



**Wydarzenie:** Duch Pogorza  
**Organizator:** Stowarzyszenie Duch Pogorza  
**Data:** 2023-03-25  
**Miejsce:** Dubiecko  
**Dystans:** 34 km

## DUSZEK 30 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	25km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>ZIĘBA Sabina</b>	<b>110</b>	FOREVER TEAM/ CUNA TEAM	OPEN Kobiety	1	01:03:43	02:45:47	<b>03:56:58.00</b>	<b>03:56:58.00</b>		6:58	8.6 (100%)
2	<b>ZAJĄC Katarzyna</b>	<b>105</b>	ULTRAFUN ML 4K TEAMTARNÓW	OPEN Kobiety	2	01:06:33	02:55:36	<b>04:09:58.00</b>	<b>04:09:58.00</b>	+00:13:00 (5.2%)	7:21	8.2 (95.3%)
3	<b>REDKIEWICZ Agnieszka</b>	<b>77</b>		OPEN Kobiety	3	01:06:15	02:59:50	<b>04:22:46.00</b>	<b>04:22:46.00</b>	+00:25:48 (9.8%)	7:43	7.8 (90.7%)
4	<b>LEWANDOWSKA Milena</b>	<b>40</b>	GO APTIV!	OPEN Kobiety	4	01:21:22	03:29:55	<b>04:50:30.00</b>	<b>04:50:30.00</b>	+00:53:32 (18.4%)	8:32	7 (81.4%)
5	<b>OWSKA Justyna</b>	<b>64</b>	DELOITTE ADVENTURE TEAM	OPEN Kobiety	5	01:16:53	03:22:39	<b>04:55:00.00</b>	<b>04:55:00.00</b>	+00:58:02 (19.7%)	8:40	6.9 (80.2%)
6	<b>KAPITSA Yuliya</b>	<b>19</b>	PROSWIM	OPEN Kobiety	6	01:20:40	03:32:54	<b>05:07:03.00</b>	<b>05:07:03.00</b>	+01:10:05 (22.8%)	9:01	6.6 (76.7%)
7	<b>KOT Iga</b>	<b>25</b>	PARKRUN RZESZÓW	OPEN Kobiety	7	01:23:04	03:38:54	<b>05:21:13.00</b>	<b>05:21:13.00</b>	+01:24:15 (26.2%)	9:26	6.4 (74.4%)
8	<b>WYSOCKA Iwona</b>	<b>102</b>		OPEN Kobiety	8	01:28:09	03:59:34	<b>05:48:44.00</b>	<b>05:48:44.00</b>	+01:51:46 (32.0%)	10:15	5.8 (67.4%)
9	<b>MIŁOŃ Aleksandra</b>	<b>54</b>		OPEN Kobiety	9	01:33:28	04:07:38	<b>05:50:35.00</b>	<b>05:50:35.00</b>	+01:53:37 (32.4%)	10:18	5.8 (67.4%)
10	<b>WITUSIK Dorota</b>	<b>96</b>		OPEN Kobiety	10	01:29:05	04:05:41	<b>05:51:42.00</b>	<b>05:51:42.00</b>	+01:54:44 (32.6%)	10:20	5.8 (67.4%)
11	<b>DUDEK Joanna</b>	<b>12</b>		OPEN Kobiety	11	01:28:55	04:07:59	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+02:10:50 (35.6%)	10:49	5.5 (64.0%)
11	<b>KRAJEWSKA Bernadeta</b>	<b>27</b>		OPEN Kobiety	11	01:28:51	04:07:56	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+02:10:50 (35.6%)	10:49	5.5 (64.0%)
13	<b>ZARĘBA Jolanta</b>	<b>108</b>	RZESZOWSKIE GAZELE I GEPARDY	OPEN Kobiety	13	01:38:55	04:24:22	<b>06:34:18.00</b>	<b>06:34:18.00</b>	+02:37:20 (39.9%)	11:35	5.2 (60.5%)
14	<b>ZYGMUNT Monika</b>	<b>112</b>		OPEN Kobiety	14	01:44:06	04:44:15	<b>06:47:14.00</b>	<b>06:47:14.00</b>	+02:50:16 (41.8%)	11:58	5 (58.1%)
15	<b>CZERWIŃSKA Małgorzata</b>	<b>8</b>	JUMPING STARS TEAM	OPEN Kobiety	15	01:46:07	04:50:49	<b>06:58:05.00</b>	<b>06:58:05.00</b>	+03:01:07 (43.3%)	12:17	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	25km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	<b>WILCZYNSKA-KOGUT Aleksandra</b>	<b>235</b>	BANDA Z POLUDNIA	OPEN Kobiety	16	01:45:26	04:45:26	<b>07:05:27.00</b>	<b>07:05:27.00</b>	+03:08:29 (44.3%)	12:30	4.8 (55.8%)
17	<b>WOJTAKOWSKA Joanna</b>	<b>98</b>		OPEN Kobiety	17	01:46:42	04:59:14	<b>07:19:44.00</b>	<b>07:19:44.00</b>	+03:22:46 (46.1%)	12:56	4.6 (53.5%)
18	<b>LEŚNICZAK Barbara</b>	<b>39</b>	#WKURW_TEAM	OPEN Kobiety	18	01:46:20	05:07:10	<b>07:34:51.00</b>	<b>07:34:51.00</b>	+03:37:53 (47.9%)	13:22	4.5 (52.3%)
19	<b>BURZ-PARADOWSKA Jowita</b>	<b>5</b>	BYLEDOMETRY	OPEN Kobiety	19	01:50:33	05:05:35	<b>07:45:36.00</b>	<b>07:45:36.00</b>	+03:48:38 (49.1%)	13:41	4.4 (51.2%)
20	<b>JOP Marta</b>	<b>18</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	OPEN Kobiety	20	01:56:57	05:16:23	<b>07:47:31.00</b>	<b>07:47:31.00</b>	+03:50:33 (49.3%)	13:45	4.4 (51.2%)
20	<b>WASYLISZYN Bernadetta</b>	<b>94</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	OPEN Kobiety	20	01:56:10	05:16:26	<b>07:47:31.00</b>	<b>07:47:31.00</b>	+03:50:33 (49.3%)	13:45	4.4 (51.2%)
22	<b>ŁĄBĘDZKA - BUGAJ Alicja</b>	<b>211</b>	KB DĘBIEC POZNAŃ	OPEN Kobiety	22	02:06:30	05:22:32	<b>07:57:58.00</b>	<b>07:57:58.00</b>	+04:01:00 (50.4%)	14:03	4.3 (50.0%)
<b>Przekroczony limit czasu: 08:00:00</b>												
23	<b>KUPIBIDA Bogusława</b>	<b>31</b>	SILESIA NORDIC TEAM	OPEN Kobiety	23	02:11:03	05:42:19	<b>08:10:42.00</b>	<b>08:10:42.00</b>	+04:13:44 (51.7%)	14:25	4.2 (48.8%)
23	<b>MARONDEL Katarzyna</b>	<b>48</b>	SILESIA NORDIC WALKING	OPEN Kobiety	23	02:09:57	05:42:17	<b>08:10:42.00</b>	<b>08:10:42.00</b>	+04:13:44 (51.7%)	14:25	4.2 (48.8%)
25	<b>KURPIEWSKA Ewa</b>	<b>32</b>	TBD TRAILOWE BIEGI DUCHOWE	OPEN Kobiety	25	02:16:11	06:38:16	<b>09:38:31.00</b>	<b>09:38:31.00</b>	+05:41:33 (59.0%)	17:00	3.5 (40.7%)
26	<b>GARNYS Katarzyna</b>	<b>15</b>	TBD	OPEN Kobiety	26	02:13:08	06:38:14	<b>09:38:40.00</b>	<b>09:38:40.00</b>	+05:41:42 (59.0%)	17:01	3.5 (40.7%)
27	<b>MANIURA Iwona</b>	<b>45</b>		OPEN Kobiety	27	02:18:47	06:30:58	<b>09:54:07.00</b>	<b>09:54:07.00</b>	+05:57:09 (60.1%)	17:28	3.4 (39.5%)
	<b>STRYCHALSKA Anna</b>	<b>86</b>		OPEN Kobiety		02:16:41 DNF	06:21:10 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŁUCZAK Małgorzata</b>	<b>44</b>	TRAILOWE BIEGI DUCHOWE	OPEN Kobiety		02:10:19 DNF	06:21:11 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEWICKA Aleksandra</b>	<b>42</b>	TBD	OPEN Kobiety		01:27:15 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 30 wynik(ów)