



Event: Duch Lasu
Organiser: Stowarzyszenie Duch Pogórza
Date: 2022-11-05
Place: Dubiecko
Distance: 5 km

SZYBKA „5” 5KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	DZIEWIŃSKI Damian	10	SANOK BIEGA	OPEN Mężczyźni	1	00:17:03.00	00:17:03.00		3:24	17.6 (100%)
2	SZYBIAK Maciej	38	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	2	00:18:43.00	00:18:43.00	+00:01:40 (8.9%)	3:44	16 (90.9%)
3	RUSZNICA Tomasz	48		OPEN Mężczyźni	3	00:19:00.00	00:19:00.00	+00:01:57 (10.3%)	3:48	15.8 (89.8%)
4	BRENDZOWSKI Adam	7	SOLINA TEAM	OPEN Mężczyźni	4	00:19:03.00	00:19:03.00	+00:02:00 (10.5%)	3:48	15.7 (89.2%)
5	WOŁOSZ Marcin	40	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	OPEN Mężczyźni	5	00:19:08.00	00:19:08.00	+00:02:05 (10.9%)	3:49	15.7 (89.2%)
6	WARECKI Radosław	39	PRZEWORSKA GRUPA BIEGOWA	OPEN Mężczyźni	6	00:19:31.00	00:19:31.00	+00:02:28 (12.6%)	3:54	15.4 (87.5%)
7	BALON Piotr	4	BAKOMAT U(L)TRA TEAM	OPEN Mężczyźni	7	00:20:30.00	00:20:30.00	+00:03:27 (16.8%)	4:06	14.6 (83.0%)
8	BANASIK Monika	5	KAŃCZUCKA GRUPA BIEGOWA	OPEN Kobiety	1	00:20:51.00	00:20:51.00	+00:03:48 (18.2%)	4:10	14.4 (81.8%)
9	SZKODA Robert	37	BIŁGORAJ BIEGA	OPEN Mężczyźni	8	00:21:41.00	00:21:41.00	+00:04:38 (21.4%)	4:20	13.8 (78.4%)
10	DZIMIRA Sławomir	11	BROWAR POGÓRZA	OPEN Mężczyźni	9	00:25:20.00	00:25:20.00	+00:08:17 (32.7%)	5:04	11.8 (67.0%)
11	WOŹNIAK-PAWLIK Katarzyna	41	CISNĘ ILE MOGEM	OPEN Kobiety	2	00:25:23.00	00:25:23.00	+00:08:20 (32.8%)	5:04	11.8 (67.0%)
12	SYCZ Barbara	36	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	3	00:25:53.00	00:25:53.00	+00:08:50 (34.1%)	5:10	11.6 (65.9%)
13	SIECZKOWSKI Artur	23		OPEN Mężczyźni	10	00:26:07.00	00:26:07.00	+00:09:04 (34.7%)	5:13	11.5 (65.3%)
14	ZDERSKI Paweł	42		OPEN Mężczyźni	11	00:26:19.00	00:26:19.00	+00:09:16 (35.2%)	5:15	11.4 (64.8%)
15	MAKSYM Jerzy	21		OPEN Mężczyźni	12	00:26:22.00	00:26:22.00	+00:09:19 (35.3%)	5:16	11.4 (64.8%)
16	MATEJA Agnieszka	22	BIŁGORAJ BIEGA	OPEN Kobiety	4	00:26:29.00	00:26:29.00	+00:09:26 (35.6%)	5:17	11.3 (64.2%)
17	KRYSA Bartosz	20	CISNĘ ILE MOGEM	OPEN Mężczyźni	13	00:26:31.00	00:26:31.00	+00:09:28 (35.7%)	5:18	11.3 (64.2%)
18	DRUCIAK Jacek	9	PATATAJ	OPEN Mężczyźni	14	00:26:45.00	00:26:45.00	+00:09:42 (36.3%)	5:21	11.2 (63.6%)
19	SURMIAK Anna	35		OPEN Kobiety	5	00:26:54.00	00:26:54.00	+00:09:51 (36.6%)	5:22	11.2 (63.6%)
20	RUSZNICA Patryk	47		OPEN Mężczyźni	15	00:27:57.00	00:27:57.00	+00:10:54 (39.0%)	5:35	10.7 (60.8%)
21	RADYK Aleksandra	31	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	6	00:28:03.00	00:28:03.00	+00:11:00 (39.2%)	5:36	10.7 (60.8%)
22	JANDZIŚ Ewa	15	AKTYWNY DYNÓW	OPEN Kobiety	7	00:29:17.00	00:29:17.00	+00:12:14 (41.8%)	5:51	10.2 (58.0%)
23	SMELIK Anna	33	KICAM SE	OPEN Kobiety	8	00:30:09.00	00:30:09.00	+00:13:06 (43.4%)	6:01	10 (56.8%)
24	KLUZ Filip	16		OPEN Mężczyźni	16	00:30:21.00	00:30:21.00	+00:13:18 (43.8%)	6:04	9.9 (56.3%)

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24	KLUZ Robert	17		OPEN Mężczyźni	16	00:30:21.00	00:30:21.00	+00:13:18 (43.8%)	6:04	9.9 (56.3%)
26	SIEK Aneta	32		OPEN Kobiety	9	00:31:47.00	00:31:47.00	+00:14:44 (46.4%)	6:21	9.4 (53.4%)
27	GRADOWSKA Iwona	12	OSP WYSZATYCE	OPEN Kobiety	10	00:31:48.00	00:31:48.00	+00:14:45 (46.4%)	6:21	9.4 (53.4%)
28	PAŁYS Michał	29		OPEN Mężczyźni	18	00:38:50.00	00:38:50.00	+00:21:47 (56.1%)	7:46	7.7 (43.8%)
29	GORCZYCA Kacper	49		OPEN Mężczyźni	19	00:38:55.00	00:38:55.00	+00:21:52 (56.2%)	7:47	7.7 (43.8%)
30	HADAM Ewa	13	SPARTAN TRAINING GROUP	OPEN Kobiety	11	00:39:22.00	00:39:22.00	+00:22:19 (56.7%)	7:52	7.6 (43.2%)
31	DRELINKIEWICZ Alicja	8		OPEN Kobiety	12	00:39:23.00	00:39:23.00	+00:22:20 (56.7%)	7:52	7.6 (43.2%)
32	LITWA Łukasz	43		OPEN Mężczyźni	20	00:40:55.00	00:40:55.00	+00:23:52 (58.3%)	8:11	7.3 (41.5%)
33	BAK LITWA Ewa	6	FOREVER TEAM	OPEN Kobiety	13	00:40:56.00	00:40:56.00	+00:23:53 (58.3%)	8:11	7.3 (41.5%)
34	RADYK Anna	30	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	14	00:43:37.00	00:43:37.00	+00:26:34 (60.9%)	8:43	6.9 (39.2%)
35	LEŚNIAK Sylwia	25	LHO	OPEN Kobiety	15	00:48:48.00	00:48:48.00	+00:31:45 (65.1%)	9:45	6.1 (34.7%)
35	LEŚNIAK Dawid	26	LHO	OPEN Mężczyźni	21	00:48:48.00	00:48:48.00	+00:31:45 (65.1%)	9:45	6.1 (34.7%)
35	LEŚNIAK Zoja	27	LHO	OPEN Kobiety	15	00:48:48.00	00:48:48.00	+00:31:45 (65.1%)	9:45	6.1 (34.7%)
35	LEŚNIAK Blanka	24	LHO	OPEN Kobiety	15	00:48:48.00	00:48:48.00	+00:31:45 (65.1%)	9:45	6.1 (34.7%)
39	TELEGA Zofia	50		OPEN Kobiety	18	01:02:45.00	01:02:45.00	+00:45:42 (72.8%)	12:33	4.8 (27.3%)
40	PAŁYS Renata	28		OPEN Kobiety	19	01:02:46.00	01:02:46.00	+00:45:43 (72.8%)	12:33	4.8 (27.3%)
41	ŽAK Miroslava	1	CZECH SKYRUNNING TEAM	OPEN Kobiety	20	01:19:43.00	01:19:43.00	+01:02:40 (78.6%)	15:56	3.8 (21.6%)
42	ŽAK Isabela	2	CZECH SKYRUNNING TEAM	OPEN Kobiety	21	01:19:45.00	01:19:45.00	+01:02:42 (78.6%)	15:57	3.8 (21.6%)
43	ŽAK Charlotte	3	CZECH SKYRUNNING TEAM	OPEN Kobiety	22	01:19:46.00	01:19:46.00	+01:02:43 (78.6%)	15:57	3.8 (21.6%)

Total 43 results.