



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Classification: M-40

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 42km	Gap	Pace min/km	Pace km/h
1	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		4:59	12 (100%)
2	KOSTERKIEWICZ Marcin	2123	FANTASTYCZNA TRÓJKA	M-40	2	01:08:57.00	00:22:52.00	01:58:08.00	03:29:57.00	+00:00:38 (0.3%)	4:59	12 (100%)
3	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	+00:05:11 (2.4%)	5:06	11.7 (97.5%)
4	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	+00:14:23 (6.4%)	5:19	11.3 (94.2%)
5	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	+00:14:55 (6.7%)	5:20	11.2 (93.3%)
6	DELEŻUCH Wojciech	2049	OSP NIEMCE	M-40	6	01:14:50.00	00:23:44.00	02:09:38.00	03:48:12.00	+00:18:53 (8.3%)	5:26	11 (91.7%)
7	BERNAT Tomasz	2021		M-40	7	01:16:46.00	00:25:13.00	02:16:19.00	03:58:18.00	+00:28:59 (12.2%)	5:40	10.6 (88.3%)
8	CURZYDŁO Bogdan	2042	POZYTYWNI ZABIEGANI SANOK	M-40	8	01:15:15.00	00:23:54.00	02:21:16.00	04:00:25.00	+00:31:06 (12.9%)	5:43	10.5 (87.5%)
9	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	+00:34:34 (14.2%)	5:48	10.3 (85.8%)
10	MACIEJKO Rafał	2145	KRESOWIANIE	M-40	10	01:20:07.00	00:23:55.00	02:25:09.00	04:09:11.00	+00:39:52 (16.0%)	5:55	10.1 (84.2%)
11	SOBOL Krystian	2225		M-40	11	01:17:23.00	00:25:39.00	02:27:17.00	04:10:19.00	+00:41:00 (16.4%)	5:57	10.1 (84.2%)
12	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	+00:41:12 (16.4%)	5:57	10.1 (84.2%)
13	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	+00:44:39 (17.6%)	6:02	9.9 (82.5%)

Place	Participant	Number	Club	Category	MCat	Etap 13km	Etap 6km	Etap 23km	Net time	Gap	Pace	Pace
									42km		min/km	km/h
14	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	+00:46:01 (18.0%)	6:04	9.9 (82.5%)
15	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	+00:57:33 (21.6%)	6:21	9.4 (78.3%)
16	PIETRYSZYN Mariusz	2195	SZYBKIE ŻABY	M-40	16	01:27:50.00	00:29:24.00	02:31:19.00	04:28:33.00	+00:59:14 (22.1%)	6:23	9.4 (78.3%)
17	ANTOSZ Bogdan	2005		M-40	17	01:25:46.00	00:27:56.00	02:35:14.00	04:28:56.00	+00:59:37 (22.2%)	6:24	9.4 (78.3%)
18	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	+01:02:13 (22.9%)	6:27	9.3 (77.5%)
19	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	+01:02:40 (23.0%)	6:28	9.3 (77.5%)
20	FILIPOWICZ Krzysztof	2067		M-40	20	01:26:08.00	00:26:56.00	02:40:52.00	04:33:56.00	+01:04:37 (23.6%)	6:31	9.2 (76.7%)
21	MYTYCH Wiesław	2169		M-40	21	01:26:08.00	00:26:58.00	02:40:52.00	04:33:58.00	+01:04:39 (23.6%)	6:31	9.2 (76.7%)
22	FURS Teodor	2070	PIERDZĄCE ZAJĄCE	M-40	22	01:38:57.00	00:28:42.00	02:28:58.00	04:36:37.00	+01:07:18 (24.3%)	6:35	9.1 (75.8%)
23	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	+01:12:14 (25.7%)	6:42	9 (75.0%)
24	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	+01:14:47 (26.3%)	6:45	8.9 (74.2%)
25	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	+01:15:32 (26.5%)	6:46	8.8 (73.3%)
26	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	+01:15:34 (26.5%)	6:46	8.8 (73.3%)
27	SMOLIŃSKI Paweł	2224	KILOMETRY ODDECHÓW	M-40	27	01:27:54.00	00:25:19.00	02:52:10.00	04:45:23.00	+01:16:04 (26.7%)	6:47	8.8 (73.3%)
28	WAJCOWICZ Witold	2257	KILOMETRY ODDECHÓW	M-40	28	01:27:54.00	00:26:53.00	02:52:09.00	04:46:56.00	+01:17:37 (27.1%)	6:49	8.8 (73.3%)
29	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	+01:22:34 (28.3%)	6:56	8.6 (71.7%)
30	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	+01:26:31 (29.2%)	7:02	8.5 (70.8%)
31	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	+01:26:51 (29.3%)	7:03	8.5 (70.8%)
32	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	+01:28:57 (29.8%)	7:06	8.4 (70.0%)
33	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	+01:32:43 (30.7%)	7:11	8.3 (69.2%)
33	DROBOT Piotr	2312	NA PRZEKÓR	M-40	33	01:38:24.00	00:31:26.00	02:52:12.00	05:02:02.00	+01:32:43 (30.7%)	7:11	8.3 (69.2%)
35	KARDASZ Marek	2108	SOLINA TEAM	M-40	35	02:16:16.00	00:25:57.00	02:20:22.00	05:02:35.00	+01:33:16 (30.8%)	7:12	8.3 (69.2%)
36	KOPCZYK Waldemar	2119	BIDA PRZEMYŚL	M-40	36	01:38:04.00	00:28:37.00	02:59:02.00	05:05:43.00	+01:36:24 (31.5%)	7:16	8.2 (68.3%)

Place	Participant	Number	Club	Category	MCat	Etap 13km	Etap 6km	Etap 23km	Net time 42km	Gap	Pace min/km	Pace km/h
37	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	+01:42:30 (32.9%)	7:25	8.1 (67.5%)
38	CHODNICKI Radosław	2038		M-40	38	01:37:58.00	00:32:02.00	03:04:02.00	05:14:02.00	+01:44:43 (33.3%)	7:28	8 (66.7%)
39	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	+01:46:10 (33.7%)	7:30	8 (66.7%)
40	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	+01:48:23 (34.1%)	7:33	7.9 (65.8%)
41	MITURA Wojtek	2166		M-40	41	01:39:28.00	00:35:21.00	03:03:03.00	05:17:52.00	+01:48:33 (34.1%)	7:34	7.9 (65.8%)
42	LEVICKIJ Yuriy	2297	CLUB ULTRA	M-40	42	01:37:18.00	00:30:31.00	03:13:03.00	05:20:52.00	+01:51:33 (34.8%)	7:38	7.9 (65.8%)
43	DUDEK Paweł	2060		M-40	43	01:45:09.00	00:33:01.00	03:06:07.00	05:24:17.00	+01:54:58 (35.5%)	7:43	7.8 (65.0%)
44	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	+01:57:20 (35.9%)	7:46	7.7 (64.2%)
45	MIKUSEK Ryszard	2161	WARSZAWSKA DRUŻYNA	M-40	45	01:50:03.00	00:29:59.00	03:11:21.00	05:31:23.00	+02:02:04 (36.8%)	7:53	7.6 (63.3%)
46	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	+02:07:05 (37.8%)	8:00	7.5 (62.5%)
47	BASARAB Grzegorz	2017		M-40	47	01:56:37.00	00:35:30.00	03:13:23.00	05:45:30.00	+02:16:11 (39.4%)	8:13	7.3 (60.8%)
48	ZĄBEK Paweł	2308	ŻYWCEM ZABIEGANI	M-40	48	01:48:24.00	00:34:59.00	03:25:55.00	05:49:18.00	+02:19:59 (40.1%)	8:19	7.2 (60.0%)

Total 48 results.