



Event:
Organiser:
Date:
Place:
Distance:

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

TRIADA INTRO BESKID SĄDECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	01:25:28.85	01:25:46.10		8:32	7 (100%)
2	HENDZLIK Monika	463		K40-49	2	01:27:36.35	01:27:51.60	+00:02:05 (2.4%)	8:45	6.8 (97.1%)
3	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	01:27:58.60	01:28:10.35	+00:02:24 (2.7%)	8:47	6.8 (97.1%)
4	REJMAN Dorota	580		K40-49	4	01:29:38.10	01:29:53.25	+00:04:07 (4.6%)	8:57	6.7 (95.7%)
5	DZIÓBEK Sylwia	444		K40-49	5	01:30:18.30	01:30:33.05	+00:04:46 (5.3%)	9:01	6.6 (94.3%)
6	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	6	01:31:34.05	01:31:49.80	+00:06:03 (6.6%)	9:09	6.6 (94.3%)
7	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	01:33:48.00	01:34:04.60	+00:08:18 (8.8%)	9:22	6.4 (91.4%)
8	SKIBA Katarzyna	599		K40-49	8	01:35:21.20	01:35:42.45	+00:09:56 (10.4%)	9:32	6.3 (90.0%)
9	WARCHOCKA Ewelina	632		K40-49	9	01:35:34.55	01:36:04.30	+00:10:18 (10.7%)	9:33	6.3 (90.0%)
10	GAWRYLAK Beata	450	ZUMBIARY	K40-49	10	01:37:24.20	01:37:53.00	+00:12:06 (12.4%)	9:44	6.2 (88.6%)
11	BURMAN Beata	426		K40-49	11	01:38:45.00	01:39:08.15	+00:13:22 (13.5%)	9:52	6.1 (87.1%)
12	SALAMON Barbara	590		K40-49	12	01:39:19.00	01:39:32.60	+00:13:46 (13.8%)	9:55	6 (85.7%)
13	ŁATA Katarzyna	519		K40-49	13	01:40:14.60	01:40:46.65	+00:15:00 (14.9%)	10:01	6 (85.7%)
14	JAROSZEWSKA Iwona	471		K40-49	14	01:42:37.15	01:43:08.60	+00:17:22 (16.8%)	10:15	5.8 (82.9%)
15	DZIEWIĄTKOWSKA Ewa	443		K40-49	15	01:43:04.60	01:43:23.10	+00:17:37 (17.0%)	10:18	5.8 (82.9%)
16	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	16	01:44:18.60	01:44:38.15	+00:18:52 (18.0%)	10:25	5.8 (82.9%)
17	BALCERZAK Krystyna	402		K40-49	17	01:45:40.15	01:45:58.60	+00:20:12 (19.1%)	10:34	5.7 (81.4%)
18	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	01:47:46.40	01:48:08.65	+00:22:22 (20.7%)	10:46	5.6 (80.0%)
19	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	19	01:48:35.80	01:48:51.05	+00:23:04 (21.2%)	10:51	5.5 (78.6%)
20	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	20	01:48:42.00	01:48:58.30	+00:23:12 (21.3%)	10:52	5.5 (78.6%)
21	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	21	01:50:34.75	01:51:01.45	+00:25:15 (22.7%)	11:03	5.4 (77.1%)
22	LUDKA Dagmara	513		K40-49	22	01:51:40.00	01:52:03.65	+00:26:17 (23.5%)	11:10	5.4 (77.1%)
23	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	01:55:10.30	01:55:32.85	+00:29:46 (25.8%)	11:31	5.2 (74.3%)
24	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	24	01:55:08.30	01:55:34.05	+00:29:47 (25.8%)	11:30	5.2 (74.3%)
25	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	25	01:55:43.90	01:56:06.15	+00:30:20 (26.1%)	11:34	5.2 (74.3%)
26	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	26	01:56:55.20	01:57:26.35	+00:31:40 (27.0%)	11:41	5.1 (72.9%)
27	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	27	01:58:11.60	01:58:43.50	+00:32:57 (27.8%)	11:49	5.1 (72.9%)
28	LEFELIC Monika	512		K40-49	28	02:00:19.80	02:00:46.25	+00:35:00 (29.0%)	12:02	5 (71.4%)
29	WIŚNIEWSKA Dorota	633		K40-49	29	02:00:40.30	02:00:58.75	+00:35:12 (29.1%)	12:04	5 (71.4%)

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30	JASIUL Mariola	472		K40-49	30	02:03:55.15	02:04:20.40	+00:38:34 (31.0%)	12:23	4.8 (68.6%)
31	SKORUPKA Anna	602		K40-49	31	02:07:55.25	02:08:28.75	+00:42:42 (33.2%)	12:47	4.7 (67.1%)
32	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	32	02:08:11.30	02:08:46.55	+00:43:00 (33.4%)	12:49	4.7 (67.1%)

Total 32 results.