



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

# NOCNY SPRINT RYSIA - 6 KM

B4SPORT

**Wydarzenie:** Bieszczadzki Weekend Biegowy Rysia 2022  
**Organizator:** GOKSiT Polańczyk  
**Data:** 2022-10-22  
**Miejsce:** Polańczyk  
**Dystans:** 6 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	WILKOS Mateusz	177	NIEMCE TEAM	M-30	1	00:11:16	<b>00:23:02.25</b>		3:50	15.6 (100%)
2	JAKUBIK Marcin	58	MKS HALICZ	M-30	2	00:11:42	<b>00:24:15.35</b>	+00:01:13 (5.0%)	4:02	14.8 (94.9%)
3	GUT Jacek	49	BLACK JACK TEAM	M-30	3	00:11:45	<b>00:24:16.35</b>	+00:01:14 (5.1%)	4:02	14.8 (94.9%)
4	WIERZBICKI Janusz	176	SIENIAWA	M-30	4	00:11:41	<b>00:24:29.60</b>	+00:01:27 (5.9%)	4:04	14.7 (94.2%)
5	KLATKA Kamil	71	ATHLETIC ZRĘCIN	M-30	5	00:12:13	<b>00:25:13.90</b>	+00:02:11 (8.7%)	4:12	14.3 (91.7%)
6	PIETRASIEWICZ Maciej	133	KRESOWIANIE	M-30	6	00:12:38	<b>00:26:12.05</b>	+00:03:09 (12.1%)	4:22	13.7 (87.8%)
7	KACZMARSKI Grzegorz	65	KACZMARSKI TEAM / K&O TEAM	M-30	7	00:13:06	<b>00:26:40.40</b>	+00:03:38 (13.6%)	4:26	13.5 (86.5%)
8	JACHIMOWSKI Jarosław	57	SANOK BIEGA	M-30	8	00:12:52	<b>00:26:45.00</b>	+00:03:42 (13.9%)	4:27	13.5 (86.5%)
9	ŁAKOMY Tomasz	89	KRESOWIANIE	M-30	9	00:12:55	<b>00:26:51.50</b>	+00:03:49 (14.2%)	4:28	13.4 (85.9%)
10	ROMAN Krzysztof	143	KOZACKI TEAM HŁOMCZA	M-30	10	00:12:52	<b>00:26:54.90</b>	+00:03:52 (14.4%)	4:29	13.4 (85.9%)
11	KOBYLARZ Piotr	73	RZESZOWSKIE GAZELE I GEPARDY	M-30	11	00:12:57	<b>00:27:22.80</b>	+00:04:20 (15.9%)	4:33	13.2 (84.6%)
12	PASTERZ Piotr	131		M-30	12	00:13:15	<b>00:27:32.10</b>	+00:04:29 (16.3%)	4:35	13.1 (84.0%)
13	BUSZ Jacek	22	STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING	M-30	13	00:13:05	<b>00:27:51.25</b>	+00:04:49 (17.3%)	4:38	12.9 (82.7%)
14	PEŁDIAK Mateusz	132	DZIKIE ŚWINKI	M-30	14	00:13:19	<b>00:27:53.95</b>	+00:04:51 (17.4%)	4:38	12.9 (82.7%)
15	OCHYRA Konrad	90	SOLINA TEAM	M-30	15	00:13:27	<b>00:28:00.30</b>	+00:04:58 (17.7%)	4:40	12.9 (82.7%)
16	GRUSZCZYŃSKI Romuald	48	KRESOWIANIE	M-30	16	00:13:39	<b>00:28:07.40</b>	+00:05:05 (18.1%)	4:41	12.8 (82.1%)
17	SOCHA Krzysztof	154	RZESZOWSKIE GAZELE I GEPARDY	M-30	17	00:13:42	<b>00:28:16.05</b>	+00:05:13 (18.5%)	4:42	12.7 (81.4%)
18	OGŁUSZKA Michał	121	RZESZOWSKIE GAZELE I GEPARDY	M-30	18	00:13:53	<b>00:28:30.55</b>	+00:05:28 (19.2%)	4:45	12.6 (80.8%)
19	KRAKOWIAN Marek	81	JEST LEPIEJ RUN TEAM	M-30	19	00:14:44	<b>00:29:20.75</b>	+00:06:18 (21.5%)	4:53	12.3 (78.8%)
20	KOZŁOWSKI Sylwester	80	KOZACKI TEAM HŁOMCZA	M-30	20	00:14:22	<b>00:29:44.95</b>	+00:06:42 (22.6%)	4:57	12.1 (77.6%)
21	LEŚ Michał	85	SANOK BIEGA	M-30	21	00:13:59	<b>00:29:57.15</b>	+00:06:54 (23.1%)	4:59	12 (76.9%)
22	WAGNER Tomasz	171	KRESOWIANIE	M-30	22	00:14:30	<b>00:30:00.90</b>	+00:06:58 (23.2%)	5:00	12 (76.9%)
23	SIEŃKO Łukasz	152	AKTYWNY DYNÓW	M-30	23	00:14:47	<b>00:30:59.80</b>	+00:07:57 (25.7%)	5:09	11.6 (74.4%)
24	WÓJCICKI Damian	180	AKM PROMILEK	M-30	24	00:15:04	<b>00:31:35.90</b>	+00:08:33 (27.1%)	5:15	11.4 (73.1%)
25	KUBICKI Łukasz	82		M-30	25	00:14:57	<b>00:31:38.40</b>	+00:08:36 (27.2%)	5:16	11.4 (73.1%)
26	LEWCZUK Norbert	86	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M-30	26	00:15:47	<b>00:32:43.10</b>	+00:09:40 (29.6%)	5:27	11 (70.5%)

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27	<b>KISIELEWICZ Marcin</b>	<b>70</b>	ATHLETIC ZRĘCIN	M-30	27	00:15:36	<b>00:33:26.75</b>	+00:10:24 (31.1%)	5:34	10.8 (69.2%)
28	<b>DRĄG Piotr</b>	<b>35</b>	STALOWOWOLSKI KLUB BIEGACZA	M-30	28	00:16:31	<b>00:33:32.00</b>	+00:10:29 (31.3%)	5:35	10.7 (68.6%)
29	<b>KULON Piotr</b>	<b>83</b>		M-30	29	00:15:57	<b>00:34:09.15</b>	+00:11:06 (32.5%)	5:41	10.5 (67.3%)
30	<b>ZACNY Łukasz</b>	<b>192</b>	SOLINA TEAM	M-30	30	00:16:24	<b>00:34:56.60</b>	+00:11:54 (34.1%)	5:49	10.3 (66.0%)
31	<b>BERNAŚ Dariusz</b>	<b>12</b>	BSCZADY	M-30	31	00:17:01	<b>00:35:06.85</b>	+00:12:04 (34.4%)	5:51	10.3 (66.0%)
32	<b>MOGILANY Łukasz</b>	<b>108</b>		M-30	32	00:16:48	<b>00:37:03.65</b>	+00:14:01 (37.8%)	6:10	9.7 (62.2%)
33	<b>MARUT Wojciech</b>	<b>99</b>		M-30	33	00:17:39	<b>00:38:03.55</b>	+00:15:01 (39.5%)	6:20	9.5 (60.9%)
34	<b>OSYPANKA Daniel</b>	<b>127</b>	PRZEMYSKI KLUB BIEGACZA	M-30	34	00:18:48	<b>00:39:55.50</b>	+00:16:53 (42.3%)	6:39	9 (57.7%)
35	<b>KOWALSKI Sebastian</b>	<b>78</b>		M-30	35	00:19:24	<b>00:41:10.80</b>	+00:18:08 (44.1%)	6:51	8.7 (55.8%)
36	<b>TARKOWSKI Dawid</b>	<b>168</b>	PRZEMYSKI KLUB BIEGACZA	M-30	36	00:20:18	<b>00:42:58.75</b>	+00:19:56 (46.4%)	7:09	8.4 (53.8%)

Znaleziono 36 wynik(ów)