



# DUCH SANU

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Duch Sanu  
**Organizator:** Stowarzyszenie Duch Pogórza  
**Data:** 2024-07-20  
**Miejsce:** Dubiecko  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
1	<b>FURMAN Dawid</b>	<b>19</b>	DLA ELIZKI & MILENKI	OPEN Mężczyźni 1	<b>15</b>	0	8:55	6.7 (100%)	01:06:08	01:29:17	
10km: <b>01:06:08</b>   20km: <b>02:14:06</b>   30km: <b>03:24:32</b>   40km: <b>04:35:20</b>   50km: <b>05:51:21</b>   60km: <b>07:08:46</b>   70km: <b>08:33:35</b>   80km: <b>10:03:33</b>   90km: <b>11:36:10</b>   100km: <b>13:10:44</b>   110km: <b>14:51:57</b>   120km: <b>16:45:42</b>   130km: <b>18:45:28</b>   140km: <b>20:38:23</b>   150km: <b>22:19:18</b>											
2	<b>PŁONKA Rafał</b>	<b>42</b>	PODIUM	OPEN Mężczyźni 2	<b>13</b>	-2	9:44	6.2 (92.5%)	01:04:02	01:37:25	
10km: <b>01:04:02</b>   20km: <b>02:13:55</b>   30km: <b>03:30:15</b>   40km: <b>04:52:21</b>   50km: <b>06:23:22</b>   60km: <b>07:50:46</b>   70km: <b>09:32:40</b>   80km: <b>11:13:29</b>   90km: <b>13:02:19</b>   100km: <b>14:51:39</b>   110km: <b>16:45:39</b>   120km: <b>18:45:25</b>   130km: <b>21:06:33</b>											
3	<b>GRZYBOWSKA Karolina</b>	<b>15</b>	LEKKOATLETYKA STAL PLESZEW	OPEN Kobiety	1	<b>12</b>	-3	11:17	5.3 (79.1%)	01:20:06	01:52:53
10km: <b>01:20:06</b>   20km: <b>02:44:17</b>   30km: <b>04:10:42</b>   40km: <b>05:48:26</b>   50km: <b>07:26:10</b>   60km: <b>09:17:36</b>   70km: <b>11:13:47</b>   80km: <b>13:24:55</b>   90km: <b>15:46:39</b>   100km: <b>18:24:16</b>   110km: <b>20:32:03</b>   120km: <b>22:34:36</b>											
4	<b>EKIERT Gracjan</b>	<b>11</b>	KB KROŚCIENKO WYŻNE	OPEN Mężczyźni 3	<b>12</b>	-3	11:29	5.2 (77.6%)	01:07:03	01:54:55	
10km: <b>01:07:03</b>   20km: <b>02:23:02</b>   30km: <b>03:44:34</b>   40km: <b>05:24:17</b>   50km: <b>06:55:56</b>   60km: <b>08:26:08</b>   70km: <b>10:00:12</b>   80km: <b>12:25:32</b>   90km: <b>14:44:27</b>   100km: <b>18:25:34</b>   110km: <b>20:34:18</b>   120km: <b>22:59:11</b>											
5	<b>WÓJTOWICZ Piotr</b>	<b>57</b>	PODIUM	OPEN Mężczyźni 4	<b>11</b>	-4	10:29	5.7 (85.1%)	01:16:13	01:44:50	
10km: <b>01:21:09</b>   20km: <b>02:37:22</b>   30km: <b>03:58:47</b>   40km: <b>05:28:59</b>   50km: <b>07:03:12</b>   60km: <b>08:43:30</b>   70km: <b>10:30:45</b>   80km: <b>12:22:35</b>   90km: <b>14:44:32</b>   100km: <b>16:58:10</b>   110km: <b>19:13:11</b>											
6	<b>PEŁDIAK Mateusz</b>	<b>38</b>	KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM	OPEN Mężczyźni 5	<b>11</b>	-4	11:50	5.1 (76.1%)	00:56:13	01:58:27	
10km: <b>01:22:38</b>   20km: <b>02:58:40</b>   30km: <b>04:49:20</b>   40km: <b>06:10:22</b>   50km: <b>07:59:08</b>   60km: <b>08:55:21</b>   70km: <b>10:59:23</b>   80km: <b>13:33:36</b>   90km: <b>16:08:26</b>   100km: <b>18:46:12</b>   110km: <b>21:42:58</b>											
7	<b>OLEJARSKI Marcin</b>	<b>60</b>		OPEN Mężczyźni 6	<b>11</b>	-4	11:58	5 (74.6%)	01:21:06	01:59:49	
10km: <b>01:21:06</b>   20km: <b>02:46:32</b>   30km: <b>04:22:13</b>   40km: <b>06:04:01</b>   50km: <b>07:58:09</b>   60km: <b>10:04:55</b>   70km: <b>12:59:37</b>   80km: <b>15:53:33</b>   90km: <b>18:45:02</b>   100km: <b>20:17:55</b>   110km: <b>21:58:03</b>											
8	<b>BANASIK Monika</b>	<b>3</b>	KB ATHLETIC ZRĘCIN	OPEN Kobiety	2	<b>10</b>	-5	13:01	4.6 (68.7%)	01:21:00	02:10:18
10km: <b>01:21:00</b>   20km: <b>02:46:10</b>   30km: <b>04:22:09</b>   40km: <b>05:58:40</b>   50km: <b>08:08:44</b>   60km: <b>10:10:38</b>   70km: <b>12:59:31</b>   80km: <b>15:53:25</b>   90km: <b>18:45:17</b>   100km: <b>21:43:03</b>											
9	<b>BANASIK Krzysztof</b>	<b>4</b>	KB ATHLETIC ZRĘCIN	OPEN Mężczyźni 7	<b>10</b>	-5	13:01	4.6 (68.7%)	01:21:07	02:10:18	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
	10km: <b>01:19:25</b>   20km: <b>03:06:14</b>   30km: <b>05:10:19</b>   40km: <b>18:49:04</b>   50km: <b>20:34:47</b>   60km: <b>22:28:50</b>										
28	<b>TYPIAK Sylwia</b>	<b>55</b>		OPEN Kobiety	6	<b>6</b>	-9	23:02	2.6 (38.8%)	01:45:34	03:50:20
	10km: <b>01:45:34</b>   20km: <b>03:56:15</b>   30km: <b>06:31:07</b>   40km: <b>09:03:36</b>   50km: <b>20:51:07</b>   60km: <b>23:02:03</b>										
29	<b>ARGASIŃSKA Teresa</b>	<b>1</b>	KAŃCZUCKA GRUPA BIEGOWA	OPEN Kobiety	7	<b>6</b>	-9	23:02	2.6 (38.8%)	01:46:49	03:50:28
	10km: <b>01:46:49</b>   20km: <b>04:00:13</b>   30km: <b>06:48:56</b>   40km: <b>10:29:11</b>   50km: <b>19:34:57</b>   60km: <b>23:02:50</b>										
30	<b>CIEŚLIŃSKA Wioletta</b>	<b>8</b>	KAŃCZUCKA GRUPA BIEGOWA	OPEN Kobiety	8	<b>6</b>	-9	23:02	2.6 (38.8%)	01:46:51	03:50:28
	10km: <b>01:46:51</b>   20km: <b>04:00:11</b>   30km: <b>06:48:53</b>   40km: <b>10:29:13</b>   50km: <b>19:34:58</b>   60km: <b>23:02:52</b>										
31	<b>MOSKOWICZ Stefan</b>	<b>34</b>	PKB	OPEN Mężczyźni	23	<b>6</b>	-9	23:09	2.6 (38.8%)	01:22:03	03:51:32
	10km: <b>01:22:03</b>   20km: <b>03:08:12</b>   30km: <b>11:28:26</b>   40km: <b>18:24:26</b>   50km: <b>20:57:18</b>   60km: <b>23:09:16</b>										
32	<b>PIĘNKOSZ Wojciech</b>	<b>40</b>	PGE ENERGETIC RUNNING/PODIUM	OPEN Mężczyźni	24	<b>5</b>	-10	10:39	5.6 (83.6%)	01:15:23	01:46:31
	10km: <b>01:15:23</b>   20km: <b>02:42:46</b>   30km: <b>04:33:47</b>   40km: <b>06:32:56</b>   50km: <b>08:52:36</b>										
33	<b>MARKIEWICZ Konrad</b>	<b>31</b>		OPEN Mężczyźni	25	<b>5</b>	-10	10:47	5.6 (83.6%)	01:16:52	01:47:55
	10km: <b>01:16:52</b>   20km: <b>02:39:02</b>   30km: <b>04:26:02</b>   40km: <b>06:22:32</b>   50km: <b>08:59:38</b>										
34	<b>NIEDŹWIECKI Paweł</b>	<b>35</b>	PODIUM/DYNOWSCY BIEGACZE	OPEN Mężczyźni	26	<b>5</b>	-10	11:02	5.4 (80.6%)	01:30:57	01:50:20
	10km: <b>01:30:57</b>   20km: <b>03:12:51</b>   30km: <b>05:05:02</b>   40km: <b>07:07:08</b>   50km: <b>09:11:42</b>										
35	<b>GŁOMBIK Krzysztof</b>	<b>12</b>		OPEN Mężczyźni	27	<b>5</b>	-10	11:27	5.2 (77.6%)	01:36:18	01:54:36
	10km: <b>01:36:18</b>   20km: <b>03:25:55</b>   30km: <b>05:21:36</b>   40km: <b>07:23:33</b>   50km: <b>09:33:04</b>										
36	<b>KOWALCZYK Mateusz</b>	<b>23</b>	MINUTKA TRAIL	OPEN Mężczyźni	28	<b>5</b>	-10	26:53	2.2 (32.8%)	01:58:17	04:28:51
	10km: <b>02:27:37</b>   20km: <b>05:10:14</b>   30km: <b>08:44:59</b>   40km: <b>20:25:59</b>   50km: <b>22:24:16</b>										
37	<b>RADYK Jakub</b>	<b>44</b>	RADYK TEAM	OPEN Mężczyźni	29	<b>4</b>	-11	16:57	3.5 (52.2%)	01:52:41	02:49:33
	10km: <b>01:52:41</b>   20km: <b>04:19:31</b>   30km: <b>07:53:37</b>   40km: <b>11:18:14</b>										
38	<b>KORZENIOWSKI Grzegorz</b>	<b>22</b>		OPEN Mężczyźni	30	<b>4</b>	-11	16:57	3.5 (52.2%)	01:52:37	02:49:34
	10km: <b>01:52:37</b>   20km: <b>03:54:56</b>   30km: <b>06:04:27</b>   40km: <b>11:18:18</b>										
39	<b>RADYK Aleksandra</b>	<b>46</b>	RADYK TEAM	OPEN Kobiety	9	<b>4</b>	-11	16:57	3.5 (52.2%)	01:53:22	02:49:35
	10km: <b>01:53:22</b>   20km: <b>04:16:01</b>   30km: <b>07:22:49</b>   40km: <b>11:18:22</b>										
40	<b>MACIĄG Alina</b>	<b>30</b>	BIKE EQUIPIA SANDOMIERZ	OPEN Kobiety	10	<b>4</b>	-11	31:54	1.9 (28.4%)	01:56:04	05:19:05
	10km: <b>01:56:04</b>   20km: <b>04:12:54</b>   30km: <b>07:43:17</b>   40km: <b>21:16:21</b>										
41	<b>PERNAL Dariusz</b>	<b>39</b>	FINISZ RYMANÓW	OPEN Mężczyźni	31	<b>3</b>	-12	8:18	7.2 (107.5%)	00:58:02	01:23:00
	10km: <b>00:58:02</b>   20km: <b>02:12:30</b>   30km: <b>04:09:02</b>										
42	<b>SUŁKOWSKA-WIROWSKA Gabriela</b>	<b>50</b>		OPEN Kobiety	11	<b>3</b>	-12	11:06	5.4 (80.6%)	01:31:43	01:51:02
	10km: <b>01:31:43</b>   20km: <b>03:19:36</b>   30km: <b>05:33:06</b>										
43	<b>ŁUKASIK Zbigniew</b>	<b>29</b>	RAPY MASTERS	OPEN Mężczyźni	32	<b>3</b>	-12	12:41	4.7 (70.1%)	01:55:30	02:06:54
	10km: <b>02:02:39</b>   20km: <b>03:58:09</b>   30km: <b>06:20:42</b>										
44	<b>RADYK Joanna</b>	<b>45</b>	RADYK TEAM	OPEN Kobiety	12	<b>3</b>	-12	22:36	2.7 (40.3%)	01:52:39	03:46:08
	10km: <b>01:52:39</b>   20km: <b>04:19:33</b>   30km: <b>11:18:25</b>										
45	<b>GORCZYCA Kacper</b>	<b>13</b>		OPEN Mężczyźni	33	<b>2</b>	-13	20:09	3 (44.8%)	03:16:01	03:21:30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
	10km: <b>03:27:00</b>   20km: <b>06:43:01</b>										
46	<b>SZYBIAK Maciej</b>	<b>59</b>		OPEN Mężczyźni	34	<b>2</b>	-13	25:51	2.3 (34.3%)	00:56:29	04:18:33
	10km: <b>00:56:29</b>   20km: <b>08:37:06</b>										
47	<b>BAK LITWA Ewa</b>	<b>5</b>	FOREVER TEAM	OPEN Kobiety	13	<b>1</b>	-14	9:59	6 (89.6%)	01:39:51	01:39:51
	10km: <b>01:39:51</b>										
48	<b>LITWA Łukasz</b>	<b>27</b>	FOREVER TEAM	OPEN Mężczyźni	35	<b>1</b>	-14	10:00	6 (89.6%)	01:40:01	01:40:01
	10km: <b>01:40:01</b>										
49	<b>WIROWSKI Adam</b>	<b>56</b>		OPEN Mężczyźni	36	<b>1</b>	-14	17:06	3.5 (52.2%)	02:51:00	02:51:00
	10km: <b>02:51:00</b>										
50	<b>BURZ-PARADOWSKA Jowita</b>	<b>6</b>	BYLEDOMETRY	OPEN Kobiety	14	<b>1</b>	-14	18:13	3.3 (49.3%)	03:02:13	03:02:13
	10km: <b>03:02:13</b>										
51	<b>RADYK Anna</b>	<b>43</b>	RADYK TEAM	OPEN Kobiety	15	<b>1</b>	-14	20:42	2.9 (43.3%)	03:27:03	03:27:03
	10km: <b>03:27:03</b>										
52	<b>KOZAK Angelika</b>	<b>24</b>		OPEN Kobiety	16	<b>1</b>	-14	40:19	1.5 (22.4%)	06:43:10	06:43:10
	10km: <b>06:43:10</b>										
53	<b>KOZAK Mateusz</b>	<b>25</b>		OPEN Mężczyźni	37	<b>1</b>	-14	40:19	1.5 (22.4%)	06:43:15	06:43:15
	10km: <b>06:43:15</b>										
54	<b>PASIEKA Agnieszka</b>	<b>37</b>	KLUB BIEGACZA ATHLETIC ZRĘCIN	OPEN Kobiety	17	<b>1</b>	-14	143:55	0.4 (6.0%)	23:59:15	23:59:15
	10km: <b>23:59:15</b>										

Znaleziono 54 wynik(ów)