

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-07-21
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN KOBIEC

Split point: 5,8 km

Place	Participant	Number	Club	Category	C1 3.7km	C1 5.8km
1	TOMASZEWSKA Agnieszka	7064		Senior II K - 30	00:32:32	00:32:38
2	SOLIŃSKA Katarzyna	7426		Senior I K - 20	00:20:30	00:32:39
3	OSTROWSKA-NABIAŁCZYK Agnieszka	7287	1976	Masters K - 40	00:33:11	00:33:16
4	ADAMCZYK Martyna	7241		Senior I K - 20	00:21:37	00:34:17
5	ERDMAŃSKA Natalia	7368		Senior II K - 30	00:34:16	00:34:21
6	BUDZIEWSKA Katarzyna	7242		Senior II K - 30	00:23:53	00:37:49
7	CIURKA-BASTER Karolina	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	Senior II K - 30	00:24:51	00:39:13
8	PODSIADŁO Anna	7173	PODSIADŁO TEAM	Senior I K - 20	00:25:18	00:39:52
9	PERZ Emilia	7098		Senior I K - 20	00:25:35	00:40:24
10	GŁĄB Daria	7300	ZAŁOGA GÓRSKA	Senior I K - 20	00:25:17	00:40:25
11	RUTKOWSKA Małgorzata	7442		Senior II K - 30	00:26:44	00:41:03
12	RUTKOWSKA Patrycja	7306		Senior II K - 30	00:25:36	00:41:22
13	WOJNAROWICZ Weronika	7358		Senior II K - 30	00:26:08	00:41:24
14	PAZDAN Natalia	7321		Senior II K - 30	00:26:47	00:42:02
15	GRABIŃSKA Gizela	7292	ZAŁOGA GÓRSKA	Weteran K - 50	00:26:54	00:42:26
16	SZCZĘŚNIAK Sylwia	7220	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	00:27:15	00:42:36
17	WRANIK Sabina	7245		Weteran K - 50	00:27:44	00:43:12
18	FOGIEL-PAWŁOWSKA Agnieszka	7131		Masters K - 40	00:27:56	00:43:18
19	WAWRZENIUK Emilia	7132		Senior II K - 30	00:26:50	00:43:39
20	GALA Kamila	7301	ZAŁOGA GÓRSKA	Senior II K - 30	00:28:03	00:43:48
21	WIADERNA Nina	7401		Senior II K - 30	00:28:01	00:44:05
22	WZOREK Ewa	7330	ZAŁOGA GÓRSKA	Senior I K - 20	00:28:13	00:44:16
23	GRZESIEWICZ Patrycja	7369		Senior II K - 30	00:28:03	00:44:19
24	TYSZER Joanna	7193	1989	Senior II K - 30	00:28:05	00:44:31
25	KORDECKA Anna	7428		Senior II K - 30	00:28:42	00:44:35
26	WESOŁOWSKA Kinga	7187	KALENIJ BY DECATHLON	Senior I K - 20	00:28:01	00:45:05
27	KACZMAREK Katarzyna	7217	PRO_RUN	Senior I K - 20	00:28:06	00:45:29
28	ULIKOWSKA Martyna	7310	ZAŁOGA GÓRSKA	Senior I K - 20	00:29:30	00:45:41
29	HOREJDA Sara	7326		Senior I K - 20	00:28:43	00:45:44
30	NIEWCZAS Basia	7083		Senior II K - 30	00:29:00	00:46:32

Place	Participant	Number	Club	Category	C1 3.7km	C1 5.8km
31	MAZIAREK Adela	7062		Senior II K - 30	00:29:21	00:46:51
32	LACHERA Kamila	7050	CSC ADVENTURE ACADEMY	Senior II K - 30	00:29:34	00:46:55
33	KACZMARZ Katarzyna	7105		Senior II K - 30	00:30:36	00:47:37
34	MICHALEC Marzena	7415	KOBIETA W BIEGU	Senior II K - 30	00:29:38	00:47:52
35	POMIANOWSKA Anna	7377	RĄCZELACZKI	Senior II K - 30	00:30:58	00:48:13
36	KOCIMSKA Katarzyna	7340	EUROVENT ATHLETICS OPOLE	Masters K - 40	00:28:54	00:48:23
37	PLINIEWICZ Joanna	7123		Senior II K - 30	00:30:27	00:48:27
38	KUŹNIAK Martyna	7071		Masters K - 40	00:30:25	00:48:35
39	PASZKE Joanna	7314		Senior I K - 20	00:30:38	00:48:40
40	LUBAŃSKA Alicja	7178	SSW TEAM KROŚNICE	Weteran K - 50	00:30:15	00:48:51
41	KOPACKA Eliza	7029		Senior II K - 30	00:30:51	00:48:53
42	KOZŁOWSKA Renata	7281	LADY AEROBIK NYSA	Senior II K - 30	00:30:35	00:48:53
43	MARUT Katarzyna	7374	NIGHT RUNNERS GLIWICE	Masters K - 40	00:31:25	00:49:03
44	PASŁAWSKA Olga	7408		Senior II K - 30	00:30:51	00:49:16
45	PATYK Joanna	7129	PZU SPORT TEAM	Senior II K - 30	00:30:45	00:49:22
46	WŁODKOWSKA Beata	7170		Senior II K - 30	00:31:22	00:49:33
47	PENDZIAŁEK Małgorzata	7334	MUAY RUNNING TEAM	Senior I K - 20	00:30:55	00:49:47
48	PRZYDRÓŻNA Julita	7022	26,2	Masters K - 40	00:31:55	00:49:47
49	PUCHALSKA Magdalena	7180		Senior II K - 30	00:31:41	00:49:48
50	GŁÓWKA Barbara	7135		Senior II K - 30	00:31:19	00:49:58
51	SKAWINA Krystyna	7059	TOPOLICE TEAM	Senior II K - 30	00:31:53	00:50:00
52	DZIEDZIŃSKA Natalia	7229		Senior II K - 30	00:31:38	00:50:15
53	SZYMONIK Dominika	7209	ZAŁOGA GÓRSKA	Senior I K - 20	00:31:37	00:50:18
54	GÓRALCZYK Katarzyna	7302	ZAŁOGA GÓRSKA	Senior I K - 20	00:32:10	00:50:36
55	NIEDZIELA Danuta	7040	GOSTYŃ	Masters K - 40	00:32:03	00:50:38
56	WOJDASZKA Katarzyna	7002	VEGE RUNNERS	Senior II K - 30	00:32:31	00:50:38
57	JUREWICZ Agata	7165		Senior II K - 30	00:32:37	00:50:40
58	KUCHARSKA Aleksandra	7006	DREAM RUN	Senior II K - 30	00:33:06	00:51:07
59	HADAŁA Teresa	7145	KASZUBSKA PONIEWIERKA	Senior II K - 30	00:32:27	00:52:06
60	KUTYCKA-KUREK Elżbieta	7336	CHOJRAK TEAM WROCŁAW	Senior II K - 30	00:32:42	00:52:11
61	CZYŻ Aleksandra	7027	VEGE RUNNERS	Senior II K - 30	00:33:07	00:52:39
62	WIECZOREK Monika	7256		Masters K - 40	00:32:55	00:52:45
63	MAJEWSKA Sonia	7328		Senior I K - 20	00:33:21	00:53:16
64	MROCZKIEWICZ Klaudia	7034	VEGERUNNERS	Masters K - 40	00:32:34	00:53:26
65	GEDA Elżbieta	7142	MUKS SZOK BOJANOWO	Senior II K - 30	00:33:12	00:53:32
66	DZIEDZIC Anna	7115		Senior II K - 30	00:32:40	00:53:47
67	ŁYSIAK Kasia	7196		Senior II K - 30	00:32:56	00:53:49
68	KARWECKA-WIELICKA Katarzyna	7279		Masters K - 40	00:33:45	00:53:49
69	PLEWA Paulina	7120	BPK	Senior I K - 20	00:33:15	00:54:05
70	DURNOWSKA Beata	7289		Senior II K - 30	00:32:28	00:54:07
71	MRÓZ Urszula	7121		Weteran K - 50	00:34:56	00:54:18
72	SZYMAŁA Małgorzata	7293		Senior II K - 30	00:33:59	00:54:19
73	BRZOZA Dorota	7177		Masters K - 40	00:34:03	00:54:19
74	SOCHA Ewa	7232	1987	Senior II K - 30	00:33:13	00:54:22
75	SKARŻEŃSKA Jagoda	7331		Senior II K - 30	00:33:47	00:54:23

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76	PLEWA Katarzyna	7055	NORDIC16.COM	Senior II K - 30	00:33:53	00:54:28
77	MARCINKOWSKA Katarzyna	7283	LADY AEROBIK NYSA	Masters K - 40	00:33:30	00:54:29
78	LIGOCKA Karolina	7074	BOOTCAMP	Senior II K - 30	00:33:29	00:54:37
79	KRYŃ Katarzyna	7066	BOOTCAMP	Senior II K - 30	00:33:36	00:54:39
80	ZASŁAWSKA Katarzyna	7419	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	00:34:03	00:54:46
81	BLANIK Agnieszka	7069	RADLIN	Senior II K - 30	00:33:58	00:54:46
82	HACZKIEWICZ Karolina	7375		Senior II K - 30	00:34:05	00:54:54
83	HAWROT Marta	7346		Masters K - 40	00:35:47	00:54:55
84	WILK Maria	7385	RAMBO III	Senior II K - 30	00:34:21	00:54:57
85	OWSIANIK Sylwia	7176		Masters K - 40	00:34:39	00:55:08
86	KRYCH Joanna	7210		Masters K - 40	00:34:39	00:55:08
87	GAJDECKA Adriana	7107		Masters K - 40	00:34:27	00:55:15
88	NIEMAS Anna	7248	OYAMA KARATE BRZESZCZE	Masters K - 40	00:34:14	00:55:19
89	CHRZUSZCZ Anna	7249		Senior II K - 30	00:33:54	00:55:20
90	MICHALSKA Joanna	7138	VELUX	Senior II K - 30	00:35:44	00:55:28
91	HEBDA Dominika	7188	ADRIAN DANILEWICZ GROUP	Senior I K - 20	00:34:22	00:55:31
92	ZIENKIEWICZ Agata	7434		Senior II K - 30	00:34:17	00:55:41
93	TOMERA Dorota	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	Masters K - 40	00:35:17	00:55:45
94	JANICKA-TOMIAK Eliza	7271		Masters K - 40	00:34:17	00:55:48
95	WINNICKA Anna	7414		Masters K - 40	00:34:34	00:55:48
96	PAKUŁA Beata	7353		Masters K - 40	00:34:33	00:55:53
97	KOWALEWSKA Anna	7051		Senior II K - 30	00:33:49	00:56:00
98	PRZYBYŁEK Joanna	7285		Senior II K - 30	00:35:05	00:56:06
99	SZYMAŁA Karolina	7192	#NIUŃKOWABIEGA	Senior I K - 20	00:34:33	00:56:09
100	HETMAŃSKA Diana	7030	LOVELASY	Senior II K - 30	00:34:40	00:56:10
101	PALUSIŃSKA Agnieszka	7317	LOVELASY	Masters K - 40	00:34:40	00:56:10
102	KOWALCZYK Joanna	7095		Weteran II K - 60	00:34:54	00:56:34
103	RAPACZ Danuta	7101	ANMAR	Weteran II K - 60	00:34:53	00:56:43
104	WYSMOLIŃSKA Karolina	7362		Masters K - 40	00:35:07	00:57:03
105	SZAŁAJSKA Magdalena	7269		Senior I K - 20	00:35:09	00:57:03
106	WAWRZYNIAK Agnieszka	7151	DRUŻYNA SZPIKU	Senior II K - 30	00:34:55	00:57:04
107	GONERA-BATOR Anna	7345	KB HARCOWNIK	Senior II K - 30	00:35:37	00:57:15
108	KONIECZNA Natalia	7084		Senior I K - 20	00:35:27	00:57:22
109	WAŚCIŃSKA Dominika	7329	BOOT CAMP POLSKA	Senior II K - 30	00:35:11	00:57:26
110	KOSZYKA Weronika	7041	CONSTRAVIA	Senior I K - 20	00:36:11	00:57:38
111	FILIPOWICZ Katarzyna	7347		Senior II K - 30	00:36:03	00:57:50
112	CZAJA Agnieszka	7166		Senior II K - 30	00:35:34	00:57:59
113	CHOJNACKA Kaja	7204	PURKRUN OPOLE	Senior II K - 30	00:35:51	00:58:16
114	MARCINKIEWICZ Marta	7228	MATNER RUNNING TEAM	Weteran K - 50	00:36:05	00:58:30
115	PIETRZYKOWSKA Katarzyna	7206	PRO RUN WROCŁAW	Senior II K - 30	00:34:50	00:58:33
116	WĘGLEWSKA Karolina	7110		Senior I K - 20	00:36:44	00:58:43
117	PIORKOWSKA Monika	7295		Masters K - 40	00:36:42	00:58:52
118	WRÓBEL Marzena	7179		Senior II K - 30	00:36:39	00:59:04
119	ŻYŻA Magdalena	7226	MAAGNUS TEAM SKOKOWA	Masters K - 40	00:36:11	00:59:09
120	HAJDA Olga	7238		Masters K - 40	00:36:06	00:59:10

Place	Participant	Number	Club	Category	C1 3.7km	C1 5.8km
121	OLESZCZAK Agnieszka	7343		Masters K - 40	00:35:58	00:59:13
122	RADUCHA-FURMAN Ewelina	7376		Senior II K - 30	00:36:23	00:59:19
123	WOJTAS Anna	7139		Senior II K - 30	00:37:24	00:59:30
124	WIETECHY-DROBIK Aleksandra	7194	ATLAS RUNNING TEAM	Senior II K - 30	00:36:25	00:59:35
125	GAWŁOWSKA Milena	7237	ATLAS RUNNING TEAM	Senior II K - 30	00:36:28	00:59:36
126	KACZYŃSKA Ewa	7402		Senior II K - 30	00:37:04	00:59:41
127	WOŁCZEK Jola	7305		Senior II K - 30	00:37:08	00:59:49
128	SZPUREK Anna	7354	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	00:37:14	01:00:25
129	SŁONINA Olga	7122	ZAŁOGA GÓRSKA	Senior I K - 20	00:37:47	01:00:28
130	WRÓBLEWSKA Roksana	7152	PREDATORS WAŁBRZYCH	Senior I K - 20	00:38:58	01:00:35
131	KLIN Aneta	7043		Masters K - 40	00:36:50	01:00:40
132	WIEWCZKO Karolina	7438		Senior I K - 20	00:35:01	01:00:42
133	JAGUSZEWSKA Agnieszka	7221	FAT&FURIOUS	Senior II K - 30	00:37:34	01:00:45
134	WOŁCZYK Sandra	7224	FAT & FURIOUS	Senior II K - 30	00:37:34	01:00:45
135	MACUR Agnieszka	7223		Masters K - 40	00:37:35	01:01:18
136	DADAŚ Elżbieta	7048	NIGHT RUNNERS GLIWICE	Masters K - 40	00:37:46	01:01:23
137	SMUG Ewelina	7257		Senior II K - 30	00:37:46	01:01:25
138	CZARNOWSKA Natalia	7075		Senior II K - 30	00:38:22	01:01:25
139	POPKO Emilia	7422		Senior II K - 30	00:38:49	01:01:53
140	PIECHOWIAK Oliwia	7298	ZAŁOGA GÓRSKA	Senior I K - 20	00:38:30	01:01:56
141	GRUSZECKA Marta	7047		Senior II K - 30	00:38:28	01:02:31
142	BULSKA Martyna	7042		Senior II K - 30	00:38:27	01:02:32
143	PODOLSKA-SZACHEWICZ Julita	7056	JEŻOZWIERZE GROUP	Masters K - 40	00:38:52	01:02:32
144	PISAREK Kamila	7211		Senior I K - 20	00:39:04	01:02:39
145	MELON Aleksandra	7233		Senior I K - 20	00:39:03	01:02:42
146	FUKS Karolina	7106	GRUPA FUX	Senior II K - 30	00:38:12	01:02:53
147	KRUK Anna	7280		Masters K - 40	00:38:21	01:02:56
148	BOBIN Anna	7019		Masters K - 40	00:39:36	01:03:00
149	WOLEK Dagmara	7203		Senior II K - 30	00:39:32	01:03:04
150	CHOJNOWSKA Barbra	7016	PUSIA TEAM	Masters K - 40	00:39:45	01:04:16
151	KUTNA Agnieszka	7114	RUDA KITA	Senior II K - 30	00:40:31	01:04:28
152	MIKOŁAJCZAK Magdalena	7137		Masters K - 40	00:40:40	01:04:33
153	KARPIŃSKA Nina	7352	REEBOKRUN CREW	Senior II K - 30	00:39:09	01:04:42
154	ŁUKACZ Aleksandra	7202		Senior I K - 20	00:40:06	01:05:01
155	KOPACZYŃSKA Aleksandra	7149		Senior I K - 20	00:39:09	01:05:35
156	SZCZEPAŃSKA Anna	7191		Senior II K - 30	00:39:10	01:05:37
157	DRYMEL Joanna	7109	DRYMLE3IPIES	Senior II K - 30	00:43:31	01:05:43
158	PODJUK Kinga	7085		Masters K - 40	00:41:04	01:06:47
159	HACZYK Gabriela	7382	ZAŁOGA GÓRSKA	Weteran III K - 70	00:40:57	01:07:17
160	ZAKRZEWICZ Dorota	7384		Senior II K - 30	00:41:58	01:07:55
161	MYSZYWODA Monika	7116		Senior I K - 20	00:42:15	01:08:06
162	LITEWKA Joanna	7014		Senior I K - 20	00:42:25	01:08:26
163	ZŁOMANIEC Izabela	7046		Senior II K - 30	00:43:17	01:09:25
164	JANKOWSKA Magdalena	7342	KOŁO BIEGA	Senior II K - 30	00:41:27	01:09:35
165	KWIATKOWSKA Barbara	7119		Weteran II K - 60	00:42:45	01:10:03

Place	Participant	Number	Club	Category	C1 3.7km	C1 5.8km
166	CZAPSKA Izabela	7093	SONKOTEAM	Masters K - 40	00:39:29	01:10:24
167	KOPACZYŃSKA Ewa	7150		Weteran K - 50	00:42:48	01:11:17
168	LISOWSKA Agnieszka	7118	DESTYLATOR	Senior II K - 30	00:43:35	01:12:16
169	WOLENTARSKA Alicja	7159		Weteran K - 50	00:44:45	01:13:33
170	PRZYBYLSKA Katarzyna	7325		Senior I K - 20	00:46:24	01:13:37
171	PRZYBYLSKA Magdalena	7099		Masters K - 40	00:46:04	01:13:39
172	KOWALCZYK Ilona	7395		Masters K - 40	00:44:49	01:14:13
173	KAZUŚ-OLESIŃSKA Małgorzata	7396		Masters K - 40	00:45:11	01:14:16
174	WOŻNA Arleta	7427		Senior I K - 20	00:47:30	01:15:13
175	WIERCIOCH Iwona	7430		Masters K - 40	00:47:29	01:15:18
176	PAWŁOWSKA Danuta	7359		Masters K - 40	00:46:04	01:16:19
177	KOĆMIRSKA Anna	7208		Senior II K - 30	00:52:33	01:20:08
178	RUNOWICZ Magdalena	7214		Senior II K - 30	00:52:37	01:20:09
179	STELMACH Elżbieta	7246		Masters K - 40	00:52:38	01:23:35
180	ROŻEK Agnieszka	7333	MUAY RUNNING TEAM	Masters K - 40	00:56:08	01:29:22
181	MICHAŁKA Dominika	7004		Senior I K - 20	00:52:04	01:40:56
182	ROBAK Aneta	7124		Senior II K - 30	00:45:59	
	BAKOWSKA Maria	7381		Weteran II K - 60	00:55:16 DNF	DNF

Total 183 results.