



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
16 km

TRIADA INTRO GORCE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	LANGE Magda	510	STG TARNOW	K30-39	1	01:59:37.50	01:59:46.85		7:28	8 (100%)
2	MIKOŚ Magdalena	535		K30-39	2	02:01:59.30	02:02:37.10	+00:02:50 (2.3%)	7:37	7.9 (98.8%)
3	SZUMNY Nina	622		K30-39	3	02:04:26.90	02:04:31.10	+00:04:44 (3.8%)	7:46	7.7 (96.3%)
4	BŁOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	4	02:05:51.05	02:05:55.80	+00:06:08 (4.9%)	7:51	7.6 (95.0%)
5	CHMIELEWSKA-BORUCH Milena	430		K30-39	5	02:04:49.35	02:05:56.50	+00:06:09 (4.9%)	7:48	7.7 (96.3%)
6	PINTSCHER Paulina	564		K30-39	6	02:10:49.35	02:11:11.90	+00:11:25 (8.7%)	8:10	7.3 (91.3%)
7	SZUREK Paulina	623		K30-39	7	02:11:13.25	02:11:34.90	+00:11:48 (9.0%)	8:12	7.3 (91.3%)
8	BISZCZUK Mariola	417	THE THRULERS	K30-39	8	02:12:14.25	02:12:19.00	+00:12:32 (9.5%)	8:15	7.3 (91.3%)
9	STEFANIUK Marzena	610		K30-39	9	02:16:25.85	02:16:42.50	+00:16:55 (12.4%)	8:31	7 (87.5%)
10	PROCHASEK Anna	569		K30-39	10	02:18:50.95	02:19:45.75	+00:19:58 (14.3%)	8:40	6.9 (86.3%)
11	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:24:59.50	02:25:57.05	+00:26:10 (17.9%)	9:03	6.6 (82.5%)
12	HAŚNIK Daria	460		K30-39	12	02:25:45.70	02:26:02.05	+00:26:15 (18.0%)	9:06	6.6 (82.5%)
13	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	13	02:25:55.50	02:26:34.40	+00:26:47 (18.3%)	9:07	6.6 (82.5%)
14	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	02:29:34.80	02:29:40.10	+00:29:53 (20.0%)	9:20	6.4 (80.0%)
15	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	15	02:33:15.75	02:33:15.75	+00:33:28 (21.8%)	9:34	6.3 (78.8%)
16	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:33:46.50	02:34:50.30	+00:35:03 (22.6%)	9:36	6.2 (77.5%)
17	PRZYBYŁKA Agnieszka	571		K30-39	17	02:38:04.80	02:38:28.10	+00:38:41 (24.4%)	9:52	6.1 (76.3%)
18	CHRZAN Magdalena	432		K30-39	18	02:38:37.00	02:39:08.75	+00:39:21 (24.7%)	9:54	6.1 (76.3%)
19	TRUSZKOWSKA Marta	628		K30-39	19	02:38:28.00	02:39:24.95	+00:39:38 (24.9%)	9:54	6.1 (76.3%)
20	NORWECKA Sylwia	538		K30-39	20	02:39:23.05	02:39:56.45	+00:40:09 (25.1%)	9:57	6 (75.0%)
21	ARMAŃSKA Marianna	400		K30-39	21	02:40:12.45	02:40:41.60	+00:40:54 (25.5%)	10:00	6 (75.0%)
22	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	02:41:55.10	02:42:24.55	+00:42:37 (26.2%)	10:07	5.9 (73.8%)
23	ZIÓŁEK Kornelia	654		K30-39	23	02:44:14.60	02:44:47.20	+00:45:00 (27.3%)	10:15	5.8 (72.5%)
24	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	24	02:44:36.85	02:44:47.30	+00:45:00 (27.3%)	10:17	5.8 (72.5%)
25	CIECHAROWSKA Justyna	433		K30-39	25	02:44:03.45	02:44:56.55	+00:45:09 (27.4%)	10:15	5.9 (73.8%)
26	PIETROŃ Monika	562	LEMON TEAM	K30-39	26	02:44:46.50	02:45:09.35	+00:45:22 (27.5%)	10:17	5.8 (72.5%)
27	RUDNIK Katarzyna	587		K30-39	27	02:45:37.65	02:46:31.55	+00:46:44 (28.1%)	10:21	5.8 (72.5%)
28	KURCIŃSKA Lidia	507		K30-39	28	02:45:40.55	02:46:31.75	+00:46:44 (28.1%)	10:21	5.8 (72.5%)
29	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	29	02:46:24.90	02:46:42.15	+00:46:55 (28.1%)	10:24	5.8 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	BUNIKOWSKA Emilia	425		K30-39	30	02:47:47.50	02:48:23.65	+00:48:36 (28.9%)	10:29	5.7 (71.3%)
31	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	31	02:48:12.80	02:48:58.00	+00:49:11 (29.1%)	10:30	5.7 (71.3%)
32	ŚWIEŻEWSKA Klementyna	640		K30-39	32	02:51:26.60	02:52:21.70	+00:52:34 (30.5%)	10:42	5.6 (70.0%)
33	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	33	02:53:08.15	02:53:36.10	+00:53:49 (31.0%)	10:49	5.5 (68.8%)
34	BRODAWKA Olga	421		K30-39	34	02:53:24.30	02:53:51.10	+00:54:04 (31.1%)	10:50	5.5 (68.8%)
35	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	35	02:53:31.90	02:54:02.65	+00:54:15 (31.2%)	10:50	5.5 (68.8%)
36	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	36	02:53:30.65	02:54:20.25	+00:54:33 (31.3%)	10:50	5.5 (68.8%)
37	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	37	02:54:54.30	02:55:52.60	+00:56:05 (31.9%)	10:55	5.5 (68.8%)
38	ŻURKOWSKA Dorota	658		K30-39	38	02:55:12.05	02:56:00.50	+00:56:13 (31.9%)	10:57	5.5 (68.8%)
39	MARKOWSKA Jadwiga	530		K30-39	39	02:58:42.70	02:59:17.20	+00:59:30 (33.2%)	11:10	5.4 (67.5%)
40	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	40	03:01:02.95	03:01:33.00	+01:01:46 (34.0%)	11:18	5.3 (66.3%)
41	PUKOCZ Katarzyna	573		K30-39	41	03:00:32.25	03:01:38.25	+01:01:51 (34.1%)	11:17	5.3 (66.3%)
42	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	42	03:03:48.45	03:03:58.70	+01:04:11 (34.9%)	11:29	5.2 (65.0%)
43	ŚWIEŻEWSKA Kaja	641		K30-39	43	03:03:42.50	03:04:37.95	+01:04:51 (35.1%)	11:28	5.2 (65.0%)
44	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	44	03:03:48.05	03:04:42.00	+01:04:55 (35.1%)	11:29	5.2 (65.0%)
45	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:06.95	03:06:58.80	+01:07:11 (35.9%)	11:37	5.2 (65.0%)
46	OGAZA Anna	546		K30-39	46	03:08:14.95	03:08:35.20	+01:08:48 (36.5%)	11:45	5.1 (63.8%)
47	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	47	03:08:17.50	03:08:37.50	+01:08:50 (36.5%)	11:46	5.1 (63.8%)
48	GERLE-KOTULA Anna	452		K30-39	48	03:14:30.45	03:15:10.90	+01:15:24 (38.6%)	12:09	4.9 (61.3%)
49	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:27.70	03:20:39.65	+01:20:52 (40.3%)	12:31	4.8 (60.0%)
50	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39	50	03:22:02.20	03:22:28.25	+01:22:41 (40.8%)	12:37	4.8 (60.0%)
51	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	51	03:30:00.00	03:30:00.00	+01:30:13 (43.0%)	13:07	4.6 (57.5%)
52	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	52	03:32:13.35	03:32:24.40	+01:32:37 (43.6%)	13:15	4.5 (56.3%)
53	ZIENKIEWICZ Agata	653		K30-39	53	03:32:48.00	03:33:25.55	+01:33:38 (43.9%)	13:18	4.5 (56.3%)
54	MIERZEJEWSKA Olga	534		K30-39	54	03:33:57.95	03:34:42.65	+01:34:55 (44.2%)	13:22	4.5 (56.3%)
55	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	03:36:50.45	03:37:56.90	+01:38:10 (45.0%)	13:33	4.4 (55.0%)
56	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	56	03:38:37.00	03:38:59.50	+01:39:12 (45.3%)	13:39	4.4 (55.0%)
57	PRZYBYŁO Marta	572		K30-39	57	03:38:11.80	03:39:18.90	+01:39:32 (45.4%)	13:38	4.4 (55.0%)

Znaleziono 57 wynik(ów)