

NOCNY SPRINT RYSIA

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT
Data: 2018-10-20
Miejsce: Polańczyk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MACIASZEK Grzegorz	106	RAJSPOORT ACTIVE SIERADZ	M-40	1	00:10:12	00:21:17.52		4:15	14.1 (100%)
2	RODZINKA Jan	136	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-40	2	00:09:49	00:21:34.58	+00:00:17 (1.3%)	4:19	13.9 (98.6%)
3	GLEŃ Robert	48	MUKS PODKARPACIE JEDLICZE	M-40	3	00:10:09	00:22:04.48	+00:00:46 (3.5%)	4:25	13.6 (96.5%)
4	STAŃKO Paweł	165	BIESY I CZORTY	M-40	4	00:10:29	00:22:26.27	+00:01:08 (5.1%)	4:29	13.4 (95.0%)
5	HOROSZKO Ernest	57	SWR SOSBIKE SANOK	M-30	1	00:10:25	00:22:29.64	+00:01:12 (5.3%)	4:30	13.3 (94.3%)
6	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	2	00:10:45	00:22:32.72	+00:01:15 (5.6%)	4:30	13.3 (94.3%)
7	OLEJARSKI Marcin	122		M-16	1	00:10:30	00:22:32.77	+00:01:15 (5.6%)	4:30	13.3 (94.3%)
8	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	3	00:10:28	00:22:42.01	+00:01:24 (6.2%)	4:32	13.2 (93.6%)
9	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	4	00:10:27	00:22:53.90	+00:01:36 (7.0%)	4:34	13.1 (92.9%)
10	KOSTERKIEWICZ Marcin	86	PRZEMYSKI KLUB BIEGACZA	M-40	5	00:10:48	00:22:57.69	+00:01:40 (7.3%)	4:35	13.1 (92.9%)
11	WOJNAROWSKI Jacek	197		M-40	6	00:10:59	00:23:08.08	+00:01:50 (8.0%)	4:37	13 (92.2%)
12	MOSOŃ Wiktor	118	MUKS PODKARPACIE JEDLICZE	M-40	7	00:10:32	00:23:21.92	+00:02:04 (8.9%)	4:40	12.8 (90.8%)
13	GUT Jacek	53	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-16	2	00:10:39	00:23:29.52	+00:02:11 (9.4%)	4:42	12.8 (90.8%)
14	TOMASZEK Zbigniew	179	KAMIEŃ DWERNIK	M-40	8	00:10:59	00:23:41.47	+00:02:23 (10.1%)	4:44	12.7 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk Mar 2.5km	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
15	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	5	00:10:57	00:23:47.78	+00:02:30 (10.5%)	4:45	12.6 (89.4%)
16	KOHUT Dariusz	81	PRZEMYSKI KLUB BIEGACZA	M-40	9	00:11:06	00:23:49.44	+00:02:31 (10.6%)	4:45	12.6 (89.4%)
17	WEREMKO Grzegorz	188	MULTIMEDIA RUNNERS PUŁAWY	M-40	10	00:11:22	00:23:52.21	+00:02:34 (10.8%)	4:46	12.6 (89.4%)
18	DELEŻUCH Wojciech	29	OSP NIEMCE	M-40	11	00:11:12	00:23:52.93	+00:02:35 (10.8%)	4:46	12.6 (89.4%)
19	SNUZIK Michał	161	SOLINA TEAM	M-30	6	00:11:05	00:24:00.39	+00:02:42 (11.3%)	4:48	12.5 (88.7%)
20	GAWLEWICZ Tomasz	226	GAWĘŁKI TEAM	M-40	12	00:11:09	00:24:08.02	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
21	DOMISZEWSKA Maria	31		K-50	1	00:11:05	00:24:08.25	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
22	MAZURKIEWICZ Bartłomiej	113	POZYTYWNE ZABIEGANI SANOK 3	M-16	3	00:11:07	00:24:08.47	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
23	SZKULSKI Krystian	172	1BCZ	M-16	4	00:11:15	00:24:09.06	+00:02:51 (11.8%)	4:49	12.4 (87.9%)
24	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	7	00:11:00	00:24:13.89	+00:02:56 (12.1%)	4:50	12.4 (87.9%)
25	CURZYDŁO Bogdan	27		M-40	13	00:11:04	00:24:15.07	+00:02:57 (12.2%)	4:51	12.4 (87.9%)
26	WIERZBICKI Janusz	214		M-30	8	00:11:12	00:24:15.55	+00:02:58 (12.2%)	4:51	12.4 (87.9%)
27	FEDIO Marek	40	5 BSP/SZAFKA BIEGACZA TEAM	M-30	9	00:11:20	00:24:20.93	+00:03:03 (12.6%)	4:52	12.3 (87.2%)
28	GIEFERT Tomasz	47	I KZ	M-30	10	00:11:16	00:24:25.41	+00:03:07 (12.8%)	4:53	12.3 (87.2%)
29	STADNIK Wojciech	164	PRZEMYSKI KLUB BIEGACZA	M-40	14	00:11:34	00:24:32.56	+00:03:15 (13.2%)	4:54	12.2 (86.5%)
30	ŁAGOŻNY Łukasz	101	POZYTYWNE ZABIEGANI SANOK 1	M-30	11	00:11:34	00:24:32.89	+00:03:15 (13.3%)	4:54	12.2 (86.5%)
31	OCHYRA Konrad	121	SOLINA TEAM	M-16	5	00:11:26	00:24:36.00	+00:03:18 (13.4%)	4:55	12.2 (86.5%)
32	OSIŃSKI Adam	125		M-30	12	00:11:30	00:24:37.49	+00:03:19 (13.5%)	4:55	12.2 (86.5%)
33	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	13	00:11:04	00:24:55.64	+00:03:38 (14.6%)	4:59	12 (85.1%)
34	KAŻMIERCZAK Krzysztof	72		M-40	15	00:11:24	00:25:04.51	+00:03:46 (15.1%)	5:01	12 (85.1%)
35	RYCYK Łukasz	152		M-30	14	00:11:05	00:25:09.82	+00:03:52 (15.4%)	5:01	11.9 (84.4%)
36	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	15	00:11:23	00:25:12.12	+00:03:54 (15.5%)	5:02	11.9 (84.4%)
37	RUCIŃSKI Piotr	150		M-30	16	00:11:26	00:25:12.12	+00:03:54 (15.5%)	5:02	11.9 (84.4%)

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							netto 5km	Różn		
38	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	17	00:11:27	00:25:21.48	+00:04:03 (16.0%)	5:04	11.8 (83.7%)
39	GAWORECKI Tomasz	45	POZYTYWNIIE ZABIEGANI SANOK 1	M-30	18	00:11:33	00:25:21.93	+00:04:04 (16.1%)	5:04	11.8 (83.7%)
40	JABŁOŃSKI Marek	60	PGB SPORTOWA PACZKA	M-16	6	00:11:47	00:25:29.76	+00:04:12 (16.5%)	5:05	11.8 (83.7%)
41	WALANIA Kinga	183	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	K-30	1	00:11:27	00:25:31.43	+00:04:13 (16.6%)	5:06	11.7 (83.0%)
42	MLECZKO Grzegorz	117	I KZ	M-30	19	00:12:03	00:25:34.09	+00:04:16 (16.7%)	5:06	11.7 (83.0%)
43	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	20	00:11:48	00:25:36.70	+00:04:19 (16.9%)	5:07	11.7 (83.0%)
44	DOPART Tomasz	33	KAMIEŃ DWERNIK	M-40	16	00:12:06	00:25:37.91	+00:04:20 (16.9%)	5:07	11.7 (83.0%)
45	KANDEFER Beata	217	KLUB BIEGACZA ATHLETIC ZRĘCIN	K-40	1	00:11:29	00:25:40.17	+00:04:22 (17.1%)	5:08	11.7 (83.0%)
46	SZKODA Robert	171	BURZA MUZGÓW	M-30	21	00:11:37	00:25:42.03	+00:04:24 (17.2%)	5:08	11.7 (83.0%)
47	MITURA Wojtek	116		M-40	17	00:12:01	00:25:46.45	+00:04:28 (17.4%)	5:09	11.6 (82.3%)
48	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	22	00:12:05	00:25:51.30	+00:04:33 (17.6%)	5:10	11.6 (82.3%)
49	SIKORA-KOŁODZIEJ Irmína	157	BIESY I CZORTY	K-30	2	00:12:01	00:26:03.19	+00:04:45 (18.3%)	5:12	11.5 (81.6%)
50	KAŻMIERCZAK Eryk	73		M-16	7	00:11:49	00:26:03.92	+00:04:46 (18.3%)	5:12	11.5 (81.6%)
51	BODNAR Adrian	20		M-16	8	00:12:19	00:26:23.17	+00:05:05 (19.3%)	5:16	11.4 (80.9%)
52	SZYSZŁO Tomasz	176	POZYTYWNIIE ZABIEGANI SANOK 3	M-30	23	00:12:30	00:26:26.06	+00:05:08 (19.5%)	5:17	11.3 (80.1%)
53	WARZOCHA Paweł	187	NIECHBIEGA	M-40	18	00:12:15	00:26:33.03	+00:05:15 (19.8%)	5:18	11.3 (80.1%)
54	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	24	00:12:20	00:26:39.20	+00:05:21 (20.1%)	5:19	11.3 (80.1%)
55	ANTOSZ Bogdan	7		M-40	19	00:12:02	00:26:40.54	+00:05:23 (20.2%)	5:20	11.2 (79.4%)
56	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	25	00:12:55	00:26:43.37	+00:05:25 (20.3%)	5:20	11.2 (79.4%)
57	PAJESTKA Wojciech	126	POZYTYWNIIE ZABIEGANI SANOK 3	M-40	20	00:12:32	00:26:45.37	+00:05:27 (20.4%)	5:21	11.2 (79.4%)
58	WĘGRZYŃSKI Paweł	189		M-30	26	00:12:19	00:26:48.70	+00:05:31 (20.6%)	5:21	11.2 (79.4%)
59	BALICKI Zbigniew	12	BURZA MUZGÓW	M-40	21	00:12:28	00:26:57.26	+00:05:39 (21.0%)	5:23	11.1 (78.7%)
60	PASTERCZYK Dariusz	127	MUKS PODKARPACIE JEDLICZE	M-40	22	00:12:37	00:26:57.89	+00:05:40 (21.0%)	5:23	11.1 (78.7%)

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61	RECZKOWSKI Andrzej	146	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-60	1	00:12:31	00:27:01.73	+00:05:44 (21.2%)	5:24	11.1 (78.7%)
62	KARDASZ Marek	69	SOLINA TEAM	M-30	27	00:12:27	00:27:07.63	+00:05:50 (21.5%)	5:25	11.1 (78.7%)
63	STEFAŃSKA Maria	166	TRIO Z PKB	K-30	3	00:12:36	00:27:20.74	+00:06:03 (22.1%)	5:28	11 (78.0%)
64	KOSEDA Robert	85	HONEY BADGER	M-40	23	00:12:51	00:27:25.95	+00:06:08 (22.4%)	5:29	10.9 (77.3%)
65	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	28	00:12:30	00:27:26.61	+00:06:09 (22.4%)	5:29	10.9 (77.3%)
66	BURAK Adam	25	1BCZ	M-40	24	00:12:22	00:27:29.65	+00:06:12 (22.6%)	5:29	10.9 (77.3%)
67	BANASIK Krzysztof	15		M-30	29	00:13:00	00:27:30.55	+00:06:13 (22.6%)	5:30	10.9 (77.3%)
68	MATUSZEWSKI Piotr	112		M-30	30	00:12:56	00:27:34.48	+00:06:16 (22.8%)	5:31	10.9 (77.3%)
69	PĘKOSZ Agnieszka	132	TRIO Z PKB	K-30	4	00:12:28	00:27:37.07	+00:06:19 (22.9%)	5:31	10.9 (77.3%)
70	BAJSAROWICZ Maciek	11		M-16	9	00:12:38	00:27:38.96	+00:06:21 (23.0%)	5:31	10.8 (76.6%)
71	PIETRYSZYN Mariusz	134	SOLINA TEAM	M-40	25	00:12:39	00:27:39.08	+00:06:21 (23.0%)	5:32	10.8 (76.6%)
72	MACHLARZ Mateusz	105	SRTG RZESZÓW	M-16	10	00:12:27	00:27:40.27	+00:06:22 (23.1%)	5:32	10.8 (76.6%)
73	KAWALIŁO Piotr	70		M-30	31	00:12:29	00:27:41.96	+00:06:24 (23.1%)	5:32	10.8 (76.6%)
74	BANASIK Monika	14		K-30	5	00:13:01	00:27:44.50	+00:06:26 (23.2%)	5:33	10.8 (76.6%)
75	DOROSZ Barbara	34	TRIO Z PKB	K-30	6	00:12:46	00:27:45.35	+00:06:27 (23.3%)	5:33	10.8 (76.6%)
76	AMROZKIEWICZ-GROMEK Judyta	5	AMROZKIEWICZ TEAM	K-30	7	00:12:27	00:27:45.84	+00:06:28 (23.3%)	5:33	10.8 (76.6%)
77	MAŚLAK Jacek	110	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	26	00:13:14	00:27:50.23	+00:06:32 (23.5%)	5:34	10.8 (76.6%)
78	KOZIEŁ Tadeusz	89	BURZA MUZGÓW	M-16	11	00:12:36	00:27:56.93	+00:06:39 (23.8%)	5:35	10.7 (75.9%)
79	ZIÓŁKOWSKI Wojciech	224	HERKULES	M-40	27	00:12:55	00:28:00.74	+00:06:43 (24.0%)	5:36	10.7 (75.9%)
80	HADUCH Jerzy	54	SANOK I OKOLICE	M-60	2	00:12:45	00:28:04.28	+00:06:46 (24.2%)	5:36	10.7 (75.9%)
81	BERNAŚ Dariusz	19	BSCZADY	M-30	32	00:13:13	00:28:04.39	+00:06:46 (24.2%)	5:36	10.7 (75.9%)
82	BEŁCH Michał	18		M-30	33	00:12:41	00:28:06.40	+00:06:48 (24.2%)	5:37	10.7 (75.9%)
83	ZYMRÓZ Tomek	206	JAK NIE MY TO KTO? ROPCZYCE	M-16	12	00:12:42	00:28:08.92	+00:06:51 (24.4%)	5:37	10.7 (75.9%)

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84	WAJCOWICZ Witold	182	POZYTYWNIIE ZABIEGANI SANOK 2	M-40	28	00:12:54	00:28:17.16	+00:06:59 (24.7%)	5:39	10.6 (75.2%)
85	LEŚNIAK-POPIEL Marta	97	POZYTYWNIIE ZABIEGANI SANOK 2	K-40	2	00:12:54	00:28:17.93	+00:07:00 (24.8%)	5:39	10.6 (75.2%)
86	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	34	00:12:39	00:28:25.72	+00:07:08 (25.1%)	5:41	10.6 (75.2%)
87	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	35	00:12:51	00:28:27.63	+00:07:10 (25.2%)	5:41	10.5 (74.5%)
88	SIEDLACZEK Zbigniew	156	SKLEP BIEGACZA LUBLIN TEAM	M-60	3	00:12:49	00:28:51.47	+00:07:33 (26.2%)	5:46	10.4 (73.8%)
89	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	36	00:12:46	00:28:51.51	+00:07:33 (26.2%)	5:46	10.4 (73.8%)
90	MAJCHER Damian	107		M-30	37	00:13:35	00:28:57.02	+00:07:39 (26.5%)	5:47	10.4 (73.8%)
91	IGNOR Edyta	59	SRTG RZESZÓW	K-16	1	00:12:43	00:28:57.03	+00:07:39 (26.5%)	5:47	10.4 (73.8%)
92	KISIELEWICZ Marcin	75	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-16	13	00:12:46	00:29:23.58	+00:08:06 (27.6%)	5:52	10.2 (72.3%)
93	DRWIĘGA Maciej	36	POZYTYWNIIE ZABIEGANI SANOK 1	M-40	29	00:13:16	00:29:30.00	+00:08:12 (27.8%)	5:54	10.2 (72.3%)
94	SZEWCZYK Rafał	170		M-40	30	00:13:29	00:29:31.69	+00:08:14 (27.9%)	5:54	10.2 (72.3%)
95	ZIĘBA Ewa	203	BURZA MUZGÓW	K-16	2	00:13:57	00:29:41.86	+00:08:24 (28.3%)	5:56	10.1 (71.6%)
96	KAPRAL Adam	67	KAMIEŃ DWERNIK	M-40	31	00:14:47	00:29:47.08	+00:08:29 (28.5%)	5:57	10.1 (71.6%)
97	WAŁACHOWSKA Urszula	185	SOLINA TEAM	K-30	8	00:14:24	00:29:56.64	+00:08:39 (28.9%)	5:59	10 (70.9%)
98	KAPA Patrycja	66	K.S. MARATON OSTRÓW WIELKOPOLSKI	K-16	3	00:13:50	00:30:03.18	+00:08:45 (29.2%)	6:00	10 (70.9%)
99	GALANTY Agnieszka	44	SZYBKIE BLONDYNY	K-40	3	00:13:40	00:30:08.90	+00:08:51 (29.4%)	6:01	10 (70.9%)
100	SZYMALA-LIPKA Magdalena	175		K-30	9	00:13:46	00:30:09.28	+00:08:51 (29.4%)	6:01	10 (70.9%)
101	KĘDRA Agnieszka	74		K-16	4	00:13:42	00:30:10.41	+00:08:52 (29.4%)	6:02	9.9 (70.2%)
102	AST Grzegorz	8	AMSTAFF TEAM JEDLICZE	M-16	14	00:14:02	00:30:11.95	+00:08:54 (29.5%)	6:02	9.9 (70.2%)
103	MISIAK Mateusz	115	BURZA MUZGÓW	M-16	15	00:13:36	00:30:12.54	+00:08:55 (29.5%)	6:02	9.9 (70.2%)
104	ŁUCZAK Janusz	102		M-50	1	00:13:54	00:30:19.96	+00:09:02 (29.8%)	6:04	9.9 (70.2%)
105	ŻUREK Piotr	208	LUBLIN BIEGA	M-40	32	00:14:09	00:30:22.54	+00:09:05 (29.9%)	6:04	9.9 (70.2%)
106	ŻUROWSKI Jacek	209	CENTRUM MEDYCZNE ORTO-OPTYMIST	M-40	33	00:14:09	00:30:22.56	+00:09:05 (29.9%)	6:04	9.9 (70.2%)

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107	DROBOT Piotr	35	POZYTYWNE ZABIEGANI SANOK	M-40	34	00:14:01	00:30:26.22	+00:09:08 (30.0%)	6:05	9.9 (70.2%)
108	SOBOLEWSKA Katarzyna	162		K-30	10	00:13:53	00:30:26.51	+00:09:08 (30.1%)	6:05	9.9 (70.2%)
109	NIEMIEC-DRWIĘGA Bernadeta	120		K-40	4	00:14:02	00:30:26.81	+00:09:09 (30.1%)	6:05	9.9 (70.2%)
110	WACNIK Janusz	181		M-50	2	00:13:57	00:30:29.90	+00:09:12 (30.2%)	6:06	9.8 (69.5%)
111	WITUSIK Mariusz	195	NW-TEAM JASŁO	M-40	35	00:13:51	00:30:36.28	+00:09:18 (30.4%)	6:07	9.8 (69.5%)
112	BABINSKA Inga	9	SZYBKIE BLONDYNY	K-40	5	00:13:52	00:30:36.46	+00:09:18 (30.4%)	6:07	9.8 (69.5%)
113	DUDEK Paweł	38		M-40	36	00:14:31	00:30:47.74	+00:09:30 (30.9%)	6:09	9.7 (68.8%)
114	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	38	00:13:48	00:30:49.00	+00:09:31 (30.9%)	6:09	9.7 (68.8%)
115	DABROWSKA Agnieszka	28		K-30	11	00:13:52	00:30:52.31	+00:09:34 (31.0%)	6:10	9.7 (68.8%)
116	WOJSŁAW Krzysztof	216		M-30	39	00:14:32	00:30:55.20	+00:09:37 (31.1%)	6:11	9.7 (68.8%)
117	SADOWY Janusz	155	5 BSP	M-30	40	00:13:05	00:31:07.14	+00:09:49 (31.6%)	6:13	9.6 (68.1%)
118	KORYCIŃSKA Izabela	84		K-30	12	00:13:52	00:31:18.44	+00:10:00 (32.0%)	6:15	9.6 (68.1%)
119	SUCHOWIECKA Sabina	168		K-16	5	00:14:52	00:31:19.17	+00:10:01 (32.0%)	6:15	9.6 (68.1%)
120	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	41	00:14:41	00:31:19.86	+00:10:02 (32.0%)	6:15	9.6 (68.1%)
121	WILGUCKI Krzysztof	191	1BCZ	M-16	16	00:13:22	00:31:27.02	+00:10:09 (32.3%)	6:17	9.5 (67.4%)
122	BODNIAK Tomasz	21		M-30	42	00:15:09	00:31:44.11	+00:10:26 (32.9%)	6:20	9.5 (67.4%)
123	ZARĘBA Jolanta	218	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:14:14	00:31:57.85	+00:10:40 (33.4%)	6:23	9.4 (66.7%)
124	WITUSIK Dorota	194	NW-TEAM JASŁO	K-40	6	00:14:24	00:31:59.50	+00:10:41 (33.4%)	6:24	9.4 (66.7%)
125	DUDEK Katarzyna	39	PRZEMYSKI KLUB BIEGACZA	K-30	13	00:14:45	00:32:06.99	+00:10:49 (33.7%)	6:25	9.3 (66.0%)
126	PAWŁOWSKA Agnieszka	128	SZYBKIE BLONDYNY	K-40	7	00:14:47	00:32:08.13	+00:10:50 (33.7%)	6:25	9.3 (66.0%)
127	JAKUBOWSKI Daniel	63	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M-40	37	00:14:38	00:32:34.94	+00:11:17 (34.7%)	6:31	9.2 (65.2%)
128	GALANTY Bartłomiej	43	PRZEMYSKI KLUB BIEGACZA	M-40	38	00:13:52	00:32:56.00	+00:11:38 (35.3%)	6:35	9.1 (64.5%)
129	KLESZCZYŃSKA Agnieszka	76	MULTIMEDIA RUNNERS PUŁAWY	K-30	14	00:14:42	00:33:03.30	+00:11:45 (35.6%)	6:36	9.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
130	KAWECKA Magdalena	71	KAWA BEZ PAPIEROSA	K-30	15	00:15:42	00:33:21.91	+00:12:04 (36.2%)	6:40	9 (63.8%)
131	JAŁOCHA Barbara	64	PRZEMYSKI KLUB BIEGACZA	K-50	3	00:14:47	00:33:44.82	+00:12:27 (36.9%)	6:45	8.9 (63.1%)
132	RAWSKA Anna	144		K-16	6	00:15:20	00:33:47.61	+00:12:30 (37.0%)	6:45	8.9 (63.1%)
133	ŁUCZYCKA Iwona	103	POZYTYWNIIE ZABIEGANI SANOK	K-40	8	00:15:06	00:34:37.07	+00:13:19 (38.5%)	6:55	8.7 (61.7%)
134	MAŚLAK Marzena	111	POZYTYWNIIE ZABIEGANI SANOK	K-30	16	00:15:07	00:34:37.96	+00:13:20 (38.5%)	6:55	8.7 (61.7%)
135	WOLF Weronika	199	3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNIIE ZABIEGANI SANOK	K-40	9	00:15:07	00:34:39.49	+00:13:21 (38.6%)	6:55	8.7 (61.7%)
136	GNIĘCIAK Monika	51	GRE NIERUCHOMOŚCI	K-30	17	00:16:23	00:34:53.40	+00:13:35 (39.0%)	6:58	8.6 (61.0%)
137	PRUCNAL Paweł	139	RUN FOR 42	M-40	39	00:14:43	00:34:57.28	+00:13:39 (39.1%)	6:59	8.6 (61.0%)
138	KOWALSKI-NEUKIRCH Henryk	88	TRUCHTACZ MYSŁOWICE	M-60	4	00:14:44	00:34:57.84	+00:13:40 (39.1%)	6:59	8.6 (61.0%)
139	GŁUSZKO Justyna	50	SOLINA TEAM	K-30	18	00:14:24	00:34:58.08	+00:13:40 (39.1%)	6:59	8.6 (61.0%)
140	PECKA Krzysztof	129	SOLINA TEAM	M-30	43	00:15:04	00:35:15.19	+00:13:57 (39.6%)	7:03	8.5 (60.3%)
141	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	44	00:16:10	00:36:24.06	+00:15:06 (41.5%)	7:16	8.2 (58.2%)
142	KOCZOROWSKA Anna	79	TEAM ZABIEGANEDNI	K-30	19	00:16:10	00:36:24.06	+00:15:06 (41.5%)	7:16	8.2 (58.2%)
143	SNOPKOWSKI Krystian	160		M-16	17	00:16:29	00:36:52.66	+00:15:35 (42.3%)	7:22	8.1 (57.4%)
144	SNOPKOWSKA Dorota	159		K-16	7	00:16:30	00:36:52.71	+00:15:35 (42.3%)	7:22	8.1 (57.4%)
145	ŁACH Wiesław	100	KLUB MATIEGO JEŻOWE	M-40	40	00:15:39	00:37:05.75	+00:15:48 (42.6%)	7:25	8.1 (57.4%)
146	RUTKOWSKI Grzegorz	151	KLUB MATIEGO JEŻOWE	M-30	45	00:16:00	00:37:06.34	+00:15:48 (42.6%)	7:25	8.1 (57.4%)
147	GĄDEK Sonia	46		K-16	8	00:16:11	00:37:22.08	+00:16:04 (43.0%)	7:28	8 (56.7%)
148	ŚWIDERSKA Karolina	178	OSP USTRZYKI GÓRNE	K-16	9	00:17:06	00:38:20.25	+00:17:02 (44.5%)	7:40	7.8 (55.3%)
149	HARATYK Roksana	56		K-30	20	00:16:57	00:38:44.26	+00:17:26 (45.0%)	7:44	7.7 (54.6%)
150	FERFECKI Paweł	42		M-30	46	00:16:57	00:38:44.51	+00:17:26 (45.0%)	7:44	7.7 (54.6%)
151	WILCZYNSKI Mariusz	190		M-30	47	00:16:58	00:38:45.17	+00:17:27 (45.1%)	7:45	7.7 (54.6%)
152	ZAJĄCZKOWSKI Krzysztof	167	PRZEMYSKI KLUB BIEGACZA	M-30	48	00:19:52	00:40:23.87	+00:19:06 (47.3%)	8:04	7.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	BIERNACKI Rene	212		M-60	5	00:19:53	00:41:03.88	+00:19:46 (48.2%)	8:12	7.3 (51.8%)
154	ŁAKOMSKA Kamila	222		K-16	10	00:19:54	00:42:54.55	+00:21:37 (50.4%)	8:35	7 (49.6%)
155	WIERZBICKI Mariusz	221		M-30	49	00:19:54	00:42:54.81	+00:21:37 (50.4%)	8:35	7 (49.6%)
156	RYŁKO Mariola	210	SOLINA TEAM	K-40	10	00:19:58	00:43:03.43	+00:21:45 (50.5%)	8:36	7 (49.6%)
157	SZPAK Justyna	92	SOLINA TEAM	K-30	21	00:19:59	00:43:03.92	+00:21:46 (50.6%)	8:36	7 (49.6%)
158	RAK Wanda	143		K-30	22	00:19:59	00:43:07.17	+00:21:49 (50.6%)	8:37	7 (49.6%)

Znaleziono 158 wynik(ów)