

III Bieg Sądeczan  
Stary Sącz 12.06.2016 r

| Generalna OPEN Mężczyźni |       |                         |         |      |                     |                                |             |             |             |             |
|--------------------------|-------|-------------------------|---------|------|---------------------|--------------------------------|-------------|-------------|-------------|-------------|
| Miejsce                  | Numer | Imię Nazwisko           | Rok ur. | Płeć | Miasto              | Klub                           | Wynik 5 KM  | Wynik 6 KM  | Wynik 10 KM | Wynik       |
| 1                        | 148   | Edwin Cheruiyot Melly   | 1988    | M    | Eldoret             | Benedek-team                   | 00.15:17,50 | 00.18:39,25 | 00.31:52,85 | 01.05:49,60 |
| 2                        | 16    | Wycliffe Kipkorir Biwot | 1988    | M    | Eldoret             | Benedek-team                   | 00.15:19,35 | 00.18:39,50 | 00.31:55,25 | 01.05:54,10 |
| 3                        | 202   | Taras Salo              | 1981    | M    | Lwow                | ULTRA                          | 00.15:34,80 | 00.19:09,50 | 00.33:02,20 | 01.07:46,50 |
| 4                        | 39    | Andrzej Długosz         | 1978    | M    | Młodów              |                                | 00.16:39,00 | 00.19:46,50 | 00.34:42,55 | 01.11:08,05 |
| 5                        | 128   | Oleh Leshchyshyn        | 1984    | M    | Stryi               |                                | 00.16:20,30 | 00.20:15,15 | 00.34:58,30 | 01.11:33,75 |
| 6                        | 217   | Paweł Smezdowski        | 1994    | M    | Sękowa              | CWKS Resovia Rzeszów           | 00.16:21,75 | 00.19:49,50 | 00.35:55,55 | 01.12:06,80 |
| 7                        | 277   | Robert Faron            | 1974    | M    | Zalesie             | Salco Sport Team               | 00.16:49,90 | 00.20:30,00 | 00.35:19,65 | 01.12:39,55 |
| 8                        | 211   | Paweł Sikorski          | 1978    | M    | Krosno              |                                | 00.17:54,80 | 00.20:55,00 | 00.35:31,35 | 01.14:21,15 |
| 9                        | 257   | Daniel Wosik            | 1980    | M    | Kunów               | RMD MONTRAIL TEAM              | 00.17:32,70 | 00.21:11,85 | 00.36:52,35 | 01.15:36,90 |
| 10                       | 146   | Łukasz Marmol           | 1995    | M    | Nowy Sącz           | KS JEDNOŚĆ NOWY SĄCZ           | 00.18:01,40 | 00.22:12,65 | 00.36:39,70 | 01.16:53,75 |
| 11                       | 35    | Wojciech Czuba          | 1984    | M    | Muszyna             | Charty z Południa              | 00.17:45,55 | 00.21:34,25 | 00.37:59,25 | 01.17:19,05 |
| 12                       | 40    | Adam Długosz            | 1976    | M    | Rytko               | Piwniczna-Zdrój                | 00.17:54,50 | 00.21:41,00 | 00.38:29,50 | 01.18:05,00 |
| 13                       | 61    | Andrzej Gołyźniak       | 1996    | M    | Muszyna             | SDM Sokół Muszyna              | 00.18:16,30 | 00.21:55,45 | 00.38:15,45 | 01.18:27,20 |
| 14                       | 78    | Mirosław Gołębiowski    | 1962    | M    | Rybnik              |                                | 00.18:12,60 | 00.21:54,50 | 00.38:20,65 | 01.18:27,75 |
| 15                       | 86    | Tadeusz Jurczak         | 1968    | M    | Ubiad               |                                | 00.17:56,90 | 00.22:09,40 | 00.38:45,95 | 01.18:52,25 |
| 16                       | 38    | Franciszek Długosz      | 1966    | M    | Młodów              |                                | 00.18:38,25 | 00.22:33,00 | 00.38:29,75 | 01.19:41,00 |
| 17                       | 7     | Grzegorz Basta          | 1970    | M    | Chełmek             | Zadyszka Oświęcim              | 00.18:30,20 | 00.22:24,55 | 00.39:03,55 | 01.19:58,30 |
| 18                       | 82    | Krzysztof Jaworski      | 1980    | M    | Łazy Biegonickie    | Visegrad Maraton Rytko         | 00.18:48,95 | 00.22:48,45 | 00.38:23,80 | 01.20:01,20 |
| 19                       | 100   | Ryszard Kobajto         | 1962    | M    | Grodek Nad Dunajcem | Stowarzyszenie Biegowe Pogórze | 00.18:11,60 | 00.22:12,55 | 00.39:39,45 | 01.20:03,60 |
| 20                       | 83    | Marek Jaworski          | 1973    | M    | Stary Sącz          | VISEGRAD MARATON RYTKO         | 00.18:08,10 | 00.22:37,95 | 00.39:39,25 | 01.20:25,30 |
| 21                       | 32    | Peter Torok             | 1984    | M    | Debrecen            |                                | 00.18:01,55 | 00.22:07,80 | 00.41:17,45 | 01.21:26,80 |
| 22                       | 252   | Adam Winiarski          | 1966    | M    | Choczołów           | KS Choczołów                   | 00.18:36,80 | 00.22:55,30 | 00.39:59,30 | 01.21:31,40 |
| 23                       | 96    | Mateusz Kilian          | 1985    | M    | Kraków              | Józefińska Team                | 00.18:46,00 | 00.22:54,40 | 00.40:04,45 | 01.21:44,85 |
| 24                       | 163   | Stefan Niedziela        | 1959    | M    | Knurów              | Wieczność                      | 00.18:47,40 | 00.22:39,90 | 00.40:26,70 | 01.21:54,00 |
| 25                       | 231   | Dariusz Ślaga           | 1965    | M    | Zakopane            | KS Choczołów Team SkiAderol    | 00.18:54,25 | 00.22:45,60 | 00.40:56,00 | 01.22:35,85 |
| 26                       | 279   | Krzysztof Berkowicz     | 1982    | M    | Nowy Sącz           |                                | 00.19:02,50 | 00.23:34,75 | 00.40:24,65 | 01.23:01,90 |
| 27                       | 80    | Marcin Jasiński         | 1975    | M    | Nowy Sącz           | PWSZ Nowy Sącz                 | 00.18:52,35 | 00.23:14,45 | 00.40:57,75 | 01.23:04,55 |
| 28                       | 63    | Marcin Górka            | 1983    | M    | Gorlice             | www.decorella.gorlice.pl       | 00.18:11,45 | 00.22:51,50 | 00.42:05,20 | 01.23:08,15 |
| 29                       | 275   | Bogusław Opryszek       | 1968    | M    | Kraków              | ITMBW Kraków                   | 00.18:55,70 | 00.23:21,95 | 00.40:51,15 | 01.23:08,80 |
| 30                       | 233   | Arkadiusz Śliwa         | 1988    | M    | Krynica - Zdrój     |                                | 00.18:40,10 | 00.23:21,10 | 00.41:13,35 | 01.23:14,55 |
| 31                       | 238   | Robert Tomasiak         | 1970    | M    | Rytko               | Visegrad Maraton Rytko         | 00.19:00,45 | 00.23:37,60 | 00.41:27,80 | 01.24:05,85 |
| 32                       | 241   | Stanisław Tomasiak      | 1988    | M    | Symbark             |                                | 00.19:15,15 | 00.23:14,95 | 00.41:41,05 | 01.24:11,15 |
| 33                       | 54    | Janusz Gawron           | 1992    | M    | Limanowa            | Brygada Beskidów               | 00.19:28,55 | 00.23:15,25 | 00.41:58,65 | 01.24:42,45 |
| 34                       | 111   | Kazimierz Kowalczyk     | 1968    | M    | Witów               | KS Choczołów                   | 00.18:41,30 | 00.23:24,70 | 00.42:59,35 | 01.25:05,35 |
| 35                       | 235   | Konrad Tokarczyk        | 1992    | M    | Kamionka Wielka     | DAKO                           | 00.19:16,65 | 00.23:49,25 | 00.42:21,95 | 01.25:27,85 |
| 36                       | 278   | Sławomir Walter         | 1964    | M    | Nowy Sącz           | WB                             | 00.19:24,05 | 00.24:03,85 | 00.42:04,15 | 01.25:32,05 |
| 37                       | 118   | Jarosław Kuć            | 1966    | M    | Kaków               | Lacho Team                     | 00.19:54,10 | 00.24:31,85 | 00.43:07,05 | 01.27:33,00 |
| 38                       | 152   | Józef Mikołajczyk       | 1970    | M    | Folusz              |                                | 00.19:57,85 | 00.24:45,05 | 00.43:15,95 | 01.27:58,85 |
| 39                       | 28    | Damian Bulanda          | 1990    | M    | Nowy Sącz           |                                | 00.19:29,10 | 00.24:30,95 | 00.44:12,20 | 01.28:12,25 |
| 40                       | 209   | Stefan Sikora           | 1949    | M    | Bielsko Biała       |                                | 00.19:51,70 | 00.24:44,35 | 00.43:50,35 | 01.28:26,40 |

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| 41                       | 62  | Mieczysław Goral     | 1969 | M | Grębów               | Ultra Lwów                           | 00.19:50,90 | 00.25:04,85 | 00.43:30,85 | 01.28:26,60 |
| 42                       | 162 | Arkadiusz Nemś       | 1977 | M | Staszów              |                                      | 00.20:03,90 | 00.24:59,80 | 00.43:45,95 | 01.28:49,65 |
| 43                       | 125 | Krzysztof Lachor     | 1994 | M | Kłodne               | Husaria Race Team                    | 00.20:32,60 | 00.24:38,10 | 00.43:48,25 | 01.28:58,95 |
| 44                       | 26  | Sebastian Brzęk      | 1975 | M | Muszyna              |                                      | 00.20:15,20 | 00.24:59,90 | 00.43:44,80 | 01.28:59,90 |
| 45                       | 13  | Michał Bergański     | 1985 | M | Grybów               | Brygada Beskidów                     | 00.20:21,65 | 00.24:26,75 | 00.44:30,90 | 01.29:19,30 |
| 46                       | 227 | Łukasz Szuka         | 1980 | M | Katowice             | niezrzeszony                         | 00.20:40,50 | 00.25:12,05 | 00.43:31,50 | 01.29:24,05 |
| 47                       | 276 | Grzegorz Wysowski    | 1972 | M | Ptaszkowa            |                                      | 00.20:10,45 | 00.25:11,05 | 00.44:07,45 | 01.29:28,95 |
| 48                       | 237 | Piotr Tokarczyk      | 1997 | M | Przysietnica         |                                      | 00.20:39,30 | 00.24:26,85 | 00.44:25,30 | 01.29:31,45 |
| 49                       | 108 | Paweł Kowal          | 1986 | M | Tarnów               |                                      | 00.19:42,75 | 00.26:00,60 | 00.44:04,80 | 01.29:48,15 |
| 50                       | 11  | Leszek Behounek      | 1959 | M | Zakopane             | TG Sokół Zakopane                    | 00.20:15,35 | 00.26:02,15 | 00.44:17,65 | 01.30:35,15 |
| 51                       | 5   | Mateusz Baran        | 1989 | M | Szymbark             | Brygada Beskidów                     | 00.20:27,55 | 00.25:02,35 | 00.45:11,80 | 01.30:41,70 |
| 52                       | 239 | Marek Tomasiak       | 1967 | M | Barcice              | Visegrad Maraton Rytro               | 00.20:37,15 | 00.25:23,95 | 00.45:48,00 | 01.31:49,10 |
| 53                       | 155 | Marcin Mogiński      | 1975 | M | Racibórz             | Festiwal Biegowy                     | 00.19:40,35 | 00.29:47,30 | 00.43:19,80 | 01.32:47,45 |
| 54                       | 3   | Bartosz Adamczyk     | 1995 | M | Krynica-Zdrój        | MTB Krynica-Zdrój                    | 00.20:10,25 | 00.27:38,45 | 00.45:33,10 | 01.33:21,80 |
| 55                       | 116 | Ireneusz Kubin       | 1972 | M | Zakopane             | TG Sokół Zakopane                    | 00.20:13,75 | 00.26:02,69 | 00.47:35,50 | 01.33:51,94 |
| 56                       | 273 | Mirosław Zięba       | 1993 | M | Kamienica            |                                      | 00.20:24,70 | 00.26:36,00 | 00.47:39,80 | 01.34:40,50 |
| 57                       | 216 | Maciej Skraba        | 1998 | M | Krzyżówka            | UKS „FENIX„                          | 00.21:45,85 | 00.26:15,05 | 00.47:56,09 | 01.35:56,99 |
| 58                       | 23  | Andrzej Borek        | 1959 | M | Nawojowa             | TenisAsNowy Sącz/VisegradMaratonRytr | 00.21:22,10 | 00.26:55,60 | 00.47:56,10 | 01.36:13,80 |
| 59                       | 33  | Marcin Chlipała      | 1984 | M | Szczawa              |                                      | 00.21:02,90 | 00.26:52,45 | 00.48:58,85 | 01.36:54,20 |
| 60                       | 52  | Robert Franczyk      | 1975 | M | Nowy Sącz            | Carabus Nowy Sącz                    | 00.22:13,00 | 00.27:33,15 | 00.47:21,95 | 01.37:08,10 |
| 61                       | 144 | Przemysław Markowski | 1991 | M | Bytom                | Miechowska grupa biegowa             | 00.22:15,75 | 00.27:57,90 | 00.46:59,35 | 01.37:13,00 |
| 62                       | 55  | Zbigniew Gawroński   | 1971 | M | Bielsko-Biała        |                                      | 00.21:57,65 | 00.27:26,70 | 00.47:48,85 | 01.37:13,20 |
| 63                       | 120 | Roman Kuliński       | 1973 | M | Nowy Sącz            |                                      | 00.21:48,70 | 00.27:02,50 | 00.48:27,65 | 01.37:18,85 |
| 64                       | 10  | Daniel Bednarski     | 1983 | M | Iwkowa               | SW                                   | 00.21:47,10 | 00.26:26,55 | 00.49:06,80 | 01.37:20,45 |
| 65                       | 150 | Łukasz Mendel        | 1988 | M | Wojnicz              | Nightrunners                         | 00.21:17,20 | 00.27:06,75 | 00.49:11,75 | 01.37:35,70 |
| 66                       | 6   | Sebastian Basta      | 1985 | M | Krynica-Zdrój        | Run Forrest Run                      | 00.22:33,00 | 00.28:03,50 | 00.47:03,70 | 01.37:40,20 |
| 67                       | 192 | Leszek Pytel         | 1952 | M | Klęczany             |                                      | 00.21:20,15 | 00.28:08,90 | 00.48:51,15 | 01.38:20,20 |
| 68                       | 30  | Tomasz Cabała        | 1983 | M | Przyszowa            | Krokus Przyszowa                     | 00.20:53,45 | 00.26:15,95 | 00.51:12,45 | 01.38:21,85 |
| 69                       | 145 | Krzysztof Marmol     | 1997 | M | Nowy Sącz            | Ziemniaki                            | 00.20:24,40 | 00.26:14,30 | 00.53:30,95 | 01.40:09,65 |
| 70                       | 180 | Mateusz Podsadniuk   | 1986 | M | Nowy Sącz            | Easy Run                             | 00.21:12,30 | 00.29:46,70 | 00.49:26,35 | 01.40:25,35 |
| 71                       | 104 | Krystian Konopka     | 1983 | M | Nowy Sącz            | FundacjaNaRatunek                    | 00.22:00,30 | 00.27:48,60 | 00.51:08,75 | 01.40:57,65 |
| 72                       | 140 | Łukasz Majkrzak      | 1986 | M | Łącko                | boruciarze                           | 00.21:56,55 | 00.27:17,90 | 00.51:45,50 | 01.40:59,95 |
| 73                       | 98  | Ryszard Klamut       | 1956 | M | Jabłonica Polska     |                                      | 00.22:48,85 | 00.28:15,80 | 00.50:42,25 | 01.41:46,90 |
| 74                       | 232 | Andrzej Śledziowski  | 1969 | M | Kraków               | Lacho Team                           | 00.23:08,20 | 00.29:04,25 | 00.51:24,00 | 01.43:36,45 |
| 75                       | 288 | Robert Białka        | 1988 | M | Krynica- Zdrój       |                                      | 00.27:19,65 | 00.31:11,80 | 00.45:22,15 | 01.43:53,60 |
| 76                       | 135 | Robert Łopuch        | 1972 | M | Łabowa               | Husaria Race Team                    | 00.23:00,65 | 00.28:37,55 | 00.53:10,70 | 01.44:48,90 |
| 77                       | 139 | Maciej Majda         | 1987 | M | Nowy Sącz            |                                      | 00.23:09,76 | 00.29:47,60 | 00.52:38,85 | 01.45:36,21 |
| 78                       | 79  | Tadeusz Janusz       | 1957 | M | Piotrków Trybunalski | Piotrkowski klub biegacza Endorfina  | 00.23:32,25 | 00.29:33,95 | 00.52:41,05 | 01.45:47,25 |
| 79                       | 36  | Józef Cwikła         | 1960 | M | Jankowa              | Eden                                 | 00.23:28,85 | 00.29:35,30 | 00.53:04,20 | 01.46:08,35 |
| 80                       | 160 | Paweł Myjak          | 1986 | M | Krzyżówka            | UKS „FENIX„                          | 00.22:09,70 | 00.28:45,10 | 00.56:28,60 | 01.47:23,40 |
| 81                       | 154 | Michał Mogiński      | 1982 | M | Nowy Sącz            | EASY RUN                             | 00.23:08,45 | 00.29:47,00 | 00.54:37,65 | 01.47:33,10 |

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| 82                       | 134 | Sławomir Litwin    | 1976 | M | Sosnowiec            | gonie psonie               | 00.24:46,95 | 00.29:53,05 | 00.52:57,45 | 01.47:37,45 |
| 83                       | 72  | Paweł Huma         | 1984 | M | Kraków               | PiwowarBiega.com           | 00.23:27,35 | 00.30:19,75 | 00.54:27,65 | 01.48:14,75 |
| 84                       | 31  | Rafał Cabała       | 1974 | M | Przyszoła            | KROKUS PRZYSZOWA           | 00.22:44,45 | 00.29:12,30 | 00.57:15,40 | 01.49:12,15 |
| 85                       | 245 | Ireneusz Trojan    | 1986 | M | Nowy Sącz            | RTCK - Rób to co Kochasz   | 00.24:02,90 | 00.30:19,65 | 00.54:52,20 | 01.49:14,75 |
| 86                       | 172 | Karol Pękała       | 1954 | M | Nowy Sącz            |                            | 00.25:06,35 | 00.30:30,20 | 00.53:46,40 | 01.49:22,95 |
| 87                       | 19  | Jacek Bochenek     | 1968 | M | Skoczów              | Festiwal Biegowy w Krynicy | 00.24:21,60 | 00.31:15,90 | 00.55:48,95 | 01.51:26,45 |
| 88                       | 147 | Dariusz Mazurek    | 1983 | M | Stalowa Wola         |                            | 00.24:40,50 | 00.30:19,95 | 00.57:43,25 | 01.52:43,70 |
| 89                       | 186 | Krzysztof Prokop   | 1964 | M | Nowy Sącz            |                            | 00.25:45,80 | 00.31:21,30 | 00.56:20,95 | 01.53:28,05 |
| 90                       | 198 | Andrzej Rzepa      | 1981 | M | Zator                | Józefińska Team            | 00.25:13,85 | 00.30:34,60 | 00.58:03,45 | 01.53:51,90 |
| 91                       | 269 | Marcin Krawczyński | 1977 | M | PIOTRKÓW TRYB        |                            | 00.23:54,60 | 00.32:03,90 | 00.58:28,85 | 01.54:27,35 |
| 92                       | 204 | Kamil Sądej        | 1996 | M | Powroźnik            |                            | 00.26:02,00 | 00.32:25,65 | 00.58:15,95 | 01.56:43,60 |
| 93                       | 215 | Sławomir Skatulnik | 1964 | M | Piotrków Trybunalski | PKB ENDORFINA              | 00.26:27,25 | 00.33:20,85 | 00.58:01,15 | 01.57:49,25 |
| 94                       | 73  | Marek Ignaszak     | 1951 | M | Kraków               | Józefińska Team            | 00.26:34,90 | 00.33:39,30 | 00.58:15,15 | 01.58:29,35 |
| 95                       | 48  | Mateusz Filipak    | 1994 | M | Bobowa               |                            | 00.25:52,30 | 00.32:57,85 | 00.59:51,15 | 01.58:41,30 |
| 96                       | 1   | Jacek Adamczyk     | 1967 | M | Krynica-Zdrój        | MTB Krynica-Zdrój          | 00.26:06,40 | 00.33:37,70 | 00.58:58,35 | 01.58:42,45 |
| 97                       | 124 | Tomasz Lachera     | 1985 | M | Zabrze               | W pogoni za duchem         | 00.26:33,40 | 00.33:28,70 | 01.02:36,90 | 02.02:39,00 |
| 98                       | 256 | Zdzisław Wojtowicz | 1951 | M | Szczawa              | niezrzeszony               | 00.27:01,55 | 00.35:10,90 | 01.02:33,40 | 02.04:45,85 |
| 99                       | 221 | Stanisław Spólnik  | 1951 | M | Kraków               | Krakowski klub "Lajkonik"  | 00.27:10,40 | 00.36:57,40 | 01.02:33,70 | 02.06:41,50 |
| 100                      | 109 | Tadeusz Kowalczyk  | 1954 | M | Kraków               |                            | 00.27:09,15 | 00.35:30,25 | 01.04:27,15 | 02.07:06,55 |
| 101                      | 243 | Krzysztof Trela    | 1970 | M | Muszyna              |                            | 00.26:40,90 | 00.36:17,55 | 01.10:32,70 | 02.13:31,15 |