



# DUCH SANU

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Duch Sanu  
**Organizator:** Stowarzyszenie Duch Pogórza  
**Data:** 2023-07-22  
**Miejsce:** Dubiecko  
**Dystans:** 10 km

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
1	<b>WANTUCH Marcin</b>	<b>34</b>		OPEN Mężczyźni	1	<b>15</b>	0	9:00	6.7 (100%)	01:11:41	01:30:02
	10km: <b>01:12:01</b>   20km: <b>02:23:42</b>   30km: <b>03:38:12</b>   40km: <b>04:54:26</b>   50km: <b>06:14:02</b>   60km: <b>07:38:59</b>   70km: <b>09:03:12</b>   80km: <b>10:37:34</b>   90km: <b>12:09:20</b>   100km: <b>13:52:53</b>   110km: <b>15:34:11</b>   120km: <b>17:21:19</b>   130km: <b>19:02:47</b>   140km: <b>20:47:46</b>   150km: <b>22:30:37</b>										
2	<b>ZIMKOWSKI Marcin</b>	<b>48</b>	KGHM ZG RUN	OPEN Mężczyźni	2	<b>13</b>	-2	10:04	6 (89.6%)	01:11:57	01:40:47
	10km: <b>01:11:57</b>   20km: <b>02:31:47</b>   30km: <b>03:57:54</b>   40km: <b>05:34:08</b>   50km: <b>07:14:17</b>   60km: <b>08:53:55</b>   70km: <b>10:36:34</b>   80km: <b>12:17:44</b>   90km: <b>14:08:12</b>   100km: <b>16:02:52</b>   110km: <b>17:51:39</b>   120km: <b>19:50:39</b>   130km: <b>21:50:11</b>										
3	<b>WŁOCH Sławomir</b>	<b>19</b>		OPEN Mężczyźni	3	<b>12</b>	-3	11:30	5.2 (77.6%)	01:15:35	01:55:08
	10km: <b>01:15:35</b>   20km: <b>02:35:56</b>   30km: <b>04:06:42</b>   40km: <b>06:17:21</b>   50km: <b>08:04:04</b>   60km: <b>10:13:30</b>   70km: <b>12:30:20</b>   80km: <b>14:41:39</b>   90km: <b>16:53:40</b>   100km: <b>18:56:15</b>   110km: <b>20:58:21</b>   120km: <b>23:01:42</b>										
4	<b>PSIUK Andrzej</b>	<b>59</b>	BIŁGORAJ BIEGA	OPEN Mężczyźni	4	<b>12</b>	-3	11:46	5.1 (76.1%)	01:22:16	01:57:43
	10km: <b>01:22:16</b>   20km: <b>02:45:38</b>   30km: <b>04:14:26</b>   40km: <b>05:46:55</b>   50km: <b>08:11:22</b>   60km: <b>10:17:19</b>   70km: <b>13:20:49</b>   80km: <b>15:47:02</b>   90km: <b>18:03:30</b>   100km: <b>19:56:59</b>   110km: <b>21:34:59</b>   120km: <b>23:32:42</b>										
5	<b>BANASIK Krzysztof</b>	<b>17</b>	KAŃCZUCKA GRUPA BIEGOWA	OPEN Mężczyźni	5	<b>11</b>	-4	12:38	4.7 (70.1%)	01:21:13	02:06:20
	10km: <b>01:26:39</b>   20km: <b>02:58:33</b>   30km: <b>04:29:05</b>   40km: <b>06:40:16</b>   50km: <b>08:06:27</b>   60km: <b>10:27:41</b>   70km: <b>14:42:23</b>   80km: <b>17:29:21</b>   90km: <b>18:50:34</b>   100km: <b>20:58:25</b>   110km: <b>23:09:47</b>										
6	<b>SMYK Mariusz</b>	<b>58</b>		OPEN Mężczyźni	6	<b>10</b>	-5	10:38	5.6 (83.6%)	01:14:02	01:46:28
	10km: <b>01:14:02</b>   20km: <b>02:32:19</b>   30km: <b>03:58:26</b>   40km: <b>05:28:50</b>   50km: <b>07:11:16</b>   60km: <b>09:00:31</b>   70km: <b>11:02:41</b>   80km: <b>13:09:50</b>   90km: <b>15:22:27</b>   100km: <b>17:44:46</b>										
7	<b>ŚLOSARCZYK Piotr</b>	<b>28</b>		OPEN Mężczyźni	7	<b>10</b>	-5	12:32	4.8 (71.6%)	01:17:13	02:05:28
	10km: <b>01:17:13</b>   20km: <b>02:49:08</b>   30km: <b>04:38:33</b>   40km: <b>06:39:52</b>   50km: <b>08:46:48</b>   60km: <b>11:00:36</b>   70km: <b>13:51:11</b>   80km: <b>16:25:24</b>   90km: <b>18:40:33</b>   100km: <b>20:54:44</b>										
8	<b>SIWIEC Stanisław</b>	<b>8</b>	RESOVIA/PODIUM	OPEN Mężczyźni	8	<b>10</b>	-5	13:00	4.6 (68.7%)	01:16:58	02:10:01
	10km: <b>01:16:58</b>   20km: <b>02:46:50</b>   30km: <b>04:25:14</b>   40km: <b>06:22:59</b>   50km: <b>08:26:13</b>   60km: <b>10:33:36</b>   70km: <b>13:56:21</b>   80km: <b>16:37:51</b>   90km: <b>19:31:57</b>   100km: <b>21:40:12</b>										
9	<b>RUDNY Rafał</b>	<b>54</b>	RUDNYRUNNINGTEAM	OPEN Mężczyźni	9	<b>10</b>	-5	13:23	4.5 (67.2%)	01:14:38	02:13:54
	10km: <b>01:14:38</b>   20km: <b>02:35:50</b>   30km: <b>04:00:21</b>   40km: <b>05:40:52</b>   50km: <b>07:19:02</b>   60km: <b>08:57:41</b>   70km: <b>10:57:29</b>   80km: <b>18:41:12</b>   90km: <b>20:22:18</b>   100km: <b>22:19:02</b>										

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
10	<b>ZABIELSKI Grzegorz</b>	<b>15</b>		OPEN Mężczyźni	10	<b>10</b>	-5	14:12	4.2 (62.7%)	01:33:42	02:22:03
	10km: <b>01:40:45</b>   20km: <b>03:14:27</b>   30km: <b>05:03:02</b>   40km: <b>06:55:59</b>   50km: <b>10:31:04</b>   60km: <b>14:11:27</b>   70km: <b>16:32:27</b>   80km: <b>18:33:19</b>   90km: <b>20:48:33</b>   100km: <b>23:40:35</b>										
11	<b>RADYK Jakub</b>	<b>2</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	11	<b>9</b>	-6	14:57	4 (59.7%)	01:14:23	02:29:38
	10km: <b>01:14:23</b>   20km: <b>02:34:54</b>   30km: <b>04:05:14</b>   40km: <b>05:52:21</b>   50km: <b>07:57:04</b>   60km: <b>09:51:51</b>   70km: <b>12:12:33</b>   80km: <b>20:01:19</b>   90km: <b>22:26:42</b>										
12	<b>DUBIL Michał</b>	<b>39</b>	RAJD ŻRÓDEŁ CHODELKI	OPEN Mężczyźni	12	<b>9</b>	-6	15:05	4 (59.7%)	00:01:23	02:30:53
	10km: <b>01:44:28</b>   20km: <b>03:42:24</b>   30km: <b>05:38:35</b>   40km: <b>07:47:48</b>   50km: <b>09:47:08</b>   60km: <b>12:03:26</b>   70km: <b>20:06:10</b>   80km: <b>20:07:33</b>   90km: <b>22:38:05</b>										
13	<b>DZISZKIEWICZ Grzegorz</b>	<b>51</b>		OPEN Mężczyźni	13	<b>8</b>	-7	12:55	4.6 (68.7%)	01:40:47	02:09:16
	10km: <b>01:40:47</b>   20km: <b>03:42:59</b>   30km: <b>05:45:15</b>   40km: <b>07:50:04</b>   50km: <b>10:06:25</b>   60km: <b>12:21:31</b>   70km: <b>14:47:22</b>   80km: <b>17:14:11</b>										
14	<b>PIEŃKOSZ Wojciech</b>	<b>37</b>	PGE ENERGETIC RUNNING/PODIUM	OPEN Mężczyźni	14	<b>8</b>	-7	14:08	4.2 (62.7%)	01:17:00	02:21:29
	10km: <b>01:17:00</b>   20km: <b>02:47:23</b>   30km: <b>04:36:35</b>   40km: <b>06:40:19</b>   50km: <b>08:58:21</b>   60km: <b>12:15:32</b>   70km: <b>15:22:25</b>   80km: <b>18:51:54</b>										
15	<b>NOSEK Mateusz</b>	<b>47</b>		OPEN Mężczyźni	15	<b>8</b>	-7	14:14	4.2 (62.7%)	01:15:38	02:22:27
	10km: <b>01:15:38</b>   20km: <b>02:45:00</b>   30km: <b>04:14:29</b>   40km: <b>05:52:18</b>   50km: <b>07:32:51</b>   60km: <b>09:21:10</b>   70km: <b>12:00:26</b>   80km: <b>18:59:42</b>										
16	<b>STOPA Marcin</b>	<b>31</b>	URZĄD MIASTA RZESZOWA/PODIUM	OPEN Mężczyźni	16	<b>8</b>	-7	16:02	3.7 (55.2%)	01:32:08	02:40:22
	10km: <b>01:32:08</b>   20km: <b>03:26:16</b>   30km: <b>05:30:03</b>   40km: <b>07:49:34</b>   50km: <b>10:42:24</b>   60km: <b>13:20:44</b>   70km: <b>18:51:49</b>   80km: <b>21:23:02</b>										
17	<b>SMYKA Michał</b>	<b>36</b>		OPEN Mężczyźni	17	<b>8</b>	-7	17:06	3.5 (52.2%)	01:15:43	02:51:01
	10km: <b>01:15:43</b>   20km: <b>02:45:33</b>   30km: <b>04:24:58</b>   40km: <b>06:23:57</b>   50km: <b>08:47:36</b>   60km: <b>19:00:33</b>   70km: <b>20:55:08</b>   80km: <b>22:48:14</b>										
18	<b>ŁOZA Tobiasz</b>	<b>12</b>	KAŃCZUCKA GRUPA BIEGOWA	OPEN Mężczyźni	18	<b>8</b>	-7	17:22	3.5 (52.2%)	01:12:15	02:53:44
	10km: <b>01:12:15</b>   20km: <b>02:28:07</b>   30km: <b>03:59:57</b>   40km: <b>06:51:26</b>   50km: <b>09:04:59</b>   60km: <b>13:09:42</b>   70km: <b>20:45:26</b>   80km: <b>23:09:52</b>										
19	<b>GROCH Jacek</b>	<b>52</b>		OPEN Mężczyźni	19	<b>8</b>	-7	17:22	3.5 (52.2%)	01:23:13	02:53:44
	10km: <b>01:23:13</b>   20km: <b>02:51:51</b>   30km: <b>04:36:50</b>   40km: <b>06:51:42</b>   50km: <b>09:05:03</b>   60km: <b>13:09:46</b>   70km: <b>20:45:31</b>   80km: <b>23:09:55</b>										
20	<b>GAWROŃSKI Ireneusz</b>	<b>23</b>	AMATOR	OPEN Mężczyźni	20	<b>7</b>	-8	11:27	5.2 (77.6%)	01:30:56	01:54:32
	10km: <b>01:30:56</b>   20km: <b>03:09:16</b>   30km: <b>04:56:49</b>   40km: <b>06:48:17</b>   50km: <b>08:50:50</b>   60km: <b>11:10:45</b>   70km: <b>13:21:47</b>										
21	<b>KORAB Robert</b>	<b>26</b>	RZESZOWSKIE GAZELE I GEPARDY	OPEN Mężczyźni	21	<b>7</b>	-8	18:04	3.3 (49.3%)	01:23:09	03:00:48
	10km: <b>01:23:09</b>   20km: <b>02:49:43</b>   30km: <b>04:17:36</b>   40km: <b>05:44:40</b>   50km: <b>07:18:22</b>   60km: <b>19:27:55</b>   70km: <b>21:05:36</b>										
22	<b>ŁĄCZNY Marcin</b>	<b>7</b>	GALOPUJĄCE DŹDŻOWNICE	OPEN Mężczyźni	22	<b>7</b>	-8	19:33	3.1 (46.3%)	01:18:14	03:15:33
	10km: <b>01:18:14</b>   20km: <b>02:44:59</b>   30km: <b>04:46:56</b>   40km: <b>07:44:28</b>   50km: <b>10:27:42</b>   60km: <b>14:42:26</b>   70km: <b>22:48:56</b>										
23	<b>KOWALCZYK Mateusz</b>	<b>38</b>	MINUTKA TRAIL /PGB	OPEN Mężczyźni	23	<b>6</b>	-9	9:05	6.6 (98.5%)	00:58:45	01:30:55
	10km: <b>00:58:45</b>   20km: <b>02:15:56</b>   30km: <b>03:37:59</b>   40km: <b>05:14:17</b>   50km: <b>07:01:26</b>   60km: <b>09:05:30</b>										
24	<b>WIERZBICKI Tomasz</b>	<b>60</b>		OPEN Mężczyźni	24	<b>6</b>	-9	9:51	6.1 (91.0%)	01:13:20	01:38:31
	10km: <b>01:13:20</b>   20km: <b>02:32:18</b>   30km: <b>04:02:59</b>   40km: <b>05:44:43</b>   50km: <b>07:37:45</b>   60km: <b>09:51:08</b>										
25	<b>OLEJARSKI Marcin</b>	<b>27</b>	PRUCHNICKA GRUPA BIEGOWA	OPEN Mężczyźni	25	<b>6</b>	-9	10:27	5.7 (85.1%)	01:18:07	01:44:38
	10km: <b>01:18:07</b>   20km: <b>02:45:35</b>   30km: <b>04:27:17</b>   40km: <b>06:22:55</b>   50km: <b>08:05:29</b>   60km: <b>10:27:49</b>										
26	<b>BRZAŃKALSKI Andrzej</b>	<b>40</b>		OPEN Mężczyźni	26	<b>6</b>	-9	19:25	3.1 (46.3%)	01:31:16	03:14:17
	10km: <b>01:31:16</b>   20km: <b>03:19:25</b>   30km: <b>05:26:59</b>   40km: <b>08:05:26</b>   50km: <b>10:12:43</b>   60km: <b>19:25:46</b>										
27	<b>ZIELIŃSKI Sławek</b>	<b>43</b>	#TEAMSZÓSTABE	OPEN Mężczyźni	27	<b>6</b>	-9	22:33	2.7 (40.3%)	01:11:47	03:45:39
	10km: <b>01:11:47</b>   20km: <b>02:26:11</b>   30km: <b>03:56:39</b>   40km: <b>05:38:58</b>   50km: <b>07:50:10</b>   60km: <b>22:33:59</b>										

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Okr.	Różn	Tempo min/km	Tempo km/h	Fastest Lap	Średnie okrążenie
28	<b>SZKODA Robert</b>	<b>9</b>	BIŁGORAJ BIEGA	OPEN Mężczyźni	28	<b>6</b>	-9	22:57	2.6 (38.8%)	01:26:22	03:49:31
	10km: <b>01:26:22</b>   20km: <b>03:08:51</b>   30km: <b>05:43:13</b>   40km: <b>08:24:42</b>   50km: <b>20:06:12</b>   60km: <b>22:57:10</b>										
29	<b>NIEDŹWIECKI Paweł</b>	<b>49</b>	PODIUM	OPEN Mężczyźni	29	<b>5</b>	-10	13:24	4.5 (67.2%)	01:32:15	02:14:08
	10km: <b>01:32:15</b>   20km: <b>03:28:11</b>   30km: <b>05:36:11</b>   40km: <b>08:19:01</b>   50km: <b>11:10:40</b>										
30	<b>DERDA Mariusz</b>	<b>62</b>		OPEN Mężczyźni	30	<b>5</b>	-10	26:43	2.2 (32.8%)	01:40:42	04:27:10
	10km: <b>02:09:58</b>   20km: <b>03:50:40</b>   30km: <b>05:42:29</b>   40km: <b>07:57:07</b>   50km: <b>22:15:51</b>										
31	<b>ŚLIWA Szymon</b>	<b>57</b>		OPEN Mężczyźni	31	<b>4</b>	-11	8:42	6.9 (103.0%)	01:15:04	01:27:09
	10km: <b>01:15:04</b>   20km: <b>02:35:33</b>   30km: <b>04:00:00</b>   40km: <b>05:48:37</b>										
32	<b>KLUZ Robert</b>	<b>35</b>		OPEN Mężczyźni	32	<b>4</b>	-11	12:10	4.9 (73.1%)	01:41:46	02:01:49
	10km: <b>01:41:46</b>   20km: <b>03:32:19</b>   30km: <b>05:41:21</b>   40km: <b>08:07:16</b>										
33	<b>PEŁDIAK Mateusz</b>	<b>21</b>	KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM	OPEN Mężczyźni	33	<b>3</b>	-12	9:17	6.5 (97.0%)	01:15:45	01:32:53
	10km: <b>01:15:45</b>   20km: <b>02:48:40</b>   30km: <b>04:38:40</b>										
34	<b>BALON Piotr</b>	<b>53</b>	U(L)TRA BAKOMAT	OPEN Mężczyźni	34	<b>3</b>	-12	11:30	5.2 (77.6%)	01:40:56	01:55:07
	10km: <b>01:40:56</b>   20km: <b>03:43:07</b>   30km: <b>05:45:23</b>										
35	<b>ZIĘBA Dawid</b>	<b>55</b>	IDEOAKTYWNI	OPEN Mężczyźni	35	<b>3</b>	-12	36:22	1.6 (23.9%)	01:26:27	06:03:43
	10km: <b>01:26:27</b>   20km: <b>03:24:03</b>   30km: <b>18:11:11</b>										
36	<b>PARADOWSKI Paweł</b>	<b>6</b>	BYLEDOMETRY	OPEN Mężczyźni	36	<b>3</b>	-12	45:05	1.3 (19.4%)	01:58:20	07:30:56
	10km: <b>01:58:20</b>   20km: <b>04:28:26</b>   30km: <b>22:32:49</b>										
37	<b>KULIBERDA Tomasz</b>	<b>61</b>		OPEN Mężczyźni	37	<b>3</b>	-12	46:14	1.3 (19.4%)	01:41:42	07:42:26
	10km: <b>01:41:42</b>   20km: <b>03:49:18</b>   30km: <b>23:07:20</b>										
38	<b>GRZĄDZIEL Jan</b>	<b>63</b>		OPEN Mężczyźni	38	<b>2</b>	-13	11:13	5.3 (79.1%)	01:26:52	01:52:13
	10km: <b>01:26:52</b>   20km: <b>03:44:26</b>										
39	<b>SZYBIAK Maciej</b>	<b>56</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	39	<b>2</b>	-13	64:15	0.9 (13.4%)	00:58:32	10:42:36
	10km: <b>00:58:32</b>   20km: <b>21:25:12</b>										
40	<b>DZIMIRA Sławomir</b>	<b>5</b>	BROWAR POGÓRZA	OPEN Mężczyźni	40	<b>1</b>	-14	8:38	6.9 (103.0%)	01:26:29	01:26:29
	10km: <b>01:26:29</b>										
41	<b>KASZYCKI Jakub</b>	<b>64</b>		OPEN Mężczyźni	41	<b>1</b>	-14	11:04	5.4 (80.6%)	01:50:45	01:50:45
	10km: <b>01:50:45</b>										
42	<b>BALON Marcin</b>	<b>46</b>	NORDTREAT	OPEN Mężczyźni	42	<b>1</b>	-14	11:35	5.2 (77.6%)	01:55:57	01:55:57
	10km: <b>01:55:57</b>										
43	<b>GORCZYCA Kacper</b>	<b>65</b>		OPEN Mężczyźni	43	<b>1</b>	-14	12:03	5 (74.6%)	02:00:31	02:00:31
	10km: <b>02:00:31</b>										
44	<b>KOZAK Mateusz</b>	<b>32</b>		OPEN Mężczyźni	44	<b>1</b>	-14	14:53	4 (59.7%)	02:28:59	02:28:59
	10km: <b>02:28:59</b>										
45	<b>ZAJĄC Paweł</b>	<b>69</b>		OPEN Mężczyźni	45	<b>1</b>	-14	138:05	0.4 (6.0%)	23:00:51	23:00:51
	10km: <b>23:00:51</b>										

Znaleziono 45 wynik(ów)