

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: Senior I K - 20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	1264	SARCO GARMIN TEAM	Senior I K - 20	1	00:20:16	00:31:12	00:51:02.90	00:51:05.10		5:06	11.8 (100%)
2	BIERNACKA Katarzyna	1118	TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM	Senior I K - 20	2	00:22:35	00:35:15	00:57:17.55	00:57:18.90	+00:06:13 (10.9%)	5:43	10.5 (89.0%)
3	PERZ Emilia	1126	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	3	00:26:30	00:41:14	01:04:03.30	01:04:07.60	+00:13:02 (20.3%)	6:24	9.4 (79.7%)
4	KULESZA Agnieszka	1327		Senior I K - 20	4	00:24:50	00:39:35	01:04:30.20	01:04:38.20	+00:13:33 (21.0%)	6:27	9.3 (78.8%)
5	TYSZER Joanna	1334		Senior I K - 20	5	00:27:36	00:42:45	01:08:20.65	01:08:35.70	+00:17:30 (25.5%)	6:50	8.8 (74.6%)
6	SKELTON Sarah	1133	VEGE RUNNERS	Senior I K - 20	6	00:26:57	00:42:26	01:08:17.95	01:08:38.75	+00:17:33 (25.6%)	6:49	8.8 (74.6%)
7	SUSMARSKA Ewa	1233	NO WOMAN NO TRI	Senior I K - 20	7	00:27:43	00:43:37	01:10:24.95	01:10:37.05	+00:19:31 (27.7%)	7:02	8.5 (72.0%)
8	SOBCZYŃSKA Magdalena	1080	BIEGI.WLKP	Senior I K - 20	8	00:28:31	00:43:55	01:10:31.10	01:10:53.25	+00:19:48 (27.9%)	7:03	8.5 (72.0%)
9	JABŁOŃSKA Emilia	1267		Senior I K - 20	9	00:28:40	00:44:33	01:10:57.70	01:11:23.40	+00:20:18 (28.4%)	7:05	8.5 (72.0%)
10	LEWANDOWSKA Patrycja	1040	KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA	Senior I K - 20	10	00:28:24	00:44:50	01:11:55.05	01:12:20.55	+00:21:15 (29.4%)	7:11	8.3 (70.3%)
11	ULIKOWSKA Martyna	1225	ZĄŁOGA GÓRSKA	Senior I K - 20	11	00:29:25	00:46:21	01:14:53.55	01:15:01.20	+00:23:56 (31.9%)	7:29	8 (67.8%)
12	ZASADA Magdalena	1006		Senior I K - 20	12	00:30:23	00:47:24	01:15:31.65	01:15:46.30	+00:24:41 (32.6%)	7:33	7.9 (66.9%)
13	GULACZ Marta	1157	KOBIETAWBIEGU.PL	Senior I K - 20	13	00:29:51	00:47:33	01:15:39.95	01:15:48.60	+00:24:43 (32.6%)	7:34	7.9 (66.9%)
14	PAZGAN Sandra	1178		Senior I K - 20	14	00:29:24	00:46:25	01:16:20.40	01:16:30.90	+00:25:25 (33.2%)	7:38	7.9 (66.9%)
15	MIKOŁAJEWSKA Justyna	1156	RUNFORDREAMS	Senior I K - 20	15	00:29:29	00:46:59	01:16:10.50	01:16:49.05	+00:25:43 (33.5%)	7:37	7.9 (66.9%)

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16	SZAŁAJSKA Monika	1001		Senior I K - 20	16	00:31:01	00:49:33	01:21:52.00	01:22:24.10	+00:31:19 (38.0%)	8:11	7.3 (61.9%)
17	JAGUSZEWSKA Agnieszka	1149	STRZECHA AKADEMICKA	Senior I K - 20	17	00:31:09	00:49:47	01:22:42.80	01:22:58.00	+00:31:52 (38.4%)	8:16	7.3 (61.9%)
18	GRISZCZENKO Elżbieta	1342		Senior I K - 20	18	00:33:22	00:51:46	01:23:27.35	01:23:58.85	+00:32:53 (39.2%)	8:20	7.2 (61.0%)
19	SKORNIAK Katarzyna	1221	WOLNE ŚLIMAKI	Senior I K - 20	19	00:34:22	00:53:42	01:26:12.50	01:26:23.40	+00:35:18 (40.9%)	8:37	7 (59.3%)
20	OLCZYK Joanna	1144		Senior I K - 20	20	00:35:20	00:54:49	01:26:56.95	01:27:22.70	+00:36:17 (41.5%)	8:41	6.9 (58.5%)
21	OLEWICZ Dagmara	1202	ZAŁOGA GÓRSKA	Senior I K - 20	21	00:34:33	00:53:37	01:27:20.00	01:27:29.80	+00:36:24 (41.6%)	8:44	6.9 (58.5%)
22	BLECHARCZYK Ola	1207	ZAŁOGA GÓRSKA	Senior I K - 20	22	00:36:56	00:56:47	01:31:15.20	01:31:26.05	+00:40:20 (44.1%)	9:07	6.6 (55.9%)
23	JĄNCZAK Karolina	1255		Senior I K - 20	23	00:35:49	00:55:43	01:32:07.25	01:32:31.15	+00:41:26 (44.8%)	9:12	6.5 (55.1%)
24	TOMICZEK Edyta	1071	ZDYSKWALIFIKOWANI	Senior I K - 20	24	00:38:33	01:00:23	01:32:53.90	01:33:26.15	+00:42:21 (45.3%)	9:17	6.5 (55.1%)
25	KOLENDO Sylwia	1164		Senior I K - 20	25	00:35:51	00:57:54	01:35:31.90	01:35:44.75	+00:44:39 (46.6%)	9:33	6.3 (53.4%)
26	DRYZYGA Dominika	1170	KOBIETYBIEGAJĄ	Senior I K - 20	26	00:36:57	00:59:32	01:35:39.50	01:35:49.35	+00:44:44 (46.7%)	9:34	6.3 (53.4%)
27	MRUGALSKA Liliana	1316		Senior I K - 20	27	00:38:55	00:59:58	01:38:01.40	01:38:21.30	+00:47:16 (48.1%)	9:48	6.1 (51.7%)
28	MUCHA Anna	1046		Senior I K - 20	28	00:38:02	01:00:26	01:39:50.25	01:40:24.65	+00:49:19 (49.1%)	9:59	6 (50.8%)
29	KASJAN Alicja	1100		Senior I K - 20	29	00:37:19	01:01:13	01:41:15.55	01:41:35.25	+00:50:30 (49.7%)	10:07	5.9 (50.0%)
30	PAWLIK-NIEDZIELA Sandra	1016	W POGONI ZA DUCHEM	Senior I K - 20	30	00:39:39	01:00:45	01:41:08.00	01:41:37.50	+00:50:32 (49.7%)	10:06	5.9 (50.0%)
31	ZWYDAK Anna	1159	KOBIETAWBIEGU.PL	Senior I K - 20	31	00:40:37	01:02:52	01:41:23.45	01:41:46.10	+00:50:41 (49.8%)	10:08	5.9 (50.0%)

Znaleziono 31 wynik(ów)