



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Mężczyźni

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2019
Organizator: GOKSiT Polańczyk
Data: 2019-10-19
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	DOBRAŃSKYY Bogdan	50	FLAVIO RUNNING	M-16	1	00:09:12	00:19:55.53		3:19	18.1 (100%)
2	CHENIKALO Oleksandr	36	RUN4U	M-16	2	00:09:12	00:20:00.85	+00:00:05 (0.4%)	3:20	18 (99.4%)
3	KOBYLARZ Piotr	113	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:09:20	00:21:02.58	+00:01:07 (5.3%)	3:30	17.1 (94.5%)
4	MICHALEC Marcin	158	KKB MOSIR KROSNO	M-30	2	00:09:41	00:21:31.40	+00:01:35 (7.4%)	3:35	16.7 (92.3%)
5	JĄŁOCHA Mieczysław	97	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:10:11	00:21:53.44	+00:01:57 (9.0%)	3:38	16.5 (91.2%)
6	PEMPUŚ Bernard	192	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:10:11	00:22:17.70	+00:02:22 (10.6%)	3:43	16.1 (89.0%)
7	STAŃKO Paweł	231	BIESY I CZORTY	M-40	1	00:10:13	00:22:29.00	+00:02:33 (11.4%)	3:44	16 (88.4%)
8	GŁUSZKO Przemysław	302	SOLINA TEAM	M-30	3	00:10:04	00:22:33.67	+00:02:38 (11.7%)	3:45	16 (88.4%)
9	ROHAN Łukasz	207	PRZEMYSKI KLUB BIEGACZA 2	M-30	4	00:10:18	00:22:36.71	+00:02:41 (11.9%)	3:46	15.9 (87.8%)
10	NEBOHA Nikita	170	NIKE RUN CLUB	M-16	4	00:10:28	00:22:38.05	+00:02:42 (12.0%)	3:46	15.9 (87.8%)
11	KACZMARSKI Grzegorz	104	KACZMARSKI TEAM	M-30	5	00:10:13	00:22:41.54	+00:02:46 (12.2%)	3:47	15.9 (87.8%)
12	RUCIŃSKI Piotr	211		M-30	6	00:10:10	00:22:42.35	+00:02:46 (12.2%)	3:47	15.9 (87.8%)
13	KOSTERKIEWICZ Marcin	123	FANTASTYCZNA TRÓJKA	M-40	2	00:10:20	00:22:52.37	+00:02:56 (12.9%)	3:48	15.7 (86.7%)
14	SKAWIŃSKI Tomasz	222	DWERNIK KAMIEŃ TRAIL	M-30	7	00:10:34	00:22:55.25	+00:02:59 (13.1%)	3:49	15.7 (86.7%)
15	KOZŁOWSKI Krzysztof	126	PRZEMYSKI KLUB BIEGACZA	M-40	3	00:10:38	00:22:56.24	+00:03:00 (13.1%)	3:49	15.7 (86.7%)
16	WEREMKO Grzegorz	260	MULTIMEDIA RUNNERS PUŁAWY	M-40	4	00:10:39	00:23:06.42	+00:03:10 (13.8%)	3:51	15.6 (86.2%)
17	MAŁEK Andrzej	150	PRZEMYSKI KLUB BIEGACZA 5	M-40	5	00:10:17	00:23:13.06	+00:03:17 (14.2%)	3:52	15.5 (85.6%)
18	PREISNER Robert	199	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:10:38	00:23:18.55	+00:03:23 (14.5%)	3:53	15.5 (85.6%)
19	KOZIOŁ Mariusz	125	PRZEMYSKI KLUB BIEGACZA 3	M-40	6	00:10:42	00:23:18.58	+00:03:23 (14.5%)	3:53	15.5 (85.6%)
20	GIEFERT Tomasz	74	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	8	00:10:35	00:23:19.70	+00:03:24 (14.6%)	3:53	15.4 (85.1%)
21	GUT Jacek	87	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	5	00:10:39	00:23:23.61	+00:03:28 (14.8%)	3:53	15.4 (85.1%)
22	HOROSZKO Ernest	92	SWR SOSBIKE SANOK	M-30	9	00:10:43	00:23:26.06	+00:03:30 (15.0%)	3:54	15.4 (85.1%)
23	KOHUT Dariusz	115	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	7	00:10:43	00:23:31.10	+00:03:35 (15.3%)	3:55	15.3 (84.5%)
24	WIERZBICKI Janusz	263		M-30	10	00:10:32	00:23:37.43	+00:03:41 (15.7%)	3:56	15.2 (84.0%)
25	WASYLÓW Jacek	259	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	11	00:11:09	00:23:38.41	+00:03:42 (15.7%)	3:56	15.2 (84.0%)
26	OLEJARSKI Marcin	181	PRUCHNICKA GRUPA BIEGOWA	M-30	12	00:10:47	00:23:42.46	+00:03:46 (16.0%)	3:57	15.2 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
27	DELEŻUCH Wojciech	49	OSP NIEMCE	M-40	8	00:10:41	00:23:44.78	+00:03:49 (16.1%)	3:57	15.2 (84.0%)
28	PRZYBYŁA Piotr	201	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	6	00:10:33	00:23:49.30	+00:03:53 (16.4%)	3:58	15.1 (83.4%)
29	KUŚMIDER Jakub	112	FANTASTYCZNA TRÓJKA	M-30	13	00:10:54	00:23:50.07	+00:03:54 (16.4%)	3:58	15.1 (83.4%)
30	CURZYDŁO Bogdan	42	POZYTYWNIE ZABIEGANI SANOK	M-40	9	00:10:48	00:23:54.83	+00:03:59 (16.7%)	3:59	15.1 (83.4%)
31	MACIEJKO Rafał	145	KRESOWIANIE	M-40	10	00:10:27	00:23:55.22	+00:03:59 (16.7%)	3:59	15.1 (83.4%)
32	PIETRASIEWICZ Maciej	194	KRESOWIANIE	M-30	14	00:10:42	00:23:57.77	+00:04:02 (16.8%)	3:59	15 (82.9%)
33	BANASIK Krzysiek	15	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:10:41	00:24:06.90	+00:04:11 (17.4%)	4:01	14.9 (82.3%)
34	ŁAŃCUCKI Łukasz	141	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	11	00:10:35	00:24:19.06	+00:04:23 (18.1%)	4:03	14.8 (81.8%)
35	FEDIO Marek	65	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	16	00:10:36	00:24:19.68	+00:04:24 (18.1%)	4:03	14.8 (81.8%)
36	CHODOWIEC Emil	39		M-30	17	00:11:16	00:24:25.35	+00:04:29 (18.4%)	4:04	14.7 (81.2%)
37	RADYK Jakub	203	PRZEMYSKI KLUB BIEGACZA	M-30	18	00:10:58	00:24:33.16	+00:04:37 (18.8%)	4:05	14.7 (81.2%)
38	PYRZAK Jacek	202	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	19	00:11:09	00:24:36.91	+00:04:41 (19.1%)	4:06	14.6 (80.7%)
39	KANIECKI Paweł	106	MIEJSCE BLOK B	M-30	20	00:11:10	00:24:38.15	+00:04:42 (19.1%)	4:06	14.6 (80.7%)
40	BODNAR Adrian	25		M-16	7	00:11:12	00:24:39.33	+00:04:43 (19.2%)	4:06	14.6 (80.7%)
41	ĆWIAKAŁA Michał	46	ATHLETIC ZRĘCIN	M-30	21	00:10:47	00:24:39.48	+00:04:43 (19.2%)	4:06	14.6 (80.7%)
42	STADNIK Wojciech	229	PRZEMYSKI KLUB BIEGACZA 3	M-40	12	00:11:14	00:24:39.94	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
43	TUTKA Dominik	253	NALEŚNIKI	M-30	22	00:11:13	00:24:39.95	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
44	OGŁUSZKA Michał	180	DECARUN RZESZÓW 2	M-30	23	00:11:06	00:24:40.07	+00:04:44 (19.2%)	4:06	14.6 (80.7%)
45	SUDACKI Sebastian	307		M-16	8	00:10:07	00:25:04.64	+00:05:09 (20.5%)	4:10	14.4 (79.6%)
46	PAJESTKA Wojtek	187	POZYTYWNIE ZABIEGANI SANOK	M-40	13	00:11:23	00:25:11.03	+00:05:15 (20.9%)	4:11	14.3 (79.0%)
47	BERNAT Tomasz	21		M-40	14	00:11:08	00:25:13.97	+00:05:18 (21.0%)	4:12	14.3 (79.0%)
48	SMOLIŃSKI Paweł	224	KILOMETRY ODDECHÓW	M-40	15	00:12:06	00:25:19.23	+00:05:23 (21.3%)	4:13	14.2 (78.5%)
49	MAJ Witold	147	OLDBOYS TRUSKOLASY	M-50	3	00:11:32	00:25:19.71	+00:05:24 (21.3%)	4:13	14.2 (78.5%)
50	BODNAR Krystian	26		M-16	9	00:11:47	00:25:27.74	+00:05:32 (21.7%)	4:14	14.1 (77.9%)
51	SOBOL Krystian	225		M-40	16	00:11:30	00:25:39.02	+00:05:43 (22.3%)	4:16	14 (77.3%)
52	JACHIMOWSKI Jarosław	94	POZYTYWNIE ZABIEGANI SANOK	M-30	24	00:11:00	00:25:39.73	+00:05:44 (22.4%)	4:16	14 (77.3%)
53	KARASIŃSKI Radek	107	KOPALNIA MOCY TARNOBRZEG	M-40	17	00:11:39	00:25:46.76	+00:05:51 (22.7%)	4:17	14 (77.3%)
54	SOCHA Marcin	226	AKTYWNY DYNÓW	M-30	25	00:12:07	00:25:50.81	+00:05:55 (22.9%)	4:18	13.9 (76.8%)
55	GAWORECKI Tomasz	73	POZYTYWNIE ZABIEGANI SANOK	M-30	26	00:11:35	00:25:54.94	+00:05:59 (23.1%)	4:19	13.9 (76.8%)
56	MAZEK Przemysław	156	SZYBKIE ŻABY	M-16	10	00:11:34	00:25:55.79	+00:06:00 (23.2%)	4:19	13.9 (76.8%)
57	KAWA Tomasz	109	SZYBKIE ŻABY	M-30	27	00:11:57	00:25:56.35	+00:06:00 (23.2%)	4:19	13.9 (76.8%)
58	KARDASZ Marek	108	SOLINA TEAM	M-40	18	00:12:16	00:25:57.89	+00:06:02 (23.3%)	4:19	13.9 (76.8%)
59	NYKIEL Tomasz	175	PRZEMYSKI KLUB BIEGACZA 3	M-50	4	00:11:57	00:25:58.65	+00:06:03 (23.3%)	4:19	13.9 (76.8%)
60	ORYSZCZAK Bartłomiej	185	MTB ROZTOCZE	M-30	28	00:11:50	00:26:11.03	+00:06:15 (23.9%)	4:21	13.7 (75.7%)
61	KRUSZYŃSKI Marek	130	PRZEMYSKI KLUB BIEGACZA 4	M-50	5	00:11:53	00:26:13.29	+00:06:17 (24.0%)	4:22	13.7 (75.7%)
62	GRYCIUK Walenty	85		M-50	6	00:12:03	00:26:17.79	+00:06:22 (24.2%)	4:23	13.7 (75.7%)
63	FEDAK Bohdan	64	KLUB POD WISIENKĄ	M-40	19	00:12:05	00:26:28.91	+00:06:33 (24.8%)	4:24	13.6 (75.1%)
64	BURAK Bartłomiej	34		M-16	11	00:11:18	00:26:29.34	+00:06:33 (24.8%)	4:25	13.6 (75.1%)
65	SZYSZŁO Tomasz	251	POZYTYWNIE ZABIEGANI SANOK	M-30	29	00:12:03	00:26:36.36	+00:06:40 (25.1%)	4:26	13.5 (74.6%)
66	KORZENIOWSKI Władysław	318		M-40	20	00:11:55	00:26:36.54	+00:06:41 (25.1%)	4:26	13.5 (74.6%)
67	ZBIEĆ Dariusz	279	DARFIK TEAM	M-30	30	00:11:41	00:26:44.30	+00:06:48 (25.5%)	4:27	13.5 (74.6%)
68	DOPART Tomasz	51	DWERNIK KAMIEŃ TRAIL	M-40	21	00:12:17	00:26:47.58	+00:06:52 (25.6%)	4:27	13.4 (74.0%)
69	WAJCOWICZ Witold	257	KILOMETRY ODDECHÓW	M-40	22	00:12:05	00:26:53.72	+00:06:58 (25.9%)	4:28	13.4 (74.0%)
70	KOCZYK Artur	114		M-30	31	00:12:26	00:26:54.96	+00:06:59 (26.0%)	4:29	13.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
71	FILIPOWICZ Krzysztof	67		M-40	23	00:12:09	00:26:56.86	+00:07:01 (26.1%)	4:29	13.4 (74.0%)
72	MYTYCH Wiesław	169		M-40	24	00:12:14	00:26:58.75	+00:07:03 (26.1%)	4:29	13.3 (73.5%)
73	PLACHA Piotr	196	KOPALNIA MOCY TARNOBRZEG	M-40	25	00:12:39	00:27:00.47	+00:07:04 (26.2%)	4:30	13.3 (73.5%)
74	MIKUŚ Dominik	162	JASIELSKIE PIORUNY	M-16	12	00:12:18	00:27:19.68	+00:07:24 (27.1%)	4:33	13.2 (72.9%)
75	GOLONKA Dawid	80		M-16	13	00:12:32	00:27:20.98	+00:07:25 (27.1%)	4:33	13.2 (72.9%)
76	HANDZIAK Tomasz	89		M-30	32	00:13:17	00:27:21.73	+00:07:26 (27.2%)	4:33	13.2 (72.9%)
77	JARACZ Marcin	291		M-30	33	00:12:02	00:27:39.24	+00:07:43 (27.9%)	4:36	13 (71.8%)
78	KUBICKI Łukasz	131	KUBICCY	M-30	34	00:12:50	00:27:53.20	+00:07:57 (28.5%)	4:38	12.9 (71.3%)
79	ANTOSZ Bogdan	5		M-40	26	00:12:09	00:27:56.04	+00:08:00 (28.7%)	4:39	12.9 (71.3%)
80	KOZIEŁ Tadeusz	124	SZCZĘŚCIARZ BIEGA	M-16	14	00:12:11	00:28:04.30	+00:08:08 (29.0%)	4:40	12.8 (70.7%)
81	WOTA Łukasz	275	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	35	00:13:06	00:28:09.44	+00:08:13 (29.2%)	4:41	12.8 (70.7%)
82	OCZOŚ Jerzy	178		M-50	7	00:12:43	00:28:13.84	+00:08:18 (29.4%)	4:42	12.8 (70.7%)
83	ŁABUDZKI Marcin	140	PRZEMYSKI KLUB BIEGACZA	M-30	36	00:13:30	00:28:23.03	+00:08:27 (29.8%)	4:43	12.7 (70.2%)
84	GŁOWACKI Marcin	77	NALEŚNIKI	M-16	15	00:12:42	00:28:24.38	+00:08:28 (29.9%)	4:44	12.7 (70.2%)
85	KRUKOWSKI Robert	129	PLATINIUM CROSS ZAMOŚĆ	M-30	37	00:13:09	00:28:25.35	+00:08:29 (29.9%)	4:44	12.7 (70.2%)
86	SZADURSKI Tomasz	239	PRZEMYSKI KLUB BIEGACZA	M-40	27	00:13:04	00:28:34.34	+00:08:38 (30.3%)	4:45	12.6 (69.6%)
87	KIAMUT Ryszard	310	KGB KORCZYNA	M-60+	1	00:13:03	00:28:36.39	+00:08:40 (30.3%)	4:46	12.6 (69.6%)
88	KOPCZYK Waldemar	119	BIDA PRZEMYŚL	M-40	28	00:12:51	00:28:37.56	+00:08:42 (30.4%)	4:46	12.6 (69.6%)
89	FURS Teodor	70	PIERDZĄCE ZAJĄCE	M-40	29	00:12:36	00:28:42.71	+00:08:47 (30.6%)	4:47	12.5 (69.1%)
90	SUSABOWSKI Andrzej	238		M-30	38	00:12:34	00:28:48.03	+00:08:52 (30.8%)	4:48	12.5 (69.1%)
91	MATUSZEWSKI Piotr	155	SOLINA TEAM	M-30	39	00:12:38	00:28:48.81	+00:08:53 (30.8%)	4:48	12.5 (69.1%)
92	MATUŁA Przemysław	154	UMCS BIEGA	M-50	8	00:13:24	00:28:49.03	+00:08:53 (30.9%)	4:48	12.5 (69.1%)
93	DRWIĘGA Maciej	56	POZYTYWNIIE ZABIEGANI SANOK	M-40	30	00:13:08	00:28:52.59	+00:08:57 (31.0%)	4:48	12.5 (69.1%)
94	STEFAŃSKI Ireneusz	236	PRZEMYSKI KLUB BIEGACZA	M-40	31	00:13:22	00:28:54.27	+00:08:58 (31.1%)	4:49	12.5 (69.1%)
95	BEŁCH Michał	19		M-30	40	00:12:38	00:28:54.37	+00:08:58 (31.1%)	4:49	12.4 (68.5%)
96	BURAK Adam	33	1 BATALION CZOŁGÓW	M-40	32	00:12:28	00:28:55.45	+00:08:59 (31.1%)	4:49	12.4 (68.5%)
97	GRASZA Ireneusz	84	PRZEMYSKI KLUB BIEGACZA 4	M-40	33	00:13:23	00:28:56.66	+00:09:01 (31.2%)	4:49	12.4 (68.5%)
98	ŁAPCZYŃSKI Krzysztof	142	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	16	00:12:33	00:28:59.55	+00:09:04 (31.3%)	4:49	12.4 (68.5%)
99	SOPEL Wiesław	227	KRESOWIANIE	M-50	9	00:12:48	00:29:13.30	+00:09:17 (31.8%)	4:52	12.3 (68.0%)
100	SAWICKI Robert	217	BEE IS RUNNING	M-40	34	00:13:46	00:29:14.31	+00:09:18 (31.9%)	4:52	12.3 (68.0%)
101	KUZŁO Andrzej	136		M-30	41	00:13:07	00:29:15.35	+00:09:19 (31.9%)	4:52	12.3 (68.0%)
102	PIETRYSZYN Mariusz	195	SZYBKIE ŻABY	M-40	35	00:12:53	00:29:24.15	+00:09:28 (32.2%)	4:54	12.2 (67.4%)
103	MARUT Wojciech	151	PWN	M-30	42	00:12:36	00:29:24.35	+00:09:28 (32.2%)	4:54	12.2 (67.4%)
104	KOWALCZYK Sylwester	298	ORZEŁ	M-30	43	00:13:30	00:29:25.15	+00:09:29 (32.3%)	4:54	12.2 (67.4%)
105	LUHOVSKYI Dmytro	296	MISTO PEREMOE	M-30	44	00:12:52	00:29:25.50	+00:09:29 (32.3%)	4:54	12.2 (67.4%)
106	PASIERB Grzegorz	189	DECARUN RZESZÓW 2	M-40	36	00:12:32	00:29:32.56	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
107	BACH Dawid	8	MSR	M-30	45	00:13:20	00:29:33.05	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
108	AMAROWICZ Jacek	2	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	46	00:13:20	00:29:33.44	+00:09:37 (32.6%)	4:55	12.2 (67.4%)
109	DRYLA Piotr	57	1 BATALION CZOŁGÓW	M-40	37	00:12:42	00:29:39.74	+00:09:44 (32.8%)	4:56	12.1 (66.9%)
110	ZAKRZACKI Damian	276	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	47	00:13:18	00:29:46.33	+00:09:50 (33.1%)	4:57	12.1 (66.9%)
111	MISIAK Mateusz	165		M-16	17	00:12:56	00:29:48.32	+00:09:52 (33.1%)	4:58	12.1 (66.9%)
112	BAJSAROWICZ Maciej	9	PRUCHNICKA GRUPA BIEGOWA	M-16	18	00:13:47	00:29:52.88	+00:09:57 (33.3%)	4:58	12.1 (66.9%)
113	WINIARSKI Piotr	269		M-40	38	00:14:22	00:29:56.64	+00:10:01 (33.5%)	4:59	12 (66.3%)
114	MIKUSEK Ryszard	161	WARSZAWSKA DRUŻYNA	M-40	39	00:13:16	00:29:59.36	+00:10:03 (33.6%)	4:59	12 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
115	AST Grzegorz	7	AMSTAFF TEAM JEDLICZE	M-16	19	00:13:48	00:30:01.30	+00:10:05 (33.6%)	5:00	12 (66.3%)
116	KISIELEWICZ Marcin	313	ATHLETIC ZRĘCIN	M-30	48	00:13:26	00:30:03.20	+00:10:07 (33.7%)	5:00	12 (66.3%)
117	RYBIŃSKI Grzegorz	212	RYBKA RUNNERS TEAM PROSZOWICE	M-40	40	00:13:42	00:30:04.22	+00:10:08 (33.7%)	5:00	12 (66.3%)
118	KOŁTUNIEWICZ Andrzej	116	WIEŚ TAN CZY I BIEGA	M-40	41	00:13:06	00:30:05.16	+00:10:09 (33.8%)	5:00	12 (66.3%)
119	WILECZEK Antoni	265		M-30	49	00:13:58	00:30:11.88	+00:10:16 (34.0%)	5:01	11.9 (65.7%)
120	WOJTOWICZ Tomasz	272		M-30	50	00:13:19	00:30:24.80	+00:10:29 (34.5%)	5:04	11.8 (65.2%)
121	LEVICKIJ Jurij	297	CLUB ULTRA	M-40	42	00:13:09	00:30:31.76	+00:10:36 (34.7%)	5:05	11.8 (65.2%)
122	LENIART Mirek	138		M-30	51	00:14:02	00:30:36.17	+00:10:40 (34.9%)	5:06	11.8 (65.2%)
123	KLOCEK Konrad	111		M-30	52	00:13:59	00:30:36.32	+00:10:40 (34.9%)	5:06	11.8 (65.2%)
124	ROJEK Dawid	209	NIECHBIEGA	M-16	20	00:14:01	00:30:36.87	+00:10:41 (34.9%)	5:06	11.8 (65.2%)
125	NIEMIEC Łukasz	171	EALING EAGLES RUNNING CLUB, LONDON	M-30	53	00:12:57	00:30:40.56	+00:10:45 (35.0%)	5:06	11.7 (64.6%)
126	KAPRAL Adam	315	DWERNIK KAMIEŃ TRAIL	M-40	43	00:14:19	00:30:54.85	+00:10:59 (35.5%)	5:09	11.6 (64.1%)
127	PODOLAK Zbigniew	197	STOWARZYSZENIE SZWEJKOWSKIE	M-50	10	00:13:20	00:30:59.67	+00:11:04 (35.7%)	5:10	11.6 (64.1%)
128	DUDEK Arkadiusz	61		M-50	11	00:13:05	00:31:05.62	+00:11:10 (35.9%)	5:10	11.6 (64.1%)
129	DRĄG Paweł	53	DECARUN RZESZÓW 2	M-30	54	00:13:54	00:31:07.14	+00:11:11 (36.0%)	5:11	11.6 (64.1%)
130	BOCEK Sławomir	24	WATAHA	M-40	44	00:13:40	00:31:07.73	+00:11:12 (36.0%)	5:11	11.6 (64.1%)
131	SIEDLACZEK Zbigniew	219	SKLEP BIEGACZA LUBLIN TEAM	M-60+	2	00:13:55	00:31:15.52	+00:11:19 (36.3%)	5:12	11.5 (63.5%)
132	ZIELIŃSKI Sebastian	282	POZYTYWNIIE ZABIEGANI SANOK	M-30	55	00:13:50	00:31:25.20	+00:11:29 (36.6%)	5:14	11.5 (63.5%)
133	DROBOT Piotr	312	NA PRZEKÓR	M-40	45	00:14:06	00:31:26.69	+00:11:31 (36.6%)	5:14	11.4 (63.0%)
134	GŁOWACKI Krzysztof	76	NALEŚNIKI	M-16	21	00:14:05	00:31:27.14	+00:11:31 (36.6%)	5:14	11.4 (63.0%)
135	SKAŁUBA Marek	220	BRAK	M-30	56	00:13:11	00:31:36.64	+00:11:41 (37.0%)	5:16	11.4 (63.0%)
136	BORCZ 7941757992	28	DIP-MAR MARCIN BORCZ	M-30	57	00:13:40	00:31:43.78	+00:11:48 (37.2%)	5:17	11.3 (62.4%)
137	JAKUBOWSKI Daniel	95	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	46	00:14:20	00:31:44.21	+00:11:48 (37.2%)	5:17	11.3 (62.4%)
138	DROZD Jerzy	54	LUBELAKY	M-60+	3	00:14:04	00:31:57.69	+00:12:02 (37.7%)	5:19	11.3 (62.4%)
139	DRYNIAK Daniel	58	PRZEMYSKI KLUB BIEGACZA	M-40	47	00:14:35	00:32:00.17	+00:12:04 (37.7%)	5:20	11.3 (62.4%)
140	CHODNICKI Radosław	38		M-40	48	00:14:27	00:32:02.92	+00:12:07 (37.8%)	5:20	11.2 (61.9%)
141	MAŁEK Paweł	149	DECARUN RZESZÓW 2	M-40	49	00:14:18	00:32:12.21	+00:12:16 (38.1%)	5:22	11.2 (61.9%)
142	STEC Paweł	232		M-16	22	00:14:24	00:32:26.14	+00:12:30 (38.6%)	5:24	11.1 (61.3%)
143	BRZOZOWSKI Marek	31		M-30	58	00:14:52	00:32:42.73	+00:12:47 (39.1%)	5:27	11 (60.8%)
144	NIEZNAŃSKI Adam	173		M-40	50	00:14:51	00:32:44.11	+00:12:48 (39.1%)	5:27	11 (60.8%)
145	RĄCZKA Mateusz	206		M-30	59	00:14:15	00:32:58.40	+00:13:02 (39.6%)	5:29	10.9 (60.2%)
146	DUDEK Paweł	60		M-40	51	00:15:05	00:33:01.46	+00:13:05 (39.7%)	5:30	10.9 (60.2%)
147	NOWOSAD Mariusz	174	PLATINIUM CROSS ZAMOŚĆ	M-40	52	00:13:40	00:33:03.55	+00:13:08 (39.7%)	5:30	10.9 (60.2%)
148	WYSOCKI Dariusz	294	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	60	00:13:16	00:33:05.70	+00:13:10 (39.8%)	5:30	10.9 (60.2%)
149	MIODUNKA Tomasz	163	STG DĘBICA	M-40	53	00:14:31	00:33:12.30	+00:13:16 (40.0%)	5:32	10.8 (59.7%)
150	KAWA Bartłomiej	320		M-30	61	00:15:55	00:33:29.25	+00:13:33 (40.5%)	5:35	10.7 (59.1%)
151	OSZCZYPKO Piotr	186	PRZEMYŚL BEARS	M-16	23	00:15:13	00:33:32.41	+00:13:36 (40.6%)	5:35	10.7 (59.1%)
152	SZYSZKA Ryszard	250	PSTS SOLIDARNOŚĆ	M-50	12	00:15:35	00:33:52.12	+00:13:56 (41.2%)	5:38	10.6 (58.6%)
153	GAJDA Mateusz	71	SPRÓCHNIALI HERKULESI	M-30	62	00:14:40	00:34:02.25	+00:14:06 (41.5%)	5:40	10.6 (58.6%)
154	KACZMARSKI Wojciech	103		M-30	63	00:15:04	00:34:14.66	+00:14:19 (41.8%)	5:42	10.5 (58.0%)
155	ŻAK Grzegorz	285	JAK NIE MY TO KTO?	M-40	54	00:15:42	00:34:48.53	+00:14:53 (42.8%)	5:48	10.3 (56.9%)
156	SKRZYPNIAK Arkadiusz	223		M-16	24	00:14:38	00:34:53.86	+00:14:58 (42.9%)	5:48	10.3 (56.9%)
157	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M-40	55	00:14:59	00:34:59.27	+00:15:03 (43.1%)	5:49	10.3 (56.9%)
158	OLSZYK Tadeusz	183	BIEGACZE ŚWINOUJŚCIE	M-60+	4	00:16:11	00:35:05.30	+00:15:09 (43.2%)	5:50	10.3 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
159	BANASIEWICZ Paweł	13	POZYTYWNIIE ZABIEGANI SANOK	M-30	64	00:15:31	00:35:15.90	+00:15:20 (43.5%)	5:52	10.2 (56.4%)
160	MAŚLAK Jacek	153	POZYTYWNIIE ZABIEGANI SANOK	M-40	56	00:15:05	00:35:17.66	+00:15:22 (43.5%)	5:52	10.2 (56.4%)
161	MITURA Wojtek	166		M-40	57	00:15:19	00:35:21.87	+00:15:26 (43.7%)	5:53	10.2 (56.4%)
162	BASARAB Grzegorz	17		M-40	58	00:16:11	00:35:30.05	+00:15:34 (43.9%)	5:55	10.1 (55.8%)
163	KUROPATWA Kazimierz	133	PRZEMYSKI KLUB BIEGACZA	M-60+	5	00:16:21	00:36:47.61	+00:16:52 (45.8%)	6:07	9.8 (54.1%)
164	BRZUSZKO Jacek	32		M-50	13	00:16:27	00:37:03.85	+00:17:08 (46.2%)	6:10	9.7 (53.6%)
165	WILCZYNSKI Mariusz	264	SZLACHETNA PACZKA	M-30	65	00:16:07	00:37:06.59	+00:17:11 (46.3%)	6:11	9.7 (53.6%)
166	STEC Konrad	234		M-40	59	00:15:47	00:37:18.27	+00:17:22 (46.6%)	6:13	9.7 (53.6%)
167	SETNIKOWSKI Grzegorz	218		M-60+	6	00:15:26	00:37:31.22	+00:17:35 (46.9%)	6:15	9.6 (53.0%)
168	BIERNACKI Rene	301		M-60+	7	00:17:19	00:37:44.21	+00:17:48 (47.2%)	6:17	9.5 (52.5%)
169	FERFECKI Paweł	66	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	66	00:16:25	00:38:05.72	+00:18:10 (47.7%)	6:20	9.5 (52.5%)
170	WŁUDZIK Michał	270	W23 ARCHITEKCI	M-30	67	00:17:42	00:40:34.87	+00:20:39 (50.9%)	6:45	8.9 (49.2%)
171	ZBIEĆ Janusz	281	DARFIK TEAM	M-60+	8	00:18:24	00:41:11.46	+00:21:15 (51.6%)	6:51	8.7 (48.1%)
172	ADAMSKI Łukasz	300	CS	M-30	68	00:11:42	00:41:12.48	+00:21:16 (51.6%)	6:52	8.7 (48.1%)
173	HOCEK Jakub	91	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	25	00:18:32	00:41:46.69	+00:21:51 (52.3%)	6:57	8.6 (47.5%)
174	MICHNIEWICZ Tadeusz	159	NIEZRZESZONY	M-60+	9	00:18:11	00:42:27.05	+00:22:31 (53.1%)	7:04	8.5 (47.0%)

Znaleziono 174 wynik(ów)