

I BIESZCZADZKI BIEG PO ZDROWIE 2017 - 10 KM

B4SPORT

Organiser: Gminny Ośrodek Kultury, Sportu i Turystyki w Solinie
Date: 2017-06-04
Place: Polańczyk
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	DOMISZEWSKI Ignacy	11	MKS HALICZ USTRZYKI DOLNE	M-16-30	1	00:00:01		00:35:33.50	00:35:35.30		3:33	16.9 (100%)
2	WASYLÓW Jacek	48	ANTEK TEAM LIPOWICA PRZEMYŚL	M-31-45	1	00:00:05		00:40:12.15	00:40:17.25	+00:04:38 (11.6%)	4:01	14.9 (88.2%)
3	DOMIN Łukasz	57	AKTYWNY DYNÓW	M-16-30	2	00:00:01		00:40:40.35	00:40:42.25	+00:05:06 (12.6%)	4:04	14.7 (87.0%)
4	SZEWczyk Marek	31		M-46-60	1	00:00:03		00:40:54.50	00:40:57.50	+00:05:21 (13.1%)	4:05	14.7 (87.0%)
5	GOSZTYŁA Patryk	14	BRZOZOWSKI KLUB BIEGACZA SOKÓŁ	M-16-30	3	00:00:01		00:41:44.90	00:41:46.70	+00:06:11 (14.8%)	4:10	14.4 (85.2%)
6	BUŁDAK Krzysztof	9		M-31-45	2	00:00:02		00:42:15.05	00:42:17.35	+00:06:41 (15.8%)	4:13	14.2 (84.0%)
7	JASTRZĄB Piotr	19	DEKAN LESKO	M-46-60	2	00:00:02		00:42:25.00	00:42:27.20	+00:06:51 (16.2%)	4:14	14.1 (83.4%)
8	BRENDZOWSKI Adam	8	SOLINA TEAM	M-31-45	3	00:00:01		00:43:15.00	00:43:16.65	+00:07:41 (17.8%)	4:19	13.9 (82.2%)
9	SIEPIETOWSKI Piotr	42	ART PROFI WARSZAWA	M-46-60	3	00:00:03		00:43:26.50	00:43:29.95	+00:07:53 (18.1%)	4:20	13.8 (81.7%)
10	PEMPUS Bernard	36	UKS TEMPO 5	M-16-30	4	00:00:02		00:45:06.55	00:45:09.10	+00:09:33 (21.2%)	4:30	13.3 (78.7%)
11	WOJCIAK Wojtek	53	PIZZA TEAM	M-31-45	4	00:00:02		00:46:41.00	00:46:43.85	+00:11:07 (23.8%)	4:40	12.9 (76.3%)
12	HRYSZKO Robert	17	POZYTYWNIIE ZABIEGANI SANOK	M-46-60	4	00:00:04		00:47:07.65	00:47:12.30	+00:11:34 (24.5%)	4:42	12.7 (75.1%)
13	MARKUSZKA Sławek	64		M-31-45	5	00:00:07		00:47:18.95	00:47:26.35	+00:11:45 (24.8%)	4:43	12.7 (75.1%)
14	LEŚNIAK-POPIEL Marta	28	POZYTYWNIIE ZABIEGANI SANOK	K-31-45	1	00:00:05		00:47:30.20	00:47:35.25	+00:11:56 (25.1%)	4:45	12.6 (74.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	HADUCH Jerzy	15	SANOK I OKOLICE	M-46-60	5	00:00:02		00:47:40.35	00:47:42.60	+00:12:06 (25.4%)	4:46	12.6 (74.6%)
16	PASIERBEK Marek	34	RUN ENERGY CLUB	M-31-45	6	00:00:04		00:47:47.25	00:47:51.90	+00:12:13 (25.6%)	4:46	12.6 (74.6%)
17	GAWORECKI Tomasz	12	RUN ENERGY CLUB	M-31-45	7	00:00:05		00:47:47.75	00:47:53.00	+00:12:14 (25.6%)	4:46	12.6 (74.6%)
18	GŁUSZKO Przemek	13	BRAK	M-31-45	8	00:00:02		00:47:52.50	00:47:54.75	+00:12:19 (25.7%)	4:47	12.5 (74.0%)
19	KACZMAR Ireneusz	63	SZAFA BIEGACZA	M-31-45	9	00:00:02		00:48:06.80	00:48:09.45	+00:12:33 (26.1%)	4:48	12.5 (74.0%)
20	BŁYSKAL Krzysztof	6	MKS HALICZ	M-31-45	10	00:00:03		00:48:24.65	00:48:27.80	+00:12:51 (26.5%)	4:50	12.4 (73.4%)
21	CHAMIELEC Bogusław	60	A EMERYT BIEGA	M-46-60	6	00:00:03		00:48:54.65	00:48:57.75	+00:13:21 (27.3%)	4:53	12.3 (72.8%)
22	STANIEK Anna	55	PIERDZĄCE ZAJĄCE	K-31-45	2	00:00:06		00:49:11.40	00:49:17.75	+00:13:37 (27.7%)	4:55	12.2 (72.2%)
23	FURS Teodor	54	PIERDZĄCE ZAJĄCE	M-31-45	11	00:00:06		00:49:29.05	00:49:35.10	+00:13:55 (28.1%)	4:56	12.1 (71.6%)
24	AMROŹKIEWICZ Patrycja	3	AMROŹKIEWICZ TEAM	K-16-30	1	00:00:03		00:49:40.40	00:49:43.65	+00:14:06 (28.4%)	4:58	12.1 (71.6%)
25	SIEDLECKI Piotr	41		M-31-45	12	00:00:04		00:49:52.25	00:49:56.50	+00:14:18 (28.7%)	4:59	12 (71.0%)
26	OLEKSYK Grzegorz	32	MKS HALICZ KLUB BIEGACZA USTRZYKI DOLNE	M-46-60	7	00:00:03		00:50:06.35	00:50:09.80	+00:14:32 (29.0%)	5:00	12 (71.0%)
27	NIŚCIUR Paweł	30		M-31-45	13	00:00:06		00:51:03.90	00:51:10.45	+00:15:30 (30.4%)	5:06	11.7 (69.2%)
28	ZIĘBA Ewa	51	ZIĘBA TEAM / UR WWF	K-16-30	2	00:00:03		00:51:04.20	00:51:07.85	+00:15:30 (30.4%)	5:06	11.7 (69.2%)
29	RYŁKO Jacek	40	SOLINA TEAM	M-31-45	14	00:00:06		00:51:36.15	00:51:42.85	+00:16:02 (31.1%)	5:09	11.6 (68.6%)
30	ROŚCIŃSKI Franciszek	38	SPARTAN ZAHUTYŃ	M-46-60	8	00:00:03		00:51:44.80	00:51:48.15	+00:16:11 (31.3%)	5:10	11.6 (68.6%)
31	PATEREK Waldemar	35		M-31-45	15	00:00:03		00:51:48.15	00:51:51.90	+00:16:14 (31.4%)	5:10	11.6 (68.6%)
32	KLAMUT Ryszard	23		M-61+	1	00:00:02		00:51:55.80	00:51:58.50	+00:16:22 (31.5%)	5:11	11.6 (68.6%)
33	SUZUTKO Ewelina	56	AKTYWNY DYNÓW	K-16-30	3	00:00:03		00:52:27.50	00:52:30.65	+00:16:54 (32.2%)	5:14	11.4 (67.5%)
34	KARDASZ Marek	20	SOLINA TEAM	M-31-45	16	00:00:06		00:52:30.50	00:52:36.55	+00:16:57 (32.3%)	5:15	11.4 (67.5%)
35	?????? Paweł	59		M-OPEN	1	00:00:04		00:52:31.25	00:52:35.30	+00:16:57 (32.3%)	5:15	11.4 (67.5%)
36	AMROŹKIEWICZ-GROMEK Judyta	2	AMROŹKIEWICZ TEAM	K-16-30	4	00:00:05		00:52:54.90	00:53:00.50	+00:17:21 (32.8%)	5:17	11.3 (66.9%)
37	SKOBODA Elżbieta	58	BIESZCZADZKI KLUB NORDIC WALKING	K-31-45	3	00:00:05		00:53:55.25	00:54:01.15	+00:18:21 (34.1%)	5:23	11.1 (65.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	STEFAŃSKA Maria	43		K-31-45	4	00:00:05		00:54:00.10	00:54:05.75	+00:18:26 (34.2%)	5:24	11.1 (65.7%)
39	STEFAŃSKI Ireneusz	44		M-31-45	17	00:00:04		00:54:27.60	00:54:32.35	+00:18:54 (34.7%)	5:26	11 (65.1%)
40	BASARAB Grzegorz	5		M-31-45	18	00:00:03		00:55:58.90	00:56:02.40	+00:20:25 (36.5%)	5:35	10.7 (63.3%)
41	PANEK Katarzyna	33	SOLINA TEAM	K-16-30	5	00:00:06		00:57:08.85	00:57:15.55	+00:21:35 (37.8%)	5:42	10.5 (62.1%)
42	JABŁCZYK-PEMPUS Dorota	18	PRZEMYSKI KLUB BIEGACZA	K-46-60	1	00:00:04		00:58:12.90	00:58:17.55	+00:22:39 (38.9%)	5:49	10.3 (60.9%)
43	DABROWSKA Agnieszka	10		K-31-45	5	00:00:04		00:58:18.90	00:58:23.00	+00:22:45 (39.0%)	5:49	10.3 (60.9%)
44	ZAJĄC Grzegorz	49	POZYTYWNIIE ZABIEGANI SANOK	M-31-45	19	00:00:05		00:58:36.80	00:58:41.95	+00:23:03 (39.3%)	5:51	10.2 (60.4%)
45	KOZIOŁ Wiesław	25	DZIKIE ŻYCIE RUN TEAM	M-61+	2	00:00:03		00:59:07.45	00:59:10.45	+00:23:33 (39.9%)	5:54	10.1 (59.8%)
46	RYŁKO Mariola	39	SOLINA TEAM	K-31-45	6	00:00:06		00:59:19.60	00:59:26.15	+00:23:46 (40.1%)	5:56	10.1 (59.8%)
47	BOCUL Małgorzata	7	PRZEMYSKI KLUB BIEGACZA	K-46-60	2	00:00:05		00:59:53.15	00:59:58.75	+00:24:19 (40.6%)	5:59	10 (59.2%)
48	WAŁACHOWSKA Urszula	47		K-16-30	6	00:00:05		01:01:11.20	01:01:16.65	+00:25:37 (41.9%)	6:07	9.8 (58.0%)
49	SZTABA Marek	46	AKTYWNY DYNÓW	M-31-45	20	00:00:07		01:01:19.85	01:01:27.70	+00:25:46 (42.0%)	6:08	9.8 (58.0%)
50	KRÓL Grażyna	27		K-31-45	7	00:00:03		01:01:38.65	01:01:42.45	+00:26:05 (42.3%)	6:09	9.7 (57.4%)
51	PECKA Krzysztof	65	SOLINA TEAM	M-31-45	21	00:00:06		01:01:54.65	01:02:01.45	+00:26:21 (42.6%)	6:11	9.7 (57.4%)
52	KARDASZ Dominik	22	SOLINA TEAM	M-16-30	5	00:00:05		01:03:50.25	01:03:56.00	+00:28:16 (44.3%)	6:23	9.4 (55.6%)
53	KORZENIOWSKA Małgorzata	24	PRZEMYSKI KLUB BIEGACZA	K-46-60	3	00:00:06		01:04:46.40	01:04:52.40	+00:29:12 (45.1%)	6:28	9.3 (55.0%)
54	CHODROWSKI Wojciech	52		M-31-45	22	00:00:08		01:06:00.95	01:06:09.80	+00:30:27 (46.1%)	6:36	9.1 (53.8%)
55	KRASOWSKA Matylda	26		K-16-30	7	00:00:07		01:06:39.50	01:06:46.50	+00:31:06 (46.7%)	6:39	9 (53.3%)
56	HARTMAN Jadwiga	16		K-16-30	8	00:00:06		01:08:00.95	01:08:07.45	+00:32:27 (47.7%)	6:48	8.8 (52.1%)
57	HAWRYŁO Ewa	61		K-31-45	8	00:00:04		01:13:25.40	01:13:30.15	+00:37:51 (51.6%)	7:20	8.2 (48.5%)
58	ANTONIEWICZ Robert	4	SOLINA TEAM	M-46-60	9	00:00:07		01:13:51.45	01:13:59.05	+00:38:17 (51.9%)	7:23	8.1 (47.9%)
59	ADAMCZYK Artur	1	SOLINA TEAM	M-46-60	10	00:00:06		01:13:52.45	01:13:58.95	+00:38:18 (51.9%)	7:23	8.1 (47.9%)
60	BOJCZYK Władysław	62		M-61+	3	00:00:07		01:21:23.20	01:21:30.70	+00:45:49 (56.3%)	8:08	7.4 (43.8%)

Total 60 results.