



DIABELSKA TRZYNASTKA

B4SPORT

Wydarzenie: Duch Pogorza
Organizator: Stowarzyszenie Duch Pogorza
Data: 2022-03-26
Miejsce: Dubiecko
Dystans: 13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 9km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|------------------------|----------------|------|-----|-----------------|------------------|-------------------|--------------|--------------|
| 1 | KĄKOL Zbigniew | 928 | WATER TEAM | OPEN Mężczyźni | 1 | | 01:07:12.00 | 01:07:12.00 | | 5:10 | 11.6 (100%) |
| 2 | CABAJ Łukasz | 909 | HARPAGAN TARNOBRZEG | OPEN Mężczyźni | 2 | | 01:07:50.00 | 01:07:50.00 | +00:00:38 (0.9%) | 5:13 | 11.5 (99.1%) |
| 3 | SZMIST Jarosław | 972 | KB ATHLETIC ZRECIN | OPEN Mężczyźni | 3 | | 01:09:27.00 | 01:09:27.00 | +00:02:15 (3.2%) | 5:20 | 11.2 (96.6%) |
| 4 | BRENDZOWSKI Adam | 906 | SOLINA TEAM | OPEN Mężczyźni | 4 | | 01:14:34.00 | 01:14:34.00 | +00:07:22 (9.9%) | 5:44 | 10.5 (90.5%) |
| 5 | SZYMANIK Adam | 974 | | OPEN Mężczyźni | 5 | | 01:15:35.00 | 01:15:35.00 | +00:08:23 (11.1%) | 5:48 | 10.3 (88.8%) |
| 6 | GIELAROWIEC Paweł | 921 | KP PSP LEŻAJSK | OPEN Mężczyźni | 6 | | 01:16:12.00 | 01:16:12.00 | +00:09:00 (11.8%) | 5:51 | 10.2 (87.9%) |
| 7 | SZYBIAK Maciej | 973 | TEMPO 5 PRZEMYŚL | OPEN Mężczyźni | 7 | | 01:18:07.00 | 01:18:07.00 | +00:10:55 (14.0%) | 6:00 | 10 (86.2%) |
| 8 | MISSALA Magdalena | 942 | POWER TRAINING | OPEN Kobiety | 1 | | 01:21:42.00 | 01:21:42.00 | +00:14:30 (17.7%) | 6:17 | 9.5 (81.9%) |
| 9 | PAZOWSKI Dawid | 949 | KLUB PIWOSZA | OPEN Mężczyźni | 8 | | 01:22:25.00 | 01:22:25.00 | +00:15:13 (18.5%) | 6:20 | 9.5 (81.9%) |
| 10 | GULKA Krystian | 924 | | OPEN Mężczyźni | 9 | | 01:23:19.00 | 01:23:19.00 | +00:16:07 (19.3%) | 6:24 | 9.4 (81.0%) |
| 11 | GÓRNA-CICHOŃ Monika | 922 | NIEPOŁOMICE BIEGAJĄ | OPEN Kobiety | 2 | | 01:24:33.00 | 01:24:33.00 | +00:17:21 (20.5%) | 6:30 | 9.2 (79.3%) |
| 12 | KWIECIEN Paweł | 936 | | OPEN Mężczyźni | 10 | | 01:25:56.00 | 01:25:56.00 | +00:18:44 (21.8%) | 6:36 | 9.1 (78.4%) |
| 13 | MISSALA Mateusz | 943 | POWER TRAINING | OPEN Mężczyźni | 11 | | 01:26:35.00 | 01:26:35.00 | +00:19:23 (22.4%) | 6:39 | 9 (77.6%) |
| 14 | KUBICKI Łukasz | 932 | | OPEN Mężczyźni | 12 | | 01:30:09.00 | 01:30:09.00 | +00:22:57 (25.5%) | 6:56 | 8.7 (75.0%) |
| 15 | OCZOŚ Hubert | 945 | | OPEN Mężczyźni | 13 | | 01:30:28.00 | 01:30:28.00 | +00:23:16 (25.7%) | 6:57 | 8.6 (74.1%) |
| 16 | MADEJ Bartłomiej | 937 | KP PSP LEŻAJSK | OPEN Mężczyźni | 14 | | 01:31:00.00 | 01:31:00.00 | +00:23:48 (26.2%) | 7:00 | 8.6 (74.1%) |
| 17 | ŻUCZEK Damian | 990 | KP PSP LEŻAJSK | OPEN Mężczyźni | 15 | | 01:31:22.00 | 01:31:22.00 | +00:24:10 (26.5%) | 7:01 | 8.5 (73.3%) |
| 18 | WITEK Gabriela | 991 | | OPEN Kobiety | 3 | | 01:31:23.00 | 01:31:23.00 | +00:24:11 (26.5%) | 7:01 | 8.5 (73.3%) |
| 19 | RZESZUTEK Wiktoria | 963 | | OPEN Kobiety | 4 | | 01:31:24.00 | 01:31:24.00 | +00:24:12 (26.5%) | 7:01 | 8.5 (73.3%) |
| 20 | BURAK Adam | 907 | | OPEN Mężczyźni | 16 | | 01:32:07.00 | 01:32:07.00 | +00:24:55 (27.0%) | 7:05 | 8.5 (73.3%) |
| 21 | UJMA Stanisław | 982 | | OPEN Mężczyźni | 17 | | 01:32:32.00 | 01:32:32.00 | +00:25:20 (27.4%) | 7:07 | 8.4 (72.4%) |
| 22 | DRYLA Piotr | 916 | | OPEN Mężczyźni | 18 | | 01:34:04.00 | 01:34:04.00 | +00:26:52 (28.6%) | 7:14 | 8.3 (71.6%) |
| 23 | GRYCZKA Andrzej | 923 | DKB WARSZAWA | OPEN Mężczyźni | 19 | | 01:37:15.00 | 01:37:15.00 | +00:30:03 (30.9%) | 7:28 | 8 (69.0%) |
| 24 | PINKOWICZ Adrian | 952 | SZKÓŁKA ROLKOWA WODZU | OPEN Mężczyźni | 20 | | 01:37:45.00 | 01:37:45.00 | +00:30:33 (31.3%) | 7:31 | 8 (69.0%) |
| 25 | BANASIAK Marcin | 902 | DKB | OPEN Mężczyźni | 21 | | 01:37:53.00 | 01:37:53.00 | +00:30:41 (31.3%) | 7:31 | 8 (69.0%) |
| 26 | PRUC Łukasz | 955 | | OPEN Mężczyźni | 22 | | 01:39:01.00 | 01:39:01.00 | +00:31:49 (32.1%) | 7:37 | 7.9 (68.1%) |
| 27 | BIELEC Adam | 920 | | OPEN Mężczyźni | 23 | | 01:39:02.00 | 01:39:02.00 | +00:31:50 (32.1%) | 7:37 | 7.9 (68.1%) |
| 28 | TOMAKA Konrad | 980 | | OPEN Mężczyźni | 24 | | 01:39:32.00 | 01:39:32.00 | +00:32:20 (32.5%) | 7:39 | 7.8 (67.2%) |
| 29 | ZIĘBA Paweł | 988 | BOBOWSKA GRUPA BIEGOWA | OPEN Mężczyźni | 25 | | 01:39:40.00 | 01:39:40.00 | +00:32:28 (32.6%) | 7:40 | 7.8 (67.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 9km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---------------------------------------|----------------|------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 30 | PRZYBYLSKI Grzegorz | 956 | DZIADEK_GRISZKA_BIEGA | OPEN Mężczyźni | 26 | | 01:39:44.00 | 01:39:44.00 | +00:32:32 (32.6%) | 7:40 | 7.8 (67.2%) |
| 31 | ĆWIAKAŁA Michał | 914 | BIEGOWE WIDZI-MI-SIĘ | OPEN Mężczyźni | 27 | | 01:40:07.00 | 01:40:07.00 | +00:32:55 (32.9%) | 7:42 | 7.8 (67.2%) |
| 32 | PERLIŃSKI Mirosław | 951 | ASSECO ACTIVE TEAM | OPEN Mężczyźni | 28 | | 01:40:09.00 | 01:40:09.00 | +00:32:57 (32.9%) | 7:42 | 7.8 (67.2%) |
| 33 | ZYMA Łukasz | 989 | ATHLETE BOX | OPEN Mężczyźni | 29 | | 01:40:22.00 | 01:40:22.00 | +00:33:10 (33.0%) | 7:43 | 7.8 (67.2%) |
| 34 | PRZYBYLSKI Damian | 957 | PODIUM | OPEN Mężczyźni | 30 | | 01:40:31.00 | 01:40:31.00 | +00:33:19 (33.1%) | 7:43 | 7.8 (67.2%) |
| 35 | BOCEK Sławomir | 904 | | OPEN Mężczyźni | 31 | | 01:40:50.00 | 01:40:50.00 | +00:33:38 (33.4%) | 7:45 | 7.7 (66.4%) |
| 36 | OCZOŚ Przemysław | 944 | | OPEN Mężczyźni | 32 | | 01:41:18.00 | 01:41:18.00 | +00:34:06 (33.7%) | 7:47 | 7.7 (66.4%) |
| 37 | RECZKOWSKI Andrzej | 962 | ATHLETIC ZRĘCIN | OPEN Mężczyźni | 33 | 00:57:22 | 01:41:24.00 | 01:41:24.00 | +00:34:12 (33.7%) | 7:48 | 7.7 (66.4%) |
| 38 | PAŁYS Tomasz | 946 | PDX | OPEN Mężczyźni | 34 | | 01:41:28.00 | 01:41:28.00 | +00:34:16 (33.8%) | 7:48 | 7.7 (66.4%) |
| 39 | PODBIELSKI Krzysztof | 953 | AIKIRUNNERS | OPEN Mężczyźni | 35 | | 01:41:47.00 | 01:41:47.00 | +00:34:35 (34.0%) | 7:49 | 7.7 (66.4%) |
| 40 | CICHON Sabina | 911 | | OPEN Kobiety | 5 | | 01:41:52.00 | 01:41:52.00 | +00:34:40 (34.0%) | 7:50 | 7.7 (66.4%) |
| 41 | PEŁDIAK Mateusz | 950 | KB ATHLETIC ZRĘCIN /PAWKO RUNNER TEAM | OPEN Mężczyźni | 36 | | 01:42:14.00 | 01:42:14.00 | +00:35:02 (34.3%) | 7:51 | 7.6 (65.5%) |
| 42 | ŚWIĘCH Anna | 976 | | OPEN Kobiety | 6 | | 01:42:21.00 | 01:42:21.00 | +00:35:09 (34.3%) | 7:52 | 7.6 (65.5%) |
| 43 | DZIMIRA Sławomir | 917 | BROWAR POGÓRZA | OPEN Mężczyźni | 37 | | 01:42:33.00 | 01:42:33.00 | +00:35:21 (34.5%) | 7:53 | 7.6 (65.5%) |
| 44 | ZAJĄC Tomasz | 985 | DKB | OPEN Mężczyźni | 38 | | 01:48:10.00 | 01:48:10.00 | +00:40:58 (37.9%) | 8:19 | 7.2 (62.1%) |
| 45 | KULITA Marta | 934 | | OPEN Kobiety | 7 | | 01:48:44.00 | 01:48:44.00 | +00:41:32 (38.2%) | 8:21 | 7.2 (62.1%) |
| 46 | MAKSYM Jerzy | 939 | LETS GO | OPEN Mężczyźni | 39 | | 01:49:33.00 | 01:49:33.00 | +00:42:21 (38.7%) | 8:25 | 7.1 (61.2%) |
| 47 | BORCZ Marcin | 905 | | OPEN Mężczyźni | 40 | | 01:50:11.00 | 01:50:11.00 | +00:42:59 (39.0%) | 8:28 | 7.1 (61.2%) |
| 48 | MISSALA Joanna | 986 | | OPEN Kobiety | 8 | | 01:50:22.00 | 01:50:22.00 | +00:43:10 (39.1%) | 8:29 | 7.1 (61.2%) |
| 49 | BAŁUT Katarzyna | 901 | | OPEN Kobiety | 9 | | 01:51:09.00 | 01:51:09.00 | +00:43:57 (39.5%) | 8:33 | 7 (60.3%) |
| 50 | MALEC Wojciech | 940 | SPRUCHNIALI ACHULLESI | OPEN Mężczyźni | 41 | | 01:51:27.00 | 01:51:27.00 | +00:44:15 (39.7%) | 8:34 | 7 (60.3%) |
| 51 | PYŚ Kamila | 959 | AKTYWNY DYNÓW | OPEN Kobiety | 10 | | 01:51:38.00 | 01:51:38.00 | +00:44:26 (39.8%) | 8:35 | 7 (60.3%) |
| 52 | SERAFIN Jacek | 965 | | OPEN Mężczyźni | 42 | | 01:52:18.00 | 01:52:18.00 | +00:45:06 (40.2%) | 8:38 | 6.9 (59.5%) |
| 53 | ĆWIAKAŁA Halina | 913 | ATHLETIC ZRĘCIN | OPEN Kobiety | 11 | | 01:52:19.00 | 01:52:19.00 | +00:45:07 (40.2%) | 8:38 | 6.9 (59.5%) |
| 54 | PRZYŁUCKI Sławomir | 958 | | OPEN Mężczyźni | 43 | | 01:53:44.00 | 01:53:44.00 | +00:46:32 (40.9%) | 8:44 | 6.9 (59.5%) |
| 55 | KORZENIOWSKA Joanna | 930 | AKM PROMILEK/ UMCS BIEGA | OPEN Kobiety | 12 | | 01:53:45.00 | 01:53:45.00 | +00:46:33 (40.9%) | 8:45 | 6.9 (59.5%) |
| 56 | KOWALIK Anna | 931 | | OPEN Kobiety | 13 | | 01:53:56.00 | 01:53:56.00 | +00:46:44 (41.0%) | 8:45 | 6.8 (58.6%) |
| 57 | GAŁKA Krzysztof | 919 | | OPEN Mężczyźni | 44 | | 01:54:35.00 | 01:54:35.00 | +00:47:23 (41.4%) | 8:48 | 6.8 (58.6%) |
| 58 | HELIŃSKI Jacek | 926 | DZIKIE ŻYCIE RUN TEAM | OPEN Mężczyźni | 45 | | 01:54:50.00 | 01:54:50.00 | +00:47:38 (41.5%) | 8:50 | 6.8 (58.6%) |
| 59 | CICHECKI Michał | 910 | DKB | OPEN Mężczyźni | 46 | | 01:55:33.00 | 01:55:33.00 | +00:48:21 (41.8%) | 8:53 | 6.8 (58.6%) |
| 60 | ĆWIEK Ewa | 915 | JUMPING STARS TEAM /PODIUM | OPEN Kobiety | 14 | | 01:57:34.00 | 01:57:34.00 | +00:50:22 (42.8%) | 9:02 | 6.6 (56.9%) |
| 60 | CZERWIŃSKA Małgorzata | 912 | JUMPING STRAS TEAM/PODIUM | OPEN Kobiety | 14 | | 01:57:34.00 | 01:57:34.00 | +00:50:22 (42.8%) | 9:02 | 6.6 (56.9%) |
| 62 | SOJA Tomasz | 967 | | OPEN Mężczyźni | 47 | | 01:57:48.00 | 01:57:48.00 | +00:50:36 (43.0%) | 9:03 | 6.6 (56.9%) |
| 63 | FOLTA Anita | 918 | GRUPA BIEGOWA ZARSZYN | OPEN Kobiety | 16 | | 01:57:49.00 | 01:57:49.00 | +00:50:37 (43.0%) | 9:03 | 6.6 (56.9%) |
| 64 | KLUZ Robert | 929 | | OPEN Mężczyźni | 48 | | 02:03:26.00 | 02:03:26.00 | +00:56:14 (45.6%) | 9:29 | 6.3 (54.3%) |
| 65 | TOMAKA Jadwiga | 979 | SZKÓŁKA ROLKOWA WODZU | OPEN Kobiety | 17 | | 02:03:43.00 | 02:03:43.00 | +00:56:31 (45.7%) | 9:31 | 6.3 (54.3%) |
| 66 | SOWA Iwona | 969 | | OPEN Kobiety | 18 | | 02:03:57.00 | 02:03:57.00 | +00:56:45 (45.8%) | 9:32 | 6.3 (54.3%) |
| 67 | BURZ-PARADOWSKA Jowita | 908 | BYLE DO METY /PODIUM | OPEN Kobiety | 19 | | 02:04:40.00 | 02:04:40.00 | +00:57:28 (46.1%) | 9:35 | 6.3 (54.3%) |
| 68 | PARADOWSKI Paweł | 948 | BYLEDOMETRY/PODIUM | OPEN Mężczyźni | 49 | | 02:04:41.00 | 02:04:41.00 | +00:57:29 (46.1%) | 9:35 | 6.3 (54.3%) |
| 69 | KULITA Elżbieta | 933 | | OPEN Kobiety | 20 | | 02:04:58.00 | 02:04:58.00 | +00:57:46 (46.2%) | 9:36 | 6.2 (53.4%) |
| 70 | ŁANNIK-STAWARZ Magdalena | 970 | | OPEN Kobiety | 21 | | 02:09:18.00 | 02:09:18.00 | +01:02:06 (48.0%) | 9:56 | 6 (51.7%) |
| 71 | TARKOWSKI Dawid | 978 | PRZEMYSKI KLUB BIEGACZA | OPEN Mężczyźni | 50 | | 02:11:10.00 | 02:11:10.00 | +01:03:58 (48.8%) | 10:05 | 5.9 (50.9%) |
| 72 | KUŹNIAR Joanna | 935 | | OPEN Kobiety | 22 | | 02:11:11.00 | 02:11:11.00 | +01:03:59 (48.8%) | 10:05 | 5.9 (50.9%) |
| 73 | STROŃSKA Agnieszka | 971 | | OPEN Mężczyźni | 51 | | 02:11:54.00 | 02:11:54.00 | +01:04:42 (49.1%) | 10:08 | 5.9 (50.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 9km | Czas netto 13km | Czas brutto 13km | Różn | Tempo min/km | Tempo km/h |
|---|---------------------------|------------|---------------------------------|----------------|------|-----|--------------------|--------------------|-------------------|--------------|-------------|
| 74 | WOŹNIAK Lidia | 984 | PORMAT JEDLICZE BIEGA | OPEN Kobiety | 23 | | 02:12:08.00 | 02:12:08.00 | +01:04:56 (49.1%) | 10:09 | 5.9 (50.9%) |
| 75 | MAJEWSKA Magdalena | 938 | JUMPING STARS TEAM/PODIUM | OPEN Kobiety | 24 | | 02:12:43.00 | 02:12:43.00 | +01:05:31 (49.4%) | 10:12 | 5.9 (50.9%) |
| 76 | TOMPALSKA Maria | 981 | PODIUM | OPEN Kobiety | 25 | | 02:13:26.00 | 02:13:26.00 | +01:06:14 (49.6%) | 10:15 | 5.8 (50.0%) |
| 77 | PARA Aleksandra | 947 | PODIUM | OPEN Kobiety | 26 | | 02:13:27.00 | 02:13:27.00 | +01:06:15 (49.6%) | 10:15 | 5.8 (50.0%) |
| 78 | RADYK Anna | 966 | | OPEN Kobiety | 27 | | 02:32:26.00 | 02:32:26.00 | +01:25:14 (55.9%) | 11:43 | 5.1 (44.0%) |
| 79 | HADAM Ewa | 925 | SPARETAN TRAINING GROUP RZESZÓW | OPEN Kobiety | 28 | | 02:33:13.00 | 02:33:13.00 | +01:26:01 (56.1%) | 11:47 | 5.1 (44.0%) |
| 80 | SOŁTYSIAK Krystyna | 968 | SPARTAN TRAINING GROUP RZESZÓW | OPEN Kobiety | 29 | | 02:33:16.00 | 02:33:16.00 | +01:26:04 (56.2%) | 11:47 | 5.1 (44.0%) |
| 81 | KASPRZYK Katarzyna | 927 | | OPEN Kobiety | 30 | | 02:39:13.00 | 02:39:13.00 | +01:32:01 (57.8%) | 12:14 | 4.9 (42.2%) |
| 82 | RADYK Joanna | 961 | PRZEMYSKI KLUB BIEGACZA | OPEN Kobiety | 31 | | 02:55:33.00 | 02:55:33.00 | +01:48:21 (61.7%) | 13:30 | 4.4 (37.9%) |
| 83 | RADYK Jakub | 960 | PRZEMYSKI KLUB BIEGACZA | OPEN Mężczyźni | 52 | | 02:55:47.00 | 02:55:47.00 | +01:48:35 (61.8%) | 13:31 | 4.4 (37.9%) |
| Przekroczony limit czasu: 04:00:00 | | | | | | | | | | | |
| 84 | | 999 | | | | | 05:43:58.00 | 05:43:58.00 | +04:36:46 (80.5%) | 26:27 | 2.3 (19.8%) |

Znaleziono 84 wynik(ów)