



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: M-30

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

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



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:09:20	00:21:02.58		3:30	17.1 (100%)
2	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	2	00:09:41	00:21:31.40	+00:00:28 (2.2%)	3:35	16.7 (97.7%)
3	GŁUSZKO Przemysław	302	SOLINA TEAM	M-30	3	00:10:04	00:22:33.67	+00:01:31 (6.7%)	3:45	16 (93.6%)
4	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	4	00:10:18	00:22:36.71	+00:01:34 (6.9%)	3:46	15.9 (93.0%)
5	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	5	00:10:13	00:22:41.54	+00:01:38 (7.3%)	3:47	15.9 (93.0%)
6	RUCIŃSKI Piotr	211		M-30	6	00:10:10	00:22:42.35	+00:01:39 (7.3%)	3:47	15.9 (93.0%)
7	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	7	00:10:34	00:22:55.25	+00:01:52 (8.2%)	3:49	15.7 (91.8%)
8	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	8	00:10:35	00:23:19.70	+00:02:17 (9.8%)	3:53	15.4 (90.1%)
9	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	9	00:10:43	00:23:26.06	+00:02:23 (10.2%)	3:54	15.4 (90.1%)
10	WIERZBICKI Janusz	263		M-30	10	00:10:32	00:23:37.43	+00:02:34 (10.9%)	3:56	15.2 (88.9%)
11	WASYLÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	11	00:11:09	00:23:38.41	+00:02:35 (11.0%)	3:56	15.2 (88.9%)
12	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	12	00:10:47	00:23:42.46	+00:02:39 (11.2%)	3:57	15.2 (88.9%)
13	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	13	00:10:54	00:23:50.07	+00:02:47 (11.7%)	3:58	15.1 (88.3%)
14	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	14	00:10:42	00:23:57.77	+00:02:55 (12.2%)	3:59	15 (87.7%)
15	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:10:41	00:24:06.90	+00:03:04 (12.7%)	4:01	14.9 (87.1%)
16	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	16	00:10:36	00:24:19.68	+00:03:17 (13.5%)	4:03	14.8 (86.5%)
17	CHODOWIEC Emil	39		M-30	17	00:11:16	00:24:25.35	+00:03:22 (13.8%)	4:04	14.7 (86.0%)
18	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	18	00:10:58	00:24:33.16	+00:03:30 (14.3%)	4:05	14.7 (86.0%)
19	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	19	00:11:09	00:24:36.91	+00:03:34 (14.5%)	4:06	14.6 (85.4%)
20	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	20	00:11:10	00:24:38.15	+00:03:35 (14.6%)	4:06	14.6 (85.4%)
21	ĆWIAKAŁA Michał	46	ATHLETIC ZRĘCIN	M-30	21	00:10:47	00:24:39.48	+00:03:36 (14.7%)	4:06	14.6 (85.4%)
22	TUTKA Dominik	253	NALEŚNIKI	M-30	22	00:11:13	00:24:39.95	+00:03:37 (14.7%)	4:06	14.6 (85.4%)
23	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	23	00:11:06	00:24:40.07	+00:03:37 (14.7%)	4:06	14.6 (85.4%)
24	JACHIMOWSKI Jarosław	94	POZYTYWNIIE ZABIEGANI SANOK	M-30	24	00:11:00	00:25:39.73	+00:04:37 (18.0%)	4:16	14 (81.9%)
25	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	25	00:12:07	00:25:50.81	+00:04:48 (18.6%)	4:18	13.9 (81.3%)
26	GAWORECKI Tomasz	73	POZYTYWNIIE ZABIEGANI SANOK	M-30	26	00:11:35	00:25:54.94	+00:04:52 (18.8%)	4:19	13.9 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
27	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	27	00:11:57	00:25:56.35	+00:04:53 (18.9%)	4:19	13.9 (81.3%)
28	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	28	00:11:50	00:26:11.03	+00:05:08 (19.6%)	4:21	13.7 (80.1%)
29	SZYSZŁO Tomasz	251	POZYTYWNI ZABIEGANI SANOK	M-30	29	00:12:03	00:26:36.36	+00:05:33 (20.9%)	4:26	13.5 (78.9%)
30	ZBIĘC Dariusz	279	DARFIK TEAM	M-30	30	00:11:41	00:26:44.30	+00:05:41 (21.3%)	4:27	13.5 (78.9%)
31	KOCZYK Artur	114		M-30	31	00:12:26	00:26:54.96	+00:05:52 (21.8%)	4:29	13.4 (78.4%)
32	HANDZIAK Tomasz	89		M-30	32	00:13:17	00:27:21.73	+00:06:19 (23.1%)	4:33	13.2 (77.2%)
33	JARACZ Marcin	291		M-30	33	00:12:02	00:27:39.24	+00:06:36 (23.9%)	4:36	13 (76.0%)
34	KUBICKI Łukasz	131	KUBICCY	M-30	34	00:12:50	00:27:53.20	+00:06:50 (24.5%)	4:38	12.9 (75.4%)
35	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	35	00:13:06	00:28:09.44	+00:07:06 (25.3%)	4:41	12.8 (74.9%)
36	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	36	00:13:30	00:28:23.03	+00:07:20 (25.9%)	4:43	12.7 (74.3%)
37	KRUKOWSKI Robert	129	PLATINIUM CROSS ZAMOŚĆ	M-30	37	00:13:09	00:28:25.35	+00:07:22 (26.0%)	4:44	12.7 (74.3%)
38	SUSABOWSKI Andrzej	238		M-30	38	00:12:34	00:28:48.03	+00:07:45 (26.9%)	4:48	12.5 (73.1%)
39	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	39	00:12:38	00:28:48.81	+00:07:46 (27.0%)	4:48	12.5 (73.1%)
40	BEŁCH Michał	19		M-30	40	00:12:38	00:28:54.37	+00:07:51 (27.2%)	4:49	12.4 (72.5%)
41	KUZŁO Andrzej	136		M-30	41	00:13:07	00:29:15.35	+00:08:12 (28.1%)	4:52	12.3 (71.9%)
42	MARUT Wojciech	151	PWN	M-30	42	00:12:36	00:29:24.35	+00:08:21 (28.4%)	4:54	12.2 (71.3%)
43	KOWALCZYK Sylwester	298	ORZEŁ	M-30	43	00:13:30	00:29:25.15	+00:08:22 (28.5%)	4:54	12.2 (71.3%)
44	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	44	00:12:52	00:29:25.50	+00:08:22 (28.5%)	4:54	12.2 (71.3%)
45	BACH Dawid	8	MSR	M-30	45	00:13:20	00:29:33.05	+00:08:30 (28.8%)	4:55	12.2 (71.3%)
46	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	46	00:13:20	00:29:33.44	+00:08:30 (28.8%)	4:55	12.2 (71.3%)
47	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	47	00:13:18	00:29:46.33	+00:08:43 (29.3%)	4:57	12.1 (70.8%)
48	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	48	00:13:26	00:30:03.20	+00:09:00 (30.0%)	5:00	12 (70.2%)
49	WILECZEK Antoni	265		M-30	49	00:13:58	00:30:11.88	+00:09:09 (30.3%)	5:01	11.9 (69.6%)
50	WOJTOWICZ Tomasz	272		M-30	50	00:13:19	00:30:24.80	+00:09:22 (30.8%)	5:04	11.8 (69.0%)
51	LENIART Mirek	138		M-30	51	00:14:02	00:30:36.17	+00:09:33 (31.2%)	5:06	11.8 (69.0%)
52	KŁOCEK Konrad	111		M-30	52	00:13:59	00:30:36.32	+00:09:33 (31.2%)	5:06	11.8 (69.0%)
53	NIEMIEC Łukasz	171	EALING EAGLES RUNNING CLUB, LONDON	M-30	53	00:12:57	00:30:40.56	+00:09:37 (31.4%)	5:06	11.7 (68.4%)
54	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	54	00:13:54	00:31:07.14	+00:10:04 (32.4%)	5:11	11.6 (67.8%)
55	ZIELIŃSKI Sebastian	282	POZYTYWNI ZABIEGANI SANOK	M-30	55	00:13:50	00:31:25.20	+00:10:22 (33.0%)	5:14	11.5 (67.3%)
56	SKAŁUBA Marek	220	BRAK	M-30	56	00:13:11	00:31:36.64	+00:10:34 (33.4%)	5:16	11.4 (66.7%)
57	BORCZ 7941757992	28	DIP-MAR MARCIN BORCZ	M-30	57	00:13:40	00:31:43.78	+00:10:41 (33.7%)	5:17	11.3 (66.1%)
58	BRZOZOWSKI Marek	31		M-30	58	00:14:52	00:32:42.73	+00:11:40 (35.7%)	5:27	11 (64.3%)
59	RĄCZKA Mateusz	206		M-30	59	00:14:15	00:32:58.40	+00:11:55 (36.2%)	5:29	10.9 (63.7%)
60	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	60	00:13:16	00:33:05.70	+00:12:03 (36.4%)	5:30	10.9 (63.7%)
61	KAWA Bartłomiej	320		M-30	61	00:15:55	00:33:29.25	+00:12:26 (37.2%)	5:35	10.7 (62.6%)
62	GAJDA Mateusz	71	SPRÓCHNIALI HERKULESI	M-30	62	00:14:40	00:34:02.25	+00:12:59 (38.2%)	5:40	10.6 (62.0%)
63	KACZMARSKI Wojciech	103		M-30	63	00:15:04	00:34:14.66	+00:13:12 (38.6%)	5:42	10.5 (61.4%)
64	BANASIEWICZ Paweł	13	POZYTYWNI ZABIEGANI SANOK	M-30	64	00:15:31	00:35:15.90	+00:14:13 (40.3%)	5:52	10.2 (59.6%)
65	WILCZYŃSKI Mariusz	264	SZLACHETNA PACZKA	M-30	65	00:16:07	00:37:06.59	+00:16:04 (43.3%)	6:11	9.7 (56.7%)
66	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:16:25	00:38:05.72	+00:17:03 (44.8%)	6:20	9.5 (55.6%)
67	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	67	00:17:42	00:40:34.87	+00:19:32 (48.1%)	6:45	8.9 (52.0%)
68	ADAMSKI Łukasz	300	CS	M-30	68	00:11:42	00:41:12.48	+00:20:09 (48.9%)	6:52	8.7 (50.9%)