEDLACZEK Zbigniew	151		M-60+	4	02:16:08	03:30:11.90	+01:42:46 (48.9%)	9:08	6.6 (51.6%)
91	NAMIOTA Marek	111		M-60+	5	02:25:13	03:36:31.55	+01:49:05 (50.4%)	9:24	6.4 (50.0%)
92	FIL Hubert	37	JAROSŁAWSKI BIEGACZ	M-16	5	02:25:28	03:46:16.75	+01:58:51 (52.5%)	9:50	6.1 (47.7%)
93	FOLTA Jan	40	DZIKIE ŚWINKI	M-60+	6	02:25:47	03:46:17.35	+01:58:51 (52.5%)	9:50	6.1 (47.7%)
94	SOJA Tomek	155	DZIKIE ŚWINKI	M-50	16	02:32:59	03:48:31.35	+02:01:05 (53.0%)	9:56	6 (46.9%)
95	ORŁOWSKI Wojciech	126	STALOWOWOLSKI KLUB BIEGACZA	M-50	17	02:46:26	04:05:08.10	+02:17:42 (56.2%)	10:39	5.6 (43.8%)
96	DRĄG Piotr	35	STALOWOWOLSKI KLUB BIEGACZA	M-30	30	03:02:42	04:20:37.75	+02:33:12 (58.8%)	11:19	5.3 (41.4%)
97	TARKOWSKI Dawid	168	PRZEMYSKI KLUB BIEGACZA	M-30	31	03:00:10	04:29:47.70	+02:42:22 (60.2%)	11:43	5.1 (39.8%)
98	OCHYRA Konrad	90	SOLINA TEAM	M-30	32	03:15:23	04:33:42.70	+02:46:17 (60.8%)	11:54	5 (39.1%)
99	BŁUDOW Walery	16		M-60+	7	02:57:41	04:33:42.85	+02:46:17 (60.8%)	11:54	5 (39.1%)
	MAJCHROWICZ Andrzej	96		M-50		02:40:17 DNF	DNF	-	-	-(0.0%)
	WÓJCIK Bolesław	195		M-60+		03:16:41 DNF	DNF	-	-	-(0.0%)

Znaleziono 101 wynik(ów)