



## BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: M-40

# BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2022  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2022-10-22  
**Miejsce:** Polańczyk  
**Dystans:** 42 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	<b>KIPER Maciej</b>	<b>69</b>	JAROSŁAWSKI BIEGACZ	M-40	1	01:04:10.00	00:23:17.00	01:57:33.00	<b>03:25:00.00</b>		4:52	12.3 (100%)
2	<b>SZMIST Jarosław</b>	<b>159</b>	ATHLETIC ZRĘCIN	M-40	2	01:10:17.00	00:25:06.00	02:05:27.00	<b>03:40:50.00</b>	+00:15:50 (7.2%)	5:15	11.4 (92.7%)
3	<b>CISEK Andrzej</b>	<b>28</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	3	01:13:33.00	00:25:21.00	02:02:53.00	<b>03:41:47.00</b>	+00:16:47 (7.6%)	5:16	11.4 (92.7%)
4	<b>JANAS Marcin</b>	<b>59</b>		M-40	4	01:10:34.00	00:25:48.00	02:06:34.00	<b>03:42:56.00</b>	+00:17:56 (8.0%)	5:18	11.3 (91.9%)
5	<b>NIEDZIELSKI Dariusz</b>	<b>115</b>	AKTYWNY DYNÓW	M-40	5	01:13:41.00	00:25:50.00	02:05:41.00	<b>03:45:12.00</b>	+00:20:12 (9.0%)	5:21	11.2 (91.1%)
6	<b>BURY Maro</b>	<b>21</b>	MTB CZUDEK	M-40	6	01:13:20.00	00:25:19.00	02:09:05.00	<b>03:47:44.00</b>	+00:22:44 (10.0%)	5:25	11.1 (90.2%)
7	<b>WEREMKO Grzegorz</b>	<b>172</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	01:14:13.00	00:25:33.00	02:09:29.00	<b>03:49:15.00</b>	+00:24:15 (10.6%)	5:27	11 (89.4%)
8	<b>RÓG Piotr</b>	<b>146</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	8	01:14:22.00	00:27:13.00	02:10:20.00	<b>03:51:55.00</b>	+00:26:55 (11.6%)	5:31	10.9 (88.6%)
9	<b>BANASIK Krzysztof</b>	<b>7</b>	KAŃCZUCKA GRUPA BIEGOWA	M-40	9	01:16:39.00	00:26:33.00	02:11:32.00	<b>03:54:44.00</b>	+00:29:44 (12.7%)	5:35	10.7 (87.0%)
9	<b>KOT Łukasz</b>	<b>76</b>	RZESZOWSKIE GAZELE I GEPARDY	M-40	9	01:14:48.00	00:27:41.00	02:12:15.00	<b>03:54:44.00</b>	+00:29:44 (12.7%)	5:35	10.7 (87.0%)
11	<b>BERNAT Tomasz</b>	<b>13</b>		M-40	11	01:19:46.00	00:27:14.00	02:25:04.00	<b>04:12:04.00</b>	+00:47:04 (18.7%)	6:00	10 (81.3%)
12	<b>DELEŻUCH Wojciech</b>	<b>34</b>	POZIOMKI	M-40	12	01:22:05.00	00:27:30.00	02:26:21.00	<b>04:15:56.00</b>	+00:50:56 (19.9%)	6:05	9.8 (79.7%)
13	<b>MACIEJKO Rafał</b>	<b>93</b>	KRESOWIANIE	M-40	13	01:23:12.00	00:27:24.00	02:25:58.00	<b>04:16:34.00</b>	+00:51:34 (20.1%)	6:06	9.8 (79.7%)

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14	<b>ŚCIUBA Tomasz</b>	<b>163</b>		M-40	14	01:22:22.00	00:28:55.00	02:25:41.00	<b>04:16:58.00</b>	+00:51:58 (20.2%)	6:07	9.8 (79.7%)
15	<b>GAWORECKI Tomasz</b>	<b>45</b>	SANOK BIEGA	M-40	15	01:24:56.00	00:29:01.00	02:36:15.00	<b>04:30:12.00</b>	+01:05:12 (24.1%)	6:26	9.3 (75.6%)
16	<b>RYBA Piotr</b>	<b>147</b>	DZIKIE ŚWINKI	M-40	16	01:25:06.00	00:30:10.00	02:35:38.00	<b>04:30:54.00</b>	+01:05:54 (24.3%)	6:27	9.3 (75.6%)
17	<b>KIELAR Daniel</b>	<b>68</b>	KRESOWIANIE	M-40	17	01:24:17.00	00:29:56.00	02:41:21.00	<b>04:35:34.00</b>	+01:10:34 (25.6%)	6:33	9.1 (74.0%)
18	<b>GAJEK Grzegorz</b>	<b>44</b>	AKM PROMILEK	M-40	18	01:29:10.00	00:29:42.00	02:38:41.00	<b>04:37:33.00</b>	+01:12:33 (26.1%)	6:36	9.1 (74.0%)
19	<b>KŁÓSEK Paweł</b>	<b>72</b>	DĘBICKIE GEPARDY	M-40	19	01:28:59.00	00:29:49.00	02:47:07.00	<b>04:45:55.00</b>	+01:20:55 (28.3%)	6:48	8.8 (71.5%)
20	<b>CZAJKA Tomasz</b>	<b>30</b>	DZIKIE MORSY KARŁOWICE	M-40	20	01:32:55.00	00:31:23.00	02:43:15.00	<b>04:47:33.00</b>	+01:22:33 (28.7%)	6:50	8.8 (71.5%)
21	<b>BRZEZICKI Maciej</b>	<b>20</b>	TREC TEAM	M-40	21	01:31:57.00	00:31:29.00	02:49:39.00	<b>04:53:05.00</b>	+01:28:05 (30.1%)	6:58	8.6 (69.9%)
22	<b>MITURA Wojtek</b>	<b>107</b>	POZIOMKI	M-40	22	01:30:11.00	00:30:02.00	02:56:15.00	<b>04:56:28.00</b>	+01:31:28 (30.9%)	7:03	8.5 (69.1%)
23	<b>JARACZ Marcin</b>	<b>60</b>		M-40	23	01:31:58.00	00:31:11.00	02:54:07.00	<b>04:57:16.00</b>	+01:32:16 (31.0%)	7:04	8.5 (69.1%)
24	<b>GWOZDA Grzegorz</b>	<b>50</b>	KRESOWIANIE	M-40	24	01:34:00.00	00:30:31.00	02:55:36.00	<b>05:00:07.00</b>	+01:35:07 (31.7%)	7:08	8.4 (68.3%)
25	<b>BANASIEWICZ Witold</b>	<b>6</b>	SANOK BIEGA	M-40	25	01:32:50.00	00:32:36.00	02:55:41.00	<b>05:01:07.00</b>	+01:36:07 (31.9%)	7:10	8.4 (68.3%)
26	<b>HYDZIK Łukasz</b>	<b>56</b>	KOZACKI TEAM HŁOMCZA	M-40	26	01:35:22.00	00:32:24.00	03:01:59.00	<b>05:09:45.00</b>	+01:44:45 (33.8%)	7:22	8.1 (65.9%)
27	<b>BOCEK Sławomir</b>	<b>17</b>	DZIKIE ŚWINKI	M-40	27	01:36:12.00	00:33:39.00	03:08:53.00	<b>05:18:44.00</b>	+01:53:44 (35.7%)	7:35	7.9 (64.2%)
28	<b>KACZMARSKI Artur</b>	<b>66</b>	KACZMARSKI TEAM	M-40	28	01:37:58.00	00:31:43.00	03:12:41.00	<b>05:22:22.00</b>	+01:57:22 (36.4%)	7:40	7.8 (63.4%)
29	<b>ROŚĆ Dawid</b>	<b>144</b>		M-40	29	01:46:05.00	00:32:49.00	03:08:59.00	<b>05:27:53.00</b>	+02:02:53 (37.5%)	7:48	7.7 (62.6%)
30	<b>BOGDAN Jarosław</b>	<b>18</b>		M-40	30	01:44:52.00	00:32:12.00	03:22:20.00	<b>05:39:24.00</b>	+02:14:24 (39.6%)	8:04	7.4 (60.2%)
31	<b>OŻÓG Jacek</b>	<b>129</b>		M-40	31	01:46:38.00	00:37:15.00	03:22:42.00	<b>05:46:35.00</b>	+02:21:35 (40.9%)	8:15	7.3 (59.3%)
32	<b>NAZIEMKOWSKI Bogusław</b>	<b>114</b>		M-40	32	01:47:30.00	00:36:22.00	03:26:23.00	<b>05:50:15.00</b>	+02:25:15 (41.5%)	8:20	7.2 (58.5%)
33	<b>POLAŃSKI Robert</b>	<b>135</b>	NOĆNE WOŁKI	M-40	33	01:51:47.00	00:36:26.00	03:25:47.00	<b>05:54:00.00</b>	+02:29:00 (42.1%)	8:25	7.1 (57.7%)
	<b>PLAWGO Marek</b>	<b>194</b>		M-40		00:00:00.00 DNF	00:33:45.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZDERSKI Paweł</b>	<b>186</b>		M-40		01:56:59.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>OCZOŚ Przemysław</b>	<b>120</b>		M-40		01:37:10.00 DNF	00:35:52.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)

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	<b>ROGOWSKI Marek</b>	<b>142</b>		M-40	02:23:07.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>FILIPCZAK Marek</b>	<b>38</b>	S.O.S. BIKEPIERNIKOWE MALOWANKI AGI	M-40	02:23:07.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>OLEŚ Tomasz</b>	<b>124</b>		M-40	01:50:51.00 DNF	00:40:22.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MACHOWSKI Krzysztof</b>	<b>92</b>		M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:44:05.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>GOGACZ Sebastian</b>	<b>46</b>	UKS TRÓJKA PUŁAWY	M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:48:39.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>BILIŃSKI Tomasz</b>	<b>15</b>	PRZEMYSKI KLUB BIEGACZA	M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:51:12.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>POŹNIAK Grzegorz</b>	<b>136</b>		M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:53:47.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WYSKIEL Maciej</b>	<b>182</b>	AKTYWNY DYNÓW	M-40	00:00:00.00 DNF	00:31:39.00 DNF	03:06:51.00 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 44 wynik(ów)