

# BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2021-10-23  
**Miejsce:** Polańczyk  
**Dystans:** 42 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEWIŃSKI Damian</b>	<b>56</b>	POZYTYWNE ZABIEGANI SANOK	M-40	1	01:07:14.00	00:23:39.00	01:58:58.00	<b>03:29:51.00</b>		4:59	12 (100%)
2	<b>SZMIST Szymon</b>	<b>203</b>	KB ATHLETIC ZRĘCIN	M-40	2	01:07:56.00	00:24:01.00	01:58:56.00	<b>03:30:53.00</b>	+00:01:02 (0.5%)	5:01	11.9 (99.2%)
3	<b>MOTYKA Kamil</b>	<b>146</b>	BIEGANIE NA SPONTANIE	M-30	1	01:09:49.00	00:24:49.00	02:00:41.00	<b>03:35:19.00</b>	+00:05:28 (2.5%)	5:07	11.7 (97.5%)
4	<b>SKAWIŃSKI Tomasz</b>	<b>189</b>	POZYTYWNE ZABIEGANI SANOK	M-40	3	01:12:37.00	00:25:52.00	02:01:38.00	<b>03:40:07.00</b>	+00:10:16 (4.7%)	5:14	11.4 (95.0%)
5	<b>JANAS Marcin</b>	<b>86</b>	KB ATHLETIC ZRĘCIN	M-40	4	01:12:42.00	00:26:35.00	02:01:26.00	<b>03:40:43.00</b>	+00:10:52 (4.9%)	5:15	11.4 (95.0%)
6	<b>NIEDZIELSKI Dariusz</b>	<b>150</b>	AKTYWNY DYNÓW	M-40	5	01:13:10.00	00:26:40.00	02:05:14.00	<b>03:45:04.00</b>	+00:15:13 (6.8%)	5:21	11.2 (93.3%)
7	<b>OCHYRA Konrad</b>	<b>151</b>	SOLINA TEAM	M-30	2	01:13:09.00	00:27:32.00	02:04:25.00	<b>03:45:06.00</b>	+00:15:15 (6.8%)	5:21	11.2 (93.3%)
8	<b>RUCIŃSKI Piotr</b>	<b>184</b>		M-40	6	01:13:24.00	00:25:20.00	02:08:38.00	<b>03:47:22.00</b>	+00:17:31 (7.7%)	5:24	11.1 (92.5%)
9	<b>WEREMKO Grzegorz</b>	<b>221</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	01:13:12.00	00:26:11.00	02:09:36.00	<b>03:48:59.00</b>	+00:19:08 (8.4%)	5:27	11 (91.7%)
10	<b>DOMISZEWSKA Maria</b>	<b>252</b>		K-50	1	01:14:46.00	00:26:45.00	02:07:44.00	<b>03:49:15.00</b>	+00:19:24 (8.5%)	5:27	11 (91.7%)
11	<b>ŁAKOMY Tomasz</b>	<b>125</b>	KRESOWIANIE	M-30	3	01:14:38.00	00:26:08.00	02:10:30.00	<b>03:51:16.00</b>	+00:21:25 (9.3%)	5:30	10.9 (90.8%)
12	<b>BRENDZOWSKI Adam</b>	<b>242</b>	#ZABIEGANINOCA	M-30	4	01:14:52.00	00:26:54.00	02:10:11.00	<b>03:51:57.00</b>	+00:22:06 (9.5%)	5:31	10.9 (90.8%)
13	<b>KOHUT Dariusz</b>	<b>101</b>	PRZEMYSKI KLUB BIEGACZA	M-40	8	01:16:53.00	00:26:42.00	02:09:41.00	<b>03:53:16.00</b>	+00:23:25 (10.0%)	5:33	10.8 (90.0%)
14	<b>BURY Maro</b>	<b>30</b>		M-40	9	01:13:51.00	00:26:02.00	02:15:49.00	<b>03:55:42.00</b>	+00:25:51 (11.0%)	5:36	10.7 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
15	<b>MAKARSKI Krzysztof</b>	<b>133</b>	BIEGANIE NA SPONTANIE	M-40	10	01:17:19.00	00:25:46.00	02:12:48.00	<b>03:55:53.00</b>	+00:26:02 (11.0%)	5:36	10.7 (89.2%)
16	<b>ZABORNIAK Paweł</b>	<b>234</b>	KRESOWIANIE	M-30	5	01:16:44.00	00:27:18.00	02:12:11.00	<b>03:56:13.00</b>	+00:26:22 (11.2%)	5:37	10.7 (89.2%)
17	<b>SOBOL Krystian</b>	<b>192</b>		M-40	11	01:15:42.00	00:27:42.00	02:14:19.00	<b>03:57:43.00</b>	+00:27:52 (11.7%)	5:39	10.6 (88.3%)
18	<b>WIERZBICKI Janusz</b>	<b>225</b>		M-30	6	01:16:01.00	00:26:18.00	02:18:19.00	<b>04:00:38.00</b>	+00:30:47 (12.8%)	5:43	10.5 (87.5%)
19	<b>BUSZ Jacek</b>	<b>31</b>	OLD SCHOOL TRAIL RUNNING	M-30	7	01:16:30.00	00:27:46.00	02:17:52.00	<b>04:02:08.00</b>	+00:32:17 (13.3%)	5:45	10.4 (86.7%)
20	<b>STADNIK Wojciech</b>	<b>196</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-50	1	01:19:05.00	00:27:56.00	02:15:18.00	<b>04:02:19.00</b>	+00:32:28 (13.4%)	5:46	10.4 (86.7%)
21	<b>MAJCHER Damian</b>	<b>132</b>		M-30	8	01:18:05.00	00:28:16.00	02:16:47.00	<b>04:03:08.00</b>	+00:33:17 (13.7%)	5:47	10.4 (86.7%)
22	<b>JACHIMOWSKI Jarosław</b>	<b>82</b>	POZYTYWNE ZABIEGANI SANOK	M-30	9	01:22:23.00	00:27:51.00	02:14:15.00	<b>04:04:29.00</b>	+00:34:38 (14.2%)	5:49	10.3 (85.8%)
23	<b>RADYK Jakub</b>	<b>176</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-30	10	01:17:33.00	00:26:51.00	02:20:34.00	<b>04:04:58.00</b>	+00:35:07 (14.3%)	5:49	10.3 (85.8%)
24	<b>ROGALA Grzegorz</b>	<b>181</b>		M-40	12	01:19:49.00	00:28:37.00	02:17:05.00	<b>04:05:31.00</b>	+00:35:40 (14.5%)	5:50	10.3 (85.8%)
25	<b>PIETRASIEWICZ Maciej</b>	<b>163</b>	KRESOWIANIE	M-30	11	01:19:02.00	00:27:19.00	02:20:53.00	<b>04:07:14.00</b>	+00:37:23 (15.1%)	5:53	10.2 (85.0%)
26	<b>HULIN Sebastian</b>	<b>78</b>	KOMENDA MIEJSKA POLICJI W KATOWICACH	M-40	13	01:20:07.00	00:28:05.00	02:19:09.00	<b>04:07:21.00</b>	+00:37:30 (15.2%)	5:53	10.2 (85.0%)
27	<b>TRĘBSKI Krzysztof</b>	<b>215</b>	#ZABIEGANINOCA	M-40	14	01:20:50.00	00:28:38.00	02:18:32.00	<b>04:08:00.00</b>	+00:38:09 (15.4%)	5:54	10.2 (85.0%)
28	<b>MACIEJKO Rafał</b>	<b>130</b>	KRESOWIANIE	M-40	15	01:23:12.00	00:27:12.00	02:21:21.00	<b>04:11:45.00</b>	+00:41:54 (16.6%)	5:59	10 (83.3%)
29	<b>PODOLAK Paweł</b>	<b>167</b>	KAMIEŃ DWERNIK TRAIL	M-30	12	01:19:28.00	00:31:29.00	02:21:24.00	<b>04:12:21.00</b>	+00:42:30 (16.8%)	6:00	10 (83.3%)
30	<b>ŻELAZKO Kamil</b>	<b>240</b>	CARPATHIAN RUNNERS	M-30	13	01:21:44.00	00:27:22.00	02:23:37.00	<b>04:12:43.00</b>	+00:42:52 (17.0%)	6:01	10 (83.3%)
31	<b>BODNAR Krystian</b>	<b>22</b>		M-16	1	01:22:07.00	00:28:10.00	02:23:22.00	<b>04:13:39.00</b>	+00:43:48 (17.3%)	6:02	9.9 (82.5%)
32	<b>GAWORECKI Tomasz</b>	<b>70</b>	POZYTYWNE ZABIEGANI SANOK	M-40	16	01:24:27.00	00:29:45.00	02:22:54.00	<b>04:17:06.00</b>	+00:47:15 (18.4%)	6:07	9.8 (81.7%)
33	<b>ZATOR Janusz</b>	<b>238</b>	DĘBICKIE GEPARDY	M-50	2	01:25:11.00	00:28:57.00	02:23:20.00	<b>04:17:28.00</b>	+00:47:37 (18.5%)	6:07	9.8 (81.7%)
34	<b>CUBER Wojciech</b>	<b>40</b>	#ZABIEGANINOCA	M-30	14	01:20:50.00	00:27:00.00	02:30:40.00	<b>04:18:30.00</b>	+00:48:39 (18.8%)	6:09	9.7 (80.8%)
35	<b>GAJEK Grzegorz</b>	<b>67</b>	BIEGANIE NA SPONTANIE	M-40	17	01:29:05.00	00:30:39.00	02:18:52.00	<b>04:18:36.00</b>	+00:48:45 (18.9%)	6:09	9.7 (80.8%)
36	<b>SZKODA Robert</b>	<b>201</b>	BIEGANIE NA SPONTANIE	M-30	15	01:23:45.00	00:28:26.00	02:26:37.00	<b>04:18:48.00</b>	+00:48:57 (18.9%)	6:09	9.7 (80.8%)
37	<b>ŚNIEŻEK Piotr</b>	<b>211</b>	PRZEMYSKI KLUB BIEGACZA	M-50	3	01:25:45.00	00:30:36.00	02:24:50.00	<b>04:21:11.00</b>	+00:51:20 (19.7%)	6:13	9.6 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
38	<b>JASTRZĄB Piotr</b>	<b>89</b>	DEKAN LESKO	M-50	4	01:23:59.00	00:28:11.00	02:29:31.00	<b>04:21:41.00</b>	+00:51:50 (19.8%)	6:13	9.6 (80.0%)
39	<b>BURAK Bartłomiej</b>	<b>29</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-16	2	01:22:40.00	00:28:38.00	02:32:42.00	<b>04:24:00.00</b>	+00:54:09 (20.5%)	6:17	9.5 (79.2%)
40	<b>ANTOSZ Bogdan</b>	<b>2</b>		M-50	5	01:25:21.00	00:29:46.00	02:29:14.00	<b>04:24:21.00</b>	+00:54:30 (20.6%)	6:17	9.5 (79.2%)
41	<b>MOSKOWICZ Stefan</b>	<b>145</b>	PRZEMYSKI KLUB BIEGACZA 2	M-60+	1	01:25:11.00	00:29:44.00	02:29:45.00	<b>04:24:40.00</b>	+00:54:49 (20.7%)	6:18	9.5 (79.2%)
42	<b>KŁÓSEK Paweł</b>	<b>99</b>	DĘBICKIE GEPARDY	M-40	18	01:25:10.00	00:29:31.00	02:31:01.00	<b>04:25:42.00</b>	+00:55:51 (21.0%)	6:19	9.5 (79.2%)
43	<b>ŚLIWA Anna</b>	<b>209</b>	KRESOWIANIE	K-40	1	01:27:39.00	00:29:04.00	02:32:51.00	<b>04:29:34.00</b>	+00:59:43 (22.2%)	6:25	9.3 (77.5%)
44	<b>KUBICKI Łukasz</b>	<b>116</b>	KB ATHLETIC ZRĘCIN	M-30	16	01:27:46.00	00:31:47.00	02:30:28.00	<b>04:30:01.00</b>	+01:00:10 (22.3%)	6:25	9.3 (77.5%)
45	<b>BANASIK Krzysztof</b>	<b>11</b>	SZYBKIE I WŚCIEKLI TEAM	M-40	19	01:15:14.00	00:26:59.00	02:47:49.00	<b>04:30:02.00</b>	+01:00:11 (22.3%)	6:25	9.3 (77.5%)
46	<b>SIEŃKO Łukasz</b>	<b>188</b>	AKTYWNY DYNÓW	M-30	17	01:28:37.00	00:31:33.00	02:30:22.00	<b>04:30:32.00</b>	+01:00:41 (22.4%)	6:26	9.3 (77.5%)
47	<b>WAGNER Tomasz</b>	<b>219</b>	KRESOWIANIE	M-30	18	01:26:26.00	00:30:33.00	02:33:42.00	<b>04:30:41.00</b>	+01:00:50 (22.5%)	6:26	9.3 (77.5%)
48	<b>ZDEB Maciej</b>	<b>239</b>	PIĘKNE I BRODACZE	M-30	19	01:28:35.00	00:30:57.00	02:31:45.00	<b>04:31:17.00</b>	+01:01:26 (22.6%)	6:27	9.3 (77.5%)
49	<b>HUTNIK Krzysiek</b>	<b>80</b>	ZERWANIE Z ŁAŃCUCHA	M-30	20	01:29:21.00	00:30:46.00	02:31:13.00	<b>04:31:20.00</b>	+01:01:29 (22.7%)	6:27	9.3 (77.5%)
50	<b>ŁAWNICZAK Justyna</b>	<b>129</b>	#ZABIEGANINOCA	K-30	1	01:28:38.00	00:30:59.00	02:32:21.00	<b>04:31:58.00</b>	+01:02:07 (22.8%)	6:28	9.3 (77.5%)
51	<b>KRUSZYŃSKI Marek</b>	<b>114</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	6	01:27:38.00	00:30:50.00	02:34:12.00	<b>04:32:40.00</b>	+01:02:49 (23.0%)	6:29	9.2 (76.7%)
52	<b>RĘPAŁSKA Agata</b>	<b>180</b>	DZIKIE MUSTANGI	K-30	2	01:29:01.00	00:29:57.00	02:33:47.00	<b>04:32:45.00</b>	+01:02:54 (23.1%)	6:29	9.2 (76.7%)
53	<b>KRAWCZYK Jan</b>	<b>108</b>	KLUB POD WISIENKĄ	M-30	21	01:26:32.00	00:34:20.00	02:32:56.00	<b>04:33:48.00</b>	+01:03:57 (23.4%)	6:31	9.2 (76.7%)
54	<b>GAJEK Magdalena</b>	<b>68</b>	BIEGANIE NA SPONTANIE	K-40	2	01:29:04.00	00:30:48.00	02:36:26.00	<b>04:36:18.00</b>	+01:06:27 (24.0%)	6:34	9.1 (75.8%)
55	<b>SMAGACZ Henryk</b>	<b>190</b>	DĘBICKIE GEPARDY	M-60+	2	01:31:48.00	00:32:25.00	02:34:42.00	<b>04:38:55.00</b>	+01:09:04 (24.8%)	6:38	9 (75.0%)
56	<b>MAZUR Ireneusz</b>	<b>136</b>	DĘBICKIE GEPARDY	M-40	20	01:29:07.00	00:31:02.00	02:41:20.00	<b>04:41:29.00</b>	+01:11:38 (25.4%)	6:42	9 (75.0%)
57	<b>ZASADZIŃSKA Barbara</b>	<b>237</b>	SZYBKIE I WŚCIEKLI TEAM	K-40	3	01:30:42.00	00:30:45.00	02:40:24.00	<b>04:41:51.00</b>	+01:12:00 (25.5%)	6:42	8.9 (74.2%)
58	<b>SURMAN Mariusz</b>	<b>197</b>	DZIKIE MUSTANGI	M-30	22	01:31:07.00	00:31:19.00	02:39:47.00	<b>04:42:13.00</b>	+01:12:22 (25.6%)	6:43	8.9 (74.2%)
59	<b>ROŚĆ Dawid</b>	<b>182</b>	ROKAN	M-40	21	01:29:30.00	00:30:05.00	02:42:57.00	<b>04:42:32.00</b>	+01:12:41 (25.7%)	6:43	8.9 (74.2%)
60	<b>GÓRA Agnieszka</b>	<b>162</b>	#ZABIEGANINOCA	K-40	4	01:28:51.00	00:32:50.00	02:40:52.00	<b>04:42:33.00</b>	+01:12:42 (25.7%)	6:43	8.9 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
61	<b>BANASIK Monika</b>	<b>10</b>	SZYBKIE I WŚCIEKLI TEAM	K-30	3	01:25:49.00	00:29:27.00	02:47:49.00	<b>04:43:05.00</b>	+01:13:14 (25.9%)	6:44	8.9 (74.2%)
62	<b>PREISNER Renata</b>	<b>173</b>		K-50	2	01:30:45.00	00:32:08.00	02:40:27.00	<b>04:43:20.00</b>	+01:13:29 (25.9%)	6:44	8.9 (74.2%)
63	<b>FEDAK Bohdan</b>	<b>57</b>	KB ATHLETIC ZRĘCIN	M-40	22	01:34:06.00	00:34:21.00	02:36:25.00	<b>04:44:52.00</b>	+01:15:01 (26.3%)	6:46	8.8 (73.3%)
64	<b>DOPART Tomasz</b>	<b>51</b>	KAMIEŃ DWERNIK	M-40	23	01:29:40.00	00:35:11.00	02:42:07.00	<b>04:46:58.00</b>	+01:17:07 (26.9%)	6:49	8.8 (73.3%)
65	<b>LITWINEK Marek</b>	<b>121</b>		M-40	24	01:35:01.00	00:30:49.00	02:42:32.00	<b>04:48:22.00</b>	+01:18:31 (27.2%)	6:51	8.7 (72.5%)
66	<b>ŚWIĘCH Anna</b>	<b>212</b>	DZIKIE MUSTANGI	K-40	5	01:34:22.00	00:31:41.00	02:42:33.00	<b>04:48:36.00</b>	+01:18:45 (27.3%)	6:52	8.7 (72.5%)
67	<b>CZEKAŃSKI Wojciech</b>	<b>46</b>	GRUPA POSCIGOWA	M-40	25	01:28:16.00	00:33:02.00	02:47:30.00	<b>04:48:48.00</b>	+01:18:57 (27.3%)	6:52	8.7 (72.5%)
68	<b>SAJ Paweł</b>	<b>186</b>	DZIKIE MUSTANGI	M-30	23	01:34:22.00	00:32:26.00	02:42:34.00	<b>04:49:22.00</b>	+01:19:31 (27.5%)	6:53	8.7 (72.5%)
69	<b>KRZYWDA Konrad</b>	<b>115</b>	DZIKIE MUSTANGI	M-16	3	01:32:26.00	00:33:22.00	02:44:44.00	<b>04:50:32.00</b>	+01:20:41 (27.8%)	6:55	8.7 (72.5%)
70	<b>SOPEL Wiesław</b>	<b>194</b>	KRESOWIANIE	M-50	7	01:35:04.00	00:34:23.00	02:42:22.00	<b>04:51:49.00</b>	+01:21:58 (28.1%)	6:56	8.6 (71.7%)
71	<b>FUTYMA Michał</b>	<b>65</b>	DRUŻYNA FUTYMA!!!	M-40	26	01:33:45.00	00:31:38.00	02:47:32.00	<b>04:52:55.00</b>	+01:23:04 (28.4%)	6:58	8.6 (71.7%)
72	<b>BAL Barbara</b>	<b>8</b>	DRUŻYNA B	K-40	6	01:33:30.00	00:32:14.00	02:47:22.00	<b>04:53:06.00</b>	+01:23:15 (28.4%)	6:58	8.6 (71.7%)
73	<b>CZAJKA Tomasz</b>	<b>45</b>		M-40	27	01:33:07.00	00:34:23.00	02:49:44.00	<b>04:57:14.00</b>	+01:27:23 (29.4%)	7:04	8.5 (70.8%)
74	<b>POŻNIAK Grzegorz</b>	<b>171</b>	DRUŻYNA B	M-40	28	01:34:55.00	00:32:58.00	02:52:55.00	<b>05:00:48.00</b>	+01:30:57 (30.2%)	7:09	8.4 (70.0%)
75	<b>BOCHENEK Wiktoria</b>	<b>20</b>	STALOWOWOLSKI KLUB BIEGACZA	K-30	4	01:36:13.00	00:34:19.00	02:52:46.00	<b>05:03:18.00</b>	+01:33:27 (30.8%)	7:13	8.3 (69.2%)
76	<b>KOLANKO Michał</b>	<b>255</b>	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	24	01:38:04.00	00:34:01.00	02:51:45.00	<b>05:03:50.00</b>	+01:33:59 (30.9%)	7:14	8.3 (69.2%)
77	<b>ARCISZEWSKI Michał</b>	<b>4</b>	DZIKIE MUSTANGI	M-30	25	01:38:11.00	00:32:49.00	02:53:28.00	<b>05:04:28.00</b>	+01:34:37 (31.1%)	7:14	8.3 (69.2%)
78	<b>LEŚNIAK-POPIEL Marta</b>	<b>118</b>	POZYTYWNE ZABIEGANI SANOK	K-40	7	01:42:57.00	00:32:03.00	02:49:56.00	<b>05:04:56.00</b>	+01:35:05 (31.2%)	7:15	8.3 (69.2%)
79	<b>ŁAPIŃSKA Anna</b>	<b>127</b>	SZYBKIE I WŚCIEKLI TEAM	K-40	8	01:37:57.00	00:32:23.00	02:54:51.00	<b>05:05:11.00</b>	+01:35:20 (31.2%)	7:15	8.3 (69.2%)
80	<b>WAJCOWICZ Witold</b>	<b>220</b>	POZYTYWNE ZABIEGANI SANOK	M-40	29	01:42:56.00	00:32:35.00	02:49:54.00	<b>05:05:25.00</b>	+01:35:34 (31.3%)	7:16	8.3 (69.2%)
81	<b>WOLF Weronika</b>	<b>230</b>	POZYTYWNE ZABIEGANI SANOK	K-40	9	01:42:56.00	00:33:44.00	02:50:22.00	<b>05:07:02.00</b>	+01:37:11 (31.7%)	7:18	8.2 (68.3%)
82	<b>BEŁCH Michał</b>	<b>14</b>	DECARUN RZESZÓW	M-30	26	01:34:37.00	00:33:21.00	02:59:27.00	<b>05:07:25.00</b>	+01:37:34 (31.7%)	7:19	8.2 (68.3%)
83	<b>BAL Robert</b>	<b>9</b>	DRUŻYNA B	M-40	30	01:37:07.00	00:33:39.00	02:57:05.00	<b>05:07:51.00</b>	+01:38:00 (31.8%)	7:19	8.2 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
84	<b>CHOMISZCZAK Bogdan</b>	<b>37</b>	POZYTYWNIIE ZABIEGANI SANOK	M-50	8	01:42:59.00	00:34:42.00	02:51:25.00	<b>05:09:06.00</b>	+01:39:15 (32.1%)	7:21	8.2 (68.3%)
85	<b>PODOLAK Zbigniew</b>	<b>165</b>	TOWARZYSTWO SZWEJKOWSKIE	M-60+	3	01:38:37.00	00:35:36.00	02:54:54.00	<b>05:09:07.00</b>	+01:39:16 (32.1%)	7:21	8.2 (68.3%)
86	<b>MICKIEWICZ Adam</b>	<b>138</b>		M-50	9	01:43:10.00	00:36:20.00	02:52:45.00	<b>05:12:15.00</b>	+01:42:24 (32.8%)	7:26	8.1 (67.5%)
87	<b>KOPCZYK Waldemar</b>	<b>103</b>	SZYBKIE I WŚCIEKLI TEAM	M-50	10	01:35:55.00	00:37:04.00	02:59:18.00	<b>05:12:17.00</b>	+01:42:26 (32.8%)	7:26	8.1 (67.5%)
88	<b>BILIŃSKI Tomasz</b>	<b>17</b>	DRUŻYNA B	M-40	31	01:34:50.00	00:32:38.00	03:04:51.00	<b>05:12:19.00</b>	+01:42:28 (32.8%)	7:26	8.1 (67.5%)
89	<b>ŁUCZYCKA Iwona</b>	<b>254</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	10	01:42:57.00	00:35:20.00	02:54:23.00	<b>05:12:40.00</b>	+01:42:49 (32.9%)	7:26	8.1 (67.5%)
90	<b>WYSKIEL Maciej</b>	<b>233</b>	AKTYWNY DYNÓW	M-40	32	01:38:53.00	00:34:04.00	03:00:15.00	<b>05:13:12.00</b>	+01:43:21 (33.0%)	7:27	8 (66.7%)
91	<b>RYBIŃSKI Grzegorz</b>	<b>185</b>	BIEGAM BO LUBIĘ	M-40	33	01:34:38.00	00:35:12.00	03:03:35.00	<b>05:13:25.00</b>	+01:43:34 (33.0%)	7:27	8 (66.7%)
92	<b>ZAWADA Rafał</b>	<b>41</b>		M-30	27	01:42:36.00	00:35:29.00	02:55:52.00	<b>05:13:57.00</b>	+01:44:06 (33.2%)	7:28	8 (66.7%)
93	<b>JAKUBOWSKI Daniel</b>	<b>83</b>	NOCNY BÓR TEAM	M-40	34	01:39:52.00	00:36:09.00	02:58:28.00	<b>05:14:29.00</b>	+01:44:38 (33.3%)	7:29	8 (66.7%)
94	<b>OLEKSZYK Joanna</b>	<b>156</b>	DECARUN RZESZÓW	K-16	1	01:39:58.00	00:35:49.00	02:59:24.00	<b>05:15:11.00</b>	+01:45:20 (33.4%)	7:30	8 (66.7%)
95	<b>STADNIK Renata</b>	<b>195</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-50	3	01:42:49.00	00:33:37.00	02:59:38.00	<b>05:16:04.00</b>	+01:46:13 (33.6%)	7:31	8 (66.7%)
96	<b>OŻÓG Jacek</b>	<b>157</b>	UCZESTNIK INDYWIDUALNY	M-40	35	01:39:37.00	00:37:05.00	03:01:37.00	<b>05:18:19.00</b>	+01:48:28 (34.1%)	7:34	7.9 (65.8%)
97	<b>MITURA Wojtek</b>	<b>143</b>		M-40	36	01:31:12.00	00:30:14.00	03:16:58.00	<b>05:18:24.00</b>	+01:48:33 (34.1%)	7:34	7.9 (65.8%)
98	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>231</b>	DRUŻYNA B	K-40	11	01:38:52.00	00:33:39.00	03:06:18.00	<b>05:18:49.00</b>	+01:48:58 (34.2%)	7:35	7.9 (65.8%)
99	<b>BOCEK Sławomir</b>	<b>19</b>	WATAHA	M-40	37	01:42:52.00	00:35:46.00	03:05:24.00	<b>05:24:02.00</b>	+01:54:11 (35.2%)	7:42	7.8 (65.0%)
100	<b>POLAŃSKI Tomasz</b>	<b>169</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	11	01:42:21.00	00:35:25.00	03:09:15.00	<b>05:27:01.00</b>	+01:57:10 (35.8%)	7:47	7.7 (64.2%)
101	<b>SIEDLACZEK Zbigniew</b>	<b>187</b>		M-60+	4	01:40:05.00	00:35:39.00	03:11:50.00	<b>05:27:34.00</b>	+01:57:43 (35.9%)	7:47	7.7 (64.2%)
102	<b>KRUKOWSKI Robert</b>	<b>113</b>	PLATINIUM CROSS ZAMOŚĆ	M-40	38	01:39:47.00	00:33:33.00	03:14:23.00	<b>05:27:43.00</b>	+01:57:52 (36.0%)	7:48	7.7 (64.2%)
103	<b>OCHYRA Krzysztof</b>	<b>152</b>		M-50	12	01:46:32.00	00:35:00.00	03:11:30.00	<b>05:33:02.00</b>	+02:03:11 (37.0%)	7:55	7.6 (63.3%)
104	<b>OCHYRA Karolina</b>	<b>153</b>		K-16	2	01:46:32.00	00:35:18.00	03:11:30.00	<b>05:33:20.00</b>	+02:03:29 (37.0%)	7:56	7.6 (63.3%)
105	<b>BUKSA Tomasz</b>	<b>27</b>	PRZEMYSKI KLUB BIEGACZA 2	M-30	28	01:46:38.00	00:35:50.00	03:11:42.00	<b>05:34:10.00</b>	+02:04:19 (37.2%)	7:57	7.5 (62.5%)
106	<b>BUKSA Andzelika</b>	<b>28</b>	PRZEMYSKI KLUB BIEGACZA 2	K-40	12	01:46:38.00	00:35:51.00	03:11:43.00	<b>05:34:12.00</b>	+02:04:21 (37.2%)	7:57	7.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
107	<b>BARTOSZEK Bogdan</b>	<b>13</b>		M-50	13	01:44:33.00	00:39:11.00	03:15:23.00	<b>05:39:07.00</b>	+02:09:16 (38.1%)	8:04	7.4 (61.7%)
108	<b>BORCZ Marcin</b>	<b>23</b>	DIP-MAR MARCIN BORCZ	M-30	29	01:53:26.00	00:38:41.00	03:11:54.00	<b>05:44:01.00</b>	+02:14:10 (39.0%)	8:11	7.3 (60.8%)
109	<b>BIEDROŃ Wojciech</b>	<b>16</b>		M-40	39	01:57:09.00	00:38:33.00	03:15:24.00	<b>05:51:06.00</b>	+02:21:15 (40.2%)	8:21	7.2 (60.0%)
110	<b>MAZUR Kinga</b>	<b>137</b>	DĘBICKIE GEPARDY	K-30	5	01:52:56.00	00:37:47.00	03:25:00.00	<b>05:55:43.00</b>	+02:25:52 (41.0%)	8:28	7.1 (59.2%)
111	<b>CENGIEL Mateusz</b>	<b>32</b>	5 BSP	M-16	4	01:58:26.00	00:36:37.00	03:22:09.00	<b>05:57:12.00</b>	+02:27:21 (41.3%)	8:30	7.1 (59.2%)
112	<b>BABIŃSKA Inga</b>	<b>6</b>	PRZEMYSKI KLUB BIEGACZA	K-40	13	01:53:43.00	00:39:13.00	03:25:19.00	<b>05:58:15.00</b>	+02:28:24 (41.4%)	8:31	7 (58.3%)
113	<b>LEWICKIJ Yurii</b>	<b>119</b>	'STRIYSKI KHVOSTY'	M-40	40	01:47:44.00	00:39:29.00	03:31:19.00	<b>05:58:32.00</b>	+02:28:41 (41.5%)	8:32	7 (58.3%)
114	<b>ROZENBAJGIER Sebastian</b>	<b>183</b>	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	30	01:58:32.00	00:36:39.00	03:23:26.00	<b>05:58:37.00</b>	+02:28:46 (41.5%)	8:32	7 (58.3%)
115	<b>SOJA Tomasz</b>	<b>193</b>	BRAK	M-50	14	01:53:34.00	00:40:36.00	03:25:38.00	<b>05:59:48.00</b>	+02:29:57 (41.7%)	8:34	7 (58.3%)
116	<b>HOCEK Jakub</b>	<b>76</b>	5 BSP	M-16	5	01:58:33.00	00:37:57.00	03:23:27.00	<b>05:59:57.00</b>	+02:30:06 (41.7%)	8:34	7 (58.3%)
117	<b>FOLTA Anita</b>	<b>59</b>	GRUPA BIEGOWA ZARSZYN	K-50	4	01:57:01.00	00:41:29.00	03:21:38.00	<b>06:00:08.00</b>	+02:30:17 (41.7%)	8:34	7 (58.3%)
118	<b>FOLTA Jan</b>	<b>60</b>	GRUPA BIEGOWA ZARSZYN	M-50	15	01:57:02.00	00:41:30.00	03:21:38.00	<b>06:00:10.00</b>	+02:30:19 (41.7%)	8:34	7 (58.3%)
119	<b>UJEJSKI Filip</b>	<b>216</b>	4 BATALION STRZELCÓW PODHALAŃSKICH	M-16	6	01:58:24.00	00:37:56.00	03:23:52.00	<b>06:00:12.00</b>	+02:30:21 (41.7%)	8:34	7 (58.3%)
120	<b>ŁASKAWSKA Justyna</b>	<b>128</b>		K-40	14	02:00:47.00	00:37:20.00	03:25:11.00	<b>06:03:18.00</b>	+02:33:27 (42.2%)	8:39	6.9 (57.5%)
121	<b>ŚNIEŻEK Lidia</b>	<b>210</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	01:57:07.00	00:39:36.00	03:32:24.00	<b>06:09:07.00</b>	+02:39:16 (43.1%)	8:47	6.8 (56.7%)
122	<b>FLOREK Wojtek</b>	<b>58</b>	DZIKIE MUSTANGI	M-30	31	02:06:54.00	00:36:09.00	03:32:47.00	<b>06:15:50.00</b>	+02:45:59 (44.2%)	8:56	6.7 (55.8%)
123	<b>WÓJTOWICZ Paweł</b>	<b>232</b>	LUBLIN BIEGA	M-40	41	02:02:38.00	00:40:43.00	03:34:16.00	<b>06:17:37.00</b>	+02:47:46 (44.4%)	8:59	6.7 (55.8%)
124	<b>FORNEK Paulina</b>	<b>63</b>	DZIKIE MUSTANGI	K-16	3	02:06:54.00	00:38:55.00	03:32:44.00	<b>06:18:33.00</b>	+02:48:42 (44.6%)	9:00	6.7 (55.8%)
125	<b>RADYK Joanna</b>	<b>177</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-30	6	02:02:04.00	00:42:14.00	03:42:27.00	<b>06:26:45.00</b>	+02:56:54 (45.7%)	9:12	6.5 (54.2%)
	<b>BRZUSZKO Jolanta</b>	<b>25</b>		K-40		DNF	DNF	00:00:00.00 DNF	-02:09:13.0 DNF	<b>DNF</b>	-	- (0.0%)
	<b>MROCZEK Bartek</b>	<b>147</b>	WŁUCZYKIJE	M-40		DNF	DNF	-00:39:38.0 DNF	02:26:15.00 DNF	<b>DNF</b>	-	- (0.0%)
	<b>MUCHA Łukasz</b>	<b>149</b>		M-40		DNF	DNF	-00:34:59.0 DNF	02:41:00.00 DNF	<b>DNF</b>	-	- (0.0%)
	<b>SUROWIEC Justyna</b>	<b>144</b>		K-40		DNF	DNF	00:00:00.00 DNF	-03:16:59.0 DNF	<b>DNF</b>	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
	<b>PAWŁOWSKA Agnieszka</b>	<b>161</b>	PRZEMYSKI KLUB BIEGACZA	K-40	DNF DNF	00:00:00.00 DNF	-03:42:28.0 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>JANKOWSKI Konrad</b>	<b>87</b>	SOLINA TEAM	M-30	01:21:37.00 DNF	01:21:37.00 DNF	-03:42:49.0 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>BŁAŻEWICZ Piotr</b>	<b>18</b>		M-30	01:45:48.00 DNF	01:45:48.00 DNF	-04:49:49.0 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>WAŁACHOWSKA Urszula</b>	<b>246</b>	SOLINA TEAM	K-30	02:19:56.00 DNF	02:19:56.00 DNF	-06:02:19.0 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KARDASZ Patryk</b>	<b>248</b>	SOLINA TEAM	M-16	02:26:03.00 DNF	02:26:03.00 DNF	-06:08:26.0 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>PECKA Krzysztof</b>	<b>260</b>	SOLINA TEAM	M-40	DNF DNF	-00:36:59.0 DNF	00:36:59.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>FORJASZ Przemek</b>	<b>61</b>		M-30	01:24:22.00 DNF	00:28:37.00 DNF	01:52:59.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>SUSABOWSKI Andrzej</b>	<b>199</b>	BĘDZIE LEPIEJ	M-40	01:30:19.00 DNF	00:31:29.00 DNF	02:01:48.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>GWOZDA Grzegorz</b>	<b>73</b>	KRESOWIANIE	M-40	01:34:46.00 DNF	00:32:18.00 DNF	02:07:04.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KACZMARSKI Wojciech</b>	<b>90</b>	K&O TEAM/ KACZMARSKI TEAM	M-40	01:38:10.00 DNF	00:33:32.00 DNF	02:11:42.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>CHODNICKI Radosław</b>	<b>36</b>	BĘDZIE LEPIEJ	M-40	01:43:47.00 DNF	00:38:02.00 DNF	02:21:49.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>SZMIST Jadzia</b>	<b>202</b>	KB ATHLETIC ZRĘCIN	K-40	01:45:53.00 DNF	00:37:07.00 DNF	02:23:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>WOJTANOWSKI Andrzej</b>	<b>228</b>	MORSOLINY	M-50	01:58:25.00 DNF	00:39:54.00 DNF	02:38:19.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>MIKUSEK Ryszard</b>	<b>141</b>	BĘDZIE LEPIEJ	M-40	02:01:05.00 DNF	00:38:19.00 DNF	02:39:24.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>SUSABOWSKA Asia</b>	<b>198</b>	BĘDZIE LEPIEJ	K-40	02:01:05.00 DNF	00:40:00.00 DNF	02:41:05.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KALIN Kamil</b>	<b>91</b>		M-30	02:10:40.00 DNF	00:45:15.00 DNF	02:55:55.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>STARZYŃSKI Marcin</b>	<b>253</b>	WATAHA	M-30	01:21:00.00 DNF	01:21:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>LIS-PASIONEK Małgorzata</b>	<b>120</b>		K-30	01:24:32.00 DNF	01:24:32.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KRAWIEC Alan</b>	<b>109</b>		M-16	01:29:50.00 DNF	01:29:50.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>CICHOŃ Sabina</b>	<b>249</b>		K-30	01:34:56.00 DNF	01:34:56.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KAPRAL Adam</b>	<b>94</b>	DWERNIK KAMIEŃ TRAIL	M-40	01:39:19.00 DNF	01:39:19.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>MSZANECKI Tomasz</b>	<b>148</b>	35 BLP SANOK	M-30	01:40:37.00 DNF	01:40:37.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>DOMISZEWSKI Wojciech</b>	<b>251</b>		M-50	01:40:53.00 DNF	01:40:53.00 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
	<b>LUTAK Agnieszka</b>	<b>123</b>	JAK ŻÓŁWIE W GALOPIE	K-30	01:42:48.00 DNF	01:42:48.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PASIONEK Bartłomiej</b>	<b>159</b>		M-30	01:43:00.00 DNF	01:43:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PRZYBYLSKI Damian</b>	<b>175</b>		M-30	01:44:18.00 DNF	01:44:18.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>PODOLAK Agnieszka</b>	<b>166</b>		K-30	01:54:42.00 DNF	01:54:42.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>HAŁOŃ Łukasz</b>	<b>74</b>		M-30	01:55:55.00 DNF	01:55:55.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WIERZBICKA Anna</b>	<b>224</b>		K-30	01:56:59.00 DNF	01:56:59.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>CZERWIŃSKA Małgorzata</b>	<b>47</b>	JUMPING STARS TEAM	K-40	02:04:17.00 DNF	02:04:17.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>SZUBA Krzysztof</b>	<b>205</b>		M-50	02:04:52.00 DNF	02:04:52.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WARCHOŁ-SNUZIK Parycja</b>	<b>247</b>	SOLINA TEAM	K-30	02:19:57.00 DNF	02:19:57.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KARDASZ Marek</b>	<b>243</b>	SOLINA TEAM	M-40	02:19:57.00 DNF	02:19:57.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 162 wynik(ów)