

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2018-07-22
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Senior II K - 30

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KWIATKOWSKA Kinga	225	ALPIN SPORT TEAM	Senior II K - 30	1	00:21:50	00:33:42	00:54:07.80	00:54:12.90		5:24	11.1 (100%)
2	GROMADZKA Anna	140	KALENJI BY DECATHLON	Senior II K - 30	2	00:23:52	00:37:31	01:01:20.70	01:01:28.95	+00:07:16 (11.8%)	6:08	9.8 (88.3%)
3	ŁOMNICKA Barbara	375		Senior II K - 30	3	00:24:56	00:38:40	01:02:32.10	01:02:37.30	+00:08:24 (13.4%)	6:15	9.6 (86.5%)
4	WIADERNA Nina	388	SBRT POWIŚLE	Senior II K - 30	4	00:25:55	00:40:28	01:03:38.90	01:03:43.25	+00:09:30 (14.9%)	6:21	9.4 (84.7%)
5	KWASIZUR Agata	260	MUAY RUNNING TEAM	Senior II K - 30	5	00:26:30	00:41:17	01:05:20.75	01:05:22.90	+00:11:10 (17.1%)	6:32	9.2 (82.9%)
6	PAZDAN Natalia	143	KOWARY BIEGAJĄ	Senior II K - 30	6	00:25:27	00:40:19	01:05:36.25	01:05:39.60	+00:11:26 (17.4%)	6:33	9.1 (82.0%)
7	LACHERA Kamila	21	W POGONI ZA DUCHEM	Senior II K - 30	7	00:26:19	00:40:54	01:05:28.25	01:05:42.40	+00:11:29 (17.5%)	6:32	9.2 (82.9%)
8	PISKUNOWICZ Aleksandra	230		Senior II K - 30	8	00:25:23	00:39:55	01:05:46.65	01:06:01.35	+00:11:48 (17.9%)	6:34	9.1 (82.0%)
9	KUCHARSKA Aleksandra	178	DREAM RUN	Senior II K - 30	9	00:27:37	00:42:32	01:08:26.90	01:08:35.30	+00:14:22 (21.0%)	6:50	8.8 (79.3%)
10	TOMECKA Aleksandra	271	ZAŁOGA GÓRSKA	Senior II K - 30	10	00:27:45	00:42:55	01:09:49.85	01:09:55.40	+00:15:42 (22.5%)	6:59	8.6 (77.5%)
11	KORYCIŃSKA Izabela	23		Senior II K - 30	11	00:28:56	00:44:59	01:10:32.90	01:10:48.35	+00:16:35 (23.4%)	7:03	8.5 (76.6%)
12	LEWANDOWSKA Patrycja	111	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	12	00:28:34	00:44:35	01:11:18.70	01:11:32.00	+00:17:19 (24.2%)	7:07	8.4 (75.7%)
13	PIOTROWSKA Magdalena	103	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	13	00:27:56	00:44:44	01:11:31.50	01:11:34.25	+00:17:21 (24.2%)	7:09	8.4 (75.7%)
14	GALA Kamila	274	ZAŁOGA GÓRSKA	Senior II K - 30	14	00:28:04	00:44:43	01:12:59.30	01:13:08.95	+00:18:56 (25.9%)	7:17	8.2 (73.9%)
15	JASICKA Ewa	165		Senior II K - 30	15	00:28:57	00:45:14	01:14:02.85	01:14:10.00	+00:19:57 (26.9%)	7:24	8.1 (73.0%)

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
16	BIELECKA Iwona	29	PRO-RUN WROCŁAW	Senior II K - 30	16	00:28:38	00:44:56	01:15:06.55	01:15:37.25	+00:21:24 (28.3%)	7:30	8 (72.1%)
17	PLINIEWICZ Joanna	229		Senior II K - 30	17	00:30:07	00:47:13	01:16:09.50	01:16:15.20	+00:22:02 (28.9%)	7:37	7.9 (71.2%)
18	WŁODKOWSKA Beata	84		Senior II K - 30	18	00:29:26	00:46:25	01:15:46.20	01:16:20.05	+00:22:07 (29.0%)	7:34	7.9 (71.2%)
19	CIEŚLAK Magdalena	177	ZDROWE !	Senior II K - 30	19	00:29:04	00:45:38	01:16:19.20	01:16:30.90	+00:22:18 (29.1%)	7:37	7.9 (71.2%)
20	PASŁOWSKA-CHODOROWSKA Justyna	394	PRZEBIEGA.PL	Senior II K - 30	20	00:30:56	00:48:17	01:16:46.90	01:17:02.70	+00:22:49 (29.6%)	7:40	7.8 (70.3%)
21	MICHALEC Marzena	356	KOBIETAWBIEGU	Senior II K - 30	21	00:30:21	00:47:11	01:17:02.20	01:17:31.55	+00:23:18 (30.1%)	7:42	7.8 (70.3%)
22	WIŚNIEWSKA Marlena	336	MUAY RUNNING TEAM	Senior II K - 30	22	00:32:59	00:49:56	01:18:03.90	01:18:06.15	+00:23:53 (30.6%)	7:48	7.7 (69.4%)
23	HANOUSKOVÁ Ester	91		Senior II K - 30	23	00:30:52	00:48:33	01:18:12.95	01:18:34.75	+00:24:21 (31.0%)	7:49	7.7 (69.4%)
24	SZAWARA-ZIÓŁKOWSKA Ewelina	282	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	24	00:31:01	00:48:48	01:18:39.05	01:18:47.75	+00:24:34 (31.2%)	7:51	7.6 (68.5%)
25	BABICA Paulina	144		Senior II K - 30	25	00:30:33	00:48:31	01:18:42.75	01:18:57.90	+00:24:45 (31.3%)	7:52	7.6 (68.5%)
26	BEDNAREK Sylwia	270	ZAŁOGA GÓRSKA	Senior II K - 30	26	00:30:19	00:47:18	01:18:58.05	01:19:04.65	+00:24:51 (31.4%)	7:53	7.6 (68.5%)
27	GARCZYK Marzena	78		Senior II K - 30	27	00:30:32	00:47:27	01:19:22.15	01:19:27.25	+00:25:14 (31.8%)	7:56	7.6 (68.5%)
28	PIASECKA Marta	31		Senior II K - 30	28	00:31:28	00:48:57	01:19:46.10	01:20:07.50	+00:25:54 (32.3%)	7:58	7.5 (67.6%)
29	CZARNY Marzena	24	JAWORZNOŁBC	Senior II K - 30	29	00:33:01	00:51:03	01:20:13.80	01:20:31.75	+00:26:18 (32.7%)	8:01	7.5 (67.6%)
30	KOPACKA Eliza	32	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	30	00:31:18	00:49:24	01:20:24.70	01:20:41.90	+00:26:29 (32.8%)	8:02	7.5 (67.6%)
31	LULA Magdalena	149	PWPW S.A.	Senior II K - 30	31	00:32:10	00:49:40	01:20:12.20	01:20:52.35	+00:26:39 (33.0%)	8:01	7.5 (67.6%)
32	PLEWA Katarzyna	85	NORDIC16	Senior II K - 30	32	00:32:16	00:50:12	01:21:27.05	01:21:37.50	+00:27:24 (33.6%)	8:08	7.4 (66.7%)
33	FRĄCZEK Iwona	142	NOA	Senior II K - 30	33	00:31:36	00:49:23	01:21:36.85	01:21:56.15	+00:27:43 (33.8%)	8:09	7.4 (66.7%)
34	SIUDAK Anna	204		Senior II K - 30	34	00:31:38	00:49:54	01:21:43.65	01:21:58.70	+00:27:45 (33.9%)	8:10	7.3 (65.8%)
35	WOŁCZEK Małgorzata	338	BIEGAM WSPIERAM MOTYWUJĘ	Senior II K - 30	35	00:31:27	00:49:35	01:22:11.75	01:22:23.05	+00:28:10 (34.2%)	8:13	7.3 (65.8%)
36	DRYMEL Joanna	132	DRUMLE2IPIES	Senior II K - 30	36	00:31:38	00:49:38	01:21:59.10	01:22:35.35	+00:28:22 (34.4%)	8:11	7.3 (65.8%)
37	ZASADA Magdalena	81	FAT & FURIOUS	Senior II K - 30	37	00:33:31	00:52:48	01:22:33.20	01:22:48.55	+00:28:35 (34.5%)	8:15	7.3 (65.8%)
38	PASŁOWSKA Olga	396	PRZEBIEGA.PL	Senior II K - 30	38	00:32:37	00:50:54	01:22:35.95	01:22:51.25	+00:28:38 (34.6%)	8:15	7.3 (65.8%)

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
39	OLEKSIEWICZ Beata	222	SZAKALE BAŁUT ŁÓDŹ	Senior II K - 30	39	00:33:15	00:51:40	01:23:12.75	01:23:45.25	+00:29:32 (35.3%)	8:19	7.2 (64.9%)
40	DZIUBA Agnieszka	349		Senior II K - 30	40	00:32:38	00:51:06	01:23:41.45	01:23:49.50	+00:29:36 (35.3%)	8:22	7.2 (64.9%)
41	OGRODNIK Anna	163	RUNNING ACADEMY	Senior II K - 30	41	00:32:28	00:51:11	01:24:03.55	01:24:22.60	+00:30:09 (35.7%)	8:24	7.1 (64.0%)
42	LANGE Hanna	215		Senior II K - 30	42	00:32:37	00:50:50	01:24:22.00	01:24:38.90	+00:30:26 (36.0%)	8:26	7.1 (64.0%)
43	DUBIEL Agata	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II K - 30	43	00:33:36	00:52:37	01:24:32.80	01:24:45.95	+00:30:33 (36.0%)	8:27	7.1 (64.0%)
44	CHADE Marianna	318		Senior II K - 30	44	00:32:52	00:51:28	01:25:02.70	01:25:15.15	+00:31:02 (36.4%)	8:30	7.1 (64.0%)
45	WILK Maria	345	RAMBO III	Senior II K - 30	45	00:34:30	00:52:46	01:24:54.75	01:25:21.20	+00:31:08 (36.5%)	8:29	7.1 (64.0%)
46	KUTYCKA-KUREK Elżbieta	314	CHOJRAK TEAM WROCŁAW	Senior II K - 30	46	00:33:22	00:52:21	01:25:09.40	01:25:42.80	+00:31:29 (36.7%)	8:30	7 (63.1%)
47	STAWSKA Alicja	138		Senior II K - 30	47	00:33:24	00:52:20	01:25:32.85	01:25:49.95	+00:31:37 (36.8%)	8:33	7 (63.1%)
48	GAJDECKA Adriana	131	ORANGE	Senior II K - 30	48	00:33:30	00:52:28	01:25:18.45	01:25:51.80	+00:31:38 (36.9%)	8:31	7 (63.1%)
49	JUREWICZ Agata	319		Senior II K - 30	49	00:33:23	00:52:23	01:25:45.25	01:25:56.45	+00:31:43 (36.9%)	8:34	7 (63.1%)
50	HAJOK Magda	94	SBRT GLIWICE	Senior II K - 30	50	00:32:25	00:52:04	01:26:31.00	01:26:47.25	+00:32:34 (37.5%)	8:39	6.9 (62.2%)
51	LUCHOWSKA Karolina	404	FIZJOTRITERAPIA	Senior II K - 30	51	00:33:11	00:52:23	01:27:01.65	01:27:33.00	+00:33:20 (38.1%)	8:42	6.9 (62.2%)
52	BOROWIAK Hanna	104	WOZIMYSIE.PL	Senior II K - 30	52	00:35:55	00:54:33	01:27:24.50	01:27:41.40	+00:33:28 (38.2%)	8:44	6.9 (62.2%)
53	SOKOŁOWSKA Jagoda	353		Senior II K - 30	53	00:33:01	00:52:20	01:27:20.40	01:27:48.85	+00:33:35 (38.3%)	8:44	6.9 (62.2%)
54	NOWICKA Anna	145		Senior II K - 30	54	00:33:23	00:53:43	01:29:01.05	01:29:36.55	+00:35:23 (39.5%)	8:54	6.7 (60.4%)
55	KRAWCZYK Magdalena	252		Senior II K - 30	55	00:37:37	00:57:50	01:30:55.40	01:31:06.90	+00:36:54 (40.5%)	9:05	6.6 (59.5%)
56	STAWSKA Natalia	95		Senior II K - 30	56	00:33:50	00:53:38	01:31:41.95	01:32:21.90	+00:38:09 (41.3%)	9:10	6.5 (58.6%)
57	KSIĄŻKIEWICZ Katarzyna	75	ROCKY BALBOA RUNNING CLUB	Senior II K - 30	57	00:36:36	00:56:21	01:33:29.05	01:33:56.05	+00:39:43 (42.3%)	9:20	6.4 (57.7%)
58	KOWALEWSKA Anna	38		Senior II K - 30	58	00:35:09	00:55:36	01:34:19.35	01:34:42.70	+00:40:29 (42.8%)	9:25	6.4 (57.7%)
59	ŚRÓDKA Aleksandra	12		Senior II K - 30	59	00:36:28	00:57:46	01:35:12.90	01:35:40.45	+00:41:27 (43.3%)	9:31	6.3 (56.8%)
60	PLUTA Michalina	100		Senior II K - 30	60	00:36:18	00:57:25	01:35:24.75	01:36:01.95	+00:41:49 (43.5%)	9:32	6.3 (56.8%)
61	SAPUREK Anna	326	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	61	00:36:14	00:58:20	01:36:11.75	01:36:30.40	+00:42:17 (43.8%)	9:37	6.2 (55.9%)

Place	Participant	Number	Club	Category	MCat	C1 4km	C1 6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
62	CZYŻ Aleksandra	39	VEGE RUNNERS	Senior II K - 30	62	00:36:00	00:57:26	01:36:28.40	01:36:53.25	+00:42:40 (44.0%)	9:38	6.2 (55.9%)
63	MUSZELAK Magdalena	416	M&M&M&M	Senior II K - 30	63	00:36:03	00:56:49	01:36:58.70	01:37:49.55	+00:43:36 (44.6%)	9:41	6.2 (55.9%)
64	KOŁODZIEJ Alicja	205		Senior II K - 30	64	00:38:17	00:59:50	01:38:16.35	01:38:34.55	+00:44:21 (45.0%)	9:49	6.1 (55.0%)
65	SZYMAŃSKA-ANTOSIAK Monika	227	TMTEAM	Senior II K - 30	65	00:38:04	00:59:04	01:38:48.80	01:39:07.45	+00:44:54 (45.3%)	9:52	6.1 (55.0%)
66	KOŃ Aleksandra	208	LZS LIPA	Senior II K - 30	66	00:39:48	01:01:01	01:38:50.20	01:39:26.05	+00:45:13 (45.5%)	9:53	6.1 (55.0%)
67	HRABAŃSKA-RACZAK Beata	213		Senior II K - 30	67	00:39:44	01:01:13	01:39:29.45	01:40:03.80	+00:45:50 (45.8%)	9:56	6 (54.1%)
68	OLEK-WYSOCKA Monika	377	MORSY TUREK	Senior II K - 30	68	00:38:57	01:01:23	01:40:32.65	01:41:10.90	+00:46:58 (46.4%)	10:03	6 (54.1%)
69	DĄBROWSKA Karolina	248		Senior II K - 30	69	00:40:20	01:03:32	01:42:30.85	01:42:50.55	+00:48:37 (47.3%)	10:15	5.9 (53.2%)
70	PAPIERZ-RYKAŁA Aleksandra	309		Senior II K - 30	70	00:41:07	01:03:16	01:43:33.85	01:44:14.55	+00:50:01 (48.0%)	10:21	5.8 (52.3%)
71	KIELASZEWSKA Weronika	99		Senior II K - 30	71	00:39:27	01:02:40	01:45:08.45	01:45:45.65	+00:51:32 (48.7%)	10:30	5.7 (51.4%)
72	SUDNICKA Urszula	44	MESONDŽI LAJF STAJL	Senior II K - 30	72	00:41:10	01:05:19	01:46:29.30	01:46:39.60	+00:52:26 (49.2%)	10:38	5.6 (50.5%)
73	ZAPORA Agnieszka	332	W POGONI ZA DUCHEM	Senior II K - 30	73	00:40:24	01:04:53	01:47:17.65	01:47:33.85	+00:53:20 (49.6%)	10:43	5.6 (50.5%)
74	RAJCZAKOWSKA Aneta	171		Senior II K - 30	74	00:40:14	01:03:14	01:48:42.70	01:49:10.25	+00:54:57 (50.3%)	10:52	5.5 (49.5%)
75	LATANOWICZ Karolina	257	LAQ	Senior II K - 30	75	00:42:13	01:07:31	01:48:33.35	01:49:12.00	+00:54:59 (50.4%)	10:51	5.5 (49.5%)
76	TABOROWICZ Magdalena	387		Senior II K - 30	76	00:38:33	01:03:24	01:49:59.90	01:50:14.10	+00:56:01 (50.8%)	11:00	5.5 (49.5%)
77	WIŚNIEWSKA Magdalena	323		Senior II K - 30	77	00:38:30	01:02:41	01:50:23.45	01:50:44.00	+00:56:31 (51.0%)	11:02	5.4 (48.6%)
78	SMOGORZEWSKA Marta	26	WKURW_TEAM	Senior II K - 30	78	00:42:22	01:07:49	01:53:38.05	01:54:16.05	+01:00:03 (52.6%)	11:21	5.3 (47.7%)
79	STAWSKA Anna	121	WQRW_TEAM	Senior II K - 30	79	00:48:47	00:49:20	01:57:21.60	01:58:02.95	+01:03:50 (54.1%)	11:44	5.1 (45.9%)
80	DZICZKOWSKA Małgorzata	373	ABY DO METY	Senior II K - 30	80	00:48:37	01:18:12	02:02:46.25	02:03:09.80	+01:08:56 (56.0%)	12:16	4.9 (44.1%)
81	ADAMIAK Marta	186		Senior II K - 30	81	00:49:18	01:18:15	02:02:47.85	02:03:13.85	+01:09:00 (56.0%)	12:16	4.9 (44.1%)
82	ROBAK Aneta	42		Senior II K - 30	82	00:44:36	01:15:16	02:05:19.10	02:05:39.75	+01:11:26 (56.9%)	12:31	4.8 (43.2%)
83	KUCZAKOWSKA Asia	297	BIEGOWE MISIE	Senior II K - 30	83	00:45:34	01:11:56	02:06:39.05	02:07:08.75	+01:12:55 (57.4%)	12:39	4.7 (42.3%)
84	DEMBIEC Lucyna	45	MESONDŽI LAJF STAJL	Senior II K - 30	84	01:08:53	01:38:56	02:31:11.05	02:31:20.85	+01:37:07 (64.2%)	15:07	4 (36.0%)

Total 84 results.