

SZYBKA „5” 5KM

Organizator: Stowarzyszenie Duch Pogórza
Data: 2022-11-05
Miejsce: Dubiecko
Dystans: 5 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE



B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

SZYBKA „5” 5KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------|----|---------------------------------|-------------------|------|----------------|--------|------|-------------|-------------|--------|------|
| 1 | DZIEWIŃSKI DAMIAN | 10 | SANOK BIEGA | SANOK | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 00:17:03.00 | 00:17:03.00 | 3:24 | 17.6 |
| 2 | SZYBIAK MACIEJ | 38 | PRZEMYSKI KLUB BIEGACZA | KRZYWCZA | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 00:18:43.00 | 00:18:43.00 | 3:44 | 16 |
| 3 | RUSZNICA TOMASZ | 48 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 00:19:00.00 | 00:19:00.00 | 3:48 | 15.8 |
| 4 | BRENDZOWSKI ADAM | 7 | SOLINA TEAM | SOLINA | POL | OPEN MĘŻCZYŹNI | 4 | M 4 | 00:19:03.00 | 00:19:03.00 | 3:48 | 15.7 |
| 5 | WOŁOSZ MARCIN | 40 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 00:19:08.00 | 00:19:08.00 | 3:49 | 15.7 |
| 6 | WARECKI RADOŚLAW | 39 | PRZEWORSKA GRUPA BIEGOWA | PRZEWORSK | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 00:19:31.00 | 00:19:31.00 | 3:54 | 15.4 |
| 7 | BALON PIOTR | 4 | BAKOMAT U(L)TRA TEAM | KROSNO | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 00:20:30.00 | 00:20:30.00 | 4:06 | 14.6 |
| 8 | BANASIK MONIKA | 5 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | OPEN KOBIETY | 1 | K 1 | 00:20:51.00 | 00:20:51.00 | 4:10 | 14.4 |
| 9 | SZKODA ROBERT | 37 | BIĘGORAJ BIEGA | BIĘGORAJ | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 00:21:41.00 | 00:21:41.00 | 4:20 | 13.8 |
| 10 | DZIMIRA SŁAWOMIR | 11 | BROWAR POGÓRZA | DUBIECKO | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 00:25:20.00 | 00:25:20.00 | 5:04 | 11.8 |
| 11 | WOŹNIAK-PAWLIK KATARZYNA | 41 | CISNĘ ILE MOGEM | LUBLIN | POL | OPEN KOBIETY | 2 | K 2 | 00:25:23.00 | 00:25:23.00 | 5:04 | 11.8 |
| 12 | SYCZ BARBARA | 36 | PRZEMYSKI KLUB BIEGACZA | FREDROPOL | POL | OPEN KOBIETY | 3 | K 3 | 00:25:53.00 | 00:25:53.00 | 5:10 | 11.6 |
| 13 | SIECZKOWSKI ARTUR | 23 | | KOSTRZYN NAD ODRĄ | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 00:26:07.00 | 00:26:07.00 | 5:13 | 11.5 |
| 14 | ZDERSKI PAWEŁ | 42 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 00:26:19.00 | 00:26:19.00 | 5:15 | 11.4 |
| 15 | MAKSYM JERZY | 21 | | WYSZATYCE | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 00:26:22.00 | 00:26:22.00 | 5:16 | 11.4 |
| 16 | MATEJA AGNIESZKA | 22 | BIĘGORAJ BIEGA | STANISŁAWÓW | POL | OPEN KOBIETY | 4 | K 4 | 00:26:29.00 | 00:26:29.00 | 5:17 | 11.3 |
| 17 | KRYSA BARTOSZ | 20 | CISNĘ ILE MOGEM | PRZEMYSŁ | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 00:26:31.00 | 00:26:31.00 | 5:18 | 11.3 |
| 18 | DRUCIAK JACEK | 9 | PATATAJ | KROSNO | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 00:26:45.00 | 00:26:45.00 | 5:21 | 11.2 |
| 19 | SURMIAK ANNA | 35 | | ŻURAWICA | POL | OPEN KOBIETY | 5 | K 5 | 00:26:54.00 | 00:26:54.00 | 5:22 | 11.2 |
| 20 | RUSZNICA PATRYK | 47 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 00:27:57.00 | 00:27:57.00 | 5:35 | 10.7 |
| 21 | RADYK ALEKSANDRA | 31 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | OPEN KOBIETY | 6 | K 6 | 00:28:03.00 | 00:28:03.00 | 5:36 | 10.7 |
| 22 | JANDZIŚ EWA | 15 | AKTYWNY DYNÓW | DYNÓW | POL | OPEN KOBIETY | 7 | K 7 | 00:29:17.00 | 00:29:17.00 | 5:51 | 10.2 |
| 23 | SMELIK ANNA | 33 | KICAM SE | KATOWICE | POL | OPEN KOBIETY | 8 | K 8 | 00:30:09.00 | 00:30:09.00 | 6:01 | 10 |
| 24 | KLUZ FILIP | 16 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 00:30:21.00 | 00:30:21.00 | 6:04 | 9.9 |
| 25 | KLUZ ROBERT | 17 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 00:30:21.00 | 00:30:21.00 | 6:04 | 9.9 |
| 26 | SIEK ANETA | 32 | | PRZEMYSŁ | POL | OPEN KOBIETY | 9 | K 9 | 00:31:47.00 | 00:31:47.00 | 6:21 | 9.4 |
| 27 | GRADOWSKA IWONA | 12 | OSP WYSZATYCE | HERMANOWICE | POL | OPEN KOBIETY | 10 | K 10 | 00:31:48.00 | 00:31:48.00 | 6:21 | 9.4 |
| 28 | PAŁYS MICHAŁ | 29 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 18 | M 18 | 00:38:50.00 | 00:38:50.00 | 7:46 | 7.7 |
| 29 | GORCZYCA KACPER | 49 | | ŁAŃCUT | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 00:38:55.00 | 00:38:55.00 | 7:47 | 7.7 |
| 30 | HADAM EWA | 13 | SPARTAN TRAINING GROUP | DYNÓW | POL | OPEN KOBIETY | 11 | K 11 | 00:39:22.00 | 00:39:22.00 | 7:52 | 7.6 |
| 31 | DRELINKIEWICZ ALICJA | 8 | | DYNÓW | POL | OPEN KOBIETY | 12 | K 12 | 00:39:23.00 | 00:39:23.00 | 7:52 | 7.6 |
| 32 | LITWA ŁUKASZ | 43 | | | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 00:40:55.00 | 00:40:55.00 | 8:11 | 7.3 |
| 33 | BAK LITWA EWA | 6 | FOREVER TEAM | ŚWILCZA/RZESZÓW | POL | OPEN KOBIETY | 13 | K 13 | 00:40:56.00 | 00:40:56.00 | 8:11 | 7.3 |
| 34 | RADYK ANNA | 30 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | OPEN KOBIETY | 14 | K 14 | 00:43:37.00 | 00:43:37.00 | 8:43 | 6.9 |
| 35 | LEŚNIAK DAWID | 26 | LHO | SANOK | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 36 | LEŚNIAK ZOJA | 27 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 37 | LEŚNIAK BLANKA | 24 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 38 | LEŚNIAK SYLWIA | 25 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 39 | TELEGA ZOFIA | 50 | | MOKRSKO GÓRNE | POL | OPEN KOBIETY | 18 | K 18 | 01:02:45.00 | 01:02:45.00 | 12:33 | 4.8 |
| 40 | PAŁYS RENATA | 28 | | KRAKÓW | POL | OPEN KOBIETY | 19 | K 19 | 01:02:46.00 | 01:02:46.00 | 12:33 | 4.8 |
| 41 | ŽAK MIROSLAVA | 1 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 20 | K 20 | 01:19:43.00 | 01:19:43.00 | 15:56 | 3.8 |
| 42 | ŽAK ISABELA | 2 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 21 | K 21 | 01:19:45.00 | 01:19:45.00 | 15:57 | 3.8 |
| 43 | ŽAK CHARLOTTE | 3 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 22 | K 22 | 01:19:46.00 | 01:19:46.00 | 15:57 | 3.8 |

SZYBKA „5” 5KM, OPEN Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------|----|-------------------------|-----------------|------|--------------|--------|------|-------------|-------------|--------|------|
| 1 | BANASIK MONIKA | 5 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | OPEN KOBIETY | 1 | K 1 | 00:20:51.00 | 00:20:51.00 | 4:10 | 14.4 |
| 2 | WOŹNIAK-PAWLIK KATARZYNA | 41 | CISNĘ ILE MOGEM | LUBLIN | POL | OPEN KOBIETY | 2 | K 2 | 00:25:23.00 | 00:25:23.00 | 5:04 | 11.8 |
| 3 | SYCZ BARBARA | 36 | PRZEMYSKI KLUB BIEGACZA | FREDROPOL | POL | OPEN KOBIETY | 3 | K 3 | 00:25:53.00 | 00:25:53.00 | 5:10 | 11.6 |
| 4 | MATEJA AGNIESZKA | 22 | BIŁGORAJ BIEGA | STANISŁAWÓW | POL | OPEN KOBIETY | 4 | K 4 | 00:26:29.00 | 00:26:29.00 | 5:17 | 11.3 |
| 5 | SURMIAK ANNA | 35 | | ŻURAWICA | POL | OPEN KOBIETY | 5 | K 5 | 00:26:54.00 | 00:26:54.00 | 5:22 | 11.2 |
| 6 | RADYK ALEKSANDRA | 31 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | OPEN KOBIETY | 6 | K 6 | 00:28:03.00 | 00:28:03.00 | 5:36 | 10.7 |
| 7 | JANDZIŚ EWA | 15 | AKTYWNY DYNÓW | DYNÓW | POL | OPEN KOBIETY | 7 | K 7 | 00:29:17.00 | 00:29:17.00 | 5:51 | 10.2 |
| 8 | SMELIK ANNA | 33 | KICAM SE | KATOWICE | POL | OPEN KOBIETY | 8 | K 8 | 00:30:09.00 | 00:30:09.00 | 6:01 | 10 |
| 9 | SIEK ANETA | 32 | | PRZEMYSŁ | POL | OPEN KOBIETY | 9 | K 9 | 00:31:47.00 | 00:31:47.00 | 6:21 | 9.4 |
| 10 | GRADOWSKA IWONA | 12 | OSP WYSZATYCE | HERMANOWICE | POL | OPEN KOBIETY | 10 | K 10 | 00:31:48.00 | 00:31:48.00 | 6:21 | 9.4 |
| 11 | HADAM EWA | 13 | SPARTAN TRAINING GROUP | DYNÓW | POL | OPEN KOBIETY | 11 | K 11 | 00:39:22.00 | 00:39:22.00 | 7:52 | 7.6 |
| 12 | DRELINKIEWICZ ALICJA | 8 | | DYNÓW | POL | OPEN KOBIETY | 12 | K 12 | 00:39:23.00 | 00:39:23.00 | 7:52 | 7.6 |
| 13 | BAK LITWA EWA | 6 | FOREVER TEAM | ŚWILCZA/RZESZÓW | POL | OPEN KOBIETY | 13 | K 13 | 00:40:56.00 | 00:40:56.00 | 8:11 | 7.3 |
| 14 | RADYK ANNA | 30 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | OPEN KOBIETY | 14 | K 14 | 00:43:37.00 | 00:43:37.00 | 8:43 | 6.9 |
| 15 | LEŚNIAK SYLWIA | 25 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 16 | LEŚNIAK ZOJA | 27 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 17 | LEŚNIAK BLANKA | 24 | LHO | SANOK | POL | OPEN KOBIETY | 15 | K 15 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |
| 18 | TELEGA ZOFIA | 50 | | MOKRSKO GÓRNE | POL | OPEN KOBIETY | 18 | K 18 | 01:02:45.00 | 01:02:45.00 | 12:33 | 4.8 |
| 19 | PAŁYS RENATA | 28 | | KRAKÓW | POL | OPEN KOBIETY | 19 | K 19 | 01:02:46.00 | 01:02:46.00 | 12:33 | 4.8 |
| 20 | ŽAK MIROSLAVA | 1 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 20 | K 20 | 01:19:43.00 | 01:19:43.00 | 15:56 | 3.8 |
| 21 | ŽAK ISABELA | 2 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 21 | K 21 | 01:19:45.00 | 01:19:45.00 | 15:57 | 3.8 |
| 22 | ŽAK CHARLOTTE | 3 | CZECH SKYRUNNING TEAM | MOHELNICE | CZE | OPEN KOBIETY | 22 | K 22 | 01:19:46.00 | 01:19:46.00 | 15:57 | 3.8 |

SZYBKA „5” 5KM, OPEN Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|----|---------------------------------|-------------------|------|----------------|--------|------|-------------|-------------|--------|------|
| 1 | DZIEWIŃSKI DAMIAN | 10 | SANOK BIEGA | SANOK | POL | OPEN MĘŻCZYŹNI | 1 | M 1 | 00:17:03.00 | 00:17:03.00 | 3:24 | 17.6 |
| 2 | SZYBIAK MACIEJ | 38 | PRZEMYSKI KLUB BIEGACZA | KRZYWCZA | POL | OPEN MĘŻCZYŹNI | 2 | M 2 | 00:18:43.00 | 00:18:43.00 | 3:44 | 16 |
| 3 | RUSZNICA TOMASZ | 48 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 3 | M 3 | 00:19:00.00 | 00:19:00.00 | 3:48 | 15.8 |
| 4 | BRENDZOWSKI ADAM | 7 | SOLINA TEAM | SOLINA | POL | OPEN MĘŻCZYŹNI | 4 | M 4 | 00:19:03.00 | 00:19:03.00 | 3:48 | 15.7 |
| 5 | WOŁOSZ MARCIN | 40 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | OPEN MĘŻCZYŹNI | 5 | M 5 | 00:19:08.00 | 00:19:08.00 | 3:49 | 15.7 |
| 6 | WARECKI RADOŚLAW | 39 | PRZEWORSKA GRUPA BIEGOWA | PRZEWORSK | POL | OPEN MĘŻCZYŹNI | 6 | M 6 | 00:19:31.00 | 00:19:31.00 | 3:54 | 15.4 |
| 7 | BALON PIOTR | 4 | BAKOMAT U(L)TRA TEAM | KROSNO | POL | OPEN MĘŻCZYŹNI | 7 | M 7 | 00:20:30.00 | 00:20:30.00 | 4:06 | 14.6 |
| 8 | SZKODA ROBERT | 37 | BIŁGORAJ BIEGA | BIŁGORAJ | POL | OPEN MĘŻCZYŹNI | 8 | M 8 | 00:21:41.00 | 00:21:41.00 | 4:20 | 13.8 |
| 9 | DZIMIRA SŁAWOMIR | 11 | BROWAR POGÓRZA | DUBIECKO | POL | OPEN MĘŻCZYŹNI | 9 | M 9 | 00:25:20.00 | 00:25:20.00 | 5:04 | 11.8 |
| 10 | SIECZKOWSKI ARTUR | 23 | | KOSTRZYN NAD ODRA | POL | OPEN MĘŻCZYŹNI | 10 | M 10 | 00:26:07.00 | 00:26:07.00 | 5:13 | 11.5 |
| 11 | ZDESKI PAWEŁ | 42 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 11 | M 11 | 00:26:19.00 | 00:26:19.00 | 5:15 | 11.4 |
| 12 | MAKSYM JERZY | 21 | | WYSZATYCE | POL | OPEN MĘŻCZYŹNI | 12 | M 12 | 00:26:22.00 | 00:26:22.00 | 5:16 | 11.4 |
| 13 | KRYSA BARTOSZ | 20 | CISNĘ ILE MOGEM | PRZEMYSŁ | POL | OPEN MĘŻCZYŹNI | 13 | M 13 | 00:26:31.00 | 00:26:31.00 | 5:18 | 11.3 |
| 14 | DRUCIAK JACEK | 9 | PATATAJ | KROSNO | POL | OPEN MĘŻCZYŹNI | 14 | M 14 | 00:26:45.00 | 00:26:45.00 | 5:21 | 11.2 |
| 15 | RUSZNICA PATRYK | 47 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 15 | M 15 | 00:27:57.00 | 00:27:57.00 | 5:35 | 10.7 |
| 16 | KLUZ FILIP | 16 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 00:30:21.00 | 00:30:21.00 | 6:04 | 9.9 |
| 17 | KLUZ ROBERT | 17 | | RZESZÓW | POL | OPEN MĘŻCZYŹNI | 16 | M 16 | 00:30:21.00 | 00:30:21.00 | 6:04 | 9.9 |
| 18 | PAŁYS MICHAŁ | 29 | | KRAKÓW | POL | OPEN MĘŻCZYŹNI | 18 | M 18 | 00:38:50.00 | 00:38:50.00 | 7:46 | 7.7 |
| 19 | GORCZYCA KACPER | 49 | | ŁAŃCUT | POL | OPEN MĘŻCZYŹNI | 19 | M 19 | 00:38:55.00 | 00:38:55.00 | 7:47 | 7.7 |
| 20 | LITWA ŁUKASZ | 43 | | | POL | OPEN MĘŻCZYŹNI | 20 | M 20 | 00:40:55.00 | 00:40:55.00 | 8:11 | 7.3 |
| 21 | LEŚNIAK DAWID | 26 | LHO | SANOK | POL | OPEN MĘŻCZYŹNI | 21 | M 21 | 00:48:48.00 | 00:48:48.00 | 9:45 | 6.1 |