

BIEG TROJAK TRAIL - 10 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-07-19
Place: Łądek-Zdrój
Distance: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: Weteran K - 50

Place	Participant	Number	Club	Category	MCat	C1 3.7km	C1 5.8km	Net time 10km	Gap	Pace min/km	Pace km/h
1	LECZKOWSKA Mirella	8065		Weteran K - 50	1	00:32:28	00:50:19	01:19:57.80		7:59	7.5 (100%)
2	MRÓZ Urszula	8151	NIEDZWIEDZIE POLARNE	Weteran K - 50	2	00:33:52	00:51:29	01:20:47.05	+00:00:49 (1.0%)	8:04	7.4 (98.7%)
3	LUBAŃSKA Alicja	8033		Weteran K - 50	3	00:36:09	00:56:51	01:30:36.15	+00:10:38 (11.7%)	9:03	6.6 (88.0%)
4	SAMULSKA Agata	8324		Weteran K - 50	4	00:39:41	01:05:17	01:43:26.05	+00:23:28 (22.7%)	10:20	5.8 (77.3%)
5	PIOTROWSKA ANCEW Joanna	8075		Weteran K - 50	5	00:41:08	01:04:00	01:44:23.20	+00:24:25 (23.4%)	10:26	5.7 (76.0%)
6	GAJEWSKA-POLAK Iwona	8323		Weteran K - 50	6	00:42:34	01:05:43	01:45:24.30	+00:25:26 (24.1%)	10:32	5.7 (76.0%)
7	STRZELCZYK Ilona	8047	KĘSY TEAM	Weteran K - 50	7	00:41:44	01:08:47	01:49:07.30	+00:29:09 (26.7%)	10:54	5.5 (73.3%)
8	ENGEL-ABULEWICZ Elżbieta	8261	TRENING STUDIO 17	Weteran K - 50	8	00:44:38	01:12:22	01:56:12.70	+00:36:14 (31.2%)	11:37	5.2 (69.3%)
9	BŁĄDEK-GRZELCZAK Katarzyna	8198		Weteran K - 50	9	00:46:46	01:14:05	01:59:55.90	+00:39:58 (33.3%)	11:59	5 (66.7%)
10	FRĄCOWIAK Anna	8034	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	10	00:50:06	01:19:24	02:06:20.30	+00:46:22 (36.7%)	12:38	4.7 (62.7%)
11	PSZCZOLIŃSKA Alicja	8086		Weteran K - 50	11	00:47:59	01:19:47	02:07:22.40	+00:47:24 (37.2%)	12:44	4.7 (62.7%)
12	MIELCZAREK Halina	8020		Weteran K - 50	12	00:50:34	01:25:10	02:12:15.60	+00:52:17 (39.5%)	13:13	4.5 (60.0%)

Total 12 results.