

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-22
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MALIK Agnieszka	414		Masters K - 40	1	00:24:53	00:38:17	01:02:03.60	01:02:13.25		6:12	9.7 (100%)
2	KOLECKA Sylwia	316	KOLECTEAM ZBĄSZYNEK	Masters K - 40	2	00:24:17	00:38:44	01:04:15.85	01:04:23.25	+00:02:10 (3.4%)	6:25	9.3 (95.9%)
3	HACZYK Natalia	333	MUAY RUNNING TEAM	Masters K - 40	3	00:26:45	00:41:16	01:07:58.40	01:08:05.75	+00:05:52 (8.6%)	6:47	8.8 (90.7%)
4	SZPILAREWICZ Basia	188	ABY DO METY	Masters K - 40	4	00:27:59	00:42:48	01:08:38.55	01:08:50.45	+00:06:37 (9.6%)	6:51	8.7 (89.7%)
5	GRABIŃSKA Gizela	269	ZAŁOGA GÓRSKA	Masters K - 40	5	00:27:50	00:43:18	01:10:37.55	01:10:42.95	+00:08:29 (12.0%)	7:03	8.5 (87.6%)
6	WARSZCZYŃSKA Romana	107	LUB WYBIERZ Z LISTY	Masters K - 40	6	00:28:39	00:45:32	01:16:43.60	01:17:01.95	+00:14:48 (19.2%)	7:40	7.8 (80.4%)
7	GEROWSKA Aleksandra	288	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	7	00:30:51	00:47:36	01:17:00.95	01:17:19.90	+00:15:06 (19.5%)	7:42	7.8 (80.4%)
8	WYSTRYCHOWSKA Marzena	7	BFAGENCJA.PL	Masters K - 40	8	00:29:30	00:46:32	01:17:55.75	01:18:40.90	+00:16:27 (20.9%)	7:47	7.7 (79.4%)
9	KOWALSKA Małgorzata	285	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	9	00:31:01	00:48:50	01:18:49.90	01:18:57.75	+00:16:44 (21.2%)	7:53	7.6 (78.4%)
10	MARCINIAK Anna	9		Masters K - 40	10	00:31:04	00:48:19	01:19:09.05	01:19:40.75	+00:17:27 (21.9%)	7:54	7.6 (78.4%)
11	MROZIŃSKA Renata	240		Masters K - 40	11	00:30:22	00:47:29	01:19:19.35	01:19:49.95	+00:17:36 (22.1%)	7:55	7.6 (78.4%)
12	NIEMAS Anna	64	OYAMA KARATE BRZESZCZE	Masters K - 40	12	00:32:14	00:50:00	01:20:45.80	01:21:06.00	+00:18:52 (23.3%)	8:04	7.4 (76.3%)
13	BISOWSKA Katarzyna	184	KOZY W UCHU	Masters K - 40	13	00:33:00	00:51:18	01:22:23.40	01:22:53.15	+00:20:39 (24.9%)	8:14	7.3 (75.3%)
14	GÓRNA Aldona	214		Masters K - 40	14	00:32:38	00:50:50	01:24:22.75	01:24:39.00	+00:22:25 (26.5%)	8:26	7.1 (73.2%)
15	BALCERZAK Agnieszka	53		Masters K - 40	15	00:33:25	00:53:14	01:25:29.10	01:26:01.70	+00:23:48 (27.7%)	8:32	7 (72.2%)

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16	SAWALA Aneta	41	TRANCE ONLY	Masters K - 40	16	00:33:47	00:54:06	01:29:43.15	01:30:18.50	+00:28:05 (31.1%)	8:58	6.7 (69.1%)
17	PRZYBYŁ Jolanta	390		Masters K - 40	17	00:35:01	00:54:44	01:30:19.20	01:30:37.25	+00:28:24 (31.3%)	9:01	6.6 (68.0%)
18	KACZMAREK Kasia	187		Masters K - 40	18	00:34:30	00:54:10	01:31:45.05	01:32:18.10	+00:30:04 (32.6%)	9:10	6.5 (67.0%)
19	WŁOSKOWICZ Kinga	46		Masters K - 40	19	00:36:29	00:57:28	01:33:28.75	01:33:34.65	+00:31:21 (33.5%)	9:20	6.4 (66.0%)
20	KUZIOMKO Ania	290	AMA TEAM	Masters K - 40	20	00:35:43	00:55:34	01:34:19.85	01:34:43.30	+00:32:30 (34.3%)	9:26	6.4 (66.0%)
21	WALENDA Katarzyna	315	BIEGNĘ POD PRZYMUSEM	Masters K - 40	21	00:37:20	00:58:12	01:36:31.75	01:36:42.95	+00:34:29 (35.7%)	9:39	6.2 (63.9%)
22	KUTY Monika	397	DRUŻYNA MARZEŃ	Masters K - 40	22	00:39:03	01:00:55	01:38:56.95	01:39:18.80	+00:37:05 (37.3%)	9:53	6.1 (62.9%)
23	DOWLASZEWICZ Małgorzata	312		Masters K - 40	23	00:38:08	01:01:41	01:39:31.90	01:39:54.85	+00:37:41 (37.7%)	9:57	6 (61.9%)
24	WITCZAK Anna	313		Masters K - 40	24	00:38:07	01:01:40	01:39:32.10	01:39:55.35	+00:37:42 (37.7%)	9:57	6 (61.9%)
25	KLIN Aneta	273		Masters K - 40	25	00:36:42	00:58:22	01:39:55.65	01:40:24.25	+00:38:11 (38.0%)	9:59	6 (61.9%)
26	ZAGROBELNA Magdalena	210	DRUŻYNA SZPIKU	Masters K - 40	26	00:40:16	01:02:00	01:40:49.10	01:41:15.40	+00:39:02 (38.6%)	10:04	6 (61.9%)
27	CZAJKOWSKA Małgorzata	113	KOŁO BIEGA	Masters K - 40	27	00:39:03	01:00:56	01:41:03.20	01:41:24.15	+00:39:10 (38.6%)	10:06	5.9 (60.8%)
28	MATUSZEWSKA Paulina	106	HUSE TEAM	Masters K - 40	28	00:41:02	01:03:23	01:41:18.00	01:41:40.55	+00:39:27 (38.8%)	10:07	5.9 (60.8%)
29	ADAMCZEWSKA Maria	235	FOREVER YOUNG ŁÓDŹ	Masters K - 40	29	00:37:50	01:00:40	01:42:12.90	01:42:29.80	+00:40:16 (39.3%)	10:13	5.9 (60.8%)
30	PLAWIAK-MOWNA Anna	223		Masters K - 40	30	00:37:09	01:00:14	01:42:31.85	01:42:49.65	+00:40:36 (39.5%)	10:15	5.9 (60.8%)
31	ZAJĄC Agnieszka	117		Masters K - 40	31	00:40:15	01:02:38	01:42:33.25	01:43:18.65	+00:41:05 (39.8%)	10:15	5.9 (60.8%)
32	DEC Aneta	89	ERNI RULEZ	Masters K - 40	32	00:41:30	01:05:01	01:45:27.85	01:46:10.80	+00:43:57 (41.4%)	10:32	5.7 (58.8%)
33	WODZIEŃ Dorota	348		Masters K - 40	33	00:38:53	01:02:59	01:46:37.20	01:47:15.85	+00:45:02 (42.0%)	10:39	5.6 (57.7%)
34	RABSCH-SURMACZ Ewa	67		Masters K - 40	34	00:41:33	01:05:50	01:48:59.30	01:49:21.70	+00:47:08 (43.1%)	10:53	5.5 (56.7%)
35	NIEZGÓDKA Sylwia	268	ZAŁOGA GÓRSKA	Masters K - 40	35	00:42:53	01:05:55	01:49:09.65	01:49:23.10	+00:47:09 (43.1%)	10:55	5.5 (56.7%)
36	OLCZYK Anna	194	PRZEDBÓRZ	Masters K - 40	36	00:40:59	01:06:19	01:52:55.70	01:53:09.75	+00:50:56 (45.0%)	11:17	5.3 (54.6%)
37	KRYNICKA Anna	173		Masters K - 40	37	00:42:01	01:07:13	01:53:50.20	01:54:17.30	+00:52:04 (45.6%)	11:23	5.3 (54.6%)
38	KLINKE-OSADNIK Aneta	193	ABY DO METY	Masters K - 40	38	00:48:59	01:18:12	02:02:47.50	02:03:11.55	+01:00:58 (49.5%)	12:16	4.9 (50.5%)

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39	NĄCKIEWICZ Justyna	330		Masters K - 40	39	00:49:49	01:18:27	02:06:19.05	02:06:59.25	+01:04:46 (51.0%)	12:37	4.7 (48.5%)

Znaleziono 39 wynik(ów)