

# NOCNY SPRINT RYSIA - 6 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2021-10-23  
**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	<b>DZIEWIŃSKI Damian</b>	<b>56</b>	POZYTYWNIEM ZABIEGANI SANOK	M-40	1	00:11:40	<b>00:23:39.40</b>		3:56	15.2 (100%)
2	<b>SZMIST Szymon</b>	<b>203</b>	KB ATHLETIC ZREĆIN	M-40	2	00:11:41	<b>00:24:01.25</b>	+00:00:21 (1.5%)	4:00	15 (98.7%)
3	<b>MOTYKA Kamil</b>	<b>146</b>	BIEGANIE NA SPONTANIE	M-30	1	00:12:09	<b>00:24:49.90</b>	+00:01:10 (4.7%)	4:08	14.5 (95.4%)
4	<b>RUCIŃSKI Piotr</b>	<b>184</b>		M-40	3	00:12:19	<b>00:25:20.25</b>	+00:01:40 (6.6%)	4:13	14.2 (93.4%)
5	<b>MAKARSKI Krzysztof</b>	<b>133</b>	BIEGANIE NA SPONTANIE	M-40	4	00:12:28	<b>00:25:46.85</b>	+00:02:07 (8.2%)	4:17	14 (92.1%)
6	<b>SKAWIŃSKI Tomasz</b>	<b>189</b>	POZYTYWNIEM ZABIEGANI SANOK	M-40	5	00:12:38	<b>00:25:52.60</b>	+00:02:13 (8.6%)	4:18	13.9 (91.4%)
7	<b>BURY Maro</b>	<b>30</b>		M-40	6	00:12:44	<b>00:26:02.25</b>	+00:02:22 (9.1%)	4:20	13.8 (90.8%)
8	<b>WEREMKO Grzegorz</b>	<b>221</b>	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	00:12:47	<b>00:26:11.20</b>	+00:02:31 (9.7%)	4:21	13.7 (90.1%)
9	<b>ŁAKOMY Tomasz</b>	<b>125</b>	KRESOWIANIE	M-30	2	00:12:41	<b>00:26:08.55</b>	+00:02:29 (9.5%)	4:21	13.8 (90.8%)
10	<b>WIERZBICKI Janusz</b>	<b>225</b>		M-30	3	00:12:45	<b>00:26:18.90</b>	+00:02:39 (10.1%)	4:23	13.7 (90.1%)
11	<b>JANAS Marcin</b>	<b>86</b>	KB ATHLETIC ZREĆIN	M-40	8	00:13:00	<b>00:26:35.60</b>	+00:02:56 (11.0%)	4:25	13.5 (88.8%)
12	<b>NIEDZIELSKI Dariusz</b>	<b>150</b>	AKTYWNY DYNÓW	M-40	9	00:13:00	<b>00:26:40.45</b>	+00:03:01 (11.3%)	4:26	13.5 (88.8%)
13	<b>KOHUT Dariusz</b>	<b>101</b>	PRZEMYSKI KLUB BIEGACZA	M-40	10	00:13:00	<b>00:26:42.85</b>	+00:03:03 (11.4%)	4:27	13.5 (88.8%)
14	<b>DOMISZEWSKA Maria</b>	<b>252</b>		K-50	1	00:12:50	<b>00:26:45.30</b>	+00:03:05 (11.6%)	4:27	13.5 (88.8%)
15	<b>RADYK Jakub</b>	<b>176</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-30	4	00:12:48	<b>00:26:51.40</b>	+00:03:12 (11.9%)	4:28	13.4 (88.2%)
16	<b>BRENDZOWSKI Adam</b>	<b>242</b>	#ZABIEGANINOCA	M-30	5	00:12:50	<b>00:26:54.65</b>	+00:03:15 (12.1%)	4:29	13.4 (88.2%)
17	<b>BANASIK Krzysztof</b>	<b>11</b>	SZYBKIE I WŚCIEKLI TEAM	M-40	11	00:12:53	<b>00:26:59.70</b>	+00:03:20 (12.4%)	4:29	13.3 (87.5%)
18	<b>CUBER Wojciech</b>	<b>40</b>	#ZABIEGANINOCA	M-30	6	00:13:28	<b>00:27:00.25</b>	+00:03:20 (12.4%)	4:30	13.3 (87.5%)
19	<b>MACIEJKO Rafał</b>	<b>130</b>	KRESOWIANIE	M-40	12	00:12:55	<b>00:27:12.05</b>	+00:03:32 (13.0%)	4:32	13.2 (86.8%)
20	<b>ZABORNIAK Paweł</b>	<b>234</b>	KRESOWIANIE	M-30	7	00:13:02	<b>00:27:18.95</b>	+00:03:39 (13.4%)	4:33	13.2 (86.8%)
21	<b>PIETRASIEWICZ Maciej</b>	<b>163</b>	KRESOWIANIE	M-30	8	00:13:08	<b>00:27:19.45</b>	+00:03:40 (13.4%)	4:33	13.2 (86.8%)
22	<b>ŻELAZKO Kamil</b>	<b>240</b>	CARPATHIAN RUNNERS	M-30	9	00:13:00	<b>00:27:22.85</b>	+00:03:43 (13.6%)	4:33	13.2 (86.8%)
23	<b>OCHYRA Konrad</b>	<b>151</b>	SOLINA TEAM	M-30	10	00:13:20	<b>00:27:32.20</b>	+00:03:52 (14.1%)	4:35	13.1 (86.2%)
24	<b>SOBOL Krystian</b>	<b>192</b>		M-40	13	00:13:17	<b>00:27:42.65</b>	+00:04:03 (14.6%)	4:37	13 (85.5%)
25	<b>BUSZ Jacek</b>	<b>31</b>	OLD SCHOOL TRAIL RUNNING	M-30	11	00:13:06	<b>00:27:46.15</b>	+00:04:06 (14.8%)	4:37	13 (85.5%)
26	<b>JACHIMOWSKI Jarosław</b>	<b>82</b>	POZYTYWNIEM ZABIEGANI SANOK	M-30	12	00:13:31	<b>00:27:51.05</b>	+00:04:11 (15.1%)	4:38	12.9 (84.9%)
27	<b>STADNIK Wojciech</b>	<b>196</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-50	1	00:13:35	<b>00:27:56.90</b>	+00:04:17 (15.4%)	4:39	12.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	<b>HULIN Sebastian</b>	<b>78</b>	KOMENDA MIEJSKA POLICJI W KATOWICACH	M-40	14	00:13:42	<b>00:28:05.90</b>	+00:04:26 (15.8%)	4:40	12.8 (84.2%)
29	<b>BODNAR Krystian</b>	<b>22</b>		M-16	1	00:13:40	<b>00:28:10.55</b>	+00:04:31 (16.0%)	4:41	12.8 (84.2%)
30	<b>JASTRZĄB Piotr</b>	<b>89</b>	DEKAN LESKO	M-50	2	00:13:50	<b>00:28:11.75</b>	+00:04:32 (16.1%)	4:41	12.8 (84.2%)
31	<b>MEJER Jacek</b>	<b>250</b>	DRUŻYNA SZPIKU	M-30	13	00:14:17	<b>00:28:14.30</b>	+00:04:34 (16.2%)	4:42	12.8 (84.2%)
32	<b>MAJCHER Damian</b>	<b>132</b>		M-30	14	00:14:12	<b>00:28:16.50</b>	+00:04:37 (16.3%)	4:42	12.7 (83.6%)
33	<b>SZKODA Robert</b>	<b>201</b>	BIEGANIE NA SPONTANIE	M-30	15	00:13:33	<b>00:28:26.75</b>	+00:04:47 (16.8%)	4:44	12.7 (83.6%)
34	<b>ROGAŁA Grzegorz</b>	<b>181</b>		M-40	15	00:13:44	<b>00:28:37.20</b>	+00:04:57 (17.3%)	4:46	12.6 (82.9%)
35	<b>FORJASZ Przemek</b>	<b>61</b>		M-30	16	00:14:26	<b>00:28:37.90</b>	+00:04:58 (17.4%)	4:46	12.6 (82.9%)
36	<b>BURAK Bartłomiej</b>	<b>29</b>	PRZEMYSKI KLUB BIEGACZA RSB	M-16	2	00:14:26	<b>00:28:38.40</b>	+00:04:59 (17.4%)	4:46	12.6 (82.9%)
37	<b>TRĘBSKI Krzysztof</b>	<b>215</b>	#ZABIEGANINOCA	M-40	16	00:13:45	<b>00:28:38.70</b>	+00:04:59 (17.4%)	4:46	12.6 (82.9%)
38	<b>ZATOR Janusz</b>	<b>238</b>	DĘBICKIE GEPARDY	M-50	3	00:13:44	<b>00:28:57.90</b>	+00:05:18 (18.3%)	4:49	12.4 (81.6%)
39	<b>ŚLIWA Anna</b>	<b>209</b>	KRESOWIANIE	K-40	1	00:13:50	<b>00:29:04.30</b>	+00:05:24 (18.6%)	4:50	12.4 (81.6%)
40	<b>BANASIK Monika</b>	<b>10</b>	SZYBKE I WŚCIEKLI TEAM	K-30	1	00:14:00	<b>00:29:27.10</b>	+00:05:47 (19.7%)	4:54	12.2 (80.3%)
41	<b>KŁÓSEK Paweł</b>	<b>99</b>	DĘBICKIE GEPARDY	M-40	17	00:14:29	<b>00:29:31.00</b>	+00:05:51 (19.9%)	4:55	12.2 (80.3%)
42	<b>MOSKOWICZ Stefan</b>	<b>145</b>	PRZEMYSKI KLUB BIEGACZA 2	M-60+	1	00:14:35	<b>00:29:44.75</b>	+00:06:05 (20.5%)	4:57	12.1 (79.6%)
43	<b>KRAWIEC Alan</b>	<b>110</b>		M-16	3	00:14:19	<b>00:29:44.85</b>	+00:06:05 (20.5%)	4:57	12.1 (79.6%)
44	<b>GAWORECKI Tomasz</b>	<b>70</b>	POZYTYWNIE ZABIEGANI SANOK	M-40	18	00:14:25	<b>00:29:45.95</b>	+00:06:06 (20.5%)	4:57	12.1 (79.6%)
45	<b>ANTOSZ Bogdan</b>	<b>2</b>		M-50	4	00:14:07	<b>00:29:46.55</b>	+00:06:07 (20.6%)	4:57	12.1 (79.6%)
46	<b>RĘPAŁSKA Agata</b>	<b>180</b>	DZIKIE MUSTANGI	K-30	2	00:14:34	<b>00:29:57.30</b>	+00:06:17 (21.0%)	4:59	12 (78.9%)
47	<b>ROŚĆ Dawid</b>	<b>182</b>	ROKAN	M-40	19	00:14:27	<b>00:30:05.65</b>	+00:06:26 (21.4%)	5:00	12 (78.9%)
48	<b>MITURA Wojtek</b>	<b>143</b>		M-40	20	00:14:27	<b>00:30:14.70</b>	+00:06:35 (21.8%)	5:02	11.9 (78.3%)
49	<b>WAGNER Tomasz</b>	<b>219</b>	KRESOWIANIE	M-30	17	00:14:33	<b>00:30:33.50</b>	+00:06:54 (22.6%)	5:05	11.8 (77.6%)
50	<b>ŚNIEŻEK Piotr</b>	<b>211</b>	PRZEMYSKI KLUB BIEGACZA	M-50	5	00:14:54	<b>00:30:36.95</b>	+00:06:57 (22.7%)	5:06	11.8 (77.6%)
51	<b>GAJEK Grzegorz</b>	<b>67</b>	BIEGANIE NA SPONTANIE	M-40	21	00:14:48	<b>00:30:39.65</b>	+00:07:00 (22.8%)	5:06	11.7 (77.0%)
52	<b>ZASADZIŃSKA Barbara</b>	<b>237</b>	SZYBKE I WŚCIEKLI TEAM	K-40	2	00:14:29	<b>00:30:45.60</b>	+00:07:06 (23.1%)	5:07	11.7 (77.0%)
53	<b>HUTNIK Krzysiek</b>	<b>80</b>	ZERWANIE Z ŁAŃCUCHA	M-30	18	00:15:17	<b>00:30:46.80</b>	+00:07:07 (23.1%)	5:07	11.7 (77.0%)
54	<b>ŚWICIŃSKI Rafał</b>	<b>131</b>		M-16	4	00:14:40	<b>00:30:48.55</b>	+00:07:09 (23.2%)	5:08	11.7 (77.0%)
54	<b>GAJEK Magdalena</b>	<b>68</b>	BIEGANIE NA SPONTANIE	K-40	3	00:14:59	<b>00:30:48.55</b>	+00:07:09 (23.2%)	5:08	11.7 (77.0%)
56	<b>LITWINEK Marek</b>	<b>121</b>		M-40	22	00:14:57	<b>00:30:49.60</b>	+00:07:10 (23.3%)	5:08	11.7 (77.0%)
57	<b>KRUSZYŃSKI Marek</b>	<b>114</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	6	00:14:55	<b>00:30:50.25</b>	+00:07:10 (23.3%)	5:08	11.7 (77.0%)
58	<b>ZDEB Maciej</b>	<b>239</b>	PIĘKNE I BRODACZE	M-30	19	00:14:56	<b>00:30:57.65</b>	+00:07:18 (23.6%)	5:09	11.6 (76.3%)
59	<b>ŁAWNICZAK Justyna</b>	<b>129</b>	#ZABIEGANINOCA	K-30	3	00:15:15	<b>00:30:59.35</b>	+00:07:19 (23.7%)	5:09	11.6 (76.3%)
60	<b>MAZUR Ireneusz</b>	<b>136</b>	DĘBICKIE GEPARDY	M-40	23	00:14:44	<b>00:31:02.20</b>	+00:07:22 (23.8%)	5:10	11.6 (76.3%)
61	<b>SURMAN Mariusz</b>	<b>197</b>	DZIKIE MUSTANGI	M-30	20	00:14:59	<b>00:31:19.05</b>	+00:07:39 (24.5%)	5:13	11.5 (75.7%)
62	<b>SUSABOWSKI Andrzej</b>	<b>199</b>	BĘDZIE LEPIEJ	M-40	24	00:14:35	<b>00:31:29.30</b>	+00:07:49 (24.9%)	5:14	11.4 (75.0%)
63	<b>PODOLAK Paweł</b>	<b>167</b>	KAMIEŃ DWERNIK TRAIL	M-30	21	00:15:03	<b>00:31:29.85</b>	+00:07:50 (24.9%)	5:14	11.4 (75.0%)
64	<b>SIENKO Łukasz</b>	<b>188</b>	AKTYWNY DYNÓW	M-30	22	00:15:17	<b>00:31:33.70</b>	+00:07:54 (25.0%)	5:15	11.4 (75.0%)
65	<b>FUTYMA Michał</b>	<b>65</b>	DRUŻYNA FUTYMA!!!	M-40	25	00:15:48	<b>00:31:38.85</b>	+00:07:59 (25.2%)	5:16	11.4 (75.0%)
66	<b>ŚWIĘCH Anna</b>	<b>212</b>	DZIKIE MUSTANGI	K-40	4	00:15:25	<b>00:31:41.00</b>	+00:08:01 (25.3%)	5:16	11.4 (75.0%)
67	<b>KUBICKI Łukasz</b>	<b>116</b>	KB ATHLETIC ZRĘCIN	M-30	23	00:14:54	<b>00:31:47.60</b>	+00:08:08 (25.6%)	5:17	11.3 (74.3%)
68	<b>LEŚNIAK-POPIEL Marta</b>	<b>118</b>	POZYTYWNIE ZABIEGANI SANOK	K-40	5	00:15:37	<b>00:32:03.10</b>	+00:08:23 (26.2%)	5:20	11.2 (73.7%)
69	<b>PREISNER Renata</b>	<b>173</b>		K-50	2	00:15:26	<b>00:32:08.55</b>	+00:08:29 (26.4%)	5:21	11.2 (73.7%)
70	<b>BAL Barbara</b>	<b>8</b>	DRUŻYNA B	K-40	6	00:15:44	<b>00:32:14.30</b>	+00:08:34 (26.6%)	5:22	11.2 (73.7%)
71	<b>GWOZDA Grzegorz</b>	<b>73</b>	KRESOWIANIE	M-40	26	00:15:47	<b>00:32:18.85</b>	+00:08:39 (26.8%)	5:23	11.1 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
72	<b>ŁAPIŃSKA Anna</b>	<b>127</b>	SZYBKIE I WŚCIEKLI TEAM	K-40	7	00:15:20	<b>00:32:23.10</b>	+00:08:43 (27.0%)	5:23	11.1 (73.0%)
73	<b>SMAGACZ Henryk</b>	<b>190</b>	DĘBICKIE GEPARDY	M-60+	2	00:15:31	<b>00:32:25.05</b>	+00:08:45 (27.0%)	5:24	11.1 (73.0%)
74	<b>SAJ Paweł</b>	<b>186</b>	DZIKIE MUSTANGI	M-30	24	00:15:37	<b>00:32:26.45</b>	+00:08:47 (27.1%)	5:24	11.1 (73.0%)
75	<b>WAJCOWICZ Witold</b>	<b>220</b>	POZYTYWNIE ZABIEGANI SANOK	M-40	27	00:15:35	<b>00:32:35.80</b>	+00:08:56 (27.4%)	5:25	11 (72.4%)
76	<b>BILIŃSKI Tomasz</b>	<b>17</b>	DRUŻYNA B	M-40	28	00:16:07	<b>00:32:38.80</b>	+00:08:59 (27.5%)	5:26	11 (72.4%)
77	<b>ARCISZEWSKI Michał</b>	<b>4</b>	DZIKIE MUSTANGI	M-30	25	00:15:43	<b>00:32:49.55</b>	+00:09:10 (27.9%)	5:28	11 (72.4%)
78	<b>GÓRA Agnieszka</b>	<b>162</b>	#ZABIEGANINOCA	K-40	8	00:15:45	<b>00:32:50.95</b>	+00:09:11 (28.0%)	5:28	11 (72.4%)
79	<b>POŹNIAK Grzegorz</b>	<b>171</b>	DRUŻYNA B	M-40	29	00:16:06	<b>00:32:58.65</b>	+00:09:19 (28.3%)	5:29	10.9 (71.7%)
80	<b>CZEKAŃSKI Wojciech</b>	<b>46</b>	GRUPA POSCIGOWA	M-40	30	00:16:08	<b>00:33:02.20</b>	+00:09:22 (28.4%)	5:30	10.9 (71.7%)
81	<b>BEŁCH Michał</b>	<b>14</b>	DECARUN RZESZÓW	M-30	26	00:15:48	<b>00:33:21.05</b>	+00:09:41 (29.1%)	5:33	10.8 (71.1%)
82	<b>KRZYWDA Konrad</b>	<b>115</b>	DZIKIE MUSTANGI	M-16	5	00:15:48	<b>00:33:22.00</b>	+00:09:42 (29.1%)	5:33	10.8 (71.1%)
83	<b>WOJTANOWSKI Damian</b>	<b>229</b>	OTRYT LUTOWISKA	M-40	31	00:16:14	<b>00:33:30.50</b>	+00:09:51 (29.4%)	5:35	10.7 (70.4%)
84	<b>KACZMARSKI Wojciech</b>	<b>90</b>	K&O TEAM/ KACZMARSKI TEAM	M-40	32	00:16:14	<b>00:33:32.55</b>	+00:09:53 (29.5%)	5:35	10.7 (70.4%)
85	<b>KRUKOWSKI Robert</b>	<b>113</b>	PLATINIUM CROSS ZAMOŚĆ	M-40	33	00:15:43	<b>00:33:33.50</b>	+00:09:54 (29.5%)	5:35	10.7 (70.4%)
86	<b>STADNIK Renata</b>	<b>195</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-50	3	00:16:18	<b>00:33:37.20</b>	+00:09:57 (29.6%)	5:36	10.7 (70.4%)
87	<b>BAL Robert</b>	<b>9</b>	DRUŻYNA B	M-40	34	00:16:11	<b>00:33:39.05</b>	+00:09:59 (29.7%)	5:36	10.7 (70.4%)
88	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>231</b>	DRUŻYNA B	K-40	9	00:16:19	<b>00:33:39.80</b>	+00:10:00 (29.7%)	5:36	10.7 (70.4%)
89	<b>WOLF Weronika</b>	<b>230</b>	POZYTYWNIE ZABIEGANI SANOK	K-40	10	00:16:07	<b>00:33:44.60</b>	+00:10:05 (29.9%)	5:37	10.7 (70.4%)
90	<b>KOLANKO Michał</b>	<b>255</b>	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	27	00:16:18	<b>00:34:01.35</b>	+00:10:21 (30.5%)	5:40	10.6 (69.7%)
91	<b>WYSKIEL Maciej</b>	<b>233</b>	AKTYWNY DYNÓW	M-40	35	00:16:21	<b>00:34:04.05</b>	+00:10:24 (30.6%)	5:40	10.6 (69.7%)
92	<b>BOCHENEK Wiktoria</b>	<b>20</b>	STALOWOWOLSKI KLUB BIEGACZA	K-30	4	00:16:00	<b>00:34:19.15</b>	+00:10:39 (31.1%)	5:43	10.5 (69.1%)
93	<b>KRAWCZYK Jan</b>	<b>108</b>	KLUB POD WISIENKĄ	M-30	28	00:16:43	<b>00:34:20.60</b>	+00:10:41 (31.1%)	5:43	10.5 (69.1%)
94	<b>FEDAK Bohdan</b>	<b>57</b>	KB ATHLETIC ZRĘCIN	M-40	36	00:16:43	<b>00:34:21.00</b>	+00:10:41 (31.1%)	5:43	10.5 (69.1%)
95	<b>CZAJKA Tomasz</b>	<b>45</b>		M-40	37	00:16:30	<b>00:34:23.20</b>	+00:10:43 (31.2%)	5:43	10.5 (69.1%)
96	<b>SOPEL Wiesław</b>	<b>194</b>	KRESOWIANIE	M-50	7	00:16:40	<b>00:34:23.65</b>	+00:10:44 (31.2%)	5:43	10.5 (69.1%)
97	<b>KLIMOWICZ Sylwia</b>	<b>256</b>		K-16	1	00:16:29	<b>00:34:39.65</b>	+00:11:00 (31.7%)	5:46	10.4 (68.4%)
98	<b>CHOMISZCZAK Bogdan</b>	<b>37</b>	POZYTYWNIE ZABIEGANI SANOK	M-50	8	00:16:43	<b>00:34:42.95</b>	+00:11:03 (31.9%)	5:47	10.4 (68.4%)
99	<b>MUCHA Łukasz</b>	<b>149</b>		M-40	38	00:16:56	<b>00:34:59.55</b>	+00:11:20 (32.4%)	5:49	10.3 (67.8%)
100	<b>OCHYRA Krzysztof</b>	<b>152</b>		M-50	9	00:16:33	<b>00:35:00.45</b>	+00:11:21 (32.4%)	5:50	10.3 (67.8%)
101	<b>DOPART Tomasz</b>	<b>51</b>	KAMIEŃ DWERNIK	M-40	39	00:17:01	<b>00:35:11.15</b>	+00:11:31 (32.8%)	5:51	10.2 (67.1%)
102	<b>RYBIŃSKI Grzegorz</b>	<b>185</b>	BIEGAM BO LUBIĘ	M-40	40	00:17:02	<b>00:35:12.25</b>	+00:11:32 (32.8%)	5:52	10.2 (67.1%)
103	<b>CHMIELEWSKI Krzysztof</b>	<b>35</b>		M-50	10	00:17:28	<b>00:35:17.60</b>	+00:11:38 (33.0%)	5:52	10.2 (67.1%)
104	<b>OCHYRA Karolina</b>	<b>153</b>		K-16	2	00:17:10	<b>00:35:18.35</b>	+00:11:38 (33.0%)	5:53	10.2 (67.1%)
105	<b>ŁUCZYCKA Iwona</b>	<b>254</b>	POZYTYWNIE ZABIEGANI SANOK	K-40	11	00:16:54	<b>00:35:20.65</b>	+00:11:41 (33.1%)	5:53	10.2 (67.1%)
106	<b>POLAŃSKI Tomasz</b>	<b>169</b>	PRZEMYSKI KLUB BIEGACZA 2	M-50	11	00:16:16	<b>00:35:25.95</b>	+00:11:46 (33.2%)	5:54	10.2 (67.1%)
107	<b>ZAWADA Rafał</b>	<b>41</b>		M-30	29	00:16:34	<b>00:35:29.55</b>	+00:11:50 (33.3%)	5:54	10.1 (66.4%)
108	<b>PODOLAK Zbigniew</b>	<b>165</b>	TOWARZYSTWO SZWEJKOWSKIE	M-60+	3	00:16:35	<b>00:35:36.25</b>	+00:11:56 (33.6%)	5:56	10.1 (66.4%)
109	<b>SIEDLACZEK Zbigniew</b>	<b>187</b>		M-60+	4	00:17:17	<b>00:35:39.60</b>	+00:12:00 (33.7%)	5:56	10.1 (66.4%)
110	<b>BOCEK Sławomir</b>	<b>19</b>	WATAHA	M-40	41	00:17:01	<b>00:35:46.20</b>	+00:12:06 (33.9%)	5:57	10.1 (66.4%)
111	<b>OLEKSZYK Joanna</b>	<b>156</b>	DECARUN RZESZÓW	K-16	3	00:17:02	<b>00:35:49.20</b>	+00:12:09 (34.0%)	5:58	10.1 (66.4%)
112	<b>BUKSA Tomasz</b>	<b>27</b>	PRZEMYSKI KLUB BIEGACZA 2	M-30	30	00:16:56	<b>00:35:50.20</b>	+00:12:10 (34.0%)	5:58	10 (65.8%)
113	<b>BUKSA Andzelika</b>	<b>28</b>	PRZEMYSKI KLUB BIEGACZA 2	K-40	12	00:16:57	<b>00:35:51.05</b>	+00:12:11 (34.0%)	5:58	10 (65.8%)
114	<b>FLOREK Wojtek</b>	<b>58</b>	DZIKIE MUSTANGI	M-30	31	00:17:37	<b>00:36:09.55</b>	+00:12:30 (34.6%)	6:01	10 (65.8%)
115	<b>JAKUBOWSKI Daniel</b>	<b>83</b>	NOCNY BÓR TEAM	M-40	42	00:16:52	<b>00:36:09.90</b>	+00:12:30 (34.6%)	6:01	10 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
116	<b>MICKIEWICZ Adam</b>	<b>138</b>		M-50	12	00:17:28	<b>00:36:20.20</b>	+00:12:40 (34.9%)	6:03	9.9 (65.1%)
117	<b>CENGIEL Mateusz</b>	<b>32</b>	5 BSP	M-16	6	00:18:41	<b>00:36:37.50</b>	+00:12:58 (35.4%)	6:06	9.8 (64.5%)
118	<b>ROZENBAJGIER Sebastian</b>	<b>183</b>	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	32	00:18:37	<b>00:36:39.10</b>	+00:12:59 (35.5%)	6:06	9.8 (64.5%)
119	<b>PECKA Krzysztof</b>	<b>260</b>	SOLINA TEAM	M-40	43	00:17:31	<b>00:36:59.10</b>	+00:13:19 (36.0%)	6:09	9.7 (63.8%)
120	<b>KOPCZYK Waldemar</b>	<b>103</b>	SZYBKIE I WŚCIEKLI TEAM	M-50	13	00:17:57	<b>00:37:04.50</b>	+00:13:25 (36.2%)	6:10	9.7 (63.8%)
121	<b>OŻÓG Jacek</b>	<b>157</b>	UCZESTNIK INDYWIDUALNY	M-40	44	00:16:58	<b>00:37:05.10</b>	+00:13:25 (36.2%)	6:10	9.7 (63.8%)
122	<b>SZMIST Jadzia</b>	<b>202</b>	KB ATHLETIC ZRĘCIN	K-40	13	00:17:50	<b>00:37:07.30</b>	+00:13:27 (36.3%)	6:11	9.7 (63.8%)
123	<b>ŁASKAWSKA Justyna</b>	<b>128</b>		K-40	14	00:17:51	<b>00:37:20.20</b>	+00:13:40 (36.6%)	6:13	9.6 (63.2%)
124	<b>MAZUR Kinga</b>	<b>137</b>	DĘBICKIE GEPARDY	K-30	5	00:17:34	<b>00:37:47.25</b>	+00:14:07 (37.4%)	6:17	9.5 (62.5%)
125	<b>UJEJSKI Filip</b>	<b>216</b>	4 BATALION STRZELCÓW PODHALAŃSKICH	M-16	7	00:18:40	<b>00:37:56.85</b>	+00:14:17 (37.7%)	6:19	9.5 (62.5%)
126	<b>HOCEK Jakub</b>	<b>76</b>	5 BSP	M-16	8	00:18:42	<b>00:37:57.55</b>	+00:14:18 (37.7%)	6:19	9.5 (62.5%)
127	<b>CHODNICKI Radosław</b>	<b>36</b>	BĘDZIE LEPIEJ	M-40	45	00:17:58	<b>00:38:02.55</b>	+00:14:23 (37.8%)	6:20	9.5 (62.5%)
128	<b>MIKUSEK Ryszard</b>	<b>141</b>	BĘDZIE LEPIEJ	M-40	46	00:17:46	<b>00:38:19.80</b>	+00:14:40 (38.3%)	6:23	9.4 (61.8%)
129	<b>BIEDROŃ Wojciech</b>	<b>16</b>		M-40	47	00:18:04	<b>00:38:33.05</b>	+00:14:53 (38.6%)	6:25	9.3 (61.2%)
130	<b>BORCZ Marcin</b>	<b>23</b>	DIP-MAR MARCIN BORCZ	M-30	33	00:18:10	<b>00:38:41.50</b>	+00:15:02 (38.9%)	6:26	9.3 (61.2%)
131	<b>FORNEK Paulina</b>	<b>63</b>	DZIKIE MUSTANGI	K-16	4	00:18:47	<b>00:38:55.55</b>	+00:15:16 (39.2%)	6:29	9.3 (61.2%)
132	<b>BARTOSZEK Bogdan</b>	<b>13</b>		M-50	14	00:19:00	<b>00:39:11.70</b>	+00:15:32 (39.6%)	6:31	9.2 (60.5%)
133	<b>BABIŃSKA Inga</b>	<b>6</b>	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:19:08	<b>00:39:13.55</b>	+00:15:34 (39.7%)	6:32	9.2 (60.5%)
134	<b>LEWICKIJ Yurii</b>	<b>119</b>	'STRIYSKI KHVOSTY'	M-40	48	00:18:31	<b>00:39:29.80</b>	+00:15:50 (40.1%)	6:34	9.1 (59.9%)
135	<b>CZAJKA Renata</b>	<b>44</b>	DZIKIE MORSY	K-40	16	00:18:59	<b>00:39:30.90</b>	+00:15:51 (40.1%)	6:35	9.1 (59.9%)
136	<b>ŚNIEŻEK Lidia</b>	<b>210</b>	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:18:39	<b>00:39:36.20</b>	+00:15:56 (40.3%)	6:36	9.1 (59.9%)
137	<b>MROCZEK Bartek</b>	<b>147</b>	WŁUCZYKIJE	M-40	49	00:18:56	<b>00:39:38.85</b>	+00:15:59 (40.3%)	6:36	9.1 (59.9%)
138	<b>MROCZEK Sylwia</b>	<b>257</b>		K-30	6	00:18:57	<b>00:39:38.95</b>	+00:15:59 (40.3%)	6:36	9.1 (59.9%)
139	<b>WEREMKO Anna</b>	<b>222</b>	MULTIMEDIA RUNNERS PUŁAWY	K-50	4	00:18:59	<b>00:39:41.50</b>	+00:16:02 (40.4%)	6:36	9.1 (59.9%)
140	<b>WOJTANOWSKI Andrzej</b>	<b>228</b>	MORSOLINY	M-50	15	00:18:38	<b>00:39:54.35</b>	+00:16:14 (40.7%)	6:39	9 (59.2%)
141	<b>SUSABOWSKA Asia</b>	<b>198</b>	BĘDZIE LEPIEJ	K-40	18	00:18:34	<b>00:40:00.80</b>	+00:16:21 (40.9%)	6:40	9 (59.2%)
142	<b>CHMIELEWSKA Beata</b>	<b>34</b>		K-50	5	00:19:24	<b>00:40:14.30</b>	+00:16:34 (41.2%)	6:42	8.9 (58.6%)
143	<b>SOJA Tomasz</b>	<b>193</b>	BRAK	M-50	16	00:19:40	<b>00:40:36.70</b>	+00:16:57 (41.7%)	6:46	8.9 (58.6%)
144	<b>WÓJTOWICZ Paweł</b>	<b>232</b>	LUBLIN BIEGA	M-40	50	00:18:57	<b>00:40:43.30</b>	+00:17:03 (41.9%)	6:47	8.8 (57.9%)
145	<b>FOLTA Anita</b>	<b>59</b>	GRUPA BIEGOWA ZARSZYN	K-50	6	00:19:36	<b>00:41:29.65</b>	+00:17:50 (43.0%)	6:54	8.7 (57.2%)
146	<b>FOLTA Jan</b>	<b>60</b>	GRUPA BIEGOWA ZARSZYN	M-50	17	00:19:37	<b>00:41:30.25</b>	+00:17:50 (43.0%)	6:55	8.7 (57.2%)
147	<b>RADYK Joanna</b>	<b>177</b>	PRZEMYSKI KLUB BIEGACZA RSB	K-30	7	00:19:49	<b>00:42:14.20</b>	+00:18:34 (44.0%)	7:02	8.5 (55.9%)
148	<b>POLAŃSKA Bogusława</b>	<b>168</b>	PRZEMYSKI KLUB BIEGACZA	K-50	7	00:19:50	<b>00:42:16.35</b>	+00:18:36 (44.0%)	7:02	8.5 (55.9%)
149	<b>PIETRASIEWICZ Beata</b>	<b>164</b>	KRESOWIANIE	K-16	5	00:20:39	<b>00:44:01.55</b>	+00:20:22 (46.3%)	7:20	8.2 (53.9%)
150	<b>ŁAKOMA Małgorzata</b>	<b>124</b>	KRESOWIANIE	K-30	8	00:20:38	<b>00:44:01.80</b>	+00:20:22 (46.3%)	7:20	8.2 (53.9%)
151	<b>GRADOWSKA Katarzyna</b>	<b>71</b>	PRZEMYSKI KLUB BIEGACZA	K-40	19	00:19:46	<b>00:44:07.90</b>	+00:20:28 (46.4%)	7:21	8.2 (53.9%)
152	<b>KALIN Kamil</b>	<b>91</b>		M-30	34	00:20:33	<b>00:45:15.30</b>	+00:21:35 (47.7%)	7:32	8 (52.6%)
153	<b>CZERWIŃSKA Małgorzata</b>	<b>48</b>	JUMPING STARS TEAM	K-40	20	00:22:03	<b>00:46:50.75</b>	+00:23:11 (49.5%)	7:48	7.7 (50.7%)
154	<b>DROŃ Bernadeta</b>	<b>53</b>		K-40	21	00:22:04	<b>00:46:51.45</b>	+00:23:12 (49.5%)	7:48	7.7 (50.7%)
155	<b>RADYK Anna</b>	<b>178</b>	PRZEMYSKI KLUB BIEGACZA	K-16	6	00:27:45	<b>00:51:31.40</b>	+00:27:52 (54.1%)	8:35	7 (46.1%)

Znaleziono 155 wynik(ów)