

DUCH ZIMY 12 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Duch Zimy
Organizator: Stowarzyszenie Duch Pogórza
Data: 2025-01-18
Miejsce: Dubiecko
Dystans: 12 km

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	SZYBIAK Maciej	71	PRZEMYSKI KLUB BIEGACZA	M18-29	1		01:09:31.00	01:09:31.00		5:47	10.4 (100%)
2	WALUS Bartłomiej	76	AKTYWNY DYNÓW	M30-39	1		01:09:52.00	01:09:52.00	+00:00:21 (0.5%)	5:49	10.3 (99.0%)
3	KĄKOL Zbigniew	30	PODIUM/ROZBIEGANA MALAWA	M40-49	1		01:10:12.00	01:10:12.00	+00:00:41 (1.0%)	5:51	10.3 (99.0%)
4	MOTYKA Szymon	43	AKTYWNY DYNÓW	M30-39	2		01:11:26.00	01:11:26.00	+00:01:55 (2.7%)	5:57	10.1 (97.1%)
5	ŚCIBOR Adrian	72		M30-39	3		01:11:39.00	01:11:39.00	+00:02:08 (3.0%)	5:58	10 (96.2%)
6	WÓJTOWICZ Piotr	79	#SZLACHTABIEGA	M40-49	2		01:12:28.00	01:12:28.00	+00:02:57 (4.1%)	6:02	9.9 (95.2%)
7	BRENDZOWSKI Adam	6	SOLINA TEAM	M40-49	3		01:13:06.00	01:13:06.00	+00:03:35 (4.9%)	6:05	9.8 (94.2%)
8	KOWALCZYK Mateusz	36	MINUTKA TRAIL	M30-39	4		01:13:15.00	01:13:15.00	+00:03:44 (5.1%)	6:06	9.8 (94.2%)
9	PÓŁTORAK Dariusz	55	PRZEWORSKA GRUPA BIEGOWA	M50-59	1		01:14:14.00	01:14:14.00	+00:04:43 (6.4%)	6:11	9.7 (93.3%)
10	WILK Kamil	78	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30-39	5		01:14:57.00	01:14:57.00	+00:05:26 (7.2%)	6:14	9.6 (92.3%)
11	PODOLAK Paweł	53	KAMIEŃ DWERNIK TRAIL	M40-49	4		01:15:12.00	01:15:12.00	+00:05:41 (7.6%)	6:16	9.6 (92.3%)
12	BANASIK Krzysztof	3	KB ATHLETIC ZRĘCIN / MAFIA DUCHA	M40-49	5		01:15:19.00	01:15:19.00	+00:05:48 (7.7%)	6:16	9.6 (92.3%)
13	LIS-PASIONEK Małgorzata	39	PRZEMYSKI KLUB BIEGACZA	K40-49	1		01:16:33.00	01:16:33.00	+00:07:02 (9.2%)	6:22	9.4 (90.4%)
13	JACHIMOWSKI Jarosław	21	SANOK BIEGA	M40-49	6		01:16:33.00	01:16:33.00	+00:07:02 (9.2%)	6:22	9.4 (90.4%)
15	KLUS Jakub	32	PODIUM/ROZBIEGANA MALAWA	M40-49	7		01:17:35.00	01:17:35.00	+00:08:04 (10.4%)	6:27	9.3 (89.4%)
16	WROBEL Magdalena	80		K30-39	1		01:18:15.00	01:18:15.00	+00:08:44 (11.2%)	6:31	9.2 (88.5%)
17	NOWAK Jakub	45		M30-39	6		01:18:30.00	01:18:30.00	+00:08:59 (11.4%)	6:32	9.2 (88.5%)
18	JĘDRZEJCZYK Adam	24	SANOK BIEGA	M30-39	7		01:19:25.00	01:19:25.00	+00:09:54 (12.5%)	6:37	9.1 (87.5%)
19	STASZCZYK Michał	66	SZLACHTABIEGA, URZĄD MIASTA RZESZOWA	M40-49	8		01:20:16.00	01:20:16.00	+00:10:45 (13.4%)	6:41	9 (86.5%)
20	ŚWIĘCH Anna	73	PODIUM	K40-49	2		01:21:07.00	01:21:07.00	+00:11:36 (14.3%)	6:45	8.9 (85.6%)
21	SOLARSKI Robert	64		M50-59	2		01:21:16.00	01:21:16.00	+00:11:45 (14.5%)	6:46	8.9 (85.6%)
22	KRZEPTOŃ Patryk	38		M30-39	8		01:21:17.00	01:21:17.00	+00:11:46 (14.5%)	6:46	8.9 (85.6%)
23	JAROSZ Ernest	22	POGÓRZE ULTRA TRAIL	M40-49	9		01:21:20.00	01:21:20.00	+00:11:49 (14.5%)	6:46	8.9 (85.6%)
24	MOSKOWICZ Stefan	42	PRZEMYSKI KLUB BIEGACZA	M60+	1		01:21:30.00	01:21:30.00	+00:11:59 (14.7%)	6:47	8.8 (84.6%)
25	KARAŚ Sylwia	26	KTC KROSNO	K30-39	2		01:23:18.00	01:23:18.00	+00:13:47 (16.5%)	6:56	8.6 (82.7%)
26	TARNAWSKI Sławomir	75		M40-49	10	-01:26:01	01:23:33.00	01:23:33.00	+00:14:02 (16.8%)	14:07	4.2 (40.4%)
27	BANASIK Monika	2	KB ATHLETIC ZRĘCIN/ MAFIA DUCHA	K40-49	3		01:23:34.00	01:23:34.00	+00:14:03 (16.8%)	6:57	8.6 (82.7%)
28	JĘDRZEJCZYK Maja	23	SANOK BIEGA	K30-39	3		01:25:08.00	01:25:08.00	+00:15:37 (18.3%)	7:05	8.5 (81.7%)
29	CICHON Sabina	9		K40-49	4		01:26:20.00	01:26:20.00	+00:16:49 (19.5%)	7:11	8.3 (79.8%)

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30	PRZYBYLSKI Damian	56	PODIUM	M30-39	9		01:27:18.00	01:27:18.00	+00:17:47 (20.4%)	7:16	8.2 (78.8%)
31	ZONTEK Paweł	84		M50-59	3		01:27:22.00	01:27:22.00	+00:17:51 (20.4%)	7:16	8.2 (78.8%)
32	WALUS Patrycja	77		K30-39	4		01:27:52.00	01:27:52.00	+00:18:21 (20.9%)	7:19	8.2 (78.8%)
33	KŁODA Aneta	33	GÓRAL Z MAZUR RUNNING TEAM	K30-39	5		01:27:56.00	01:27:56.00	+00:18:25 (20.9%)	7:19	8.2 (78.8%)
34	CIOCH Jacek	11	#SZLACHTABIEGA	M40-49	11		01:31:52.00	01:31:52.00	+00:22:21 (24.3%)	7:39	7.8 (75.0%)
35	MACIEJAK Mateusz	87		M30-39	10		01:32:23.00	01:32:23.00	+00:22:52 (24.8%)	7:41	7.8 (75.0%)
36	KRET Rafał	37	#SZLACHTABIEGA	M40-49	12		01:33:07.00	01:33:07.00	+00:23:36 (25.3%)	7:45	7.7 (74.0%)
36	SVITA Beata	69	SZLACHTABIEGA, URZĄD MIASTA RZESZOWA	K40-49	5		01:33:07.00	01:33:07.00	+00:23:36 (25.3%)	7:45	7.7 (74.0%)
38	CIOCH Lucyna	10	#SZLACHTABIEGA	K30-39	6		01:33:16.00	01:33:16.00	+00:23:45 (25.5%)	7:46	7.7 (74.0%)
38	NAPORA Marcin	44	BYLEDOMETRY	M40-49	13		01:33:16.00	01:33:16.00	+00:23:45 (25.5%)	7:46	7.7 (74.0%)
40	STASZCZYK Anna	67	DUCH POGÓRZA	K40-49	6		01:33:55.00	01:33:55.00	+00:24:24 (26.0%)	7:49	7.7 (74.0%)
41	KNAP Mariola	34	SANOK BIEGA	K40-49	7		01:34:16.00	01:34:16.00	+00:24:45 (26.3%)	7:51	7.6 (73.1%)
42	RYBA Maria	59	#TYLKO_DLA_MEDALU	K40-49	8		01:34:33.00	01:34:33.00	+00:25:02 (26.5%)	7:52	7.6 (73.1%)
43	MAZUREK Urszula	41		K50-59	1		01:34:57.00	01:34:57.00	+00:25:26 (26.8%)	7:54	7.6 (73.1%)
44	FUDALI-KMIOTEK Aneta	18		K40-49	9		01:35:01.00	01:35:01.00	+00:25:30 (26.8%)	7:55	7.6 (73.1%)
45	SEGIT Jarek	61		M40-49	14		01:35:48.00	01:35:48.00	+00:26:17 (27.4%)	7:59	7.5 (72.1%)
46	STANEK Małgorzata	65	#SZLACHTABIEGA	K40-49	10		01:35:55.00	01:35:55.00	+00:26:24 (27.5%)	7:59	7.5 (72.1%)
47	RYBA Bartłomiej	58		M40-49	15		01:36:02.00	01:36:02.00	+00:26:31 (27.6%)	8:00	7.5 (72.1%)
48	TARACIŃSKI Marcin	74	KAMIEŃ DWERNIK TRAIL	M40-49	16		01:36:47.00	01:36:47.00	+00:27:16 (28.2%)	8:03	7.4 (71.2%)
49	ŁĄCZNY Marcin	85		M40-49	17		01:37:12.00	01:37:12.00	+00:27:41 (28.5%)	8:06	7.4 (71.2%)
50	BIESZCZAD Iwona	5	#SZLACHTABIEGA	K30-39	7		01:37:15.00	01:37:15.00	+00:27:44 (28.5%)	8:06	7.4 (71.2%)
51	PLIS Sławek	52	-	M50-59	4		01:37:37.00	01:37:37.00	+00:28:06 (28.8%)	8:08	7.4 (71.2%)
52	KĘDRA Agnieszka	31	CARPATHIAN RUNNERS	K30-39	8		01:37:58.00	01:37:58.00	+00:28:27 (29.0%)	8:09	7.3 (70.2%)
53	ZIĘBA Dawid	83		M30-39	11		01:39:21.00	01:39:21.00	+00:29:50 (30.0%)	8:16	7.2 (69.2%)
54	SKÓRA Paweł	63	KAŃCZUCKA GRUPA BIEGOWA	M40-49	18		01:40:15.00	01:40:15.00	+00:30:44 (30.7%)	8:21	7.2 (69.2%)
54	SULIK Anna	68		K40-49	11		01:40:15.00	01:40:15.00	+00:30:44 (30.7%)	8:21	7.2 (69.2%)
56	KASZYCKI Paweł	28	DUCH POGÓRZA	M18-29	2		01:42:27.00	01:42:27.00	+00:32:56 (32.1%)	8:32	7 (67.3%)
57	SKOLARCZYK Bartłomiej	62	#TYLKO_DLA_MEDALU	M30-39	12		01:42:55.00	01:42:55.00	+00:33:24 (32.5%)	8:34	7 (67.3%)
58	PASIONEK Bartłomiej	49	-	M40-49	19		01:45:10.00	01:45:10.00	+00:35:39 (33.9%)	8:45	6.8 (65.4%)
59	DRABICKA Agnieszka	14	#SZLACHTABIEGA	K50-59	2		01:45:22.00	01:45:22.00	+00:35:51 (34.0%)	8:46	6.8 (65.4%)
60	ADAM Zbigniew	1	#SZLACHTABIEGA	M50-59	5		01:45:23.00	01:45:23.00	+00:35:52 (34.0%)	8:46	6.8 (65.4%)
61	ZAMORSKI Adam	81	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	20		01:45:33.00	01:45:33.00	+00:36:02 (34.1%)	8:47	6.8 (65.4%)
62	CZABAN Katarzyna	12	KULAM SIĘ JAK GUMIKLYJZY	K30-39	9		01:47:09.00	01:47:09.00	+00:37:38 (35.1%)	8:55	6.7 (64.4%)
63	ZARĘBA Jolanta	82		K60+	1		01:47:53.00	01:47:53.00	+00:38:22 (35.6%)	8:59	6.7 (64.4%)
64	ĆWIKŁA Cezary	13	ASSECO ACTIVE TEAM	M18-29	3		01:55:42.00	01:55:42.00	+00:46:11 (39.9%)	9:38	6.2 (59.6%)
65	FLOREK Wojtek	17		M30-39	13		01:57:40.00	01:57:40.00	+00:48:09 (40.9%)	9:48	6.1 (58.7%)
66	PIENIAŻEK Agnieszka	51	DZIKIE MUSTANGI	K40-49	12		01:57:41.00	01:57:41.00	+00:48:10 (40.9%)	9:48	6.1 (58.7%)
67	BAK LITWA Ewa	4	#SZLACHTABIEGA	K40-49	13		02:02:25.00	02:02:25.00	+00:52:54 (43.2%)	10:12	5.9 (56.7%)
68	LITWA Łukasz	40	#SZLACHTABIEGA	M40-49	21		02:02:26.00	02:02:26.00	+00:52:55 (43.2%)	10:12	5.9 (56.7%)
69	PAŁYS Michał	46		OPEN Mężczyźni	1		02:11:05.00	02:11:05.00	+01:01:34 (47.0%)	10:55	5.5 (52.9%)
70	KASZYCKI Jakub	29	DUCH POGÓRZA	OPEN Mężczyźni	2		02:13:12.00	02:13:12.00	+01:03:41 (47.8%)	11:06	5.4 (51.9%)
71	CHWASTA Wioleta	8		K30-39	10		02:17:14.00	02:17:14.00	+01:07:43 (49.3%)	11:26	5.2 (50.0%)
72	BURZ-PARADOWSKA Jowita	7	BYLE DO METY	K50-59	3		02:18:23.00	02:18:23.00	+01:08:52 (49.8%)	11:31	5.2 (50.0%)
73	SZYBIAK Dorota	86		K30-39	11		02:18:24.00	02:18:24.00	+01:08:53 (49.8%)	11:32	5.2 (50.0%)

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74	POTOCZNA Klaudia	54	AKTYWNY DYNÓW	K18-29	1		02:24:02.00	02:24:02.00	+01:14:31 (51.7%)	12:00	5 (48.1%)
75	PARADOWSKI Paweł	47	BYLEDOMETRY	M60+	2		02:30:27.00	02:30:27.00	+01:20:56 (53.8%)	12:32	4.8 (46.2%)
75	RZEPCHYŃSKI Sebastian	60	KAŃCZUCKA GRUPA BIEGOWA	M18-29	4		02:30:27.00	02:30:27.00	+01:20:56 (53.8%)	12:32	4.8 (46.2%)
77	PASIEKA Agnieszka	48	DZIKIE MUSTANGI	K40-49	14		02:30:43.00	02:30:43.00	+01:21:12 (53.9%)	12:33	4.8 (46.2%)
78	GORCZYCA Kacper	19		OPEN Mężczyźni	3		02:30:59.00	02:30:59.00	+01:21:28 (54.0%)	12:34	4.8 (46.2%)
79	RADYK Anna	57		K18-29	2		03:26:00.00	03:26:00.00	+02:16:29 (66.3%)	17:10	3.5 (33.7%)
		91					DNF	DNF	-	-	- (0.0%)
	DYJACH Łukasz	16	ASSECO ACTIVE TEAM	M30-39			DNF	DNF	-	-	- (0.0%)

Znaleziono 81 wynik(ów)