



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: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	1	00:39:57.65	00:40:00.40		7:59	7.5 (100%)
2	HENDZLIK Monika	463		K40-49	2	00:40:47.90	00:40:54.35	+00:00:53 (2.2%)	8:09	7.4 (98.7%)
3	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	00:40:46.65	00:40:55.50	+00:00:55 (2.2%)	8:09	7.4 (98.7%)
4	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	4	00:43:42.65	00:43:49.50	+00:03:49 (8.7%)	8:44	6.9 (92.0%)
5	WARCHOCKA Ewelina	632		K40-49	5	00:44:32.25	00:44:50.85	+00:04:50 (10.8%)	8:54	6.7 (89.3%)
6	REJMAN Dorota	580		K40-49	6	00:45:44.75	00:45:54.85	+00:05:54 (12.9%)	9:08	6.6 (88.0%)
7	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	00:45:50.40	00:46:06.40	+00:06:06 (13.2%)	9:10	6.5 (86.7%)
8	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	8	00:46:05.35	00:46:11.95	+00:06:11 (13.4%)	9:13	6.5 (86.7%)
9	BURMAN Beata	426		K40-49	9	00:46:03.30	00:46:14.45	+00:06:14 (13.5%)	9:12	6.5 (86.7%)
10	GAWRYLAK Beata	450	ZUMBIARY	K40-49	10	00:46:37.20	00:46:53.85	+00:06:53 (14.7%)	9:19	6.4 (85.3%)
11	DZIÓBEK Sylwia	444		K40-49	11	00:47:06.70	00:47:18.15	+00:07:17 (15.4%)	9:25	6.4 (85.3%)
12	ŁATA Katarzyna	519		K40-49	12	00:47:11.25	00:47:19.40	+00:07:19 (15.5%)	9:26	6.4 (85.3%)
13	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	13	00:48:09.55	00:48:15.70	+00:08:15 (17.1%)	9:37	6.2 (82.7%)
14	JAROSZEWSKA Iwona	471		K40-49	14	00:47:54.70	00:48:18.55	+00:08:18 (17.2%)	9:35	6.3 (84.0%)
15	SKIBA Katarzyna	599		K40-49	15	00:48:02.20	00:48:22.95	+00:08:22 (17.3%)	9:36	6.2 (82.7%)
16	SALAMON Barbara	590		K40-49	16	00:48:25.30	00:48:32.20	+00:08:31 (17.6%)	9:41	6.2 (82.7%)
17	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	17	00:49:50.20	00:50:01.30	+00:10:00 (20.0%)	9:58	6 (80.0%)
18	BALCERZAK Krystyna	402		K40-49	18	00:51:07.85	00:51:26.40	+00:11:26 (22.2%)	10:13	5.9 (78.7%)
19	LUDKA Dagmara	513		K40-49	19	00:51:56.95	00:52:03.55	+00:12:03 (23.2%)	10:23	5.8 (77.3%)
20	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	20	00:52:06.30	00:52:12.25	+00:12:11 (23.4%)	10:25	5.8 (77.3%)
21	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	21	00:52:04.60	00:52:22.05	+00:12:21 (23.6%)	10:25	5.8 (77.3%)
22	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	22	00:52:07.20	00:52:27.95	+00:12:27 (23.7%)	10:25	5.8 (77.3%)
23	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	23	00:52:44.30	00:52:52.80	+00:12:52 (24.3%)	10:32	5.7 (76.0%)
24	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	24	00:53:14.30	00:53:27.45	+00:13:27 (25.2%)	10:38	5.6 (74.7%)
25	SKORUPKA Anna	602		K40-49	25	00:56:08.35	00:56:32.10	+00:16:31 (29.2%)	11:13	5.3 (70.7%)
26	WIŚNIEWSKA Dorota	633		K40-49	26	00:56:49.35	00:57:11.20	+00:17:10 (30.0%)	11:22	5.3 (70.7%)
27	LEFELIC Monika	512		K40-49	27	00:58:33.80	00:58:47.05	+00:18:46 (31.9%)	11:42	5.1 (68.0%)
28	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	28	01:01:33.30	01:01:50.55	+00:21:50 (35.3%)	12:18	4.9 (65.3%)
29	JASIUL Mariola	472		K40-49	29	01:05:08.80	01:05:25.95	+00:25:25 (38.9%)	13:01	4.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	01:09:24.85	01:09:51.35	+00:29:50 (42.7%)	13:53	4.3 (57.3%)

Znaleziono 30 wynik(ów)