



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2019
Organizator: GOKSiT Polańczyk
Data: 2019-10-20
Miejsce: Polańczyk
Dystans: 42 km

 **HERKULES**
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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	CHENIKALO Oleksandr	2036	RUN4U	M-16	1	01:00:47.00	00:20:00.00	01:46:16.00	03:07:03.00		4:27	13.5 (100%)
2	DOBRAŃSKYY Bogdan	2050	FLAVIO RUNNING	M-16	2	01:01:03.00	00:19:55.00	01:47:15.00	03:08:13.00	+00:01:10 (0.6%)	4:28	13.4 (99.3%)
3	KOBYLARZ Piotr	2113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	01:04:31.00	00:21:02.00	01:55:20.00	03:20:53.00	+00:13:50 (6.9%)	4:46	12.5 (92.6%)
4	JAŁOCHA Mieczysław	2097	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	01:05:39.00	00:21:53.00	01:54:01.00	03:21:33.00	+00:14:30 (7.2%)	4:47	12.5 (92.6%)
5	MICHALEC Marcin	2158	KKB MOSIR KROSNO	M-30	2	01:06:00.00	00:21:31.00	02:00:34.00	03:28:05.00	+00:21:02 (10.1%)	4:57	12.1 (89.6%)
6	MAŁEK Andrzej	2150	PRZEMYSKI KLUB BIEGACZA 5	M-40	1	01:08:19.00	00:23:13.00	01:57:47.00	03:29:19.00	+00:22:16 (10.6%)	4:59	12 (88.9%)
7	KOSTERKIEWICZ Marcin	2123	FANTASTYCZNA TRÓJKA	M-40	2	01:08:57.00	00:22:52.00	01:58:08.00	03:29:57.00	+00:22:54 (10.9%)	4:59	12 (88.9%)
8	ROHAN Łukasz	2207	PRZEMYSKI KLUB BIEGACZA 2	M-30	3	01:09:09.00	00:22:36.00	01:58:39.00	03:30:24.00	+00:23:21 (11.1%)	5:00	12 (88.9%)
9	KOZŁOWSKI Krzysztof	2126	PRZEMYSKI KLUB BIEGACZA	M-40	3	01:10:29.00	00:22:56.00	02:01:05.00	03:34:30.00	+00:27:27 (12.8%)	5:06	11.7 (86.7%)
9	PEMPUŚ Bernard	2192	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	01:11:36.00	00:22:17.00	02:00:37.00	03:34:30.00	+00:27:27 (12.8%)	5:06	11.7 (86.7%)
11	SKAWIŃSKI Tomasz	2222	DWERNIK KAMIEŃ TRAIL	M-30	4	01:10:50.00	00:22:55.00	02:00:59.00	03:34:44.00	+00:27:41 (12.9%)	5:06	11.7 (86.7%)
12	GIEFERT Tomasz	2074	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	5	01:11:11.00	00:23:19.00	02:05:52.00	03:40:22.00	+00:33:19 (15.1%)	5:14	11.4 (84.4%)
13	DUTKEVYCH Viktoriya	2063		K-16	1	01:12:16.00	00:22:55.00	02:06:15.00	03:41:26.00	+00:34:23 (15.5%)	5:16	11.4 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
14	PREISNER Robert	2199	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	01:11:23.00	00:23:18.00	02:07:21.00	03:42:02.00	+00:34:59 (15.8%)	5:17	11.3 (83.7%)
15	KUŚMIDER Jakub	2112	FANTASTYCZNA TRÓJKA	M-30	6	01:11:45.00	00:23:50.00	02:06:57.00	03:42:32.00	+00:35:29 (15.9%)	5:17	11.3 (83.7%)
16	KOHUT Dariusz	2115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	4	01:13:04.00	00:23:31.00	02:07:07.00	03:43:42.00	+00:36:39 (16.4%)	5:19	11.3 (83.7%)
17	WEREMKO Grzegorz	2260	MULTIMEDIA RUNNERS PUŁAWY	M-40	5	01:12:30.00	00:23:06.00	02:08:38.00	03:44:14.00	+00:37:11 (16.6%)	5:20	11.2 (83.0%)
18	WINIARSKA Katarzyna	2267	FANTASTYCZNA TRÓJKA	K-30	1	01:14:30.00	00:23:02.00	02:06:54.00	03:44:26.00	+00:37:23 (16.7%)	5:20	11.2 (83.0%)
19	OLEJARSKI Marcin	2181	PRUCHNICKA GRUPA BIEGOWA	M-30	7	01:12:59.00	00:23:42.00	02:08:54.00	03:45:35.00	+00:38:32 (17.1%)	5:22	11.2 (83.0%)
20	GUT Jacek	2087	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	01:14:14.00	00:23:23.00	02:08:56.00	03:46:33.00	+00:39:30 (17.4%)	5:23	11.1 (82.2%)
21	DELEŻUCH Wojciech	2049	OSP NIEMCE	M-40	6	01:14:50.00	00:23:44.00	02:09:38.00	03:48:12.00	+00:41:09 (18.0%)	5:26	11 (81.5%)
22	RUCIŃSKI Piotr	2211		M-30	8	01:13:33.00	00:22:42.00	02:12:26.00	03:48:41.00	+00:41:38 (18.2%)	5:26	11 (81.5%)
23	KACZMARSKI Grzegorz	2104	KACZMARSKI TEAM	M-30	9	01:10:38.00	00:22:41.00	02:15:24.00	03:48:43.00	+00:41:40 (18.2%)	5:26	11 (81.5%)
24	HOROSZKO Ernest	2092	SWR SOSBIKE SANOK	M-30	10	01:12:05.00	00:23:26.00	02:16:09.00	03:51:40.00	+00:44:37 (19.3%)	5:30	10.9 (80.7%)
25	WASYLÓW Jacek	2259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	11	01:12:16.00	00:23:38.00	02:16:38.00	03:52:32.00	+00:45:29 (19.6%)	5:32	10.8 (80.0%)
26	KANIECKI Paweł	2106	MIEJSCE BLOK B	M-30	12	01:15:19.00	00:24:38.00	02:13:46.00	03:53:43.00	+00:46:40 (20.0%)	5:33	10.8 (80.0%)
27	BANASIK Krzysiek	2015	PRUCHNICKA GRUPA BIEGOWA	M-30	13	01:14:23.00	00:24:06.00	02:16:15.00	03:54:44.00	+00:47:41 (20.3%)	5:35	10.7 (79.3%)
28	NEBOHA Nikita	2170	NIKE RUN CLUB	M-16	5	01:17:08.00	00:22:38.00	02:15:23.00	03:55:09.00	+00:48:06 (20.5%)	5:35	10.7 (79.3%)
29	RADYK Jakub	2203	PRZEMYSKI KLUB BIEGACZA	M-30	14	01:14:12.00	00:24:33.00	02:16:44.00	03:55:29.00	+00:48:26 (20.6%)	5:36	10.7 (79.3%)
30	CHODOWIEC Emil	2039		M-30	15	01:15:23.00	00:24:25.00	02:17:24.00	03:57:12.00	+00:50:09 (21.1%)	5:38	10.6 (78.5%)
31	BERNAT Tomasz	2021		M-40	7	01:16:46.00	00:25:13.00	02:16:19.00	03:58:18.00	+00:51:15 (21.5%)	5:40	10.6 (78.5%)
32	OGŁUSZKA Michał	2180	DECARUN RZESZÓW 2	M-30	16	01:16:50.00	00:24:40.00	02:17:45.00	03:59:15.00	+00:52:12 (21.8%)	5:41	10.5 (77.8%)
33	PYRZAK Jacek	2202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	17	01:18:46.00	00:24:36.00	02:17:01.00	04:00:23.00	+00:53:20 (22.2%)	5:43	10.5 (77.8%)
34	CURZYDŁO Bogdan	2042	POZYTYWNE ZABIEGANI SANOK	M-40	8	01:15:15.00	00:23:54.00	02:21:16.00	04:00:25.00	+00:53:22 (22.2%)	5:43	10.5 (77.8%)
35	TUTKA Dominik	2253	NALEŚNIKI	M-30	18	01:16:10.00	00:24:39.00	02:19:52.00	04:00:41.00	+00:53:38 (22.3%)	5:43	10.5 (77.8%)
36	BODNAR Krystian	2026		M-16	6	01:18:44.00	00:25:27.00	02:17:26.00	04:01:37.00	+00:54:34 (22.6%)	5:45	10.4 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
37	BODNAR Adrian	2025		M-16	7	01:19:02.00	00:24:39.00	02:19:57.00	04:03:38.00	+00:56:35 (23.2%)	5:48	10.3 (76.3%)
38	STADNIK Wojciech	2229	PRZEMYSKI KLUB BIEGACZA 3	M-40	9	01:21:21.00	00:24:39.00	02:17:53.00	04:03:53.00	+00:56:50 (23.3%)	5:48	10.3 (76.3%)
39	PIETRASIEWICZ Maciej	2194	KRESOWIANIE	M-30	19	01:16:22.00	00:23:57.00	02:25:09.00	04:05:28.00	+00:58:25 (23.8%)	5:50	10.3 (76.3%)
40	JACHIMOWSKI Jarosław	2094	POZYTYWNI ZABIEGANI SANOK	M-30	20	01:18:53.00	00:25:39.00	02:21:14.00	04:05:46.00	+00:58:43 (23.9%)	5:51	10.3 (76.3%)
41	MAJ Witold	2147	OLDBOYS TRUSKOLASY	M-50	3	01:17:26.00	00:25:19.00	02:23:12.00	04:05:57.00	+00:58:54 (23.9%)	5:51	10.2 (75.6%)
42	WIERZBICKI Janusz	2263		M-30	21	01:18:51.00	00:23:37.00	02:23:53.00	04:06:21.00	+00:59:18 (24.1%)	5:51	10.2 (75.6%)
43	ORYSZCZAK Bartłomiej	2185	MTB ROZTOCZE	M-30	22	01:20:25.00	00:26:11.00	02:20:45.00	04:07:21.00	+01:00:18 (24.4%)	5:53	10.2 (75.6%)
44	KRUSZYŃSKI Marek	2130	PRZEMYSKI KLUB BIEGACZA 4	M-50	4	01:19:30.00	00:26:13.00	02:22:52.00	04:08:35.00	+01:01:32 (24.8%)	5:55	10.1 (74.8%)
45	MACIEJKO Rafał	2145	KRESOWIANIE	M-40	10	01:20:07.00	00:23:55.00	02:25:09.00	04:09:11.00	+01:02:08 (24.9%)	5:55	10.1 (74.8%)
46	ĆWIAKAŁA Michał	2046	ATHLETIC ZRĘCIN	M-30	23	01:17:27.00	00:24:39.00	02:27:33.00	04:09:39.00	+01:02:36 (25.1%)	5:56	10.1 (74.8%)
47	SOBOL Krystian	2225		M-40	11	01:17:23.00	00:25:39.00	02:27:17.00	04:10:19.00	+01:03:16 (25.3%)	5:57	10.1 (74.8%)
48	DOPART Tomasz	2051	DWERNIK KAMIEŃ TRAIL	M-40	12	01:20:39.00	00:26:47.00	02:23:05.00	04:10:31.00	+01:03:28 (25.3%)	5:57	10.1 (74.8%)
49	GAWORECKI Tomasz	2073	POZYTYWNI ZABIEGANI SANOK	M-30	24	01:17:06.00	00:25:54.00	02:28:29.00	04:11:29.00	+01:04:26 (25.6%)	5:59	10 (74.1%)
50	GRYCIUK Walenty	2085		M-50	5	01:21:38.00	00:26:17.00	02:24:21.00	04:12:16.00	+01:05:13 (25.9%)	6:00	10 (74.1%)
51	PRZYBYŁA Piotr	2201	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	8	01:18:21.00	00:23:49.00	02:30:22.00	04:12:32.00	+01:05:29 (25.9%)	6:00	10 (74.1%)
52	HANDZIAK Tomasz	2089		M-30	25	01:24:06.00	00:27:21.00	02:22:01.00	04:13:28.00	+01:06:25 (26.2%)	6:02	9.9 (73.3%)
53	PAJESTKA Wojtek	2187	POZYTYWNI ZABIEGANI SANOK	M-40	13	01:21:01.00	00:25:11.00	02:27:46.00	04:13:58.00	+01:06:55 (26.3%)	6:02	9.9 (73.3%)
54	SUDACKI Sebastian	2307		M-16	9	01:15:19.00	00:25:04.00	02:33:45.00	04:14:08.00	+01:07:05 (26.4%)	6:03	9.9 (73.3%)
55	KLINGER Weronika	2110	PRZEMYSKI KLUB BIEGACZA 1	K-30	2	01:23:35.00	00:26:07.00	02:24:45.00	04:14:27.00	+01:07:24 (26.5%)	6:03	9.9 (73.3%)
56	ŁAŃCUCKI Łukasz	2141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	14	01:20:39.00	00:24:19.00	02:30:22.00	04:15:20.00	+01:08:17 (26.7%)	6:04	9.9 (73.3%)
57	FEDIO Marek	2065	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	26	01:20:40.00	00:24:19.00	02:30:22.00	04:15:21.00	+01:08:18 (26.7%)	6:04	9.9 (73.3%)
58	SZYSZŁO Tomasz	2251	POZYTYWNI ZABIEGANI SANOK	M-30	27	01:21:52.00	00:26:36.00	02:27:14.00	04:15:42.00	+01:08:39 (26.8%)	6:05	9.9 (73.3%)
59	ROGOWSKA Anna	2135	DECARUN RZESZÓW	K-30	3	01:27:14.00	00:26:43.00	02:23:16.00	04:17:13.00	+01:10:10 (27.3%)	6:07	9.8 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
60	MATYSIAK Agnieszka	2020	KOPALNIA MOCY TARNOBRZEG	K-30	4	01:25:24.00	00:25:47.00	02:26:34.00	04:17:45.00	+01:10:42 (27.4%)	6:08	9.8 (72.6%)
61	KAWA Tomasz	2109	SZYBKIE ŻABY	M-30	28	01:18:24.00	00:25:56.00	02:35:45.00	04:20:05.00	+01:13:02 (28.1%)	6:11	9.7 (71.9%)
62	NYKIEL Tomasz	2175	PRZEMYSKI KLUB BIEGACZA 3	M-50	6	01:20:56.00	00:25:58.00	02:34:13.00	04:21:07.00	+01:14:04 (28.4%)	6:13	9.7 (71.9%)
63	MAZEK Przemysław	2156	SZYBKIE ŻABY	M-16	10	01:18:17.00	00:25:55.00	02:37:26.00	04:21:38.00	+01:14:35 (28.5%)	6:13	9.6 (71.1%)
64	STEFAŃSKA Maria	2235	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	01:24:38.00	00:28:12.00	02:29:17.00	04:22:07.00	+01:15:04 (28.6%)	6:14	9.6 (71.1%)
65	SAWICKI Robert	2217	BEE IS RUNNING	M-40	15	01:26:35.00	00:29:14.00	02:31:03.00	04:26:52.00	+01:19:49 (29.9%)	6:21	9.4 (69.6%)
66	SOCHA Marcin	2226	AKTYWNY DYNÓW	M-30	29	01:24:21.00	00:25:50.00	02:37:29.00	04:27:40.00	+01:20:37 (30.1%)	6:22	9.4 (69.6%)
67	PIETRYSZYN Mariusz	2195	SZYBKIE ŻABY	M-40	16	01:27:50.00	00:29:24.00	02:31:19.00	04:28:33.00	+01:21:30 (30.3%)	6:23	9.4 (69.6%)
68	AMROŹKIEWICZ - GROMEK Judyta	2003	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	5	01:25:56.00	00:27:56.00	02:34:57.00	04:28:49.00	+01:21:46 (30.4%)	6:24	9.4 (69.6%)
69	ANTOSZ Bogdan	2005		M-40	17	01:25:46.00	00:27:56.00	02:35:14.00	04:28:56.00	+01:21:53 (30.4%)	6:24	9.4 (69.6%)
70	ZBIEĆ Dariusz	2279	DARFIK TEAM	M-30	30	01:26:24.00	00:26:44.00	02:38:08.00	04:31:16.00	+01:24:13 (31.0%)	6:27	9.3 (68.9%)
71	ŁAPCZYŃSKI Krzysztof	2142	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	01:25:43.00	00:28:59.00	02:36:39.00	04:31:21.00	+01:24:18 (31.1%)	6:27	9.3 (68.9%)
72	SZADURSKI Tomasz	2239	PRZEMYSKI KLUB BIEGACZA	M-40	18	01:24:53.00	00:28:34.00	02:38:05.00	04:31:32.00	+01:24:29 (31.1%)	6:27	9.3 (68.9%)
73	KOZIOŁ Mariusz	2125	PRZEMYSKI KLUB BIEGACZA 3	M-40	19	01:12:31.00	00:23:18.00	02:56:10.00	04:31:59.00	+01:24:56 (31.2%)	6:28	9.3 (68.9%)
74	GŁOWACKI Marcin	2077	NALEŚNIKI	M-16	12	01:27:16.00	00:28:24.00	02:37:52.00	04:33:32.00	+01:26:29 (31.6%)	6:30	9.2 (68.1%)
75	KUBICKI Łukasz	2131	KUBICCY	M-30	31	01:27:47.00	00:27:53.00	02:37:53.00	04:33:33.00	+01:26:30 (31.6%)	6:30	9.2 (68.1%)
76	FILIPOWICZ Krzysztof	2067		M-40	20	01:26:08.00	00:26:56.00	02:40:52.00	04:33:56.00	+01:26:53 (31.7%)	6:31	9.2 (68.1%)
77	MYTYCH Wiesław	2169		M-40	21	01:26:08.00	00:26:58.00	02:40:52.00	04:33:58.00	+01:26:55 (31.7%)	6:31	9.2 (68.1%)
78	FURS Teodor	2070	PIERDZĄCE ZAJĄCE	M-40	22	01:38:57.00	00:28:42.00	02:28:58.00	04:36:37.00	+01:29:34 (32.4%)	6:35	9.1 (67.4%)
79	KLOCEK Konrad	2111		M-30	32	01:27:06.00	00:30:36.00	02:39:24.00	04:37:06.00	+01:30:03 (32.5%)	6:35	9.1 (67.4%)
80	OLEKSZYK Joanna	2182	DECARUN RZESZÓW	K-16	2	01:29:40.00	00:28:59.00	02:39:03.00	04:37:42.00	+01:30:39 (32.6%)	6:36	9.1 (67.4%)
81	OGŁUSZKA Elżbieta	2179	DECARUN RZESZÓW	K-30	6	01:33:58.00	00:27:30.00	02:38:21.00	04:39:49.00	+01:32:46 (33.2%)	6:39	9 (66.7%)
82	CYPRYŚ Joanna	2044	DECARUN RZESZÓW	K-16	3	01:32:49.00	00:28:06.00	02:39:04.00	04:39:59.00	+01:32:56 (33.2%)	6:39	9 (66.7%)

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83	KIAMUT Ryszard	2310	KGB KORCZYNA	M-60+	1	01:27:17.00	00:28:36.00	02:44:19.00	04:40:12.00	+01:33:09 (33.2%)	6:40	9 (66.7%)
84	SOPEL Wiesław	2227	KRESOWIANIE	M-50	7	01:30:17.00	00:29:13.00	02:40:46.00	04:40:16.00	+01:33:13 (33.3%)	6:40	9 (66.7%)
85	DRYNIAK Daniel	2058	PRZEMYSKI KLUB BIEGACZA	M-40	23	01:35:30.00	00:32:00.00	02:34:03.00	04:41:33.00	+01:34:30 (33.6%)	6:42	9 (66.7%)
86	WYSOCKI Dariusz	2294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	33	01:23:53.00	00:33:05.00	02:45:08.00	04:42:06.00	+01:35:03 (33.7%)	6:43	8.9 (65.9%)
87	BACH Dawid	2008	MSR	M-30	34	01:28:39.00	00:29:33.00	02:45:54.00	04:44:06.00	+01:37:03 (34.2%)	6:45	8.9 (65.9%)
87	GRASZA Ireneusz	2084	PRZEMYSKI KLUB BIEGACZA 4	M-40	24	01:33:12.00	00:28:56.00	02:41:58.00	04:44:06.00	+01:37:03 (34.2%)	6:45	8.9 (65.9%)
89	WOTA Łukasz	2275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	35	01:32:22.00	00:28:09.00	02:43:50.00	04:44:21.00	+01:37:18 (34.2%)	6:46	8.9 (65.9%)
90	KAPRAL Adam	2315	DWERNIK KAMIEŃ TRAIL	M-40	25	01:33:07.00	00:30:54.00	02:40:50.00	04:44:51.00	+01:37:48 (34.3%)	6:46	8.8 (65.2%)
91	STEFAŃSKI Ireneusz	2236	PRZEMYSKI KLUB BIEGACZA	M-40	26	01:29:58.00	00:28:54.00	02:46:01.00	04:44:53.00	+01:37:50 (34.3%)	6:46	8.8 (65.2%)
92	SMOLIŃSKI Paweł	2224	KILOMETRY ODDECHÓW	M-40	27	01:27:54.00	00:25:19.00	02:52:10.00	04:45:23.00	+01:38:20 (34.5%)	6:47	8.8 (65.2%)
93	CIEPAŁOWICZ Ewa	2040	PRZEMYSKI KLUB BIEGACZA	K-30	7	01:29:22.00	00:29:00.00	02:47:11.00	04:45:33.00	+01:38:30 (34.5%)	6:47	8.8 (65.2%)
94	JARACZ Marcin	2291		M-30	36	01:29:43.00	00:27:39.00	02:48:13.00	04:45:35.00	+01:38:32 (34.5%)	6:47	8.8 (65.2%)
95	SUSABOWSKI Andrzej	2238		M-30	37	01:30:41.00	00:28:48.00	02:46:45.00	04:46:14.00	+01:39:11 (34.7%)	6:48	8.8 (65.2%)
96	WAJCOWICZ Witold	2257	KILOMETRY ODDECHÓW	M-40	28	01:27:54.00	00:26:53.00	02:52:09.00	04:46:56.00	+01:39:53 (34.8%)	6:49	8.8 (65.2%)
97	KUZŁO Andrzej	2136		M-30	38	01:32:21.00	00:29:15.00	02:45:23.00	04:46:59.00	+01:39:56 (34.8%)	6:49	8.8 (65.2%)
98	KISIELEWICZ Marcin	2313	ATHLETIC ZRĘCIN	M-30	39	01:31:50.00	00:30:03.00	02:45:21.00	04:47:14.00	+01:40:11 (34.9%)	6:50	8.8 (65.2%)
99	KOZIEŁ Tadeusz	2124	SZCZĘCIARZ BIEGA	M-16	13	01:31:59.00	00:28:04.00	02:48:30.00	04:48:33.00	+01:41:30 (35.2%)	6:52	8.7 (64.4%)
100	ZAKRZACKI Damian	2276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	40	01:28:36.00	00:29:46.00	02:50:16.00	04:48:38.00	+01:41:35 (35.2%)	6:52	8.7 (64.4%)
101	DROZD Jerzy	2054	LUBELAKY	M-60+	2	01:36:45.00	00:31:57.00	02:41:05.00	04:49:47.00	+01:42:44 (35.5%)	6:53	8.7 (64.4%)
102	DOROSZ Barbara	2052	PRZEMYSKI KLUB BIEGACZA 1	K-30	8	01:38:09.00	00:28:45.00	02:44:40.00	04:51:34.00	+01:44:31 (35.8%)	6:56	8.6 (63.7%)
103	PLACHA Piotr	2196	KOPALNIA MOCY TARNOBRZEG	M-40	29	01:33:57.00	00:27:00.00	02:50:56.00	04:51:53.00	+01:44:50 (35.9%)	6:56	8.6 (63.7%)
104	MATUŁA Przemysław	2154	UMCS BIEGA	M-50	8	01:33:00.00	00:28:49.00	02:50:18.00	04:52:07.00	+01:45:04 (36.0%)	6:57	8.6 (63.7%)
105	BEŁCH Michał	2019		M-30	41	01:37:38.00	00:28:54.00	02:46:22.00	04:52:54.00	+01:45:51 (36.1%)	6:58	8.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
106	AMAROWICZ Jacek	2002	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	42	01:38:06.00	00:29:33.00	02:45:54.00	04:53:33.00	+01:46:30 (36.3%)	6:59	8.6 (63.7%)
107	KOŁTUNIEWICZ Andrzej	2116	WIEŚ TAŃCZY I BIEGA	M-40	30	01:34:12.00	00:30:05.00	02:51:33.00	04:55:50.00	+01:48:47 (36.8%)	7:02	8.5 (63.0%)
108	DRYLA Piotr	2057	1 BATALION CZOŁGÓW	M-40	31	01:32:32.00	00:29:39.00	02:53:59.00	04:56:10.00	+01:49:07 (36.8%)	7:03	8.5 (63.0%)
109	ĆWIAKAŁA Halina	2047	ATHLETIC ZRĘCIN	K-40	2	01:37:17.00	00:29:41.00	02:49:13.00	04:56:11.00	+01:49:08 (36.8%)	7:03	8.5 (63.0%)
110	AST Grzegorz	2007	AMSTAFF TEAM JEDLICZE	M-16	14	01:34:45.00	00:30:01.00	02:51:35.00	04:56:21.00	+01:49:18 (36.9%)	7:03	8.5 (63.0%)
111	ŁABUDZKI Marcin	2140	PRZEMYSKI KLUB BIEGACZA	M-30	43	01:42:08.00	00:28:23.00	02:45:55.00	04:56:26.00	+01:49:23 (36.9%)	7:03	8.5 (63.0%)
112	BRZOZOWSKI Marek	2031		M-30	44	01:43:10.00	00:32:42.00	02:40:47.00	04:56:39.00	+01:49:36 (36.9%)	7:03	8.5 (63.0%)
113	MISIAK Mateusz	2165		M-16	15	01:36:26.00	00:29:48.00	02:51:39.00	04:57:53.00	+01:50:50 (37.2%)	7:05	8.5 (63.0%)
114	SZYMALA-LIPKA Magdalena	2247	LIPKI RULEZ	K-30	9	01:38:41.00	00:30:47.00	02:48:30.00	04:57:58.00	+01:50:55 (37.2%)	7:05	8.5 (63.0%)
115	RYBIŃSKI Grzegorz	2212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	32	01:37:34.00	00:30:04.00	02:50:38.00	04:58:16.00	+01:51:13 (37.3%)	7:06	8.4 (62.2%)
116	DRĄG Paweł	2053	DECARUN RZESZÓW 2	M-30	45	01:40:06.00	00:31:07.00	02:48:29.00	04:59:42.00	+01:52:39 (37.6%)	7:08	8.4 (62.2%)
117	DRWIĘGA Beata	2055	SWIMRUN FOX TEAM	K-40	3	01:38:24.00	00:30:06.00	02:52:11.00	05:00:41.00	+01:53:38 (37.8%)	7:09	8.4 (62.2%)
118	BAJSAROWICZ Maciej	2009	PRUCHNICKA GRUPA BIEGOWA	M-16	16	01:30:35.00	00:29:52.00	03:01:26.00	05:01:53.00	+01:54:50 (38.0%)	7:11	8.3 (61.5%)
119	NIEMIEC-DRWIĘGA Bernadeta	2172	NA PRZEKÓR	M-40	33	01:38:24.00	00:31:26.00	02:52:12.00	05:02:02.00	+01:54:59 (38.1%)	7:11	8.3 (61.5%)
119	DROBOT Piotr	2312	NA PRZEKÓR	M-40	33	01:38:24.00	00:31:26.00	02:52:12.00	05:02:02.00	+01:54:59 (38.1%)	7:11	8.3 (61.5%)
121	KARDASZ Marek	2108	SOLINA TEAM	M-40	35	02:16:16.00	00:25:57.00	02:20:22.00	05:02:35.00	+01:55:32 (38.2%)	7:12	8.3 (61.5%)
122	WARĘCKA Katarzyna	2258	PIERDZĄCE ZAJĄCE	K-16	4	01:38:57.00	00:32:08.00	02:51:31.00	05:02:36.00	+01:55:33 (38.2%)	7:12	8.3 (61.5%)
123	KULIK Anna	2132		K-40	4	01:36:52.00	00:30:12.00	02:56:05.00	05:03:09.00	+01:56:06 (38.3%)	7:13	8.3 (61.5%)
124	KOPCZYK Waldemar	2119	BIDA PRZEMYŚL	M-40	36	01:38:04.00	00:28:37.00	02:59:02.00	05:05:43.00	+01:58:40 (38.8%)	7:16	8.2 (60.7%)
125	CZURA Renata	2045	PRZEMYSKI KLUB BIEGACZA 5	K-40	5	01:36:00.00	00:30:52.00	02:59:29.00	05:06:21.00	+01:59:18 (38.9%)	7:17	8.2 (60.7%)
126	GRADOWSKA Katarzyna	2083	PRZEMYSKI KLUB BIEGACZA	K-30	10	01:38:05.00	00:30:21.00	02:59:02.00	05:07:28.00	+02:00:25 (39.2%)	7:19	8.2 (60.7%)
127	KORZENIOWSKA Joanna	2120	UMCS BIEGA	K-30	11	01:39:58.00	00:30:39.00	03:00:36.00	05:11:13.00	+02:04:10 (39.9%)	7:24	8.1 (60.0%)
128	PASIERB Grzegorz	2189	DECARUN RZESZÓW 2	M-40	37	01:40:04.00	00:29:32.00	03:02:13.00	05:11:49.00	+02:04:46 (40.0%)	7:25	8.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
129	OSZCZYPKO Piotr	2186	PRZEMYŚL BEARS	M-16	17	01:38:57.00	00:33:32.00	02:59:37.00	05:12:06.00	+02:05:03 (40.1%)	7:25	8.1 (60.0%)
130	LUHOVSKYI Dmytro	2296	MISTO PEREMOE	M-30	46	01:39:56.00	00:29:25.00	03:03:36.00	05:12:57.00	+02:05:54 (40.2%)	7:27	8.1 (60.0%)
131	WILECZEK Antoni	2265		M-30	47	01:44:04.00	00:30:11.00	02:59:12.00	05:13:27.00	+02:06:24 (40.3%)	7:27	8 (59.3%)
132	ZIELIŃSKI Sebastian	2282	POZYTYWNIIE ZABIEGANI SANOK	M-30	48	01:39:11.00	00:31:25.00	03:03:09.00	05:13:45.00	+02:06:42 (40.4%)	7:28	8 (59.3%)
133	CHODNICKI Radosław	2038		M-40	38	01:37:58.00	00:32:02.00	03:04:02.00	05:14:02.00	+02:06:59 (40.4%)	7:28	8 (59.3%)
134	BURAK Adam	2033	1 BATALION CZOŁGÓW	M-40	39	01:32:20.00	00:28:55.00	03:14:14.00	05:15:29.00	+02:08:26 (40.7%)	7:30	8 (59.3%)
135	ŁOPATKIEWICZ Beata	2143		K-50	1	01:44:43.00	00:33:13.00	02:57:48.00	05:15:44.00	+02:08:41 (40.8%)	7:31	8 (59.3%)
136	ZARĘBA Jolanta	2305	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	01:41:22.00	00:32:13.00	03:02:42.00	05:16:17.00	+02:09:14 (40.9%)	7:31	8 (59.3%)
137	OLSZYK Tadeusz	2183	BIEGACZE ŚWINOUJŚCIE	M-60+	3	01:41:33.00	00:35:05.00	03:00:08.00	05:16:46.00	+02:09:43 (41.0%)	7:32	8 (59.3%)
138	MAŚLAK Marzena	2152	POZYTYWNIIE ZABIEGANI SANOK	M-30	49	01:39:26.00	00:35:17.00	03:02:58.00	05:17:41.00	+02:10:38 (41.1%)	7:33	7.9 (58.5%)
139	MAŚLAK Jacek	2153	POZYTYWNIIE ZABIEGANI SANOK	M-40	40	01:39:26.00	00:35:17.00	03:02:59.00	05:17:42.00	+02:10:39 (41.1%)	7:33	7.9 (58.5%)
139	WOLF Weronika	2273	3PBOT, POZYTYWNIIE ZABIEGANI SANOK	K-40	6	01:39:26.00	00:35:18.00	03:02:58.00	05:17:42.00	+02:10:39 (41.1%)	7:33	7.9 (58.5%)
141	MITURA Wojtek	2166		M-40	41	01:39:28.00	00:35:21.00	03:03:03.00	05:17:52.00	+02:10:49 (41.2%)	7:34	7.9 (58.5%)
142	LEVICKIJ Yuriy	2297	CLUB ULTRA	M-40	42	01:37:18.00	00:30:31.00	03:13:03.00	05:20:52.00	+02:13:49 (41.7%)	7:38	7.9 (58.5%)
143	SUCHOWIECKA Sabina	2237		K-16	5	01:42:14.00	00:32:43.00	03:05:57.00	05:20:54.00	+02:13:51 (41.7%)	7:38	7.9 (58.5%)
144	GŁOWACKI Krzysztof	2076	NALEŚNIKI	M-16	18	01:41:40.00	00:31:27.00	03:10:18.00	05:23:25.00	+02:16:22 (42.2%)	7:42	7.8 (57.8%)
145	DUDEK Pawel	2060		M-40	43	01:45:09.00	00:33:01.00	03:06:07.00	05:24:17.00	+02:17:14 (42.3%)	7:43	7.8 (57.8%)
146	ŁUCZYCKA Iwona	2144	POZYTYWNIIE ZABIEGANI SANOK	K-40	7	01:47:53.00	00:33:38.00	03:02:59.00	05:24:30.00	+02:17:27 (42.4%)	7:43	7.8 (57.8%)
147	ZAORSKA Justyna	2319	STALOWOWOLSKI KLUB BIEGACZA	K-40	8	01:39:14.00	00:33:28.00	03:12:38.00	05:25:20.00	+02:18:17 (42.5%)	7:44	7.7 (57.0%)
148	JAKUBOWSKI Daniel	2095	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	44	01:42:41.00	00:31:44.00	03:12:14.00	05:26:39.00	+02:19:36 (42.7%)	7:46	7.7 (57.0%)
149	WOJDON Monika	2271	DECARUN RZESZÓW	K-40	9	01:45:15.00	00:31:25.00	03:10:16.00	05:26:56.00	+02:19:53 (42.8%)	7:47	7.7 (57.0%)
150	HOCEK Jakub	2091	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	19	01:39:57.00	00:41:46.00	03:05:34.00	05:27:17.00	+02:20:14 (42.8%)	7:47	7.7 (57.0%)
151	DUDEK Katarzyna	2059	PRZEMYSKI KLUB BIEGACZA	K-30	12	01:43:04.00	00:31:59.00	03:12:23.00	05:27:26.00	+02:20:23 (42.9%)	7:47	7.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
152	MIKUSEK Ryszard	2161	WARSZAWSKA DRUŻYNA	M-40	45	01:50:03.00	00:29:59.00	03:11:21.00	05:31:23.00	+02:24:20 (43.6%)	7:53	7.6 (56.3%)
153	SIEDLACZEK Zbigniew	2219	SKLEP BIEGACZA LUBLIN TEAM	M-60+	4	01:46:41.00	00:31:15.00	03:17:17.00	05:35:13.00	+02:28:10 (44.2%)	7:58	7.5 (55.6%)
154	MAŁEK Paweł	2149	DECARUN RZESZÓW 2	M-40	46	01:45:13.00	00:32:12.00	03:18:59.00	05:36:24.00	+02:29:21 (44.4%)	8:00	7.5 (55.6%)
155	BANASIEWICZ Paweł	2013	POZYTYWNIIE ZABIEGANI SANOK	M-30	50	01:50:49.00	00:35:15.00	03:12:32.00	05:38:36.00	+02:31:33 (44.8%)	8:03	7.4 (54.8%)
155	KONIECZNA Joanna	2117	POZYTYWNIIE ZABIEGANI SANOK	K-40	10	01:50:48.00	00:35:16.00	03:12:32.00	05:38:36.00	+02:31:33 (44.8%)	8:03	7.4 (54.8%)
155	ROJEK Dawid	2209	NIECHBIEGA	M-16	20	01:49:10.00	00:30:36.00	03:18:50.00	05:38:36.00	+02:31:33 (44.8%)	8:03	7.4 (54.8%)
158	BRZUSZKO Jacek	2032		M-50	9	01:45:37.00	00:37:03.00	03:16:23.00	05:39:03.00	+02:32:00 (44.8%)	8:04	7.4 (54.8%)
159	MOSKAL Marzena	2167		K-40	11	01:51:40.00	00:33:26.00	03:14:48.00	05:39:54.00	+02:32:51 (45.0%)	8:05	7.4 (54.8%)
160	RZESZUTEK Anna	2215	DECARUN RZESZÓW	K-16	6	01:53:12.00	00:34:40.00	03:14:12.00	05:42:04.00	+02:35:01 (45.3%)	8:08	7.4 (54.8%)
161	KRÓL Grażyna	2127		K-40	12	01:56:38.00	00:34:52.00	03:13:23.00	05:44:53.00	+02:37:50 (45.8%)	8:12	7.3 (54.1%)
162	BASARAB Grzegorz	2017		M-40	47	01:56:37.00	00:35:30.00	03:13:23.00	05:45:30.00	+02:38:27 (45.9%)	8:13	7.3 (54.1%)
163	BABINSKA Inga	2290	PRZEMYSKI KLUB BIEGACZA	K-40	13	01:53:36.00	00:34:59.00	03:19:00.00	05:47:35.00	+02:40:32 (46.2%)	8:16	7.3 (54.1%)
164	ZĄBEK Paweł	2308	ŻYWCEM ZABIEGANI	M-40	48	01:48:24.00	00:34:59.00	03:25:55.00	05:49:18.00	+02:42:15 (46.5%)	8:19	7.2 (53.3%)
165	PERŁOWSKA-ŁOŚ Justyna	2193		K-30	13	01:55:44.00	00:36:11.00	03:19:34.00	05:51:29.00	+02:44:26 (46.8%)	8:22	7.2 (53.3%)
166	SYCZ Barbara	2304	PRZEMYSKI KLUB BIEGACZA	K-40	14	01:52:38.00	00:34:39.00	03:26:02.00	05:53:19.00	+02:46:16 (47.1%)	8:24	7.1 (52.6%)
167	JAŁOCHA Barbara	2096	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	01:56:17.00	00:37:04.00	03:25:06.00	05:58:27.00	+02:51:24 (47.8%)	8:32	7 (51.9%)
168	CUDZIŁO Joanna	2041	PKO BANK POLSKI S.A.	K-40	15	01:56:38.00	00:36:43.00	03:25:57.00	05:59:18.00	+02:52:15 (47.9%)	8:33	7 (51.9%)
169	MATUSZEWSKI Piotr	2155	SOLINA TEAM	M-30	51	01:27:52.00	00:28:48.00	04:03:04.00	05:59:44.00	+02:52:41 (48.0%)	8:33	7 (51.9%)
170	KALINOWSKA Lucyna	2105		K-50	4	01:57:47.00	00:38:05.00	03:36:36.00	06:12:28.00	+03:05:25 (49.8%)	8:52	6.8 (50.4%)
171	RADYK Joanna	2204	PRZEMYSKI KLUB BIEGACZA	K-30	14	01:57:38.00	00:38:21.00	03:38:22.00	06:14:21.00	+03:07:18 (50.0%)	8:54	6.7 (49.6%)
172	GAWEŁ Marzena	2072	PRZEMYSKI KLUB BIEGACZA 5	K-40	16	02:00:01.00	00:34:42.00	03:40:06.00	06:14:49.00	+03:07:46 (50.1%)	8:55	6.7 (49.6%)
173	PAWLOWSKA Agnieszka	2190	PRZEMYSKI KLUB BIEGACZA	K-40	17	02:00:41.00	00:38:22.00	03:40:05.00	06:19:08.00	+03:12:05 (50.7%)	9:01	6.6 (48.9%)
174	BANAS Małgorzata	2306		K-50	5	02:01:36.00	00:40:32.00	03:47:22.00	06:29:30.00	+03:22:27 (52.0%)	9:16	6.5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
175	WILCZYNSKI Mariusz	2264	SZLACHETNA PACZKA	M-30	52	02:05:33.00	00:37:06.00	03:56:34.00	06:39:13.00	+03:32:10 (53.1%)	9:30	6.3 (46.7%)
176	FERFECKI Paweł	2066	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	53	02:05:34.00	00:38:05.00	03:56:31.00	06:40:10.00	+03:33:07 (53.3%)	9:31	6.3 (46.7%)
177	WŁUDZIK Michał	2270	W23 ARCHITEKCI	M-30	54	02:14:47.00	00:40:34.00	04:03:14.00	06:58:35.00	+03:51:32 (55.3%)	9:57	6 (44.4%)

Znaleziono 177 wynik(ów)