



TRIADA MARATON BESKID SĄDECKI

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	JASIULEWICZ Anna	258	BIĄŁYSTOK BIEGA TEAM	K40-49	1	01:02:58	02:29:10.40	02:29:12.25		8:17	7.2 (100%)
2	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:06:10	02:32:54.15	02:33:02.55	+00:03:50 (2.5%)	8:29	7.1 (98.6%)
3	ADAMCZAK Barbara	200	TRAVOIS	K40-49	3	01:13:42	02:46:32.55	02:46:42.15	+00:17:29 (10.5%)	9:15	6.5 (90.3%)
4	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	01:12:40	02:47:21.00	02:47:33.95	+00:18:21 (11.0%)	9:17	6.5 (90.3%)
5	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	5	01:12:57	02:47:21.40	02:47:34.05	+00:18:21 (11.0%)	9:17	6.5 (90.3%)
6	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	6	01:13:00	02:50:28.85	02:50:42.10	+00:21:29 (12.6%)	9:28	6.3 (87.5%)
7	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	7	01:14:42	02:53:42.00	02:54:04.75	+00:24:52 (14.3%)	9:39	6.2 (86.1%)
8	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	8	01:12:53	02:55:26.80	02:55:31.95	+00:26:19 (15.0%)	9:44	6.2 (86.1%)
9	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	9	01:15:24	02:55:48.80	02:56:07.65	+00:26:55 (15.3%)	9:46	6.1 (84.7%)
10	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	10	01:15:10	03:11:32.25	03:11:38.00	+00:42:25 (22.1%)	10:38	5.6 (77.8%)
11	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	11	01:21:24	03:11:53.80	03:12:20.70	+00:43:08 (22.4%)	10:39	5.6 (77.8%)
12	DYDERSKA Wioletta	230	WIOLAADI	K40-49	12	00:50:19	03:13:27.90	03:13:39.70	+00:44:27 (23.0%)	10:44	5.6 (77.8%)
13	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	13	01:22:21	03:13:30.85	03:13:43.00	+00:44:30 (23.0%)	10:45	5.6 (77.8%)
14	KOWALSKA-GRZEJDA Anna	278		K40-49	14	01:18:11	03:14:08.90	03:14:14.85	+00:45:02 (23.2%)	10:47	5.6 (77.8%)
15	DZIEWIATOWSKA Agnieszka	234		K40-49	15	01:17:10	03:14:39.80	03:14:51.25	+00:45:39 (23.4%)	10:48	5.5 (76.4%)
16	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	16	01:18:42	03:16:14.50	03:16:22.10	+00:47:09 (24.0%)	10:54	5.5 (76.4%)
17	MALAWKO Aleksandra	305		K40-49	17	01:25:46	03:18:23.70	03:18:46.75	+00:49:34 (24.9%)	11:01	5.4 (75.0%)
18	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	18	01:20:25	03:20:46.15	03:20:52.70	+00:51:40 (25.7%)	11:09	5.4 (75.0%)
19	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	19	01:21:14	03:20:54.35	03:21:14.10	+00:52:01 (25.9%)	11:09	5.4 (75.0%)
20	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	20	01:20:19	03:22:01.85	03:22:18.60	+00:53:06 (26.2%)	11:13	5.3 (73.6%)
21	PATEREK Ada	332		K40-49	21	01:24:48	03:23:44.40	03:24:07.30	+00:54:55 (26.9%)	11:19	5.3 (73.6%)
22	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	22	01:22:18	03:25:16.95	03:25:38.60	+00:56:26 (27.4%)	11:24	5.3 (73.6%)
23	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	23	01:22:14	03:25:16.65	03:25:38.90	+00:56:26 (27.4%)	11:24	5.3 (73.6%)
24	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	24	01:21:45	03:27:47.85	03:28:02.70	+00:58:50 (28.3%)	11:32	5.2 (72.2%)
25	KUBLER Anna	287		K40-49	25	01:23:20	03:30:48.65	03:31:02.25	+01:01:50 (29.3%)	11:42	5.1 (70.8%)
26	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	26	01:23:26	03:31:17.45	03:31:35.90	+01:02:23 (29.5%)	11:44	5.1 (70.8%)
27	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	27	01:25:48	03:35:27.70	03:35:53.50	+01:06:41 (30.9%)	11:58	5 (69.4%)
28	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	28	01:26:19	03:35:54.10	03:36:05.75	+01:06:53 (31.0%)	11:59	5 (69.4%)
29	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	29	01:30:33	03:40:35.35	03:40:59.45	+01:11:47 (32.5%)	12:15	4.9 (68.1%)

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30	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	30	01:25:00	03:41:18.90	03:41:32.65	+01:12:20 (32.7%)	12:17	4.9 (68.1%)
31	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	31	01:31:58	03:44:13.95	03:44:23.25	+01:15:11 (33.5%)	12:27	4.8 (66.7%)
32	WRZESIŃSKA Joanna	252		K40-49	32	01:31:03	03:45:31.00	03:45:52.95	+01:16:40 (33.9%)	12:31	4.8 (66.7%)
33	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	33	01:30:43	03:51:05.15	03:51:10.50	+01:21:58 (35.5%)	12:50	4.7 (65.3%)
34	SZLAKOWICZ Ewa	363		K40-49	34	01:33:49	04:00:51.15	04:01:09.40	+01:31:57 (38.1%)	13:22	4.5 (62.5%)
35	KAPŁON Anna	264		K40-49	35	01:37:49	04:05:12.20	04:05:23.45	+01:36:11 (39.2%)	13:37	4.4 (61.1%)
36	JARACZ-PATEREK Alina	254	NOA	K40-49	36	01:30:36	04:30:02.30	04:30:11.30	+02:00:59 (44.8%)	15:00	4 (55.6%)

Znaleziono 36 wynik(ów)