



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
10.5 km

DZIESIĄTKA

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	BIAŁOŁOCKA Alicja	1054		K30	1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25		6:16	9.6 (100%)
2	KRUŻOŁEK Monika	1055		K30	2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	+00:04:24 (6.3%)	6:41	9 (93.8%)
3	BOROWSKA Karolina	1010	KGHM ZG RUN	K30	3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	+00:05:31 (7.7%)	6:48	8.8 (91.7%)
4	RABIEJ-OLSZEWSKA Hanna	1047	SOBAS TEAM	K30	4	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	+00:11:23 (14.7%)	7:21	8.1 (84.4%)
5	SOBEL-ADAMSKA Dorota	997	STARA KOCIARA	K30	5	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	+00:11:55 (15.3%)	7:24	8.1 (84.4%)
6	TROSZCZYŃSKA Izabela	956		K30	6	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	+00:22:01 (25.0%)	8:21	7.2 (75.0%)
7	DACZKOWSKA Agata	1031		K30	7	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	+00:28:38 (30.3%)	9:00	6.7 (69.8%)
8	LEKI Adriana	1022		K30	8	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	+00:28:50 (30.4%)	9:01	6.7 (69.8%)
9	BERNACKA Kinga	973		K30	9	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	+00:34:17 (34.2%)	9:31	6.3 (65.6%)
10	KRÓLAK Katarzyna	1042	SLOW JOGGING WAŁBRZYCH	K30	10	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	+00:37:12 (36.1%)	9:49	6.1 (63.5%)
11	KWIASOWSKA Martyna	1012	BE AGGRESSIVE	K30	11	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	+00:38:20 (36.8%)	9:54	6.1 (63.5%)
12	OLEŚ Ewa	1020		K30	12	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	+00:40:26 (38.0%)	10:06	5.9 (61.5%)
13	KLISOWSKA Weronika	1001	FLY OR DIE	K30	13	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	+00:42:15 (39.0%)	10:16	5.8 (60.4%)
14	ŚLIWKA Anna	981		K30	14	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	+00:48:40 (42.4%)	10:54	5.5 (57.3%)
15	BRELA Ewa	970	BRAK	K30	15	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	+00:53:52 (44.9%)	11:23	5.3 (55.2%)
16	KEREBKO Yuliia	994		K30	16	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	+01:00:38 (47.9%)	12:01	5 (52.1%)

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17	TRĘBACZ Marianna	990		K30	17	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	+01:01:15 (48.1%)	12:05	5 (52.1%)
18	FRANKOWSKA Weronika	958		K30	18		01:04:52	01:06:19	02:08:03.80	02:08:24.75	+01:02:25 (48.6%)	12:11	4.9 (51.0%)
19	LISON Aleksandra	1053		K30	19	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	+01:18:34 (54.4%)	13:45	4.4 (45.8%)

Znaleziono 19 wynik(ów)