



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-05
Krościenko nad Dunajcem
10 km

TRIADA INTRO BESKID SADECKI

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PIETROCZUK Sylwia	561	NOA	K16-29	1	01:07:50.40	01:07:54.75		6:47	8.8 (100%)
2	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	01:08:13.90	01:08:25.05	+00:00:30 (0.7%)	6:49	8.8 (100%)
3	LANGE Magda	510	STG TARNOW	K30-39	2	01:12:12.60	01:12:18.25	+00:04:23 (6.1%)	7:13	8.3 (94.3%)
4	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	01:13:16.70	01:13:21.55	+00:05:26 (7.4%)	7:19	8.2 (93.2%)
5	SZUMNY Nina	622		K30-39	3	01:13:26.35	01:13:30.10	+00:05:35 (7.6%)	7:20	8.2 (93.2%)
6	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	01:13:50.05	01:13:54.40	+00:05:59 (8.1%)	7:23	8.1 (92.0%)
7	SZUREK Paulina	623		K30-39	4	01:16:02.50	01:16:13.75	+00:08:19 (10.9%)	7:36	7.9 (89.8%)
8	PINTSCHER Paulina	564		K30-39	5	01:17:33.50	01:17:46.15	+00:09:51 (12.7%)	7:45	7.7 (87.5%)
9	MIKOŚ Magdalena	535		K30-39	6	01:18:19.80	01:18:32.85	+00:10:38 (13.5%)	7:49	7.7 (87.5%)
10	BISZCZUK Mariola	417	THE THRULERS	K30-39	7	01:19:17.55	01:19:30.95	+00:11:36 (14.6%)	7:55	7.6 (86.4%)
11	STEFANIUK Marzena	610		K30-39	8	01:20:35.40	01:20:48.50	+00:12:53 (16.0%)	8:03	7.4 (84.1%)
12	ZAJĄCZKOWSKA Ewelina	650	GRUPA BIEGOWA UM W-WA	K30-39	9	01:21:55.60	01:22:10.15	+00:14:15 (17.4%)	8:11	7.3 (83.0%)
13	WÓŁKIEWICZ Dorota	647	KS STASZEWSKY	K50-59	1	01:21:53.65	01:22:18.40	+00:14:23 (17.5%)	8:11	7.3 (83.0%)
14	PROCHASEK Anna	569		K30-39	10	01:23:42.00	01:23:58.35	+00:16:03 (19.1%)	8:22	7.2 (81.8%)
15	HRYC Martyna	467		K16-29	4	01:25:26.40	01:25:29.35	+00:17:34 (20.6%)	8:32	7 (79.5%)
16	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	01:25:34.05	01:25:46.05	+00:17:51 (20.8%)	8:33	7 (79.5%)
17	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	01:25:28.85	01:25:46.10	+00:17:51 (20.8%)	8:32	7 (79.5%)
18	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	5	01:26:13.15	01:26:34.05	+00:18:39 (21.5%)	8:37	7 (79.5%)
19	SAMOJLUK-ŚLUSARSKA Bożena	591	DRUŻYNA TVN	K60+	1	01:27:23.90	01:27:38.05	+00:19:43 (22.5%)	8:44	6.9 (78.4%)
20	HENDZLIK Monika	463		K40-49	2	01:27:36.35	01:27:51.60	+00:19:56 (22.7%)	8:45	6.8 (77.3%)
21	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	01:27:58.60	01:28:10.35	+00:20:15 (23.0%)	8:47	6.8 (77.3%)
22	TRUSZKOWSKA Marta	628		K30-39	12	01:29:02.55	01:29:16.60	+00:21:21 (23.9%)	8:54	6.7 (76.1%)
23	REJMAN Dorota	580		K40-49	4	01:29:38.10	01:29:53.25	+00:21:58 (24.4%)	8:57	6.7 (76.1%)
24	DZIÓBEK Sylwia	444		K40-49	5	01:30:18.30	01:30:33.05	+00:22:38 (25.0%)	9:01	6.6 (75.0%)
25	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	13	01:30:42.10	01:31:00.80	+00:23:06 (25.4%)	9:04	6.6 (75.0%)
26	SURDEJ Paulina	613	STG TARNÓW	K16-29	6	01:31:21.15	01:31:32.70	+00:23:37 (25.8%)	9:08	6.6 (75.0%)
27	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	01:31:27.30	01:31:33.65	+00:23:38 (25.8%)	9:08	6.6 (75.0%)
28	HAŚNIK Daria	460		K30-39	15	01:31:33.35	01:31:45.25	+00:23:50 (26.0%)	9:09	6.6 (75.0%)
29	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	6	01:31:34.05	01:31:49.80	+00:23:55 (26.0%)	9:09	6.6 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	NORWECKA Sylwia	538		K30-39	16	01:31:54.85	01:32:22.05	+00:24:27 (26.5%)	9:11	6.5 (73.9%)
31	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	17	01:32:37.00	01:32:54.95	+00:25:00 (26.9%)	9:15	6.5 (73.9%)
32	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	7	01:32:58.45	01:33:13.50	+00:25:18 (27.2%)	9:17	6.5 (73.9%)
33	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	01:33:48.00	01:34:04.60	+00:26:09 (27.8%)	9:22	6.4 (72.7%)
34	CHRZAN Magdalena	432		K30-39	18	01:34:06.55	01:34:06.55	+00:26:11 (27.8%)	9:24	6.4 (72.7%)
35	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	8	01:34:09.15	01:34:21.15	+00:26:26 (28.0%)	9:24	6.4 (72.7%)
36	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	9	01:34:20.45	01:34:39.70	+00:26:44 (28.3%)	9:26	6.4 (72.7%)
37	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	19	01:34:35.05	01:34:40.15	+00:26:45 (28.3%)	9:27	6.3 (71.6%)
38	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	20	01:34:14.40	01:34:44.05	+00:26:49 (28.3%)	9:25	6.4 (72.7%)
39	ŚWIEŻEWSKA Klementyna	640		K30-39	21	01:34:11.40	01:34:45.85	+00:26:51 (28.3%)	9:25	6.4 (72.7%)
40	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	01:34:36.35	01:34:50.00	+00:26:55 (28.4%)	9:27	6.3 (71.6%)
41	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	23	01:34:36.90	01:34:54.45	+00:26:59 (28.4%)	9:27	6.3 (71.6%)
42	BOROŃ Marlena	639		K16-29	10	01:35:31.45	01:35:36.60	+00:27:41 (29.0%)	9:33	6.3 (71.6%)
43	SKIBA Katarzyna	599		K40-49	8	01:35:21.20	01:35:42.45	+00:27:47 (29.0%)	9:32	6.3 (71.6%)
44	WARCHOCKA Ewelina	632		K40-49	9	01:35:34.55	01:36:04.30	+00:28:09 (29.3%)	9:33	6.3 (71.6%)
45	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	24	01:36:27.55	01:36:48.00	+00:28:53 (29.8%)	9:38	6.2 (70.5%)
46	ZIÓŁEK Teresa	655	STEY INSANE	K60+	2	01:36:44.05	01:37:02.80	+00:29:08 (30.0%)	9:40	6.2 (70.5%)
47	MAJDA Karolina	527		K16-29	11	01:37:20.15	01:37:39.25	+00:29:44 (30.5%)	9:44	6.2 (70.5%)
48	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	12	01:37:16.60	01:37:41.95	+00:29:47 (30.5%)	9:43	6.2 (70.5%)
49	GAWRYŁAK Beata	450	ZUMBIARY	K40-49	10	01:37:24.20	01:37:53.00	+00:29:58 (30.6%)	9:44	6.2 (70.5%)
50	CIECHAROWSKA Justyna	433		K30-39	25	01:38:05.60	01:38:25.25	+00:30:30 (31.0%)	9:48	6.1 (69.3%)
51	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	26	01:38:30.25	01:38:41.35	+00:30:46 (31.2%)	9:51	6.1 (69.3%)
52	PIETROŃ Monika	562	LEMON TEAM	K30-39	27	01:38:33.35	01:39:00.10	+00:31:05 (31.4%)	9:51	6.1 (69.3%)
53	BURMAN Beata	426		K40-49	11	01:38:45.00	01:39:08.15	+00:31:13 (31.5%)	9:52	6.1 (69.3%)
54	SALAMON Barbara	590		K40-49	12	01:39:19.00	01:39:32.60	+00:31:37 (31.8%)	9:55	6 (68.2%)
55	ARMAŃSKA Marianna	400		K30-39	28	01:40:23.75	01:40:23.75	+00:32:29 (32.4%)	10:02	6 (68.2%)
56	ŁATA Katarzyna	519		K40-49	13	01:40:14.60	01:40:46.65	+00:32:51 (32.6%)	10:01	6 (68.2%)
57	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	29	01:40:37.05	01:40:52.40	+00:32:57 (32.7%)	10:03	6 (68.2%)
58	KURCIŃSKA Lidia	507		K30-39	30	01:41:44.10	01:42:12.30	+00:34:17 (33.6%)	10:10	5.9 (67.0%)
59	RUDNIK Katarzyna	587		K30-39	31	01:41:43.30	01:42:12.75	+00:34:18 (33.6%)	10:10	5.9 (67.0%)
60	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	32	01:41:58.00	01:42:21.00	+00:34:26 (33.6%)	10:11	5.9 (67.0%)
61	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	13	01:41:57.45	01:42:21.10	+00:34:26 (33.6%)	10:11	5.9 (67.0%)
62	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	33	01:42:33.45	01:42:58.00	+00:35:03 (34.0%)	10:15	5.8 (65.9%)
63	MARKOWSKA Jadwiga	530		K30-39	34	01:42:52.30	01:43:06.55	+00:35:11 (34.1%)	10:17	5.8 (65.9%)
64	JAROSZEWSKA Iwona	471		K40-49	14	01:42:37.15	01:43:08.60	+00:35:13 (34.2%)	10:15	5.8 (65.9%)
65	PRZYBYŁKA Agnieszka	571		K30-39	35	01:42:42.65	01:43:15.65	+00:35:20 (34.2%)	10:16	5.8 (65.9%)
66	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	01:43:01.05	01:43:17.95	+00:35:23 (34.3%)	10:18	5.8 (65.9%)
67	DZIEWIĄTKOWSKA Ewa	443		K40-49	15	01:43:04.60	01:43:23.10	+00:35:28 (34.3%)	10:18	5.8 (65.9%)
68	TROJANOWSKA Kinga	627		K60+	3	01:43:00.60	01:43:23.70	+00:35:28 (34.3%)	10:18	5.8 (65.9%)
69	ZIÓŁEK Kornelia	654		K30-39	36	01:44:14.90	01:44:29.45	+00:36:34 (35.0%)	10:25	5.8 (65.9%)
70	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	16	01:44:18.60	01:44:38.15	+00:36:43 (35.1%)	10:25	5.8 (65.9%)
71	BUNIKOWSKA Emilia	425		K30-39	37	01:44:52.60	01:45:09.00	+00:37:14 (35.4%)	10:29	5.7 (64.8%)
72	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	38	01:45:26.55	01:45:44.35	+00:37:49 (35.8%)	10:32	5.7 (64.8%)
73	BALCERZAK Krystyna	402		K40-49	17	01:45:40.15	01:45:58.60	+00:38:03 (35.9%)	10:34	5.7 (64.8%)

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74	ŚWIEŻEWSKA Kaja	641		K30-39	39	01:45:35.80	01:46:10.95	+00:38:16 (36.0%)	10:33	5.7 (64.8%)
75	ŁUKASZEWSKA Katarzyna	523		K50-59	3	01:45:51.10	01:46:19.30	+00:38:24 (36.1%)	10:35	5.7 (64.8%)
76	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	40	01:46:33.85	01:46:58.75	+00:39:04 (36.5%)	10:39	5.6 (63.6%)
77	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	01:47:46.40	01:48:08.65	+00:40:13 (37.2%)	10:46	5.6 (63.6%)
78	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	41	01:47:47.65	01:48:08.70	+00:40:13 (37.2%)	10:46	5.6 (63.6%)
79	PUKOCZ Katarzyna	573		K30-39	42	01:48:01.10	01:48:33.10	+00:40:38 (37.4%)	10:48	5.6 (63.6%)
80	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	19	01:48:35.80	01:48:51.05	+00:40:56 (37.6%)	10:51	5.5 (62.5%)
81	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	20	01:48:42.00	01:48:58.30	+00:41:03 (37.7%)	10:52	5.5 (62.5%)
82	ŻURKOWSKA Dorota	658		K30-39	43	01:48:31.05	01:49:01.85	+00:41:07 (37.7%)	10:51	5.5 (62.5%)
83	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	44	01:48:59.70	01:49:23.85	+00:41:29 (37.9%)	10:53	5.5 (62.5%)
84	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	45	01:49:40.55	01:50:02.70	+00:42:07 (38.3%)	10:58	5.5 (62.5%)
85	BRODAWKA Olga	421		K30-39	46	01:50:26.30	01:50:40.35	+00:42:45 (38.6%)	11:02	5.4 (61.4%)
86	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	21	01:50:34.75	01:51:01.45	+00:43:06 (38.8%)	11:03	5.4 (61.4%)
87	LUDKA Dagmara	513		K40-49	22	01:51:40.00	01:52:03.65	+00:44:08 (39.4%)	11:10	5.4 (61.4%)
88	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	47	01:53:06.45	01:53:06.45	+00:45:11 (40.0%)	11:18	5.3 (60.2%)
89	ŁĘPICKA Marta	520		K16-29	14	01:54:29.30	01:54:56.65	+00:47:01 (40.9%)	11:26	5.2 (59.1%)
90	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	01:55:10.30	01:55:32.85	+00:47:38 (41.2%)	11:31	5.2 (59.1%)
91	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	24	01:55:08.30	01:55:34.05	+00:47:39 (41.2%)	11:30	5.2 (59.1%)
92	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	25	01:55:43.90	01:56:06.15	+00:48:11 (41.5%)	11:34	5.2 (59.1%)
93	PIETRZYKOWSKA Katarzyna	563		K30-39	48	01:56:55.00	01:57:26.25	+00:49:31 (42.2%)	11:41	5.1 (58.0%)
94	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	26	01:56:55.20	01:57:26.35	+00:49:31 (42.2%)	11:41	5.1 (58.0%)
95	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	27	01:58:11.60	01:58:43.50	+00:50:48 (42.8%)	11:49	5.1 (58.0%)
96	OGAZA Anna	546		K30-39	49	01:59:32.20	01:59:57.05	+00:52:02 (43.4%)	11:57	5 (56.8%)
97	LEFELIC Monika	512		K40-49	28	02:00:19.80	02:00:46.25	+00:52:51 (43.8%)	12:02	5 (56.8%)
98	WIŚNIEWSKA Dorota	633		K40-49	29	02:00:40.30	02:00:58.75	+00:53:04 (43.9%)	12:04	5 (56.8%)
99	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	50	02:01:45.60	02:02:05.75	+00:54:11 (44.4%)	12:10	4.9 (55.7%)
100	NOWAK Ewelina	541	STG TARNÓW	K30-39	51	02:03:30.80	02:03:55.65	+00:56:00 (45.2%)	12:21	4.9 (55.7%)
101	JASIUL Mariola	472		K40-49	30	02:03:55.15	02:04:20.40	+00:56:25 (45.4%)	12:23	4.8 (54.5%)
102	SKORUPKA Anna	602		K40-49	31	02:07:55.25	02:08:28.75	+01:00:34 (47.1%)	12:47	4.7 (53.4%)
103	KOWALCZYK Justyna	499	ACCENTURE	K50-59	4	02:08:17.40	02:08:35.90	+01:00:41 (47.2%)	12:49	4.7 (53.4%)
104	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	32	02:08:11.30	02:08:46.55	+01:00:51 (47.3%)	12:49	4.7 (53.4%)
105	ZIENKIEWICZ Agata	653		K30-39	52	02:08:56.45	02:09:28.05	+01:01:33 (47.5%)	12:53	4.7 (53.4%)
106	GERLE-KOTULA Anna	452		K30-39	53	02:12:25.90	02:12:53.50	+01:04:58 (48.9%)	13:14	4.5 (51.1%)
107	MIERZEJEWSKA Olga	534		K30-39	54	02:20:06.55	02:20:35.10	+01:12:40 (51.7%)	14:00	4.3 (48.9%)
108	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	02:22:20.20	02:22:56.80	+01:15:02 (52.5%)	14:14	4.2 (47.7%)
109	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	02:24:32.45	02:25:08.40	+01:17:13 (53.2%)	14:27	4.2 (47.7%)
110	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	56	02:35:47.00	02:36:22.65	+01:28:27 (56.6%)	15:34	3.9 (44.3%)
111	PRZYBYŁO Marta	572		K30-39	57	02:38:33.75	02:39:08.15	+01:31:13 (57.3%)	15:51	3.8 (43.2%)
112	KOSZNIERUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	02:44:24.70	02:45:03.05	+01:37:08 (58.9%)	16:26	3.6 (40.9%)

Znaleziono 112 wynik(ów)