

TRIADA INTRO ŁĄCZNIE

B4SPORT



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

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	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	02:05:56.00	00:34:17.00	01:08:25.00	03:47:16.00	03:48:38.00		7:19	8.2 (100%)
2	LANGE Magda	510	STG TARNOW	K30-39	2	01:59:46.00	00:39:29.00	01:12:18.00	03:51:15.00	03:51:33.00	+00:02:55 (1.3%)	7:27	8 (97.6%)
3	SZUMNY Nina	622		K30-39	3	02:04:31.00	00:36:19.00	01:13:30.00	03:54:09.00	03:54:20.00	+00:05:42 (2.4%)	7:33	7.9 (96.3%)
4	MIKOŚ Magdalena	535		K30-39	4	02:02:37.00	00:38:04.00	01:18:32.00	03:58:02.00	03:59:13.00	+00:10:35 (4.4%)	7:40	7.8 (95.1%)
5	SZUREK Paulina	623		K30-39	5	02:11:34.00	00:36:05.00	01:16:13.00	04:03:18.00	04:03:52.00	+00:15:14 (6.2%)	7:50	7.6 (92.7%)
6	PINTSCHER Paulina	564		K30-39	6	02:11:11.00	00:38:42.00	01:17:46.00	04:06:59.00	04:07:39.00	+00:19:01 (7.7%)	7:58	7.5 (91.5%)
7	BISZCZUK Mariola	417	THE THRULERS	K30-39	7	02:12:19.00	00:36:59.00	01:19:30.00	04:08:25.00	04:08:48.00	+00:20:10 (8.1%)	8:00	7.5 (91.5%)
8	STEFANIUK Marzena	610		K30-39	8	02:16:42.00	00:38:02.00	01:20:48.00	04:14:57.00	04:15:32.00	+00:26:54 (10.5%)	8:13	7.3 (89.0%)
9	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	9	02:05:55.00	00:35:59.00	01:34:40.00	04:16:20.00	04:16:34.00	+00:27:56 (10.9%)	8:16	7.3 (89.0%)
10	PROCHASEK Anna	569		K30-39	10	02:19:45.00	00:40:40.00	01:23:58.00	04:22:58.00	04:24:23.00	+00:35:45 (13.5%)	8:28	7.1 (86.6%)
11	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:25:57.00	00:40:03.00	01:25:46.00	04:30:14.00	04:31:46.00	+00:43:08 (15.9%)	8:43	6.9 (84.1%)
12	HAŚNIK Daria	460		K30-39	12	02:26:02.00	00:42:05.00	01:31:45.00	04:39:14.00	04:39:52.00	+00:51:14 (18.3%)	9:00	6.7 (81.7%)
13	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	13	02:29:40.00	00:41:18.00	01:31:33.00	04:42:14.00	04:42:31.00	+00:53:53 (19.1%)	9:06	6.6 (80.5%)
14	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	14	02:26:34.00	00:45:34.00	01:32:54.00	04:43:45.00	04:45:02.00	+00:56:24 (19.8%)	9:09	6.6 (80.5%)
15	TRUSZKOWSKA Marta	628		K30-39	15	02:39:24.00	00:40:46.00	01:29:16.00	04:47:58.00	04:49:26.00	+01:00:48 (21.0%)	9:17	6.5 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
16	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:34:50.00	00:45:39.00	01:31:00.00	04:49:52.00	04:51:29.00	+01:02:51 (21.6%)	9:21	6.4 (78.0%)
17	CHRZAN Magdalena	432		K30-39	17	02:39:08.00	00:40:03.00	01:34:06.00	04:52:39.00	04:53:17.00	+01:04:39 (22.0%)	9:26	6.4 (78.0%)
18	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	18	02:33:15.00	00:45:52.00	01:34:54.00	04:53:30.00	04:54:01.00	+01:05:23 (22.2%)	9:28	6.3 (76.8%)
19	NORWECKA Sylwia	538		K30-39	19	02:39:56.00	00:44:34.00	01:32:22.00	04:55:39.00	04:56:52.00	+01:08:14 (23.0%)	9:32	6.3 (76.8%)
20	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	20	02:42:24.00	00:51:42.00	01:34:50.00	05:07:51.00	05:08:56.00	+01:20:18 (26.0%)	9:55	6 (73.2%)
21	PRZYBYŁKA Agnieszka	571		K30-39	21	02:38:28.00	00:47:15.00	01:43:15.00	05:07:53.00	05:08:58.00	+01:20:20 (26.0%)	9:55	6 (73.2%)
22	ARMAŃSKA Marianna	400		K30-39	22	02:40:41.00	00:48:35.00	01:40:23.00	05:08:57.00	05:09:39.00	+01:21:01 (26.2%)	9:57	6 (73.2%)
23	CIECHAROWSKA Justyna	433		K30-39	23	02:44:56.00	00:47:26.00	01:38:25.00	05:09:24.00	05:10:47.00	+01:22:09 (26.4%)	9:58	6 (73.2%)
24	PIETROŃ Monika	562	LEMON TEAM	K30-39	24	02:45:09.00	00:48:26.00	01:39:00.00	05:11:24.00	05:12:35.00	+01:23:57 (26.9%)	10:02	6 (73.2%)
25	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	25	02:44:47.00	00:49:13.00	01:38:41.00	05:12:17.00	05:12:41.00	+01:24:03 (26.9%)	10:04	6 (73.2%)
26	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	26	02:53:36.00	00:44:56.00	01:36:48.00	05:14:25.00	05:15:20.00	+01:26:42 (27.5%)	10:08	5.9 (72.0%)
27	ZIÓŁEK Kornelia	654		K30-39	27	02:44:47.00	00:46:21.00	01:44:29.00	05:14:45.00	05:15:37.00	+01:26:59 (27.6%)	10:09	5.9 (72.0%)
28	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	28	02:46:42.00	00:47:28.00	01:42:21.00	05:15:46.00	05:16:31.00	+01:27:53 (27.8%)	10:11	5.9 (72.0%)
29	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	29	02:48:58.00	00:47:40.00	01:40:52.00	05:16:22.00	05:17:30.00	+01:28:52 (28.0%)	10:12	5.9 (72.0%)
30	ŚWIEŻEWSKA Klementyna	640		K30-39	30	02:52:21.00	00:50:56.00	01:34:45.00	05:16:06.00	05:18:02.00	+01:29:24 (28.1%)	10:11	5.9 (72.0%)
31	KURCIŃSKA Lidia	507		K30-39	31	02:46:31.00	00:50:56.00	01:42:12.00	05:18:01.00	05:19:39.00	+01:31:01 (28.5%)	10:15	5.8 (70.7%)
32	RUDNIK Katarzyna	587		K30-39	32	02:46:31.00	00:51:13.00	01:42:12.00	05:18:13.00	05:19:56.00	+01:31:18 (28.5%)	10:15	5.8 (70.7%)
33	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	33	02:54:20.00	00:46:26.00	01:45:44.00	05:25:14.00	05:26:30.00	+01:37:52 (30.0%)	10:29	5.7 (69.5%)
34	BUNIKOWSKA Emilia	425		K30-39	34	02:48:23.00	00:53:22.00	01:45:09.00	05:25:39.00	05:26:54.00	+01:38:16 (30.1%)	10:30	5.7 (69.5%)
35	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	35	02:55:52.00	00:48:22.00	01:42:58.00	05:25:26.00	05:27:12.00	+01:38:34 (30.1%)	10:29	5.7 (69.5%)
36	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	36	02:54:02.00	00:48:14.00	01:48:08.00	05:29:27.00	05:30:24.00	+01:41:46 (30.8%)	10:37	5.6 (68.3%)
37	MARKOWSKA Jadwiga	530		K30-39	37	02:59:17.00	00:48:20.00	01:43:06.00	05:29:43.00	05:30:43.00	+01:42:05 (30.9%)	10:38	5.6 (68.3%)
38	BRODAWKA Olga	421		K30-39	38	02:53:51.00	00:50:59.00	01:50:40.00	05:34:38.00	05:35:30.00	+01:46:52 (31.9%)	10:47	5.6 (68.3%)

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39	ŻURKOWSKA Dorota	658		K30-39	39	02:56:00.00	00:55:23.00	01:49:01.00	05:38:42.00	05:40:24.00	+01:51:46 (32.8%)	10:55	5.5 (67.1%)
40	PUKOCZ Katarzyna	573		K30-39	40	03:01:38.00	00:53:28.00	01:48:33.00	05:41:36.00	05:43:39.00	+01:55:01 (33.5%)	11:01	5.4 (65.9%)
41	ŚWIEŻEWSKA Kaja	641		K30-39	41	03:04:37.00	00:53:03.00	01:46:10.00	05:41:52.00	05:43:50.00	+01:55:12 (33.5%)	11:01	5.4 (65.9%)
42	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	42	03:01:33.00	00:52:54.00	01:50:02.00	05:43:30.00	05:44:29.00	+01:55:51 (33.6%)	11:04	5.4 (65.9%)
43	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	43	03:03:58.00	00:52:49.00	01:49:23.00	05:45:24.00	05:46:10.00	+01:57:32 (34.0%)	11:08	5.4 (65.9%)
44	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	44	03:08:37.00	00:58:50.00	01:46:58.00	05:53:25.00	05:54:25.00	+02:05:47 (35.5%)	11:24	5.3 (64.6%)
45	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:58.00	00:52:28.00	01:57:26.00	05:55:08.00	05:56:52.00	+02:08:14 (35.9%)	11:27	5.2 (63.4%)
46	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	46	03:30:00.00	00:53:01.00	01:34:44.00	05:57:07.00	05:57:45.00	+02:09:07 (36.1%)	11:31	5.2 (63.4%)
47	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	47	03:04:42.00	00:52:40.00	02:02:05.00	05:57:54.00	05:59:27.00	+02:10:49 (36.4%)	11:32	5.2 (63.4%)
48	OGAZA Anna	546		K30-39	48	03:08:35.00	00:58:50.00	01:59:57.00	06:06:22.00	06:07:22.00	+02:18:44 (37.8%)	11:49	5.1 (62.2%)
49	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:39.00	00:56:27.00	02:03:55.00	06:20:15.00	06:21:01.00	+02:32:23 (40.0%)	12:15	4.9 (59.8%)
50	GERLE-KOTULA Anna	452		K30-39	50	03:15:10.00	00:55:52.00	02:12:53.00	06:22:38.00	06:23:55.00	+02:35:17 (40.4%)	12:20	4.9 (59.8%)
51	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	51	03:38:59.00	01:05:59.00	01:53:06.00	06:37:42.00	06:38:04.00	+02:49:26 (42.6%)	12:49	4.7 (57.3%)
52	ZIENKIEWICZ Agata	653		K30-39	52	03:33:25.00	01:00:44.00	02:09:28.00	06:42:08.00	06:43:37.00	+02:54:59 (43.4%)	12:58	4.6 (56.1%)
53	MIERZEJEWSKA Olga	534		K30-39	53	03:34:42.00	01:00:46.00	02:20:35.00	06:54:40.00	06:56:03.00	+03:07:25 (45.0%)	13:22	4.5 (54.9%)
54	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	54	03:37:56.00	01:02:46.00	02:25:08.00	07:03:42.00	07:05:50.00	+03:17:12 (46.3%)	13:40	4.4 (53.7%)
55	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	55	03:32:24.00	01:14:54.00	02:36:22.00	07:22:44.00	07:23:40.00	+03:35:02 (48.5%)	14:16	4.2 (51.2%)
56	PRZYBYŁO Marta	572		K30-39	56	03:39:18.00	01:15:42.00	02:39:08.00	07:32:13.00	07:34:08.00	+03:45:30 (49.7%)	14:35	4.1 (50.0%)
	ZAJĄCZKOWSKA Ewelina	650	GRUPA BIEGOWA UM W-WA	K30-39		00:00:00.00 DNF	00:00:00.00 DNF	01:22:10.00 DNF	DNF	DNF	-	-	- (0.0%)
	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39		03:22:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 58 wynik(ów)