



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: M-30

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

NOCNY SPRINT RYSIA

B4SPORT



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	HOROSZKO Ernest	57	SWR SOSBIKE SANOK	M-30	1	00:10:25	00:22:29.64		4:30	13.3 (100%)
2	SKAWIŃSKI Tomasz	158	BIESY I CZORTY	M-30	2	00:10:45	00:22:32.72	+00:00:03 (0.2%)	4:30	13.3 (100%)
3	SZMIST Szymon	173	KLUB BIEGACZA ATHLETIC ZRĘCIN	M-30	3	00:10:28	00:22:42.01	+00:00:12 (0.9%)	4:32	13.2 (99.2%)
4	GŁUSZKO Przemek	49	SOLINA TEAM	M-30	4	00:10:27	00:22:53.90	+00:00:24 (1.8%)	4:34	13.1 (98.5%)
5	PYRZAK Jacek	141	BIKESHOP RZESZÓW	M-30	5	00:10:57	00:23:47.78	+00:01:18 (5.5%)	4:45	12.6 (94.7%)
6	SNUZIK Michał	161	SOLINA TEAM	M-30	6	00:11:05	00:24:00.39	+00:01:30 (6.3%)	4:48	12.5 (94.0%)
7	DUDA Paweł	37	MUKS PODKARPACIE JEDLICZE	M-30	7	00:11:00	00:24:13.89	+00:01:44 (7.2%)	4:50	12.4 (93.2%)
8	WIERZBICKI Janusz	214		M-30	8	00:11:12	00:24:15.55	+00:01:45 (7.3%)	4:51	12.4 (93.2%)
9	FEDIO Marek	40	5 BSP/SZAFKA BIEGACZA TEAM	M-30	9	00:11:20	00:24:20.93	+00:01:51 (7.6%)	4:52	12.3 (92.5%)
10	GIEFERT Tomasz	47	I KZ	M-30	10	00:11:16	00:24:25.41	+00:01:55 (7.9%)	4:53	12.3 (92.5%)
11	ŁAGOŻNY Łukasz	101	POZYTYWNIEM ZABIEGANI SANOK 1	M-30	11	00:11:34	00:24:32.89	+00:02:03 (8.4%)	4:54	12.2 (91.7%)
12	OSIŃSKI Adam	125		M-30	12	00:11:30	00:24:37.49	+00:02:07 (8.7%)	4:55	12.2 (91.7%)
13	GOLEŚ Grzegorz	52	RUN GIEDLAROWA	M-30	13	00:11:04	00:24:55.64	+00:02:25 (9.8%)	4:59	12 (90.2%)
14	RYCYK Łukasz	152		M-30	14	00:11:05	00:25:09.82	+00:02:40 (10.6%)	5:01	11.9 (89.5%)
15	BRONHARD Rafał	24	TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI	M-30	15	00:11:23	00:25:12.12	+00:02:42 (10.7%)	5:02	11.9 (89.5%)
16	RUCIŃSKI Piotr	150		M-30	16	00:11:26	00:25:12.12	+00:02:42 (10.7%)	5:02	11.9 (89.5%)
17	CZERNICKI Marcin	149	PRZEMYSKI KLUB BIEGACZA	M-30	17	00:11:27	00:25:21.48	+00:02:51 (11.3%)	5:04	11.8 (88.7%)
18	GAWORECKI Tomasz	45	POZYTYWNIEM ZABIEGANI SANOK 1	M-30	18	00:11:33	00:25:21.93	+00:02:52 (11.3%)	5:04	11.8 (88.7%)
19	MLECZKO Grzegorz	117	I KZ	M-30	19	00:12:03	00:25:34.09	+00:03:04 (12.0%)	5:06	11.7 (88.0%)
20	KOŚMIDER Tomasz	87	SPARTANIE DZIECIOM	M-30	20	00:11:48	00:25:36.70	+00:03:07 (12.2%)	5:07	11.7 (88.0%)
21	SZKODA Robert	171	BURZA MUZGÓW	M-30	21	00:11:37	00:25:42.03	+00:03:12 (12.5%)	5:08	11.7 (88.0%)
22	WOLIŃSKI Ryszard	200	RUNNING TEAM NOWY STYL GROUP	M-30	22	00:12:05	00:25:51.30	+00:03:21 (13.0%)	5:10	11.6 (87.2%)
23	SZYSZŁO Tomasz	176	POZYTYWNIEM ZABIEGANI SANOK 3	M-30	23	00:12:30	00:26:26.06	+00:03:56 (14.9%)	5:17	11.3 (85.0%)
24	PODOLAK Paweł	138	KAMIEŃ DWERNIK	M-30	24	00:12:20	00:26:39.20	+00:04:09 (15.6%)	5:19	11.3 (85.0%)
25	ŁABUDZKI Marcin	99	PRZEMYSKI KLUB BIEGACZA	M-30	25	00:12:55	00:26:43.37	+00:04:13 (15.8%)	5:20	11.2 (84.2%)
26	WĘGRZYŃSKI Paweł	189		M-30	26	00:12:19	00:26:48.70	+00:04:19 (16.1%)	5:21	11.2 (84.2%)

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27	KARDASZ Marek	69	SOLINA TEAM	M-30	27	00:12:27	00:27:07.63	+00:04:37 (17.1%)	5:25	11.1 (83.5%)
28	KLESZCZYŃSKI Bartosz	77	MULTIMEDIA RUNNERS PUŁAWY	M-30	28	00:12:30	00:27:26.61	+00:04:56 (18.0%)	5:29	10.9 (82.0%)
29	BANASIK Krzysztof	15		M-30	29	00:13:00	00:27:30.55	+00:05:00 (18.2%)	5:30	10.9 (82.0%)
30	MATUSZEWSKI Piotr	112		M-30	30	00:12:56	00:27:34.48	+00:05:04 (18.4%)	5:31	10.9 (82.0%)
31	KAWALIŁO Piotr	70		M-30	31	00:12:29	00:27:41.96	+00:05:12 (18.8%)	5:32	10.8 (81.2%)
32	BERNAŚ Dariusz	19	BSCZADY	M-30	32	00:13:13	00:28:04.39	+00:05:34 (19.9%)	5:36	10.7 (80.5%)
33	BEŁCH Michał	18		M-30	33	00:12:41	00:28:06.40	+00:05:36 (20.0%)	5:37	10.7 (80.5%)
34	RADYK Jakub	142	PRZEMYSKI KLUB BIEGACZA	M-30	34	00:12:39	00:28:25.72	+00:05:56 (20.9%)	5:41	10.6 (79.7%)
35	LESZCZYŃSKI Mirosław	96	GRE NIERUCHOMOŚCI	M-30	35	00:12:51	00:28:27.63	+00:05:57 (21.0%)	5:41	10.5 (78.9%)
36	AMAROWICZ Jacek	4	I KZ III - PLZ	M-30	36	00:12:46	00:28:51.51	+00:06:21 (22.1%)	5:46	10.4 (78.2%)
37	MAJCHER Damian	107		M-30	37	00:13:35	00:28:57.02	+00:06:27 (22.3%)	5:47	10.4 (78.2%)
38	JACHIMOWSKI Jarek	61	KOMP-SERWIS24 SANOK	M-30	38	00:13:48	00:30:49.00	+00:08:19 (27.0%)	6:09	9.7 (72.9%)
39	WOJSŁAW Krzysztof	216		M-30	39	00:14:32	00:30:55.20	+00:08:25 (27.3%)	6:11	9.7 (72.9%)
40	SADOWY Janusz	155	5 BSP	M-30	40	00:13:05	00:31:07.14	+00:08:37 (27.7%)	6:13	9.6 (72.2%)
41	ŚCIBOR Jarosław	177	I KZ III - PLZ	M-30	41	00:14:41	00:31:19.86	+00:08:50 (28.2%)	6:15	9.6 (72.2%)
42	BODNIAK Tomasz	21		M-30	42	00:15:09	00:31:44.11	+00:09:14 (29.1%)	6:20	9.5 (71.4%)
43	PECKA Krzysztof	129	SOLINA TEAM	M-30	43	00:15:04	00:35:15.19	+00:12:45 (36.2%)	7:03	8.5 (63.9%)
44	KOCZOROWSKI Marcin	80	TEAM ZABIEGANEDNI	M-30	44	00:16:10	00:36:24.06	+00:13:54 (38.2%)	7:16	8.2 (61.7%)
45	RUTKOWSKI Grzegorz	151	KLUB MATIEGO JEŻOWE	M-30	45	00:16:00	00:37:06.34	+00:14:36 (39.4%)	7:25	8.1 (60.9%)
46	FERFECKI Paweł	42		M-30	46	00:16:57	00:38:44.51	+00:16:14 (41.9%)	7:44	7.7 (57.9%)
47	WILCZYŃSKI Mariusz	190		M-30	47	00:16:58	00:38:45.17	+00:16:15 (42.0%)	7:45	7.7 (57.9%)
48	ZAJĄCZKOWSKI Krzysztof	167	PRZEMYSKI KLUB BIEGACZA	M-30	48	00:19:52	00:40:23.87	+00:17:54 (44.3%)	8:04	7.4 (55.6%)
49	WIERZBICKI Mariusz	221		M-30	49	00:19:54	00:42:54.81	+00:20:25 (47.6%)	8:35	7 (52.6%)

Znaleziono 49 wynik(ów)