



# DIABELSKA TRZYNASTKA

B4SPORT

**Wydarzenie:** Duch Pogórza  
**Organizator:** Stowarzyszenie Duch Pogórza  
**Data:** 2024-03-23  
**Miejsce:** Dubiecko  
**Dystans:** 13 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat 9km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	KAPUSTA-SZYDŁAK Sylwia	856	DYNAFITSQUAD	OPEN Kobiety	1	01:11:07.00	01:11:07.00		5:28	11 (100%)
2	HOŁOWATY Renata	852	SANOK BIEGA	OPEN Kobiety	2	01:16:29.00	01:16:29.00	+00:05:22 (7.0%)	5:53	10.2 (92.7%)
3	ŚWIĘCH Anna	933	PODIUM	OPEN Kobiety	3	01:27:20.00	01:27:20.00	+00:16:13 (18.6%)	6:43	8.9 (80.9%)
4	RZESZUTEK Wiktoria	912		OPEN Kobiety	4	01:27:57.00	01:27:57.00	+00:16:50 (19.1%)	6:45	8.9 (80.9%)
5	LIS Paulina	875		OPEN Kobiety	5	01:33:43.00	01:33:43.00	+00:22:36 (24.1%)	7:12	8.3 (75.5%)
5	SULIK Anna	926		OPEN Kobiety	5	01:33:43.00	01:33:43.00	+00:22:36 (24.1%)	7:12	8.3 (75.5%)
7	STANOSZ-CHEŁKOWSKA Aneta	924	HARDE DZIKI	OPEN Kobiety	7	01:38:04.00	01:38:04.00	+00:26:57 (27.5%)	7:32	8 (72.7%)
8	SIUZDAK Siuzdak	915	OSP HUCISKO	OPEN Kobiety	8	01:43:57.00	01:43:57.00	+00:32:50 (31.6%)	7:59	7.5 (68.2%)
9	HENZEL Agnieszka	851		OPEN Kobiety	9	01:44:03.00	01:44:03.00	+00:32:56 (31.7%)	8:00	7.5 (68.2%)
10	CIUPIŃSKA Magda	823		OPEN Kobiety	10	01:44:19.00	01:44:19.00	+00:33:12 (31.8%)	8:01	7.5 (68.2%)
11	BIESZCZAD Iwona	810		OPEN Kobiety	11	01:46:17.00	01:46:17.00	+00:35:10 (33.1%)	8:10	7.3 (66.4%)
12	BARANIEWICZ Jolanta	805		OPEN Kobiety	12	01:46:56.00	01:46:56.00	+00:35:49 (33.5%)	8:13	7.3 (66.4%)
13	CIOCH Lucyna	821		OPEN Kobiety	13	01:47:22.00	01:47:22.00	+00:36:15 (33.8%)	8:15	7.3 (66.4%)
14	KRZĄSTEK Danuta	866	KS HARPAGAN TARNOBRZEG	OPEN Kobiety	14	01:48:31.00	01:48:31.00	+00:37:24 (34.5%)	8:20	7.2 (65.5%)
15	GWIŹDŹ Karolina	848	BESKIDZKIE RYSIE RUNNING TEAM	OPEN Kobiety	15	01:50:19.00	01:50:19.00	+00:39:12 (35.5%)	8:29	7.1 (64.5%)
16	FOLTA Anita	834	AKTYWNA GMINA ZARSZYN	OPEN Kobiety	16	01:50:48.00	01:50:48.00	+00:39:41 (35.8%)	8:31	7 (63.6%)
17	TYPIAK Sylwia	936	STAŁOWOWOLSKI KLUB BIEGACZA	OPEN Kobiety	17	01:51:16.00	01:51:16.00	+00:40:09 (36.1%)	8:33	7 (63.6%)
18	DRABICKA Agnieszka	826	PIELĘGNIARKI BIEGAJĄ	OPEN Kobiety	18	01:51:20.00	01:51:20.00	+00:40:13 (36.1%)	8:33	7 (63.6%)
19	KOPCZYK Katarzyna	862	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	19	01:51:53.00	01:51:53.00	+00:40:46 (36.4%)	8:36	7 (63.6%)
20	WANAT Barbara	939	#SZLACHTABIEGA	OPEN Kobiety	20	01:52:10.00	01:52:10.00	+00:41:03 (36.6%)	8:37	7 (63.6%)
21	MATEJA Agnieszka	881		OPEN Kobiety	21	01:53:03.00	01:53:03.00	+00:41:56 (37.1%)	8:41	6.9 (62.7%)
22	WITUSIK Olga	944		OPEN Kobiety	22	01:54:28.00	01:54:28.00	+00:43:21 (37.9%)	8:48	6.8 (61.8%)
23	SOBOŃI Alicja	918		OPEN Kobiety	23	01:54:37.00	01:54:37.00	+00:43:30 (38.0%)	8:49	6.8 (61.8%)
24	ZAJCHOWSKA Ewelina	947		OPEN Kobiety	24	01:55:00.00	01:55:00.00	+00:43:53 (38.2%)	8:50	6.8 (61.8%)
25	PAJĄK-CIEŚLA Joanna	890		OPEN Kobiety	25	01:55:27.00	01:55:27.00	+00:44:20 (38.4%)	8:52	6.8 (61.8%)
26	KOWALSKA Katarzyna	864		OPEN Kobiety	26	01:55:42.00	01:55:42.00	+00:44:35 (38.5%)	8:54	6.7 (60.9%)
27	FELINIAK Elżbieta	833	ZAWADZKA TEAM	OPEN Kobiety	27	01:55:51.00	01:55:51.00	+00:44:44 (38.6%)	8:54	6.7 (60.9%)
27	PRZYDZIAŁ Marta	908	ZAWADZKA TEAM	OPEN Kobiety	27	01:55:51.00	01:55:51.00	+00:44:44 (38.6%)	8:54	6.7 (60.9%)
29	CZERWIŃSKA Małgorzata	824	JUMPING STARS TEAM PRZEMYŚL	OPEN Kobiety	29	01:57:06.00	01:57:06.00	+00:45:59 (39.3%)	9:00	6.7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
30	<b>ĆWIAKAŁA Halina</b>	<b>825</b>	ATHLETIC ZRĘCIN	OPEN Kobiety	30		<b>01:58:08.00</b>	<b>01:58:08.00</b>	+00:47:01 (39.8%)	9:05	6.6 (60.0%)
31	<b>WIERZBICKA Ewa</b>	<b>942</b>		OPEN Kobiety	31		<b>01:59:04.00</b>	<b>01:59:04.00</b>	+00:47:57 (40.3%)	9:09	6.6 (60.0%)
32	<b>BAK LITWA Ewa</b>	<b>808</b>	FOREVER TEAM	OPEN Kobiety	32		<b>02:00:09.00</b>	<b>02:00:09.00</b>	+00:49:02 (40.8%)	9:14	6.5 (59.1%)
33	<b>BURZ-PARADOWSKA Jowita</b>	<b>817</b>	BYLEDOMETRY	OPEN Kobiety	33		<b>02:02:56.00</b>	<b>02:02:56.00</b>	+00:51:49 (42.2%)	9:27	6.3 (57.3%)
34	<b>FULARZ Anna</b>	<b>836</b>		OPEN Kobiety	34		<b>02:03:32.00</b>	<b>02:03:32.00</b>	+00:52:25 (42.4%)	9:30	6.3 (57.3%)
34	<b>LEŃCZUK Grażyna</b>	<b>872</b>	BESKIDZKIE RYSIE RUNNING TEAM	OPEN Kobiety	34		<b>02:03:32.00</b>	<b>02:03:32.00</b>	+00:52:25 (42.4%)	9:30	6.3 (57.3%)
36	<b>BIŃKOWSKA Dorota</b>	<b>809</b>		OPEN Kobiety	36		<b>02:06:09.00</b>	<b>02:06:09.00</b>	+00:55:02 (43.6%)	9:42	6.2 (56.4%)
37	<b>POTERA Krystyna</b>	<b>906</b>		OPEN Kobiety	37		<b>02:11:17.00</b>	<b>02:11:17.00</b>	+01:00:10 (45.8%)	10:05	5.9 (53.6%)
38	<b>BARAN Anna</b>	<b>804</b>		OPEN Kobiety	38		<b>02:19:38.00</b>	<b>02:19:38.00</b>	+01:08:31 (49.1%)	10:44	5.6 (50.9%)
39	<b>SURMACZ Dorota</b>	<b>959</b>		OPEN Kobiety	39		<b>02:31:17.00</b>	<b>02:31:17.00</b>	+01:20:10 (53.0%)	11:38	5.2 (47.3%)
40	<b>HADAM Ewa</b>	<b>849</b>	EWA HADAM	OPEN Kobiety	40		<b>02:53:36.00</b>	<b>02:53:36.00</b>	+01:42:29 (59.0%)	13:21	4.5 (40.9%)
40	<b>DRELINKIEWICZ Alicja</b>	<b>827</b>		OPEN Kobiety	40		<b>02:53:36.00</b>	<b>02:53:36.00</b>	+01:42:29 (59.0%)	13:21	4.5 (40.9%)
42	<b>SOŁTYSIAK Krystyna</b>	<b>919</b>	SPARTAN RACE TRAINING GROUP RZESZÓW	OPEN Kobiety	42		<b>02:53:38.00</b>	<b>02:53:38.00</b>	+01:42:31 (59.0%)	13:21	4.5 (40.9%)
43	<b>MIKRUT Karolina</b>	<b>884</b>		OPEN Kobiety	43		<b>03:12:00.00</b>	<b>03:12:00.00</b>	+02:00:53 (63.0%)	14:46	4.1 (37.3%)

Znaleziono 43 wynik(ów)