



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-OPEN

# 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**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	<b>CHENIKALO Oleksandr</b>	<b>2036</b>	RUN4U	M-16	1	01:00:47.00	00:20:00.00	01:46:16.00	<b>03:07:03.00</b>		4:27	13.5 (100%)
2	<b>DOBRAŃSKYY Bogdan</b>	<b>2050</b>	FLAVIO RUNNING	M-16	2	01:01:03.00	00:19:55.00	01:47:15.00	<b>03:08:13.00</b>	+00:01:10 (0.6%)	4:28	13.4 (99.3%)
3	<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>	+00:13:50 (6.9%)	4:46	12.5 (92.6%)
4	<b>JAŁOCHA Mieczysław</b>	<b>2097</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	01:05:39.00	00:21:53.00	01:54:01.00	<b>03:21:33.00</b>	+00:14:30 (7.2%)	4:47	12.5 (92.6%)
5	<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>	+00:21:02 (10.1%)	4:57	12.1 (89.6%)
6	<b>MAŁEK Andrzej</b>	<b>2150</b>	PRZEMYSKI KLUB BIEGACZA 5	M-40	1	01:08:19.00	00:23:13.00	01:57:47.00	<b>03:29:19.00</b>	+00:22:16 (10.6%)	4:59	12 (88.9%)
7	<b>KOSTERKIEWICZ Marcin</b>	<b>2123</b>	FANTASTYCZNA TRÓJKA	M-40	2	01:08:57.00	00:22:52.00	01:58:08.00	<b>03:29:57.00</b>	+00:22:54 (10.9%)	4:59	12 (88.9%)
8	<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>	+00:23:21 (11.1%)	5:00	12 (88.9%)
9	<b>KOZŁOWSKI Krzysztof</b>	<b>2126</b>	PRZEMYSKI KLUB BIEGACZA	M-40	3	01:10:29.00	00:22:56.00	02:01:05.00	<b>03:34:30.00</b>	+00:27:27 (12.8%)	5:06	11.7 (86.7%)
9	<b>PEMPUŚ Bernard</b>	<b>2192</b>	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	01:11:36.00	00:22:17.00	02:00:37.00	<b>03:34:30.00</b>	+00:27:27 (12.8%)	5:06	11.7 (86.7%)
11	<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>	+00:27:41 (12.9%)	5:06	11.7 (86.7%)
12	<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>	+00:33:19 (15.1%)	5:14	11.4 (84.4%)
13	<b>PREISNER Robert</b>	<b>2199</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	01:11:23.00	00:23:18.00	02:07:21.00	<b>03:42:02.00</b>	+00:34:59 (15.8%)	5:17	11.3 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
14	<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>	+00:35:29 (15.9%)	5:17	11.3 (83.7%)
15	<b>KOHUT Dariusz</b>	<b>2115</b>	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	4	01:13:04.00	00:23:31.00	02:07:07.00	<b>03:43:42.00</b>	+00:36:39 (16.4%)	5:19	11.3 (83.7%)
16	<b>WEREMKO Grzegorz</b>	<b>2260</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	5	01:12:30.00	00:23:06.00	02:08:38.00	<b>03:44:14.00</b>	+00:37:11 (16.6%)	5:20	11.2 (83.0%)
17	<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>	+00:38:32 (17.1%)	5:22	11.2 (83.0%)
18	<b>GUT Jacek</b>	<b>2087</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	01:14:14.00	00:23:23.00	02:08:56.00	<b>03:46:33.00</b>	+00:39:30 (17.4%)	5:23	11.1 (82.2%)
19	<b>DELEŻUCH Wojciech</b>	<b>2049</b>	OSP NIEMCE	M-40	6	01:14:50.00	00:23:44.00	02:09:38.00	<b>03:48:12.00</b>	+00:41:09 (18.0%)	5:26	11 (81.5%)
20	<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>	+00:41:38 (18.2%)	5:26	11 (81.5%)
21	<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>	+00:41:40 (18.2%)	5:26	11 (81.5%)
22	<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>	+00:44:37 (19.3%)	5:30	10.9 (80.7%)
23	<b>WASYLÓW Jacek</b>	<b>2259</b>	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	11	01:12:16.00	00:23:38.00	02:16:38.00	<b>03:52:32.00</b>	+00:45:29 (19.6%)	5:32	10.8 (80.0%)
24	<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>	+00:46:40 (20.0%)	5:33	10.8 (80.0%)
25	<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>	+00:47:41 (20.3%)	5:35	10.7 (79.3%)
26	<b>NEBOHA Nikita</b>	<b>2170</b>	NIKE RUN CLUB	M-16	5	01:17:08.00	00:22:38.00	02:15:23.00	<b>03:55:09.00</b>	+00:48:06 (20.5%)	5:35	10.7 (79.3%)
27	<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>	+00:48:26 (20.6%)	5:36	10.7 (79.3%)
28	<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>	+00:50:09 (21.1%)	5:38	10.6 (78.5%)
29	<b>BERNAT Tomasz</b>	<b>2021</b>		M-40	7	01:16:46.00	00:25:13.00	02:16:19.00	<b>03:58:18.00</b>	+00:51:15 (21.5%)	5:40	10.6 (78.5%)
30	<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>	+00:52:12 (21.8%)	5:41	10.5 (77.8%)
31	<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>	+00:53:20 (22.2%)	5:43	10.5 (77.8%)
32	<b>CURZYDŁO Bogdan</b>	<b>2042</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	8	01:15:15.00	00:23:54.00	02:21:16.00	<b>04:00:25.00</b>	+00:53:22 (22.2%)	5:43	10.5 (77.8%)
33	<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>	+00:53:38 (22.3%)	5:43	10.5 (77.8%)
34	<b>BODNAR Krystian</b>	<b>2026</b>		M-16	6	01:18:44.00	00:25:27.00	02:17:26.00	<b>04:01:37.00</b>	+00:54:34 (22.6%)	5:45	10.4 (77.0%)
35	<b>BODNAR Adrian</b>	<b>2025</b>		M-16	7	01:19:02.00	00:24:39.00	02:19:57.00	<b>04:03:38.00</b>	+00:56:35 (23.2%)	5:48	10.3 (76.3%)
36	<b>STADNIK Wojciech</b>	<b>2229</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	9	01:21:21.00	00:24:39.00	02:17:53.00	<b>04:03:53.00</b>	+00:56:50 (23.3%)	5:48	10.3 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
37	<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>	+00:58:25 (23.8%)	5:50	10.3 (76.3%)
38	<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>	+00:58:43 (23.9%)	5:51	10.3 (76.3%)
39	<b>MAJ Witold</b>	<b>2147</b>	OLDBOYS TRUSKOLASY	M-50	3	01:17:26.00	00:25:19.00	02:23:12.00	<b>04:05:57.00</b>	+00:58:54 (23.9%)	5:51	10.2 (75.6%)
40	<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>	+00:59:18 (24.1%)	5:51	10.2 (75.6%)
41	<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>	+01:00:18 (24.4%)	5:53	10.2 (75.6%)
42	<b>KRUSZYŃSKI Marek</b>	<b>2130</b>	PRZEMYSKI KLUB BIEGACZA 4	M-50	4	01:19:30.00	00:26:13.00	02:22:52.00	<b>04:08:35.00</b>	+01:01:32 (24.8%)	5:55	10.1 (74.8%)
43	<b>MACIEJKO Rafał</b>	<b>2145</b>	KRESOWIANIE	M-40	10	01:20:07.00	00:23:55.00	02:25:09.00	<b>04:09:11.00</b>	+01:02:08 (24.9%)	5:55	10.1 (74.8%)
44	<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>	+01:02:36 (25.1%)	5:56	10.1 (74.8%)
45	<b>SOBOL Krystian</b>	<b>2225</b>		M-40	11	01:17:23.00	00:25:39.00	02:27:17.00	<b>04:10:19.00</b>	+01:03:16 (25.3%)	5:57	10.1 (74.8%)
46	<b>DOPART Tomasz</b>	<b>2051</b>	DWERNIK KAMIEŃ TRAIL	M-40	12	01:20:39.00	00:26:47.00	02:23:05.00	<b>04:10:31.00</b>	+01:03:28 (25.3%)	5:57	10.1 (74.8%)
47	<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>	+01:04:26 (25.6%)	5:59	10 (74.1%)
48	<b>GRYCIUK Walenty</b>	<b>2085</b>		M-50	5	01:21:38.00	00:26:17.00	02:24:21.00	<b>04:12:16.00</b>	+01:05:13 (25.9%)	6:00	10 (74.1%)
49	<b>PRZYBYŁA Piotr</b>	<b>2201</b>	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	8	01:18:21.00	00:23:49.00	02:30:22.00	<b>04:12:32.00</b>	+01:05:29 (25.9%)	6:00	10 (74.1%)
50	<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>	+01:06:25 (26.2%)	6:02	9.9 (73.3%)
51	<b>PAJESTKA Wojtek</b>	<b>2187</b>	POZYTYWNIEM ZABIEGANI SANOK	M-40	13	01:21:01.00	00:25:11.00	02:27:46.00	<b>04:13:58.00</b>	+01:06:55 (26.3%)	6:02	9.9 (73.3%)
52	<b>SUDACKI Sebastian</b>	<b>2307</b>		M-16	9	01:15:19.00	00:25:04.00	02:33:45.00	<b>04:14:08.00</b>	+01:07:05 (26.4%)	6:03	9.9 (73.3%)
53	<b>ŁAŃCUCKI Łukasz</b>	<b>2141</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	14	01:20:39.00	00:24:19.00	02:30:22.00	<b>04:15:20.00</b>	+01:08:17 (26.7%)	6:04	9.9 (73.3%)
54	<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>	+01:08:18 (26.7%)	6:04	9.9 (73.3%)
55	<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>	+01:08:39 (26.8%)	6:05	9.9 (73.3%)
56	<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>	+01:13:02 (28.1%)	6:11	9.7 (71.9%)
57	<b>NYKIEL Tomasz</b>	<b>2175</b>	PRZEMYSKI KLUB BIEGACZA 3	M-50	6	01:20:56.00	00:25:58.00	02:34:13.00	<b>04:21:07.00</b>	+01:14:04 (28.4%)	6:13	9.7 (71.9%)
58	<b>MAZEK Przemysław</b>	<b>2156</b>	SZYBKIE ŻABY	M-16	10	01:18:17.00	00:25:55.00	02:37:26.00	<b>04:21:38.00</b>	+01:14:35 (28.5%)	6:13	9.6 (71.1%)
59	<b>SAWICKI Robert</b>	<b>2217</b>	BEE IS RUNNING	M-40	15	01:26:35.00	00:29:14.00	02:31:03.00	<b>04:26:52.00</b>	+01:19:49 (29.9%)	6:21	9.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
60	<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>	+01:20:37 (30.1%)	6:22	9.4 (69.6%)
61	<b>PIETRYSZYN Mariusz</b>	<b>2195</b>	SZYBKIE ŻABY	M-40	16	01:27:50.00	00:29:24.00	02:31:19.00	<b>04:28:33.00</b>	+01:21:30 (30.3%)	6:23	9.4 (69.6%)
62	<b>ANTOSZ Bogdan</b>	<b>2005</b>		M-40	17	01:25:46.00	00:27:56.00	02:35:14.00	<b>04:28:56.00</b>	+01:21:53 (30.4%)	6:24	9.4 (69.6%)
63	<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>	+01:24:13 (31.0%)	6:27	9.3 (68.9%)
64	<b>ŁAPCZYŃSKI Krzysztof</b>	<b>2142</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	01:25:43.00	00:28:59.00	02:36:39.00	<b>04:31:21.00</b>	+01:24:18 (31.1%)	6:27	9.3 (68.9%)
65	<b>SZADURSKI Tomasz</b>	<b>2239</b>	PRZEMYSKI KLUB BIEGACZA	M-40	18	01:24:53.00	00:28:34.00	02:38:05.00	<b>04:31:32.00</b>	+01:24:29 (31.1%)	6:27	9.3 (68.9%)
66	<b>KOZIOŁ Mariusz</b>	<b>2125</b>	PRZEMYSKI KLUB BIEGACZA 3	M-40	19	01:12:31.00	00:23:18.00	02:56:10.00	<b>04:31:59.00</b>	+01:24:56 (31.2%)	6:28	9.3 (68.9%)
67	<b>GŁOWACKI Marcin</b>	<b>2077</b>	NALEŚNIKI	M-16	12	01:27:16.00	00:28:24.00	02:37:52.00	<b>04:33:32.00</b>	+01:26:29 (31.6%)	6:30	9.2 (68.1%)
68	<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>	+01:26:30 (31.6%)	6:30	9.2 (68.1%)
69	<b>FILIPOWICZ Krzysztof</b>	<b>2067</b>		M-40	20	01:26:08.00	00:26:56.00	02:40:52.00	<b>04:33:56.00</b>	+01:26:53 (31.7%)	6:31	9.2 (68.1%)
70	<b>MYTYCH Wiesław</b>	<b>2169</b>		M-40	21	01:26:08.00	00:26:58.00	02:40:52.00	<b>04:33:58.00</b>	+01:26:55 (31.7%)	6:31	9.2 (68.1%)
71	<b>FURS Teodor</b>	<b>2070</b>	PIERDZĄCE ZAJĄCE	M-40	22	01:38:57.00	00:28:42.00	02:28:58.00	<b>04:36:37.00</b>	+01:29:34 (32.4%)	6:35	9.1 (67.4%)
72	<b>KŁOCEK 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>	+01:30:03 (32.5%)	6:35	9.1 (67.4%)
73	<b>KIAMUT Ryszard</b>	<b>2310</b>	KGB KORCZYNA	M-60+	1	01:27:17.00	00:28:36.00	02:44:19.00	<b>04:40:12.00</b>	+01:33:09 (33.2%)	6:40	9 (66.7%)
74	<b>SOPEL Wiesław</b>	<b>2227</b>	KRESOWIANIE	M-50	7	01:30:17.00	00:29:13.00	02:40:46.00	<b>04:40:16.00</b>	+01:33:13 (33.3%)	6:40	9 (66.7%)
75	<b>DRYNIAK Daniel</b>	<b>2058</b>	PRZEMYSKI KLUB BIEGACZA	M-40	23	01:35:30.00	00:32:00.00	02:34:03.00	<b>04:41:33.00</b>	+01:34:30 (33.6%)	6:42	9 (66.7%)
76	<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>	+01:35:03 (33.7%)	6:43	8.9 (65.9%)
77	<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>	+01:37:03 (34.2%)	6:45	8.9 (65.9%)
77	<b>GRASZA Ireneusz</b>	<b>2084</b>	PRZEMYSKI KLUB BIEGACZA 4	M-40	24	01:33:12.00	00:28:56.00	02:41:58.00	<b>04:44:06.00</b>	+01:37:03 (34.2%)	6:45	8.9 (65.9%)
79	<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>	+01:37:18 (34.2%)	6:46	8.9 (65.9%)
80	<b>KAPRAL Adam</b>	<b>2315</b>	DWERNIK KAMIEŃ TRAIL	M-40	25	01:33:07.00	00:30:54.00	02:40:50.00	<b>04:44:51.00</b>	+01:37:48 (34.3%)	6:46	8.8 (65.2%)
81	<b>STEFAŃSKI Ireneusz</b>	<b>2236</b>	PRZEMYSKI KLUB BIEGACZA	M-40	26	01:29:58.00	00:28:54.00	02:46:01.00	<b>04:44:53.00</b>	+01:37:50 (34.3%)	6:46	8.8 (65.2%)
82	<b>SMOLIŃSKI Paweł</b>	<b>2224</b>	KILOMETRY ODDECHÓW	M-40	27	01:27:54.00	00:25:19.00	02:52:10.00	<b>04:45:23.00</b>	+01:38:20 (34.5%)	6:47	8.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	KOZIEŁ Tadeusz	2124	SZCZĘŚCIARZ 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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
104	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
106	<b>KARDASZ Marek</b>	<b>2108</b>	SOLINA TEAM	M-40	35	02:16:16.00	00:25:57.00	02:20:22.00	<b>05:02:35.00</b>	+01:55:32 (38.2%)	7:12	8.3 (61.5%)
107	<b>KOPCZYK Waldemar</b>	<b>2119</b>	BIDA PRZEMYŚL	M-40	36	01:38:04.00	00:28:37.00	02:59:02.00	<b>05:05:43.00</b>	+01:58:40 (38.8%)	7:16	8.2 (60.7%)
108	<b>PASIERB Grzegorz</b>	<b>2189</b>	DECARUN RZESZÓW 2	M-40	37	01:40:04.00	00:29:32.00	03:02:13.00	<b>05:11:49.00</b>	+02:04:46 (40.0%)	7:25	8.1 (60.0%)
109	<b>OSZCZYPKO Piotr</b>	<b>2186</b>	PRZEMYŚL BEARS	M-16	17	01:38:57.00	00:33:32.00	02:59:37.00	<b>05:12:06.00</b>	+02:05:03 (40.1%)	7:25	8.1 (60.0%)
110	<b>LUHOVSKYI Dmytro</b>	<b>2296</b>	MISTO PEREMOE	M-30	46	01:39:56.00	00:29:25.00	03:03:36.00	<b>05:12:57.00</b>	+02:05:54 (40.2%)	7:27	8.1 (60.0%)
111	<b>WILECZEK Antoni</b>	<b>2265</b>		M-30	47	01:44:04.00	00:30:11.00	02:59:12.00	<b>05:13:27.00</b>	+02:06:24 (40.3%)	7:27	8 (59.3%)
112	<b>ZIELIŃSKI Sebastian</b>	<b>2282</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	48	01:39:11.00	00:31:25.00	03:03:09.00	<b>05:13:45.00</b>	+02:06:42 (40.4%)	7:28	8 (59.3%)
113	<b>CHODNICKI Radosław</b>	<b>2038</b>		M-40	38	01:37:58.00	00:32:02.00	03:04:02.00	<b>05:14:02.00</b>	+02:06:59 (40.4%)	7:28	8 (59.3%)
114	<b>BURAK Adam</b>	<b>2033</b>	1 BATALION CZOŁGÓW	M-40	39	01:32:20.00	00:28:55.00	03:14:14.00	<b>05:15:29.00</b>	+02:08:26 (40.7%)	7:30	8 (59.3%)
115	<b>OLSZYK Tadeusz</b>	<b>2183</b>	BIEGACZE ŚWINOUJŚCIE	M-60+	3	01:41:33.00	00:35:05.00	03:00:08.00	<b>05:16:46.00</b>	+02:09:43 (41.0%)	7:32	8 (59.3%)
116	<b>MAŚLAK Marzena</b>	<b>2152</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	49	01:39:26.00	00:35:17.00	03:02:58.00	<b>05:17:41.00</b>	+02:10:38 (41.1%)	7:33	7.9 (58.5%)
117	<b>MAŚLAK Jacek</b>	<b>2153</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	40	01:39:26.00	00:35:17.00	03:02:59.00	<b>05:17:42.00</b>	+02:10:39 (41.1%)	7:33	7.9 (58.5%)
118	<b>MITURA Wojtek</b>	<b>2166</b>		M-40	41	01:39:28.00	00:35:21.00	03:03:03.00	<b>05:17:52.00</b>	+02:10:49 (41.2%)	7:34	7.9 (58.5%)
119	<b>LEVICKIJ Jurij</b>	<b>2297</b>	CLUB ULTRA	M-40	42	01:37:18.00	00:30:31.00	03:13:03.00	<b>05:20:52.00</b>	+02:13:49 (41.7%)	7:38	7.9 (58.5%)
120	<b>GŁOWACKI Krzysztof</b>	<b>2076</b>	NALEŚNIKI	M-16	18	01:41:40.00	00:31:27.00	03:10:18.00	<b>05:23:25.00</b>	+02:16:22 (42.2%)	7:42	7.8 (57.8%)
121	<b>DUDEK Paweł</b>	<b>2060</b>		M-40	43	01:45:09.00	00:33:01.00	03:06:07.00	<b>05:24:17.00</b>	+02:17:14 (42.3%)	7:43	7.8 (57.8%)
122	<b>JAKUBOWSKI Daniel</b>	<b>2095</b>	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	44	01:42:41.00	00:31:44.00	03:12:14.00	<b>05:26:39.00</b>	+02:19:36 (42.7%)	7:46	7.7 (57.0%)
123	<b>HOCEK Jakub</b>	<b>2091</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	19	01:39:57.00	00:41:46.00	03:05:34.00	<b>05:27:17.00</b>	+02:20:14 (42.8%)	7:47	7.7 (57.0%)
124	<b>MIKUSEK Ryszard</b>	<b>2161</b>	WARSZAWSKA DRUŻYNA	M-40	45	01:50:03.00	00:29:59.00	03:11:21.00	<b>05:31:23.00</b>	+02:24:20 (43.6%)	7:53	7.6 (56.3%)
125	<b>SIEDLACZEK Zbigniew</b>	<b>2219</b>	SKLEP BIEGACZA LUBLIN TEAM	M-60+	4	01:46:41.00	00:31:15.00	03:17:17.00	<b>05:35:13.00</b>	+02:28:10 (44.2%)	7:58	7.5 (55.6%)
126	<b>MAŁEK Paweł</b>	<b>2149</b>	DECARUN RZESZÓW 2	M-40	46	01:45:13.00	00:32:12.00	03:18:59.00	<b>05:36:24.00</b>	+02:29:21 (44.4%)	8:00	7.5 (55.6%)
127	<b>BANASIEWICZ Paweł</b>	<b>2013</b>	POZYTYWNIIE ZABIEGANI SANOK	M-30	50	01:50:49.00	00:35:15.00	03:12:32.00	<b>05:38:36.00</b>	+02:31:33 (44.8%)	8:03	7.4 (54.8%)
127	<b>ROJEK Dawid</b>	<b>2209</b>	NIECHBIEGA	M-16	20	01:49:10.00	00:30:36.00	03:18:50.00	<b>05:38:36.00</b>	+02:31:33 (44.8%)	8:03	7.4 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 23km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
129	<b>BRZUSZKO Jacek</b>	<b>2032</b>		M-50	9	01:45:37.00	00:37:03.00	03:16:23.00	<b>05:39:03.00</b>	+02:32:00 (44.8%)	8:04	7.4 (54.8%)
130	<b>BASARAB Grzegorz</b>	<b>2017</b>		M-40	47	01:56:37.00	00:35:30.00	03:13:23.00	<b>05:45:30.00</b>	+02:38:27 (45.9%)	8:13	7.3 (54.1%)
131	<b>ZĄBEK Paweł</b>	<b>2308</b>	ŻYWCEM ZABIEGANI	M-40	48	01:48:24.00	00:34:59.00	03:25:55.00	<b>05:49:18.00</b>	+02:42:15 (46.5%)	8:19	7.2 (53.3%)
132	<b>MATUSZEWSKI Piotr</b>	<b>2155</b>	SOLINA TEAM	M-30	51	01:27:52.00	00:28:48.00	04:03:04.00	<b>05:59:44.00</b>	+02:52:41 (48.0%)	8:33	7 (51.9%)
133	<b>WILCZYNSKI Mariusz</b>	<b>2264</b>	SZLACHETNA PACZKA	M-30	52	02:05:33.00	00:37:06.00	03:56:34.00	<b>06:39:13.00</b>	+03:32:10 (53.1%)	9:30	6.3 (46.7%)
134	<b>FERFECKI Paweł</b>	<b>2066</b>	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>	+03:33:07 (53.3%)	9:31	6.3 (46.7%)
135	<b>WŁUDZIK Michał</b>	<b>2270</b>	W23 ARCHITEKCI	M-30	54	02:14:47.00	00:40:34.00	04:03:14.00	<b>06:58:35.00</b>	+03:51:32 (55.3%)	9:57	6 (44.4%)

Znaleziono 135 wynik(ów)