

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2019-07-21
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior I K - 20

Place	Participant	Number	Club	Category	MCat	C1 3.7km	C1 5.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	SOLIŃSKA Katarzyna	7426		Senior I K - 20	1	00:20:30	00:32:39	00:53:10.85	00:53:13.65		5:19	11.3 (100%)
2	ADAMCZYK Martyna	7241		Senior I K - 20	2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	+00:02:41 (4.8%)	5:35	10.7 (94.7%)
3	PODSIADŁO Anna	7173	PODSIADŁO TEAM	Senior I K - 20	3	00:25:18	00:39:52	01:03:20.35	01:03:51.35	+00:10:37 (16.6%)	6:20	9.5 (84.1%)
4	PERZ Emilia	7098		Senior I K - 20	4	00:25:35	00:40:24	01:04:51.00	01:04:55.45	+00:11:41 (18.0%)	6:29	9.3 (82.3%)
5	GŁĄB Daria	7300	ZAŁOGA GÓRSKA	Senior I K - 20	5	00:25:17	00:40:25	01:07:02.25	01:07:09.55	+00:13:55 (20.7%)	6:42	9 (79.6%)
6	WZOREK Ewa	7330	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:28:13	00:44:16	01:10:11.50	01:10:29.55	+00:17:15 (24.5%)	7:01	8.5 (75.2%)
7	ULIKOWSKA Martyna	7310	ZAŁOGA GÓRSKA	Senior I K - 20	7	00:29:30	00:45:41	01:11:57.75	01:12:06.90	+00:18:53 (26.2%)	7:11	8.3 (73.5%)
8	WESOŁOWSKA Kinga	7187	KALENIJ BY DECATHLON	Senior I K - 20	8	00:28:01	00:45:05	01:13:02.35	01:13:13.70	+00:20:00 (27.3%)	7:18	8.2 (72.6%)
9	KACZMAREK Katarzyna	7217	PRO_RUN	Senior I K - 20	9	00:28:06	00:45:29	01:13:07.20	01:13:20.55	+00:20:06 (27.4%)	7:18	8.2 (72.6%)
10	HOREJDA Sara	7326		Senior I K - 20	10	00:28:43	00:45:44	01:13:39.95	01:13:50.40	+00:20:36 (27.9%)	7:22	8.1 (71.7%)
11	SZYMONIK Dominika	7209	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:31:37	00:50:18	01:19:44.65	01:20:01.20	+00:26:47 (33.5%)	7:58	7.5 (66.4%)
12	PASZKE Joanna	7314		Senior I K - 20	12	00:30:38	00:48:40	01:20:02.25	01:20:46.10	+00:27:32 (34.1%)	8:00	7.5 (66.4%)
13	GÓRALCZYK Katarzyna	7302	ZAŁOGA GÓRSKA	Senior I K - 20	13	00:32:10	00:50:36	01:21:48.60	01:22:05.45	+00:28:51 (35.2%)	8:10	7.3 (64.6%)
14	PENDZIAŁEK Małgorzata	7334	MUAY RUNNING TEAM	Senior I K - 20	14	00:30:55	00:49:47	01:21:50.15	01:22:09.85	+00:28:56 (35.2%)	8:11	7.3 (64.6%)
15	PLEWA Paulina	7120	BPK	Senior I K - 20	15	00:33:15	00:54:05	01:26:15.95	01:26:15.95	+00:33:02 (38.3%)	8:37	7 (61.9%)
16	MAJEWSKA Sonia	7328		Senior I K - 20	16	00:33:21	00:53:16	01:27:17.95	01:27:26.55	+00:34:12 (39.1%)	8:43	6.9 (61.1%)
17	SZAŁAJSKA Magdalena	7269		Senior I K - 20	17	00:35:09	00:57:03	01:29:56.35	01:30:30.55	+00:37:16 (41.2%)	8:59	6.7 (59.3%)
18	KOSZYKA Weronika	7041	CONSTRAVIA	Senior I K - 20	18	00:36:11	00:57:38	01:30:44.15	01:31:01.65	+00:37:48 (41.5%)	9:04	6.6 (58.4%)
19	SZYMAŁA Karolina	7192	#NIUŃKOWABIEGA	Senior I K - 20	19	00:34:33	00:56:09	01:31:57.35	01:32:24.70	+00:39:11 (42.4%)	9:11	6.5 (57.5%)
20	HEBDA Dominika	7188	ADRIAN DANILEWICZ GROUP	Senior I K - 20	20	00:34:22	00:55:31	01:32:05.65	01:32:27.35	+00:39:13 (42.4%)	9:12	6.5 (57.5%)
21	KONIECZNA Natalia	7084		Senior I K - 20	21	00:35:27	00:57:22	01:35:16.70	01:35:33.85	+00:42:20 (44.3%)	9:31	6.3 (55.8%)
22	WĘGLEWSKA Karolina	7110		Senior I K - 20	22	00:36:44	00:58:43	01:36:22.55	01:37:00.15	+00:43:46 (45.1%)	9:38	6.2 (54.9%)
23	SŁONINA Olga	7122	ZAŁOGA GÓRSKA	Senior I K - 20	23	00:37:47	01:00:28	01:37:53.25	01:38:10.80	+00:44:57 (45.8%)	9:47	6.1 (54.0%)
24	PIECHOWIAK Oliwia	7298	ZAŁOGA GÓRSKA	Senior I K - 20	24	00:38:30	01:01:56	01:39:24.65	01:40:00.70	+00:46:47 (46.8%)	9:56	6 (53.1%)
25	WRÓBLEWSKA Roksana	7152	PREDATORS WAŁBRZYCH	Senior I K - 20	25	00:38:58	01:00:35	01:39:29.20	01:40:04.15	+00:46:50 (46.8%)	9:57	6 (53.1%)
26	WIEWCZKO Karolina	7438		Senior I K - 20	26	00:35:01	01:00:42	01:39:25.10	01:40:06.15	+00:46:52 (46.8%)	9:56	6 (53.1%)
27	PISAREK Kamila	7211		Senior I K - 20	27	00:39:04	01:02:39	01:42:44.40	01:43:14.95	+00:50:01 (48.4%)	10:16	5.8 (51.3%)
28	MELON Aleksandra	7233		Senior I K - 20	28	00:39:03	01:02:42	01:42:44.90	01:43:15.15	+00:50:01 (48.4%)	10:16	5.8 (51.3%)
29	MYSZYWODA Monika	7116		Senior I K - 20	29	00:42:15	01:08:06	01:49:16.20	01:49:49.80	+00:56:36 (51.5%)	10:55	5.5 (48.7%)

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30	ŁUKACZ Aleksandra	7202		Senior I K - 20	30	00:40:06	01:05:01	01:49:55.65	01:50:01.90	+00:56:48 (51.6%)	10:59	5.5 (48.7%)
31	KOPACZYŃSKA Aleksandra	7149		Senior I K - 20	31	00:39:09	01:05:35	01:50:33.80	01:50:42.65	+00:57:29 (51.9%)	11:03	5.4 (47.8%)
32	LITEWKA Joanna	7014		Senior I K - 20	32	00:42:25	01:08:26	01:54:03.95	01:54:44.75	+01:01:31 (53.6%)	11:24	5.3 (46.9%)
33	PRZYBYLSKA Katarzyna	7325		Senior I K - 20	33	00:46:24	01:13:37	02:01:28.55	02:02:05.10	+01:08:51 (56.4%)	12:08	4.9 (43.4%)
34	WOŻNA Arleta	7427		Senior I K - 20	34	00:47:30	01:15:13	02:04:27.35	02:04:42.35	+01:11:28 (57.3%)	12:26	4.8 (42.5%)
35	MICHAŁKA Dominika	7004		Senior I K - 20	35	00:52:04	01:40:56	02:53:22.75	02:53:29.80	+02:00:16 (69.3%)	17:20	3.5 (31.0%)

Total 35 results.