

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BUDZIEWSKA Katarzyna	7242		Senior II K - 30	1	00:23:53	00:37:49	01:01:24.05	01:01:28.65		6:08	9.8 (100%)
2	CIURKA-BASTER Karolina	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	Senior II K - 30	2	00:24:51	00:39:13	01:03:57.55	01:04:03.20	+00:02:34 (4.0%)	6:23	9.4 (95.9%)
3	RUTKOWSKA Małgorzata	7442		Senior II K - 30	3	00:26:44	00:41:03	01:05:20.50	01:05:31.50	+00:04:02 (6.2%)	6:32	9.2 (93.9%)
4	RUTKOWSKA Patrycja	7306		Senior II K - 30	4	00:25:36	00:41:22	01:06:48.75	01:07:11.05	+00:05:42 (8.5%)	6:40	9 (91.8%)
5	PAZDAN Natalia	7321		Senior II K - 30	5	00:26:47	00:42:02	01:07:49.60	01:07:57.25	+00:06:28 (9.5%)	6:47	8.8 (89.8%)
6	WOJNAROWICZ Weronika	7358		Senior II K - 30	6	00:26:08	00:41:24	01:07:41.60	01:08:08.95	+00:06:40 (9.8%)	6:46	8.9 (90.8%)
7	SZCZĘŚNIAK Sylwia	7220	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	7	00:27:15	00:42:36	01:09:15.00	01:09:33.75	+00:08:05 (11.6%)	6:55	8.7 (88.8%)
8	GALA Kamila	7301	ZAŁOGA GÓRSKA	Senior II K - 30	8	00:28:03	00:43:48	01:10:03.60	01:10:08.60	+00:08:39 (12.4%)	7:00	8.6 (87.8%)
9	GRZESIEWICZ Patrycja	7369		Senior II K - 30	9	00:28:03	00:44:19	01:09:53.30	01:10:22.05	+00:08:53 (12.6%)	6:59	8.6 (87.8%)
10	WIADERNA Nina	7401		Senior II K - 30	10	00:28:01	00:44:05	01:10:37.15	01:10:40.95	+00:09:12 (13.0%)	7:03	8.5 (86.7%)
11	TYSZER Joanna	7193	1989	Senior II K - 30	11	00:28:05	00:44:31	01:10:15.70	01:10:45.65	+00:09:17 (13.1%)	7:01	8.5 (86.7%)
12	KORDECKA Anna	7428		Senior II K - 30	12	00:28:42	00:44:35	01:11:26.20	01:12:08.75	+00:10:40 (14.8%)	7:08	8.4 (85.7%)
13	WAWRZENIUK Emilia	7132		Senior II K - 30	13	00:26:50	00:43:39	01:12:50.35	01:13:05.45	+00:11:36 (15.9%)	7:17	8.2 (83.7%)
14	LACHERA Kamila	7050	CSC ADVENTURE ACADEMY	Senior II K - 30	14	00:29:34	00:46:55	01:14:02.20	01:14:06.60	+00:12:37 (17.0%)	7:24	8.1 (82.7%)
15	KACZMARZ Katarzyna	7105		Senior II K - 30	15	00:30:36	00:47:37	01:16:00.45	01:16:15.30	+00:14:46 (19.4%)	7:36	7.9 (80.6%)
16	MICHALEC Marzena	7415	KOBIETA W BIEGU	Senior II K - 30	16	00:29:38	00:47:52	01:16:07.55	01:16:27.80	+00:14:59 (19.6%)	7:36	7.9 (80.6%)
17	NIEWCZAS Basia	7083		Senior II K - 30	17	00:29:00	00:46:32	01:17:17.65	01:17:40.15	+00:16:11 (20.8%)	7:43	7.8 (79.6%)
18	MAZIAREK Adela	7062		Senior II K - 30	18	00:29:21	00:46:51	01:17:35.10	01:17:47.75	+00:16:19 (21.0%)	7:45	7.7 (78.6%)
19	PLINIEWICZ Joanna	7123		Senior II K - 30	19	00:30:27	00:48:27	01:17:42.40	01:17:56.60	+00:16:27 (21.1%)	7:46	7.7 (78.6%)
20	KOZŁOWSKA Renata	7281	LADY AEROBIK NYSA	Senior II K - 30	20	00:30:35	00:48:53	01:18:14.05	01:18:52.10	+00:17:23 (22.1%)	7:49	7.7 (78.6%)
21	POMIANOWSKA Anna	7377	RĄCZELACZKI	Senior II K - 30	21	00:30:58	00:48:13	01:18:22.40	01:18:57.00	+00:17:28 (22.1%)	7:50	7.7 (78.6%)
22	PUCHALSKA Magdalena	7180		Senior II K - 30	22	00:31:41	00:49:48	01:19:16.55	01:19:52.75	+00:18:24 (23.0%)	7:55	7.6 (77.6%)
23	PATYK Joanna	7129	PZU SPORT TEAM	Senior II K - 30	23	00:30:45	00:49:22	01:20:00.25	01:20:03.35	+00:18:34 (23.2%)	8:00	7.5 (76.5%)
24	KOPACKA Eliza	7029		Senior II K - 30	24	00:30:51	00:48:53	01:19:45.60	01:20:03.65	+00:18:35 (23.2%)	7:58	7.5 (76.5%)
25	GŁÓWKA Barbara	7135		Senior II K - 30	25	00:31:19	00:49:58	01:19:41.60	01:20:11.70	+00:18:43 (23.3%)	7:58	7.5 (76.5%)
26	WŁODKOWSKA Beata	7170		Senior II K - 30	26	00:31:22	00:49:33	01:20:18.50	01:20:39.70	+00:19:11 (23.8%)	8:01	7.5 (76.5%)
27	PASŁAWSKA Olga	7408		Senior II K - 30	27	00:30:51	00:49:16	01:20:32.60	01:20:49.80	+00:19:21 (23.9%)	8:03	7.5 (76.5%)
28	WOJDASZKA Katarzyna	7002	VEGE RUNNERS	Senior II K - 30	28	00:32:31	00:50:38	01:20:43.55	01:21:00.65	+00:19:32 (24.1%)	8:04	7.4 (75.5%)
29	KUCHARSKA Aleksandra	7006	DREAM RUN	Senior II K - 30	29	00:33:06	00:51:07	01:20:57.30	01:21:23.60	+00:19:54 (24.5%)	8:05	7.4 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
30	SKAWINA Krystyna	7059	TOPOLICE TEAM	Senior II K - 30	30	00:31:53	00:50:00	01:21:10.30	01:21:30.65	+00:20:02 (24.6%)	8:07	7.4 (75.5%)
31	JUREWICZ Agata	7165		Senior II K - 30	31	00:32:37	00:50:40	01:21:19.55	01:21:52.75	+00:20:24 (24.9%)	8:07	7.4 (75.5%)
32	HADAŁA Teresa	7145	KASZUBSKA PONIEWIERKA	Senior II K - 30	32	00:32:27	00:52:06	01:21:32.80	01:22:12.75	+00:20:44 (25.2%)	8:09	7.4 (75.5%)
33	DZIEDZIŃSKA Natalia	7229		Senior II K - 30	33	00:31:38	00:50:15	01:23:08.00	01:23:15.10	+00:21:46 (26.2%)	8:18	7.2 (73.5%)
34	ŁYSIAK Kasia	7196		Senior II K - 30	34	00:32:56	00:53:49	01:24:48.35	01:25:20.65	+00:23:52 (28.0%)	8:28	7.1 (72.4%)
35	KUTYCKA-KUREK Elżbieta	7336	CHOJRAK TEAM WROCŁAW	Senior II K - 30	35	00:32:42	00:52:11	01:24:53.40	01:25:24.90	+00:23:56 (28.0%)	8:29	7.1 (72.4%)
36	MICHALSKA Joanna	7138	VELUX	Senior II K - 30	36	00:35:44	00:55:28	01:25:39.90	01:26:01.65	+00:24:33 (28.5%)	8:34	7 (71.4%)
37	WILK Maria	7385	RAMBO III	Senior II K - 30	37	00:34:21	00:54:57	01:26:31.00	01:26:49.55	+00:25:20 (29.2%)	8:39	6.9 (70.4%)
38	CZYŻ Aleksandra	7027	VEGE RUNNERS	Senior II K - 30	38	00:33:07	00:52:39	01:26:20.65	01:26:53.55	+00:25:24 (29.2%)	8:38	6.9 (70.4%)
39	PLEWA Katarzyna	7055	NORDIC16.COM	Senior II K - 30	39	00:33:53	00:54:28	01:27:27.55	01:27:46.50	+00:26:17 (30.0%)	8:44	6.9 (70.4%)
40	PRZYBYŁEK Joanna	7285		Senior II K - 30	40	00:35:05	00:56:06	01:27:30.55	01:28:06.30	+00:26:37 (30.2%)	8:45	6.9 (70.4%)
41	GIEDA Elżbieta	7142	MUKS SZOK BOJANOWO	Senior II K - 30	41	00:33:12	00:53:32	01:27:47.60	01:28:22.65	+00:26:54 (30.4%)	8:46	6.8 (69.4%)
42	SKARŻEŃSKA Jagoda	7331		Senior II K - 30	42	00:33:47	00:54:23	01:28:08.00	01:28:54.05	+00:27:25 (30.8%)	8:48	6.8 (69.4%)
43	LIGOCKA Karolina	7074	BOOTCAMP	Senior II K - 30	43	00:33:29	00:54:37	01:28:53.60	01:29:10.25	+00:27:41 (31.1%)	8:53	6.7 (68.4%)
44	HACZKIEWICZ Karolina	7375		Senior II K - 30	44	00:34:05	00:54:54	01:28:31.40	01:29:10.35	+00:27:41 (31.1%)	8:51	6.8 (69.4%)
45	KRYŃ Katarzyna	7066	BOOTCAMP	Senior II K - 30	45	00:33:36	00:54:39	01:29:52.00	01:30:07.45	+00:28:38 (31.8%)	8:59	6.7 (68.4%)
46	DURNOWSKA Beata	7289		Senior II K - 30	46	00:32:28	00:54:07	01:29:29.05	01:30:13.95	+00:28:45 (31.9%)	8:56	6.7 (68.4%)
47	CHRZUSZCZ Anna	7249		Senior II K - 30	47	00:33:54	00:55:20	01:29:44.70	01:30:32.10	+00:29:03 (32.1%)	8:58	6.7 (68.4%)
48	SZYMAŁA Małgorzata	7293		Senior II K - 30	48	00:33:59	00:54:19	01:30:23.00	01:30:51.85	+00:29:23 (32.3%)	9:02	6.6 (67.3%)
49	ERDMAŃSKA Natalia	7368		Senior II K - 30	49	00:34:16	00:34:21	01:30:24.75	01:30:55.20	+00:29:26 (32.4%)	9:02	6.6 (67.3%)
50	TOMASZEWSKA Agnieszka	7064		Senior II K - 30	50	00:32:32	00:32:38	01:31:14.50	01:31:23.50	+00:29:54 (32.7%)	9:07	6.6 (67.3%)
51	SOCHA Ewa	7232	1987	Senior II K - 30	51	00:33:13	00:54:22	01:30:54.05	01:31:27.80	+00:29:59 (32.8%)	9:05	6.6 (67.3%)
52	BLANIK Agnieszka	7069	RADLIN	Senior II K - 30	52	00:33:58	00:54:46	01:31:01.20	01:31:34.85	+00:30:06 (32.9%)	9:06	6.6 (67.3%)
53	DZIEDZIC Anna	7115		Senior II K - 30	53	00:32:40	00:53:47	01:31:32.00	01:31:46.65	+00:30:18 (33.0%)	9:09	6.6 (67.3%)
54	HETMAŃSKA Diana	7030	LOVELASY	Senior II K - 30	54	00:34:40	00:56:10	01:32:31.30	01:32:45.05	+00:31:16 (33.7%)	9:15	6.5 (66.3%)
55	GONERA-BATOR Anna	7345	KB HARCOWNIK	Senior II K - 30	55	00:35:37	00:57:15	01:32:26.60	01:32:46.30	+00:31:17 (33.7%)	9:14	6.5 (66.3%)
56	CZAJA Agnieszka	7166		Senior II K - 30	56	00:35:34	00:57:59	01:32:37.20	01:33:10.55	+00:31:41 (34.0%)	9:15	6.5 (66.3%)
57	ZIENKIEWICZ Agata	7434		Senior II K - 30	57	00:34:17	00:55:41	01:32:53.70	01:33:30.75	+00:32:02 (34.3%)	9:17	6.5 (66.3%)
58	CHOJNACKA Kaja	7204	PURKRUN OPOLE	Senior II K - 30	58	00:35:51	00:58:16	01:33:43.25	01:33:56.70	+00:32:28 (34.6%)	9:22	6.4 (65.3%)
59	WOJTAS Anna	7139		Senior II K - 30	59	00:37:24	00:59:30	01:33:26.50	01:33:59.05	+00:32:30 (34.6%)	9:20	6.4 (65.3%)
60	WAWRZYNIAK Agnieszka	7151	DRUŻYNA SZPIKU	Senior II K - 30	60	00:34:55	00:57:04	01:33:47.10	01:34:05.85	+00:32:37 (34.7%)	9:22	6.4 (65.3%)
61	KOWALEWSKA Anna	7051		Senior II K - 30	61	00:33:49	00:56:00	01:34:05.40	01:34:26.20	+00:32:57 (34.9%)	9:24	6.4 (65.3%)
62	FILIPOWICZ Katarzyna	7347		Senior II K - 30	62	00:36:03	00:57:50	01:35:26.50	01:35:30.45	+00:34:01 (35.6%)	9:32	6.3 (64.3%)
63	WIETECZA-DROBIK Aleksandra	7194	ATLAS RUNNING TEAM	Senior II K - 30	63	00:36:25	00:59:35	01:36:40.70	01:36:49.05	+00:35:20 (36.5%)	9:40	6.2 (63.3%)
64	KACZYŃSKA Ewa	7402		Senior II K - 30	64	00:37:04	00:59:41	01:36:08.55	01:36:51.55	+00:35:22 (36.5%)	9:36	6.2 (63.3%)
65	GAWŁOWSKA Milena	7237	ATLAS RUNNING TEAM	Senior II K - 30	65	00:36:28	00:59:36	01:36:45.95	01:36:53.15	+00:35:24 (36.5%)	9:40	6.2 (63.3%)
66	WAŚCIŃSKA Dominika	7329	BOOT CAMP POLSKA	Senior II K - 30	66	00:35:11	00:57:26	01:36:47.95	01:37:04.45	+00:35:35 (36.7%)	9:40	6.2 (63.3%)
67	SZPUREK Anna	7354	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	67	00:37:14	01:00:25	01:36:39.60	01:37:06.70	+00:35:38 (36.7%)	9:39	6.2 (63.3%)
68	WRÓBEL Marzena	7179		Senior II K - 30	68	00:36:39	00:59:04	01:36:40.90	01:37:21.75	+00:35:53 (36.9%)	9:40	6.2 (63.3%)
69	PIETRZYKOWSKA Katarzyna	7206	PRO RUN WROCŁAW	Senior II K - 30	69	00:34:50	00:58:33	01:38:43.00	01:38:56.75	+00:37:28 (37.9%)	9:52	6.1 (62.2%)
70	JAGUSZEWSKA Agnieszka	7221	FAT&FURIOUS	Senior II K - 30	70	00:37:34	01:00:45	01:39:11.00	01:39:49.10	+00:38:20 (38.4%)	9:55	6 (61.2%)
71	WOŁCZYK Sandra	7224	FAT & FURIOUS	Senior II K - 30	71	00:37:34	01:00:45	01:39:23.95	01:40:04.00	+00:38:35 (38.6%)	9:56	6 (61.2%)
72	POPKO Emilia	7422		Senior II K - 30	72	00:38:49	01:01:53	01:40:24.05	01:40:31.10	+00:39:02 (38.8%)	10:02	6 (61.2%)
73	BULSKA Martyna	7042		Senior II K - 30	73	00:38:27	01:02:32	01:40:16.65	01:40:54.55	+00:39:25 (39.1%)	10:01	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	CZARNOWSKA Natalia	7075		Senior II K - 30	74	00:38:22	01:01:25	01:40:55.25	01:41:42.70	+00:40:14 (39.6%)	10:05	5.9 (60.2%)
75	GRUSZECKA Marta	7047		Senior II K - 30	75	00:38:28	01:02:31	01:41:24.95	01:42:02.30	+00:40:33 (39.8%)	10:08	5.9 (60.2%)
76	WOLEK Dagmara	7203		Senior II K - 30	76	00:39:32	01:03:04	01:43:17.65	01:43:23.15	+00:41:54 (40.5%)	10:19	5.8 (59.2%)
77	SMUG Ewelina	7257		Senior II K - 30	77	00:37:46	01:01:25	01:43:09.50	01:43:25.55	+00:41:56 (40.6%)	10:18	5.8 (59.2%)
78	RADUCHA-FURMAN Ewelina	7376		Senior II K - 30	78	00:36:23	00:59:19	01:43:01.05	01:43:31.75	+00:42:03 (40.6%)	10:18	5.8 (59.2%)
79	FUKS Karolina	7106	GRUPA FUX	Senior II K - 30	79	00:38:12	01:02:53	01:43:29.05	01:43:41.15	+00:42:12 (40.7%)	10:20	5.8 (59.2%)
80	KUTNA Agnieszka	7114	RUDA KITA	Senior II K - 30	80	00:40:31	01:04:28	01:44:34.85	01:45:04.25	+00:43:35 (41.5%)	10:27	5.7 (58.2%)
81	DRYMEL Joanna	7109	DRYMLE3IPIES	Senior II K - 30	81	00:43:31	01:05:43	01:45:28.55	01:46:17.60	+00:44:48 (42.2%)	10:32	5.7 (58.2%)
82	ZAKRZEWICZ Dorota	7384		Senior II K - 30	82	00:41:58	01:07:55	01:50:00.25	01:50:06.35	+00:48:37 (44.2%)	11:00	5.5 (56.1%)
83	SZCZEPAŃSKA Anna	7191		Senior II K - 30	83	00:39:10	01:05:37	01:50:36.35	01:50:43.20	+00:49:14 (44.5%)	11:03	5.4 (55.1%)
84	ZŁOMANIEC Izabela	7046		Senior II K - 30	84	00:43:17	01:09:25	01:52:33.45	01:52:58.30	+00:51:29 (45.6%)	11:15	5.3 (54.1%)
85	KARPIŃSKA Nina	7352	REEBOKRUN CREW	Senior II K - 30	85	00:39:09	01:04:42	01:56:27.60	01:56:48.80	+00:55:20 (47.4%)	11:38	5.2 (53.1%)
86	JANKOWSKA Magdalena	7342	KOŁO BIEGA	Senior II K - 30	86	00:41:27	01:09:35	01:59:13.75	01:59:16.85	+00:57:48 (48.5%)	11:55	5 (51.0%)
87	LISOWSKA Agnieszka	7118	DESTYLATOR	Senior II K - 30	87	00:43:35	01:12:16	02:07:26.35	02:08:15.95	+01:06:47 (52.1%)	12:44	4.7 (48.0%)
88	WOŁCZEK Jola	7305		Senior II K - 30	88	00:37:08	00:59:49	02:14:28.05	02:14:51.80	+01:13:23 (54.4%)	13:26	4.5 (45.9%)
89	ROBAK Aneta	7124		Senior II K - 30	89	00:45:59		02:15:12.85	02:15:39.00	+01:14:10 (54.7%)	13:31	4.4 (44.9%)
90	KOĆMIRSKA Anna	7208		Senior II K - 30	90	00:52:33	01:20:08	02:27:54.50	02:28:24.45	+01:26:55 (58.6%)	14:47	4.1 (41.8%)
91	RUNOWICZ Magdalena	7214		Senior II K - 30	91	00:52:37	01:20:09	02:27:56.45	02:28:26.40	+01:26:57 (58.6%)	14:47	4.1 (41.8%)

Znaleziono 91 wynik(ów)