

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-19
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	Gap	Pace min/km	Pace km/h
1	ROZDZYNSKA Patrycja	8245	ADRIANBEDNAREK.PL	Senior I K - 20	1	00:26:01	00:40:05	01:02:43.40		6:16	9.6 (100%)
2	PAPIÓR Jolanta	8389	WATAHA / MKS-PARASOL WROCŁAW	Senior I K - 20	2	00:28:14	00:42:31	01:05:53.10	+00:03:09 (4.8%)	6:35	9.1 (94.8%)
3	ZYWIER Urszula	8003	WATAHA	Senior I K - 20	3	00:30:00	00:47:36	01:13:20.00	+00:10:36 (14.5%)	7:20	8.2 (85.4%)
4	PĘCZAR Aneta	8398	FITNESSROAD TEAM	Senior I K - 20	4	00:29:59	00:46:33	01:14:20.50	+00:11:37 (15.6%)	7:26	8.1 (84.4%)
5	URBAN Alicja	8150		Senior I K - 20	5	00:30:08	00:47:46	01:15:48.00	+00:13:04 (17.3%)	7:34	7.9 (82.3%)
6	ULIKOWSKA Martyna	8352	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:32:01	00:48:54	01:16:09.95	+00:13:26 (17.6%)	7:37	7.9 (82.3%)
7	WZOREK Ewa	8410		Senior I K - 20	7	00:32:07	00:49:12	01:17:59.95	+00:15:16 (19.6%)	7:48	7.7 (80.2%)
8	GŁĄB Daria	8416		Senior I K - 20	8	00:29:43	00:48:23	01:18:28.50	+00:15:45 (20.1%)	7:50	7.6 (79.2%)
9	TOMASZEWSKA Paulina	8420	STOWARZYSZENIE BIEG OPOLSKI	Senior I K - 20	9	00:34:00	00:51:14	01:19:30.00	+00:16:46 (21.1%)	7:57	7.5 (78.1%)
10	GARNIEWICZ Weronika	8239		Senior I K - 20	10	00:33:18	00:52:03	01:22:44.25	+00:20:00 (24.2%)	8:16	7.3 (76.0%)
11	PALKA Natalia	8385	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior I K - 20	11	00:33:47	00:55:05	01:24:25.20	+00:21:41 (25.7%)	8:26	7.1 (74.0%)
12	MRÓZ Marta	8174		Senior I K - 20	12	00:33:01	00:51:55	01:25:04.60	+00:22:21 (26.3%)	8:30	7.1 (74.0%)
13	GRĄDZKA Marianna	8290		Senior I K - 20	13	00:37:28	00:57:00	01:25:47.30	+00:23:03 (26.9%)	8:34	7 (72.9%)
14	MODZELEWSKA Anna	8181		Senior I K - 20	14	00:34:57	00:54:12	01:28:53.90	+00:26:10 (29.4%)	8:53	6.8 (70.8%)
15	JOŃCZYK Paula	8106		Senior I K - 20	15	00:37:17	00:57:42	01:30:15.25	+00:27:31 (30.5%)	9:01	6.6 (68.8%)
16	BUTRYM Iga	8409		Senior I K - 20	16	00:37:21	00:59:39	01:32:48.50	+00:30:05 (32.4%)	9:16	6.5 (67.7%)
17	MĘTLAK Małgorzata	8264		Senior I K - 20	17	00:39:02	01:00:34	01:33:02.50	+00:30:19 (32.6%)	9:18	6.4 (66.7%)
18	ŁYGASŁO Paulina	8421		Senior I K - 20	18	00:37:59	01:01:15	01:34:52.00	+00:32:08 (33.9%)	9:29	6.3 (65.6%)
19	TABACZYŃSKA Monika	8288		Senior I K - 20	19	00:38:55	01:01:57	01:36:04.20	+00:33:20 (34.7%)	9:36	6.2 (64.6%)
20	RATAJSKA Monika	8296		Senior I K - 20	20	00:38:42	01:03:32	01:36:36.80	+00:33:53 (35.1%)	9:39	6.2 (64.6%)
21	SZCZOTKA Katarzyna	8002		Senior I K - 20	21	00:40:12	01:01:49	01:36:48.35	+00:34:04 (35.2%)	9:40	6.2 (64.6%)
22	SZYMAŁA Karolina	8351		Senior I K - 20	22	00:38:20	01:00:30	01:36:52.75	+00:34:09 (35.3%)	9:41	6.2 (64.6%)
23	OLSZEWSKA Natalia	8179		Senior I K - 20	23	00:38:00	01:01:50	01:40:10.70	+00:37:27 (37.4%)	10:01	6 (62.5%)
24	FILAWSKA Agata	8050		Senior I K - 20	24	00:38:09	01:02:01	01:40:21.25	+00:37:37 (37.5%)	10:02	6 (62.5%)
25	PIASECKA Agata	8415	ZAŁOGA GÓRSKA	Senior I K - 20	25	00:40:42	01:04:53	01:44:13.15	+00:41:29 (39.8%)	10:25	5.8 (60.4%)
26	KONIECZNA Natalia	8149	CHOSZCZEŃSKA DZIESIĄTKA	Senior I K - 20	26	00:42:43	01:05:29	01:44:36.10	+00:41:52 (40.0%)	10:27	5.7 (59.4%)
27	JEDYNAK Monika	8252		Senior I K - 20	27	00:40:47	01:07:14	01:45:45.85	+00:43:02 (40.7%)	10:34	5.7 (59.4%)
28	FOLARON Julia	8300		Senior I K - 20	28	00:39:24	01:06:51	01:46:14.50	+00:43:31 (41.0%)	10:37	5.6 (58.3%)
29	JANUR Joanna	8325	RÓŻOWE LANDRYNY	Senior I K - 20	29	00:43:34	01:09:01	01:47:28.25	+00:44:44 (41.6%)	10:44	5.6 (58.3%)

Place	Participant	Number	Club	Category	MCat	C1		Net	Gap	Pace	Pace
						3.7km	5.8km	time			
								10km		min/km	km/h
30	MATEJCZUK Julia	8401	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	30	00:44:30	01:11:32	01:54:32.50	+00:51:49 (45.2%)	11:27	5.2 (54.2%)
31	KIEPURA Olga	8328		Senior I K - 20	31	00:42:35	01:13:12	01:55:02.20	+00:52:18 (45.5%)	11:30	5.2 (54.2%)
32	BUCHALIK Patrycja	8366		Senior I K - 20	32	00:42:43	01:13:22	01:55:12.25	+00:52:28 (45.6%)	11:31	5.2 (54.2%)
33	MADAJ-LEJA Jagoda	8087	LEJOWIE	Senior I K - 20	33	00:44:45	01:10:19	01:55:45.85	+00:53:02 (45.8%)	11:34	5.2 (54.2%)
34	KRUPIŃSKA Wiola	8197	TRUCHT TARCHOMIN TEAM	Senior I K - 20	34	00:52:54	01:17:32	01:55:51.80	+00:53:08 (45.9%)	11:35	5.2 (54.2%)
35	SŁONINA-TAMUL Olga	8295	ZAŁOGA GÓRSKA	Senior I K - 20	35	00:49:15	01:15:59	01:58:16.65	+00:55:33 (47.0%)	11:49	5.1 (53.1%)
36	PAWŁOWICZ Julia	8406		Senior I K - 20	36	00:49:37	01:18:42	02:03:42.95	+01:00:59 (49.3%)	12:22	4.8 (50.0%)
37	PIECHOWIAK Oliwia	8414	ZAŁOGA GÓRSKA	Senior I K - 20	37	00:48:57	01:14:26	02:07:55.50	+01:05:12 (51.0%)	12:47	4.7 (49.0%)
38	ADACH Magdalena	8116	ENDORFINA WSCHOWA	Senior I K - 20	38	00:45:34	01:16:39	02:13:01.95	+01:10:18 (52.9%)	13:18	4.5 (46.9%)
39	BAHRANOWSKA-KILIAN Maria	8110	AZS AWF KRAKÓW MASTERS	Senior I K - 20	39						(0.0%)

Total 39 results.