



**Event:** ETAPOWA TRIADA ZIMOWA  
**Organiser:** Fundacja Kocham Góry  
**Date:** 2020-01-04  
**Place:** Krościenko nad Dunajcem  
**Distance:** 16 km

## TRIADA INTRO GORCE

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: K Open

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
1	PIETROCZUK Sylwia	561	NOA	K16-29	1	01:49:55.30	01:49:58.10		6:52	8.7 (100%)
2	LANGE Magda	510	STG TARNOW	K30-39	1	01:59:37.50	01:59:46.85	+00:09:48 (8.2%)	7:28	8 (92.0%)
3	MIKOŚ Magdalena	535		K30-39	2	02:01:59.30	02:02:37.10	+00:12:39 (10.3%)	7:37	7.9 (90.8%)
4	SZUMNY Nina	622		K30-39	3	02:04:26.90	02:04:31.10	+00:14:33 (11.7%)	7:46	7.7 (88.5%)
5	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	02:04:34.75	02:04:40.60	+00:14:42 (11.8%)	7:47	7.7 (88.5%)
6	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	4	02:05:51.05	02:05:55.80	+00:15:57 (12.7%)	7:51	7.6 (87.4%)
7	CHMIELEWSKA-BORUCH Milena	430		K30-39	5	02:04:49.35	02:05:56.50	+00:15:58 (12.7%)	7:48	7.7 (88.5%)
8	PINTSCHER Paulina	564		K30-39	6	02:10:49.35	02:11:11.90	+00:21:13 (16.2%)	8:10	7.3 (83.9%)
9	SZUREK Paulina	623		K30-39	7	02:11:13.25	02:11:34.90	+00:21:36 (16.4%)	8:12	7.3 (83.9%)
10	BISZCZUK Mariola	417	THE THRULERS	K30-39	8	02:12:14.25	02:12:19.00	+00:22:20 (16.9%)	8:15	7.3 (83.9%)
11	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	02:15:15.50	02:15:52.90	+00:25:54 (19.1%)	8:27	7.1 (81.6%)
12	STEFANIUK Marzena	610		K30-39	9	02:16:25.85	02:16:42.50	+00:26:44 (19.6%)	8:31	7 (80.5%)
13	ROGÓZ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	02:17:29.55	02:17:40.40	+00:27:42 (20.1%)	8:35	7 (80.5%)
14	PROCHASEK Anna	569		K30-39	10	02:18:50.95	02:19:45.75	+00:29:47 (21.3%)	8:40	6.9 (79.3%)
15	HRYC Martyna	467		K16-29	4	02:20:19.10	02:20:26.85	+00:30:28 (21.7%)	8:46	6.8 (78.2%)
16	HENDZLIK Monika	463		K40-49	2	02:25:24.85	02:25:53.70	+00:35:55 (24.6%)	9:05	6.6 (75.9%)
17	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:24:59.50	02:25:57.05	+00:35:58 (24.7%)	9:03	6.6 (75.9%)
18	HAŚNIK Daria	460		K30-39	12	02:25:45.70	02:26:02.05	+00:36:03 (24.7%)	9:06	6.6 (75.9%)
19	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	13	02:25:55.50	02:26:34.40	+00:36:36 (25.0%)	9:07	6.6 (75.9%)
20	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	5	02:26:02.50	02:26:35.90	+00:36:37 (25.0%)	9:07	6.6 (75.9%)
21	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	02:28:45.35	02:29:02.20	+00:39:04 (26.2%)	9:17	6.5 (74.7%)
22	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	6	02:28:24.05	02:29:21.10	+00:39:23 (26.4%)	9:16	6.5 (74.7%)
23	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	02:29:34.80	02:29:40.10	+00:39:42 (26.5%)	9:20	6.4 (73.6%)
24	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	7	02:30:18.50	02:31:18.25	+00:41:20 (27.3%)	9:23	6.4 (73.6%)
25	WÓŁKIEWICZ Dorota	647	KS STASZEWSKY	K50-59	1	02:31:07.60	02:31:37.20	+00:41:39 (27.5%)	9:26	6.4 (73.6%)
26	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	4	02:31:25.15	02:32:03.60	+00:42:05 (27.7%)	9:27	6.3 (72.4%)
27	ZĄLUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	15	02:33:15.75	02:33:15.75	+00:43:17 (28.2%)	9:34	6.3 (72.4%)
28	WILCZEWSKA Weronika	642		K16-29	8	02:33:01.30	02:34:00.70	+00:44:02 (28.6%)	9:33	6.3 (72.4%)
29	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:33:46.50	02:34:50.30	+00:44:52 (29.0%)	9:36	6.2 (71.3%)

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
30	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>591</b>	DRUŻYNA TVN	K60+	1	<b>02:35:16.35</b>	<b>02:36:04.60</b>	+00:46:06 (29.5%)	9:42	6.2 (71.3%)
31	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	5	<b>02:36:02.30</b>	<b>02:36:51.95</b>	+00:46:53 (29.9%)	9:45	6.2 (71.3%)
32	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	6	<b>02:37:41.20</b>	<b>02:38:04.35</b>	+00:48:06 (30.4%)	9:51	6.1 (70.1%)
33	<b>PRZYBYŁKA Agnieszka</b>	<b>571</b>		K30-39	17	<b>02:38:04.80</b>	<b>02:38:28.10</b>	+00:48:30 (30.6%)	9:52	6.1 (70.1%)
34	<b>CHRZAN Magdalena</b>	<b>432</b>		K30-39	18	<b>02:38:37.00</b>	<b>02:39:08.75</b>	+00:49:10 (30.9%)	9:54	6.1 (70.1%)
35	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	7	<b>02:38:52.40</b>	<b>02:39:13.85</b>	+00:49:15 (30.9%)	9:55	6 (69.0%)
36	<b>TRUSZKOWSKA Marta</b>	<b>628</b>		K30-39	19	<b>02:38:28.00</b>	<b>02:39:24.95</b>	+00:49:26 (31.0%)	9:54	6.1 (70.1%)
37	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	8	<b>02:38:55.95</b>	<b>02:39:27.70</b>	+00:49:29 (31.0%)	9:56	6 (69.0%)
38	<b>BOROŃ Marlena</b>	<b>639</b>		K16-29	9	<b>02:39:13.80</b>	<b>02:39:39.95</b>	+00:49:41 (31.1%)	9:57	6 (69.0%)
39	<b>NORWECKA Sylwia</b>	<b>538</b>		K30-39	20	<b>02:39:23.05</b>	<b>02:39:56.45</b>	+00:49:58 (31.2%)	9:57	6 (69.0%)
40	<b>ARMAŃSKA Marianna</b>	<b>400</b>		K30-39	21	<b>02:40:12.45</b>	<b>02:40:41.60</b>	+00:50:43 (31.6%)	10:00	6 (69.0%)
41	<b>DZIEWIĄTKOWSKA Ewa</b>	<b>443</b>		K40-49	9	<b>02:40:16.70</b>	<b>02:40:44.10</b>	+00:50:46 (31.6%)	10:01	6 (69.0%)
42	<b>MAJDA Karolina</b>	<b>527</b>		K16-29	10	<b>02:40:59.25</b>	<b>02:41:39.10</b>	+00:51:41 (32.0%)	10:03	6 (69.0%)
43	<b>WARCHOCKA Ewelina</b>	<b>632</b>		K40-49	10	<b>02:41:45.00</b>	<b>02:42:03.55</b>	+00:52:05 (32.1%)	10:06	5.9 (67.8%)
44	<b>RADOSZ-KWASEK Agata</b>	<b>575</b>	MUAY RUNNING TEAM	K30-39	22	<b>02:41:55.10</b>	<b>02:42:24.55</b>	+00:52:26 (32.3%)	10:07	5.9 (67.8%)
45	<b>SKIBA Katarzyna</b>	<b>599</b>		K40-49	11	<b>02:41:54.25</b>	<b>02:42:42.35</b>	+00:52:44 (32.4%)	10:07	5.9 (67.8%)
46	<b>JAROSZEWSKA Iwona</b>	<b>471</b>		K40-49	12	<b>02:42:38.45</b>	<b>02:43:21.20</b>	+00:53:23 (32.7%)	10:09	5.9 (67.8%)
47	<b>ZIÓŁEK Kornelia</b>	<b>654</b>		K30-39	23	<b>02:44:14.60</b>	<b>02:44:47.20</b>	+00:54:49 (33.3%)	10:15	5.8 (66.7%)
48	<b>NOWAK Paulina</b>	<b>543</b>	SPARTAN TREINING GROUP TARNÓW	K30-39	24	<b>02:44:36.85</b>	<b>02:44:47.30</b>	+00:54:49 (33.3%)	10:17	5.8 (66.7%)
49	<b>CIECHAROWSKA Justyna</b>	<b>433</b>		K30-39	25	<b>02:44:03.45</b>	<b>02:44:56.55</b>	+00:54:58 (33.3%)	10:15	5.9 (67.8%)
50	<b>PIETROŃ Monika</b>	<b>562</b>	LEMON TEAM	K30-39	26	<b>02:44:46.50</b>	<b>02:45:09.35</b>	+00:55:11 (33.4%)	10:17	5.8 (66.7%)
51	<b>BALCERZAK Krystyna</b>	<b>402</b>		K40-49	13	<b>02:44:23.50</b>	<b>02:45:14.00</b>	+00:55:15 (33.4%)	10:16	5.8 (66.7%)
52	<b>ZIÓŁEK Teresa</b>	<b>655</b>	STEY INSANE	K60+	2	<b>02:44:23.15</b>	<b>02:45:14.10</b>	+00:55:16 (33.4%)	10:16	5.8 (66.7%)
53	<b>RUDNIK Katarzyna</b>	<b>587</b>		K30-39	27	<b>02:45:37.65</b>	<b>02:46:31.55</b>	+00:56:33 (34.0%)	10:21	5.8 (66.7%)
54	<b>SIATKA Agnieszka</b>	<b>594</b>	RUNNING PERFORMANCE	K40-49	14	<b>02:46:05.75</b>	<b>02:46:31.70</b>	+00:56:33 (34.0%)	10:22	5.8 (66.7%)
55	<b>KURCIŃSKA Lidia</b>	<b>507</b>		K30-39	28	<b>02:45:40.55</b>	<b>02:46:31.75</b>	+00:56:33 (34.0%)	10:21	5.8 (66.7%)
56	<b>KOSTKA Aneta</b>	<b>496</b>	ADIDAS RUNNERS WARSAW	K16-29	11	<b>02:46:21.90</b>	<b>02:46:38.65</b>	+00:56:40 (34.0%)	10:23	5.8 (66.7%)
57	<b>HEPNER Malwina</b>	<b>464</b>	ADIDAS RUNNERS WARSAW	K30-39	29	<b>02:46:24.90</b>	<b>02:46:42.15</b>	+00:56:44 (34.0%)	10:24	5.8 (66.7%)
58	<b>WOŹNIAK Lidia</b>	<b>644</b>	PORMAT JEDLICZE BIEGA	K50-59	2	<b>02:47:24.00</b>	<b>02:47:35.05</b>	+00:57:36 (34.4%)	10:27	5.7 (65.5%)
59	<b>BUNIKOWSKA Emilia</b>	<b>425</b>		K30-39	30	<b>02:47:47.50</b>	<b>02:48:23.65</b>	+00:58:25 (34.7%)	10:29	5.7 (65.5%)
60	<b>OTOLA Iwona</b>	<b>550</b>	ENDURANCE TEAM	K30-39	31	<b>02:48:12.80</b>	<b>02:48:58.00</b>	+00:58:59 (34.9%)	10:30	5.7 (65.5%)
61	<b>GAWRYŁAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	15	<b>02:48:02.30</b>	<b>02:48:58.75</b>	+00:59:00 (34.9%)	10:30	5.7 (65.5%)
62	<b>KOWALCZYK Justyna</b>	<b>499</b>	ACCENTURE	K50-59	3	<b>02:49:58.65</b>	<b>02:50:26.55</b>	+01:00:28 (35.5%)	10:37	5.6 (64.4%)
63	<b>BURMAN Beata</b>	<b>426</b>		K40-49	16	<b>02:51:20.15</b>	<b>02:51:51.20</b>	+01:01:53 (36.0%)	10:42	5.6 (64.4%)
64	<b>ŚWIEŻEWSKA Klementyna</b>	<b>640</b>		K30-39	32	<b>02:51:26.60</b>	<b>02:52:21.70</b>	+01:02:23 (36.2%)	10:42	5.6 (64.4%)
65	<b>NOWACZEK Aleksandra</b>	<b>539</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	33	<b>02:53:08.15</b>	<b>02:53:36.10</b>	+01:03:38 (36.7%)	10:49	5.5 (63.2%)
66	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	34	<b>02:53:24.30</b>	<b>02:53:51.10</b>	+01:03:53 (36.7%)	10:50	5.5 (63.2%)
67	<b>SEBZDA Malgorzata</b>	<b>593</b>	HUSARIA RACE TEAM	K40-49	17	<b>02:53:34.05</b>	<b>02:53:58.25</b>	+01:04:00 (36.8%)	10:50	5.5 (63.2%)
68	<b>KŁOPOT Grażyna</b>	<b>481</b>	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	<b>02:53:31.35</b>	<b>02:54:02.50</b>	+01:04:04 (36.8%)	10:50	5.5 (63.2%)
69	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	35	<b>02:53:31.90</b>	<b>02:54:02.65</b>	+01:04:04 (36.8%)	10:50	5.5 (63.2%)
70	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	19	<b>02:53:28.75</b>	<b>02:54:16.35</b>	+01:04:18 (36.9%)	10:50	5.5 (63.2%)
71	<b>MICHALIK Justyna</b>	<b>533</b>	ZABIERZOW BIEGA	K30-39	36	<b>02:53:30.65</b>	<b>02:54:20.25</b>	+01:04:22 (36.9%)	10:50	5.5 (63.2%)
72	<b>WALKOWSKA Justyna</b>	<b>631</b>	JACEKBIEGA RUNNING TEAM	K40-49	20	<b>02:53:34.30</b>	<b>02:54:31.55</b>	+01:04:33 (37.0%)	10:50	5.5 (63.2%)
73	<b>KRAVETS Anastasiia</b>	<b>502</b>	TRANSPOREON	K16-29	12	<b>02:54:10.50</b>	<b>02:55:04.45</b>	+01:05:06 (37.2%)	10:53	5.5 (63.2%)

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
74	TROJANOWSKA Kinga	627		K60+	3	02:55:19.40	02:55:49.10	+01:05:51 (37.5%)	10:57	5.5 (63.2%)
75	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	37	02:54:54.30	02:55:52.60	+01:05:54 (37.5%)	10:55	5.5 (63.2%)
76	ŻURKOWSKA Dorota	658		K30-39	38	02:55:12.05	02:56:00.50	+01:06:02 (37.5%)	10:57	5.5 (63.2%)
77	ŁATA Katarzyna	519		K40-49	21	02:57:58.95	02:58:51.60	+01:08:53 (38.5%)	11:07	5.4 (62.1%)
78	DZIÓBEK Sylwia	444		K40-49	22	02:58:41.55	02:59:17.00	+01:09:18 (38.7%)	11:10	5.4 (62.1%)
79	MARKOWSKA Jadwiga	530		K30-39	39	02:58:42.70	02:59:17.20	+01:09:19 (38.7%)	11:10	5.4 (62.1%)
80	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	02:58:44.40	02:59:34.70	+01:09:36 (38.8%)	11:10	5.4 (62.1%)
81	ŁUKASZEWSKA Katarzyna	523		K50-59	4	02:58:58.40	02:59:48.40	+01:09:50 (38.8%)	11:11	5.4 (62.1%)
82	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	24	03:00:27.65	03:01:30.30	+01:11:32 (39.4%)	11:16	5.3 (60.9%)
83	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	40	03:01:02.95	03:01:33.00	+01:11:34 (39.4%)	11:18	5.3 (60.9%)
84	PUKOCZ Katarzyna	573		K30-39	41	03:00:32.25	03:01:38.25	+01:11:40 (39.5%)	11:17	5.3 (60.9%)
85	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	42	03:03:48.45	03:03:58.70	+01:14:00 (40.2%)	11:29	5.2 (59.8%)
86	ŚWIEŻEWSKA Kaja	641		K30-39	43	03:03:42.50	03:04:37.95	+01:14:39 (40.4%)	11:28	5.2 (59.8%)
87	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	44	03:03:48.05	03:04:42.00	+01:14:43 (40.5%)	11:29	5.2 (59.8%)
88	ŁĘPICKA Marta	520		K16-29	13	03:05:38.15	03:06:12.05	+01:16:13 (40.9%)	11:36	5.2 (59.8%)
89	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:06.95	03:06:58.80	+01:17:00 (41.2%)	11:37	5.2 (59.8%)
90	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	25	03:06:08.10	03:06:58.85	+01:17:00 (41.2%)	11:38	5.2 (59.8%)
91	OGAZA Anna	546		K30-39	46	03:08:14.95	03:08:35.20	+01:18:37 (41.7%)	11:45	5.1 (58.6%)
92	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	47	03:08:17.50	03:08:37.50	+01:18:39 (41.7%)	11:46	5.1 (58.6%)
93	MAŃKO Monika	529		K16-29	14	03:09:32.95	03:10:04.05	+01:20:05 (42.1%)	11:50	5.1 (58.6%)
94	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	26	03:09:46.25	03:10:11.90	+01:20:13 (42.2%)	11:51	5.1 (58.6%)
95	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	15	03:10:35.75	03:10:46.70	+01:20:48 (42.4%)	11:54	5 (57.5%)
96	GERLE-KOTULA Anna	452		K30-39	48	03:14:30.45	03:15:10.90	+01:25:12 (43.7%)	12:09	4.9 (56.3%)
97	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	27	03:17:10.30	03:18:15.05	+01:28:16 (44.5%)	12:19	4.9 (56.3%)
98	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:27.70	03:20:39.65	+01:30:41 (45.2%)	12:31	4.8 (55.2%)
99	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39	50	03:22:02.20	03:22:28.25	+01:32:30 (45.7%)	12:37	4.8 (55.2%)
100	SURDEJ Paulina	613	STG TARNÓW	K16-29	16	03:22:52.25	03:23:04.55	+01:33:06 (45.8%)	12:40	4.7 (54.0%)
101	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	03:22:50.80	03:23:04.80	+01:33:06 (45.8%)	12:40	4.7 (54.0%)
102	SKORUPKA Anna	602		K40-49	28	03:22:27.00	03:23:27.80	+01:33:29 (46.0%)	12:39	4.7 (54.0%)
103	WIŚNIEWSKA Dorota	633		K40-49	29	03:24:22.40	03:25:17.95	+01:35:19 (46.4%)	12:46	4.7 (54.0%)
104	JASIUL Mariola	472		K40-49	30	03:25:06.70	03:25:58.15	+01:36:00 (46.6%)	12:49	4.7 (54.0%)
105	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	51	03:30:00.00	03:30:00.00	+01:40:01 (47.6%)	13:07	4.6 (52.9%)
105	ŁUDKA Dagmara	513		K40-49	31	03:30:00.00	03:30:00.00	+01:40:01 (47.6%)	13:07	4.6 (52.9%)
107	KARPIŃSKA Ania	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49	32	03:31:05.50	03:31:45.85	+01:41:47 (48.1%)	13:11	4.5 (51.7%)
108	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	52	03:32:13.35	03:32:24.40	+01:42:26 (48.2%)	13:15	4.5 (51.7%)
109	ZIENKIEWICZ Agata	653		K30-39	53	03:32:48.00	03:33:25.55	+01:43:27 (48.5%)	13:18	4.5 (51.7%)
110	MIERZEJEWSKA Olga	534		K30-39	54	03:33:57.95	03:34:42.65	+01:44:44 (48.8%)	13:22	4.5 (51.7%)
111	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	33	03:36:49.85	03:37:56.90	+01:47:58 (49.5%)	13:33	4.4 (50.6%)
111	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	03:36:50.45	03:37:56.90	+01:47:58 (49.5%)	13:33	4.4 (50.6%)
113	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	56	03:38:37.00	03:38:59.50	+01:49:01 (49.8%)	13:39	4.4 (50.6%)
114	KOSZNIRUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	03:38:10.50	03:39:18.75	+01:49:20 (49.9%)	13:38	4.4 (50.6%)
115	PRZYBYŁO Marta	572		K30-39	57	03:38:11.80	03:39:18.90	+01:49:20 (49.9%)	13:38	4.4 (50.6%)

Total 115 results.