



Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-18
Miejsce: Łądek-Zdrój
Dystans: 10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Senior I K - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ROZDZYNSKA Patrycja	8456	RUNPROGRESS TEAM	Senior I K - 20	1	00:26:47	00:40:32	01:02:52.75		6:17	9.5 (100%)
2	KRUK Emilia	8360	RYKOWISKO TEAM	Senior I K - 20	2	00:26:14	00:40:32	01:02:54.45	+00:00:01 (0.0%)	6:17	9.5 (100%)
3	ZIENDARA Michalina	8597	ZAŁOGA GÓRSKA	Senior I K - 20	3	00:28:23	00:43:52	01:09:44.20	+00:06:51 (9.8%)	6:58	8.6 (90.5%)
4	GRĄDZKA Marianna	8178	KNEIPP TEAM ŁÓDŹ	Senior I K - 20	4	00:30:17	00:45:48	01:11:07.75	+00:08:15 (11.6%)	7:06	8.4 (88.4%)
5	PLUTA Kinga	8528		Senior I K - 20	5	00:31:21	00:48:29	01:16:00.45	+00:13:07 (17.3%)	7:36	7.9 (83.2%)
6	CHODÓR-KOPECKA Barbara	8420		Senior I K - 20	6	00:32:49	00:49:29	01:17:03.95	+00:14:11 (18.4%)	7:42	7.8 (82.1%)
7	BIESZCZAD Regina	8233	KB ATHLETIC ZRĘCIN	Senior I K - 20	7	00:34:58	00:51:30	01:17:42.40	+00:14:49 (19.1%)	7:46	7.7 (81.1%)
8	NOWAKOWSKA Ewelina	8251		Senior I K - 20	8	00:33:10	00:50:09	01:17:59.20	+00:15:06 (19.4%)	7:47	7.7 (81.1%)
9	KEMPA Karolina	8454		Senior I K - 20	9	00:30:58	00:49:58	01:18:30.25	+00:15:37 (19.9%)	7:51	7.6 (80.0%)
10	MALCÁNKOVÁ Kateřina	8433		Senior I K - 20	10	00:34:28	00:52:18	01:18:55.80	+00:16:03 (20.3%)	7:53	7.6 (80.0%)
11	URBAN Alicja	8120	KACZKATEAM	Senior I K - 20	11	00:33:04	00:51:46	01:24:40.70	+00:21:47 (25.7%)	8:28	7.1 (74.7%)
12	SŁOWIK Kamila	8238	TRITOGO	Senior I K - 20	12	00:35:49	00:54:04	01:25:10.20	+00:22:17 (26.2%)	8:31	7 (73.7%)
13	WIERZBICKA Natalia	8243		Senior I K - 20	13	00:35:40	00:56:23	01:26:14.85	+00:23:22 (27.1%)	8:37	7 (73.7%)
14	PLEWA Paulina	8137	PBK	Senior I K - 20	14	00:36:44	00:56:01	01:27:44.55	+00:24:51 (28.3%)	8:46	6.8 (71.6%)
15	PINIARSKA Magda	8432		Senior I K - 20	15	00:36:32	00:54:52	01:28:23.25	+00:25:30 (28.9%)	8:50	6.8 (71.6%)
16	SZYMAŁA Karolina	8405		Senior I K - 20	16	00:37:41	00:56:40	01:30:11.70	+00:27:18 (30.3%)	9:01	6.7 (70.5%)
17	DERA Izabela	8392		Senior I K - 20	17	00:37:14	00:57:49	01:30:28.20	+00:27:35 (30.5%)	9:02	6.6 (69.5%)
18	MICHALIK Kamila	8446	TRUPOSZE	Senior I K - 20	18	00:38:17	00:58:02	01:30:55.30	+00:28:02 (30.8%)	9:05	6.6 (69.5%)
19	FIRLEJ Anna	8400	KRWIOBIEG(ANIE) ZIELONA GÓRA	Senior I K - 20	19	00:37:19	00:59:58	01:32:02.50	+00:29:09 (31.7%)	9:12	6.5 (68.4%)
20	BECHTA Katarzyna	8297	BRACHTWO BIEGOWE BGK	Senior I K - 20	20	00:40:12	01:01:55	01:38:05.95	+00:35:13 (35.9%)	9:48	6.1 (64.2%)
21	WYROBIEC-LIPIŃSKA Joanna	8365		Senior I K - 20	21	00:41:06	01:02:53	01:39:23.40	+00:36:30 (36.7%)	9:56	6 (63.2%)
22	AUTH Kari	8429		Senior I K - 20	22	00:40:01	01:02:37	01:39:49.25	+00:36:56 (37.0%)	9:58	6 (63.2%)
23	GRADEK Agnieszka	8306		Senior I K - 20	23	00:42:06	01:04:06	01:39:49.60	+00:36:56 (37.0%)	9:58	6 (63.2%)
24	MĘTLAK Małgorzata	8552		Senior I K - 20	24	00:41:41	01:05:00	01:40:37.85	+00:37:45 (37.5%)	10:03	6 (63.2%)
25	WEJCHAN Jagoda	8398		Senior I K - 20	25	00:40:10	01:03:28	01:41:07.55	+00:38:14 (37.8%)	10:06	5.9 (62.1%)
26	JAROSZ Agnieszka	8355	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior I K - 20	26	00:43:34	01:04:56	01:41:54.00	+00:39:01 (38.3%)	10:11	5.9 (62.1%)
27	STRZELEC Weronika	8012		Senior I K - 20	27	00:40:40	01:04:33	01:44:16.00	+00:41:23 (39.7%)	10:25	5.8 (61.1%)
28	CZERNIAK Zuzanna	8556		Senior I K - 20	28	00:43:22	01:06:20	01:45:58.95	+00:43:06 (40.7%)	10:35	5.7 (60.0%)
29	AMANOWICZ Aurelia	8554		Senior I K - 20	29	00:43:26	01:06:24	01:46:03.00	+00:43:10 (40.7%)	10:36	5.7 (60.0%)

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						3.7km	5.8km				
30	KIECON Zuzanna	8372		Senior I K - 20	30	00:43:10	01:08:09	01:49:08.35	+00:46:15 (42.4%)	10:54	5.5 (57.9%)
31	HRYCZYŃSKA Kamila	8603		Senior I K - 20	31	00:47:26	01:10:11	01:52:51.20	+00:49:58 (44.3%)	11:17	5.3 (55.8%)
32	ADACH Magdalena	8186	ENDORFINA WSCHOWA	Senior I K - 20	32	00:40:29	01:08:35	01:55:03.25	+00:52:10 (45.3%)	11:30	5.2 (54.7%)
33	MATYLLA-HEJZA Gracja-Maria	8108		Senior I K - 20	33	00:45:32	01:22:27	02:08:26.15	+01:05:33 (51.0%)	12:50	4.7 (49.5%)
34	KAYSIEWICZ Agata	8124		Senior I K - 20	34	00:54:54	01:22:38	02:10:15.20	+01:07:22 (51.7%)	13:01	4.6 (48.4%)
35	SZPERNA Katarzyna	8126	JAROCIN	Senior I K - 20	35	00:54:40	01:24:46	02:16:06.55	+01:13:13 (53.8%)	13:36	4.4 (46.3%)
36	MOCYDLARZ Agata	8280		Senior I K - 20	36	00:49:30	01:23:25	02:19:21.70	+01:16:28 (54.9%)	13:56	4.3 (45.3%)
37	CZECH Dominika	8009		Senior I K - 20	37	00:52:38	01:26:12	02:23:03.10	+01:20:10 (56.0%)	14:18	4.2 (44.2%)
38	GROGER Karolina	8270		Senior I K - 20	38	01:09:02	01:50:39	03:03:56.55	+02:01:03 (65.8%)	18:23	3.3 (34.7%)

Znaleziono 38 wynik(ów)