



**Wydarzenie:** Duch Pogorza  
**Organizator:** Stowarzyszenie Duch Pogorza  
**Data:** 2023-03-25  
**Miejsce:** Dubiecko  
**Dystans:** 68 km

## DUCH 60 KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

| Msc | Zawodnik                    | Numer      | Klub                                       | Kategoria      | Mkat | 9km      | 25km     | 34km     | 43km     | 59km     | Czas netto 68km    | Czas brutto 68km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|--|----------------|------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>ZIĘBA Robert</b>         | <b>238</b> | TRAIL IS OUR WAY / BOBOWSKA GRUPA BIEGOWA  | OPEN Mężczyźni | 1    | 00:56:54 | 02:30:29 | 03:31:50 | 04:37:02 | 06:21:12 | <b>07:30:45.00</b> | <b>07:30:45.00</b> |                   | 6:37         | 9.1 (100%)  |
| 2   | <b>CIOCH Cezary</b>         | <b>202</b> | KALLIPSO RUNNERS TEAM                      | OPEN Mężczyźni | 2    | 00:57:17 | 02:33:08 | 03:41:42 | 04:54:05 | 06:50:47 | <b>08:11:34.00</b> | <b>08:11:34.00</b> | +00:40:49 (8.3%)  | 7:13         | 8.3 (91.2%) |
| 3   | <b>STASIKOWSKI Mateusz</b>  | <b>230</b> | #RÓBSWOJE                                  | OPEN Mężczyźni | 3    | 00:57:39 | 02:41:21 | 03:59:23 | 05:21:50 | 07:53:04 | <b>09:20:42.00</b> | <b>09:20:42.00</b> | +01:49:57 (19.6%) | 8:14         | 7.3 (80.2%) |
| 4   | <b>TOKARSKI Szymon</b>      | <b>239</b> |  | OPEN Mężczyźni | 4    | 01:03:37 | 02:46:29 | 04:08:28 | 05:50:44 | 08:13:40 | <b>09:38:25.00</b> | <b>09:38:25.00</b> | +02:07:40 (22.1%) | 8:30         | 7.1 (78.0%) |
| 5   | <b>PASTERZ Piotr</b>        | <b>218</b> |  | OPEN Mężczyźni | 5    | 01:09:58 | 03:07:34 | 04:31:40 | 05:59:28 | 08:13:33 | <b>09:51:50.00</b> | <b>09:51:50.00</b> | +02:21:05 (23.8%) | 8:42         | 6.9 (75.8%) |
| 6   | <b>DUDEK Adam</b>           | <b>205</b> |  | OPEN Mężczyźni | 6    | 01:05:21 | 02:59:53 | 04:23:19 | 05:57:05 | 08:18:02 | <b>09:55:35.00</b> | <b>09:55:35.00</b> | +02:24:50 (24.3%) | 8:45         | 6.9 (75.8%) |
| 7   | <b>STRYCHARSKI Krystian</b> | <b>319</b> | TRAILOWE BIEGI DUCHOWE                     | OPEN Mężczyźni | 7    | 01:07:44 | 03:04:08 | 04:33:15 | 06:17:07 | 08:34:34 | <b>10:08:25.00</b> | <b>10:08:25.00</b> | +02:37:40 (25.9%) | 8:56         | 6.7 (73.6%) |
| 8   | <b>NIEZGÓDKA Tomasz</b>     | <b>240</b> |  | OPEN Mężczyźni | 8    | 01:07:05 | 02:59:25 | 04:24:30 | 06:11:14 | 08:40:26 | <b>10:15:23.00</b> | <b>10:15:23.00</b> | +02:44:38 (26.8%) | 9:02         | 6.6 (72.5%) |
| 9   | <b>KORULCZYK Łukasz</b>     | <b>209</b> |  | OPEN Mężczyźni | 9    | 01:10:50 | 03:18:08 | 04:48:37 | 06:30:25 | 08:45:41 | <b>10:22:20.00</b> | <b>10:22:20.00</b> | +02:51:35 (27.6%) | 9:09         | 6.6 (72.5%) |
| 10  | <b>KAMIŃSKI Marcin</b>      | <b>208</b> |  | OPEN Mężczyźni | 10   | 01:10:16 | 03:07:40 | 04:36:17 | 06:18:18 | 08:47:37 | <b>10:24:15.00</b> | <b>10:24:15.00</b> | +02:53:30 (27.8%) | 9:10         | 6.5 (71.4%) |
| 11  | <b>MOSIO Grzegorz</b>       | <b>216</b> |  | OPEN Mężczyźni | 11   | 01:06:16 | 03:04:22 | 04:32:04 | 06:13:20 | 08:57:18 | <b>10:52:17.00</b> | <b>10:52:17.00</b> | +03:21:32 (30.9%) | 9:35         | 6.3 (69.2%) |
| 12  | <b>ZIELIŃSKI Sławek</b>     | <b>237</b> | DZIKITIM                                   | OPEN Mężczyźni | 12   | 01:06:06 | 02:59:42 | 04:24:27 | 06:11:50 | 08:55:17 | <b>10:52:41.00</b> | <b>10:52:41.00</b> | +03:21:56 (30.9%) | 9:35         | 6.3 (69.2%) |
| 13  | <b>HAMUDA Jakub</b>         | <b>207</b> | GLOBAL NATUREON BOCHNIA BIEGA TEAM         | OPEN Mężczyźni | 13   | 01:07:31 | 03:05:07 | 04:33:52 | 06:26:14 | 09:08:37 | <b>10:58:04.00</b> | <b>10:58:04.00</b> | +03:27:19 (31.5%) | 9:40         | 6.2 (68.1%) |
| 14  | <b>SADKOWSKI Paweł</b>      | <b>226</b> | TERVEL MOUNTAIN RUNNER / MAŁY RUNNERS TEAM | OPEN Mężczyźni | 14   | 01:13:40 | 03:27:56 | 04:56:09 | 06:51:17 | 09:26:44 | <b>11:11:05.00</b> | <b>11:11:05.00</b> | +03:40:20 (32.8%) | 9:52         | 6.1 (67.0%) |
| 15  | <b>RYCHLIICKI Waldemar</b>  | <b>224</b> |  | OPEN Mężczyźni | 15   | 01:13:42 | 03:27:59 | 04:56:09 | 06:51:20 | 09:26:47 | <b>11:13:18.00</b> | <b>11:13:18.00</b> | +03:42:33 (33.1%) | 9:54         | 6.1 (67.0%) |
| 16  | <b>SMAGA Krzysztof</b>      | <b>228</b> |  | OPEN Mężczyźni | 16   | 01:18:09 | 03:29:05 | 04:56:12 | 06:59:33 | 09:48:16 | <b>11:47:16.00</b> | <b>11:47:16.00</b> | +04:16:31 (36.3%) | 10:24        | 5.8 (63.7%) |

| Msc | Zawodnik                        | Numer      | Klub                         | Kategoria      | Mkat | 9km          | 25km         | 34km         | 43km     | 59km     | Czas netto 68km    | Czas brutto 68km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------|------------|------------------------------|----------------|------|--------------|--------------|--------------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 17  | <b>SMYKA Michał</b>             | <b>229</b> |                              | OPEN Mężczyźni | 17   | 01:18:49     | 03:31:04     | 05:04:10     | 07:00:17 | 09:48:10 | <b>11:47:18.00</b> | <b>11:47:18.00</b> | +04:16:33 (36.3%) | 10:24        | 5.8 (63.7%) |
| 18  | <b>PILCH Patryk</b>             | <b>221</b> |                              | OPEN Mężczyźni | 18   | 01:21:18     | 03:38:25     | 05:14:48     | 07:20:28 | 10:13:24 | <b>12:11:13.00</b> | <b>12:11:13.00</b> | +04:40:28 (38.4%) | 10:45        | 5.6 (61.5%) |
| 19  | <b>MIŁKOWSKI Dawid</b>          | <b>214</b> |                              | OPEN Mężczyźni | 19   | 01:21:28     | 03:38:21     | 05:14:49     | 07:20:25 | 10:13:26 | <b>12:11:22.00</b> | <b>12:11:22.00</b> | +04:40:37 (38.4%) | 10:45        | 5.6 (61.5%) |
| 20  | <b>GAWROŃSKI Ireneusz</b>       | <b>206</b> | AMATOR                       | OPEN Mężczyźni | 20   | 01:27:38     | 03:53:53     | 05:34:04     | 07:31:13 | 10:19:31 | <b>12:21:36.00</b> | <b>12:21:36.00</b> | +04:50:51 (39.2%) | 10:54        | 5.5 (60.4%) |
| 21  | <b>SURMIAK Piotr</b>            | <b>232</b> | CISNĘ ILE MOGEM              | OPEN Mężczyźni | 21   | 01:21:22     | 03:44:28     | 05:28:08     | 07:52:14 | 10:53:44 | <b>12:50:30.00</b> | <b>12:50:30.00</b> | +05:19:45 (41.5%) | 11:19        | 5.3 (58.2%) |
| 22  | <b>BANASIK Bartosz Wojciech</b> | <b>303</b> | TBD - TRAILOWE BIEGI DUCHOWE | OPEN Mężczyźni | 22   | 01:20:56     | 03:55:59     | 06:04:56     | 08:12:35 | 11:12:26 | <b>13:29:22.00</b> | <b>13:29:22.00</b> | +05:58:37 (44.3%) | 11:54        | 5 (54.9%)   |
| 23  | <b>CZERNYSZ Grzegorz</b>        | <b>204</b> |                              | OPEN Mężczyźni | 23   | 01:28:05     | 03:55:46     | 05:40:54     | 07:51:33 | 11:00:34 | <b>13:29:36.00</b> | <b>13:29:36.00</b> | +05:58:51 (44.3%) | 11:54        | 5 (54.9%)   |
| 24  | <b>PIEŃKOSZ Wojciech</b>        | <b>220</b> | PGE ENERGETIC RUNNING/PODIUM | OPEN Mężczyźni | 24   | 01:21:58     | 03:59:28     | 05:40:02     | 07:56:20 | 11:17:16 | <b>13:39:54.00</b> | <b>13:39:54.00</b> | +06:09:09 (45.0%) | 12:03        | 5 (54.9%)   |
| 25  | <b>MORAWSKI Grzegorz</b>        | <b>215</b> |                              | OPEN Mężczyźni | 25   | 01:18:44     | 03:45:32     | 05:27:53     | 07:44:10 | 11:16:03 | <b>13:43:15.00</b> | <b>13:43:15.00</b> | +06:12:30 (45.2%) | 12:06        | 5 (54.9%)   |
| 26  | <b>CZAPLA Seweryn</b>           | <b>304</b> |                              | OPEN Mężczyźni | 26   | 01:22:19     | 04:08:22     | 06:10:29     | 08:11:03 | 11:14:32 | <b>14:12:11.00</b> | <b>14:12:11.00</b> | +06:41:26 (47.1%) | 12:31        | 4.8 (52.7%) |
| 27  | <b>KUBRAK Kamil</b>             | <b>310</b> | CZARNE STOPY                 | OPEN Mężczyźni | 27   | 01:22:23     | 04:08:33     | 06:10:37     | 08:11:11 | 08:14:26 | <b>14:12:15.00</b> | <b>14:12:15.00</b> | +06:41:30 (47.1%) | 12:31        | 4.8 (52.7%) |
|     | <b>ŚLANDA Maciej</b>            | <b>233</b> | KS JANUSZE                   | OPEN Mężczyźni |      | 00:58:22 DNF | 02:49:27 DNF | 04:12:42 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>CZAPLIŃSKI Michał</b>        | <b>203</b> |                              | OPEN Mężczyźni |      | 01:22:16 DNF | 03:39:51 DNF | 05:14:19 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>PUDEŁKO Dariusz</b>          | <b>223</b> | STELLANTIS ACTIVE TEAM       | OPEN Mężczyźni |      | 01:21:00 DNF | 03:39:40 DNF | 05:22:03 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>CIECKIEWICZ Tomasz</b>       | <b>201</b> |                              | OPEN Mężczyźni |      | 01:19:19 DNF | 03:38:28 DNF | 05:22:36 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>MENDOCHA Jakub</b>           | <b>212</b> |                              | OPEN Mężczyźni |      | 01:43:49 DNF | 04:48:13 DNF | 07:09:55 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>PRZYBYLAK Michał</b>         | <b>222</b> | WLKP MOUNTAINS ULTRA         | OPEN Mężczyźni |      | 02:06:30 DNF | 05:22:32 DNF | 07:57:52 DNF | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>PIASEK Piotr</b>             | <b>219</b> | TRIUNLIMITED                 | OPEN Mężczyźni |      | 01:35:57 DNF | DNF          | DNF          | DNF      | DNF      | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |

Znaleziono 34 wynik(ów)