



**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**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	01:08:13.90	01:08:25.05		6:49	8.8 (100%)
2	LANGE Magda	510	STG TARNOW	K30-39	2	01:12:12.60	01:12:18.25	+00:03:53 (5.4%)	7:13	8.3 (94.3%)
3	SZUMNY Nina	622		K30-39	3	01:13:26.35	01:13:30.10	+00:05:05 (6.9%)	7:20	8.2 (93.2%)
4	SZUREK Paulina	623		K30-39	4	01:16:02.50	01:16:13.75	+00:07:48 (10.2%)	7:36	7.9 (89.8%)
5	PINTSCHER Paulina	564		K30-39	5	01:17:33.50	01:17:46.15	+00:09:21 (12.0%)	7:45	7.7 (87.5%)
6	MIKOŚ Magdalena	535		K30-39	6	01:18:19.80	01:18:32.85	+00:10:07 (12.9%)	7:49	7.7 (87.5%)
7	BISZCZUK Mariola	417	THE THRULERS	K30-39	7	01:19:17.55	01:19:30.95	+00:11:05 (14.0%)	7:55	7.6 (86.4%)
8	STEFANIUK Marzena	610		K30-39	8	01:20:35.40	01:20:48.50	+00:12:23 (15.3%)	8:03	7.4 (84.1%)
9	ZAJĄCZKOWSKA Ewelina	650	GRUPA BIEGOWA UM W-WA	K30-39	9	01:21:55.60	01:22:10.15	+00:13:45 (16.7%)	8:11	7.3 (83.0%)
10	PROCHASEK Anna	569		K30-39	10	01:23:42.00	01:23:58.35	+00:15:33 (18.5%)	8:22	7.2 (81.8%)
11	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	01:25:34.05	01:25:46.05	+00:17:21 (20.2%)	8:33	7 (79.5%)
12	TRUSZKOWSKA Marta	628		K30-39	12	01:29:02.55	01:29:16.60	+00:20:51 (23.4%)	8:54	6.7 (76.1%)
13	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	13	01:30:42.10	01:31:00.80	+00:22:35 (24.8%)	9:04	6.6 (75.0%)
14	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	01:31:27.30	01:31:33.65	+00:23:08 (25.3%)	9:08	6.6 (75.0%)
15	HAŚNIK Daria	460		K30-39	15	01:31:33.35	01:31:45.25	+00:23:20 (25.4%)	9:09	6.6 (75.0%)
16	NORWECKA Sylwia	538		K30-39	16	01:31:54.85	01:32:22.05	+00:23:57 (25.9%)	9:11	6.5 (73.9%)
17	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	17	01:32:37.00	01:32:54.95	+00:24:29 (26.4%)	9:15	6.5 (73.9%)
18	CHRZAN Magdalena	432		K30-39	18	01:34:06.55	01:34:06.55	+00:25:41 (27.3%)	9:24	6.4 (72.7%)
19	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	19	01:34:35.05	01:34:40.15	+00:26:15 (27.7%)	9:27	6.3 (71.6%)
20	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	20	01:34:14.40	01:34:44.05	+00:26:19 (27.8%)	9:25	6.4 (72.7%)
21	ŚWIEŻEWSKA Klementyna	640		K30-39	21	01:34:11.40	01:34:45.85	+00:26:20 (27.8%)	9:25	6.4 (72.7%)
22	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	01:34:36.35	01:34:50.00	+00:26:24 (27.9%)	9:27	6.3 (71.6%)
23	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	23	01:34:36.90	01:34:54.45	+00:26:29 (27.9%)	9:27	6.3 (71.6%)
24	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	24	01:36:27.55	01:36:48.00	+00:28:22 (29.3%)	9:38	6.2 (70.5%)
25	CIECHAROWSKA Justyna	433		K30-39	25	01:38:05.60	01:38:25.25	+00:30:00 (30.5%)	9:48	6.1 (69.3%)
26	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	26	01:38:30.25	01:38:41.35	+00:30:16 (30.7%)	9:51	6.1 (69.3%)
27	PIETROŃ Monika	562	LEMON TEAM	K30-39	27	01:38:33.35	01:39:00.10	+00:30:35 (30.9%)	9:51	6.1 (69.3%)
28	ARMAŃSKA Marianna	400		K30-39	28	01:40:23.75	01:40:23.75	+00:31:58 (31.9%)	10:02	6 (68.2%)
29	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	29	01:40:37.05	01:40:52.40	+00:32:27 (32.2%)	10:03	6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	<b>KURCIŃSKA Lidia</b>	<b>507</b>		K30-39	30	<b>01:41:44.10</b>	<b>01:42:12.30</b>	+00:33:47 (33.1%)	10:10	5.9 (67.0%)
31	<b>RUDNIK Katarzyna</b>	<b>587</b>		K30-39	31	<b>01:41:43.30</b>	<b>01:42:12.75</b>	+00:33:47 (33.1%)	10:10	5.9 (67.0%)
32	<b>HEPNER Malwina</b>	<b>464</b>	ADIDAS RUNNERS WARSAW	K30-39	32	<b>01:41:58.00</b>	<b>01:42:21.00</b>	+00:33:55 (33.2%)	10:11	5.9 (67.0%)
33	<b>BEZKOROWAJNY Joanna</b>	<b>411</b>	NOKIA	K30-39	33	<b>01:42:33.45</b>	<b>01:42:58.00</b>	+00:34:32 (33.6%)	10:15	5.8 (65.9%)
34	<b>MARKOWSKA Jadwiga</b>	<b>530</b>		K30-39	34	<b>01:42:52.30</b>	<b>01:43:06.55</b>	+00:34:41 (33.6%)	10:17	5.8 (65.9%)
35	<b>PRZYBYŁKA Agnieszka</b>	<b>571</b>		K30-39	35	<b>01:42:42.65</b>	<b>01:43:15.65</b>	+00:34:50 (33.7%)	10:16	5.8 (65.9%)
36	<b>ZIÓŁEK Kornelia</b>	<b>654</b>		K30-39	36	<b>01:44:14.90</b>	<b>01:44:29.45</b>	+00:36:04 (34.5%)	10:25	5.8 (65.9%)
37	<b>BUNIKOWSKA Emilia</b>	<b>425</b>		K30-39	37	<b>01:44:52.60</b>	<b>01:45:09.00</b>	+00:36:43 (34.9%)	10:29	5.7 (64.8%)
38	<b>MICHALIK Justyna</b>	<b>533</b>	ZABIERZOW BIEGA	K30-39	38	<b>01:45:26.55</b>	<b>01:45:44.35</b>	+00:37:19 (35.3%)	10:32	5.7 (64.8%)
39	<b>ŚWIEŻEWSKA Kaja</b>	<b>641</b>		K30-39	39	<b>01:45:35.80</b>	<b>01:46:10.95</b>	+00:37:45 (35.6%)	10:33	5.7 (64.8%)
40	<b>KUREK Małgorzata</b>	<b>508</b>	CARBON OCR RACING TEAM	K30-39	40	<b>01:46:33.85</b>	<b>01:46:58.75</b>	+00:38:33 (36.0%)	10:39	5.6 (63.6%)
41	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	41	<b>01:47:47.65</b>	<b>01:48:08.70</b>	+00:39:43 (36.7%)	10:46	5.6 (63.6%)
42	<b>PUKOCZ Katarzyna</b>	<b>573</b>		K30-39	42	<b>01:48:01.10</b>	<b>01:48:33.10</b>	+00:40:08 (37.0%)	10:48	5.6 (63.6%)
43	<b>ŻURKOWSKA Dorota</b>	<b>658</b>		K30-39	43	<b>01:48:31.05</b>	<b>01:49:01.85</b>	+00:40:36 (37.2%)	10:51	5.5 (62.5%)
44	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>649</b>	NIE MAM POMYSŁU	K30-39	44	<b>01:48:59.70</b>	<b>01:49:23.85</b>	+00:40:58 (37.5%)	10:53	5.5 (62.5%)
45	<b>RADYK Joanna</b>	<b>576</b>	PRZEMYSKI KLUB BIEGACZA	K30-39	45	<b>01:49:40.55</b>	<b>01:50:02.70</b>	+00:41:37 (37.8%)	10:58	5.5 (62.5%)
46	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	46	<b>01:50:26.30</b>	<b>01:50:40.35</b>	+00:42:15 (38.2%)	11:02	5.4 (61.4%)
47	<b>MALARA Dalia</b>	<b>528</b>	CARBON OCR RACING TEAM	K30-39	47	<b>01:53:06.45</b>	<b>01:53:06.45</b>	+00:44:41 (39.5%)	11:18	5.3 (60.2%)
48	<b>PIETRZYKOWSKA Katarzyna</b>	<b>563</b>		K30-39	48	<b>01:56:55.00</b>	<b>01:57:26.25</b>	+00:49:01 (41.7%)	11:41	5.1 (58.0%)
49	<b>OGAZA Anna</b>	<b>546</b>		K30-39	49	<b>01:59:32.20</b>	<b>01:59:57.05</b>	+00:51:32 (43.0%)	11:57	5 (56.8%)
50	<b>KWIATKOWSKA Katarzyna</b>	<b>509</b>	RUNKASIARUN	K30-39	50	<b>02:01:45.60</b>	<b>02:02:05.75</b>	+00:53:40 (44.0%)	12:10	4.9 (55.7%)
51	<b>NOWAK Ewelina</b>	<b>541</b>	STG TARNÓW	K30-39	51	<b>02:03:30.80</b>	<b>02:03:55.65</b>	+00:55:30 (44.8%)	12:21	4.9 (55.7%)
52	<b>ZIENKIEWICZ Agata</b>	<b>653</b>		K30-39	52	<b>02:08:56.45</b>	<b>02:09:28.05</b>	+01:01:03 (47.2%)	12:53	4.7 (53.4%)
53	<b>GERLE-KOTULA Anna</b>	<b>452</b>		K30-39	53	<b>02:12:25.90</b>	<b>02:12:53.50</b>	+01:04:28 (48.5%)	13:14	4.5 (51.1%)
54	<b>MIERZEJEWSKA Olga</b>	<b>534</b>		K30-39	54	<b>02:20:06.55</b>	<b>02:20:35.10</b>	+01:12:10 (51.3%)	14:00	4.3 (48.9%)
55	<b>SMOGORZEWSKA Marta</b>	<b>605</b>	WKURW_TEAM	K30-39	55	<b>02:24:32.45</b>	<b>02:25:08.40</b>	+01:16:43 (52.9%)	14:27	4.2 (47.7%)
56	<b>MATUSZCZAK Angelika</b>	<b>531</b>	STG TARNÓW	K30-39	56	<b>02:35:47.00</b>	<b>02:36:22.65</b>	+01:27:57 (56.2%)	15:34	3.9 (44.3%)
57	<b>PRZYBYŁO Marta</b>	<b>572</b>		K30-39	57	<b>02:38:33.75</b>	<b>02:39:08.15</b>	+01:30:43 (57.0%)	15:51	3.8 (43.2%)

Znaleziono 57 wynik(ów)