

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-23  
**Miejsce:** Łądek Zdrój  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HACZYK Natalia</b>	<b>1234</b>	BIEG OPOLSKI	Masters K - 40	1	00:25:38	00:39:46	<b>01:04:57.60</b>	<b>01:05:07.50</b>		6:29	9.2 (100%)
2	<b>GRABIŃSKA Gizela</b>	<b>1086</b>	DREAM RUN/ AZS UW	Masters K - 40	2	00:26:37	00:41:50	<b>01:07:06.85</b>	<b>01:07:12.05</b>	+00:02:04 (3.1%)	6:42	8.9 (96.7%)
3	<b>CZEBOTAR Barbara</b>	<b>1237</b>		Masters K - 40	3	00:27:32	00:43:02	<b>01:09:19.10</b>	<b>01:09:27.05</b>	+00:04:19 (6.2%)	6:56	8.7 (94.6%)
4	<b>WOJTKOWIAK Renata</b>	<b>1132</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	00:27:52	00:44:59	<b>01:13:47.55</b>	<b>01:14:05.35</b>	+00:08:57 (12.1%)	7:22	8.1 (88.0%)
5	<b>LUBAŃSKA Alicja</b>	<b>1073</b>	ZS BUKOWICE	Masters K - 40	5	00:28:36	00:45:29	<b>01:14:45.50</b>	<b>01:14:47.80</b>	+00:09:40 (12.9%)	7:28	8 (87.0%)
6	<b>SKOWRON Katarzyna</b>	<b>1284</b>	MARATHON CLUB IRELAND	Masters K - 40	6	00:30:44	00:47:46	<b>01:16:01.05</b>	<b>01:16:02.95</b>	+00:10:55 (14.4%)	7:36	7.9 (85.9%)
7	<b>LISIEWICZ KALETA Agata</b>	<b>1085</b>	PRO-RUN WROCŁAW	Masters K - 40	7			<b>01:16:10.90</b>	<b>01:16:10.90</b>	+00:11:03 (14.5%)	7:37	7.9 (85.9%)
8	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>1093</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	8	00:30:29	00:48:08	<b>01:17:41.85</b>	<b>01:18:15.70</b>	+00:13:08 (16.8%)	7:46	7.7 (83.7%)
9	<b>KUŹNIAK Martyna</b>	<b>1054</b>		Masters K - 40	9	00:30:52	00:48:16	<b>01:19:22.95</b>	<b>01:19:47.40</b>	+00:14:39 (18.4%)	7:56	7.6 (82.6%)
10	<b>GEROWSKA Aleksandra</b>	<b>1032</b>	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	10	00:32:07	00:49:51	<b>01:22:00.80</b>	<b>01:22:21.30</b>	+00:17:13 (20.9%)	8:12	7.3 (79.3%)
11	<b>WYSTRYCHOWSKA Marzena</b>	<b>1246</b>		Masters K - 40	11	00:30:30	00:49:50	<b>01:22:38.20</b>	<b>01:22:41.40</b>	+00:17:33 (21.2%)	8:15	7.3 (79.3%)
12	<b>ŚWIDEREK Kasia</b>	<b>1268</b>		Masters K - 40	12	00:32:13	00:50:06	<b>01:23:25.05</b>	<b>01:23:28.15</b>	+00:18:20 (22.0%)	8:20	7.2 (78.3%)
13	<b>BRZOZA Dorota</b>	<b>1197</b>		Masters K - 40	13	00:33:21	00:51:05	<b>01:23:18.25</b>	<b>01:23:51.90</b>	+00:18:44 (22.3%)	8:19	7.2 (78.3%)
14	<b>PABICH Magdalena</b>	<b>1050</b>	4RUN TEAM PIŁA	Masters K - 40	14	00:33:49	00:53:06	<b>01:25:02.05</b>	<b>01:25:08.00</b>	+00:20:00 (23.5%)	8:30	7.1 (77.2%)
15	<b>LACHOWICZ Anna</b>	<b>1243</b>		Masters K - 40	15	00:33:59	00:52:50	<b>01:25:14.60</b>	<b>01:25:33.25</b>	+00:20:25 (23.9%)	8:31	7 (76.1%)

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16	WŁOSKOWICZ Kinga	1135		Masters K - 40	16	00:34:12	00:53:49	01:26:03.15	01:26:06.05	+00:20:58 (24.4%)	8:36	7 (76.1%)
17	KOLENDO Edyta	1163		Masters K - 40	17	00:32:55	00:51:48	01:25:56.65	01:26:13.50	+00:21:06 (24.5%)	8:35	7 (76.1%)
18	KAYSIEWICZ Joanna	1003		Masters K - 40	18	00:34:14	00:53:17	01:26:14.95	01:26:49.20	+00:21:41 (25.0%)	8:37	7 (76.1%)
19	BALCERZAK Agnieszka	1015	MARATOŃCZYK POZNAŃ	Masters K - 40	19	00:34:25	00:53:46	01:26:53.50	01:27:24.40	+00:22:16 (25.5%)	8:41	6.9 (75.0%)
20	NIEWIADOMSKA Agnieszka	1021		Masters K - 40	20	00:35:36	00:55:27	01:27:05.10	01:27:37.30	+00:22:29 (25.7%)	8:42	6.9 (75.0%)
21	LEŚNIEWSKA Justyna	1262		Masters K - 40	21	00:35:06	00:54:41	01:28:45.50	01:29:04.80	+00:23:57 (26.9%)	8:52	6.8 (73.9%)
22	KOWAL Ewa	1310		Masters K - 40	22	00:35:25	00:54:45	01:29:21.60	01:29:35.40	+00:24:27 (27.3%)	8:56	6.7 (72.8%)
23	TASZAREK Ewa	1029		Masters K - 40	23	00:32:02	00:51:59	01:29:25.85	01:29:36.30	+00:24:28 (27.3%)	8:56	6.7 (72.8%)
24	HAWROT Marta	1276		Masters K - 40	24	00:36:32	00:57:32	01:32:39.85	01:32:45.80	+00:27:38 (29.8%)	9:16	6.5 (70.7%)
25	CIASTOWICZ-TOMCZAK Inga	1024	FIGHTERS MOSINA	Masters K - 40	25	00:36:47	00:57:46	01:35:20.00	01:35:35.90	+00:30:28 (31.9%)	9:32	6.3 (68.5%)
26	DZIDEK Katarzyna	1031		Masters K - 40	26	00:36:42	00:59:31	01:36:29.45	01:36:57.05	+00:31:49 (32.8%)	9:39	6.2 (67.4%)
27	NIEMAS Anna	1042	OYAMA KARATE BRZESZCZE	Masters K - 40	27	00:36:41	00:58:09	01:36:31.85	01:37:00.00	+00:31:52 (32.9%)	9:39	6.2 (67.4%)
28	REMBIELAK-TACIAK Anna	1188	ANTONINEK POZNAŃ	Masters K - 40	28	00:36:53	00:59:50	01:37:15.45	01:37:27.40	+00:32:19 (33.2%)	9:43	6.2 (67.4%)
29	NIEZGÓDKA Sylwia	1270		Masters K - 40	29	00:39:42	01:00:23	01:38:32.20	01:38:42.00	+00:33:34 (34.0%)	9:51	6.1 (66.3%)
30	WALISZEWSKA-PLEWA Izabella	1036		Masters K - 40	30	00:37:11	00:59:30	01:38:33.30	01:38:51.40	+00:33:43 (34.1%)	9:51	6.1 (66.3%)
31	OLCZYK Anna	1194	RUN LODZ	Masters K - 40	31	00:36:46	00:59:45	01:38:54.35	01:39:17.75	+00:34:10 (34.4%)	9:53	6.1 (66.3%)
32	BUDNIOK Barbara	1048	ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA	Masters K - 40	32	00:36:40	00:59:29	01:39:27.65	01:39:35.20	+00:34:27 (34.6%)	9:56	6 (65.2%)
33	WALENDA Katarzyna	1136	VEGE ULTRA RUNNERS	Masters K - 40	33	00:41:34	01:03:27	01:40:54.90	01:41:16.40	+00:36:08 (35.7%)	10:05	5.9 (64.1%)
34	MAZURCZAK Ewa	1158	KOBIETAWBIEGU.PL	Masters K - 40	34	00:40:36	01:02:52	01:41:24.25	01:41:46.40	+00:36:38 (36.0%)	10:08	5.9 (64.1%)
35	AUGUSTOWSKA Izabela	1231	KB GEOTERMIA UNIEJÓW	Masters K - 40	35	00:38:21	01:00:32	01:42:09.05	01:42:23.85	+00:37:16 (36.4%)	10:12	5.9 (64.1%)
36	DOJKA Dorota	1152		Masters K - 40	36	00:38:21	01:00:24	01:42:08.85	01:42:24.20	+00:37:16 (36.4%)	10:12	5.9 (64.1%)
37	RAJKOWSKA Anna	1230		Masters K - 40	37	00:39:31	01:03:06	01:43:08.95	01:43:16.30	+00:38:08 (36.9%)	10:18	5.8 (63.0%)
38	JĘDRZEJEWSKA Ula	1253	WATAHA	Masters K - 40	38	00:39:58	01:03:02	01:43:20.50	01:43:44.55	+00:38:37 (37.2%)	10:20	5.8 (63.0%)

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39	<b>LECHNA Mirella</b>	<b>1061</b>		Masters K - 40	39	00:39:39	01:04:17	<b>01:44:59.25</b>	<b>01:45:04.15</b>	+00:39:56 (38.0%)	10:30	5.7 (62.0%)
40	<b>NAÇKIEWICZ Justyna</b>	<b>1251</b>		Masters K - 40	40	00:39:21	01:05:23	<b>01:46:51.80</b>	<b>01:47:27.10</b>	+00:42:19 (39.4%)	10:41	5.6 (60.9%)
41	<b>BLISKA-MROCZKA Henryka</b>	<b>1311</b>		Masters K - 40	41	00:40:46	01:07:51	<b>01:52:01.50</b>	<b>01:52:15.65</b>	+00:47:08 (42.0%)	11:12	5.4 (58.7%)

Znaleziono 41 wynik(ów)