



DIABELSKA TRZYNASTKA

B4SPORT

Event: Duch Pogórza
Organiser: Stowarzyszenie Duch Pogórza
Date: 2024-03-23
Place: Dubiecko
Distance: 13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Kobiety

Place	Participant	Number	Club	Category	MCat	9km	Net time 13km	Czas brutto 13km	Gap	Pace min/km	Pace 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	STALOWOWOLSKI 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	PIEŁĘGNIARKI 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 PRZEMYSŁ	OPEN Kobiety	29		01:57:06.00	01:57:06.00	+00:45:59 (39.3%)	9:00	6.7 (60.9%)

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

Total 43 results.