

BIEG TROJAK TRAIL - 10 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Stowarzyszenie TKKF Kompas
2017-07-23
Lądek Zdrój
10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	TOMASIAK Natalia	1283	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:20:19	00:31:40	00:52:27.45	00:52:30.05		5:14	11.4 (100%)
2	PAZDAN Natalia	1183	KOWARY BIEGAJĄ	Senior II K - 30	2	00:26:09	00:41:29	01:07:32.10	01:07:44.05	+00:15:14 (22.5%)	6:45	8.9 (78.1%)
3	WYSOCKA Magdalena	1228		Senior II K - 30	3	00:27:19	00:42:15	01:08:13.80	01:08:24.40	+00:15:54 (23.3%)	6:49	8.8 (77.2%)
4	RUTKOWSKA Małgorzata	1303	GÓRSKA ZAŁOGA	Senior II K - 30	4	00:27:27	00:42:40	01:08:37.95	01:08:43.95	+00:16:13 (23.6%)	6:51	8.7 (76.3%)
5	PIOTROWSKA Magdalena	1062	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	5	00:26:26	00:43:38	01:09:00.10	01:09:02.60	+00:16:32 (24.0%)	6:54	8.7 (76.3%)
6	WANTUCH Katarzyna	1203	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:27:47	00:43:08	01:09:12.90	01:09:26.20	+00:16:56 (24.4%)	6:55	8.7 (76.3%)
7	BOSIANEK Kamila	1049	4RUN TEAM PIŁA	Senior II K - 30	7	00:27:28	00:42:55	01:09:20.60	01:09:27.05	+00:16:57 (24.4%)	6:56	8.7 (76.3%)
8	KLOS Ania	1154		Senior II K - 30	8	00:29:05	00:44:54	01:12:16.65	01:12:33.50	+00:20:03 (27.6%)	7:13	8.3 (72.8%)
9	KOSIELSKA Beata	1067		Senior II K - 30	9	00:29:37	00:46:21	01:13:26.05	01:13:50.00	+00:21:19 (28.9%)	7:20	8.2 (71.9%)
10	SZAŁĘGA Kasia	1131		Senior II K - 30	10	00:27:51	00:44:59	01:13:48.20	01:14:06.25	+00:21:36 (29.2%)	7:22	8.1 (71.1%)
11	WITKOWSKA Paulina	1181		Senior II K - 30	11	00:29:28	00:45:52	01:14:09.45	01:14:18.75	+00:21:48 (29.4%)	7:24	8.1 (71.1%)
12	GLAPIAK- PRZYTULA Agnieszka	1125	1979	Senior II K - 30	12	00:29:14	00:45:24	01:14:20.65	01:14:39.45	+00:22:09 (29.7%)	7:26	8.1 (71.1%)
13	KRZYSZTOFIAK Aleksandra	1176	KOWARY BIEGAJĄ	Senior II K - 30	13	00:29:26	00:45:23	01:14:33.15	01:14:44.35	+00:22:14 (29.8%)	7:27	8 (70.2%)
14	GŁĄBICA Justyna	1161		Senior II K - 30	14	00:29:35	00:46:49	01:15:53.25	01:16:15.45	+00:23:45 (31.2%)	7:35	7.9 (69.3%)
15	MICHALEC Marzena	1179	KOBIETA W BIEGU	Senior II K - 30	15	00:29:52	00:47:34	01:16:57.95	01:17:05.95	+00:24:35 (31.9%)	7:41	7.8 (68.4%)
16	MATUSZEWSKA Izabela	1261		Senior II K - 30	16	00:30:36	00:47:38	01:16:44.75	01:17:13.40	+00:24:43 (32.0%)	7:40	7.8 (68.4%)
17	ZASTAWNY Katarzyna	1239		Senior II K - 30	17	00:30:04	00:47:04	01:17:04.70	01:17:34.50	+00:25:04 (32.3%)	7:42	7.8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	MADEREK Barbara	1008	PAKIECIARZE TEAM	Senior II K - 30	18	00:29:49	00:46:56	01:17:42.45	01:17:58.75	+00:25:28 (32.7%)	7:46	7.7 (67.5%)
19	DRYMEL Joanna	1072		Senior II K - 30	19	00:29:53	00:47:41	01:18:59.55	01:19:21.90	+00:26:51 (33.8%)	7:53	7.6 (66.7%)
20	MAZUR Agnieszka	1105	GTO	Senior II K - 30	20	00:31:58	00:49:54	01:19:26.30	01:19:51.10	+00:27:21 (34.3%)	7:56	7.6 (66.7%)
21	SINICA Kamila	1277		Senior II K - 30	21	00:31:18	00:49:25	01:20:22.25	01:20:26.60	+00:27:56 (34.7%)	8:02	7.5 (65.8%)
22	SZARLEJ Anna	1148	FUDU&CO. SPORT TEAM	Senior II K - 30	22	00:32:45	00:50:12	01:20:47.35	01:20:55.00	+00:28:24 (35.1%)	8:04	7.4 (64.9%)
23	KOPACKA Eliza	1017	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	23	00:30:46	00:49:10	01:20:31.55	01:20:57.85	+00:28:27 (35.2%)	8:03	7.5 (65.8%)
24	JAKUBOWSKA Beata	1326		Senior II K - 30	24	00:31:23	00:49:34	01:20:33.05	01:20:59.20	+00:28:29 (35.2%)	8:03	7.4 (64.9%)
25	OSIKOWSKA Teresa	1222		Senior II K - 30	25	00:31:12	00:49:32	01:20:54.65	01:21:12.10	+00:28:42 (35.3%)	8:05	7.4 (64.9%)
26	ŁUCZAJ Kinga	1339		Senior II K - 30	26	00:32:42	00:49:46	01:21:28.45	01:21:57.50	+00:29:27 (35.9%)	8:08	7.4 (64.9%)
27	SOKOŁOWSKA Anna	1223		Senior II K - 30	27	00:31:04	00:49:21	01:21:53.05	01:21:59.15	+00:29:29 (36.0%)	8:11	7.3 (64.0%)
28	SKAWINA- POŁĘC Anna	1078		Senior II K - 30	28	00:31:45	00:50:33	01:22:04.15	01:22:14.60	+00:29:44 (36.2%)	8:12	7.3 (64.0%)
29	TOMASZEWSKA Joanna	1301	KB HAROWNIK	Senior II K - 30	29	00:31:27	00:49:42	01:22:07.15	01:22:23.35	+00:29:53 (36.3%)	8:12	7.3 (64.0%)
30	WASZYK Anita	1166	MUAY RUNNING TEAM	Senior II K - 30	30	00:31:37	00:49:59	01:22:40.15	01:23:08.20	+00:30:38 (36.8%)	8:16	7.3 (64.0%)
31	PLEWA Katarzyna	1123	NORDIC16.COM	Senior II K - 30	31	00:32:59	00:52:00	01:23:38.15	01:23:41.40	+00:31:11 (37.3%)	8:21	7.2 (63.2%)
32	KOSTERA Katarzyna	1259	VEGE RUNNERS	Senior II K - 30	32	00:33:00	00:50:28	01:23:26.90	01:23:57.00	+00:31:26 (37.5%)	8:20	7.2 (63.2%)
33	PIELICHOWSKA Justyna	1254	BIEGAJĄC Z WILKAMI	Senior II K - 30	33	00:30:21	00:49:05	01:23:53.25	01:24:16.55	+00:31:46 (37.7%)	8:23	7.2 (63.2%)
34	LEWANDOWSKA Maria	1038	BIEGAM BO NIE LUBIE	Senior II K - 30	34	00:33:56	00:52:35	01:23:43.35	01:24:17.50	+00:31:47 (37.7%)	8:22	7.2 (63.2%)
35	WITECKA Milena	1336		Senior II K - 30	35	00:34:28	00:53:16	01:24:28.10	01:24:31.60	+00:32:01 (37.9%)	8:26	7.1 (62.3%)
36	HACZKIEWICZ Karolina	1186	MILKY2017	Senior II K - 30	36	00:32:04	00:51:41	01:25:09.40	01:25:28.15	+00:32:58 (38.6%)	8:31	7 (61.4%)
37	JAROSZ-DANIEL Joanna	1214		Senior II K - 30	37	00:34:22	00:53:33	01:26:04.85	01:26:17.90	+00:33:47 (39.2%)	8:36	7 (61.4%)
38	SKAWINA Krystyna	1079		Senior II K - 30	38	00:34:02	00:52:56	01:26:57.80	01:27:09.10	+00:34:39 (39.8%)	8:41	6.9 (60.5%)
39	SZPUREK Anna	1238	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	39	00:33:59	00:54:27	01:29:11.10	01:29:31.70	+00:37:01 (41.4%)	8:55	6.7 (58.8%)
40	DEMBNA Ania	1288		Senior II K - 30	40	00:34:17	00:54:10	01:29:25.90	01:29:50.70	+00:37:20 (41.6%)	8:56	6.7 (58.8%)
41	MO LONG Urszula	1066	NIGHT RUNNERS	Senior II K - 30	41	00:35:44	00:56:08	01:31:16.25	01:31:43.00	+00:39:12 (42.8%)	9:07	6.6 (57.9%)
42	PĘCKA Beata	1242		Senior II K - 30	42	00:35:40	00:56:51	01:31:30.40	01:32:07.30	+00:39:37 (43.0%)	9:09	6.6 (57.9%)
43	ŚRÓDKA Aleksandra	1099		Senior II K - 30	43	00:35:39	00:57:03	01:32:38.95	01:33:05.70	+00:40:35 (43.6%)	9:15	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
44	GÓRNA Małgorzata	1108		Senior II K - 30	44	00:35:04	00:56:26	01:33:14.25	01:33:25.55	+00:40:55 (43.8%)	9:19	6.4 (56.1%)
45	KUCZAKOWSKA Joanna	1218	BIEGOWE MISIE	Senior II K - 30	45	00:35:25	00:55:29	01:33:27.15	01:33:50.40	+00:41:20 (44.1%)	9:20	6.4 (56.1%)
46	WITKOWSKA Justyna	1028		Senior II K - 30	46	00:34:42	00:56:47	01:34:19.85	01:34:31.00	+00:42:00 (44.5%)	9:26	6.4 (56.1%)
47	STAWSKA Emilia	1095	GRUNWALD TEAM POZNAŃ	Senior II K - 30	47	00:36:46	00:59:25	01:35:08.25	01:35:30.90	+00:43:00 (45.0%)	9:30	6.3 (55.3%)
48	PAPIERZ- RYKAŁA Aleksandra	1212		Senior II K - 30	48	00:38:38	00:59:40	01:35:39.85	01:36:15.20	+00:43:45 (45.5%)	9:34	6.3 (55.3%)
49	ROGOWSKA Małgorzata	1116	TRIATHLON MIETKÓW TEAM	Senior II K - 30	49	00:35:38	00:57:57	01:36:09.30	01:36:28.15	+00:43:58 (45.6%)	9:37	6.2 (54.4%)
50	ERDMAŃSKA Natalia	1229		Senior II K - 30	50	00:36:41	00:58:08	01:36:28.75	01:36:58.00	+00:44:27 (45.9%)	9:38	6.2 (54.4%)
51	KRAWCZYK Magdalena	1139	BIEGAJĄCY PALACZE	Senior II K - 30	51	00:41:33	01:04:54	01:41:16.80	01:41:38.65	+00:49:08 (48.3%)	10:07	5.9 (51.8%)
52	HRABAŃSKA- RACZAK Beata	1168		Senior II K - 30	52	00:40:26	01:02:55	01:42:16.55	01:42:45.60	+00:50:15 (48.9%)	10:13	5.9 (51.8%)
53	ERENBERG Małgorzata	1153	FUDU&CO SPORT TEAM	Senior II K - 30	53	00:39:27	01:03:06	01:43:08.75	01:43:16.10	+00:50:46 (49.2%)	10:18	5.8 (50.9%)
54	STAWSKA Natalia	1005		Senior II K - 30	54	00:39:43	01:04:29	01:45:14.70	01:45:50.60	+00:53:20 (50.4%)	10:31	5.7 (50.0%)
55	KOWALCZYK Olka	1110		Senior II K - 30	55	00:39:21	01:05:24	01:46:52.60	01:47:27.80	+00:54:57 (51.1%)	10:41	5.6 (49.1%)
56	JÓZEFOWICZ Magdalena	1011	FUNDACJA DZIECIOM 'ZDAŹYĆ Z POMOCĄ' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA	Senior II K - 30	56	00:42:33	01:07:32	01:49:50.00	01:50:09.10	+00:57:39 (52.3%)	10:59	5.5 (48.2%)

Znaleziono 56 wynik(ów)