



DIABELSKA TRZYNASTKA

B4SPORT

Wydarzenie: Duch Pogorza
Organizator: Stowarzyszenie Duch Pogorza
Data: 2025-03-29
Miejsce: Dubiecko
Dystans: 13 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	SZPUNAR Andrzej	890	PORT LOTNICZY RZESZÓW JASIONKA / GMOTO	M-50	1		01:00:24.00	01:00:24.00		4:38	12.9 (100%)
2	SZAL Łukasz	888	SZLACHTA BIEGA	M-20	1		01:02:38.00	01:02:38.00	+00:02:14 (3.6%)	4:49	12.5 (96.9%)
3	SZYBIAK Maciej	891	PRZEMYSKI KLUB BIEGACZA	M-20	2		01:04:18.00	01:04:18.00	+00:03:54 (6.1%)	4:56	12.1 (93.8%)
4	NASPIŃSKI Michał	863	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M-20	3		01:04:49.00	01:04:49.00	+00:04:25 (6.8%)	4:59	12 (93.0%)
5	SZMIST Jarosław	889	KB ATHLETIC ZRECIN	M-40	1		01:05:40.00	01:05:40.00	+00:05:16 (8.0%)	5:03	11.9 (92.2%)
6	STRZĘPEK Dariusz	883	POGÓRZE ULTRA TRAIL	M-40	2		01:07:25.00	01:07:25.00	+00:07:01 (10.4%)	5:11	11.6 (89.9%)
7	TRAWKA Bartłomiej	894	DELOITTE ADVENTURE TEAM	M-30	1		01:07:35.00	01:07:35.00	+00:07:11 (10.6%)	5:11	11.5 (89.1%)
8	WALUS Bartłomiej	896	AKTYWNY DYNÓW	M-30	2		01:10:50.00	01:10:50.00	+00:10:26 (14.7%)	5:26	11 (85.3%)
9	KLUZ Filip	844	#SZLACHTABIEGA/PODIUM	M-20	4		01:10:59.00	01:10:59.00	+00:10:35 (14.9%)	5:27	11 (85.3%)
10	MOTYKA Szymon	860	DYNOWSCY BIEGACZE	M-30	3		01:11:21.00	01:11:21.00	+00:10:57 (15.3%)	5:29	10.9 (84.5%)
11	KLUS Jakub	843	PODIUM/ROZBIEGANA MALAWA	M-40	3		01:13:19.00	01:13:19.00	+00:12:55 (17.6%)	5:38	10.6 (82.2%)
12	PEŁDIAK Mateusz	870	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M-30	4		01:13:35.00	01:13:35.00	+00:13:11 (17.9%)	5:39	10.6 (82.2%)
13	WILK Kamil	900		M-30	5		01:15:51.00	01:15:51.00	+00:15:27 (20.4%)	5:50	10.3 (79.8%)
14	WIECZOREK Agata	898	BIEGOWE CZWARTKI	K-40	1		01:18:34.00	01:18:34.00	+00:18:10 (23.1%)	6:02	9.9 (76.7%)
15	KANDEFER Marcin	837		M-40	4		01:20:32.00	01:20:32.00	+00:20:08 (25.0%)	6:11	9.7 (75.2%)

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16	MALECKA-LEŃ Patrycja	857	SZLACHTABIEGA	K-40	2		01:20:38.00	01:20:38.00	+00:20:14 (25.1%)	6:12	9.7 (75.2%)
17	BOJDA Łukasz	807	ZAPIEKANKA	M-40	5		01:21:01.00	01:21:01.00	+00:20:37 (25.4%)	6:13	9.6 (74.4%)
18	DZIMIRA Marcin	816		M-30	6		01:21:04.00	01:21:04.00	+00:20:40 (25.5%)	6:14	9.6 (74.4%)
19	MILCZAREK Adam	858	NIENAŻARTE MISIE	M-30	7		01:21:17.00	01:21:17.00	+00:20:53 (25.7%)	6:15	9.6 (74.4%)
20	LESZCZYŃSKI Michał	853	#SZLACHTABIEGA	M-40	6		01:21:31.00	01:21:31.00	+00:21:07 (25.9%)	6:16	9.6 (74.4%)
21	JAROSZ Ernest	836	POGÓRZE ULTRA TRAIL	M-40	7		01:22:07.00	01:22:07.00	+00:21:43 (26.4%)	6:19	9.5 (73.6%)
22	KOPCZYK Waldemar	847	ASK PRZEMYŚL	M-50	2		01:23:16.00	01:23:16.00	+00:22:52 (27.5%)	6:24	9.4 (72.9%)
23	ŚWIĘCH Anna	892	PODIUM	K-40	3		01:23:38.00	01:23:38.00	+00:23:14 (27.8%)	6:26	9.3 (72.1%)
24	NAPORA Marcin	862		M-40	8		01:23:55.00	01:23:55.00	+00:23:31 (28.0%)	6:27	9.3 (72.1%)
25	RZESZUTEK Wiktoria	876		K-20	1		01:24:48.00	01:24:48.00	+00:24:24 (28.8%)	6:31	9.2 (71.3%)
26	ŻMUDA Barbara	908		K-30	1		01:24:51.00	01:24:51.00	+00:24:27 (28.8%)	6:31	9.2 (71.3%)
27	SULIK Anna	884		K-40	4		01:24:54.00	01:24:54.00	+00:24:30 (28.9%)	6:31	9.2 (71.3%)
28	MIŁOŃ Aleksandra	859	#SZLACHTABIEGA	K-30	2		01:25:01.00	01:25:01.00	+00:24:37 (29.0%)	6:32	9.2 (71.3%)
29	JABŁOŃSKI Piotr	830	GOROLSKIE BOROCZKI	M-30	8		01:25:02.00	01:25:02.00	+00:24:38 (29.0%)	6:32	9.2 (71.3%)
30	ZIĘBA Piotr	923		M-20	5		01:25:49.00	01:25:49.00	+00:25:25 (29.6%)	6:36	9.1 (70.5%)
31	WITEK Gabriela	901		K-30	3		01:25:57.00	01:25:57.00	+00:25:33 (29.7%)	6:36	9.1 (70.5%)
32	KOSZ Paweł	922	PGE RUN OBRÓT	M-30	9		01:26:18.00	01:26:18.00	+00:25:54 (30.0%)	6:38	9 (69.8%)
33	OCZOŚ Hubert	865		M-30	10		01:26:23.00	01:26:23.00	+00:25:59 (30.1%)	6:38	9 (69.8%)
34	CZECH Aldona	812		K-40	5		01:26:35.00	01:26:35.00	+00:26:11 (30.2%)	6:39	9 (69.8%)
35	BOBUSIA Jakub	805	ASK PRZEMYŚL	M-40	9		01:27:06.00	01:27:06.00	+00:26:42 (30.7%)	6:42	9 (69.8%)
36	KUBICKI Łukasz	852		M-40	10		01:27:54.00	01:27:54.00	+00:27:30 (31.3%)	6:45	8.9 (69.0%)
37	SOKOŁOWSKI Krystian	880		M-30	11		01:29:24.00	01:29:24.00	+00:29:00 (32.4%)	6:52	8.7 (67.4%)
38	FORYŚ Włodzimierz	819	ULKS TECHNIK TRZCINICA	M-60	1		01:30:15.00	01:30:15.00	+00:29:51 (33.1%)	6:56	8.6 (66.7%)

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39	WOŹNIAK Janusz	905	PORMAT JEDLICZE BIEGA	M-60	2		01:30:51.00	01:30:51.00	+00:30:27 (33.5%)	6:59	8.6 (66.7%)
40	WOLWOWICZ Zbigniew	904		M-50	3		01:31:07.00	01:31:07.00	+00:30:43 (33.7%)	7:00	8.6 (66.7%)
41	OCZOŚ Przemysław	866		M-40	11		01:31:33.00	01:31:33.00	+00:31:09 (34.0%)	7:02	8.5 (65.9%)
42	KOPPLINGER Grzegorz	848	ASSECO ACTIVE TEAM	M-50	4		01:31:58.00	01:31:58.00	+00:31:34 (34.3%)	7:04	8.5 (65.9%)
43	LUCJUSZ Krzysztof	855		M-30	12		01:32:50.00	01:32:50.00	+00:32:26 (34.9%)	7:08	8.4 (65.1%)
44	KNAP Mariola	846	SANOK BIEGA	K-40	6		01:33:03.00	01:33:03.00	+00:32:39 (35.1%)	7:09	8.4 (65.1%)
45	KARPOWICZ Radosław	839		M-30	13		01:33:08.00	01:33:08.00	+00:32:44 (35.1%)	7:09	8.4 (65.1%)
46	MUNJE Konrad	861		M-50	5		01:33:32.00	01:33:32.00	+00:33:08 (35.4%)	7:11	8.3 (64.3%)
47	GROMEK Edyta	825	NIEMCE TEAM	K-40	7		01:33:59.00	01:33:59.00	+00:33:35 (35.7%)	7:13	8.3 (64.3%)
48	TYLUTKI Agnieszka	895	BIEGOWE CZWARTKI	K-50	1		01:35:24.00	01:35:24.00	+00:35:00 (36.7%)	7:20	8.2 (63.6%)
49	BOBUSIA Szymon	806	TYLKO PRZEMYŚL	M-40	12	00:10:00	01:35:57.00	01:35:57.00	+00:35:33 (37.1%)	6:36	9.1 (70.5%)
50	BICHAJŁO Tomasz	802	IPA PRZEMYŚL	M-40	13		01:36:01.00	01:36:01.00	+00:35:37 (37.1%)	7:23	8.1 (62.8%)
51	WANAT Gabriela	897	#SZLACHTABIEGA	K-20	2		01:36:17.00	01:36:17.00	+00:35:53 (37.3%)	7:24	8.1 (62.8%)
52	KAPLITA Rafał	838	#SZLACHTABIEGA	M-30	14		01:37:08.00	01:37:08.00	+00:36:44 (37.8%)	7:28	8 (62.0%)
53	DRAGAN Dariusz	814		M-40	14		01:37:13.00	01:37:13.00	+00:36:49 (37.9%)	7:28	8 (62.0%)
54	BIESZCZAD Iwona	804	#SZLACHTABIEGA	K-30	4		01:37:26.00	01:37:26.00	+00:37:02 (38.0%)	7:29	8 (62.0%)
55	JAGODZINSKI Przemyslaw	832		M-40	15		01:38:11.00	01:38:11.00	+00:37:47 (38.5%)	7:33	7.9 (61.2%)
56	BUJAK Adrian	809		M-30	15		01:39:02.00	01:39:02.00	+00:38:38 (39.0%)	7:37	7.9 (61.2%)
56	JANIGA Dominik	835		M-30	15		01:39:02.00	01:39:02.00	+00:38:38 (39.0%)	7:37	7.9 (61.2%)
58	WOJCIECHOWSKI Krzysztof	903		M-40	16		01:39:03.00	01:39:03.00	+00:38:39 (39.0%)	7:37	7.9 (61.2%)
59	BIEŃKOWSKA Dorota	803	#SZLACHTABIEGA	K-40	8		01:39:23.00	01:39:23.00	+00:38:59 (39.2%)	7:38	7.8 (60.5%)
60	SURLEJ Maciej	885	NIENAŻARTE MISIE	M-30	17		01:39:56.00	01:39:56.00	+00:39:32 (39.6%)	7:41	7.8 (60.5%)
61	ŁABUDZIŃSKA Kasia	856		K-40	9		01:40:04.00	01:40:04.00	+00:39:40 (39.6%)	7:41	7.8 (60.5%)

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62	PORYS Łukasz	871	PARKRUN RZESZÓW, BIEGAM W RZESZOWIE, CASTORAMA RZESZÓW	M-40	17		01:40:36.00	01:40:36.00	+00:40:12 (40.0%)	7:44	7.8 (60.5%)
63	SYGNAROWICZ Dominik	887	CHWALEBNA WOJNICKA DRUŻYNA PIŁKARSKA	M-30	18		01:41:17.00	01:41:17.00	+00:40:53 (40.4%)	7:47	7.7 (59.7%)
63	SYGNAROWICZ Magdalena	886	CHWALEBNA WOJNICKA DRUŻYNA PIŁKARSKA	K-30	5		01:41:17.00	01:41:17.00	+00:40:53 (40.4%)	7:47	7.7 (59.7%)
65	OSIADŁY Bartosz	867		M-40	18		01:41:53.00	01:41:53.00	+00:41:29 (40.7%)	7:50	7.7 (59.7%)
66	RUDY Magdalena	875		K-40	10		01:42:24.00	01:42:24.00	+00:42:00 (41.0%)	7:52	7.6 (58.9%)
67	KLUZ Robert	845	#SZLACHTABIEGA	M-50	6		01:42:50.00	01:42:50.00	+00:42:26 (41.3%)	7:54	7.6 (58.9%)
68	GRĘBOWIEC Agnieszka	824	BIEGOWE CZWARTKI	K-40	11		01:43:10.00	01:43:10.00	+00:42:46 (41.5%)	7:56	7.6 (58.9%)
69	SOWA Bogusław	882	#SZLACHTABIEGA	M-40	19		01:43:45.00	01:43:45.00	+00:43:21 (41.8%)	7:58	7.5 (58.1%)
70	ZYCH Aneta	907		K-40	12		01:44:38.00	01:44:38.00	+00:44:14 (42.3%)	8:02	7.5 (58.1%)
71	SITEK Jarosław	877	URZĄD MIASTA RZESZOWA	M-30	19		01:45:03.00	01:45:03.00	+00:44:39 (42.5%)	8:04	7.4 (57.4%)
72	BRODA Tomasz	924		M-30	20		01:46:48.00	01:46:48.00	+00:46:24 (43.4%)	8:12	7.3 (56.6%)
73	LITWA Łukasz	854	#SZLACHTABIEGA	M-40	20		01:46:56.00	01:46:56.00	+00:46:32 (43.5%)	8:13	7.3 (56.6%)
73	BAK LITWA Ewa	801	#SZLACHTABIEGA	K-40	13		01:46:56.00	01:46:56.00	+00:46:32 (43.5%)	8:13	7.3 (56.6%)
75	FOLTA Anita	817	AKTYWNA GMINA ZARSZYN	K-50	2		01:48:53.00	01:48:53.00	+00:48:29 (44.5%)	8:22	7.2 (55.8%)
76	FOLTA Jan	818	AKTYWNA GMINA ZARSZYN	M-60	3		01:48:54.00	01:48:54.00	+00:48:30 (44.5%)	8:22	7.2 (55.8%)
77	SŁABY Kamil	878		M-30	21		01:49:34.00	01:49:34.00	+00:49:10 (44.9%)	8:25	7.1 (55.0%)
78	BRODA Łukasz	808	PIĘKNE I BRODACZE	M-30	22		01:49:35.00	01:49:35.00	+00:49:11 (44.9%)	8:25	7.1 (55.0%)
79	PAŁYS Michał	868		M-20	6		01:55:32.00	01:55:32.00	+00:55:08 (47.7%)	8:53	6.8 (52.7%)
80	JANDZIŚ Ewa	833	AKTYWNY DYNÓW	K-40	14		01:56:06.00	01:56:06.00	+00:55:42 (48.0%)	8:55	6.7 (51.9%)
80	JANDZIŚ Wiesław	834	AKTYWNY DYNÓW	M-50	7		01:56:06.00	01:56:06.00	+00:55:42 (48.0%)	8:55	6.7 (51.9%)
82	HENZEL Agnieszka	829		K-40	15		01:58:04.00	01:58:04.00	+00:57:40 (48.8%)	9:04	6.6 (51.2%)
83	WIELGOSZ Sabina	899		K-30	6		01:58:23.00	01:58:23.00	+00:57:59 (49.0%)	9:06	6.6 (51.2%)
84	BURZ-PARADOWSKA Jowita	810	BYLE DO METY	K-40	16		01:59:14.00	01:59:14.00	+00:58:50 (49.3%)	9:10	6.5 (50.4%)

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85	LEŚNICZAK Barbara	925		K-50	3		02:01:41.00	02:01:41.00	+01:01:17 (50.4%)	9:21	6.4 (49.6%)
86	PARADOWSKI Paweł	869	BYLEDOMETY	M-60	4		02:02:21.00	02:02:21.00	+01:01:57 (50.6%)	9:24	6.4 (49.6%)
87	CHWASTA Wioleta	811		K-30	7		02:06:20.00	02:06:20.00	+01:05:56 (52.2%)	9:43	6.2 (48.1%)
88	KLISKO-KARDYŚ Ela	842	NOCNY BÓR	K-30	8		02:16:36.00	02:16:36.00	+01:16:12 (55.8%)	10:30	5.7 (44.2%)
89	POTOCZNA Klaudia	872	AKTYWNY DYNÓW	K-20	3		02:19:29.00	02:19:29.00	+01:19:05 (56.7%)	10:43	5.6 (43.4%)
90	WNUK Małgorzata	902		K-30	9		02:25:52.00	02:25:52.00	+01:25:28 (58.6%)	11:13	5.3 (41.1%)
91	GORCZYCA Kacper	823	KOZAK TEAM	M-20	7		03:20:57.00	03:20:57.00	+02:20:33 (69.9%)	15:27	3.9 (30.2%)
92	GAWRON Michał	821		M-20	8		03:34:38.00	03:34:38.00	+02:34:14 (71.9%)	16:30	3.6 (27.9%)
93	GAWRON Jakub	822		M-20	9		03:34:42.00	03:34:42.00	+02:34:18 (71.9%)	16:30	3.6 (27.9%)
94	GAWRON Marcin	820		M-40	21		03:34:50.00	03:34:50.00	+02:34:26 (71.9%)	16:31	3.6 (27.9%)
95	TELEGA Zofia	893	ZOHAN TEAM	K-20	4		03:34:51.00	03:34:51.00	+02:34:27 (71.9%)	16:31	3.6 (27.9%)
96	ROSA Wiktoria	874		K-20	5		03:35:00.00	03:35:00.00	+02:34:36 (71.9%)	16:32	3.6 (27.9%)
97	ROSA Bartosz	873		M-40	22		03:35:02.00	03:35:02.00	+02:34:38 (71.9%)	16:32	3.6 (27.9%)

Znaleziono 97 wynik(ów)