



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-17
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior I K - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BARTUŚ Monika	8408		Senior I K - 20	1	00:00:03	00:27:02	00:40:43	01:04:41.75	01:04:41.75		6:28	9.3 (100%)
2	PLUTA Kinga	8095		Senior I K - 20	2	00:00:49	00:30:41	00:45:27	01:11:30.55	01:11:30.55	+00:06:48 (9.5%)	7:09	8.4 (90.3%)
3	WIELGOSZ-MATUŁA Maria	8250		Senior I K - 20	3	00:00:10	00:29:31	00:44:50	01:13:40.55	01:13:40.55	+00:08:58 (12.2%)	7:22	8.1 (87.1%)
4	ZIENDARA Michalina	8331	ZAŁOGA GÓRSKA	Senior I K - 20	4	00:00:34	00:31:56	00:47:14	01:14:16.90	01:14:16.90	+00:09:35 (12.9%)	7:25	8.1 (87.1%)
5	BIESZCZAD Regina	8202	KB ATHLETIC ZRĘCIN	Senior I K - 20	5	00:00:26	00:33:09	00:48:19	01:14:48.45	01:14:48.45	+00:10:06 (13.5%)	7:28	8 (86.0%)
6	NOWAKOWSKA Ewelina	8071		Senior I K - 20	6	00:00:13	00:33:36	00:49:14	01:16:38.85	01:16:38.85	+00:11:57 (15.6%)	7:39	7.8 (83.9%)
7	JANOSZ Ada	8421		Senior I K - 20	7	00:00:28	00:34:18	00:51:08	01:19:20.95	01:19:20.95	+00:14:39 (18.5%)	7:56	7.6 (81.7%)
8	MAKIOŁA Agnieszka	8037		Senior I K - 20	8	00:00:12	00:35:22	00:53:05	01:24:30.00	01:24:30.00	+00:19:48 (23.4%)	8:27	7.1 (76.3%)
9	KOŁTON Justyna	8284		Senior I K - 20	9	00:00:28	00:36:55	00:54:18	01:25:26.95	01:25:26.95	+00:20:45 (24.3%)	8:32	7 (75.3%)
10	WORYTKIEWICZ Małgorzata	8319		Senior I K - 20	10	00:00:59	00:38:08	00:55:45	01:26:22.85	01:26:22.85	+00:21:41 (25.1%)	8:38	6.9 (74.2%)
11	KRZONKALLA-BARTNIK Katarzyna	8169		Senior I K - 20	11	00:00:10	00:36:23	00:54:54	01:27:20.50	01:27:20.50	+00:22:38 (25.9%)	8:44	6.9 (74.2%)
12	GRODZIŃSKA Magdalena	8407		Senior I K - 20	12	00:01:10	00:41:05	00:59:24	01:28:19.35	01:28:19.35	+00:23:37 (26.8%)	8:49	6.8 (73.1%)
13	GĄSIOROWSKA Sara	8294		Senior I K - 20	13	00:00:49	00:39:19	00:57:06	01:28:55.10	01:28:55.10	+00:24:13 (27.2%)	8:53	6.7 (72.0%)
14	MICHALSKA Agnieszka	8353		Senior I K - 20	14	00:01:25	00:41:07	01:00:58	01:33:10.05	01:33:10.05	+00:28:28 (30.6%)	9:19	6.4 (68.8%)
15	URBAN Alicja	8041	KACZKATEAM	Senior I K - 20	15	00:00:37	00:37:47	00:57:12	01:34:06.75	01:34:06.75	+00:29:25 (31.3%)	9:24	6.4 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	RADZIEJEWSKA Milena	8355	SZWAGRY I SZWAGIERKI	Senior I K - 20	16	00:00:25	00:39:54	01:00:18	01:34:17.10	01:34:17.10	+00:29:35 (31.4%)	9:25	6.4 (68.8%)
17	OSIKA Aleksandra	8002		Senior I K - 20	17	00:00:36	00:40:12	01:00:30	01:36:12.95	01:36:12.95	+00:31:31 (32.8%)	9:37	6.2 (66.7%)
18	ROBAK Natalia	8304		Senior I K - 20	18	00:01:04	00:42:12	01:02:32	01:36:31.20	01:36:31.20	+00:31:49 (33.0%)	9:39	6.2 (66.7%)
19	SZYMAŁA Karolina	8103		Senior I K - 20	19	00:00:44	00:40:55	01:01:15	01:36:42.35	01:36:42.35	+00:32:00 (33.1%)	9:40	6.2 (66.7%)
20	JOŃCZYK Paula	8422		Senior I K - 20	20	00:01:04	00:43:09	01:02:31	01:37:34.90	01:37:34.90	+00:32:53 (33.7%)	9:45	6.1 (65.6%)
21	MARKIEWICZ Jagoda	8167	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	21	00:01:02	00:43:31	01:03:47	01:38:33.45	01:38:33.45	+00:33:51 (34.4%)	9:51	6.1 (65.6%)
22	BIELEWICZ Aleksandra	8231	PANKORBKA - MOBILNY SERWIS ROWEROWY	Senior I K - 20	22	00:00:31	00:42:12	01:02:58	01:38:48.05	01:38:48.05	+00:34:06 (34.5%)	9:52	6.1 (65.6%)
23	SZAŁAJSKA Magdalena	8564		Senior I K - 20	23	00:00:55	00:42:04	01:02:44	01:39:55.25	01:39:55.25	+00:35:13 (35.3%)	9:59	6 (64.5%)
24	JURCZYK Anna	8491		Senior I K - 20	24	00:01:13	00:45:43	01:06:30	01:39:58.40	01:39:58.40	+00:35:16 (35.3%)	9:59	6 (64.5%)
25	PACUŁT Dominika	8101		Senior I K - 20	25	00:00:18	00:41:51	01:03:49	01:40:19.65	01:40:19.65	+00:35:37 (35.5%)	10:01	6 (64.5%)
26	MOŃKA-PODGÓRNA Aleksandra	8299	#POBIEGANI	Senior I K - 20	26	00:00:37	00:41:59	01:03:20	01:41:40.70	01:41:40.70	+00:36:58 (36.4%)	10:10	5.9 (63.4%)
27	JÓŹWIAKOWSKA Weronika	8245		Senior I K - 20	27	00:00:32	00:43:17	01:05:15	01:42:48.30	01:42:48.30	+00:38:06 (37.1%)	10:16	5.8 (62.4%)
28	KUROWSKA Bianka	8341		Senior I K - 20	28	00:01:09	00:45:01	01:06:58	01:43:56.80	01:43:56.80	+00:39:15 (37.8%)	10:23	5.8 (62.4%)
29	HAMPEL Maria	8316	BODY POWER	Senior I K - 20	29	00:00:24	00:43:24	01:05:55	01:45:39.30	01:45:39.30	+00:40:57 (38.8%)	10:33	5.7 (61.3%)
30	STELMASZCZYK Michalina	8573		Senior I K - 20	30	00:00:39	00:45:09	01:06:57	01:47:25.35	01:47:25.35	+00:42:43 (39.8%)	10:44	5.6 (60.2%)
31	JAROSZ Agnieszka	8343	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	31	00:01:11	00:47:56	01:11:53	01:52:34.55	01:52:34.55	+00:47:52 (42.5%)	11:15	5.3 (57.0%)
32	KRÓL Karolina	8133		Senior I K - 20	32	00:01:22	00:49:35	01:13:45	01:54:52.20	01:54:52.20	+00:50:10 (43.7%)	11:29	5.2 (55.9%)
33	GRÖGER Karolina	8149		Senior I K - 20	33	00:00:39	00:46:43	01:11:00	01:55:02.20	01:55:02.20	+00:50:20 (43.8%)	11:30	5.2 (55.9%)
34	WOJTKOWSKA Katarzyna	8207		Senior I K - 20	34	00:01:07	00:49:27	01:13:40	02:04:34.55	02:04:34.55	+00:59:52 (48.1%)	12:27	4.8 (51.6%)
35	PŁOŃSKA Klaudia	8165		Senior I K - 20	35	00:01:07	00:49:28	01:13:43	02:05:00.25	02:05:00.25	+01:00:18 (48.2%)	12:30	4.8 (51.6%)