

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2019
Organizator: GOKSiT Polańczyk
Data: 2019-10-19
Miejsce: Polańczyk
Dystans: 6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	DOBRAŃSKYY Bogdan	50	FLAVIO RUNNING	M-16	1	00:09:12	00:19:55.53		3:19	18.1 (100%)
2	CHENIKALO Oleksandr	36	RUN4U	M-16	2	00:09:12	00:20:00.85	+00:00:05 (0.4%)	3:20	18 (99.4%)
3	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:09:20	00:21:02.58	+00:01:07 (5.3%)	3:30	17.1 (94.5%)
4	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	2	00:09:41	00:21:31.40	+00:01:35 (7.4%)	3:35	16.7 (92.3%)
5	JĄŁOCHA Mieczysław	97	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:10:11	00:21:53.44	+00:01:57 (9.0%)	3:38	16.5 (91.2%)
6	PEMPUŚ Bernard	192	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:10:11	00:22:17.70	+00:02:22 (10.6%)	3:43	16.1 (89.0%)
7	STAŃKO Paweł	231	BIESY I CZORTY	M-40	1	00:10:13	00:22:29.00	+00:02:33 (11.4%)	3:44	16 (88.4%)
8	GŁUSZKO Przemysław	302	SOLINA TEAM	M-30	3	00:10:04	00:22:33.67	+00:02:38 (11.7%)	3:45	16 (88.4%)
9	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	4	00:10:18	00:22:36.71	+00:02:41 (11.9%)	3:46	15.9 (87.8%)
10	NEBOHA Nikita	170	NIKE RUN CLUB	M-16	4	00:10:28	00:22:38.05	+00:02:42 (12.0%)	3:46	15.9 (87.8%)
11	DUTKEVYCH Viktoriya	63		K-16	1	00:10:41	00:22:55.47	+00:02:59 (13.1%)	3:49	15.7 (86.7%)
12	WINIARSKA Katarzyna	267	FANTASTYCZNA TRÓJKA	K-30	1	00:10:43	00:23:02.58	+00:03:07 (13.5%)	3:50	15.6 (86.2%)
13	MATYSIAK Agnieszka	20	KOPALNIA MOCY TARNOBRZEG	K-30	2	00:11:40	00:25:47.68	+00:05:52 (22.8%)	4:18	14 (77.3%)
14	KLINGER Weronika	110	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:11:55	00:26:07.49	+00:06:11 (23.7%)	4:21	13.8 (76.2%)
15	FORNEK Paulina	68	DZIKIE MUSTANGI	K-16	2	00:11:59	00:26:38.06	+00:06:42 (25.2%)	4:26	13.5 (74.6%)
16	ROGOWSKA Anna	135	DECARUN RZESZÓW	K-30	4	00:12:15	00:26:43.35	+00:06:47 (25.4%)	4:27	13.5 (74.6%)
17	OGŁUSZKA Elżbieta	179	DECARUN RZESZÓW	K-30	5	00:12:24	00:27:30.14	+00:07:34 (27.5%)	4:35	13.1 (72.4%)
18	AMROŹKIEWICZ - GROMEK Judyta	3	AMROŹKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	6	00:12:19	00:27:56.06	+00:08:00 (28.7%)	4:39	12.9 (71.3%)
19	CYPRYŚ Joanna	44	DECARUN RZESZÓW	K-16	3	00:12:31	00:28:06.26	+00:08:10 (29.1%)	4:41	12.8 (70.7%)
20	STEFAŃSKA Maria	235	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:12:43	00:28:12.46	+00:08:16 (29.4%)	4:42	12.8 (70.7%)
21	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	5	00:10:13	00:22:41.54	+00:02:46 (12.2%)	3:47	15.9 (87.8%)
22	RUCIŃSKI Piotr	211		M-30	6	00:10:10	00:22:42.35	+00:02:46 (12.2%)	3:47	15.9 (87.8%)
23	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	2	00:10:20	00:22:52.37	+00:02:56 (12.9%)	3:48	15.7 (86.7%)
24	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	7	00:10:34	00:22:55.25	+00:02:59 (13.1%)	3:49	15.7 (86.7%)
25	KOZŁOWSKI Krzysztof	126	PRZEMYSKI KLUB BIEGACZA	M-40	3	00:10:38	00:22:56.24	+00:03:00 (13.1%)	3:49	15.7 (86.7%)
26	WEREMKO Grzegorz	260	MULTIMEDIA RUNNERS PUŁAWY	M-40	4	00:10:39	00:23:06.42	+00:03:10 (13.8%)	3:51	15.6 (86.2%)
27	MAŁEK Andrzej	150	PRZEMYSKI KLUB BIEGACZA 5	M-40	5	00:10:17	00:23:13.06	+00:03:17 (14.2%)	3:52	15.5 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto		Tempo min/km	Tempo km/h
							6km	Różn		
28	PREISNER Robert	199	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:10:38	00:23:18.55	+00:03:23 (14.5%)	3:53	15.5 (85.6%)
29	KOZIOŁ Mariusz	125	PRZEMYSKI KLUB BIEGACZA 3	M-40	6	00:10:42	00:23:18.58	+00:03:23 (14.5%)	3:53	15.5 (85.6%)
30	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	8	00:10:35	00:23:19.70	+00:03:24 (14.6%)	3:53	15.4 (85.1%)
31	GUT Jacek	87	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	5	00:10:39	00:23:23.61	+00:03:28 (14.8%)	3:53	15.4 (85.1%)
32	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	9	00:10:43	00:23:26.06	+00:03:30 (15.0%)	3:54	15.4 (85.1%)
33	KOHUT Dariusz	115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	7	00:10:43	00:23:31.10	+00:03:35 (15.3%)	3:55	15.3 (84.5%)
34	WIERZBICKI Janusz	263		M-30	10	00:10:32	00:23:37.43	+00:03:41 (15.7%)	3:56	15.2 (84.0%)
35	WASYŁÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	11	00:11:09	00:23:38.41	+00:03:42 (15.7%)	3:56	15.2 (84.0%)
36	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	12	00:10:47	00:23:42.46	+00:03:46 (16.0%)	3:57	15.2 (84.0%)
37	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:10:41	00:23:44.78	+00:03:49 (16.1%)	3:57	15.2 (84.0%)
38	PRZYBYŁA Piotr	201	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	6	00:10:33	00:23:49.30	+00:03:53 (16.4%)	3:58	15.1 (83.4%)
39	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	13	00:10:54	00:23:50.07	+00:03:54 (16.4%)	3:58	15.1 (83.4%)
40	CURZYDŁO Bogdan	42	POZYTYWNE ZABIEGANI SANOK	M-40	9	00:10:48	00:23:54.83	+00:03:59 (16.7%)	3:59	15.1 (83.4%)
41	MACIEJKO Rafał	145	KRESOWIANIE	M-40	10	00:10:27	00:23:55.22	+00:03:59 (16.7%)	3:59	15.1 (83.4%)
42	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	14	00:10:42	00:23:57.77	+00:04:02 (16.8%)	3:59	15 (82.9%)
43	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:10:41	00:24:06.90	+00:04:11 (17.4%)	4:01	14.9 (82.3%)
44	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	11	00:10:35	00:24:19.06	+00:04:23 (18.1%)	4:03	14.8 (81.8%)
45	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	16	00:10:36	00:24:19.68	+00:04:24 (18.1%)	4:03	14.8 (81.8%)
46	CHODOWIEC Emil	39		M-30	17	00:11:16	00:24:25.35	+00:04:29 (18.4%)	4:04	14.7 (81.2%)
47	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	18	00:10:58	00:24:33.16	+00:04:37 (18.8%)	4:05	14.7 (81.2%)
48	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	19	00:11:09	00:24:36.91	+00:04:41 (19.1%)	4:06	14.6 (80.7%)
49	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	20	00:11:10	00:24:38.15	+00:04:42 (19.1%)	4:06	14.6 (80.7%)
50	BODNAR Adrian	25		M-16	7	00:11:12	00:24:39.33	+00:04:43 (19.2%)	4:06	14.6 (80.7%)
51	ĆWIAKŁA Michał	46	ATHLETIC ZRĘCIN	M-30	21	00:10:47	00:24:39.48	+00:04:43 (19.2%)	4:06	14.6 (80.7%)
52	STADNIK Wojciech	229	PRZEMYSKI KLUB BIEGACZA 3	M-40	12	00:11:14	00:24:39.94	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
53	TUTKA Dominik	253	NALEŚNIKI	M-30	22	00:11:13	00:24:39.95	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
54	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	23	00:11:06	00:24:40.07	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
55	SUDACKI Sebastian	307		M-16	8	00:10:07	00:25:04.64	+00:05:09 (20.5%)	4:10	14.4 (79.6%)
56	PAJESTKA Wojtek	187	POZYTYWNE ZABIEGANI SANOK	M-40	13	00:11:23	00:25:11.03	+00:05:15 (20.9%)	4:11	14.3 (79.0%)
57	BERNAT Tomasz	21		M-40	14	00:11:08	00:25:13.97	+00:05:18 (21.0%)	4:12	14.3 (79.0%)
58	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	15	00:12:06	00:25:19.23	+00:05:23 (21.3%)	4:13	14.2 (78.5%)
59	MAJ Witold	147	OLDBOYS TRUSKOLASY	M-50	3	00:11:32	00:25:19.71	+00:05:24 (21.3%)	4:13	14.2 (78.5%)
60	BODNAR Krystian	26		M-16	9	00:11:47	00:25:27.74	+00:05:32 (21.7%)	4:14	14.1 (77.9%)
61	SOBOL Krystian	225		M-40	16	00:11:30	00:25:39.02	+00:05:43 (22.3%)	4:16	14 (77.3%)
62	JACHIMOWSKI Jarosław	94	POZYTYWNE ZABIEGANI SANOK	M-30	24	00:11:00	00:25:39.73	+00:05:44 (22.4%)	4:16	14 (77.3%)
63	KARASIŃSKI Radek	107	KOPALNIA MOCY TARNOBRZEG	M-40	17	00:11:39	00:25:46.76	+00:05:51 (22.7%)	4:17	14 (77.3%)
64	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	25	00:12:07	00:25:50.81	+00:05:55 (22.9%)	4:18	13.9 (76.8%)
65	GAWORECKI Tomasz	73	POZYTYWNE ZABIEGANI SANOK	M-30	26	00:11:35	00:25:54.94	+00:05:59 (23.1%)	4:19	13.9 (76.8%)
66	MAZEK Przemysław	156	SZYBKIE ŻABY	M-16	10	00:11:34	00:25:55.79	+00:06:00 (23.2%)	4:19	13.9 (76.8%)
67	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	27	00:11:57	00:25:56.35	+00:06:00 (23.2%)	4:19	13.9 (76.8%)
68	KARDASZ Marek	108	SOLINA TEAM	M-40	18	00:12:16	00:25:57.89	+00:06:02 (23.3%)	4:19	13.9 (76.8%)
69	NYKIEL Tomasz	175	PRZEMYSKI KLUB BIEGACZA 3	M-50	4	00:11:57	00:25:58.65	+00:06:03 (23.3%)	4:19	13.9 (76.8%)
70	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	28	00:11:50	00:26:11.03	+00:06:15 (23.9%)	4:21	13.7 (75.7%)
71	KRUSZYŃSKI Marek	130	PRZEMYSKI KLUB BIEGACZA 4	M-50	5	00:11:53	00:26:13.29	+00:06:17 (24.0%)	4:22	13.7 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto		Tempo min/km	Tempo km/h
							6km	Różn		
72	GRYCIUK Walenty	85		M-50	6	00:12:03	00:26:17.79	+00:06:22 (24.2%)	4:23	13.7 (75.7%)
73	FEDAK Bohdan	64	KLUB POD WISIENKĄ	M-40	19	00:12:05	00:26:28.91	+00:06:33 (24.8%)	4:24	13.6 (75.1%)
74	BURAK Bartłomiej	34		M-16	11	00:11:18	00:26:29.34	+00:06:33 (24.8%)	4:25	13.6 (75.1%)
75	SZYSZŁO Tomasz	251	POZYTYWNE ZABIEGANI SANOK	M-30	29	00:12:03	00:26:36.36	+00:06:40 (25.1%)	4:26	13.5 (74.6%)
76	KORZENIOWSKI Władysław	318		M-40	20	00:11:55	00:26:36.54	+00:06:41 (25.1%)	4:26	13.5 (74.6%)
77	ZBIEĆ Dariusz	279	DARFIK TEAM	M-30	30	00:11:41	00:26:44.30	+00:06:48 (25.5%)	4:27	13.5 (74.6%)
78	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	21	00:12:17	00:26:47.58	+00:06:52 (25.6%)	4:27	13.4 (74.0%)
79	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	22	00:12:05	00:26:53.72	+00:06:58 (25.9%)	4:28	13.4 (74.0%)
80	KOCZYK Artur	114		M-30	31	00:12:26	00:26:54.96	+00:06:59 (26.0%)	4:29	13.4 (74.0%)
81	FILIPOWICZ Krzysztof	67		M-40	23	00:12:09	00:26:56.86	+00:07:01 (26.1%)	4:29	13.4 (74.0%)
82	MYTYCH Wiesław	169		M-40	24	00:12:14	00:26:58.75	+00:07:03 (26.1%)	4:29	13.3 (73.5%)
83	PLACHA Piotr	196	KOPALNIA MOCY TARNOBRZEG	M-40	25	00:12:39	00:27:00.47	+00:07:04 (26.2%)	4:30	13.3 (73.5%)
84	MIKUŚ Dominik	162	JASIELSKIE PIORUNY	M-16	12	00:12:18	00:27:19.68	+00:07:24 (27.1%)	4:33	13.2 (72.9%)
85	GOLONKA Dawid	80		M-16	13	00:12:32	00:27:20.98	+00:07:25 (27.1%)	4:33	13.2 (72.9%)
86	HANDZIAK Tomasz	89		M-30	32	00:13:17	00:27:21.73	+00:07:26 (27.2%)	4:33	13.2 (72.9%)
87	JARACZ Marcin	291		M-30	33	00:12:02	00:27:39.24	+00:07:43 (27.9%)	4:36	13 (71.8%)
88	KUBICKI Łukasz	131	KUBICCY	M-30	34	00:12:50	00:27:53.20	+00:07:57 (28.5%)	4:38	12.9 (71.3%)
89	ANTOSZ Bogdan	5		M-40	26	00:12:09	00:27:56.04	+00:08:00 (28.7%)	4:39	12.9 (71.3%)
90	KOZIEŁ Tadeusz	124	SZCZĘŚCIARZ BIEGA	M-16	14	00:12:11	00:28:04.30	+00:08:08 (29.0%)	4:40	12.8 (70.7%)
91	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	35	00:13:06	00:28:09.44	+00:08:13 (29.2%)	4:41	12.8 (70.7%)
92	OCZOŚ Jerzy	178		M-50	7	00:12:43	00:28:13.84	+00:08:18 (29.4%)	4:42	12.8 (70.7%)
93	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	36	00:13:30	00:28:23.03	+00:08:27 (29.8%)	4:43	12.7 (70.2%)
94	GŁOWACKI Marcin	77	NALEŚNIKI	M-16	15	00:12:42	00:28:24.38	+00:08:28 (29.9%)	4:44	12.7 (70.2%)
95	KRUKOWSKI Robert	129	PLATINIUM CROSS ZAMOŚĆ	M-30	37	00:13:09	00:28:25.35	+00:08:29 (29.9%)	4:44	12.7 (70.2%)
96	SZADURSKI Tomasz	239	PRZEMYSKI KLUB BIEGACZA	M-40	27	00:13:04	00:28:34.34	+00:08:38 (30.3%)	4:45	12.6 (69.6%)
97	KIAMUT Ryszard	310	KGB KORCZYNA	M-60+	1	00:13:03	00:28:36.39	+00:08:40 (30.3%)	4:46	12.6 (69.6%)
98	KOPCZYK Waldemar	119	BIDA PRZEMYŚL	M-40	28	00:12:51	00:28:37.56	+00:08:42 (30.4%)	4:46	12.6 (69.6%)
99	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	29	00:12:36	00:28:42.71	+00:08:47 (30.6%)	4:47	12.5 (69.1%)
100	DOROSZ Barbara	52	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:13:13	00:28:45.14	+00:08:49 (30.7%)	4:47	12.5 (69.1%)
101	SUSABOWSKI Andrzej	238		M-30	38	00:12:34	00:28:48.03	+00:08:52 (30.8%)	4:48	12.5 (69.1%)
102	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	39	00:12:38	00:28:48.81	+00:08:53 (30.8%)	4:48	12.5 (69.1%)
103	MATUŁA Przemysław	154	UMCS BIEGA	M-50	8	00:13:24	00:28:49.03	+00:08:53 (30.9%)	4:48	12.5 (69.1%)
104	DRWIĘGA Maciej	56	POZYTYWNE ZABIEGANI SANOK	M-40	30	00:13:08	00:28:52.59	+00:08:57 (31.0%)	4:48	12.5 (69.1%)
105	STEFAŃSKI Ireneusz	236	PRZEMYSKI KLUB BIEGACZA	M-40	31	00:13:22	00:28:54.27	+00:08:58 (31.1%)	4:49	12.5 (69.1%)
106	BEŁCH Michał	19		M-30	40	00:12:38	00:28:54.37	+00:08:58 (31.1%)	4:49	12.4 (68.5%)
107	BURAK Adam	33	1 BATALION CZOŁGÓW	M-40	32	00:12:28	00:28:55.45	+00:08:59 (31.1%)	4:49	12.4 (68.5%)
108	RYŚ Katarzyna	214	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:13:23	00:28:56.12	+00:09:00 (31.1%)	4:49	12.4 (68.5%)
109	GRASZA Ireneusz	84	PRZEMYSKI KLUB BIEGACZA 4	M-40	33	00:13:23	00:28:56.66	+00:09:01 (31.2%)	4:49	12.4 (68.5%)
110	OLEKSZYK Joanna	182	DECARUN RZESZÓW	K-16	4	00:12:36	00:28:59.53	+00:09:04 (31.3%)	4:50	12.4 (68.5%)
111	ŁAPCZYŃSKI Krzysztof	142	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	16	00:12:33	00:28:59.55	+00:09:04 (31.3%)	4:49	12.4 (68.5%)
112	CIEPAŁOWICZ Ewa	40	PRZEMYSKI KLUB BIEGACZA	K-30	9	00:13:17	00:29:00.61	+00:09:05 (31.3%)	4:50	12.4 (68.5%)
113	SOPEL Wiesław	227	KRESOWIANIE	M-50	9	00:12:48	00:29:13.30	+00:09:17 (31.8%)	4:52	12.3 (68.0%)
114	SAWICKI Robert	217	BEE IS RUNNING	M-40	34	00:13:46	00:29:14.31	+00:09:18 (31.9%)	4:52	12.3 (68.0%)
115	KUZŁO Andrzej	136		M-30	41	00:13:07	00:29:15.35	+00:09:19 (31.9%)	4:52	12.3 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto		Tempo min/km	Tempo km/h
							6km	Różn		
116	PIETRYSZYN Mariusz	195	SZYBKE ŻABY	M-40	35	00:12:53	00:29:24.15	+00:09:28 (32.2%)	4:54	12.2 (67.4%)
117	MARUT Wojciech	151	PWN	M-30	42	00:12:36	00:29:24.35	+00:09:28 (32.2%)	4:54	12.2 (67.4%)
118	KOWALCZYK Sylwester	298	ORZEŁ	M-30	43	00:13:30	00:29:25.15	+00:09:29 (32.3%)	4:54	12.2 (67.4%)
119	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	44	00:12:52	00:29:25.50	+00:09:29 (32.3%)	4:54	12.2 (67.4%)
120	PASIERB Grzegorz	189	DECARUN RZESZÓW 2	M-40	36	00:12:32	00:29:32.56	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
121	BACH Dawid	8	MSR	M-30	45	00:13:20	00:29:33.05	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
122	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	46	00:13:20	00:29:33.44	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
123	DRYLA Piotr	57	1 BATALION CZOŁGÓW	M-40	37	00:12:42	00:29:39.74	+00:09:44 (32.8%)	4:56	12.1 (66.9%)
124	ĆWIAKAŁA Halina	47	ATHLETIC ZRĘCIN	K-40	2	00:12:54	00:29:41.24	+00:09:45 (32.9%)	4:56	12.1 (66.9%)
125	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	47	00:13:18	00:29:46.33	+00:09:50 (33.1%)	4:57	12.1 (66.9%)
126	MISIAK Mateusz	165		M-16	17	00:12:56	00:29:48.32	+00:09:52 (33.1%)	4:58	12.1 (66.9%)
127	BAJSAROWICZ Maciej	9	PRUCHNICKA GRUPA BIEGOWA	M-16	18	00:13:47	00:29:52.88	+00:09:57 (33.3%)	4:58	12.1 (66.9%)
128	WINIARSKI Piotr	269		M-40	38	00:14:22	00:29:56.64	+00:10:01 (33.5%)	4:59	12 (66.3%)
129	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	39	00:13:16	00:29:59.36	+00:10:03 (33.6%)	4:59	12 (66.3%)
130	AST Grzegorz	7	AMSTAFF TEAM JEDLICZE	M-16	19	00:13:48	00:30:01.30	+00:10:05 (33.6%)	5:00	12 (66.3%)
131	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	48	00:13:26	00:30:03.20	+00:10:07 (33.7%)	5:00	12 (66.3%)
132	RYBIŃSKI Grzegorz	212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	40	00:13:42	00:30:04.22	+00:10:08 (33.7%)	5:00	12 (66.3%)
133	KOŁTUNIEWICZ Andrzej	116	WIEŚ TAŃCZY I BIEGA	M-40	41	00:13:06	00:30:05.16	+00:10:09 (33.8%)	5:00	12 (66.3%)
134	DRWIĘGA Beata	55	SWIMRUN FOX TEAM	K-40	3	00:13:22	00:30:06.13	+00:10:10 (33.8%)	5:01	12 (66.3%)
135	WILECZEK Antoni	265		M-30	49	00:13:58	00:30:11.88	+00:10:16 (34.0%)	5:01	11.9 (65.7%)
136	KULIK Anna	132		K-40	4	00:13:03	00:30:12.28	+00:10:16 (34.0%)	5:02	11.9 (65.7%)
137	GRADOWSKA Katarzyna	83	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:13:24	00:30:21.38	+00:10:25 (34.4%)	5:03	11.9 (65.7%)
138	WOJTOWICZ Tomasz	272		M-30	50	00:13:19	00:30:24.80	+00:10:29 (34.5%)	5:04	11.8 (65.2%)
139	LEVICKIJ Jurij	297	CLUB ULTRA	M-40	42	00:13:09	00:30:31.76	+00:10:36 (34.7%)	5:05	11.8 (65.2%)
140	LENIART Mirek	138		M-30	51	00:14:02	00:30:36.17	+00:10:40 (34.9%)	5:06	11.8 (65.2%)
141	KŁOCEK Konrad	111		M-30	52	00:13:59	00:30:36.32	+00:10:40 (34.9%)	5:06	11.8 (65.2%)
142	ROJEK Dawid	209	NIECHBIEGA	M-16	20	00:14:01	00:30:36.87	+00:10:41 (34.9%)	5:06	11.8 (65.2%)
143	KORZENIOWSKA Joanna	120	UMCS BIEGA	K-30	11	00:13:32	00:30:39.73	+00:10:44 (35.0%)	5:06	11.7 (64.6%)
144	NIEMIEC Łukasz	171	EALING EAGLES RUNNING CLUB, LONDON	M-30	53	00:12:57	00:30:40.56	+00:10:45 (35.0%)	5:06	11.7 (64.6%)
145	SZYMALA-LIPKA Magdalena	247	LIPKI RULEZ	K-30	12	00:13:34	00:30:47.71	+00:10:52 (35.3%)	5:07	11.7 (64.6%)
146	CZURA Renata	45	PRZEMYSKI KLUB BIEGACZA 5	K-40	5	00:13:41	00:30:52.68	+00:10:57 (35.5%)	5:08	11.7 (64.6%)
147	KAPRAL Adam	315	DWERNIK KAMIEŃ TRAIL	M-40	43	00:14:19	00:30:54.85	+00:10:59 (35.5%)	5:09	11.6 (64.1%)
148	PODOLAK Zbigniew	197	STOWARZYSZENIE SZWEJKOWSKIE	M-50	10	00:13:20	00:30:59.67	+00:11:04 (35.7%)	5:10	11.6 (64.1%)
149	DUDEK Arkadiusz	61		M-50	11	00:13:05	00:31:05.62	+00:11:10 (35.9%)	5:10	11.6 (64.1%)
150	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	54	00:13:54	00:31:07.14	+00:11:11 (36.0%)	5:11	11.6 (64.1%)
151	BOCEK Sławomir	24	WATAHA	M-40	44	00:13:40	00:31:07.73	+00:11:12 (36.0%)	5:11	11.6 (64.1%)
152	SIEDLACZEK Zbigniew	219	SKLEP BIEGACZA LUBLIN TEAM	M-60+	2	00:13:55	00:31:15.52	+00:11:19 (36.3%)	5:12	11.5 (63.5%)
153	ZIELIŃSKI Sebastian	282	POZYTYWNE ZABIEGANI SANOK	M-30	55	00:13:50	00:31:25.20	+00:11:29 (36.6%)	5:14	11.5 (63.5%)
154	WOJDON Monika	271	DECARUN RZESZÓW	K-40	6	00:14:01	00:31:25.93	+00:11:30 (36.6%)	5:14	11.5 (63.5%)
155	NIEMIEC-DRWIĘGA Bernadeta	172	NA PRZEKÓR	K-40	7	00:14:06	00:31:26.54	+00:11:31 (36.6%)	5:14	11.4 (63.0%)
156	DROBOT Piotr	312	NA PRZEKÓR	M-40	45	00:14:06	00:31:26.69	+00:11:31 (36.6%)	5:14	11.4 (63.0%)
157	GŁOWACKI Krzysztof	76	NALEŚNIKI	M-16	21	00:14:05	00:31:27.14	+00:11:31 (36.6%)	5:14	11.4 (63.0%)
158	SKAŁUBA Marek	220	BRAK	M-30	56	00:13:11	00:31:36.64	+00:11:41 (37.0%)	5:16	11.4 (63.0%)
159	BORCZ 7941757992	28	DIP-MAR MARCIN BORCZ	M-30	57	00:13:40	00:31:43.78	+00:11:48 (37.2%)	5:17	11.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
160	JAKUBOWSKI Daniel	95	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	46	00:14:20	00:31:44.21	+00:11:48 (37.2%)	5:17	11.3 (62.4%)
161	DROZD Jerzy	54	LUBELAKY	M-60+	3	00:14:04	00:31:57.69	+00:12:02 (37.7%)	5:19	11.3 (62.4%)
162	DUDEK Katarzyna	59	PRZEMYSKI KLUB BIEGACZA	K-30	13	00:14:35	00:31:59.83	+00:12:04 (37.7%)	5:20	11.3 (62.4%)
163	DRYNIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	47	00:14:35	00:32:00.17	+00:12:04 (37.7%)	5:20	11.3 (62.4%)
164	JAWORSKA Aleksandra	102	BIEGACZE ŚWINOUJŚCIE	K-30	14	00:14:20	00:32:01.63	+00:12:06 (37.8%)	5:20	11.2 (61.9%)
165	CHODNICKI Radosław	38		M-40	48	00:14:27	00:32:02.92	+00:12:07 (37.8%)	5:20	11.2 (61.9%)
166	WARĘCKA Katarzyna	258	PIERDZĄCE ZAJĄCE	K-16	5	00:13:31	00:32:08.98	+00:12:13 (38.0%)	5:21	11.2 (61.9%)
167	MAŁEK Paweł	149	DECARUN RZESZÓW 2	M-40	49	00:14:18	00:32:12.21	+00:12:16 (38.1%)	5:22	11.2 (61.9%)
168	ZARĘBA Jolanta	305	RZESZOWSKIE GAZELE I GEPARDY	K-50	1	00:14:14	00:32:13.34	+00:12:17 (38.2%)	5:22	11.2 (61.9%)
169	STEC Paweł	232		M-16	22	00:14:24	00:32:26.14	+00:12:30 (38.6%)	5:24	11.1 (61.3%)
170	BRZOZOWSKI Marek	31		M-30	58	00:14:52	00:32:42.73	+00:12:47 (39.1%)	5:27	11 (60.8%)
171	SUCHOWIECKA Sabina	237		K-16	6	00:15:10	00:32:43.40	+00:12:47 (39.1%)	5:27	11 (60.8%)
172	NIEZNAŃSKI Adam	173		M-40	50	00:14:51	00:32:44.11	+00:12:48 (39.1%)	5:27	11 (60.8%)
173	STADNIK Renata	230	PRZEMYSKI KLUB BIEGACZA	K-40	8	00:14:22	00:32:45.49	+00:12:49 (39.2%)	5:27	11 (60.8%)
174	RĄCZKA Mateusz	206		M-30	59	00:14:15	00:32:58.40	+00:13:02 (39.6%)	5:29	10.9 (60.2%)
175	DUDEK Paweł	60		M-40	51	00:15:05	00:33:01.46	+00:13:05 (39.7%)	5:30	10.9 (60.2%)
176	NOWOSAD Mariusz	174	PLATINIUM CROSS ZAMOŚĆ	M-40	52	00:13:40	00:33:03.55	+00:13:08 (39.7%)	5:30	10.9 (60.2%)
177	SUCHODOLSKA Anna	283		K-30	15	00:13:17	00:33:05.20	+00:13:09 (39.8%)	5:31	10.9 (60.2%)
178	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	60	00:13:16	00:33:05.70	+00:13:10 (39.8%)	5:30	10.9 (60.2%)
179	MIODUNKA Tomasz	163	STG DĘBICA	M-40	53	00:14:31	00:33:12.30	+00:13:16 (40.0%)	5:32	10.8 (59.7%)
180	ŁOPATKIEWICZ Beata	143		K-50	2	00:15:09	00:33:13.59	+00:13:18 (40.0%)	5:32	10.8 (59.7%)
181	BANASIK Monika	14	PRUCHNICKA GRUPA BIEGOWA	K-30	16	00:14:29	00:33:14.81	+00:13:19 (40.1%)	5:32	10.8 (59.7%)
182	MOSKAL Marzena	167		K-40	9	00:14:54	00:33:26.28	+00:13:30 (40.4%)	5:34	10.8 (59.7%)
183	ZAORSKA Justyna	319	STAŁOWOWOLSKI KLUB BIEGACZA	K-40	10	00:15:53	00:33:28.46	+00:13:32 (40.5%)	5:34	10.8 (59.7%)
184	KAWA Bartłomiej	320		M-30	61	00:15:55	00:33:29.25	+00:13:33 (40.5%)	5:35	10.7 (59.1%)
185	OSZCZYPKO Piotr	186	PRZEMYSŁ BEARS	M-16	23	00:15:13	00:33:32.41	+00:13:36 (40.6%)	5:35	10.7 (59.1%)
186	GŁOWACKA Aneta	75		K-30	17	00:14:22	00:33:35.23	+00:13:39 (40.7%)	5:35	10.7 (59.1%)
187	ŁUCZYCKA Iwona	144	POZYTYWNIIE ZABIEGANI SANOK	K-40	11	00:15:06	00:33:38.10	+00:13:42 (40.8%)	5:36	10.7 (59.1%)
188	CURZYDŁO Magdalena	43	POZYTYWNIIE ZABIEGANI SANOK	K-30	18	00:15:06	00:33:38.41	+00:13:42 (40.8%)	5:36	10.7 (59.1%)
189	KORZENIOWSKA Małgorzata	121	PRZEMYSKI KLUB BIEGACZA	K-40	12	00:14:59	00:33:41.28	+00:13:45 (40.9%)	5:36	10.7 (59.1%)
190	SZYSZKA Ryszard	250	PSTS SOLIDARNOŚĆ	M-50	12	00:15:35	00:33:52.12	+00:13:56 (41.2%)	5:38	10.6 (58.6%)
191	GAJDA Mateusz	71	SPRÓCHNIALI HERKULESI	M-30	62	00:14:40	00:34:02.25	+00:14:06 (41.5%)	5:40	10.6 (58.6%)
192	KACZMARSKI Wojciech	103		M-30	63	00:15:04	00:34:14.66	+00:14:19 (41.8%)	5:42	10.5 (58.0%)
193	SYCZ Barbara	304	PRZEMYSKI KLUB BIEGACZA	K-40	13	00:14:40	00:34:39.86	+00:14:44 (42.5%)	5:46	10.4 (57.5%)
194	RZESZUTEK Anna	215	DECARUN RZESZÓW	K-16	7	00:15:12	00:34:40.89	+00:14:45 (42.5%)	5:46	10.4 (57.5%)
195	GAWEŁ Marzena	72	PRZEMYSKI KLUB BIEGACZA 5	K-40	14	00:15:54	00:34:42.59	+00:14:47 (42.6%)	5:47	10.4 (57.5%)
196	ŻAK Grzegorz	285	JAK NIE MY TO KTO?	M-40	54	00:15:42	00:34:48.53	+00:14:53 (42.8%)	5:48	10.3 (56.9%)
197	KRÓL Grażyna	127		K-40	15	00:15:19	00:34:52.37	+00:14:56 (42.9%)	5:48	10.3 (56.9%)
198	SKRZYPNIAK Arkadiusz	223		M-16	24	00:14:38	00:34:53.86	+00:14:58 (42.9%)	5:48	10.3 (56.9%)
199	MAZUR Anna	157		K-16	8	00:15:54	00:34:59.03	+00:15:03 (43.0%)	5:49	10.3 (56.9%)
200	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	55	00:14:59	00:34:59.27	+00:15:03 (43.1%)	5:49	10.3 (56.9%)
201	BABINSKA Inga	290	PRZEMYSKI KLUB BIEGACZA	K-40	16	00:15:26	00:34:59.42	+00:15:03 (43.1%)	5:49	10.3 (56.9%)
202	TUTKA Alicja	254	BIŁGORAJ BIEGA	K-30	19	00:15:54	00:35:00.76	+00:15:05 (43.1%)	5:50	10.3 (56.9%)
203	OLSZYK Tadeusz	183	BIEGACZE ŚWINOUJŚCIE	M-60+	4	00:16:11	00:35:05.30	+00:15:09 (43.2%)	5:50	10.3 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
204	BANASIEWICZ Paweł	13	POZYTYWNE ZABIEGANI SANOK	M-30	64	00:15:31	00:35:15.90	+00:15:20 (43.5%)	5:52	10.2 (56.4%)
205	KONIECZNA Joanna	117	POZYTYWNE ZABIEGANI SANOK	K-40	17	00:15:32	00:35:16.39	+00:15:20 (43.5%)	5:52	10.2 (56.4%)
206	MAŚLAK Marzena	152	POZYTYWNE ZABIEGANI SANOK	K-30	20	00:15:05	00:35:17.34	+00:15:21 (43.5%)	5:52	10.2 (56.4%)
207	WACŁAWSKA Bernadetta	256	POZYTYWNE ZABIEGANI SANOK	K-30	21	00:15:05	00:35:17.65	+00:15:22 (43.5%)	5:52	10.2 (56.4%)
208	MAŚLAK Jacek	153	POZYTYWNE ZABIEGANI SANOK	M-40	56	00:15:05	00:35:17.66	+00:15:22 (43.5%)	5:52	10.2 (56.4%)
209	WOLF Weronika	273	3PBOT, POZYTYWNE ZABIEGANI SANOK	K-40	18	00:15:03	00:35:18.14	+00:15:22 (43.6%)	5:53	10.2 (56.4%)
210	MITURA Wojtek	166		M-40	57	00:15:19	00:35:21.87	+00:15:26 (43.7%)	5:53	10.2 (56.4%)
211	BASARAB Grzegorz	17		M-40	58	00:16:11	00:35:30.05	+00:15:34 (43.9%)	5:55	10.1 (55.8%)
212	WASYLÓW Izabela	321	ANTEK TEAM LIPOWICA-PRZEMYŚL	K-30	22	00:15:31	00:35:31.51	+00:15:35 (43.9%)	5:55	10.1 (55.8%)
213	CHMIELEWSKA Beata	295		K-40	19	00:15:48	00:35:38.15	+00:15:42 (44.1%)	5:56	10.1 (55.8%)
214	PERŁOWSKA-ŁOŚ Justyna	193		K-30	23	00:15:41	00:36:11.38	+00:16:15 (44.9%)	6:02	9.9 (54.7%)
215	CUDZIŁO Joanna	41	PKO BANK POLSKI S.A.	K-40	20	00:16:12	00:36:43.16	+00:16:47 (45.7%)	6:07	9.8 (54.1%)
216	KUROPATWA Kazimierz	133	PRZEMYSKI KLUB BIEGACZA	M-60+	5	00:16:21	00:36:47.61	+00:16:52 (45.8%)	6:07	9.8 (54.1%)
217	BRZUSZKO Jacek	32		M-50	13	00:16:27	00:37:03.85	+00:17:08 (46.2%)	6:10	9.7 (53.6%)
218	JAŁOCHA Barbara	96	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:15:43	00:37:04.76	+00:17:09 (46.3%)	6:10	9.7 (53.6%)
219	WILCZYNSKI Mariusz	264	SZLACHETNA PACZKA	M-30	65	00:16:07	00:37:06.59	+00:17:11 (46.3%)	6:11	9.7 (53.6%)
220	WEREMKO Anna	261	MULTIMEDIA RUNNERS PUŁAWY	K-40	21	00:16:32	00:37:06.97	+00:17:11 (46.3%)	6:11	9.7 (53.6%)
221	STEC Konrad	234		M-40	59	00:15:47	00:37:18.27	+00:17:22 (46.6%)	6:13	9.7 (53.6%)
222	SETNIKOWSKI Grzegorz	218		M-60+	6	00:15:26	00:37:31.22	+00:17:35 (46.9%)	6:15	9.6 (53.0%)
223	BIERNACKI Rene	301		M-60+	7	00:17:19	00:37:44.21	+00:17:48 (47.2%)	6:17	9.5 (52.5%)
224	ZBIEĆ Angelika	278	DARFIK TEAM	K-30	24	00:15:43	00:38:02.27	+00:18:06 (47.6%)	6:20	9.5 (52.5%)
225	PRZĄDKA Katarzyna	200		K-30	25	00:15:45	00:38:03.20	+00:18:07 (47.6%)	6:20	9.5 (52.5%)
226	KALINOWSKA Lucyna	105		K-50	4	00:17:19	00:38:05.25	+00:18:09 (47.7%)	6:21	9.4 (51.9%)
227	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:16:25	00:38:05.72	+00:18:10 (47.7%)	6:20	9.5 (52.5%)
228	HARATYK Roksana	90	DZIKIE MUSTANGI	K-30	26	00:16:27	00:38:06.31	+00:18:10 (47.7%)	6:21	9.4 (51.9%)
229	RADYK Joanna	204	PRZEMYSKI KLUB BIEGACZA	K-30	27	00:16:38	00:38:21.26	+00:18:25 (48.0%)	6:23	9.4 (51.9%)
230	PAWŁOWSKA Agnieszka	190	PRZEMYSKI KLUB BIEGACZA	K-40	22	00:16:38	00:38:22.00	+00:18:26 (48.1%)	6:23	9.4 (51.9%)
231	ROHAN Iwona	208	PRZEMYSKI KLUB BIEGACZA	K-30	28	00:16:23	00:38:24.98	+00:18:29 (48.1%)	6:24	9.4 (51.9%)
232	BOJARSKA Renata	27		K-40	23	00:17:17	00:39:18.56	+00:19:23 (49.3%)	6:33	9.2 (50.8%)
233	NYKIEL Krystyna	176	PRZEMYSKI KLUB BIEGACZA	K-50	5	00:17:36	00:40:24.74	+00:20:29 (50.7%)	6:44	8.9 (49.2%)
234	BANAS Małgorzata	306		K-50	6	00:18:22	00:40:32.46	+00:20:36 (50.9%)	6:45	8.9 (49.2%)
235	WĘGRZYNOWICZ-WŁUDZIK Ewelina	262	W23 ARCHITEKCI	K-40	24	00:17:41	00:40:33.63	+00:20:38 (50.9%)	6:45	8.9 (49.2%)
236	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	67	00:17:42	00:40:34.87	+00:20:39 (50.9%)	6:45	8.9 (49.2%)
237	DUDZIŃSKA Zofia	62	BIEGACZE ŚWINOUJŚCIE	K-60+	1	00:18:05	00:40:38.46	+00:20:42 (51.0%)	6:46	8.9 (49.2%)
238	ZBIEĆ Janusz	281	DARFIK TEAM	M-60+	8	00:18:24	00:41:11.46	+00:21:15 (51.6%)	6:51	8.7 (48.1%)
239	ZBIEĆ Bożena	280	DARFIK TEAM	K-50	7	00:18:26	00:41:11.84	+00:21:16 (51.6%)	6:51	8.7 (48.1%)
240	ADAMSKI Łukasz	300	CS	M-30	68	00:11:42	00:41:12.48	+00:21:16 (51.6%)	6:52	8.7 (48.1%)
241	ADAMSKA Agata	299	ORLICA	K-30	29	00:18:26	00:41:27.22	+00:21:31 (51.9%)	6:54	8.7 (48.1%)
242	BROŻYNA Klaudia	30		K-16	9	00:18:33	00:41:46.57	+00:21:51 (52.3%)	6:57	8.6 (47.5%)
243	HOCEK Jakub	91	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	25	00:18:32	00:41:46.69	+00:21:51 (52.3%)	6:57	8.6 (47.5%)
244	MICHNIEWICZ Tadeusz	159	NIEZRZESZONY	M-60+	9	00:18:11	00:42:27.05	+00:22:31 (53.1%)	7:04	8.5 (47.0%)
245	WILECZEK Magdalena	266		K-30	30	00:21:04	00:46:31.46	+00:26:35 (57.2%)	7:45	7.7 (42.5%)