



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Classification: M-30

# BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

**Event:** Bieszczadzki Weekend Biegowy Rysia 2019  
**Organiser:** GOKSiT Polańczyk  
**Date:** 2019-10-20  
**Place:** Polańczyk  
**Distance:** 42 km



| Place | Participant                | Number      | Club                         | Category | MCat | Etap 13km   | Etap 6km    | Etap 23km   | Net time<br>42km   | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|----------------------------|-------------|------------------------------|----------|------|-------------|-------------|-------------|--------------------|----------------------|----------------|-----------------|
| 1     | <b>KOBYLARZ Piotr</b>      | <b>2113</b> | RZESZOWSKIE GAZELE I GEPARDY | M-30     | 1    | 01:04:31.00 | 00:21:02.00 | 01:55:20.00 | <b>03:20:53.00</b> |                      | 4:46           | 12.5<br>(100%)  |
| 2     | <b>MICHALEC Marcin</b>     | <b>2158</b> | KKB MOSIR KROSNO             | M-30     | 2    | 01:06:00.00 | 00:21:31.00 | 02:00:34.00 | <b>03:28:05.00</b> | +00:07:12<br>(3.5%)  | 4:57           | 12.1<br>(96.8%) |
| 3     | <b>ROHAN Łukasz</b>        | <b>2207</b> | PRZEMYSKI KLUB BIEGACZA 2    | M-30     | 3    | 01:09:09.00 | 00:22:36.00 | 01:58:39.00 | <b>03:30:24.00</b> | +00:09:31<br>(4.5%)  | 5:00           | 12<br>(96.0%)   |
| 4     | <b>SKAWIŃSKI Tomasz</b>    | <b>2222</b> | DWERNIK KAMIEŃ TRAIL         | M-30     | 4    | 01:10:50.00 | 00:22:55.00 | 02:00:59.00 | <b>03:34:44.00</b> | +00:13:51<br>(6.4%)  | 5:06           | 11.7<br>(93.6%) |
| 5     | <b>GIEFERT Tomasz</b>      | <b>2074</b> | PRZEMYSKI KLUB BIEGACZA 2,5  | M-30     | 5    | 01:11:11.00 | 00:23:19.00 | 02:05:52.00 | <b>03:40:22.00</b> | +00:19:29<br>(8.8%)  | 5:14           | 11.4<br>(91.2%) |
| 6     | <b>KUŚMIDER Jakub</b>      | <b>2112</b> | FANTASTYCZNA TRÓJKA          | M-30     | 6    | 01:11:45.00 | 00:23:50.00 | 02:06:57.00 | <b>03:42:32.00</b> | +00:21:39<br>(9.7%)  | 5:17           | 11.3<br>(90.4%) |
| 7     | <b>OLEJARSKI Marcin</b>    | <b>2181</b> | PRUCHNICKA GRUPA BIEGOWA     | M-30     | 7    | 01:12:59.00 | 00:23:42.00 | 02:08:54.00 | <b>03:45:35.00</b> | +00:24:42<br>(10.9%) | 5:22           | 11.2<br>(89.6%) |
| 8     | <b>RUCIŃSKI Piotr</b>      | <b>2211</b> |                              | M-30     | 8    | 01:13:33.00 | 00:22:42.00 | 02:12:26.00 | <b>03:48:41.00</b> | +00:27:48<br>(12.2%) | 5:26           | 11<br>(88.0%)   |
| 9     | <b>KACZMARSKI Grzegorz</b> | <b>2104</b> | KACZMARSKI TEAM              | M-30     | 9    | 01:10:38.00 | 00:22:41.00 | 02:15:24.00 | <b>03:48:43.00</b> | +00:27:50<br>(12.2%) | 5:26           | 11<br>(88.0%)   |
| 10    | <b>HOROSZKO Ernest</b>     | <b>2092</b> | SWR SOSBIKE SANOK            | M-30     | 10   | 01:12:05.00 | 00:23:26.00 | 02:16:09.00 | <b>03:51:40.00</b> | +00:30:47<br>(13.3%) | 5:30           | 10.9<br>(87.2%) |
| 11    | <b>WASYLÓW Jacek</b>       | <b>2259</b> | ANTEK TEAM LIPOWICA-PRZEMYSŁ | M-30     | 11   | 01:12:16.00 | 00:23:38.00 | 02:16:38.00 | <b>03:52:32.00</b> | +00:31:39<br>(13.6%) | 5:32           | 10.8<br>(86.4%) |
| 12    | <b>KANIECKI Paweł</b>      | <b>2106</b> | MIEJSCE BLOK B               | M-30     | 12   | 01:15:19.00 | 00:24:38.00 | 02:13:46.00 | <b>03:53:43.00</b> | +00:32:50<br>(14.0%) | 5:33           | 10.8<br>(86.4%) |
| 13    | <b>BANASIK Krzysiek</b>    | <b>2015</b> | PRUCHNICKA GRUPA BIEGOWA     | M-30     | 13   | 01:14:23.00 | 00:24:06.00 | 02:16:15.00 | <b>03:54:44.00</b> | +00:33:51<br>(14.4%) | 5:35           | 10.7<br>(85.6%) |

| Place | Participant                 | Number      | Club                                    | Category | MCat | Etap 13km   | Etap 6km    | Etap 23km   | Net time 42km      | Gap               | Pace min/km | Pace km/h    |
|-------|-----------------------------|-------------|---|----------|------|-------------|-------------|-------------|--------------------|-------------------|-------------|--------------|
| 14    | <b>RADYK Jakub</b>          | <b>2203</b> | PRZEMYSKI KLUB BIEGACZA                 | M-30     | 14   | 01:14:12.00 | 00:24:33.00 | 02:16:44.00 | <b>03:55:29.00</b> | +00:34:36 (14.7%) | 5:36        | 10.7 (85.6%) |
| 15    | <b>CHODOWIEC Emil</b>       | <b>2039</b> |   | M-30     | 15   | 01:15:23.00 | 00:24:25.00 | 02:17:24.00 | <b>03:57:12.00</b> | +00:36:19 (15.3%) | 5:38        | 10.6 (84.8%) |
| 16    | <b>OGŁUSZKA Michał</b>      | <b>2180</b> | DECARUN RZESZÓW 2                       | M-30     | 16   | 01:16:50.00 | 00:24:40.00 | 02:17:45.00 | <b>03:59:15.00</b> | +00:38:22 (16.0%) | 5:41        | 10.5 (84.0%) |
| 17    | <b>PYRZAK Jacek</b>         | <b>2202</b> | CENTRUM ANIMACJI SPOŁECZNEJ             | M-30     | 17   | 01:18:46.00 | 00:24:36.00 | 02:17:01.00 | <b>04:00:23.00</b> | +00:39:30 (16.4%) | 5:43        | 10.5 (84.0%) |
| 18    | <b>TUTKA Dominik</b>        | <b>2253</b> | NALEŚNIKI                               | M-30     | 18   | 01:16:10.00 | 00:24:39.00 | 02:19:52.00 | <b>04:00:41.00</b> | +00:39:48 (16.5%) | 5:43        | 10.5 (84.0%) |
| 19    | <b>PIETRASIEWICZ Maciej</b> | <b>2194</b> | KRESOWIANIE                             | M-30     | 19   | 01:16:22.00 | 00:23:57.00 | 02:25:09.00 | <b>04:05:28.00</b> | +00:44:35 (18.2%) | 5:50        | 10.3 (82.4%) |
| 20    | <b>JACHIMOWSKI Jarosław</b> | <b>2094</b> | POZYTYWNIEM ZABIEGANI SANOK             | M-30     | 20   | 01:18:53.00 | 00:25:39.00 | 02:21:14.00 | <b>04:05:46.00</b> | +00:44:53 (18.3%) | 5:51        | 10.3 (82.4%) |
| 21    | <b>WIERZBICKI Janusz</b>    | <b>2263</b> |   | M-30     | 21   | 01:18:51.00 | 00:23:37.00 | 02:23:53.00 | <b>04:06:21.00</b> | +00:45:28 (18.5%) | 5:51        | 10.2 (81.6%) |
| 22    | <b>ORYSZCZAK Bartłomiej</b> | <b>2185</b> | MTB ROZTOCZE                            | M-30     | 22   | 01:20:25.00 | 00:26:11.00 | 02:20:45.00 | <b>04:07:21.00</b> | +00:46:28 (18.8%) | 5:53        | 10.2 (81.6%) |
| 23    | <b>ĆWIAKAŁA Michał</b>      | <b>2046</b> | ATHLETIC ZRĘCIN                         | M-30     | 23   | 01:17:27.00 | 00:24:39.00 | 02:27:33.00 | <b>04:09:39.00</b> | +00:48:46 (19.5%) | 5:56        | 10.1 (80.8%) |
| 24    | <b>GAWORECKI Tomasz</b>     | <b>2073</b> | POZYTYWNIEM ZABIEGANI SANOK             | M-30     | 24   | 01:17:06.00 | 00:25:54.00 | 02:28:29.00 | <b>04:11:29.00</b> | +00:50:36 (20.1%) | 5:59        | 10 (80.0%)   |
| 25    | <b>HANDZIAK Tomasz</b>      | <b>2089</b> |   | M-30     | 25   | 01:24:06.00 | 00:27:21.00 | 02:22:01.00 | <b>04:13:28.00</b> | +00:52:35 (20.7%) | 6:02        | 9.9 (79.2%)  |
| 26    | <b>FEDIO Marek</b>          | <b>2065</b> | 5 BATALION STRZELCÓW PODHALAŃSKICH 1    | M-30     | 26   | 01:20:40.00 | 00:24:19.00 | 02:30:22.00 | <b>04:15:21.00</b> | +00:54:28 (21.3%) | 6:04        | 9.9 (79.2%)  |
| 27    | <b>SZYSZŁO Tomasz</b>       | <b>2251</b> | POZYTYWNIEM ZABIEGANI SANOK             | M-30     | 27   | 01:21:52.00 | 00:26:36.00 | 02:27:14.00 | <b>04:15:42.00</b> | +00:54:49 (21.4%) | 6:05        | 9.9 (79.2%)  |
| 28    | <b>KAWA Tomasz</b>          | <b>2109</b> | SZYBKIE ŻABY                            | M-30     | 28   | 01:18:24.00 | 00:25:56.00 | 02:35:45.00 | <b>04:20:05.00</b> | +00:59:12 (22.8%) | 6:11        | 9.7 (77.6%)  |
| 29    | <b>SOCHA Marcin</b>         | <b>2226</b> | AKTYWNY DYNÓW                           | M-30     | 29   | 01:24:21.00 | 00:25:50.00 | 02:37:29.00 | <b>04:27:40.00</b> | +01:06:47 (25.0%) | 6:22        | 9.4 (75.2%)  |
| 30    | <b>ZBIEĆ Dariusz</b>        | <b>2279</b> | DARFIK TEAM                             | M-30     | 30   | 01:26:24.00 | 00:26:44.00 | 02:38:08.00 | <b>04:31:16.00</b> | +01:10:23 (25.9%) | 6:27        | 9.3 (74.4%)  |
| 31    | <b>KUBICKI Łukasz</b>       | <b>2131</b> | KUBICCY                                 | M-30     | 31   | 01:27:47.00 | 00:27:53.00 | 02:37:53.00 | <b>04:33:33.00</b> | +01:12:40 (26.6%) | 6:30        | 9.2 (73.6%)  |
| 32    | <b>KLOCEK Konrad</b>        | <b>2111</b> |   | M-30     | 32   | 01:27:06.00 | 00:30:36.00 | 02:39:24.00 | <b>04:37:06.00</b> | +01:16:13 (27.5%) | 6:35        | 9.1 (72.8%)  |
| 33    | <b>WYSOCKI Dariusz</b>      | <b>2294</b> | 7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ | M-30     | 33   | 01:23:53.00 | 00:33:05.00 | 02:45:08.00 | <b>04:42:06.00</b> | +01:21:13 (28.8%) | 6:43        | 8.9 (71.2%)  |
| 34    | <b>BACH Dawid</b>           | <b>2008</b> | MSR                                     | M-30     | 34   | 01:28:39.00 | 00:29:33.00 | 02:45:54.00 | <b>04:44:06.00</b> | +01:23:13 (29.3%) | 6:45        | 8.9 (71.2%)  |
| 35    | <b>WOTA Łukasz</b>          | <b>2275</b> | 5 BATALION STRZELCÓW PODHALAŃSKICH      | M-30     | 35   | 01:32:22.00 | 00:28:09.00 | 02:43:50.00 | <b>04:44:21.00</b> | +01:23:28 (29.4%) | 6:46        | 8.9 (71.2%)  |
| 36    | <b>JARACZ Marcin</b>        | <b>2291</b> |   | M-30     | 36   | 01:29:43.00 | 00:27:39.00 | 02:48:13.00 | <b>04:45:35.00</b> | +01:24:42 (29.7%) | 6:47        | 8.8 (70.4%)  |

| Place | Participant         | Number | Club                                 | Category | MCat | Etap 13km   | Etap 6km    | Etap 23km   | Net time 42km      | Gap               | Pace min/km | Pace km/h   |
|-------|---------------------|--------|--------------------------------------|----------|------|-------------|-------------|-------------|--------------------|-------------------|-------------|-------------|
| 37    | SUSABOWSKI Andrzej  | 2238   |                                      | M-30     | 37   | 01:30:41.00 | 00:28:48.00 | 02:46:45.00 | <b>04:46:14.00</b> | +01:25:21 (29.8%) | 6:48        | 8.8 (70.4%) |
| 38    | KUZŁO Andrzej       | 2136   |                                      | M-30     | 38   | 01:32:21.00 | 00:29:15.00 | 02:45:23.00 | <b>04:46:59.00</b> | +01:26:06 (30.0%) | 6:49        | 8.8 (70.4%) |
| 39    | KISIELEWICZ Marcin  | 2313   | ATHLETIC ZRĘCIN                      | M-30     | 39   | 01:31:50.00 | 00:30:03.00 | 02:45:21.00 | <b>04:47:14.00</b> | +01:26:21 (30.1%) | 6:50        | 8.8 (70.4%) |
| 40    | ZAKRZACKI Damian    | 2276   | 5 BATALION STRZELCÓW PODHALAŃSKICH   | M-30     | 40   | 01:28:36.00 | 00:29:46.00 | 02:50:16.00 | <b>04:48:38.00</b> | +01:27:45 (30.4%) | 6:52        | 8.7 (69.6%) |
| 41    | BEŁCH Michał        | 2019   |                                      | M-30     | 41   | 01:37:38.00 | 00:28:54.00 | 02:46:22.00 | <b>04:52:54.00</b> | +01:32:01 (31.4%) | 6:58        | 8.6 (68.8%) |
| 42    | AMAROWICZ Jacek     | 2002   | 5 BATALION STRZELCÓW PODHALAŃSKICH 1 | M-30     | 42   | 01:38:06.00 | 00:29:33.00 | 02:45:54.00 | <b>04:53:33.00</b> | +01:32:40 (31.6%) | 6:59        | 8.6 (68.8%) |
| 43    | ŁABUDZKI Marcin     | 2140   | PRZEMYSKI KLUB BIEGACZA              | M-30     | 43   | 01:42:08.00 | 00:28:23.00 | 02:45:55.00 | <b>04:56:26.00</b> | +01:35:33 (32.2%) | 7:03        | 8.5 (68.0%) |
| 44    | BRZOZOWSKI Marek    | 2031   |                                      | M-30     | 44   | 01:43:10.00 | 00:32:42.00 | 02:40:47.00 | <b>04:56:39.00</b> | +01:35:46 (32.3%) | 7:03        | 8.5 (68.0%) |
| 45    | DRĄG Paweł          | 2053   | DECARUN RZESZÓW 2                    | M-30     | 45   | 01:40:06.00 | 00:31:07.00 | 02:48:29.00 | <b>04:59:42.00</b> | +01:38:49 (33.0%) | 7:08        | 8.4 (67.2%) |
| 46    | LUHOVSKYI Dmytro    | 2296   | MISTO PEREMOE                        | M-30     | 46   | 01:39:56.00 | 00:29:25.00 | 03:03:36.00 | <b>05:12:57.00</b> | +01:52:04 (35.8%) | 7:27        | 8.1 (64.8%) |
| 47    | WILECZEK Antoni     | 2265   |                                      | M-30     | 47   | 01:44:04.00 | 00:30:11.00 | 02:59:12.00 | <b>05:13:27.00</b> | +01:52:34 (35.9%) | 7:27        | 8 (64.0%)   |
| 48    | ZIELIŃSKI Sebastian | 2282   | POZYTYWNI ZABIEGANI SANOK            | M-30     | 48   | 01:39:11.00 | 00:31:25.00 | 03:03:09.00 | <b>05:13:45.00</b> | +01:52:52 (36.0%) | 7:28        | 8 (64.0%)   |
| 49    | MAŚLAK Marzena      | 2152   | POZYTYWNI ZABIEGANI SANOK            | M-30     | 49   | 01:39:26.00 | 00:35:17.00 | 03:02:58.00 | <b>05:17:41.00</b> | +01:56:48 (36.8%) | 7:33        | 7.9 (63.2%) |
| 50    | BANASIEWICZ Paweł   | 2013   | POZYTYWNI ZABIEGANI SANOK            | M-30     | 50   | 01:50:49.00 | 00:35:15.00 | 03:12:32.00 | <b>05:38:36.00</b> | +02:17:43 (40.7%) | 8:03        | 7.4 (59.2%) |
| 51    | MATUSZEWSKI Piotr   | 2155   | SOLINA TEAM                          | M-30     | 51   | 01:27:52.00 | 00:28:48.00 | 04:03:04.00 | <b>05:59:44.00</b> | +02:38:51 (44.2%) | 8:33        | 7 (56.0%)   |
| 52    | WILCZYŃSKI Mariusz  | 2264   | SZLACHETNA PACZKA                    | M-30     | 52   | 02:05:33.00 | 00:37:06.00 | 03:56:34.00 | <b>06:39:13.00</b> | +03:18:20 (49.7%) | 9:30        | 6.3 (50.4%) |
| 53    | FERFECKI Paweł      | 2066   | KOLBUSZOWSKI KLUB NORDIC WALKING     | M-30     | 53   | 02:05:34.00 | 00:38:05.00 | 03:56:31.00 | <b>06:40:10.00</b> | +03:19:17 (49.8%) | 9:31        | 6.3 (50.4%) |
| 54    | WŁUDZIK Michał      | 2270   | W23 ARCHITEKCI                       | M-30     | 54   | 02:14:47.00 | 00:40:34.00 | 04:03:14.00 | <b>06:58:35.00</b> | +03:37:42 (52.0%) | 9:57        | 6 (48.0%)   |

Total 54 results.