



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
5 km

TRIADA INTRO NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PIETROCZUK Sylwia	561	NOA	K16-29	1	00:33:50.65	00:33:52.50		6:46	8.9 (100%)
2	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	00:34:14.90	00:34:17.15	+00:00:24 (1.2%)	6:51	8.8 (98.9%)
3	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	00:35:00.85	00:35:02.90	+00:01:10 (3.3%)	7:00	8.6 (96.6%)
4	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	2	00:35:54.90	00:35:59.30	+00:02:06 (5.9%)	7:11	8.4 (94.4%)
5	SZUREK Paulina	623		K30-39	3	00:36:03.55	00:36:05.00	+00:02:12 (6.1%)	7:12	8.3 (93.3%)
6	SZUMNY Nina	622		K30-39	4	00:36:17.35	00:36:19.70	+00:02:27 (6.8%)	7:15	8.3 (93.3%)
7	BISZCZUK Mariola	417	THE THRULERS	K30-39	5	00:36:54.85	00:36:59.55	+00:03:07 (8.4%)	7:23	8.1 (91.0%)
8	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	00:36:51.55	00:37:01.85	+00:03:09 (8.5%)	7:22	8.1 (91.0%)
9	STEFANIUK Marzena	610		K30-39	6	00:37:57.15	00:38:02.45	+00:04:09 (11.0%)	7:35	7.9 (88.8%)
10	MIKOŚ Magdalena	535		K30-39	7	00:37:44.05	00:38:04.65	+00:04:12 (11.0%)	7:32	8 (89.9%)
11	HRYC Martyna	467		K16-29	4	00:38:13.70	00:38:16.15	+00:04:23 (11.5%)	7:38	7.8 (87.6%)
12	PINTSCHER Paulina	564		K30-39	8	00:38:37.75	00:38:42.90	+00:04:50 (12.5%)	7:43	7.8 (87.6%)
13	LANGE Magda	510	STG TARNOW	K30-39	9	00:39:26.40	00:39:29.05	+00:05:36 (14.2%)	7:53	7.6 (85.4%)
14	WÓŁKIEWICZ Dorota	647	KS STASZEWSKY	K50-59	1	00:39:07.50	00:39:31.50	+00:05:39 (14.3%)	7:49	7.7 (86.5%)
15	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	1	00:39:57.65	00:40:00.40	+00:06:07 (15.3%)	7:59	7.5 (84.3%)
16	CHRZAN Magdalena	432		K30-39	10	00:39:56.10	00:40:03.35	+00:06:10 (15.4%)	7:59	7.5 (84.3%)
17	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	00:39:41.90	00:40:03.55	+00:06:11 (15.4%)	7:56	7.6 (85.4%)
18	PROCHASEK Anna	569		K30-39	12	00:40:26.05	00:40:40.55	+00:06:48 (16.7%)	8:05	7.4 (83.1%)
19	TRUSZKOWSKA Marta	628		K30-39	13	00:40:28.60	00:40:46.45	+00:06:53 (16.9%)	8:05	7.4 (83.1%)
20	HENDZLIK Monika	463		K40-49	2	00:40:47.90	00:40:54.35	+00:07:01 (17.2%)	8:09	7.4 (83.1%)
21	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	00:40:46.65	00:40:55.50	+00:07:03 (17.2%)	8:09	7.4 (83.1%)
22	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	00:41:13.75	00:41:18.45	+00:07:25 (18.0%)	8:14	7.3 (82.0%)
23	HAŚNIK Daria	460		K30-39	15	00:41:56.80	00:42:05.00	+00:08:12 (19.5%)	8:23	7.2 (80.9%)
24	SAMOJLUK-ŚLUSARSKA Bożena	591	DRUŻYNA TVN	K60+	1	00:43:25.90	00:43:31.10	+00:09:38 (22.2%)	8:41	6.9 (77.5%)
25	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	5	00:43:33.25	00:43:33.25	+00:09:40 (22.2%)	8:42	6.9 (77.5%)
26	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	4	00:43:42.65	00:43:49.50	+00:09:57 (22.7%)	8:44	6.9 (77.5%)
27	NORWECKA Sylwia	538		K30-39	16	00:44:22.75	00:44:34.80	+00:10:42 (24.0%)	8:52	6.8 (76.4%)
28	WARCHOCKA Ewelina	632		K40-49	5	00:44:32.25	00:44:50.85	+00:10:58 (24.5%)	8:54	6.7 (75.3%)
29	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	17	00:44:50.30	00:44:56.20	+00:11:03 (24.6%)	8:58	6.7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	5km			
30	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	6	00:45:05.45	00:45:26.55	+00:11:34 (25.5%)	9:01	6.7 (75.3%)
31	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	7	00:45:16.20	00:45:30.85	+00:11:38 (25.6%)	9:03	6.6 (74.2%)
32	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	18	00:45:13.60	00:45:34.55	+00:11:42 (25.7%)	9:02	6.6 (74.2%)
33	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	19	00:45:24.30	00:45:39.15	+00:11:46 (25.8%)	9:05	6.6 (74.2%)
34	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	20	00:45:39.40	00:45:52.85	+00:12:00 (26.2%)	9:07	6.6 (74.2%)
35	REJMAN Dorota	580		K40-49	6	00:45:44.75	00:45:54.85	+00:12:02 (26.2%)	9:08	6.6 (74.2%)
36	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	8	00:45:33.05	00:45:56.00	+00:12:03 (26.3%)	9:06	6.6 (74.2%)
37	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	00:45:50.40	00:46:06.40	+00:12:13 (26.5%)	9:10	6.5 (73.0%)
38	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	9	00:46:06.00	00:46:09.80	+00:12:17 (26.6%)	9:13	6.5 (73.0%)
39	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	8	00:46:05.35	00:46:11.95	+00:12:19 (26.7%)	9:13	6.5 (73.0%)
40	BURMAN Beata	426		K40-49	9	00:46:03.30	00:46:14.45	+00:12:21 (26.7%)	9:12	6.5 (73.0%)
41	ZIÓŁEK Kornelia	654		K30-39	21	00:46:17.85	00:46:21.65	+00:12:29 (26.9%)	9:15	6.5 (73.0%)
42	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	22	00:46:18.40	00:46:26.85	+00:12:34 (27.1%)	9:15	6.5 (73.0%)
43	BOROŃ Marlena	639		K16-29	10	00:46:26.25	00:46:49.10	+00:12:56 (27.6%)	9:17	6.5 (73.0%)
44	GAWRYŁAK Beata	450	ZUMBIARY	K40-49	10	00:46:37.20	00:46:53.85	+00:13:01 (27.8%)	9:19	6.4 (71.9%)
45	PRZYBYŁKA Agnieszka	571		K30-39	23	00:47:07.00	00:47:15.10	+00:13:22 (28.3%)	9:25	6.4 (71.9%)
46	DZIÓBEK Sylwia	444		K40-49	11	00:47:06.70	00:47:18.15	+00:13:25 (28.4%)	9:25	6.4 (71.9%)
47	ŁATA Katarzyna	519		K40-49	12	00:47:11.25	00:47:19.40	+00:13:26 (28.4%)	9:26	6.4 (71.9%)
48	TROJANOWSKA Kinga	627		K60+	2	00:47:18.20	00:47:25.05	+00:13:32 (28.6%)	9:27	6.3 (70.8%)
49	CIECHAROWSKA Justyna	433		K30-39	24	00:47:16.50	00:47:26.10	+00:13:33 (28.6%)	9:27	6.3 (70.8%)
50	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	25	00:47:24.55	00:47:28.55	+00:13:36 (28.6%)	9:28	6.3 (70.8%)
51	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	26	00:47:33.75	00:47:40.60	+00:13:48 (28.9%)	9:30	6.3 (70.8%)
52	WILCZEWSKA Weronika	642		K16-29	11	00:47:42.50	00:47:50.25	+00:13:57 (29.2%)	9:32	6.3 (70.8%)
53	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	27	00:48:09.25	00:48:14.85	+00:14:22 (29.8%)	9:37	6.2 (69.7%)
54	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	13	00:48:09.55	00:48:15.70	+00:14:23 (29.8%)	9:37	6.2 (69.7%)
55	JAROSZEWSKA Iwona	471		K40-49	14	00:47:54.70	00:48:18.55	+00:14:26 (29.9%)	9:35	6.3 (70.8%)
56	MARKOWSKA Jadwiga	530		K30-39	28	00:48:09.35	00:48:20.85	+00:14:28 (29.9%)	9:37	6.2 (69.7%)
57	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	29	00:47:59.25	00:48:22.40	+00:14:29 (30.0%)	9:35	6.3 (70.8%)
58	SKIBA Katarzyna	599		K40-49	15	00:48:02.20	00:48:22.95	+00:14:30 (30.0%)	9:36	6.2 (69.7%)
59	MAJDA Karolina	527		K16-29	12	00:48:10.15	00:48:23.90	+00:14:31 (30.0%)	9:38	6.2 (69.7%)
60	PIETROŃ Monika	562	LEMON TEAM	K30-39	30	00:48:05.05	00:48:26.75	+00:14:34 (30.1%)	9:37	6.2 (69.7%)
61	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	00:48:22.85	00:48:28.85	+00:14:36 (30.1%)	9:40	6.2 (69.7%)
62	SALAMON Barbara	590		K40-49	16	00:48:25.30	00:48:32.20	+00:14:39 (30.2%)	9:41	6.2 (69.7%)
63	ARMAŃSKA Marianna	400		K30-39	31	00:48:22.80	00:48:35.95	+00:14:43 (30.3%)	9:40	6.2 (69.7%)
64	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	32	00:49:11.10	00:49:13.55	+00:15:21 (31.2%)	9:50	6.1 (68.5%)
65	SURDEJ Paulina	613	STG TARNÓW	K16-29	13	00:49:11.20	00:49:13.90	+00:15:21 (31.2%)	9:50	6.1 (68.5%)
66	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	17	00:49:50.20	00:50:01.30	+00:16:08 (32.3%)	9:58	6 (67.4%)
67	KURCIŃSKA Lidia	507		K30-39	33	00:50:37.45	00:50:56.10	+00:17:03 (33.5%)	10:07	5.9 (66.3%)
68	ŚWIEŻEWSKA Klementyna	640		K30-39	34	00:50:29.95	00:50:56.70	+00:17:04 (33.5%)	10:06	5.9 (66.3%)
69	ZIÓŁEK Teresa	655	STEY INSANE	K60+	3	00:50:39.80	00:50:57.35	+00:17:04 (33.5%)	10:08	5.9 (66.3%)
70	BRODAWKA Olga	421		K30-39	35	00:50:48.45	00:50:59.65	+00:17:07 (33.6%)	10:09	5.9 (66.3%)
71	ŁUKASZEWSKA Katarzyna	523		K50-59	3	00:50:52.10	00:51:11.25	+00:17:18 (33.8%)	10:10	5.9 (66.3%)
72	RUDNIK Katarzyna	587		K30-39	36	00:50:53.90	00:51:13.60	+00:17:21 (33.9%)	10:10	5.9 (66.3%)
73	BALCERZAK Krystyna	402		K40-49	18	00:51:07.85	00:51:26.40	+00:17:33 (34.1%)	10:13	5.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	37	00:51:20.80	00:51:42.75	+00:17:50 (34.5%)	10:16	5.8 (65.2%)
75	LUDKA Dagmara	513		K40-49	19	00:51:56.95	00:52:03.55	+00:18:11 (34.9%)	10:23	5.8 (65.2%)
76	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	20	00:52:06.30	00:52:12.25	+00:18:19 (35.1%)	10:25	5.8 (65.2%)
77	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	21	00:52:04.60	00:52:22.05	+00:18:29 (35.3%)	10:25	5.8 (65.2%)
78	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	22	00:52:07.20	00:52:27.95	+00:18:35 (35.4%)	10:25	5.8 (65.2%)
79	PIETRZYKOWSKA Katarzyna	563		K30-39	38	00:52:07.50	00:52:28.15	+00:18:35 (35.4%)	10:25	5.8 (65.2%)
80	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	14	00:52:17.60	00:52:39.75	+00:18:47 (35.7%)	10:27	5.7 (64.0%)
81	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	39	00:52:21.85	00:52:40.50	+00:18:48 (35.7%)	10:28	5.7 (64.0%)
82	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	40	00:52:37.15	00:52:49.30	+00:18:56 (35.9%)	10:31	5.7 (64.0%)
83	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	23	00:52:44.30	00:52:52.80	+00:19:00 (35.9%)	10:32	5.7 (64.0%)
84	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	41	00:52:48.75	00:52:54.90	+00:19:02 (36.0%)	10:33	5.7 (64.0%)
85	ŁĘPICKA Marta	520		K16-29	15	00:52:41.30	00:53:00.70	+00:19:08 (36.1%)	10:32	5.7 (64.0%)
86	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	42	00:52:53.95	00:53:01.60	+00:19:09 (36.1%)	10:34	5.7 (64.0%)
87	ŚWIEŻEWSKA Kaja	641		K30-39	43	00:52:35.95	00:53:03.30	+00:19:10 (36.2%)	10:31	5.7 (64.0%)
88	BUNIKOWSKA Emilia	425		K30-39	44	00:53:00.50	00:53:22.65	+00:19:30 (36.5%)	10:36	5.7 (64.0%)
89	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	24	00:53:14.30	00:53:27.45	+00:19:34 (36.6%)	10:38	5.6 (62.9%)
90	PUKOCZ Katarzyna	573		K30-39	45	00:53:03.25	00:53:28.15	+00:19:35 (36.6%)	10:36	5.7 (64.0%)
91	ŻURKOWSKA Dorota	658		K30-39	46	00:54:59.10	00:55:23.70	+00:21:31 (38.8%)	10:59	5.5 (61.8%)
92	GERLE-KOTULA Anna	452		K30-39	47	00:55:43.15	00:55:52.95	+00:22:00 (39.4%)	11:08	5.4 (60.7%)
93	NOWAK Ewelina	541	STG TARNÓW	K30-39	48	00:56:18.20	00:56:27.65	+00:22:35 (40.0%)	11:15	5.3 (59.6%)
94	SKORUPKA Anna	602		K40-49	25	00:56:08.35	00:56:32.10	+00:22:39 (40.1%)	11:13	5.3 (59.6%)
95	WIŚNIEWSKA Dorota	633		K40-49	26	00:56:49.35	00:57:11.20	+00:23:18 (40.8%)	11:22	5.3 (59.6%)
96	KOWALCZYK Justyna	499	ACCENTURE	K50-59	4	00:58:06.05	00:58:14.90	+00:24:22 (41.8%)	11:37	5.2 (58.4%)
97	LEFELIC Monika	512		K40-49	27	00:58:33.80	00:58:47.05	+00:24:54 (42.4%)	11:42	5.1 (57.3%)
98	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	49	00:58:35.95	00:58:50.75	+00:24:58 (42.4%)	11:43	5.1 (57.3%)
98	OGAZA Anna	546		K30-39	49	00:58:36.75	00:58:50.75	+00:24:58 (42.4%)	11:43	5.1 (57.3%)
100	ZIENKIEWICZ Agata	653		K30-39	51	01:00:24.80	01:00:44.65	+00:26:52 (44.2%)	12:05	5 (56.2%)
101	MIERZEJEWSKA Olga	534		K30-39	52	01:00:37.40	01:00:46.75	+00:26:54 (44.3%)	12:07	4.9 (55.1%)
102	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	01:01:22.00	01:01:33.55	+00:27:41 (45.0%)	12:16	4.9 (55.1%)
103	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	28	01:01:33.30	01:01:50.55	+00:27:58 (45.2%)	12:18	4.9 (55.1%)
104	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	53	01:02:20.25	01:02:46.65	+00:28:54 (46.0%)	12:28	4.8 (53.9%)
105	JASIUL Mariola	472		K40-49	29	01:05:08.80	01:05:25.95	+00:31:33 (48.2%)	13:01	4.6 (51.7%)
106	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	54	01:05:59.60	01:05:59.60	+00:32:07 (48.7%)	13:11	4.5 (50.6%)
107	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	01:09:24.85	01:09:51.35	+00:35:58 (51.5%)	13:53	4.3 (48.3%)
108	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	55	01:14:44.55	01:14:54.80	+00:41:02 (54.8%)	14:56	4 (44.9%)
109	KOSZNIRUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	01:15:14.05	01:15:42.10	+00:41:49 (55.3%)	15:02	4 (44.9%)
110	PRZYBYŁO Marta	572		K30-39	56	01:15:29.85	01:15:42.65	+00:41:50 (55.3%)	15:06	4 (44.9%)

Znaleziono 110 wynik(ów)