



DUSZEK 30 KM

B4SPORT

Event: Duch Pogórza
Organiser: Stowarzyszenie Duch Pogórza
Date: 2024-03-23
Place: Dubiecko
Distance: 34 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Kobiety

Place	Participant	Number	Club	Category	MCat	9km	25km	Net time 34km	Czas brutto 34km	Gap	Pace min/km	Pace km/h
1	ZIĘBA Sabina	114	#SZLACHTABIEGA	OPEN Kobiety	1	00:57:41	02:41:08	03:50:50.00	03:50:50.00		6:47	8.8 (100%)
2	KLUS Anna	47		OPEN Kobiety	2	01:02:37	02:55:43	04:10:45.00	04:10:45.00	+00:19:55 (7.9%)	7:22	8.1 (92.0%)
3	DZIUBAN Katarzyna	19	GALLOPEM CZY GALLOWAYEM	OPEN Kobiety	3	01:02:09	02:57:18	04:14:44.00	04:14:44.00	+00:23:54 (9.4%)	7:29	8 (90.9%)
4	KRUCZEK Katarzyna	57		OPEN Kobiety	4	01:02:07	03:00:37	04:25:50.00	04:25:50.00	+00:35:00 (13.2%)	7:49	7.7 (87.5%)
5	ARTYM Magda	1	#TRENUJZKOSTEREM	OPEN Kobiety	5	01:06:12	03:09:04	04:31:11.00	04:31:11.00	+00:40:21 (14.9%)	7:58	7.5 (85.2%)
6	MARZEC Justyna	118	PODIUM	OPEN Kobiety	6	01:05:22	03:12:11	04:44:26.00	04:44:26.00	+00:53:36 (18.8%)	8:21	7.2 (81.8%)
7	BANASIK Monika	2		OPEN Kobiety	7	01:05:17	03:33:25	05:01:57.00	05:01:57.00	+01:11:07 (23.6%)	8:52	6.8 (77.3%)
8	FRANCZAK Katarzyna	24		OPEN Kobiety	8	01:16:30	03:41:16	05:05:11.00	05:05:11.00	+01:14:21 (24.4%)	8:58	6.7 (76.1%)
9	WIECZOREK Agata	105	BIEGOWE CZWARTKI	OPEN Kobiety	9	01:15:38	03:38:58	05:07:31.00	05:07:31.00	+01:16:41 (24.9%)	9:02	6.6 (75.0%)
9	CZECH Aldona	14	BIEGOWE CZWARTKI	OPEN Kobiety	9	01:15:43	03:38:55	05:07:31.00	05:07:31.00	+01:16:41 (24.9%)	9:02	6.6 (75.0%)
11	PRUCHNIEWSKA Agnieszka	76	BANICI ULTRA	OPEN Kobiety	11	01:14:08	03:35:27	05:08:39.00	05:08:39.00	+01:17:49 (25.2%)	9:04	6.6 (75.0%)
12	WITUSIK Dorota	106		OPEN Kobiety	12	01:15:30	03:43:45	05:17:12.00	05:17:12.00	+01:26:22 (27.2%)	9:19	6.4 (72.7%)
13	KRĘPA Agnieszka	55	NOWA HUTA TEAM	OPEN Kobiety	13	01:14:33	03:42:29	05:27:02.00	05:27:02.00	+01:36:12 (29.4%)	9:37	6.2 (70.5%)
14	ŚWIERCZEK Paulina	95	ZAWADZKA TEAM	OPEN Kobiety	14	01:19:49	03:53:09	05:29:11.00	05:29:11.00	+01:38:21 (29.9%)	9:40	6.2 (70.5%)
15	ZAWADZKA Agnieszka	111	ZAWADZKA TEAM/AREYOUREADY	OPEN Kobiety	15	01:19:54	03:53:14	05:29:14.00	05:29:14.00	+01:38:24 (29.9%)	9:41	6.2 (70.5%)

Place	Participant	Number	Club	Category	MCat	9km	25km	Net time 34km	Czas brutto 34km	Gap	Pace min/km	Pace km/h
16	SUŁKOWSKA-WIROWSKA Gabriela	88		OPEN Kobiety	16	01:19:16	03:51:08	05:30:29.00	05:30:29.00	+01:39:39 (30.2%)	9:43	6.2 (70.5%)
17	TYLUTKI Agnieszka	100		OPEN Kobiety	17	01:17:30	03:55:43	05:44:07.00	05:44:07.00	+01:53:17 (32.9%)	10:07	5.9 (67.0%)
18	LEŚNICZAK Barbara	61		OPEN Kobiety	18	01:20:53	03:59:14	05:47:00.00	05:47:00.00	+01:56:10 (33.5%)	10:12	5.9 (67.0%)
19	PRZYBYCIEN Monika	77	PIĘKNE I BRODACZE	OPEN Kobiety	19	01:14:59	03:53:01	05:49:51.00	05:49:51.00	+01:59:01 (34.0%)	10:17	5.8 (65.9%)
20	GOLEŃ Justyna	204		OPEN Kobiety	20	01:22:28	03:58:11	05:54:52.00	05:54:52.00	+02:04:02 (35.0%)	10:26	5.7 (64.8%)
21	TWARDOCHLEB Agnieszka	99	BIEGAM W RZESZOWIE	OPEN Kobiety	21	01:22:39	04:20:03	06:14:57.00	06:14:57.00	+02:24:07 (38.4%)	11:01	5.4 (61.4%)
22	BARSZCZOWSKA Ewelina	5	NOCNY BÓR TEAM	OPEN Kobiety	22	01:30:15	04:21:31	06:14:58.00	06:14:58.00	+02:24:08 (38.4%)	11:01	5.4 (61.4%)
23	SZEWczyk Katarzyna	225		OPEN Kobiety	23	01:29:41	04:21:16	06:15:21.00	06:15:21.00	+02:24:31 (38.5%)	11:02	5.4 (61.4%)
24	ŁUKASIEWICZ Aleksandra	64	ZABIEGANY SKARYSZEW	OPEN Kobiety	24	01:34:07	04:36:34	06:36:39.00	06:36:39.00	+02:45:49 (41.8%)	11:39	5.1 (58.0%)
25	KARSKA Kamila	42		OPEN Kobiety	25	01:30:13	04:38:03	06:43:23.00	06:43:23.00	+02:52:33 (42.8%)	11:51	5.1 (58.0%)
26	RADYK Joanna	311	RADYK TEAM	OPEN Kobiety	26	01:45:10	05:22:42	06:57:07.00	06:57:07.00	+03:06:17 (44.7%)	12:16	4.9 (55.7%)
27	KUBIK Wanda	229		OPEN Kobiety	27	01:38:45	04:50:51	07:05:20.00	07:05:20.00	+03:14:30 (45.7%)	12:30	4.8 (54.5%)
28	KOZAK Angelika	609	KOZAKI TEAM	OPEN Kobiety	28			07:11:33.00	07:11:33.00	+03:20:43 (46.5%)	12:41	4.7 (53.4%)
29	SOWIŃSKA Anetta	84		OPEN Kobiety	29	01:41:01	05:08:33	07:22:52.00	07:22:52.00	+03:32:02 (47.9%)	13:01	4.6 (52.3%)
30	RADYK Anna	617	JUMPING STARS TEAM PRZEMYŚL	OPEN Kobiety	30			07:29:06.00	07:29:06.00	+03:38:16 (48.6%)	13:12	4.5 (51.1%)
Przekroczony limit czasu: 08:00:00												
31	JĘDRZEJCZYK Maja	40		Służby Mundurowe - K	1			1183:16:23.	1183:16:23.	+1179:25: (99.7%)	2088:07	0 (0.0%)
32	KOIS Ewa	49		OPEN Kobiety	31	01:16:47	03:49:23			+01:08:15	9:10	6.5 (73.9%)

Total 32 results.