

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	FOGIEL-PAWŁOWSKA Agnieszka	7131		Masters K - 40	1	00:27:56	00:43:18	01:08:21.95	01:08:28.25		6:50	8.8 (100%)
2	MARUT Katarzyna	7374	NIGHT RUNNERS GLIWICE	Masters K - 40	2	00:31:25	00:49:03	01:17:15.20	01:17:36.90	+00:09:08 (11.8%)	7:43	7.8 (88.6%)
3	KOCIMSKA Katarzyna	7340	EUROVENT ATHLETICS OPOLE	Masters K - 40	3	00:28:54	00:48:23	01:18:34.60	01:18:38.70	+00:10:10 (12.9%)	7:51	7.6 (86.4%)
4	PRZYDRÓŻNA Julita	7022	26,2	Masters K - 40	4	00:31:55	00:49:47	01:19:16.00	01:19:47.25	+00:11:19 (14.2%)	7:55	7.6 (86.4%)
5	KUŹNIAK Martyna	7071		Masters K - 40	5	00:30:25	00:48:35	01:20:49.65	01:20:55.45	+00:12:27 (15.4%)	8:05	7.4 (84.1%)
6	NIEDZIELA Danuta	7040	GOSTYŃ	Masters K - 40	6	00:32:03	00:50:38	01:24:11.55	01:24:21.15	+00:15:52 (18.8%)	8:25	7.1 (80.7%)
7	WIECZOREK Monika	7256		Masters K - 40	7	00:32:55	00:52:45	01:25:13.05	01:25:16.85	+00:16:48 (19.7%)	8:31	7 (79.5%)
8	KARWECKA-WIELICKA Katarzyna	7279		Masters K - 40	8	00:33:45	00:53:49	01:25:55.30	01:26:42.50	+00:18:14 (21.0%)	8:35	7 (79.5%)
9	GAJDECKA Adriana	7107		Masters K - 40	9	00:34:27	00:55:15	01:26:37.55	01:27:20.20	+00:18:51 (21.6%)	8:39	6.9 (78.4%)
10	BRZOZA Dorota	7177		Masters K - 40	10	00:34:03	00:54:19	01:27:04.60	01:27:41.90	+00:19:13 (21.9%)	8:42	6.9 (78.4%)
11	HAWROT Marta	7346		Masters K - 40	11	00:35:47	00:54:55	01:27:58.55	01:28:02.00	+00:19:33 (22.2%)	8:47	6.8 (77.3%)
12	KRYCH Joanna	7210		Masters K - 40	12	00:34:39	00:55:08	01:28:59.60	01:29:05.90	+00:20:37 (23.2%)	8:53	6.7 (76.1%)
13	TOMERA Dorota	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	Masters K - 40	13	00:35:17	00:55:45	01:28:50.05	01:29:31.75	+00:21:03 (23.5%)	8:53	6.8 (77.3%)
14	JANICKA-TOMIAK Eliza	7271		Masters K - 40	14	00:34:17	00:55:48	01:29:57.85	01:30:07.20	+00:21:38 (24.0%)	8:59	6.7 (76.1%)
15	OWSIANIK Sylwia	7176		Masters K - 40	15	00:34:39	00:55:08	01:30:08.45	01:30:14.55	+00:21:46 (24.1%)	9:00	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
16	MROCZKIEWICZ Klaudia	7034	VEGERUNNERS	Masters K - 40	16	00:32:34	00:53:26	01:30:30.20	01:30:40.15	+00:22:11 (24.5%)	9:03	6.6 (75.0%)
17	NIEMAS Anna	7248	OYAMA KARATE BRZESZCZE	Masters K - 40	17	00:34:14	00:55:19	01:30:25.65	01:30:55.00	+00:22:26 (24.7%)	9:02	6.6 (75.0%)
18	MARCINKOWSKA Katarzyna	7283	LADY AEROBIK NYSA	Masters K - 40	18	00:33:30	00:54:29	01:30:31.05	01:31:08.45	+00:22:40 (24.9%)	9:03	6.6 (75.0%)
19	PALUSIŃSKA Agnieszka	7317	LOVELASY	Masters K - 40	19	00:34:40	00:56:10	01:32:31.30	01:32:45.65	+00:24:17 (26.2%)	9:15	6.5 (73.9%)
20	OSTROWSKA-NABIAŁCZYK Agnieszka	7287	1976	Masters K - 40	20	00:33:11	00:33:16	01:32:35.85	01:32:45.95	+00:24:17 (26.2%)	9:15	6.5 (73.9%)
21	PAKUŁA Beata	7353		Masters K - 40	21	00:34:33	00:55:53	01:33:14.90	01:33:16.60	+00:24:48 (26.6%)	9:19	6.4 (72.7%)
22	WINNICKA Anna	7414		Masters K - 40	22	00:34:34	00:55:48	01:33:10.55	01:33:21.75	+00:24:53 (26.7%)	9:19	6.4 (72.7%)
23	WYSMOLIŃSKA Karolina	7362		Masters K - 40	23	00:35:07	00:57:03	01:34:21.10	01:34:34.55	+00:26:06 (27.6%)	9:26	6.4 (72.7%)
24	ŻYŻA Magdalena	7226	MAAGNUS TEAM SKOKOWA	Masters K - 40	24	00:36:11	00:59:09	01:34:48.85	01:35:27.80	+00:26:59 (28.3%)	9:28	6.3 (71.6%)
25	HAJDA Olga	7238		Masters K - 40	25	00:36:06	00:59:10	01:36:44.30	01:36:52.55	+00:28:24 (29.3%)	9:40	6.2 (70.5%)
26	PIORKOWSKA Monika	7295		Masters K - 40	26	00:36:42	00:58:52	01:37:29.45	01:37:55.30	+00:29:27 (30.1%)	9:45	6.2 (70.5%)
27	KLIN Aneta	7043		Masters K - 40	27	00:36:50	01:00:40	01:41:32.45	01:41:58.00	+00:33:29 (32.8%)	10:09	5.9 (67.0%)
28	PODOLSKA-SZACHEWICZ Julita	7056	JEŻOZWIERZE GROUP	Masters K - 40	28	00:38:52	01:02:32	01:42:48.75	01:43:29.40	+00:35:01 (33.8%)	10:16	5.8 (65.9%)
29	MACUR Agnieszka	7223		Masters K - 40	29	00:37:35	01:01:18	01:44:42.50	01:45:22.55	+00:36:54 (35.0%)	10:28	5.7 (64.8%)
30	MIKOŁAJCZAK Magdalena	7137		Masters K - 40	30	00:40:40	01:04:33	01:45:18.00	01:46:03.15	+00:37:34 (35.4%)	10:31	5.7 (64.8%)
31	DADAŚ Elżbieta	7048	NIGHT RUNNERS GLIWICE	Masters K - 40	31	00:37:46	01:01:23	01:45:42.85	01:46:05.45	+00:37:37 (35.5%)	10:34	5.7 (64.8%)
32	BOBIN Anna	7019		Masters K - 40	32	00:39:36	01:03:00	01:46:02.75	01:46:11.75	+00:37:43 (35.5%)	10:36	5.7 (64.8%)
33	OLESZCZAK Agnieszka	7343		Masters K - 40	33	00:35:58	00:59:13	01:46:15.50	01:46:39.65	+00:38:11 (35.8%)	10:37	5.6 (63.6%)
34	KRUK Anna	7280		Masters K - 40	34	00:38:21	01:02:56	01:46:25.75	01:46:52.05	+00:38:23 (35.9%)	10:38	5.6 (63.6%)
35	CHOJNOWSKA Barbra	7016	PUSIA TEAM	Masters K - 40	35	00:39:45	01:04:16	01:48:06.00	01:48:53.55	+00:40:25 (37.1%)	10:48	5.6 (63.6%)
36	PODJUK Kinga	7085		Masters K - 40	36	00:41:04	01:06:47	01:51:40.40	01:51:48.95	+00:43:20 (38.8%)	11:10	5.4 (61.4%)
37	KAZUŚ-OLESIŃSKA Małgorzata	7396		Masters K - 40	37	00:45:11	01:14:16	01:59:43.50	02:00:07.70	+00:51:39 (43.0%)	11:58	5 (56.8%)
38	PRZYBYLSKA Magdalena	7099		Masters K - 40	38	00:46:04	01:13:39	02:01:29.15	02:02:05.30	+00:53:37 (43.9%)	12:08	4.9 (55.7%)

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39	WIERCIOCH Iwona	7430		Masters K - 40	39	00:47:29	01:15:18	02:04:38.55	02:04:53.20	+00:56:24 (45.2%)	12:27	4.8 (54.5%)
40	KOWALCZYK Ilona	7395		Masters K - 40	40	00:44:49	01:14:13	02:05:33.10	02:05:58.60	+00:57:30 (45.6%)	12:33	4.8 (54.5%)
41	CZAPSKA Izabela	7093	SONKOTEAM	Masters K - 40	41	00:39:29	01:10:24	02:06:53.95	02:07:08.75	+00:58:40 (46.1%)	12:41	4.7 (53.4%)
42	PAWŁOWSKA Danuta	7359		Masters K - 40	42	00:46:04	01:16:19	02:13:25.00	02:13:48.05	+01:05:19 (48.8%)	13:20	4.5 (51.1%)
43	STELMACH Elżbieta	7246		Masters K - 40	43	00:52:38	01:23:35	02:27:52.70	02:28:23.10	+01:19:54 (53.9%)	14:47	4.1 (46.6%)
44	ROŻEK Agnieszka	7333	MUAY RUNNING TEAM	Masters K - 40	44	00:56:08	01:29:22	02:28:41.95	02:29:30.40	+01:21:02 (54.2%)	14:52	4 (45.5%)

Znaleziono 44 wynik(ów)