



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: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	00:34:14.90	00:34:17.15		6:51	8.8 (100%)
2	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	2	00:35:54.90	00:35:59.30	+00:01:42 (4.7%)	7:11	8.4 (95.5%)
3	SZUREK Paulina	623		K30-39	3	00:36:03.55	00:36:05.00	+00:01:47 (5.0%)	7:12	8.3 (94.3%)
4	SZUMNY Nina	622		K30-39	4	00:36:17.35	00:36:19.70	+00:02:02 (5.6%)	7:15	8.3 (94.3%)
5	BISZCZUK Mariola	417	THE THRULERS	K30-39	5	00:36:54.85	00:36:59.55	+00:02:42 (7.3%)	7:23	8.1 (92.0%)
6	STEFANIUK Marzena	610		K30-39	6	00:37:57.15	00:38:02.45	+00:03:45 (9.9%)	7:35	7.9 (89.8%)
7	MIKOŚ Magdalena	535		K30-39	7	00:37:44.05	00:38:04.65	+00:03:47 (10.0%)	7:32	8 (90.9%)
8	PINTSCHER Paulina	564		K30-39	8	00:38:37.75	00:38:42.90	+00:04:25 (11.4%)	7:43	7.8 (88.6%)
9	LANGE Magda	510	STG TARNOW	K30-39	9	00:39:26.40	00:39:29.05	+00:05:11 (13.2%)	7:53	7.6 (86.4%)
10	CHRZAN Magdalena	432		K30-39	10	00:39:56.10	00:40:03.35	+00:05:46 (14.4%)	7:59	7.5 (85.2%)
11	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	00:39:41.90	00:40:03.55	+00:05:46 (14.4%)	7:56	7.6 (86.4%)
12	PROCHASEK Anna	569		K30-39	12	00:40:26.05	00:40:40.55	+00:06:23 (15.7%)	8:05	7.4 (84.1%)
13	TRUSZKOWSKA Marta	628		K30-39	13	00:40:28.60	00:40:46.45	+00:06:29 (15.9%)	8:05	7.4 (84.1%)
14	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	00:41:13.75	00:41:18.45	+00:07:01 (17.0%)	8:14	7.3 (83.0%)
15	HAŚNIK Daria	460		K30-39	15	00:41:56.80	00:42:05.00	+00:07:47 (18.5%)	8:23	7.2 (81.8%)
16	NORWECKA Sylwia	538		K30-39	16	00:44:22.75	00:44:34.80	+00:10:17 (23.1%)	8:52	6.8 (77.3%)
17	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	17	00:44:50.30	00:44:56.20	+00:10:39 (23.7%)	8:58	6.7 (76.1%)
18	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	18	00:45:13.60	00:45:34.55	+00:11:17 (24.8%)	9:02	6.6 (75.0%)
19	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	19	00:45:24.30	00:45:39.15	+00:11:22 (24.9%)	9:05	6.6 (75.0%)
20	ZAŁUBSKA Anna	652	DIETETYK-NIEPOŁOMICE.PL	K30-39	20	00:45:39.40	00:45:52.85	+00:11:35 (25.3%)	9:07	6.6 (75.0%)
21	ZIÓŁEK Kornelia	654		K30-39	21	00:46:17.85	00:46:21.65	+00:12:04 (26.0%)	9:15	6.5 (73.9%)
22	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	22	00:46:18.40	00:46:26.85	+00:12:09 (26.2%)	9:15	6.5 (73.9%)
23	PRZYBYŁKA Agnieszka	571		K30-39	23	00:47:07.00	00:47:15.10	+00:12:57 (27.4%)	9:25	6.4 (72.7%)
24	CIECHAROWSKA Justyna	433		K30-39	24	00:47:16.50	00:47:26.10	+00:13:08 (27.7%)	9:27	6.3 (71.6%)
25	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	25	00:47:24.55	00:47:28.55	+00:13:11 (27.8%)	9:28	6.3 (71.6%)
26	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	26	00:47:33.75	00:47:40.60	+00:13:23 (28.1%)	9:30	6.3 (71.6%)
27	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	27	00:48:09.25	00:48:14.85	+00:13:57 (28.9%)	9:37	6.2 (70.5%)
28	MARKOWSKA Jadwiga	530		K30-39	28	00:48:09.35	00:48:20.85	+00:14:03 (29.1%)	9:37	6.2 (70.5%)
29	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	29	00:47:59.25	00:48:22.40	+00:14:05 (29.1%)	9:35	6.3 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	PIETROŃ Monika	562	LEMON TEAM	K30-39	30	00:48:05.05	00:48:26.75	+00:14:09 (29.2%)	9:37	6.2 (70.5%)
31	ARMAŃSKA Marianna	400		K30-39	31	00:48:22.80	00:48:35.95	+00:14:18 (29.5%)	9:40	6.2 (70.5%)
32	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	32	00:49:11.10	00:49:13.55	+00:14:56 (30.3%)	9:50	6.1 (69.3%)
33	KURCIŃSKA Lidia	507		K30-39	33	00:50:37.45	00:50:56.10	+00:16:38 (32.7%)	10:07	5.9 (67.0%)
34	ŚWIEŻEWSKA Klementyna	640		K30-39	34	00:50:29.95	00:50:56.70	+00:16:39 (32.7%)	10:06	5.9 (67.0%)
35	BRODAWKA Olga	421		K30-39	35	00:50:48.45	00:50:59.65	+00:16:42 (32.8%)	10:09	5.9 (67.0%)
36	RUDNIK Katarzyna	587		K30-39	36	00:50:53.90	00:51:13.60	+00:16:56 (33.1%)	10:10	5.9 (67.0%)
37	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	37	00:51:20.80	00:51:42.75	+00:17:25 (33.7%)	10:16	5.8 (65.9%)
38	PIETRZYKOWSKA Katarzyna	563		K30-39	38	00:52:07.50	00:52:28.15	+00:18:11 (34.7%)	10:25	5.8 (65.9%)
39	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	39	00:52:21.85	00:52:40.50	+00:18:23 (34.9%)	10:28	5.7 (64.8%)
40	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	40	00:52:37.15	00:52:49.30	+00:18:32 (35.1%)	10:31	5.7 (64.8%)
41	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	41	00:52:48.75	00:52:54.90	+00:18:37 (35.2%)	10:33	5.7 (64.8%)
42	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	42	00:52:53.95	00:53:01.60	+00:18:44 (35.3%)	10:34	5.7 (64.8%)
43	ŚWIEŻEWSKA Kaja	641		K30-39	43	00:52:35.95	00:53:03.30	+00:18:46 (35.4%)	10:31	5.7 (64.8%)
44	BUNIKOWSKA Emilia	425		K30-39	44	00:53:00.50	00:53:22.65	+00:19:05 (35.8%)	10:36	5.7 (64.8%)
45	PUKOCZ Katarzyna	573		K30-39	45	00:53:03.25	00:53:28.15	+00:19:11 (35.9%)	10:36	5.7 (64.8%)
46	ŻURKOWSKA Dorota	658		K30-39	46	00:54:59.10	00:55:23.70	+00:21:06 (38.1%)	10:59	5.5 (62.5%)
47	GERLE-KOTULA Anna	452		K30-39	47	00:55:43.15	00:55:52.95	+00:21:35 (38.6%)	11:08	5.4 (61.4%)
48	NOWAK Ewelina	541	STG TARNÓW	K30-39	48	00:56:18.20	00:56:27.65	+00:22:10 (39.3%)	11:15	5.3 (60.2%)
49	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	49	00:58:35.95	00:58:50.75	+00:24:33 (41.7%)	11:43	5.1 (58.0%)
49	OGAZA Anna	546		K30-39	49	00:58:36.75	00:58:50.75	+00:24:33 (41.7%)	11:43	5.1 (58.0%)
51	ZIENKIEWICZ Agata	653		K30-39	51	01:00:24.80	01:00:44.65	+00:26:27 (43.6%)	12:05	5 (56.8%)
52	MIERZEJEWSKA Olga	534		K30-39	52	01:00:37.40	01:00:46.75	+00:26:29 (43.6%)	12:07	4.9 (55.7%)
53	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	53	01:02:20.25	01:02:46.65	+00:28:29 (45.4%)	12:28	4.8 (54.5%)
54	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	54	01:05:59.60	01:05:59.60	+00:31:42 (48.0%)	13:11	4.5 (51.1%)
55	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	55	01:14:44.55	01:14:54.80	+00:40:37 (54.2%)	14:56	4 (45.5%)
56	PRZYBYŁO Marta	572		K30-39	56	01:15:29.85	01:15:42.65	+00:41:25 (54.7%)	15:06	4 (45.5%)

Znaleziono 56 wynik(ów)