



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA INTRO ŁĄCZNIE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40-49

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	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	02:17:40.00	00:43:49.00	01:25:46.00	04:26:39.00	04:27:15.00		8:36	7 (100%)
2	HENDZLIK Monika	463		K40-49	2	02:25:53.00	00:40:54.00	01:27:51.00	04:33:47.00	04:34:38.00	+00:07:23 (2.7%)	8:49	6.8 (97.1%)
3	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	02:29:02.00	00:40:55.00	01:28:10.00	04:37:29.00	04:38:07.00	+00:10:52 (3.9%)	8:57	6.7 (95.7%)
4	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	4	02:32:03.00	00:46:11.00	01:31:49.00	04:49:04.00	04:50:03.00	+00:22:48 (7.9%)	9:19	6.4 (91.4%)
5	REJMAN Dorota	580		K40-49	5	02:36:51.00	00:45:54.00	01:29:53.00	04:51:24.00	04:52:38.00	+00:25:23 (8.7%)	9:24	6.4 (91.4%)
6	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	6	02:39:13.00	00:46:06.00	01:34:04.00	04:58:30.00	04:59:23.00	+00:32:08 (10.7%)	9:37	6.2 (88.6%)
7	WARCHOCKA Ewelina	632		K40-49	7	02:42:03.00	00:44:50.00	01:36:04.00	05:01:51.00	05:02:57.00	+00:35:42 (11.8%)	9:44	6.2 (88.6%)
8	SALAMON Barbara	590		K40-49	8	02:38:04.00	00:48:32.00	01:39:32.00	05:05:25.00	05:06:08.00	+00:38:53 (12.7%)	9:51	6.1 (87.1%)
9	SKIBA Katarzyna	599		K40-49	9	02:42:42.00	00:48:22.00	01:35:42.00	05:05:17.00	05:06:46.00	+00:39:31 (12.9%)	9:50	6.1 (87.1%)
10	GAWRYLAK Beata	450	ZUMBIARY	K40-49	10	02:48:58.00	00:46:53.00	01:37:53.00	05:12:03.00	05:13:44.00	+00:46:29 (14.8%)	10:03	6 (85.7%)
11	JAROSZEWSKA Iwona	471		K40-49	11	02:43:21.00	00:48:18.00	01:43:08.00	05:13:09.00	05:14:47.00	+00:47:32 (15.1%)	10:06	5.9 (84.3%)
12	DZIÓBEK Sylwia	444		K40-49	12	02:59:17.00	00:47:18.00	01:30:33.00	05:16:05.00	05:17:08.00	+00:49:53 (15.7%)	10:11	5.9 (84.3%)
13	BURMAN Beata	426		K40-49	13	02:51:51.00	00:46:14.00	01:39:08.00	05:16:08.00	05:17:13.00	+00:49:58 (15.8%)	10:11	5.9 (84.3%)
14	BALCERZAK Krystyna	402		K40-49	14	02:45:14.00	00:51:26.00	01:45:58.00	05:21:10.00	05:22:38.00	+00:55:23 (17.2%)	10:21	5.8 (82.9%)
15	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	15	02:46:31.00	00:52:52.00	01:44:38.00	05:23:07.00	05:24:01.00	+00:56:46 (17.5%)	10:25	5.8 (82.9%)
16	ŁATA Katarzyna	519		K40-49	16	02:58:51.00	00:47:19.00	01:40:46.00	05:25:23.00	05:26:56.00	+00:59:41 (18.3%)	10:29	5.7 (81.4%)

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	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	17	02:54:02.00	00:48:15.00	01:48:08.00	05:29:26.00	05:30:25.00	+01:03:10 (19.1%)	10:37	5.6 (80.0%)
18	SEBZDA Małgorzata	593	HUSARIA RACE TEAM	K40-49	18	02:53:58.00	00:52:12.00	01:48:58.00	05:34:22.00	05:35:08.00	+01:07:53 (20.3%)	10:47	5.6 (80.0%)
19	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	19	02:54:31.00	00:50:01.00	01:51:01.00	05:33:58.00	05:35:33.00	+01:08:18 (20.4%)	10:46	5.6 (80.0%)
20	LEFELIC Monika	512		K40-49	20	02:39:27.00	00:58:47.00	02:00:46.00	05:37:47.00	05:39:00.00	+01:11:45 (21.2%)	10:53	5.5 (78.6%)
21	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	21	02:54:16.00	00:53:27.00	01:55:34.00	05:41:50.00	05:43:17.00	+01:16:02 (22.1%)	11:01	5.4 (77.1%)
22	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	22	02:59:34.00	00:52:22.00	01:55:32.00	05:45:58.00	05:47:28.00	+01:20:13 (23.1%)	11:09	5.4 (77.1%)
23	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	23	03:18:15.00	00:40:00.00	01:56:06.00	05:52:50.00	05:54:21.00	+01:27:06 (24.6%)	11:22	5.3 (75.7%)
24	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	24	03:06:58.00	00:52:27.00	01:57:26.00	05:55:10.00	05:56:51.00	+01:29:36 (25.1%)	11:27	5.2 (74.3%)
25	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	25	03:10:11.00	01:01:50.00	01:58:43.00	06:09:30.00	06:10:44.00	+01:43:29 (27.9%)	11:55	5 (71.4%)
26	LUDKA Dagmara	513		K40-49	26	03:30:00.00	00:52:03.00	01:52:03.00	06:13:36.00	06:14:06.00	+01:46:51 (28.6%)	12:03	5 (71.4%)
27	WIŚNIEWSKA Dorota	633		K40-49	27	03:25:17.00	00:57:11.00	02:00:58.00	06:21:51.00	06:23:26.00	+01:56:11 (30.3%)	12:19	4.9 (70.0%)
28	SKORUPKA Anna	602		K40-49	28	03:23:27.00	00:56:32.00	02:08:28.00	06:26:30.00	06:28:27.00	+02:01:12 (31.2%)	12:28	4.8 (68.6%)
29	JASIUL Mariola	472		K40-49	29	03:25:58.00	01:05:25.00	02:04:20.00	06:34:09.00	06:35:43.00	+02:08:28 (32.5%)	12:42	4.7 (67.1%)
30	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	03:37:56.00	01:09:51.00	02:08:46.00	06:54:24.00	06:56:33.00	+02:29:18 (35.8%)	13:22	4.5 (64.3%)
	KARPIŃSKA Ania	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49		03:31:45.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	DZIEWIĄTKOWSKA Ewa	443		K40-49		02:40:44.00 DNF	00:00:00.00 DNF	01:43:23.00 DNF	DNF	DNF		-	- (0.0%)
	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49		03:01:30.00 DNF	00:00:00.00 DNF	01:48:51.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 33 wynik(ów)