



**Wydarzenie:** Duch Lasu  
**Organizator:** Stowarzyszenie Duch Pogórza  
**Data:** 2023-11-04  
**Miejsce:** Dubiecko  
**Dystans:** 5 km

## SZYBKA „5”

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYBIAK Maciej</b>	<b>45</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	1	<b>00:18:00.00</b>	<b>00:18:00.00</b>		3:36	16.7 (100%)
2	<b>WALUS Bartłomiej</b>	<b>49</b>	AKTYWNY BUDYNIARZ	OPEN Mężczyźni	2	<b>00:18:38.00</b>	<b>00:18:38.00</b>	+00:00:38 (3.4%)	3:43	16.1 (96.4%)
3	<b>BRENDZOWSKI Adam</b>	<b>3</b>	SOLINA TEAM	OPEN Mężczyźni	3	<b>00:19:03.00</b>	<b>00:19:03.00</b>	+00:01:03 (5.5%)	3:48	15.7 (94.0%)
4	<b>PEŁDIAK Mateusz</b>	<b>25</b>	KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM	OPEN Mężczyźni	4	<b>00:19:13.00</b>	<b>00:19:13.00</b>	+00:01:13 (6.3%)	3:50	15.6 (93.4%)
5	<b>ZIELIŃSKI Sławek</b>	<b>53</b>	#TEAMSZÓSTABE	OPEN Mężczyźni	5	<b>00:19:39.00</b>	<b>00:19:39.00</b>	+00:01:39 (8.4%)	3:55	15.3 (91.6%)
6	<b>FEDIO Marek</b>	<b>10</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	6	<b>00:19:50.00</b>	<b>00:19:50.00</b>	+00:01:50 (9.2%)	3:58	15.1 (90.4%)
7	<b>JACHIMOWSKI Jarosław</b>	<b>56</b>	SANOK BIEGA	OPEN Mężczyźni	7	<b>00:19:57.00</b>	<b>00:19:57.00</b>	+00:01:57 (9.8%)	3:59	15 (89.8%)
8	<b>MARSZAŁEK Ewa</b>	<b>20</b>	KROSSKI REMSPORT	OPEN Kobiety	1	<b>00:20:12.00</b>	<b>00:20:12.00</b>	+00:02:12 (10.9%)	4:02	14.9 (89.2%)
9	<b>SOLARSKI Krystian</b>	<b>35</b>		OPEN Mężczyźni	8	<b>00:20:15.00</b>	<b>00:20:15.00</b>	+00:02:15 (11.1%)	4:03	14.8 (88.6%)
10	<b>SURMACZ Sławek</b>	<b>42</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Mężczyźni	9	<b>00:20:21.00</b>	<b>00:20:21.00</b>	+00:02:21 (11.5%)	4:04	14.7 (88.0%)
11	<b>GIERULA Piotr</b>	<b>12</b>		OPEN Mężczyźni	10	<b>00:20:46.00</b>	<b>00:20:46.00</b>	+00:02:46 (13.3%)	4:09	14.4 (86.2%)
12	<b>PÓŁTORAK Dariusz</b>	<b>26</b>	PRZEWORSK GRUPA BIEGOWA	OPEN Mężczyźni	11	<b>00:20:53.00</b>	<b>00:20:53.00</b>	+00:02:53 (13.8%)	4:10	14.4 (86.2%)
13	<b>SOLARSKI Robert</b>	<b>33</b>		OPEN Mężczyźni	12	<b>00:21:08.00</b>	<b>00:21:08.00</b>	+00:03:08 (14.8%)	4:13	14.2 (85.0%)
14	<b>SZKODA Robert</b>	<b>44</b>	BIŁGORAJ BIEGA	OPEN Mężczyźni	13	<b>00:21:19.00</b>	<b>00:21:19.00</b>	+00:03:19 (15.6%)	4:15	14.1 (84.4%)
15	<b>HOŁOWATY Renata</b>	<b>57</b>	SANOK BIEGA	OPEN Kobiety	2	<b>00:21:20.00</b>	<b>00:21:20.00</b>	+00:03:20 (15.6%)	4:16	14.1 (84.4%)
16	<b>RĘPALSKA Agata</b>	<b>30</b>		OPEN Kobiety	3	<b>00:21:27.00</b>	<b>00:21:27.00</b>	+00:03:27 (16.1%)	4:17	14 (83.8%)
17	<b>SIKORA Jacek</b>	<b>32</b>	SAMOTNY WILK	OPEN Mężczyźni	14	<b>00:21:54.00</b>	<b>00:21:54.00</b>	+00:03:54 (17.8%)	4:22	13.7 (82.0%)
18	<b>FILAR Gabriela</b>	<b>11</b>		OPEN Kobiety	4	<b>00:22:18.00</b>	<b>00:22:18.00</b>	+00:04:18 (19.3%)	4:27	13.5 (80.8%)
19	<b>SOLARSKI Marcin</b>	<b>34</b>		OPEN Mężczyźni	15	<b>00:22:32.00</b>	<b>00:22:32.00</b>	+00:04:32 (20.1%)	4:30	13.3 (79.6%)
20	<b>CZAPLAK Michał</b>	<b>5</b>		OPEN Mężczyźni	16	<b>00:22:39.00</b>	<b>00:22:39.00</b>	+00:04:39 (20.5%)	4:31	13.2 (79.0%)
21	<b>ZATORSKA PLESKACZ Izabela</b>	<b>55</b>	ALPIN SPORT TEAM	OPEN Kobiety	5	<b>00:22:49.00</b>	<b>00:22:49.00</b>	+00:04:49 (21.1%)	4:33	13.1 (78.4%)
22	<b>KLUZ Filip</b>	<b>16</b>	PODIUM	OPEN Mężczyźni	17	<b>00:25:00.00</b>	<b>00:25:00.00</b>	+00:07:00 (28.0%)	5:00	12 (71.9%)
23	<b>DZIMIRA Sławomir</b>	<b>9</b>	BROWAR POGÓRZA	OPEN Mężczyźni	18	<b>00:26:34.00</b>	<b>00:26:34.00</b>	+00:08:34 (32.2%)	5:18	11.3 (67.7%)
24	<b>MATEJA Agnieszka</b>	<b>21</b>	BIŁGORAJ BIEGA	OPEN Kobiety	6	<b>00:26:40.00</b>	<b>00:26:40.00</b>	+00:08:40 (32.5%)	5:20	11.3 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
25	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>37</b>	HARDE DZIKI	OPEN Kobiety	7	<b>00:26:46.00</b>	<b>00:26:46.00</b>	+00:08:46 (32.8%)	5:21	11.2 (67.1%)
25	<b>KWIECIEŃ Piotr</b>	<b>18</b>		OPEN Mężczyźni	19	<b>00:26:46.00</b>	<b>00:26:46.00</b>	+00:08:46 (32.8%)	5:21	11.2 (67.1%)
27	<b>ŚCIBOR Kamil</b>	<b>46</b>		OPEN Mężczyźni	20	<b>00:27:05.00</b>	<b>00:27:05.00</b>	+00:09:05 (33.5%)	5:25	11.1 (66.5%)
28	<b>ŚCIBOR Agnieszka</b>	<b>47</b>		OPEN Kobiety	8	<b>00:27:07.00</b>	<b>00:27:07.00</b>	+00:09:07 (33.6%)	5:25	11.1 (66.5%)
29	<b>SYCZ Barbara</b>	<b>43</b>	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	9	<b>00:27:09.00</b>	<b>00:27:09.00</b>	+00:09:09 (33.7%)	5:25	11 (65.9%)
30	<b>POMIANEK Łukasz</b>	<b>58</b>		OPEN Mężczyźni	21	<b>00:27:21.00</b>	<b>00:27:21.00</b>	+00:09:21 (34.2%)	5:28	11 (65.9%)
31	<b>DĘBIEC Agnieszka</b>	<b>6</b>		OPEN Kobiety	10	<b>00:27:24.00</b>	<b>00:27:24.00</b>	+00:09:24 (34.3%)	5:28	10.9 (65.3%)
32	<b>LEWANDOWSKA Karolina</b>	<b>59</b>		OPEN Kobiety	11	<b>00:27:49.00</b>	<b>00:27:49.00</b>	+00:09:49 (35.3%)	5:33	10.8 (64.7%)
33	<b>PAŁYS Michał</b>	<b>24</b>		OPEN Mężczyźni	22	<b>00:28:35.00</b>	<b>00:28:35.00</b>	+00:10:35 (37.0%)	5:43	10.5 (62.9%)
34	<b>WNUK Justyna</b>	<b>51</b>	HARDE DZIKI	OPEN Kobiety	12	<b>00:28:44.00</b>	<b>00:28:44.00</b>	+00:10:44 (37.4%)	5:44	10.4 (62.3%)
35	<b>DRUCIAK Jacek</b>	<b>8</b>	PATATAJ	OPEN Mężczyźni	23	<b>00:29:12.00</b>	<b>00:29:12.00</b>	+00:11:12 (38.4%)	5:50	10.3 (61.7%)
36	<b>RADYK Aleksandra</b>	<b>29</b>	RADYK TEAM	OPEN Kobiety	13	<b>00:29:25.00</b>	<b>00:29:25.00</b>	+00:11:25 (38.8%)	5:53	10.2 (61.1%)
37	<b>STAROŃ Sylwia</b>	<b>38</b>		OPEN Kobiety	14	<b>00:29:31.00</b>	<b>00:29:31.00</b>	+00:11:31 (39.0%)	5:54	10.2 (61.1%)
38	<b>DZISZKIEWICZ Grzegorz</b>	<b>60</b>		OPEN Mężczyźni	24	<b>00:29:38.00</b>	<b>00:29:38.00</b>	+00:11:38 (39.3%)	5:55	10.1 (60.5%)
39	<b>KLUZ Robert</b>	<b>15</b>		OPEN Mężczyźni	25	<b>00:29:39.00</b>	<b>00:29:39.00</b>	+00:11:39 (39.3%)	5:55	10.1 (60.5%)
40	<b>BUDZYN Anna</b>	<b>4</b>		OPEN Kobiety	15	<b>00:32:29.00</b>	<b>00:32:29.00</b>	+00:14:29 (44.6%)	6:29	9.2 (55.1%)
41	<b>ZIEMIAŃSKA Ewa</b>	<b>54</b>		OPEN Kobiety	16	<b>00:34:46.00</b>	<b>00:34:46.00</b>	+00:16:46 (48.2%)	6:57	8.6 (51.5%)
42	<b>ZAPAŁ Justyna</b>	<b>52</b>		OPEN Kobiety	17	<b>00:37:14.00</b>	<b>00:37:14.00</b>	+00:19:14 (51.7%)	7:26	8.1 (48.5%)
43	<b>GORCZYCA Kacper</b>	<b>22</b>		OPEN Mężczyźni	26	<b>00:39:07.00</b>	<b>00:39:07.00</b>	+00:21:07 (54.0%)	7:49	7.7 (46.1%)
44	<b>SUŁKOWSKI Maciej</b>	<b>41</b>		OPEN Mężczyźni	27	<b>00:39:48.00</b>	<b>00:39:48.00</b>	+00:21:48 (54.8%)	7:57	7.5 (44.9%)
45	<b>WIROWSKI Adam</b>	<b>50</b>		OPEN Mężczyźni	28	<b>00:40:05.00</b>	<b>00:40:05.00</b>	+00:22:05 (55.1%)	8:01	7.5 (44.9%)
46	<b>STEC Anna</b>	<b>40</b>		OPEN Kobiety	18	<b>00:40:26.00</b>	<b>00:40:26.00</b>	+00:22:26 (55.5%)	8:05	7.4 (44.3%)
47	<b>STEC Wojciech</b>	<b>39</b>		OPEN Mężczyźni	29	<b>00:40:30.00</b>	<b>00:40:30.00</b>	+00:22:30 (55.6%)	8:06	7.4 (44.3%)
48	<b>HADAM Ewa</b>	<b>13</b>	SPARTAN TRAININF GROUP	OPEN Kobiety	19	<b>00:41:11.00</b>	<b>00:41:11.00</b>	+00:23:11 (56.3%)	8:14	7.3 (43.7%)
49	<b>DRELINKIEWICZ Alicja</b>	<b>7</b>		OPEN Kobiety	20	<b>00:41:13.00</b>	<b>00:41:13.00</b>	+00:23:13 (56.3%)	8:14	7.3 (43.7%)
50	<b>RYCHLICKA Beata</b>	<b>31</b>		OPEN Kobiety	21	<b>00:47:10.00</b>	<b>00:47:10.00</b>	+00:29:10 (61.8%)	9:26	6.4 (38.3%)
51	<b>MARIOLA Maciejewska</b>	<b>19</b>		OPEN Kobiety	22	<b>00:47:12.00</b>	<b>00:47:12.00</b>	+00:29:12 (61.9%)	9:26	6.4 (38.3%)
52	<b>MYNAREK Olimpia</b>	<b>23</b>		OPEN Kobiety	23	<b>00:55:10.00</b>	<b>00:55:10.00</b>	+00:37:10 (67.4%)	11:02	5.4 (32.3%)
52	<b>BIERNACKA Kornela</b>	<b>2</b>		OPEN Kobiety	23	<b>00:55:10.00</b>	<b>00:55:10.00</b>	+00:37:10 (67.4%)	11:02	5.4 (32.3%)
54	<b>PYZIK Ewa</b>	<b>27</b>		OPEN Kobiety	25	<b>00:55:11.00</b>	<b>00:55:11.00</b>	+00:37:11 (67.4%)	11:02	5.4 (32.3%)
55	<b>HUSAKOWSKA Joanna</b>	<b>14</b>		OPEN Kobiety	26	<b>00:55:12.00</b>	<b>00:55:12.00</b>	+00:37:12 (67.4%)	11:02	5.4 (32.3%)
56	<b>RADYK Anna</b>	<b>28</b>	JUMPING STARS TEAM PRZEMYŚL	OPEN Kobiety	27	<b>01:00:37.00</b>	<b>01:00:37.00</b>	+00:42:37 (70.3%)	12:07	4.9 (29.3%)
57	<b>KOZAK Mateusz</b>	<b>17</b>	KOZAK TEAM	OPEN Mężczyźni	30	<b>01:00:40.00</b>	<b>01:00:40.00</b>	+00:42:40 (70.3%)	12:08	4.9 (29.3%)

Znaleziono 57 wynik(ów)