

**Wydarzenie:**  
**Organizator:**

II Bieszczadzki Bieg Po Zdrowie  
Gminny Ośrodek Kultury, Sportu i Turystyki w  
Solinie

**Data:**

2018-06-03

**Miejsce:**

Polańczyk

**Dystans:**

10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>338</b>	MKS HALICZ	M16-29	1	00:00:05	00:18:33	<b>00:37:19.85</b>	<b>00:37:25.15</b>		3:44	16.1 (100%)
2	<b>MACHOWSKI Karol</b>	<b>294</b>		M30-39	1	00:00:05	00:19:23	<b>00:38:50.05</b>	<b>00:38:55.80</b>	+00:01:30 (3.9%)	3:53	15.5 (96.3%)
3	<b>AUGUSTYŃSKI Sylwester</b>	<b>335</b>	LACHO TEAM	M30-39	2	00:00:06	00:19:21	<b>00:39:00.70</b>	<b>00:39:06.80</b>	+00:01:40 (4.3%)	3:54	15.4 (95.7%)
4	<b>RODZINKA Jan</b>	<b>334</b>	KB ATHLETIC ZRĘCIN	M40-49	1	00:00:06	00:19:41	<b>00:39:38.20</b>	<b>00:39:44.30</b>	+00:02:18 (5.8%)	3:57	15.1 (93.8%)
5	<b>MACHOWSKI Bartłomiej</b>	<b>293</b>		M30-39	3	00:00:05	00:20:01	<b>00:40:13.95</b>	<b>00:40:19.55</b>	+00:02:54 (7.2%)	4:01	14.9 (92.5%)
6	<b>SUROWIEC Grzegorz</b>	<b>324</b>		M30-39	4	00:00:05	00:20:02	<b>00:40:44.05</b>	<b>00:40:49.80</b>	+00:03:24 (8.4%)	4:04	14.7 (91.3%)
7	<b>HOROSZKO Ernest</b>	<b>278</b>		M30-39	5	00:00:06	00:19:53	<b>00:40:48.85</b>	<b>00:40:55.05</b>	+00:03:29 (8.5%)	4:04	14.7 (91.3%)
8	<b>FEDAK Grzegorz</b>	<b>269</b>		M40-49	2	00:00:05	00:20:33	<b>00:41:51.55</b>	<b>00:41:57.20</b>	+00:04:31 (10.8%)	4:11	14.3 (88.8%)
9	<b>PIERZAK Olga</b>	<b>336</b>	LACHO TEAM	K16-29	1	00:00:06	00:20:42	<b>00:42:11.75</b>	<b>00:42:18.25</b>	+00:04:51 (11.5%)	4:13	14.2 (88.2%)
10	<b>GUZIK Grzegorz</b>	<b>274</b>		M30-39	6	00:00:06	00:20:51	<b>00:42:38.35</b>	<b>00:42:44.55</b>	+00:05:18 (12.4%)	4:15	14.1 (87.6%)
11	<b>BRENDZOWSKI Adam</b>	<b>259</b>		M30-39	7	00:00:07	00:21:19	<b>00:42:55.35</b>	<b>00:43:02.50</b>	+00:05:35 (13.0%)	4:17	14 (87.0%)
12	<b>SZUMIST Szymon</b>	<b>333</b>	ATHLETIC ZDĘCIN	M30-39	8	00:00:05	00:21:15	<b>00:43:27.45</b>	<b>00:43:32.45</b>	+00:06:07 (14.1%)	4:20	13.8 (85.7%)
13	<b>NYKIEL Tomasz</b>	<b>302</b>		M50-59	1	00:00:07	00:22:00	<b>00:44:42.10</b>	<b>00:44:49.90</b>	+00:07:22 (16.5%)	4:28	13.4 (83.2%)
14	<b>GIEFERT Tomasz</b>	<b>273</b>		M30-39	9	00:00:07	00:22:05	<b>00:44:49.35</b>	<b>00:44:57.10</b>	+00:07:29 (16.7%)	4:29	13.4 (83.2%)
15	<b>GUDOWSKI Krystian</b>	<b>339</b>		M30-39	10	00:00:10	00:23:01	<b>00:46:21.70</b>	<b>00:46:32.60</b>	+00:09:01 (19.5%)	4:38	12.9 (80.1%)
16	<b>DOPART Tomasz</b>	<b>268</b>		M40-49	3	00:00:08	00:23:33	<b>00:46:54.90</b>	<b>00:47:03.40</b>	+00:09:35 (20.4%)	4:41	12.8 (79.5%)
17	<b>KASZAN Piotr</b>	<b>337</b>	MKS HALICZ	M40-49	4	00:00:08	00:23:32	<b>00:47:06.20</b>	<b>00:47:14.70</b>	+00:09:46 (20.7%)	4:42	12.7 (78.9%)
18	<b>BARUD Artur</b>	<b>253</b>		M40-49	5	00:00:07	00:23:06	<b>00:47:40.25</b>	<b>00:47:47.75</b>	+00:10:20 (21.7%)	4:46	12.6 (78.3%)
19	<b>GRZĄDZIEL Darek</b>	<b>332</b>		M40-49	6	00:00:08	00:24:25	<b>00:47:53.40</b>	<b>00:48:01.75</b>	+00:10:33 (22.0%)	4:47	12.5 (77.6%)
20	<b>KŁOS Radosław</b>	<b>285</b>		M16-29	2	00:00:07	00:23:30	<b>00:47:54.40</b>	<b>00:48:01.85</b>	+00:10:34 (22.1%)	4:47	12.5 (77.6%)
21	<b>ROGÓŻ Marcin</b>	<b>314</b>		M16-29	3	00:00:09	00:23:07	<b>00:48:23.35</b>	<b>00:48:33.20</b>	+00:11:03 (22.9%)	4:50	12.4 (77.0%)
22	<b>PASIERBEK Marek</b>	<b>308</b>		M30-39	11	00:00:07	00:23:32	<b>00:48:35.45</b>	<b>00:48:43.00</b>	+00:11:15 (23.2%)	4:51	12.3 (76.4%)
23	<b>BŁAUT Magdalena</b>	<b>256</b>		K16-29	2	00:00:05	00:23:34	<b>00:48:43.90</b>	<b>00:48:49.25</b>	+00:11:24 (23.4%)	4:52	12.3 (76.4%)
24	<b>BŁYSKAL Krzysztof</b>	<b>257</b>		M30-39	12	00:00:08	00:24:07	<b>00:48:45.20</b>	<b>00:48:53.90</b>	+00:11:25 (23.4%)	4:52	12.3 (76.4%)
25	<b>KLAMUT Ryszard</b>	<b>331</b>		M60+	1	00:00:06	00:24:02	<b>00:48:49.60</b>	<b>00:48:56.45</b>	+00:11:29 (23.5%)	4:53	12.3 (76.4%)
26	<b>PAJESTKA Wojciech</b>	<b>305</b>		M40-49	7	00:00:11	00:23:46	<b>00:49:17.15</b>	<b>00:49:28.25</b>	+00:11:57 (24.3%)	4:55	12.2 (75.8%)
27	<b>BIALOGŁOWSKI Pawel</b>	<b>255</b>		M30-39	13	00:00:10	00:25:12	<b>00:49:54.20</b>	<b>00:50:04.30</b>	+00:12:34 (25.2%)	4:59	12 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>DOMISZEWSKI Wojciech</b>	<b>267</b>		M50-59	2	00:00:06	00:24:31	<b>00:50:09.55</b>	<b>00:50:15.90</b>	+00:12:49 (25.6%)	5:00	12 (74.5%)
29	<b>STEFAŃSKA Maria</b>	<b>322</b>		K30-39	1	00:00:08	00:24:36	<b>00:50:11.95</b>	<b>00:50:20.20</b>	+00:12:52 (25.6%)	5:01	12 (74.5%)
30	<b>HYDZIK Łukasz</b>	<b>280</b>		M40-49	8	00:00:06	00:24:24	<b>00:50:21.00</b>	<b>00:50:27.70</b>	+00:13:01 (25.9%)	5:02	11.9 (73.9%)
31	<b>BODNAR Adrian</b>	<b>258</b>		M16-29	4	00:00:09	00:25:15	<b>00:51:10.65</b>	<b>00:51:20.00</b>	+00:13:50 (27.1%)	5:07	11.7 (72.7%)
32	<b>MACKIEWICZ Zenon</b>	<b>340</b>		M40-49	9	00:00:07	00:24:28	<b>00:51:11.05</b>	<b>00:51:19.00</b>	+00:13:51 (27.1%)	5:07	11.7 (72.7%)
33	<b>GAWORECKI Tomasz</b>	<b>271</b>		M30-39	14	00:00:13	00:25:31	<b>00:51:13.40</b>	<b>00:51:26.40</b>	+00:13:53 (27.1%)	5:07	11.7 (72.7%)
34	<b>OLEKSYK Grzegorz</b>	<b>303</b>		M50-59	3	00:00:05	00:25:44	<b>00:51:43.70</b>	<b>00:51:49.60</b>	+00:14:23 (27.8%)	5:10	11.6 (72.0%)
35	<b>ROŚCIŃSKI Franciszek</b>	<b>316</b>		M40-49	10	00:00:06	00:25:20	<b>00:52:28.50</b>	<b>00:52:35.45</b>	+00:15:08 (28.9%)	5:14	11.4 (70.8%)
36	<b>BURAK Adam</b>	<b>261</b>		M40-49	11	00:00:11	00:26:05	<b>00:52:39.00</b>	<b>00:52:50.00</b>	+00:15:19 (29.1%)	5:15	11.4 (70.8%)
37	<b>GIEŁBAGA Aneta</b>	<b>341</b>	ACTIVE TEAM	K40-49	1	00:00:09	00:25:55	<b>00:53:37.90</b>	<b>00:53:47.80</b>	+00:16:18 (30.4%)	5:21	11.2 (69.6%)
38	<b>JANOCHA Przemysław</b>	<b>281</b>		M30-39	15	00:00:07	00:26:06	<b>00:53:57.10</b>	<b>00:54:04.25</b>	+00:16:37 (30.8%)	5:23	11.1 (68.9%)
39	<b>RYŁKO Jacek</b>	<b>318</b>		M40-49	12	00:00:11	00:26:32	<b>00:54:20.80</b>	<b>00:54:32.50</b>	+00:17:00 (31.3%)	5:26	11 (68.3%)
40	<b>BARTKOWSKA Katarzyna</b>	<b>252</b>		K30-39	2	00:00:07	00:27:01	<b>00:55:06.95</b>	<b>00:55:14.70</b>	+00:17:47 (32.3%)	5:30	10.9 (67.7%)
41	<b>PAŁASIEWICZ Agnieszka</b>	<b>306</b>		K30-39	3	00:00:10	00:27:43	<b>00:55:12.40</b>	<b>00:55:22.40</b>	+00:17:52 (32.4%)	5:31	10.9 (67.7%)
42	<b>FERFECKI Paweł</b>	<b>270</b>		M30-39	16	00:00:06	00:27:00	<b>00:55:43.60</b>	<b>00:55:50.40</b>	+00:18:23 (33.0%)	5:34	10.8 (67.1%)
43	<b>SKOWROŃSKI Janusz</b>	<b>321</b>		M40-49	13	00:00:11	00:26:58	<b>00:55:55.00</b>	<b>00:56:06.85</b>	+00:18:35 (33.2%)	5:35	10.7 (66.5%)
44	<b>WAŁACHOWSKA Urszula</b>	<b>327</b>		K30-39	4	00:00:05	00:27:40	<b>00:56:22.45</b>	<b>00:56:28.10</b>	+00:19:02 (33.8%)	5:38	10.6 (65.8%)
45	<b>GADEK Agata</b>	<b>272</b>		K40-49	2	00:00:07	00:27:44	<b>00:57:07.55</b>	<b>00:57:14.70</b>	+00:19:47 (34.7%)	5:42	10.5 (65.2%)
46	<b>MARSZAŁEK Grzegorz</b>	<b>297</b>		M40-49	14	00:00:06	00:27:00	<b>00:58:00.80</b>	<b>00:58:07.75</b>	+00:20:40 (35.7%)	5:48	10.3 (64.0%)
47	<b>PLESKACZ Miłosz</b>	<b>313</b>		M30-39	17	00:00:10	00:27:01	<b>00:58:47.10</b>	<b>00:58:57.40</b>	+00:21:27 (36.5%)	5:52	10.2 (63.4%)
48	<b>ŁAPIŃSKA Anna</b>	<b>291</b>		K30-39	5	00:00:09	00:29:13	<b>01:00:27.95</b>	<b>01:00:37.05</b>	+00:23:08 (38.3%)	6:02	9.9 (61.5%)
49	<b>MAJCHROWICZ Andrzej</b>	<b>295</b>		M40-49	15	00:00:11	00:30:20	<b>01:02:10.00</b>	<b>01:02:21.70</b>	+00:24:50 (40.0%)	6:13	9.7 (60.2%)
50	<b>HAWRO Paweł</b>	<b>276</b>		M30-39	18	00:00:10	00:29:29	<b>01:02:27.40</b>	<b>01:02:38.00</b>	+00:25:07 (40.2%)	6:14	9.6 (59.6%)
51	<b>TONDOS Jerzy</b>	<b>326</b>		M60+	2	00:00:08	00:30:51	<b>01:03:21.45</b>	<b>01:03:29.80</b>	+00:26:01 (41.1%)	6:20	9.5 (59.0%)
52	<b>MAJCHROWICZ Marzenna</b>	<b>296</b>		K40-49	3	00:00:11	00:30:20	<b>01:03:48.15</b>	<b>01:03:59.70</b>	+00:26:28 (41.5%)	6:22	9.4 (58.4%)
53	<b>PAŁKA Marcin</b>	<b>307</b>		M30-39	19	00:00:11	00:30:23	<b>01:04:37.65</b>	<b>01:04:49.55</b>	+00:27:17 (42.2%)	6:27	9.3 (57.8%)
54	<b>ŁAWNICZEK Marek</b>	<b>292</b>		M50-59	4	00:00:13	00:32:00	<b>01:04:42.50</b>	<b>01:04:55.65</b>	+00:27:22 (42.3%)	6:28	9.3 (57.8%)
55	<b>ORŁOWSKI Piotr</b>	<b>304</b>		M30-39	20	00:00:12	00:31:23	<b>01:04:46.90</b>	<b>01:04:59.30</b>	+00:27:27 (42.4%)	6:28	9.3 (57.8%)
56	<b>RYŁKO Mariola</b>	<b>317</b>		K40-49	4	00:00:13	00:34:20	<b>01:07:07.40</b>	<b>01:07:21.00</b>	+00:29:47 (44.4%)	6:42	8.9 (55.3%)
57	<b>MICHALCZUK Zenon</b>	<b>300</b>		M60+	3	00:00:08	00:32:50	<b>01:07:10.15</b>	<b>01:07:19.00</b>	+00:29:50 (44.4%)	6:43	8.9 (55.3%)
58	<b>BUDZYK Agnieszka</b>	<b>260</b>		K40-49	5	00:00:11	00:28:31			+00:09:58	5:42	10.5 (65.2%)
59	<b>MAZAŃSKA Sylwia</b>	<b>299</b>		K16-29	3	00:00:10	00:33:19			+00:14:46	6:39	9 (55.9%)

Znaleziono 59 wynik(ów)