



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA MARATON BESKID SĄDECKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	01:01:20	02:26:35.80	02:26:38.15		8:08	7.4 (100%)
2	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	01:02:06	02:26:56.85	02:26:58.80	+00:00:20 (0.2%)	8:09	7.3 (98.6%)
3	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	01:05:20	02:32:35.60	02:32:38.85	+00:06:00 (3.9%)	8:28	7.1 (95.9%)
4	KUNA Aleksandra	290		K30-39	4	01:10:00	02:43:19.40	02:43:34.05	+00:16:55 (10.4%)	9:04	6.6 (89.2%)
5	CHILICKA Marta	219	RED LION CLUB	K30-39	5	01:10:27	02:44:54.20	02:44:58.80	+00:18:20 (11.1%)	9:09	6.5 (87.8%)
6	KALETA Anna	262		K30-39	6	01:15:06	02:49:05.70	02:49:32.25	+00:22:54 (13.5%)	9:23	6.4 (86.5%)
7	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	7	01:11:05	02:51:10.25	02:51:26.10	+00:24:47 (14.5%)	9:30	6.3 (85.1%)
8	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	8	01:10:13	02:51:24.15	02:51:27.50	+00:24:49 (14.5%)	9:31	6.3 (85.1%)
9	WAŁĘGA Monika	371		K30-39	9	01:14:43	02:57:11.90	02:57:21.85	+00:30:43 (17.3%)	9:50	6.1 (82.4%)
10	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSAWA	K30-39	10	01:14:40	02:59:29.80	02:59:57.75	+00:33:19 (18.5%)	9:58	6 (81.1%)
11	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	11	01:02:33	03:00:11.10	03:00:19.80	+00:33:41 (18.7%)	10:00	6 (81.1%)
12	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	12	01:14:01	03:02:55.95	03:03:11.35	+00:36:33 (20.0%)	10:09	5.9 (79.7%)
13	NOWAK Beata	321		K30-39	13	01:14:51	03:03:08.25	03:03:19.20	+00:36:41 (20.0%)	10:10	5.9 (79.7%)
14	STEC Iwona	356		K30-39	14	01:16:30	03:08:42.35	03:08:52.85	+00:42:14 (22.4%)	10:29	5.7 (77.0%)
15	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	15	01:21:25	03:16:59.50	03:17:09.85	+00:50:31 (25.6%)	10:56	5.5 (74.3%)
16	JATA Marta	259	WW TEAM	K30-39	16	01:21:01	03:19:11.70	03:19:22.85	+00:52:44 (26.5%)	11:03	5.4 (73.0%)
17	BOBINSKA Marta	207		K30-39	17	01:21:50	03:19:12.35	03:19:27.90	+00:52:49 (26.5%)	11:04	5.4 (73.0%)
18	MROZIK Magdalena	317	POWER TRAINING	K30-39	18	01:21:49	03:19:13.35	03:19:28.00	+00:52:49 (26.5%)	11:04	5.4 (73.0%)
19	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	19	01:23:11	03:19:54.15	03:20:18.15	+00:53:40 (26.8%)	11:06	5.4 (73.0%)
20	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	20	01:20:06	03:20:35.35	03:20:45.95	+00:54:07 (27.0%)	11:08	5.4 (73.0%)
21	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	21	01:25:52	03:34:47.10	03:35:14.45	+01:08:36 (31.9%)	11:55	5 (67.6%)
22	ZACHARA Katarzyna	391		K30-39	22	01:23:15	03:35:10.85	03:35:23.65	+01:08:45 (31.9%)	11:57	5 (67.6%)
23	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	23	01:25:50	03:35:27.30	03:35:53.60	+01:09:15 (32.1%)	11:58	5 (67.6%)
24	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	24	01:27:48	03:45:32.10	03:45:53.15	+01:19:15 (35.1%)	12:31	4.8 (64.9%)
25	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	25	01:34:07	03:47:29.30	03:48:02.50	+01:21:24 (35.7%)	12:38	4.7 (63.5%)

Znaleziono 25 wynik(ów)