

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-19
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	Różn	Tempo min/km	Tempo km/h
1	BUDZIEWSKA Katarzyna	8104		Senior II K - 30	1	00:26:45	00:40:55	01:04:41.95		6:28	9.3 (100%)
2	HOJA Joanna	8186	ALPIN SPORT HOKA ONE ONE TEAM	Senior II K - 30	2	00:27:18	00:42:38	01:07:51.60	+00:03:09 (4.7%)	6:47	8.8 (94.6%)
3	ROZNEWSKA Dagmara	8225	KB SOBÓTKA	Senior II K - 30	3	00:29:37	00:45:07	01:11:49.45	+00:07:07 (9.9%)	7:11	8.4 (90.3%)
4	KORCZYŃSKA Agata	8292		Senior II K - 30	4	00:28:47	00:44:50	01:11:58.00	+00:07:16 (10.1%)	7:11	8.3 (89.2%)
5	FRYBES Agnieszka	8379	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	5	00:31:47	00:48:56	01:16:13.30	+00:11:31 (15.1%)	7:37	7.9 (84.9%)
6	SEMENIUK Marzena	8336	KOTWICA BRZEG	Senior II K - 30	6	00:32:52	00:51:01	01:19:34.55	+00:14:52 (18.7%)	7:57	7.5 (80.6%)
7	BESZTOCHA Jadwiga	8056	ZEN RUNNING TEAM	Senior II K - 30	7	00:32:17	00:51:05	01:20:58.25	+00:16:16 (20.1%)	8:05	7.4 (79.6%)
8	WACHOWSKA Katarzyna	8091	SMOK TRÓJGŁOWY	Senior II K - 30	8	00:34:28	00:52:13	01:21:46.05	+00:17:04 (20.9%)	8:10	7.3 (78.5%)
9	SKAWINA POŁEĆ Anna	8286		Senior II K - 30	9	00:35:15	00:54:19	01:25:30.20	+00:20:48 (24.3%)	8:33	7 (75.3%)
10	MAZIAREK Adela	8009		Senior II K - 30	10	00:35:11	00:54:08	01:25:54.60	+00:21:12 (24.7%)	8:35	7 (75.3%)
11	GŁÓWKA Barbara	8284		Senior II K - 30	11	00:35:04	00:55:03	01:26:03.90	+00:21:21 (24.8%)	8:36	7 (75.3%)
12	GŁUCHOWSKA Ewelina	8293		Senior II K - 30	12	00:35:03	00:55:09	01:26:09.75	+00:21:27 (24.9%)	8:37	7 (75.3%)
13	CIEŚLIŃSKA Katarzyna	8146		Senior II K - 30	13	00:33:32	00:53:18	01:26:16.85	+00:21:34 (25.0%)	8:37	7 (75.3%)
14	OCHEJ Joanna	8376	APTENEO RUNNING TEAM	Senior II K - 30	14	00:35:03	00:55:36	01:28:10.20	+00:23:28 (26.6%)	8:49	6.8 (73.1%)
15	CIEŚLAK Magdalena	8302	CIEŚLAK TEAM	Senior II K - 30	15	00:34:03	00:53:56	01:28:16.70	+00:23:34 (26.7%)	8:49	6.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
16	PIATEK Magdalena	8237	PROGRES	Senior II K - 30	16	00:34:11	00:58:37	01:29:08.95	+00:24:27 (27.4%)	8:54	6.7 (72.0%)
17	ADAMSKA Sylwia	8275		Senior II K - 30	17	00:36:29	00:56:48	01:29:25.50	+00:24:43 (27.6%)	8:56	6.7 (72.0%)
18	SKAWINA Krystyna	8026	TOPOLICE TEAM	Senior II K - 30	18	00:35:18	00:54:07	01:29:55.60	+00:25:13 (28.1%)	8:59	6.7 (72.0%)
19	BŁAŻKÓW Gosia	8388		Senior II K - 30	19	00:34:11	00:58:03	01:31:23.85	+00:26:41 (29.2%)	9:08	6.6 (71.0%)
20	HOTAŁA Marta	8238		Senior II K - 30	20	00:35:47	00:58:11	01:31:30.75	+00:26:48 (29.3%)	9:09	6.6 (71.0%)
21	BIŃCZARSKA Monika	8015		Senior II K - 30	21	00:33:59	00:56:48	01:31:31.15	+00:26:49 (29.3%)	9:09	6.6 (71.0%)
22	SŁODKIEWICZ Dagmara	8223		Senior II K - 30	22	00:37:21	00:58:57	01:32:05.85	+00:27:23 (29.7%)	9:12	6.5 (69.9%)
23	PAINTA Ewa	8402		Senior II K - 30	23	00:36:39	00:59:32	01:32:54.10	+00:28:12 (30.4%)	9:17	6.5 (69.9%)
24	PUCHALSKA Magdalena	8089		Senior II K - 30	24	00:37:23	00:57:03	01:33:16.00	+00:28:34 (30.6%)	9:19	6.4 (68.8%)
25	MATUKIN-SZUMLIŃSKA Aleksandra	8334		Senior II K - 30	25	00:38:22	01:00:01	01:34:11.25	+00:29:29 (31.3%)	9:25	6.4 (68.8%)
26	TUREK Paulina	8128	PRORUNNING PROMOTION	Senior II K - 30	26	00:37:46	01:00:13	01:34:56.90	+00:30:14 (31.9%)	9:29	6.3 (67.7%)
27	KORF Weronika	8058		Senior II K - 30	27	00:39:44	01:00:55	01:36:24.60	+00:31:42 (32.9%)	9:38	6.2 (66.7%)
28	MARCINIAK Paulina	8209		Senior II K - 30	28	00:38:40	01:02:28	01:37:13.20	+00:32:31 (33.5%)	9:43	6.2 (66.7%)
29	KUSTRA Klaudia	8207		Senior II K - 30	29	00:37:24	01:00:15	01:37:44.40	+00:33:02 (33.8%)	9:46	6.1 (65.6%)
30	STĘPIEŃ Małgorzata	8246		Senior II K - 30	30	00:38:33	01:01:59	01:40:27.15	+00:35:45 (35.6%)	10:02	6 (64.5%)
31	DZIEKOŃSKA Magdalena	8049	KU PRZYGDZIE	Senior II K - 30	31	00:38:19	01:02:09	01:40:30.55	+00:35:48 (35.6%)	10:03	6 (64.5%)
32	BAJSAROWICZ Zuzanna	8201		Senior II K - 30	32	00:42:12	01:05:22	01:41:20.60	+00:36:38 (36.2%)	10:08	5.9 (63.4%)
33	RASZCZUK Martyna	8014	POMIDOROWA ALTERNATYWA	Senior II K - 30	33	00:42:01	01:07:44	01:43:42.90	+00:39:00 (37.6%)	10:22	5.8 (62.4%)
34	BREARD Emilie	8208	TOUT CHAILLES COURT	Senior II K - 30	34	00:39:15	01:05:20	01:44:15.80	+00:39:33 (37.9%)	10:25	5.8 (62.4%)
35	LEWANDOWSKA Patrycja	8248	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:43:01	01:08:03	01:45:56.10	+00:41:14 (38.9%)	10:35	5.7 (61.3%)
36	KIERAT Dominika	8306		Senior II K - 30	36	00:41:24	01:05:35	01:47:30.45	+00:42:48 (39.8%)	10:45	5.6 (60.2%)
37	CYBULA Ewa	8138	X-TEAM	Senior II K - 30	37	00:41:47	01:07:36	01:47:52.35	+00:43:10 (40.0%)	10:47	5.6 (60.2%)
38	SZPUREK Anna	8365	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	38	00:44:35	01:10:24	01:48:20.60	+00:43:38 (40.3%)	10:50	5.5 (59.1%)

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						3.7km	5.8km				
39	JAGUSZEWSKA Agnieszka	8109		Senior II K - 30	39	00:44:46	01:08:46	01:48:23.60	+00:43:41 (40.3%)	10:50	5.5 (59.1%)
40	NIESTERUK Paulina	8249		Senior II K - 30	40	00:41:00	01:08:08	01:49:52.85	+00:45:10 (41.1%)	10:59	5.5 (59.1%)
41	MALISZ Agnieszka	8322		Senior II K - 30	41	00:44:00	01:07:11	01:50:40.35	+00:45:58 (41.5%)	11:04	5.4 (58.1%)
42	MAJ Magdalena	8004	GRAŻYŃKI OCR	Senior II K - 30	42	00:44:03	01:11:57	01:50:52.60	+00:46:10 (41.6%)	11:05	5.4 (58.1%)
43	RAJCZAK Monika	8166		Senior II K - 30	43	00:43:04	01:09:22	01:50:58.60	+00:46:16 (41.7%)	11:05	5.4 (58.1%)
44	GÓRNA Małgorzata	8103		Senior II K - 30	44	00:43:42	01:10:01	01:51:29.55	+00:46:47 (42.0%)	11:08	5.4 (58.1%)
45	KOLBUS Julita	8236		Senior II K - 30	45	00:44:46	01:12:35	01:51:33.05	+00:46:51 (42.0%)	11:09	5.4 (58.1%)
46	PLUTA Michalina	8189		Senior II K - 30	46	00:41:57	01:10:35	01:51:48.30	+00:47:06 (42.1%)	11:10	5.4 (58.1%)
47	DANYLOVA Alina	8271		Senior II K - 30	47	00:46:10	01:12:01	01:53:35.70	+00:48:53 (43.0%)	11:21	5.3 (57.0%)
48	OGRODNIK Anna	8102	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	48	00:46:21	01:12:41	01:54:03.85	+00:49:21 (43.3%)	11:24	5.3 (57.0%)
49	MRÓZ Anna	8341		Senior II K - 30	49	00:54:48	01:17:27	01:55:39.95	+00:50:58 (44.1%)	11:34	5.2 (55.9%)
50	ŁUKASIK Natalia	8309		Senior II K - 30	50	00:39:18	01:15:01	01:55:50.10	+00:51:08 (44.1%)	11:35	5.2 (55.9%)
51	SZWARGOT Marta	8119	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30	51	00:46:14	01:13:15	01:55:59.65	+00:51:17 (44.2%)	11:35	5.2 (55.9%)
52	LASEK Karina	8184		Senior II K - 30	52	00:44:34	01:13:55	01:56:33.45	+00:51:51 (44.5%)	11:39	5.1 (54.8%)
53	STAWSKA-KISIAŁA Natalia	8083		Senior II K - 30	53	00:46:06	01:14:37	01:58:03.90	+00:53:21 (45.2%)	11:48	5.1 (54.8%)
54	MRÓZ Izabela	8338	WOLNE ŚLIMAKI	Senior II K - 30	54	00:50:16	01:20:31	02:05:52.80	+01:01:10 (48.6%)	12:35	4.8 (51.6%)
55	POSPIESZNA Anna	8224		Senior II K - 30	55	00:51:18	01:22:25	02:06:28.15	+01:01:46 (48.8%)	12:38	4.7 (50.5%)
56	WOLEK Dagmara	8229		Senior II K - 30	56	00:49:53	01:21:56	02:17:00.50	+01:12:18 (52.8%)	13:42	4.4 (47.3%)
57	CZUBA Jadwiga	8314		Senior II K - 30	57	00:54:40	01:29:23	02:20:57.60	+01:16:15 (54.1%)	14:05	4.3 (46.2%)
58	TUREK Monika	8381		Senior II K - 30	58	00:54:50	01:29:35	02:21:08.55	+01:16:26 (54.2%)	14:06	4.3 (46.2%)
59	JAWORSKA-NIZIOŁ Magdalena	8093		Senior II K - 30	59	01:18:33	02:03:18	03:12:32.10	+02:07:50 (66.4%)	19:15	3.1 (33.3%)
60	TALAREK JĘDRULAK Katarzyna	8234	TELERANEK	Senior II K - 30	60	01:14:06	02:04:06	03:30:48.30	+02:26:06 (69.3%)	21:04	2.8 (30.1%)