



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

## TRIADA INTRO ŁĄCZNIE

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	<b>PIETROCZUK Sylwia</b>	<b>561</b>	NOA	K16-29	1	01:49:58.00	00:33:52.00	01:07:54.00	<b>03:31:35.00</b>	<b>03:31:44.00</b>		6:49	8.8 (100%)
2	<b>CHMIELEWSKA-BORUCH Milena</b>	<b>430</b>		K30-39	1	02:05:56.00	00:34:17.00	01:08:25.00	<b>03:47:16.00</b>	<b>03:48:38.00</b>	+00:16:54 (7.4%)	7:19	8.2 (93.2%)
3	<b>LANGE Magda</b>	<b>510</b>	STG TARNOW	K30-39	2	01:59:46.00	00:39:29.00	01:12:18.00	<b>03:51:15.00</b>	<b>03:51:33.00</b>	+00:19:49 (8.6%)	7:27	8 (90.9%)
4	<b>WICHA Małgorzata</b>	<b>637</b>	WKS WAWEL	K16-29	2	02:04:40.00	00:35:02.00	01:13:21.00	<b>03:52:50.00</b>	<b>03:53:03.00</b>	+00:21:19 (9.1%)	7:30	8 (90.9%)
5	<b>SZUMNY Nina</b>	<b>622</b>		K30-39	3	02:04:31.00	00:36:19.00	01:13:30.00	<b>03:54:09.00</b>	<b>03:54:20.00</b>	+00:22:36 (9.6%)	7:33	7.9 (89.8%)
6	<b>MIKOŚ Magdalena</b>	<b>535</b>		K30-39	4	02:02:37.00	00:38:04.00	01:18:32.00	<b>03:58:02.00</b>	<b>03:59:13.00</b>	+00:27:29 (11.5%)	7:40	7.8 (88.6%)
7	<b>SZUREK Paulina</b>	<b>623</b>		K30-39	5	02:11:34.00	00:36:05.00	01:16:13.00	<b>04:03:18.00</b>	<b>04:03:52.00</b>	+00:32:08 (13.2%)	7:50	7.6 (86.4%)
8	<b>PAWELEC Aleksandra</b>	<b>552</b>	HUSARIA RACE TEAM	K16-29	3	02:15:52.00	00:37:01.00	01:13:54.00	<b>04:05:56.00</b>	<b>04:06:47.00</b>	+00:35:03 (14.2%)	7:56	7.6 (86.4%)
9	<b>PINTSCHER Paulina</b>	<b>564</b>		K30-39	6	02:11:11.00	00:38:42.00	01:17:46.00	<b>04:06:59.00</b>	<b>04:07:39.00</b>	+00:35:55 (14.5%)	7:58	7.5 (85.2%)
10	<b>BISZCZUK Mariola</b>	<b>417</b>	THE THRULERS	K30-39	7	02:12:19.00	00:36:59.00	01:19:30.00	<b>04:08:25.00</b>	<b>04:08:48.00</b>	+00:37:04 (14.9%)	8:00	7.5 (85.2%)
11	<b>STEFANIUK Marzena</b>	<b>610</b>		K30-39	8	02:16:42.00	00:38:02.00	01:20:48.00	<b>04:14:57.00</b>	<b>04:15:32.00</b>	+00:43:48 (17.1%)	8:13	7.3 (83.0%)
12	<b>BLOK Izabela</b>	<b>418</b>	72D ROWMIX JAVA TEAM	K30-39	9	02:05:55.00	00:35:59.00	01:34:40.00	<b>04:16:20.00</b>	<b>04:16:34.00</b>	+00:44:50 (17.5%)	8:16	7.3 (83.0%)
13	<b>HRYC Martyna</b>	<b>467</b>		K16-29	4	02:20:26.00	00:38:16.00	01:25:29.00	<b>04:23:58.00</b>	<b>04:24:11.00</b>	+00:52:27 (19.9%)	8:30	7 (79.5%)
14	<b>PROCHASEK Anna</b>	<b>569</b>		K30-39	10	02:19:45.00	00:40:40.00	01:23:58.00	<b>04:22:58.00</b>	<b>04:24:23.00</b>	+00:52:39 (19.9%)	8:28	7.1 (80.7%)
15	<b>ROGÓŻ Elżbieta</b>	<b>583</b>	PRORUNNING PROMOTION	K40-49	1	02:17:40.00	00:43:49.00	01:25:46.00	<b>04:26:39.00</b>	<b>04:27:15.00</b>	+00:55:31 (20.8%)	8:36	7 (79.5%)
16	<b>GARDEŁA Justyna</b>	<b>449</b>	WOLBROM TEAM	K30-39	11	02:25:57.00	00:40:03.00	01:25:46.00	<b>04:30:14.00</b>	<b>04:31:46.00</b>	+01:00:02 (22.1%)	8:43	6.9 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
17	<b>WÓŁKIEWICZ Dorota</b>	<b>647</b>	KS STASZEWCY	K50-59	1	02:31:37.00	00:39:31.00	01:22:18.00	<b>04:32:07.00</b>	<b>04:33:26.00</b>	+01:01:42 (22.6%)	8:46	6.8 (77.3%)
18	<b>HENDZLIK Monika</b>	<b>463</b>		K40-49	2	02:25:53.00	00:40:54.00	01:27:51.00	<b>04:33:47.00</b>	<b>04:34:38.00</b>	+01:02:54 (22.9%)	8:49	6.8 (77.3%)
19	<b>ROZMUS Marzena</b>	<b>586</b>	FRELKI LOTAJOM	K40-49	3	02:29:02.00	00:40:55.00	01:28:10.00	<b>04:37:29.00</b>	<b>04:38:07.00</b>	+01:06:23 (23.9%)	8:57	6.7 (76.1%)
20	<b>HAŚNIK Daria</b>	<b>460</b>		K30-39	12	02:26:02.00	00:42:05.00	01:31:45.00	<b>04:39:14.00</b>	<b>04:39:52.00</b>	+01:08:08 (24.3%)	9:00	6.7 (76.1%)
21	<b>KONS Katarzyna</b>	<b>487</b>	POKA HERKI TEAM	K16-29	5	02:31:18.00	00:43:33.00	01:26:34.00	<b>04:40:04.00</b>	<b>04:41:25.00</b>	+01:09:41 (24.8%)	9:02	6.6 (75.0%)
22	<b>POŹNIAK-STYCZYŃSKA Maja</b>	<b>565</b>	DDC	K30-39	13	02:29:40.00	00:41:18.00	01:31:33.00	<b>04:42:14.00</b>	<b>04:42:31.00</b>	+01:10:47 (25.1%)	9:06	6.6 (75.0%)
23	<b>SIEKANIEC Dorota</b>	<b>595</b>	NIDEC ALL FOR DREAMS	K30-39	14	02:26:34.00	00:45:34.00	01:32:54.00	<b>04:43:45.00</b>	<b>04:45:02.00</b>	+01:13:18 (25.7%)	9:09	6.6 (75.0%)
24	<b>ROGOWSKA Aleksandra</b>	<b>582</b>	SIOSTRY OLSEN	K16-29	6	02:26:35.00	00:45:26.00	01:34:21.00	<b>04:45:16.00</b>	<b>04:46:22.00</b>	+01:14:38 (26.1%)	9:12	6.5 (73.9%)
25	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>591</b>	DRUŻYNA TVN	K60+	1	02:36:04.00	00:43:31.00	01:27:38.00	<b>04:46:04.00</b>	<b>04:47:13.00</b>	+01:15:29 (26.3%)	9:13	6.5 (73.9%)
26	<b>TRUSZKOWSKA Marta</b>	<b>628</b>		K30-39	15	02:39:24.00	00:40:46.00	01:29:16.00	<b>04:47:58.00</b>	<b>04:49:26.00</b>	+01:17:42 (26.8%)	9:17	6.5 (73.9%)
27	<b>BEDNARZ Anna</b>	<b>408</b>	42 DO SZCZĘŚCIA	K16-29	7	02:29:21.00	00:45:56.00	01:34:39.00	<b>04:48:17.00</b>	<b>04:49:56.00</b>	+01:18:12 (27.0%)	9:17	6.5 (73.9%)
28	<b>TOKARSKA Bożena</b>	<b>624</b>	#ADAMCZERWIŃSKITEAM	K40-49	4	02:32:03.00	00:46:11.00	01:31:49.00	<b>04:49:04.00</b>	<b>04:50:03.00</b>	+01:18:19 (27.0%)	9:19	6.4 (72.7%)
29	<b>HERLICZKA Renata</b>	<b>465</b>	AML-FLY TEAM	K30-39	16	02:34:50.00	00:45:39.00	01:31:00.00	<b>04:49:52.00</b>	<b>04:51:29.00</b>	+01:19:45 (27.4%)	9:21	6.4 (72.7%)
30	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	5	02:36:51.00	00:45:54.00	01:29:53.00	<b>04:51:24.00</b>	<b>04:52:38.00</b>	+01:20:54 (27.6%)	9:24	6.4 (72.7%)
31	<b>CHRZAN Magdalena</b>	<b>432</b>		K30-39	17	02:39:08.00	00:40:03.00	01:34:06.00	<b>04:52:39.00</b>	<b>04:53:17.00</b>	+01:21:33 (27.8%)	9:26	6.4 (72.7%)
32	<b>ZAŁUBSKA Anna</b>	<b>652</b>	DIETETYK-NIEPOLOMICE.PL	K30-39	18	02:33:15.00	00:45:52.00	01:34:54.00	<b>04:53:30.00</b>	<b>04:54:01.00</b>	+01:22:17 (28.0%)	9:28	6.3 (71.6%)
33	<b>NORWECKA Sylwia</b>	<b>538</b>		K30-39	19	02:39:56.00	00:44:34.00	01:32:22.00	<b>04:55:39.00</b>	<b>04:56:52.00</b>	+01:25:08 (28.7%)	9:32	6.3 (71.6%)
34	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	6	02:39:13.00	00:46:06.00	01:34:04.00	<b>04:58:30.00</b>	<b>04:59:23.00</b>	+01:27:39 (29.3%)	9:37	6.2 (70.5%)
35	<b>BOROŃ Marlena</b>	<b>639</b>		K16-29	8	02:39:39.00	00:46:49.00	01:35:36.00	<b>05:01:10.00</b>	<b>05:02:04.00</b>	+01:30:20 (29.9%)	9:42	6.2 (70.5%)
36	<b>WARCHOCKA Ewelina</b>	<b>632</b>		K40-49	7	02:42:03.00	00:44:50.00	01:36:04.00	<b>05:01:51.00</b>	<b>05:02:57.00</b>	+01:31:13 (30.1%)	9:44	6.2 (70.5%)
37	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	8	02:38:04.00	00:48:32.00	01:39:32.00	<b>05:05:25.00</b>	<b>05:06:08.00</b>	+01:34:24 (30.8%)	9:51	6.1 (69.3%)
38	<b>SKIBA Katarzyna</b>	<b>599</b>		K40-49	9	02:42:42.00	00:48:22.00	01:35:42.00	<b>05:05:17.00</b>	<b>05:06:46.00</b>	+01:35:02 (31.0%)	9:50	6.1 (69.3%)
39	<b>MAJDA Karolina</b>	<b>527</b>		K16-29	9	02:41:39.00	00:48:23.00	01:37:39.00	<b>05:06:29.00</b>	<b>05:07:41.00</b>	+01:35:57 (31.2%)	9:53	6.1 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
40	<b>RADOSZ-KWASEK Agata</b>	<b>575</b>	MUAY RUNNING TEAM	K30-39	20	02:42:24.00	00:51:42.00	01:34:50.00	<b>05:07:51.00</b>	<b>05:08:56.00</b>	+01:37:12 (31.5%)	9:55	6 (68.2%)
41	<b>PRZYBYŁKA Agnieszka</b>	<b>571</b>		K30-39	21	02:38:28.00	00:47:15.00	01:43:15.00	<b>05:07:53.00</b>	<b>05:08:58.00</b>	+01:37:14 (31.5%)	9:55	6 (68.2%)
42	<b>ARMAŃSKA Marianna</b>	<b>400</b>		K30-39	22	02:40:41.00	00:48:35.00	01:40:23.00	<b>05:08:57.00</b>	<b>05:09:39.00</b>	+01:37:55 (31.6%)	9:57	6 (68.2%)
43	<b>CIECHAROWSKA Justyna</b>	<b>433</b>		K30-39	23	02:44:56.00	00:47:26.00	01:38:25.00	<b>05:09:24.00</b>	<b>05:10:47.00</b>	+01:39:03 (31.9%)	9:58	6 (68.2%)
44	<b>PIETROŃ Monika</b>	<b>562</b>	LEMON TEAM	K30-39	24	02:45:09.00	00:48:26.00	01:39:00.00	<b>05:11:24.00</b>	<b>05:12:35.00</b>	+01:40:51 (32.3%)	10:02	6 (68.2%)
45	<b>NOWAK Paulina</b>	<b>543</b>	SPARTAN TREINING GROUP TARNÓW	K30-39	25	02:44:47.00	00:49:13.00	01:38:41.00	<b>05:12:17.00</b>	<b>05:12:41.00</b>	+01:40:57 (32.3%)	10:04	6 (68.2%)
46	<b>ZIÓŁEK Teresa</b>	<b>655</b>	STEY INSANE	K60+	2	02:45:14.00	00:50:57.00	01:37:02.00	<b>05:11:46.00</b>	<b>05:13:13.00</b>	+01:41:29 (32.4%)	10:03	6 (68.2%)
47	<b>GAWRYLAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	10	02:48:58.00	00:46:53.00	01:37:53.00	<b>05:12:03.00</b>	<b>05:13:44.00</b>	+01:42:00 (32.5%)	10:03	6 (68.2%)
48	<b>JAROSZEWSKA Iwona</b>	<b>471</b>		K40-49	11	02:43:21.00	00:48:18.00	01:43:08.00	<b>05:13:09.00</b>	<b>05:14:47.00</b>	+01:43:03 (32.7%)	10:06	5.9 (67.0%)
49	<b>KOSTKA Aneta</b>	<b>496</b>	ADIDAS RUNNERS WARSAW	K16-29	10	02:46:38.00	00:46:09.00	01:42:21.00	<b>05:14:24.00</b>	<b>05:15:08.00</b>	+01:43:24 (32.8%)	10:08	5.9 (67.0%)
50	<b>NOWACZEK Aleksandra</b>	<b>539</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	26	02:53:36.00	00:44:56.00	01:36:48.00	<b>05:14:25.00</b>	<b>05:15:20.00</b>	+01:43:36 (32.9%)	10:08	5.9 (67.0%)
51	<b>ZIÓŁEK Kornelia</b>	<b>654</b>		K30-39	27	02:44:47.00	00:46:21.00	01:44:29.00	<b>05:14:45.00</b>	<b>05:15:37.00</b>	+01:43:53 (32.9%)	10:09	5.9 (67.0%)
52	<b>HEPNER Malwina</b>	<b>464</b>	ADIDAS RUNNERS WARSAW	K30-39	28	02:46:42.00	00:47:28.00	01:42:21.00	<b>05:15:46.00</b>	<b>05:16:31.00</b>	+01:44:47 (33.1%)	10:11	5.9 (67.0%)
53	<b>DZIÓBEK Sylwia</b>	<b>444</b>		K40-49	12	02:59:17.00	00:47:18.00	01:30:33.00	<b>05:16:05.00</b>	<b>05:17:08.00</b>	+01:45:24 (33.2%)	10:11	5.9 (67.0%)
54	<b>BURMAN Beata</b>	<b>426</b>		K40-49	13	02:51:51.00	00:46:14.00	01:39:08.00	<b>05:16:08.00</b>	<b>05:17:13.00</b>	+01:45:29 (33.3%)	10:11	5.9 (67.0%)
55	<b>OTOLA Iwona</b>	<b>550</b>	ENDURANCE TEAM	K30-39	29	02:48:58.00	00:47:40.00	01:40:52.00	<b>05:16:22.00</b>	<b>05:17:30.00</b>	+01:45:46 (33.3%)	10:12	5.9 (67.0%)
56	<b>ŚWIEŻEWSKA Klementyna</b>	<b>640</b>		K30-39	30	02:52:21.00	00:50:56.00	01:34:45.00	<b>05:16:06.00</b>	<b>05:18:02.00</b>	+01:46:18 (33.4%)	10:11	5.9 (67.0%)
57	<b>KRAVETS Anastasiia</b>	<b>502</b>	TRANSPOREON	K16-29	11	02:55:04.00	00:45:30.00	01:37:41.00	<b>05:16:42.00</b>	<b>05:18:15.00</b>	+01:46:31 (33.5%)	10:12	5.9 (67.0%)
58	<b>WOŹNIAK Lidia</b>	<b>644</b>	PORMAT JEDLICZE BIEGA	K50-59	2	02:47:35.00	00:48:28.00	01:43:17.00	<b>05:18:47.00</b>	<b>05:19:20.00</b>	+01:47:36 (33.7%)	10:17	5.8 (65.9%)
59	<b>KURCIŃSKA Lidia</b>	<b>507</b>		K30-39	31	02:46:31.00	00:50:56.00	01:42:12.00	<b>05:18:01.00</b>	<b>05:19:39.00</b>	+01:47:55 (33.8%)	10:15	5.8 (65.9%)
60	<b>RUDNIK Katarzyna</b>	<b>587</b>		K30-39	32	02:46:31.00	00:51:13.00	01:42:12.00	<b>05:18:13.00</b>	<b>05:19:56.00</b>	+01:48:12 (33.8%)	10:15	5.8 (65.9%)
61	<b>BALCERZAK Krystyna</b>	<b>402</b>		K40-49	14	02:45:14.00	00:51:26.00	01:45:58.00	<b>05:21:10.00</b>	<b>05:22:38.00</b>	+01:50:54 (34.4%)	10:21	5.8 (65.9%)
62	<b>SIATKA Agnieszka</b>	<b>594</b>	RUNNING PERFORMANCE	K40-49	15	02:46:31.00	00:52:52.00	01:44:38.00	<b>05:23:07.00</b>	<b>05:24:01.00</b>	+01:52:17 (34.7%)	10:25	5.8 (65.9%)
63	<b>MICHALIK Justyna</b>	<b>533</b>	ZABIERZOW BIEGA	K30-39	33	02:54:20.00	00:46:26.00	01:45:44.00	<b>05:25:14.00</b>	<b>05:26:30.00</b>	+01:54:46 (35.2%)	10:29	5.7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
64	<b>TROJANOWSKA Kinga</b>	<b>627</b>		K60+	3	02:55:49.00	00:47:25.00	01:43:23.00	<b>05:25:37.00</b>	<b>05:26:37.00</b>	+01:54:53 (35.2%)	10:30	5.7 (64.8%)
65	<b>BUNIKOWSKA Emilia</b>	<b>425</b>		K30-39	34	02:48:23.00	00:53:22.00	01:45:09.00	<b>05:25:39.00</b>	<b>05:26:54.00</b>	+01:55:10 (35.2%)	10:30	5.7 (64.8%)
66	<b>ŁATA Katarzyna</b>	<b>519</b>		K40-49	16	02:58:51.00	00:47:19.00	01:40:46.00	<b>05:25:23.00</b>	<b>05:26:56.00</b>	+01:55:12 (35.2%)	10:29	5.7 (64.8%)
67	<b>BEZKOROWAJNY Joanna</b>	<b>411</b>	NOKIA	K30-39	35	02:55:52.00	00:48:22.00	01:42:58.00	<b>05:25:26.00</b>	<b>05:27:12.00</b>	+01:55:28 (35.3%)	10:29	5.7 (64.8%)
68	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	36	02:54:02.00	00:48:14.00	01:48:08.00	<b>05:29:27.00</b>	<b>05:30:24.00</b>	+01:58:40 (35.9%)	10:37	5.6 (63.6%)
69	<b>KŁOPOT Grażyna</b>	<b>481</b>	MULTIMEDIA RUNNERS PUŁAWY	K40-49	17	02:54:02.00	00:48:15.00	01:48:08.00	<b>05:29:26.00</b>	<b>05:30:25.00</b>	+01:58:41 (35.9%)	10:37	5.6 (63.6%)
70	<b>MARKOWSKA Jadwiga</b>	<b>530</b>		K30-39	37	02:59:17.00	00:48:20.00	01:43:06.00	<b>05:29:43.00</b>	<b>05:30:43.00</b>	+01:58:59 (36.0%)	10:38	5.6 (63.6%)
71	<b>SEBZDA Małgorzata</b>	<b>593</b>	HUSARIA RACE TEAM	K40-49	18	02:53:58.00	00:52:12.00	01:48:58.00	<b>05:34:22.00</b>	<b>05:35:08.00</b>	+02:03:24 (36.8%)	10:47	5.6 (63.6%)
72	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	38	02:53:51.00	00:50:59.00	01:50:40.00	<b>05:34:38.00</b>	<b>05:35:30.00</b>	+02:03:46 (36.9%)	10:47	5.6 (63.6%)
73	<b>WALKOWSKA Justyna</b>	<b>631</b>	JACEKBIEGA RUNNING TEAM	K40-49	19	02:54:31.00	00:50:01.00	01:51:01.00	<b>05:33:58.00</b>	<b>05:35:33.00</b>	+02:03:49 (36.9%)	10:46	5.6 (63.6%)
74	<b>KRÓLIKOWSKA Anna</b>	<b>503</b>	HUSARIA RACE TEAM	K16-29	12	03:10:46.00	00:52:39.00	01:33:13.00	<b>05:35:50.00</b>	<b>05:36:38.00</b>	+02:04:54 (37.1%)	10:50	5.5 (62.5%)
75	<b>ŁUKASZEWSKA Katarzyna</b>	<b>523</b>		K50-59	3	02:59:48.00	00:51:11.00	01:46:19.00	<b>05:35:41.00</b>	<b>05:37:18.00</b>	+02:05:34 (37.2%)	10:49	5.5 (62.5%)
76	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	20	02:39:27.00	00:58:47.00	02:00:46.00	<b>05:37:47.00</b>	<b>05:39:00.00</b>	+02:07:16 (37.5%)	10:53	5.5 (62.5%)
77	<b>ŻURKOWSKA Dorota</b>	<b>658</b>		K30-39	39	02:56:00.00	00:55:23.00	01:49:01.00	<b>05:38:42.00</b>	<b>05:40:24.00</b>	+02:08:40 (37.8%)	10:55	5.5 (62.5%)
78	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	21	02:54:16.00	00:53:27.00	01:55:34.00	<b>05:41:50.00</b>	<b>05:43:17.00</b>	+02:11:33 (38.3%)	11:01	5.4 (61.4%)
79	<b>PUKOCZ Katarzyna</b>	<b>573</b>		K30-39	40	03:01:38.00	00:53:28.00	01:48:33.00	<b>05:41:36.00</b>	<b>05:43:39.00</b>	+02:11:55 (38.4%)	11:01	5.4 (61.4%)
80	<b>SURDEJ Paulina</b>	<b>613</b>	STG TARNÓW	K16-29	13	03:23:04.00	00:49:13.00	01:31:32.00	<b>05:43:24.00</b>	<b>05:43:49.00</b>	+02:12:05 (38.4%)	11:04	5.4 (61.4%)
81	<b>ŚWIEŻEWSKA Kaja</b>	<b>641</b>		K30-39	41	03:04:37.00	00:53:03.00	01:46:10.00	<b>05:41:52.00</b>	<b>05:43:50.00</b>	+02:12:06 (38.4%)	11:01	5.4 (61.4%)
82	<b>RADYK Joanna</b>	<b>576</b>	PRZEMYSKI KLUB BIEGACZA	K30-39	42	03:01:33.00	00:52:54.00	01:50:02.00	<b>05:43:30.00</b>	<b>05:44:29.00</b>	+02:12:45 (38.5%)	11:04	5.4 (61.4%)
83	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>649</b>	NIE MAM POMYSŁU	K30-39	43	03:03:58.00	00:52:49.00	01:49:23.00	<b>05:45:24.00</b>	<b>05:46:10.00</b>	+02:14:26 (38.8%)	11:08	5.4 (61.4%)
84	<b>PAWŁOWSKA Maria</b>	<b>555</b>	MARUSIABIEGAPL	K40-49	22	02:59:34.00	00:52:22.00	01:55:32.00	<b>05:45:58.00</b>	<b>05:47:28.00</b>	+02:15:44 (39.1%)	11:09	5.4 (61.4%)
85	<b>ŁĘPICKA Marta</b>	<b>520</b>		K16-29	14	03:06:12.00	00:53:00.00	01:54:56.00	<b>05:52:48.00</b>	<b>05:54:08.00</b>	+02:22:24 (40.2%)	11:22	5.3 (60.2%)
86	<b>GRABOWSKA Joanna</b>	<b>457</b>	SPC/ KM UMK	K40-49	23	03:18:15.00	00:40:00.00	01:56:06.00	<b>05:52:50.00</b>	<b>05:54:21.00</b>	+02:22:37 (40.2%)	11:22	5.3 (60.2%)
87	<b>KUREK Małgorzata</b>	<b>508</b>	CARBON OCR RACING TEAM	K30-39	44	03:08:37.00	00:58:50.00	01:46:58.00	<b>05:53:25.00</b>	<b>05:54:25.00</b>	+02:22:41 (40.3%)	11:24	5.3 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
88	<b>SOSNOWSKA Barbara</b>	<b>608</b>	LACHO TEAM	K40-49	24	03:06:58.00	00:52:27.00	01:57:26.00	<b>05:55:10.00</b>	<b>05:56:51.00</b>	+02:25:07 (40.7%)	11:27	5.2 (59.1%)
89	<b>PIETRZYKOWSKA Katarzyna</b>	<b>563</b>		K30-39	45	03:06:58.00	00:52:28.00	01:57:26.00	<b>05:55:08.00</b>	<b>05:56:52.00</b>	+02:25:08 (40.7%)	11:27	5.2 (59.1%)
90	<b>KOWALCZYK Justyna</b>	<b>499</b>	ACCENTURE	K50-59	4	02:50:26.00	00:58:14.00	02:08:35.00	<b>05:56:21.00</b>	<b>05:57:15.00</b>	+02:25:31 (40.7%)	11:29	5.2 (59.1%)
91	<b>CHELWICKA Magdalena</b>	<b>414</b>	ZABIEGANI CZĘSTOCHOWA	K30-39	46	03:30:00.00	00:53:01.00	01:34:44.00	<b>05:57:07.00</b>	<b>05:57:45.00</b>	+02:26:01 (40.8%)	11:31	5.2 (59.1%)
92	<b>KWIATKOWSKA Katarzyna</b>	<b>509</b>	RUNKASJARUN	K30-39	47	03:04:42.00	00:52:40.00	02:02:05.00	<b>05:57:54.00</b>	<b>05:59:27.00</b>	+02:27:43 (41.1%)	11:32	5.2 (59.1%)
93	<b>OGAZA Anna</b>	<b>546</b>		K30-39	48	03:08:35.00	00:58:50.00	01:59:57.00	<b>06:06:22.00</b>	<b>06:07:22.00</b>	+02:35:38 (42.4%)	11:49	5.1 (58.0%)
94	<b>DZIEDZIC-WÓJTOWICZ Agnieszka</b>	<b>442</b>	SRTG-NIEPOŁOMICE	K40-49	25	03:10:11.00	01:01:50.00	01:58:43.00	<b>06:09:30.00</b>	<b>06:10:44.00</b>	+02:39:00 (42.9%)	11:55	5 (56.8%)
95	<b>LUDKA Dagmara</b>	<b>513</b>		K40-49	26	03:30:00.00	00:52:03.00	01:52:03.00	<b>06:13:36.00</b>	<b>06:14:06.00</b>	+02:42:22 (43.4%)	12:03	5 (56.8%)
96	<b>NOWAK Ewelina</b>	<b>541</b>	STG TARNÓW	K30-39	49	03:20:39.00	00:56:27.00	02:03:55.00	<b>06:20:15.00</b>	<b>06:21:01.00</b>	+02:49:17 (44.4%)	12:15	4.9 (55.7%)
97	<b>WIŚNIEWSKA Dorota</b>	<b>633</b>		K40-49	27	03:25:17.00	00:57:11.00	02:00:58.00	<b>06:21:51.00</b>	<b>06:23:26.00</b>	+02:51:42 (44.8%)	12:19	4.9 (55.7%)
98	<b>GERLE-KOTULA Anna</b>	<b>452</b>		K30-39	50	03:15:10.00	00:55:52.00	02:12:53.00	<b>06:22:38.00</b>	<b>06:23:55.00</b>	+02:52:11 (44.8%)	12:20	4.9 (55.7%)
99	<b>SKORUPKA Anna</b>	<b>602</b>		K40-49	28	03:23:27.00	00:56:32.00	02:08:28.00	<b>06:26:30.00</b>	<b>06:28:27.00</b>	+02:56:43 (45.5%)	12:28	4.8 (54.5%)
100	<b>JASIUL Mariola</b>	<b>472</b>		K40-49	29	03:25:58.00	01:05:25.00	02:04:20.00	<b>06:34:09.00</b>	<b>06:35:43.00</b>	+03:03:59 (46.5%)	12:42	4.7 (53.4%)
101	<b>MALARA Dalia</b>	<b>528</b>	CARBON OCR RACING TEAM	K30-39	51	03:38:59.00	01:05:59.00	01:53:06.00	<b>06:37:42.00</b>	<b>06:38:04.00</b>	+03:06:20 (46.8%)	12:49	4.7 (53.4%)
102	<b>ZIENKIEWICZ Agata</b>	<b>653</b>		K30-39	52	03:33:25.00	01:00:44.00	02:09:28.00	<b>06:42:08.00</b>	<b>06:43:37.00</b>	+03:11:53 (47.5%)	12:58	4.6 (52.3%)
103	<b>KAPAŁKA Bożena</b>	<b>477</b>	STG TARNÓW	K50-59	5	03:23:04.00	01:01:33.00	02:22:56.00	<b>06:46:32.00</b>	<b>06:47:33.00</b>	+03:15:49 (48.0%)	13:06	4.6 (52.3%)
104	<b>MIERZEJEWSKA Olga</b>	<b>534</b>		K30-39	53	03:34:42.00	01:00:46.00	02:20:35.00	<b>06:54:40.00</b>	<b>06:56:03.00</b>	+03:24:19 (49.1%)	13:22	4.5 (51.1%)
105	<b>SIERECKA Dorota</b>	<b>596</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	03:37:56.00	01:09:51.00	02:08:46.00	<b>06:54:24.00</b>	<b>06:56:33.00</b>	+03:24:49 (49.2%)	13:22	4.5 (51.1%)
106	<b>SMOGORZEWSKA Marta</b>	<b>605</b>	WKURW_TEAM	K30-39	54	03:37:56.00	01:02:46.00	02:25:08.00	<b>07:03:42.00</b>	<b>07:05:50.00</b>	+03:34:06 (50.3%)	13:40	4.4 (50.0%)
107	<b>MATUSZCZAK Angelika</b>	<b>531</b>	STG TARNÓW	K30-39	55	03:32:24.00	01:14:54.00	02:36:22.00	<b>07:22:44.00</b>	<b>07:23:40.00</b>	+03:51:56 (52.3%)	14:16	4.2 (47.7%)
108	<b>PRZYBYŁO Marta</b>	<b>572</b>		K30-39	56	03:39:18.00	01:15:42.00	02:39:08.00	<b>07:32:13.00</b>	<b>07:34:08.00</b>	+04:02:24 (53.4%)	14:35	4.1 (46.6%)
109	<b>KOSZNIRUK Elzbieta</b>	<b>497</b>	WYBIEGAJ SIEBIE	K50-59	6	03:39:18.00	01:15:42.00	02:45:03.00	<b>07:37:48.00</b>	<b>07:40:03.00</b>	+04:08:19 (54.0%)	14:46	4.1 (46.6%)
	<b>ZAJĄCZKOWSKA Ewelina</b>	<b>650</b>	GRUPA BIEGOWA UM W-WA	K30-39		00:00:00.00 DNF	00:00:00.00 DNF	01:22:10.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
	<b>MAŃKO Monika</b>	<b>529</b>		K16-29		03:10:04.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WILCZEWSKA Weronika</b>	<b>642</b>		K16-29		02:34:00.00 DNF	00:47:50.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KUBIESA Patrycja</b>	<b>505</b>	HUSARIA RACE TEAM	K30-39		03:22:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KARPIŃSKA Ania</b>	<b>479</b>	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49		03:31:45.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DZIEWIĄTKOWSKA Ewa</b>	<b>443</b>		K40-49		02:40:44.00 DNF	00:00:00.00 DNF	01:43:23.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JACKOWSKA Ewa</b>	<b>660</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49		03:01:30.00 DNF	00:00:00.00 DNF	01:48:51.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 116 wynik(ów)