



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Mężczyźni

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 | 00:23:02.25 | | 3:50 | 15.6 (100%) |
| 2 | KIPER Maciej | 69 | JAROSŁAWSKI BIEGACZ | M-40 | 1 | 00:11:16 | 00:23:17.20 | +00:00:14 (1.1%) | 3:52 | 15.5 (99.4%) |
| 3 | JAKUBIK Marcin | 58 | MKS HALICZ | M-30 | 2 | 00:11:42 | 00:24:15.35 | +00:01:13 (5.0%) | 4:02 | 14.8 (94.9%) |
| 4 | GUT Jacek | 49 | BLACK JACK TEAM | M-30 | 3 | 00:11:45 | 00:24:16.35 | +00:01:14 (5.1%) | 4:02 | 14.8 (94.9%) |
| 5 | WIERSZBICKI Janusz | 176 | SIENIAWA | M-30 | 4 | 00:11:41 | 00:24:29.60 | +00:01:27 (5.9%) | 4:04 | 14.7 (94.2%) |
| 6 | SZMIST Jarosław | 159 | KB ATHLETIC ZRECIN | M-40 | 2 | 00:11:51 | 00:25:06.85 | +00:02:04 (8.3%) | 4:11 | 14.3 (91.7%) |
| 7 | KLATKA Kamil | 71 | ATHLETIC ZRĘCIN | M-30 | 5 | 00:12:13 | 00:25:13.90 | +00:02:11 (8.7%) | 4:12 | 14.3 (91.7%) |
| 8 | BURY Maro | 21 | MTB CZUDEK | M-40 | 3 | 00:12:10 | 00:25:19.20 | +00:02:16 (9.0%) | 4:13 | 14.2 (91.0%) |
| 9 | CISEK Andrzej | 28 | RZESZOWSKIE GAZELE I GEPARDY | M-40 | 4 | 00:12:33 | 00:25:21.90 | +00:02:19 (9.2%) | 4:13 | 14.2 (91.0%) |
| 10 | WEREMKO Grzegorz | 172 | MULTIMEDIA RUNNERS PUŁAWY | M-40 | 5 | 00:12:32 | 00:25:33.05 | +00:02:30 (9.8%) | 4:15 | 14.1 (90.4%) |
| 11 | JANAS Marcin | 59 | | M-40 | 6 | 00:12:31 | 00:25:48.65 | +00:02:46 (10.7%) | 4:18 | 14 (89.7%) |
| 12 | NIEDZIELSKI Dariusz | 115 | AKTYWNY DYNÓW | M-40 | 7 | 00:12:32 | 00:25:50.15 | +00:02:47 (10.8%) | 4:18 | 13.9 (89.1%) |
| 13 | PIETRASIEWICZ Maciej | 133 | KRESOWIANIE | M-30 | 6 | 00:12:38 | 00:26:12.05 | +00:03:09 (12.1%) | 4:22 | 13.7 (87.8%) |
| 14 | BANASIK Krzysztof | 7 | KĄNCZUCKA GRUPA BIEGOWA | M-40 | 8 | 00:12:34 | 00:26:33.10 | +00:03:30 (13.2%) | 4:25 | 13.6 (87.2%) |
| 15 | KACZMARSKI Grzegorz | 65 | KACZMARSKI TEAM / K&O TEAM | M-30 | 7 | 00:13:06 | 00:26:40.40 | +00:03:38 (13.6%) | 4:26 | 13.5 (86.5%) |
| 16 | JACHIMOWSKI Jarosław | 57 | SANOK BIEGA | M-30 | 8 | 00:12:52 | 00:26:45.00 | +00:03:42 (13.9%) | 4:27 | 13.5 (86.5%) |
| 17 | ŁAKOMY Tomasz | 89 | KRESOWIANIE | M-30 | 9 | 00:12:55 | 00:26:51.50 | +00:03:49 (14.2%) | 4:28 | 13.4 (85.9%) |
| 18 | ROMAN Krzysztof | 143 | KOZACKI TEAM HŁOMCZA | M-30 | 10 | 00:12:52 | 00:26:54.90 | +00:03:52 (14.4%) | 4:29 | 13.4 (85.9%) |
| 19 | RÓG Piotr | 146 | RZESZOWSKIE GAZELE I GEPARDY | M-40 | 9 | 00:13:28 | 00:27:13.05 | +00:04:10 (15.4%) | 4:32 | 13.2 (84.6%) |
| 20 | BERNAT Tomasz | 13 | | M-40 | 10 | 00:12:53 | 00:27:14.10 | +00:04:11 (15.4%) | 4:32 | 13.2 (84.6%) |
| 21 | JASTRZĄB Piotr | 62 | DEKAN LESKO | M-50 | 1 | 00:13:29 | 00:27:18.25 | +00:04:16 (15.6%) | 4:33 | 13.2 (84.6%) |
| 22 | KOBYLARZ Piotr | 73 | RZESZOWSKIE GAZELE I GEPARDY | M-30 | 11 | 00:12:57 | 00:27:22.80 | +00:04:20 (15.9%) | 4:33 | 13.2 (84.6%) |
| 23 | MACIEJKO Rafał | 93 | KRESOWIANIE | M-40 | 11 | 00:13:06 | 00:27:24.70 | +00:04:22 (16.0%) | 4:34 | 13.1 (84.0%) |
| 24 | DELEŻUCH Wojciech | 34 | POZIOMKI | M-40 | 12 | 00:13:27 | 00:27:30.30 | +00:04:28 (16.2%) | 4:35 | 13.1 (84.0%) |
| 25 | PASTERZ Piotr | 131 | | M-30 | 12 | 00:13:15 | 00:27:32.10 | +00:04:29 (16.3%) | 4:35 | 13.1 (84.0%) |
| 26 | KOT Łukasz | 76 | RZESZOWSKIE GAZELE I GEPARDY | M-40 | 13 | 00:13:18 | 00:27:41.00 | +00:04:38 (16.8%) | 4:36 | 13 (83.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| 27 | STADNYK Janusz | 156 | KOZACKI TEAM HŁOMCZA | M-16 | 1 | 00:13:10 | 00:27:45.25 | +00:04:43 (17.0%) | 4:37 | 13 (83.3%) |
| 28 | BUSZ Jacek | 22 | STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING | M-30 | 13 | 00:13:05 | 00:27:51.25 | +00:04:49 (17.3%) | 4:38 | 12.9 (82.7%) |
| 29 | KURZYDŁO Michał | 84 | WAR TEAM | M-16 | 2 | 00:13:37 | 00:27:53.20 | +00:04:50 (17.4%) | 4:38 | 12.9 (82.7%) |
| 30 | PEŁDIAK Mateusz | 132 | DZIKIE ŚWINKI | M-30 | 14 | 00:13:19 | 00:27:53.95 | +00:04:51 (17.4%) | 4:38 | 12.9 (82.7%) |
| 31 | OCHYRA Konrad | 90 | SOLINA TEAM | M-30 | 15 | 00:13:27 | 00:28:00.30 | +00:04:58 (17.7%) | 4:40 | 12.9 (82.7%) |
| 32 | GRUSZCZYŃSKI Romuald | 48 | KRESOWIANIE | M-30 | 16 | 00:13:39 | 00:28:07.40 | +00:05:05 (18.1%) | 4:41 | 12.8 (82.1%) |
| 33 | SOCHA Krzysztof | 154 | RZESZOWSKIE GAZELE I GEPARDY | M-30 | 17 | 00:13:42 | 00:28:16.05 | +00:05:13 (18.5%) | 4:42 | 12.7 (81.4%) |
| 34 | OGŁUSZKA Michał | 121 | RZESZOWSKIE GAZELE I GEPARDY | M-30 | 18 | 00:13:53 | 00:28:30.55 | +00:05:28 (19.2%) | 4:45 | 12.6 (80.8%) |
| 35 | RACHWAŁSKI Tomasz | 138 | BŁĘKITNI ŻEGLCE | M-50 | 2 | 00:13:46 | 00:28:34.10 | +00:05:31 (19.4%) | 4:45 | 12.6 (80.8%) |
| 36 | ANTOSZ Bogdan | 3 | SIENIAWA | M-50 | 3 | 00:13:41 | 00:28:40.50 | +00:05:38 (19.7%) | 4:46 | 12.6 (80.8%) |
| 37 | ŚCIUBA Tomasz | 163 | | M-40 | 14 | 00:13:51 | 00:28:55.60 | +00:05:53 (20.4%) | 4:49 | 12.4 (79.5%) |
| 38 | GAWORECKI Tomasz | 45 | SANOK BIEGA | M-40 | 15 | 00:13:58 | 00:29:01.85 | +00:05:59 (20.6%) | 4:50 | 12.4 (79.5%) |
| 39 | RYCAK Andrzej | 148 | NJNSABAUDY | M-50 | 4 | 00:14:06 | 00:29:07.15 | +00:06:04 (20.9%) | 4:51 | 12.4 (79.5%) |
| 40 | ZATOR Janusz | 184 | DĘBICKIE GEPARDY | M-50 | 5 | 00:13:57 | 00:29:15.60 | +00:06:13 (21.3%) | 4:52 | 12.3 (78.8%) |
| 41 | KRAKOWIAN Marek | 81 | JEST LEPIEJ RUN TEAM | M-30 | 19 | 00:14:44 | 00:29:20.75 | +00:06:18 (21.5%) | 4:53 | 12.3 (78.8%) |
| 42 | GAJEK Grzegorz | 44 | AKM PROMILEK | M-40 | 16 | 00:14:44 | 00:29:42.30 | +00:06:40 (22.4%) | 4:57 | 12.1 (77.6%) |
| 43 | KOZŁOWSKI Sylwester | 80 | KOZACKI TEAM HŁOMCZA | M-30 | 20 | 00:14:22 | 00:29:44.95 | +00:06:42 (22.6%) | 4:57 | 12.1 (77.6%) |
| 44 | KłÓSEK Paweł | 72 | DĘBICKIE GEPARDY | M-40 | 17 | 00:14:29 | 00:29:49.10 | +00:06:46 (22.7%) | 4:58 | 12.1 (77.6%) |
| 45 | KIELAR Daniel | 68 | KRESOWIANIE | M-40 | 18 | 00:14:38 | 00:29:56.35 | +00:06:54 (23.1%) | 4:59 | 12 (76.9%) |
| 46 | LEŚ Michał | 85 | SANOK BIEGA | M-30 | 21 | 00:13:59 | 00:29:57.15 | +00:06:54 (23.1%) | 4:59 | 12 (76.9%) |
| 47 | WAGNER Tomasz | 171 | KRESOWIANIE | M-30 | 22 | 00:14:30 | 00:30:00.90 | +00:06:58 (23.2%) | 5:00 | 12 (76.9%) |
| 48 | MITURA Wojtek | 107 | POZIOMKI | M-40 | 19 | 00:14:38 | 00:30:02.10 | +00:06:59 (23.3%) | 5:00 | 12 (76.9%) |
| 49 | RYBA Piotr | 147 | DZIKIE ŚWINKI | M-40 | 20 | 00:14:18 | 00:30:10.95 | +00:07:08 (23.7%) | 5:01 | 11.9 (76.3%) |
| 50 | HOŁUB Wacław | 54 | JAROSŁAWSKI BIEGACZ | M-50 | 6 | 00:14:28 | 00:30:30.25 | +00:07:28 (24.5%) | 5:05 | 11.8 (75.6%) |
| 51 | GWOZDA Grzegorz | 50 | KRESOWIANIE | M-40 | 21 | 00:14:38 | 00:30:31.10 | +00:07:28 (24.5%) | 5:05 | 11.8 (75.6%) |
| 52 | ŚNIEŻEK Piotr | 166 | PRZEMYSKI KLUB BIEGACZA | M-50 | 7 | 00:14:39 | 00:30:37.70 | +00:07:35 (24.8%) | 5:06 | 11.8 (75.6%) |
| 53 | SIENKO Łukasz | 152 | AKTYWNY DYNÓW | M-30 | 23 | 00:14:47 | 00:30:59.80 | +00:07:57 (25.7%) | 5:09 | 11.6 (74.4%) |
| 54 | JARACZ Marcin | 60 | | M-40 | 22 | 00:14:38 | 00:31:11.60 | +00:08:09 (26.1%) | 5:11 | 11.5 (73.7%) |
| 55 | CZAJKA Tomasz | 30 | DZIKIE MORSY KARŁOWICE | M-40 | 23 | 00:14:52 | 00:31:23.55 | +00:08:21 (26.6%) | 5:13 | 11.5 (73.7%) |
| 56 | BRZEZICKI Maciej | 20 | TREC TEAM | M-40 | 24 | 00:15:06 | 00:31:29.00 | +00:08:26 (26.8%) | 5:14 | 11.4 (73.1%) |
| 57 | TRZONEK Andrzej | 170 | JGBS | M-50 | 8 | 00:15:40 | 00:31:35.85 | +00:08:33 (27.1%) | 5:15 | 11.4 (73.1%) |
| 58 | WÓJCICKI Damian | 180 | AKM PROMILEK | M-30 | 24 | 00:15:04 | 00:31:35.90 | +00:08:33 (27.1%) | 5:15 | 11.4 (73.1%) |
| 59 | KUBICKI Łukasz | 82 | | M-30 | 25 | 00:14:57 | 00:31:38.40 | +00:08:36 (27.2%) | 5:16 | 11.4 (73.1%) |
| 60 | WYSKIEL Maciej | 182 | AKTYWNY DYNÓW | M-40 | 25 | 00:15:06 | 00:31:39.45 | +00:08:37 (27.2%) | 5:16 | 11.4 (73.1%) |
| 61 | KACZMARSKI Artur | 66 | KACZMARSKI TEAM | M-40 | 26 | 00:15:08 | 00:31:43.55 | +00:08:41 (27.4%) | 5:17 | 11.4 (73.1%) |
| 62 | MATERNA Roman | 101 | RZESZOWSKIE GAZELE I GEPARDY | M-50 | 9 | 00:15:45 | 00:31:47.50 | +00:08:45 (27.5%) | 5:17 | 11.3 (72.4%) |
| 63 | TELEGA Robert | 169 | BLOK_B | M-50 | 10 | 00:15:17 | 00:31:50.80 | +00:08:48 (27.7%) | 5:18 | 11.3 (72.4%) |
| 64 | NYLEC Tomek | 117 | DZIKIE ŚWINKI | M-16 | 3 | 00:15:47 | 00:32:10.65 | +00:09:08 (28.4%) | 5:21 | 11.2 (71.8%) |
| 65 | BOGDAN Jarosław | 18 | | M-40 | 27 | 00:14:48 | 00:32:12.65 | +00:09:10 (28.5%) | 5:22 | 11.2 (71.8%) |
| 66 | HYDZIK Łukasz | 56 | KOZACKI TEAM HŁOMCZA | M-40 | 28 | 00:15:04 | 00:32:24.65 | +00:09:22 (28.9%) | 5:24 | 11.1 (71.2%) |
| 67 | BANASIEWICZ Witold | 6 | SANOK BIEGA | M-40 | 29 | 00:15:38 | 00:32:36.95 | +00:09:34 (29.4%) | 5:26 | 11 (70.5%) |
| 68 | RECZKOWSKI Andrzej | 190 | ATHLETIC ZRĘCIN | M-60+ | 1 | 00:15:59 | 00:32:38.75 | +00:09:36 (29.4%) | 5:26 | 11 (70.5%) |
| 69 | JARZYŃKA Krzysztof | 61 | K2 | M-50 | 11 | 00:16:05 | 00:32:40.30 | +00:09:38 (29.5%) | 5:26 | 11 (70.5%) |
| 70 | LEWCZUK Norbert | 86 | BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM | M-30 | 26 | 00:15:47 | 00:32:43.10 | +00:09:40 (29.6%) | 5:27 | 11 (70.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 3km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------------|-----------|------|----------|--------------------|-------------------|--------------|--------------|
| 71 | ROŚĆ Dawid | 144 | | M-40 | 30 | 00:15:51 | 00:32:49.05 | +00:09:46 (29.8%) | 5:28 | 11 (70.5%) |
| 72 | KISIELEWICZ Marcin | 70 | ATHLETIC ZRĘCIN | M-30 | 27 | 00:15:36 | 00:33:26.75 | +00:10:24 (31.1%) | 5:34 | 10.8 (69.2%) |
| 73 | DRĄG Piotr | 35 | STALOWOWOLSKI KLUB BIEGACZA | M-30 | 28 | 00:16:31 | 00:33:32.00 | +00:10:29 (31.3%) | 5:35 | 10.7 (68.6%) |
| 74 | BOCEK Sławomir | 17 | DZIKIE ŚWINKI | M-40 | 31 | 00:15:53 | 00:33:39.00 | +00:10:36 (31.5%) | 5:36 | 10.7 (68.6%) |
| 75 | PLAWGO Marek | 194 | | M-40 | 32 | 00:16:58 | 00:33:45.65 | +00:10:43 (31.8%) | 5:37 | 10.7 (68.6%) |
| 76 | KULON Piotr | 83 | | M-30 | 29 | 00:15:57 | 00:34:09.15 | +00:11:06 (32.5%) | 5:41 | 10.5 (67.3%) |
| 77 | OCHYRA Krzysztof | 119 | | M-50 | 12 | 00:15:52 | 00:34:12.40 | +00:11:10 (32.7%) | 5:42 | 10.5 (67.3%) |
| 78 | SIEDLACZEK Zbigniew | 151 | | M-60+ | 2 | 00:16:31 | 00:34:44.50 | +00:11:42 (33.7%) | 5:47 | 10.4 (66.7%) |
| 79 | ZACNY Łukasz | 192 | SOLINA TEAM | M-30 | 30 | 00:16:24 | 00:34:56.60 | +00:11:54 (34.1%) | 5:49 | 10.3 (66.0%) |
| 80 | BERNAŚ Dariusz | 12 | BSCZADY | M-30 | 31 | 00:17:01 | 00:35:06.85 | +00:12:04 (34.4%) | 5:51 | 10.3 (66.0%) |
| 81 | SERAFIN Jacek | 150 | KGB KORCZYNA | M-50 | 13 | 00:16:56 | 00:35:44.20 | +00:12:41 (35.5%) | 5:57 | 10.1 (64.7%) |
| 82 | OCZOŚ Przemysław | 120 | | M-40 | 33 | 00:17:13 | 00:35:52.60 | +00:12:50 (35.8%) | 5:58 | 10 (64.1%) |
| 83 | NAUKA Wiesław | 113 | DĘBICKIE GEPARDY | M-50 | 14 | 00:17:12 | 00:36:06.55 | +00:13:04 (36.2%) | 6:01 | 10 (64.1%) |
| 84 | ORŁOWSKI Wojciech | 126 | STALOWOWOLSKI KLUB BIEGACZA | M-50 | 15 | 00:17:12 | 00:36:14.05 | +00:13:11 (36.4%) | 6:02 | 9.9 (63.5%) |
| 85 | NAZIEMKOWSKI Bogusław | 114 | | M-40 | 34 | 00:16:49 | 00:36:22.50 | +00:13:20 (36.7%) | 6:03 | 9.9 (63.5%) |
| 86 | POLAŃSKI Robert | 135 | NOĆNE WOŁKI | M-40 | 35 | 00:17:29 | 00:36:26.95 | +00:13:24 (36.8%) | 6:04 | 9.9 (63.5%) |
| 87 | CHMIELEWSKI Krzysztof | 26 | | M-50 | 16 | 00:17:03 | 00:36:27.70 | +00:13:25 (36.8%) | 6:04 | 9.9 (63.5%) |
| 88 | PASEK Janusz | 130 | DĘBICKIE GEPARDY | M-50 | 17 | 00:17:47 | 00:36:48.55 | +00:13:46 (37.4%) | 6:08 | 9.8 (62.8%) |
| 89 | FOLTA Jan | 40 | DZIKIE ŚWINKI | M-60+ | 3 | 00:17:02 | 00:36:52.90 | +00:13:50 (37.5%) | 6:08 | 9.8 (62.8%) |
| 90 | SMAGACZ Henryk | 153 | DĘBICKIE GEPARDY | M-60+ | 4 | 00:17:17 | 00:36:58.25 | +00:13:56 (37.7%) | 6:09 | 9.7 (62.2%) |
| 91 | MOGILANY Łukasz | 108 | | M-30 | 32 | 00:16:48 | 00:37:03.65 | +00:14:01 (37.8%) | 6:10 | 9.7 (62.2%) |
| 92 | OŻÓG Jacek | 129 | | M-40 | 36 | 00:17:43 | 00:37:15.60 | +00:14:13 (38.2%) | 6:12 | 9.7 (62.2%) |
| 93 | FIL Hubert | 37 | JAROSŁAWSKI BIEGACZ | M-16 | 4 | 00:17:39 | 00:37:23.65 | +00:14:21 (38.4%) | 6:13 | 9.6 (61.5%) |
| 94 | MARUT Wojciech | 99 | | M-30 | 33 | 00:17:39 | 00:38:03.55 | +00:15:01 (39.5%) | 6:20 | 9.5 (60.9%) |
| 95 | NAMIOTA Marek | 111 | | M-60+ | 5 | 00:18:25 | 00:38:33.60 | +00:15:31 (40.3%) | 6:25 | 9.3 (59.6%) |
| 96 | OSYPANKA Daniel | 127 | PRZEMYSKI KLUB BIEGACZA | M-30 | 34 | 00:18:48 | 00:39:55.50 | +00:16:53 (42.3%) | 6:39 | 9 (57.7%) |
| 97 | OLEŚ Tomasz | 124 | | M-40 | 37 | 00:18:20 | 00:40:22.15 | +00:17:19 (42.9%) | 6:43 | 8.9 (57.1%) |
| 98 | KOWALSKI Sebastian | 78 | | M-30 | 35 | 00:19:24 | 00:41:10.80 | +00:18:08 (44.1%) | 6:51 | 8.7 (55.8%) |
| 99 | SOJA Tomek | 155 | DZIKIE ŚWINKI | M-50 | 18 | 00:19:23 | 00:41:26.60 | +00:18:24 (44.4%) | 6:54 | 8.7 (55.8%) |
| 100 | BURAK Andrzej | 189 | | M-50 | 19 | 00:20:15 | 00:42:18.60 | +00:19:16 (45.6%) | 7:03 | 8.5 (54.5%) |
| 101 | MAJCHROWICZ Andrzej | 96 | | M-50 | 20 | 00:19:56 | 00:42:29.90 | +00:19:27 (45.8%) | 7:04 | 8.5 (54.5%) |
| 102 | TARKOWSKI Dawid | 168 | PRZEMYSKI KLUB BIEGACZA | M-30 | 36 | 00:20:18 | 00:42:58.75 | +00:19:56 (46.4%) | 7:09 | 8.4 (53.8%) |
| 103 | BŁUDOW Walery | 16 | | M-60+ | 6 | 00:20:55 | 00:45:23.65 | +00:22:21 (49.3%) | 7:33 | 7.9 (50.6%) |

Znaleziono 103 wynik(ów)