



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-05
Krościenko nad Dunajcem
18 km

TRIADA MARATON BESKID SĄDECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	01:01:20	02:26:35.80	02:26:38.15		8:08	7.4 (100%)
2	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	01:02:06	02:26:56.85	02:26:58.80	+00:00:20 (0.2%)	8:09	7.3 (98.6%)
3	JASIULEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:02:58	02:29:10.40	02:29:12.25	+00:02:34 (1.7%)	8:17	7.2 (97.3%)
4	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	01:05:20	02:32:35.60	02:32:38.85	+00:06:00 (3.9%)	8:28	7.1 (95.9%)
5	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:06:10	02:32:54.15	02:33:02.55	+00:06:24 (4.2%)	8:29	7.1 (95.9%)
6	SZKODA Kasia	361		K16-29	1	01:06:01	02:36:15.90	02:36:23.20	+00:09:45 (6.2%)	8:40	6.9 (93.2%)
7	KUNA Aleksandra	290		K30-39	4	01:10:00	02:43:19.40	02:43:34.05	+00:16:55 (10.4%)	9:04	6.6 (89.2%)
8	CHILICKA Marta	219	RED LION CLUB	K30-39	5	01:10:27	02:44:54.20	02:44:58.80	+00:18:20 (11.1%)	9:09	6.5 (87.8%)
9	ADAMCZAK Barbara	200	TRAVOIS	K40-49	3	01:13:42	02:46:32.55	02:46:42.15	+00:20:04 (12.0%)	9:15	6.5 (87.8%)
10	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	01:12:40	02:47:21.00	02:47:33.95	+00:20:55 (12.5%)	9:17	6.5 (87.8%)
11	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	5	01:12:57	02:47:21.40	02:47:34.05	+00:20:55 (12.5%)	9:17	6.5 (87.8%)
12	KALETA Anna	262		K30-39	6	01:15:06	02:49:05.70	02:49:32.25	+00:22:54 (13.5%)	9:23	6.4 (86.5%)
13	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	6	01:13:00	02:50:28.85	02:50:42.10	+00:24:03 (14.1%)	9:28	6.3 (85.1%)
14	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	7	01:11:05	02:51:10.25	02:51:26.10	+00:24:47 (14.5%)	9:30	6.3 (85.1%)
15	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	8	01:10:13	02:51:24.15	02:51:27.50	+00:24:49 (14.5%)	9:31	6.3 (85.1%)
16	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	7	01:14:42	02:53:42.00	02:54:04.75	+00:27:26 (15.8%)	9:39	6.2 (83.8%)
17	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	8	01:12:53	02:55:26.80	02:55:31.95	+00:28:53 (16.5%)	9:44	6.2 (83.8%)
18	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	9	01:15:24	02:55:48.80	02:56:07.65	+00:29:29 (16.7%)	9:46	6.1 (82.4%)
19	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	2	01:13:46	02:55:59.50	02:56:18.40	+00:29:40 (16.8%)	9:46	6.1 (82.4%)
20	WAŁĘGA Monika	371		K30-39	9	01:14:43	02:57:11.90	02:57:21.85	+00:30:43 (17.3%)	9:50	6.1 (82.4%)
21	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	3	01:14:24	02:57:19.25	02:57:38.50	+00:31:00 (17.5%)	9:51	6.1 (82.4%)
22	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	10	01:14:40	02:59:29.80	02:59:57.75	+00:33:19 (18.5%)	9:58	6 (81.1%)
23	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	11	01:02:33	03:00:11.10	03:00:19.80	+00:33:41 (18.7%)	10:00	6 (81.1%)
24	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	12	01:14:01	03:02:55.95	03:03:11.35	+00:36:33 (20.0%)	10:09	5.9 (79.7%)
25	NOWAK Beata	321		K30-39	13	01:14:51	03:03:08.25	03:03:19.20	+00:36:41 (20.0%)	10:10	5.9 (79.7%)
26	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	01:18:13	03:08:33.55	03:08:50.80	+00:42:12 (22.4%)	10:28	5.7 (77.0%)
27	STEC Iwona	356		K30-39	14	01:16:30	03:08:42.35	03:08:52.85	+00:42:14 (22.4%)	10:29	5.7 (77.0%)
28	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	10	01:15:10	03:11:32.25	03:11:38.00	+00:44:59 (23.5%)	10:38	5.6 (75.7%)
29	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	11	01:21:24	03:11:53.80	03:12:20.70	+00:45:42 (23.8%)	10:39	5.6 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
30	DYDERSKA Wioletta	230	WIOLAADI	K40-49	12	00:50:19	03:13:27.90	03:13:39.70	+00:47:01 (24.3%)	10:44	5.6 (75.7%)
31	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	13	01:22:21	03:13:30.85	03:13:43.00	+00:47:04 (24.3%)	10:45	5.6 (75.7%)
32	KOWALSKA-GRZEJDA Anna	278		K40-49	14	01:18:11	03:14:08.90	03:14:14.85	+00:47:36 (24.5%)	10:47	5.6 (75.7%)
33	DZIEWIATOWSKA Agnieszka	234		K40-49	15	01:17:10	03:14:39.80	03:14:51.25	+00:48:13 (24.7%)	10:48	5.5 (74.3%)
34	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	16	01:18:42	03:16:14.50	03:16:22.10	+00:49:43 (25.3%)	10:54	5.5 (74.3%)
35	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	15	01:21:25	03:16:59.50	03:17:09.85	+00:50:31 (25.6%)	10:56	5.5 (74.3%)
36	MALAWKO Aleksandra	305		K40-49	17	01:25:46	03:18:23.70	03:18:46.75	+00:52:08 (26.2%)	11:01	5.4 (73.0%)
37	JATA Marta	259	WW TEAM	K30-39	16	01:21:01	03:19:11.70	03:19:22.85	+00:52:44 (26.5%)	11:03	5.4 (73.0%)
38	BOBINSKA Marta	207		K30-39	17	01:21:50	03:19:12.35	03:19:27.90	+00:52:49 (26.5%)	11:04	5.4 (73.0%)
39	MROZIK Magdalena	317	POWER TRAINING	K30-39	18	01:21:49	03:19:13.35	03:19:28.00	+00:52:49 (26.5%)	11:04	5.4 (73.0%)
40	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	19	01:23:11	03:19:54.15	03:20:18.15	+00:53:40 (26.8%)	11:06	5.4 (73.0%)
41	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	20	01:20:06	03:20:35.35	03:20:45.95	+00:54:07 (27.0%)	11:08	5.4 (73.0%)
42	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	18	01:20:25	03:20:46.15	03:20:52.70	+00:54:14 (27.0%)	11:09	5.4 (73.0%)
43	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	19	01:21:14	03:20:54.35	03:21:14.10	+00:54:35 (27.1%)	11:09	5.4 (73.0%)
44	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	20	01:20:19	03:22:01.85	03:22:18.60	+00:55:40 (27.5%)	11:13	5.3 (71.6%)
45	PATEREK Ada	332		K40-49	21	01:24:48	03:23:44.40	03:24:07.30	+00:57:29 (28.2%)	11:19	5.3 (71.6%)
46	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	22	01:22:18	03:25:16.95	03:25:38.60	+00:59:00 (28.7%)	11:24	5.3 (71.6%)
47	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	23	01:22:14	03:25:16.65	03:25:38.90	+00:59:00 (28.7%)	11:24	5.3 (71.6%)
48	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	24	01:21:45	03:27:47.85	03:28:02.70	+01:01:24 (29.5%)	11:32	5.2 (70.3%)
49	KUBLER Anna	287		K40-49	25	01:23:20	03:30:48.65	03:31:02.25	+01:04:24 (30.5%)	11:42	5.1 (68.9%)
50	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	26	01:23:26	03:31:17.45	03:31:35.90	+01:04:57 (30.7%)	11:44	5.1 (68.9%)
51	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	21	01:25:52	03:34:47.10	03:35:14.45	+01:08:36 (31.9%)	11:55	5 (67.6%)
52	ZACHARA Katarzyna	391		K30-39	22	01:23:15	03:35:10.85	03:35:23.65	+01:08:45 (31.9%)	11:57	5 (67.6%)
53	GAŚIOROWSKA Dorota	251	LADIESLOSTGĄSBAGĄS	K50-59	2	01:24:57	03:35:16.70	03:35:42.20	+01:09:04 (32.0%)	11:57	5 (67.6%)
54	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	27	01:25:48	03:35:27.70	03:35:53.50	+01:09:15 (32.1%)	11:58	5 (67.6%)
55	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	23	01:25:50	03:35:27.30	03:35:53.60	+01:09:15 (32.1%)	11:58	5 (67.6%)
56	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	28	01:26:19	03:35:54.10	03:36:05.75	+01:09:27 (32.1%)	11:59	5 (67.6%)
57	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	29	01:30:33	03:40:35.35	03:40:59.45	+01:14:21 (33.6%)	12:15	4.9 (66.2%)
58	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	30	01:25:00	03:41:18.90	03:41:32.65	+01:14:54 (33.8%)	12:17	4.9 (66.2%)
59	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	31	01:31:58	03:44:13.95	03:44:23.25	+01:17:45 (34.7%)	12:27	4.8 (64.9%)
60	WRZESIŃSKA Joanna	252		K40-49	32	01:31:03	03:45:31.00	03:45:52.95	+01:19:14 (35.1%)	12:31	4.8 (64.9%)
61	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	24	01:27:48	03:45:32.10	03:45:53.15	+01:19:15 (35.1%)	12:31	4.8 (64.9%)
62	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	01:24:44	03:46:35.10	03:46:43.60	+01:20:05 (35.3%)	12:35	4.8 (64.9%)
63	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	25	01:34:07	03:47:29.30	03:48:02.50	+01:21:24 (35.7%)	12:38	4.7 (63.5%)
64	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	33	01:30:43	03:51:05.15	03:51:10.50	+01:24:32 (36.6%)	12:50	4.7 (63.5%)
65	SZLAKOWICZ Ewa	363		K40-49	34	01:33:49	04:00:51.15	04:01:09.40	+01:34:31 (39.2%)	13:22	4.5 (60.8%)
66	KAPŁON Anna	264		K40-49	35	01:37:49	04:05:12.20	04:05:23.45	+01:38:45 (40.2%)	13:37	4.4 (59.5%)
67	JARACZ-PATEREK Alina	254	NOA	K40-49	36	01:30:36	04:30:02.30	04:30:11.30	+02:03:33 (45.7%)	15:00	4 (54.1%)
68	WITKOWSKA Maria	668		K60+	1	01:42:24	04:29:37.05	04:30:17.25	+02:03:39 (45.7%)	14:58	4 (54.1%)

Znaleziono 68 wynik(ów)