



**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: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	<b>ROGÓŻ Elżbieta</b>	<b>583</b>	PRORUNNING PROMOTION	K40-49	1	<b>02:17:29.55</b>	<b>02:17:40.40</b>		8:35	7 (100%)
2	<b>HENDZLIK Monika</b>	<b>463</b>		K40-49	2	<b>02:25:24.85</b>	<b>02:25:53.70</b>	+00:08:13 (5.6%)	9:05	6.6 (94.3%)
3	<b>ROZMUS Marzena</b>	<b>586</b>	FRELKI LOTAJOM	K40-49	3	<b>02:28:45.35</b>	<b>02:29:02.20</b>	+00:11:21 (7.6%)	9:17	6.5 (92.9%)
4	<b>TOKARSKA Bożena</b>	<b>624</b>	#ADAMCZERWIŃSKITEAM	K40-49	4	<b>02:31:25.15</b>	<b>02:32:03.60</b>	+00:14:23 (9.5%)	9:27	6.3 (90.0%)
5	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	5	<b>02:36:02.30</b>	<b>02:36:51.95</b>	+00:19:11 (12.2%)	9:45	6.2 (88.6%)
6	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	6	<b>02:37:41.20</b>	<b>02:38:04.35</b>	+00:20:23 (12.9%)	9:51	6.1 (87.1%)
7	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	7	<b>02:38:52.40</b>	<b>02:39:13.85</b>	+00:21:33 (13.5%)	9:55	6 (85.7%)
8	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	8	<b>02:38:55.95</b>	<b>02:39:27.70</b>	+00:21:47 (13.7%)	9:56	6 (85.7%)
9	<b>DZIEWIĄTKOWSKA Ewa</b>	<b>443</b>		K40-49	9	<b>02:40:16.70</b>	<b>02:40:44.10</b>	+00:23:03 (14.3%)	10:01	6 (85.7%)
10	<b>WARCHOCKA Ewelina</b>	<b>632</b>		K40-49	10	<b>02:41:45.00</b>	<b>02:42:03.55</b>	+00:24:23 (15.0%)	10:06	5.9 (84.3%)
11	<b>SKIBA Katarzyna</b>	<b>599</b>		K40-49	11	<b>02:41:54.25</b>	<b>02:42:42.35</b>	+00:25:01 (15.4%)	10:07	5.9 (84.3%)
12	<b>JAROSZEWSKA Iwona</b>	<b>471</b>		K40-49	12	<b>02:42:38.45</b>	<b>02:43:21.20</b>	+00:25:40 (15.7%)	10:09	5.9 (84.3%)
13	<b>BALCERZAK Krystyna</b>	<b>402</b>		K40-49	13	<b>02:44:23.50</b>	<b>02:45:14.00</b>	+00:27:33 (16.7%)	10:16	5.8 (82.9%)
14	<b>SIATKA Agnieszka</b>	<b>594</b>	RUNNING PERFORMANCE	K40-49	14	<b>02:46:05.75</b>	<b>02:46:31.70</b>	+00:28:51 (17.3%)	10:22	5.8 (82.9%)
15	<b>GAWRYLAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	15	<b>02:48:02.30</b>	<b>02:48:58.75</b>	+00:31:18 (18.5%)	10:30	5.7 (81.4%)
16	<b>BURMAN Beata</b>	<b>426</b>		K40-49	16	<b>02:51:20.15</b>	<b>02:51:51.20</b>	+00:34:10 (19.9%)	10:42	5.6 (80.0%)
17	<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>	+00:36:17 (20.9%)	10:50	5.5 (78.6%)
18	<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>	+00:36:22 (20.9%)	10:50	5.5 (78.6%)
19	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	19	<b>02:53:28.75</b>	<b>02:54:16.35</b>	+00:36:35 (21.0%)	10:50	5.5 (78.6%)
20	<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>	+00:36:51 (21.1%)	10:50	5.5 (78.6%)
21	<b>ŁATA Katarzyna</b>	<b>519</b>		K40-49	21	<b>02:57:58.95</b>	<b>02:58:51.60</b>	+00:41:11 (23.0%)	11:07	5.4 (77.1%)
22	<b>DZIÓBEK Sylwia</b>	<b>444</b>		K40-49	22	<b>02:58:41.55</b>	<b>02:59:17.00</b>	+00:41:36 (23.2%)	11:10	5.4 (77.1%)
23	<b>PAWŁOWSKA Maria</b>	<b>555</b>	MARUSIABIEGAPL	K40-49	23	<b>02:58:44.40</b>	<b>02:59:34.70</b>	+00:41:54 (23.3%)	11:10	5.4 (77.1%)
24	<b>JACKOWSKA Ewa</b>	<b>660</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	24	<b>03:00:27.65</b>	<b>03:01:30.30</b>	+00:43:49 (24.1%)	11:16	5.3 (75.7%)
25	<b>SOSNOWSKA Barbara</b>	<b>608</b>	LACHO TEAM	K40-49	25	<b>03:06:08.10</b>	<b>03:06:58.85</b>	+00:49:18 (26.4%)	11:38	5.2 (74.3%)
26	<b>DZIEDZIC-WÓJTOWICZ Agnieszka</b>	<b>442</b>	SRTG-NIEPOŁOMICE	K40-49	26	<b>03:09:46.25</b>	<b>03:10:11.90</b>	+00:52:31 (27.6%)	11:51	5.1 (72.9%)
27	<b>GRABOWSKA Joanna</b>	<b>457</b>	SPC/ KM UMK	K40-49	27	<b>03:17:10.30</b>	<b>03:18:15.05</b>	+01:00:34 (30.6%)	12:19	4.9 (70.0%)
28	<b>SKORUPKA Anna</b>	<b>602</b>		K40-49	28	<b>03:22:27.00</b>	<b>03:23:27.80</b>	+01:05:47 (32.3%)	12:39	4.7 (67.1%)
29	<b>WIŚNIEWSKA Dorota</b>	<b>633</b>		K40-49	29	<b>03:24:22.40</b>	<b>03:25:17.95</b>	+01:07:37 (32.9%)	12:46	4.7 (67.1%)

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30	<b>JASIUL Mariola</b>	<b>472</b>		K40-49	30	<b>03:25:06.70</b>	<b>03:25:58.15</b>	+01:08:17 (33.2%)	12:49	4.7 (67.1%)
31	<b>LUDKA Dagmara</b>	<b>513</b>		K40-49	31	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+01:12:19 (34.4%)	13:07	4.6 (65.7%)
32	<b>KARPIŃSKA Ania</b>	<b>479</b>	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49	32	<b>03:31:05.50</b>	<b>03:31:45.85</b>	+01:14:05 (35.0%)	13:11	4.5 (64.3%)
33	<b>SIERECKA Dorota</b>	<b>596</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	33	<b>03:36:49.85</b>	<b>03:37:56.90</b>	+01:20:16 (36.8%)	13:33	4.4 (62.9%)

Znaleziono 33 wynik(ów)