

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-22  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Weteran K - 50

| Msc | Zawodnik            | Numer | Klub                    | Kategoria      | Mkat | C1<br>4km | C1<br>6km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-------------------------|----------------|------|-----------|-----------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | LUBAŃSKA Alicja     | 243   | DOBIEGNĘ! BUKOWICE      | Weteran K - 50 | 1    | 00:29:11  | 00:45:50  | 01:16:53.05           | 01:16:56.00            |                   | 7:41            | 7.8 (100%)    |
| 2   | PTASZYŃSKA Joanna   | 98    |                         | Weteran K - 50 | 2    | 00:32:10  | 00:49:18  | 01:19:27.60           | 01:19:49.70            | +00:02:53 (3.6%)  | 7:56            | 7.6 (97.4%)   |
| 3   | MRÓZ Urszula        | 209   |                         | Weteran K - 50 | 3    | 00:33:29  | 00:52:12  | 01:27:27.10           | 01:27:34.05            | +00:10:38 (12.1%) | 8:44            | 6.9 (88.5%)   |
| 4   | NEUMANN Beata       | 212   | CENTRUM ŁĄKOWA 1        | Weteran K - 50 | 4    | 00:34:39  | 00:54:37  | 01:31:44.05           | 01:32:00.25            | +00:15:04 (16.4%) | 9:10            | 6.5 (83.3%)   |
| 5   | CHWIAŁKOWSKA Ewa    | 71    |                         | Weteran K - 50 | 5    | 00:36:17  | 00:57:05  | 01:34:11.35           | 01:34:41.05            | +00:17:45 (18.7%) | 9:25            | 6.4 (82.1%)   |
| 6   | SZAFRAŃSKA Joanna   | 334   | PARKRUN ŚWINOUJŚCIE     | Weteran K - 50 | 6    | 00:35:33  | 00:57:10  | 01:34:55.30           | 01:35:25.35            | +00:18:29 (19.4%) | 9:29            | 6.3 (80.8%)   |
| 7   | MICHALSKA Agnieszka | 335   | PARKRUN ŚWINOUJŚCIE     | Weteran K - 50 | 7    | 00:35:52  | 00:57:10  | 01:34:54.25           | 01:35:25.45            | +00:18:29 (19.4%) | 9:29            | 6.3 (80.8%)   |
| 8   | RAJCZAKOWSKA Anna   | 172   |                         | Weteran K - 50 | 8    | 00:40:12  | 01:03:14  | 01:48:48.70           | 01:49:15.65            | +00:32:19 (29.6%) | 10:52           | 5.5 (70.5%)   |
| 9   | PASTUSZKA Joanna    | 200   | RUNLDZ                  | Weteran K - 50 | 9    | 00:41:00  | 01:06:22  | 01:52:57.45           | 01:53:10.30            | +00:36:14 (32.0%) | 11:17           | 5.3 (67.9%)   |
| 10  | ŚCIOCH Marta        | 256   | NIE WIERZĘ, ŻE TO ROBIĘ | Weteran K - 50 | 10   | 00:47:05  | 01:16:24  | 02:07:48.25           | 02:07:53.45            | +00:50:57 (39.8%) | 12:46           | 4.7 (60.3%)   |

Znaleziono 10 wynik(ów)