



BIESZCZADZKI WEEREND BIEGOWY RYSIA

Klasyfikacja: Mężczyźni

NOCNY SPRINT RYSIA

B4SPORT

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



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%)
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	GAWELKI TEAM	M-40	12	00:11:09	00:24:08.02	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
21	MAZURKIEWICZ Bartłomiej	113	POZYTYWNIIE ZABIEGANI SANOK 3	M-16	3	00:11:07	00:24:08.47	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
22	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%)
23	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%)
24	CURZYDŁO Bogdan	27		M-40	13	00:11:04	00:24:15.07	+00:02:57 (12.2%)	4:51	12.4 (87.9%)
25	WIERZBICKI Janusz	214		M-30	8	00:11:12	00:24:15.55	+00:02:58 (12.2%)	4:51	12.4 (87.9%)
26	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas netto		Różn	Tempo min/km	Tempo km/h
							5km				
27	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%)	
28	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%)	
29	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%)	
30	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%)	
31	OSIŃSKI Adam	125		M-30	12	00:11:30	00:24:37.49	+00:03:19 (13.5%)	4:55	12.2 (86.5%)	
32	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%)	
33	KAŻMIERCZAK Krzysztof	72		M-40	15	00:11:24	00:25:04.51	+00:03:46 (15.1%)	5:01	12 (85.1%)	
34	RYCYK Łukasz	152		M-30	14	00:11:05	00:25:09.82	+00:03:52 (15.4%)	5:01	11.9 (84.4%)	
35	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%)	
36	RUCIŃSKI Piotr	150		M-30	16	00:11:26	00:25:12.12	+00:03:54 (15.5%)	5:02	11.9 (84.4%)	
37	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%)	
38	GAWORECKI Tomasz	45	POZYTYWNE ZABIEGANI SANOK 1	M-30	18	00:11:33	00:25:21.93	+00:04:04 (16.1%)	5:04	11.8 (83.7%)	
39	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%)	
40	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%)	
41	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%)	
42	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%)	
43	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%)	
44	MITURA Wojtek	116		M-40	17	00:12:01	00:25:46.45	+00:04:28 (17.4%)	5:09	11.6 (82.3%)	
45	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%)	
46	KAŻMIERCZAK Eryk	73		M-16	7	00:11:49	00:26:03.92	+00:04:46 (18.3%)	5:12	11.5 (81.6%)	
47	BODNAR Adrian	20		M-16	8	00:12:19	00:26:23.17	+00:05:05 (19.3%)	5:16	11.4 (80.9%)	
48	SZYSZŁO Tomasz	176	POZYTYWNE ZABIEGANI SANOK 3	M-30	23	00:12:30	00:26:26.06	+00:05:08 (19.5%)	5:17	11.3 (80.1%)	
49	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%)	
50	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%)	
51	ANTOSZ Bogdan	7		M-40	19	00:12:02	00:26:40.54	+00:05:23 (20.2%)	5:20	11.2 (79.4%)	
52	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%)	
53	PAJESTKA Wojciech	126	POZYTYWNE ZABIEGANI SANOK 3	M-40	20	00:12:32	00:26:45.37	+00:05:27 (20.4%)	5:21	11.2 (79.4%)	
54	WĘGRZYŃSKI Paweł	189		M-30	26	00:12:19	00:26:48.70	+00:05:31 (20.6%)	5:21	11.2 (79.4%)	
55	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%)	
56	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%)	
57	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%)	
58	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%)	
59	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%)	
60	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%)	
61	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%)	
62	BANASIK Krzysztof	15		M-30	29	00:13:00	00:27:30.55	+00:06:13 (22.6%)	5:30	10.9 (77.3%)	
63	MATUSZEWSKI Piotr	112		M-30	30	00:12:56	00:27:34.48	+00:06:16 (22.8%)	5:31	10.9 (77.3%)	
64	BAJSAROWICZ Maciek	11		M-16	9	00:12:38	00:27:38.96	+00:06:21 (23.0%)	5:31	10.8 (76.6%)	
65	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%)	
66	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%)	
67	KAWALIŁO Piotr	70		M-30	31	00:12:29	00:27:41.96	+00:06:24 (23.1%)	5:32	10.8 (76.6%)	
68	MAŚLAK Jacek	110	POZYTYWNE ZABIEGANI SANOK 2	M-40	26	00:13:14	00:27:50.23	+00:06:32 (23.5%)	5:34	10.8 (76.6%)	
69	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%)	
70	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%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_Mar 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km				
71	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%)	
72	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%)	
73	BEŁCH Michał	18		M-30	33	00:12:41	00:28:06.40	+00:06:48 (24.2%)	5:37	10.7 (75.9%)	
74	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%)	
75	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%)	
76	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%)	
77	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%)	
78	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%)	
79	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%)	
80	MAJCHER Damian	107		M-30	37	00:13:35	00:28:57.02	+00:07:39 (26.5%)	5:47	10.4 (73.8%)	
81	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%)	
82	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%)	
83	SZEWCZYK Rafał	170		M-40	30	00:13:29	00:29:31.69	+00:08:14 (27.9%)	5:54	10.2 (72.3%)	
84	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%)	
85	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%)	
86	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%)	
87	ŁUCZAK Janusz	102		M-50	1	00:13:54	00:30:19.96	+00:09:02 (29.8%)	6:04	9.9 (70.2%)	
88	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%)	
89	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%)	
90	DROBOT Piotr	35	POZYTYWNIIE ZABIEGANI SANOK	M-40	34	00:14:01	00:30:26.22	+00:09:08 (30.0%)	6:05	9.9 (70.2%)	
91	WACNIK Janusz	181		M-50	2	00:13:57	00:30:29.90	+00:09:12 (30.2%)	6:06	9.8 (69.5%)	
92	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%)	
93	DUDEK Paweł	38		M-40	36	00:14:31	00:30:47.74	+00:09:30 (30.9%)	6:09	9.7 (68.8%)	
94	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%)	
95	WOJSŁAW Krzysztof	216		M-30	39	00:14:32	00:30:55.20	+00:09:37 (31.1%)	6:11	9.7 (68.8%)	
96	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%)	
97	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%)	
98	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%)	
99	BODNIAK Tomasz	21		M-30	42	00:15:09	00:31:44.11	+00:10:26 (32.9%)	6:20	9.5 (67.4%)	
100	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%)	
101	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%)	
102	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%)	
103	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%)	
104	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%)	
105	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%)	
106	SNOPKOWSKI Krystian	160		M-16	17	00:16:29	00:36:52.66	+00:15:35 (42.3%)	7:22	8.1 (57.4%)	
107	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%)	
108	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%)	
109	FERFECKI Paweł	42		M-30	46	00:16:57	00:38:44.51	+00:17:26 (45.0%)	7:44	7.7 (54.6%)	
110	WILCZYNSKI Mariusz	190		M-30	47	00:16:58	00:38:45.17	+00:17:27 (45.1%)	7:45	7.7 (54.6%)	
111	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%)	
112	BIERNACKI Rene	212		M-60	5	00:19:53	00:41:03.88	+00:19:46 (48.2%)	8:12	7.3 (51.8%)	
113	WIERZBICKI Mariusz	221		M-30	49	00:19:54	00:42:54.81	+00:21:37 (50.4%)	8:35	7 (49.6%)	

