



## BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-60+

# NOCNY SPRINT RYSIA - 6 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Bieszczadzki Weekend Biegowy Rysia 2022  
GOKSiT Polańczyk  
2022-10-22  
Polańczyk  
6 km



| Msc | Zawodnik                   | Numer      | Klub             | Kategoria | Mkat | 3km      | Czas netto 6km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|------------------|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| 1   | <b>RECZKOWSKI Andrzej</b>  | <b>190</b> | ATHLETIC ZRĘCIN  | M-60+     | 1    | 00:15:59 | <b>00:32:38.75</b> |                   | 5:26         | 11 (100%)    |
| 2   | <b>SIEDLACZEK Zbigniew</b> | <b>151</b> |                  | M-60+     | 2    | 00:16:31 | <b>00:34:44.50</b> | +00:02:05 (6.0%)  | 5:47         | 10.4 (94.5%) |
| 3   | <b>FOLTA Jan</b>           | <b>40</b>  | DZIKIE ŚWINKI    | M-60+     | 3    | 00:17:02 | <b>00:36:52.90</b> | +00:04:14 (11.5%) | 6:08         | 9.8 (89.1%)  |
| 4   | <b>SMAGACZ Henryk</b>      | <b>153</b> | DĘBICKIE GEPARDY | M-60+     | 4    | 00:17:17 | <b>00:36:58.25</b> | +00:04:19 (11.7%) | 6:09         | 9.7 (88.2%)  |
| 5   | <b>NAMIOTA Marek</b>       | <b>111</b> |                  | M-60+     | 5    | 00:18:25 | <b>00:38:33.60</b> | +00:05:54 (15.3%) | 6:25         | 9.3 (84.5%)  |
| 6   | <b>BŁUDOW Walery</b>       | <b>16</b>  |                  | M-60+     | 6    | 00:20:55 | <b>00:45:23.65</b> | +00:12:44 (28.1%) | 7:33         | 7.9 (71.8%)  |

Znaleziono 6 wynik(ów)