



Event: Duch Lasu
Organiser: Stowarzyszenie Duch Pogórza
Date: 2023-11-04
Place: Dubiecko
Distance: 5 km

SZYBKA „5”

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Kobiety

Place	Participant	Number	Club	Category	MCat	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MARZAŁEK Ewa	20	KROSSKI REMSPORT	OPEN Kobiety	1	00:20:12.00	00:20:12.00		4:02	14.9 (100%)
2	HOŁOWATY Renata	57	SANOK BIEGA	OPEN Kobiety	2	00:21:20.00	00:21:20.00	+00:01:08 (5.3%)	4:16	14.1 (94.6%)
3	RĘPAŁSKA Agata	30		OPEN Kobiety	3	00:21:27.00	00:21:27.00	+00:01:15 (5.8%)	4:17	14 (94.0%)
4	FILAR Gabriela	11		OPEN Kobiety	4	00:22:18.00	00:22:18.00	+00:02:06 (9.4%)	4:27	13.5 (90.6%)
5	ZATORSKA PLESKACZ Izabela	55	ALPIN SPORT TEAM	OPEN Kobiety	5	00:22:49.00	00:22:49.00	+00:02:37 (11.5%)	4:33	13.1 (87.9%)
6	MATEJA Agnieszka	21	BIŁGORAJ BIEGA	OPEN Kobiety	6	00:26:40.00	00:26:40.00	+00:06:28 (24.3%)	5:20	11.3 (75.8%)
7	STANOSZ-CHEŁKOWSKA Aneta	37	HARDE DZIKI	OPEN Kobiety	7	00:26:46.00	00:26:46.00	+00:06:34 (24.5%)	5:21	11.2 (75.2%)
8	ŚCIBOR Agnieszka	47		OPEN Kobiety	8	00:27:07.00	00:27:07.00	+00:06:55 (25.5%)	5:25	11.1 (74.5%)
9	SYCZ Barbara	43	PRZEMYSKI KLUB BIEGACZA	OPEN Kobiety	9	00:27:09.00	00:27:09.00	+00:06:57 (25.6%)	5:25	11 (73.8%)
10	DĘBIEC Agnieszka	6		OPEN Kobiety	10	00:27:24.00	00:27:24.00	+00:07:12 (26.3%)	5:28	10.9 (73.2%)
11	LEWANDOWSKA Karolina	59		OPEN Kobiety	11	00:27:49.00	00:27:49.00	+00:07:37 (27.4%)	5:33	10.8 (72.5%)
12	WNUK Justyna	51	HARDE DZIKI	OPEN Kobiety	12	00:28:44.00	00:28:44.00	+00:08:32 (29.7%)	5:44	10.4 (69.8%)
13	RADYK Aleksandra	29	RADYK TEAM	OPEN Kobiety	13	00:29:25.00	00:29:25.00	+00:09:13 (31.3%)	5:53	10.2 (68.5%)
14	STAROŃ Sylwia	38		OPEN Kobiety	14	00:29:31.00	00:29:31.00	+00:09:19 (31.6%)	5:54	10.2 (68.5%)
15	BUDZYN Anna	4		OPEN Kobiety	15	00:32:29.00	00:32:29.00	+00:12:17 (37.8%)	6:29	9.2 (61.7%)
16	ZIEMIAŃSKA Ewa	54		OPEN Kobiety	16	00:34:46.00	00:34:46.00	+00:14:34 (41.9%)	6:57	8.6 (57.7%)
17	ZAPAŁ Justyna	52		OPEN Kobiety	17	00:37:14.00	00:37:14.00	+00:17:02 (45.7%)	7:26	8.1 (54.4%)
18	STEC Anna	40		OPEN Kobiety	18	00:40:26.00	00:40:26.00	+00:20:14 (50.0%)	8:05	7.4 (49.7%)
19	HADAM Ewa	13	SPARTAN TRAININF GROUP	OPEN Kobiety	19	00:41:11.00	00:41:11.00	+00:20:59 (51.0%)	8:14	7.3 (49.0%)
20	DRELINKIEWICZ Alicja	7		OPEN Kobiety	20	00:41:13.00	00:41:13.00	+00:21:01 (51.0%)	8:14	7.3 (49.0%)
21	RYCHLICKA Beata	31		OPEN Kobiety	21	00:47:10.00	00:47:10.00	+00:26:58 (57.2%)	9:26	6.4 (43.0%)
22	MARIOLA Maciejewska	19		OPEN Kobiety	22	00:47:12.00	00:47:12.00	+00:27:00 (57.2%)	9:26	6.4 (43.0%)
23	MYNAREK Olimpia	23		OPEN Kobiety	23	00:55:10.00	00:55:10.00	+00:34:58 (63.4%)	11:02	5.4 (36.2%)
23	BIERNACKA Kornela	2		OPEN Kobiety	23	00:55:10.00	00:55:10.00	+00:34:58 (63.4%)	11:02	5.4 (36.2%)

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25	PYZIK Ewa	27		OPEN Kobiety	25	00:55:11.00	00:55:11.00	+00:34:59 (63.4%)	11:02	5.4 (36.2%)
26	HUSAKOWSKA Joanna	14		OPEN Kobiety	26	00:55:12.00	00:55:12.00	+00:35:00 (63.4%)	11:02	5.4 (36.2%)
27	RADYK Anna	28	JUMPING STARS TEAM PRZEMYŚL	OPEN Kobiety	27	01:00:37.00	01:00:37.00	+00:40:25 (66.7%)	12:07	4.9 (32.9%)

Total 27 results.