



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-40

# 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   | KIPER Maciej        | 69    | JAROSŁAWSKI BIEGACZ          | M-40      | 1    | 00:11:16 | 00:23:17.20    |                   | 3:52         | 15.5 (100%)  |
| 2   | SZMIST Jarosław     | 159   | KB ATHLETIC ZRECIN           | M-40      | 2    | 00:11:51 | 00:25:06.85    | +00:01:49 (7.3%)  | 4:11         | 14.3 (92.3%) |
| 3   | BURY Maro           | 21    | MTB CZUDEK                   | M-40      | 3    | 00:12:10 | 00:25:19.20    | +00:02:02 (8.0%)  | 4:13         | 14.2 (91.6%) |
| 4   | CISEK Andrzej       | 28    | RZESZOWSKIE GAZELE I GEPARDY | M-40      | 4    | 00:12:33 | 00:25:21.90    | +00:02:04 (8.2%)  | 4:13         | 14.2 (91.6%) |
| 5   | WEREMKO Grzegorz    | 172   | MULTIMEDIA RUNNERS PUŁAWY    | M-40      | 5    | 00:12:32 | 00:25:33.05    | +00:02:15 (8.9%)  | 4:15         | 14.1 (91.0%) |
| 6   | JANAS Marcin        | 59    |                              | M-40      | 6    | 00:12:31 | 00:25:48.65    | +00:02:31 (9.8%)  | 4:18         | 14 (90.3%)   |
| 7   | NIEDZIELSKI Dariusz | 115   | AKTYWNY DYNÓW                | M-40      | 7    | 00:12:32 | 00:25:50.15    | +00:02:32 (9.9%)  | 4:18         | 13.9 (89.7%) |
| 8   | BANASIK Krzysztof   | 7     | KAŃCZUCKA GRUPA BIEGOWA      | M-40      | 8    | 00:12:34 | 00:26:33.10    | +00:03:15 (12.3%) | 4:25         | 13.6 (87.7%) |
| 9   | RÓG Piotr           | 146   | RZESZOWSKIE GAZELE I GEPARDY | M-40      | 9    | 00:13:28 | 00:27:13.05    | +00:03:55 (14.4%) | 4:32         | 13.2 (85.2%) |
| 10  | BERNAT Tomasz       | 13    |                              | M-40      | 10   | 00:12:53 | 00:27:14.10    | +00:03:56 (14.5%) | 4:32         | 13.2 (85.2%) |
| 11  | MACIEJKO Rafał      | 93    | KRESOWIANIE                  | M-40      | 11   | 00:13:06 | 00:27:24.70    | +00:04:07 (15.0%) | 4:34         | 13.1 (84.5%) |
| 12  | DELEŻUCH Wojciech   | 34    | POZIOMKI                     | M-40      | 12   | 00:13:27 | 00:27:30.30    | +00:04:13 (15.3%) | 4:35         | 13.1 (84.5%) |
| 13  | KOT Łukasz          | 76    | RZESZOWSKIE GAZELE I GEPARDY | M-40      | 13   | 00:13:18 | 00:27:41.00    | +00:04:23 (15.9%) | 4:36         | 13 (83.9%)   |
| 14  | ŚCIUBA Tomasz       | 163   |                              | M-40      | 14   | 00:13:51 | 00:28:55.60    | +00:05:38 (19.5%) | 4:49         | 12.4 (80.0%) |
| 15  | GAWORECKI Tomasz    | 45    | SANOK BIEGA                  | M-40      | 15   | 00:13:58 | 00:29:01.85    | +00:05:44 (19.8%) | 4:50         | 12.4 (80.0%) |
| 16  | GAJEK Grzegorz      | 44    | AKM PROMILEK                 | M-40      | 16   | 00:14:44 | 00:29:42.30    | +00:06:25 (21.6%) | 4:57         | 12.1 (78.1%) |
| 17  | KŁÓSEK Paweł        | 72    | DĘBICKIE GEPARDY             | M-40      | 17   | 00:14:29 | 00:29:49.10    | +00:06:31 (21.9%) | 4:58         | 12.1 (78.1%) |
| 18  | KIELAR Daniel       | 68    | KRESOWIANIE                  | M-40      | 18   | 00:14:38 | 00:29:56.35    | +00:06:39 (22.2%) | 4:59         | 12 (77.4%)   |
| 19  | MITURA Wojtek       | 107   | POZIOMKI                     | M-40      | 19   | 00:14:38 | 00:30:02.10    | +00:06:44 (22.5%) | 5:00         | 12 (77.4%)   |
| 20  | RYBA Piotr          | 147   | DZIKIE ŚWINKI                | M-40      | 20   | 00:14:18 | 00:30:10.95    | +00:06:53 (22.8%) | 5:01         | 11.9 (76.8%) |
| 21  | GWOZDA Grzegorz     | 50    | KRESOWIANIE                  | M-40      | 21   | 00:14:38 | 00:30:31.10    | +00:07:13 (23.7%) | 5:05         | 11.8 (76.1%) |
| 22  | JARACZ Marcin       | 60    |                              | M-40      | 22   | 00:14:38 | 00:31:11.60    | +00:07:54 (25.3%) | 5:11         | 11.5 (74.2%) |
| 23  | CZAJKA Tomasz       | 30    | DZIKIE MORSY KARŁOWICE       | M-40      | 23   | 00:14:52 | 00:31:23.55    | +00:08:06 (25.8%) | 5:13         | 11.5 (74.2%) |
| 24  | BRZEZICKI Maciej    | 20    | TREC TEAM                    | M-40      | 24   | 00:15:06 | 00:31:29.00    | +00:08:11 (26.0%) | 5:14         | 11.4 (73.5%) |
| 25  | WYSKIEL Maciej      | 182   | AKTYWNY DYNÓW                | M-40      | 25   | 00:15:06 | 00:31:39.45    | +00:08:22 (26.4%) | 5:16         | 11.4 (73.5%) |
| 26  | KACZMARSKI Artur    | 66    | KACZMARSKI TEAM              | M-40      | 26   | 00:15:08 | 00:31:43.55    | +00:08:26 (26.6%) | 5:17         | 11.4 (73.5%) |

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|-----|------------------------------|------------|----------------------|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| 27  | <b>BOGDAN Jarosław</b>       | <b>18</b>  |                      | M-40      | 27   | 00:14:48 | <b>00:32:12.65</b> | +00:08:55 (27.7%) | 5:22         | 11.2 (72.3%) |
| 28  | <b>HYDZIK Łukasz</b>         | <b>56</b>  | KOZACKI TEAM HŁOMCZA | M-40      | 28   | 00:15:04 | <b>00:32:24.65</b> | +00:09:07 (28.2%) | 5:24         | 11.1 (71.6%) |
| 29  | <b>BANASIEWICZ Witold</b>    | <b>6</b>   | SANOK BIEGA          | M-40      | 29   | 00:15:38 | <b>00:32:36.95</b> | +00:09:19 (28.6%) | 5:26         | 11 (71.0%)   |
| 30  | <b>ROŚĆ Dawid</b>            | <b>144</b> |                      | M-40      | 30   | 00:15:51 | <b>00:32:49.05</b> | +00:09:31 (29.0%) | 5:28         | 11 (71.0%)   |
| 31  | <b>BOCEK Sławomir</b>        | <b>17</b>  | DZIKIE ŚWINKI        | M-40      | 31   | 00:15:53 | <b>00:33:39.00</b> | +00:10:21 (30.8%) | 5:36         | 10.7 (69.0%) |
| 32  | <b>PLAWGO Marek</b>          | <b>194</b> |                      | M-40      | 32   | 00:16:58 | <b>00:33:45.65</b> | +00:10:28 (31.0%) | 5:37         | 10.7 (69.0%) |
| 33  | <b>OCZOŚ Przemysław</b>      | <b>120</b> |                      | M-40      | 33   | 00:17:13 | <b>00:35:52.60</b> | +00:12:35 (35.1%) | 5:58         | 10 (64.5%)   |
| 34  | <b>NAZIEMKOWSKI Bogusław</b> | <b>114</b> |                      | M-40      | 34   | 00:16:49 | <b>00:36:22.50</b> | +00:13:05 (36.0%) | 6:03         | 9.9 (63.9%)  |
| 35  | <b>POLAŃSKI Robert</b>       | <b>135</b> | NOĆNE WOŁKI          | M-40      | 35   | 00:17:29 | <b>00:36:26.95</b> | +00:13:09 (36.1%) | 6:04         | 9.9 (63.9%)  |
| 36  | <b>OŻÓG Jacek</b>            | <b>129</b> |                      | M-40      | 36   | 00:17:43 | <b>00:37:15.60</b> | +00:13:58 (37.5%) | 6:12         | 9.7 (62.6%)  |
| 37  | <b>OLEŚ Tomasz</b>           | <b>124</b> |                      | M-40      | 37   | 00:18:20 | <b>00:40:22.15</b> | +00:17:04 (42.3%) | 6:43         | 8.9 (57.4%)  |

Znaleziono 37 wynik(ów)