



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT Polańczyk
Data: 2021-10-23
Miejsce: Polańczyk
Dystans: 6 km

 **HERKULES**
www.herkules.org.pl

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	MOTYKA Kamil	146	BIEGANIE NA SPONTANIE	M-30	1	00:12:09	00:24:49.90		4:08	14.5 (100%)
2	ŁAKOMY Tomasz	125	KRESOWIANIE	M-30	2	00:12:41	00:26:08.55	+00:01:18 (5.0%)	4:21	13.8 (95.2%)
3	WIERZBICKI Janusz	225		M-30	3	00:12:45	00:26:18.90	+00:01:29 (5.6%)	4:23	13.7 (94.5%)
4	RADYK Jakub	176	PRZEMYSKI KLUB BIEGACZA RSB	M-30	4	00:12:48	00:26:51.40	+00:02:01 (7.5%)	4:28	13.4 (92.4%)
5	BRENDZOWSKI Adam	242	#ZABIEGANINOCA	M-30	5	00:12:50	00:26:54.65	+00:02:04 (7.7%)	4:29	13.4 (92.4%)
6	CUBER Wojciech	40	#ZABIEGANINOCA	M-30	6	00:13:28	00:27:00.25	+00:02:10 (8.0%)	4:30	13.3 (91.7%)
7	ZABORNIAK Paweł	234	KRESOWIANIE	M-30	7	00:13:02	00:27:18.95	+00:02:29 (9.1%)	4:33	13.2 (91.0%)
8	PIETRASIEWICZ Maciej	163	KRESOWIANIE	M-30	8	00:13:08	00:27:19.45	+00:02:29 (9.1%)	4:33	13.2 (91.0%)
9	ŻELAZKO Kamil	240	CARPATHIAN RUNNERS	M-30	9	00:13:00	00:27:22.85	+00:02:32 (9.3%)	4:33	13.2 (91.0%)
10	OCHYRA Konrad	151	SOLINA TEAM	M-30	10	00:13:20	00:27:32.20	+00:02:42 (9.8%)	4:35	13.1 (90.3%)
11	BUSZ Jacek	31	OLD SCHOOL TRAIL RUNNING	M-30	11	00:13:06	00:27:46.15	+00:02:56 (10.6%)	4:37	13 (89.7%)
12	JACHIMOWSKI Jarosław	82	POZYTYWNE ZABIEGANI SANOK	M-30	12	00:13:31	00:27:51.05	+00:03:01 (10.8%)	4:38	12.9 (89.0%)
13	MEJER Jacek	250	DRUYNĄ SZPIKU	M-30	13	00:14:17	00:28:14.30	+00:03:24 (12.1%)	4:42	12.8 (88.3%)
14	MAJCHER Damian	132		M-30	14	00:14:12	00:28:16.50	+00:03:26 (12.2%)	4:42	12.7 (87.6%)
15	SZKODA Robert	201	BIEGANIE NA SPONTANIE	M-30	15	00:13:33	00:28:26.75	+00:03:36 (12.7%)	4:44	12.7 (87.6%)
16	FORJASZ Przemek	61		M-30	16	00:14:26	00:28:37.90	+00:03:48 (13.3%)	4:46	12.6 (86.9%)
17	WAGNER Tomasz	219	KRESOWIANIE	M-30	17	00:14:33	00:30:33.50	+00:05:43 (18.7%)	5:05	11.8 (81.4%)
18	HUTNIK Krzysiek	80	ZERWANIE Z ŁAŃCUCHA	M-30	18	00:15:17	00:30:46.80	+00:05:56 (19.3%)	5:07	11.7 (80.7%)
19	ZDEB Maciej	239	PIĘKNE I BRODACZE	M-30	19	00:14:56	00:30:57.65	+00:06:07 (19.8%)	5:09	11.6 (80.0%)
20	SURMAN Mariusz	197	DZIKIE MUSTANGI	M-30	20	00:14:59	00:31:19.05	+00:06:29 (20.7%)	5:13	11.5 (79.3%)
21	PODOLAK Paweł	167	KAMIEŃ DWERNIK TRAIL	M-30	21	00:15:03	00:31:29.85	+00:06:39 (21.2%)	5:14	11.4 (78.6%)
22	SIEŃKO Łukasz	188	AKTYWNY DYNÓW	M-30	22	00:15:17	00:31:33.70	+00:06:43 (21.3%)	5:15	11.4 (78.6%)
23	KUBICKI Łukasz	116	KB ATHLETIC ZRĘCIN	M-30	23	00:14:54	00:31:47.60	+00:06:57 (21.9%)	5:17	11.3 (77.9%)
24	SAJ Paweł	186	DZIKIE MUSTANGI	M-30	24	00:15:37	00:32:26.45	+00:07:36 (23.5%)	5:24	11.1 (76.6%)
25	ARCISZEWSKI Michał	4	DZIKIE MUSTANGI	M-30	25	00:15:43	00:32:49.55	+00:07:59 (24.4%)	5:28	11 (75.9%)
26	BEŁCH Michał	14	DECARUN RZESZÓW	M-30	26	00:15:48	00:33:21.05	+00:08:31 (25.5%)	5:33	10.8 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
27	KOLANKO Michał	255	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	27	00:16:18	00:34:01.35	+00:09:11 (27.0%)	5:40	10.6 (73.1%)
28	KRAWCZYK Jan	108	KLUB POD WISIENKĄ	M-30	28	00:16:43	00:34:20.60	+00:09:30 (27.7%)	5:43	10.5 (72.4%)
29	ZAWADA Rafał	41		M-30	29	00:16:34	00:35:29.55	+00:10:39 (30.0%)	5:54	10.1 (69.7%)
30	BUKSA Tomasz	27	PRZEMYSKI KLUB BIEGACZA 2	M-30	30	00:16:56	00:35:50.20	+00:11:00 (30.7%)	5:58	10 (69.0%)
31	FLOREK Wojtek	58	DZIKIE MUSTANGI	M-30	31	00:17:37	00:36:09.55	+00:11:19 (31.3%)	6:01	10 (69.0%)
32	ROZENBAJGIER Sebastian	183	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	32	00:18:37	00:36:39.10	+00:11:49 (32.2%)	6:06	9.8 (67.6%)
33	BORCZ Marcin	23	DIP-MAR MARCIN BORCZ	M-30	33	00:18:10	00:38:41.50	+00:13:51 (35.8%)	6:26	9.3 (64.1%)
34	KALIN Kamil	91		M-30	34	00:20:33	00:45:15.30	+00:20:25 (45.1%)	7:32	8 (55.2%)

Znaleziono 34 wynik(ów)