

BIEG K-B-L - 110 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Łądek Zdrój
Dystans: 110 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | A9 15km | A11 40km | A12 61km | A13 73km | A14 85km | A15 98km | Czas netto 110km | Czas brutto 110km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------|----------------|------|------------|-------------|-------------|-------------|-------------|-------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 1 | KURPIEWSKA Anna | 5123 | GT RAT | Masters K - 40 | 1 | 01:46:28 | 05:06:00 | | 09:40:14 | 11:57:51 | 13:43:52 | 15:10:42.85 | 15:10:51.10 | | 8:16 | 7,2 (100%) |
| 2 | WYSTRYCHOWSKA Marzena | 5160 | BFAGENCJA.PL | Masters K - 40 | 2 | 02:02:32 | 05:42:31 | 08:59:54 | 10:43:48 | 13:27:54 | 15:31:19 | 17:14:25.85 | 17:14:31.50 | +02:03:40 (12.0%) | 9:24 | 6,4 (85.7%) |
| 3 | MARCHEWKA Joanna | 5025 | | Masters K - 40 | 3 | 02:04:27 | 05:38:00 | 08:55:34 | 10:41:24 | 13:23:34 | 15:43:01 | 17:39:05.20 | 17:39:30.40 | +02:28:39 (14.0%) | 9:37 | 6,2 (85.7%) |
| 4 | GARGAS-MARUT Małgorzata | 5190 | PZU SPORT TEAM | Masters K - 40 | 4 | 02:10:44 | 05:58:51 | 09:25:31 | 11:16:57 | 14:15:31 | 16:35:24 | 18:36:05.90 | 18:36:34.85 | +03:25:43 (18.4%) | 10:08 | 5,9 (71.4%) |
| 5 | MATUSZEWSKA Małgorzata | 5040 | RUNNER'S POWER ŚREM | Masters K - 40 | 5 | 02:20:22 | 06:36:41 | 10:16:44 | 12:33:46 | 15:34:44 | 18:10:04 | 20:04:40.55 | 20:04:56.45 | +04:54:05 (24.4%) | 10:57 | 5,5 (71.4%) |
| 6 | WOLF Weronika | 5033 | TKKF KOSZALIN | Masters K - 40 | 6 | 02:15:06 | 07:00:42 | 10:54:45 | 13:10:49 | | 18:49:38 | 20:52:26.70 | 20:52:40.75 | +05:41:49 (27.3%) | 11:23 | 5,3 (71.4%) |
| 7 | JEDYNAK Izabelka | 5212 | KB MANIAC POZNAŃ | Masters K - 40 | 7 | 02:26:28 | 07:30:43 | 12:02:32 | 14:19:28 | 17:13:32 | 19:47:06 | 21:51:06.00 | 21:51:33.35 | +06:40:42 (30.6%) | 11:55 | 5 (71.4%) |
| 8 | SOKOŁOWSKA Małgorzata | 5151 | | Masters K - 40 | 8 | 02:31:16 | 07:47:05 | 12:20:34 | 15:08:47 | 19:08:34 | 22:19:01 | 24:59:34.90 | 25:00:00.20 | +09:49:09 (39.3%) | 13:37 | 4,4 (57.1%) |

Znaleziono 8 wynik(ów)