

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: Senior I K - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	374	BUFF TEAM POLSKA	Senior I K - 20	1	00:20:24	00:31:44	00:51:24.60	00:51:27.05		5:08	11.7 (100%)
2	PERZ Emilia	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	2	00:24:47	00:38:13	01:00:09.85	01:00:13.35	+00:08:46 (14.6%)	6:01	10 (85.5%)
3	GŁOMBIOWSKA Zuzanna	61	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	3	00:25:45	00:39:53	01:04:06.60	01:04:09.10	+00:12:42 (19.8%)	6:24	9.4 (80.3%)
4	RYBARSKA Marta	2	LESZ NO LIMITS RUNNERS	Senior I K - 20	4	00:26:08	00:40:57	01:05:44.05	01:05:47.70	+00:14:20 (21.8%)	6:34	9.1 (77.8%)
5	JONCZYK Ada	293		Senior I K - 20	5	00:26:45	00:41:33	01:07:08.35	01:07:14.95	+00:15:47 (23.5%)	6:42	8.9 (76.1%)
6	CHOLEWA Joanna	17		Senior I K - 20	6	00:28:30	00:45:11	01:14:34.55	01:14:43.75	+00:23:16 (31.2%)	7:27	8 (68.4%)
7	BUĆKO Alicja	146	TATAALI TEAM / VEGE RUNNERS	Senior I K - 20	7	00:30:00	00:46:46	01:16:04.80	01:16:14.60	+00:24:47 (32.5%)	7:36	7.9 (67.5%)
8	PIECHWIAK Aleksandra	398		Senior I K - 20	8	00:29:44	00:46:27	01:15:55.60	01:16:35.05	+00:25:08 (32.8%)	7:35	7.9 (67.5%)
9	OLEJNICZAK Paulina	176		Senior I K - 20	9	00:29:55	00:46:48	01:16:12.70	01:16:37.05	+00:25:10 (32.8%)	7:37	7.9 (67.5%)
10	FRĄCKOWIAK Maria	170	CONSTRAVIA	Senior I K - 20	10	00:31:14	00:48:56	01:17:43.05	01:18:06.90	+00:26:39 (34.1%)	7:46	7.7 (65.8%)
11	WIDŁAK Julia	69		Senior I K - 20	11	00:31:23	00:48:48	01:17:59.70	01:18:23.40	+00:26:56 (34.4%)	7:48	7.7 (65.8%)
12	KWIECIEŃ Sara	245		Senior I K - 20	12	00:30:41	00:48:02	01:18:19.45	01:18:58.35	+00:27:31 (34.8%)	7:50	7.7 (65.8%)
13	HOREJDA Sara	320	ZUMBA	Senior I K - 20	13	00:27:54	00:45:21	01:20:24.00	01:20:27.85	+00:29:00 (36.1%)	8:02	7.5 (64.1%)
14	ULIKOWSKA Martyna	272	ZĄŁOGA GÓRSKA	Senior I K - 20	14	00:31:53	00:49:30	01:20:16.65	01:20:29.50	+00:29:02 (36.1%)	8:01	7.5 (64.1%)
15	BRZOZOWSKA Katarzyna	199		Senior I K - 20	15	00:32:03	00:51:04	01:23:08.10	01:23:16.50	+00:31:49 (38.2%)	8:18	7.2 (61.5%)
15	RODZIEWICZ Marta	164		Senior I K - 20	16	00:32:51	00:51:05	01:23:08.85	01:23:16.50	+00:31:49 (38.2%)	8:18	7.2 (61.5%)
17	POHL Anna	322	SPEED FEET 16	Senior I K - 20	17	00:31:58	00:50:59	01:23:17.85	01:23:37.50	+00:32:10 (38.5%)	8:19	7.2 (61.5%)
18	PREŚ Magdalena	203	#WPISZCOKOLWIEK	Senior I K - 20	18	00:32:29	00:51:13	01:23:45.60	01:24:09.75	+00:32:42 (38.9%)	8:22	7.2 (61.5%)
19	GŁÓWKA Barbara	158		Senior I K - 20	19	00:33:35	00:52:59	01:24:21.15	01:24:46.55	+00:33:19 (39.3%)	8:26	7.1 (60.7%)
20	TWARDOWSKA Kornelia	228		Senior I K - 20	20	00:33:47	00:52:54	01:25:49.90	01:25:58.85	+00:34:31 (40.2%)	8:35	7 (59.8%)
21	TARASZEWSKA Paulina	133	PWPW S.A.	Senior I K - 20	21	00:33:47	00:53:07	01:25:45.60	01:26:26.00	+00:34:58 (40.5%)	8:34	7 (59.8%)
22	JARZĘBSKA Agnieszka	48	TU INTER POLSKA SA	Senior I K - 20	22	00:34:40	00:53:18	01:26:22.30	01:26:48.30	+00:35:21 (40.7%)	8:38	6.9 (59.0%)
23	JAGUSZEWSKA Agnieszka	79	FAT & FURIOUS	Senior I K - 20	23	00:33:31	00:52:47	01:27:15.55	01:27:30.85	+00:36:03 (41.2%)	8:43	6.9 (59.0%)
24	DOWNAR-ZAPOLSKA Laura	4	@MD_RUN	Senior I K - 20	24	00:34:06	00:53:27	01:27:38.75	01:27:45.45	+00:36:18 (41.4%)	8:45	6.8 (58.1%)
25	FIRLEJ Ewelina	258	GRUNWALD TEAM POZNAŃ	Senior I K - 20	25	00:33:20	00:51:56	01:27:48.50	01:28:13.75	+00:36:46 (41.7%)	8:46	6.8 (58.1%)
26	ŚWIERCZYŃSKA Barbara	86		Senior I K - 20	26	00:35:46	00:55:42	01:31:38.50	01:32:12.20	+00:40:45 (44.2%)	9:09	6.5 (55.6%)
27	RIPPELOVÁ Jitka	221	SRTG VYŠKOV	Senior I K - 20	27	00:37:15	00:57:12	01:35:02.85	01:35:27.00	+00:43:59 (46.1%)	9:30	6.3 (53.8%)
28	WRÓBLEWSKA Roksana	405		Senior I K - 20	28	00:38:08	00:59:03	01:36:59.00	01:37:39.55	+00:46:12 (47.3%)	9:41	6.2 (53.0%)
29	PARZONKA Natalia	287	KS LENIWIEC	Senior I K - 20	29	00:41:23	01:02:39	01:40:33.30	01:41:09.60	+00:49:42 (49.1%)	10:03	6 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	KOŁODZIEK Anna	13	NIGHT RUNNERS	Senior I K - 20	30	00:39:45	01:03:07	01:44:06.85	01:44:25.70	+00:52:58 (50.7%)	10:24	5.8 (49.6%)
31	KUROWSKA Bianka	311		Senior I K - 20	31	00:39:53	01:05:19	01:45:52.95	01:46:25.45	+00:54:58 (51.7%)	10:35	5.7 (48.7%)
32	BURCHARDT Julia	339		Senior I K - 20	32	00:39:54	01:05:16	01:49:29.65	01:50:04.60	+00:58:37 (53.3%)	10:57	5.5 (47.0%)
33	KISIAŁA Edyta	201		Senior I K - 20	33	00:39:24	01:05:22	01:51:32.85	01:52:15.80	+01:00:48 (54.2%)	11:09	5.4 (46.2%)
34	MATKOWSKA Paulina	350		Senior I K - 20	34	00:44:37	01:15:18	02:05:18.95	02:05:38.90	+01:14:11 (59.1%)	12:31	4.8 (41.0%)
35	WALENCIAK Paulina	275		Senior I K - 20	35	00:48:02	01:16:04	02:07:02.55	02:07:41.10	+01:16:14 (59.7%)	12:42	4.7 (40.2%)

Znaleziono 35 wynik(ów)