



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

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

## TRIADA MARATON ŁĄCZNIE

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>JASIULEWICZ Anna</b>	<b>258</b>	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:51:47.00	01:07:13.00	02:29:12.00	<b>05:28:03.00</b>	<b>05:28:12.00</b>		7:17	8.2 (100%)
2	<b>BROL Dominika</b>	<b>209</b>	ENDURANCE TEAM	K30-39	1	01:55:13.00	01:07:04.00	02:26:38.00	<b>05:28:47.00</b>	<b>05:28:55.00</b>	+00:00:43 (0.2%)	7:18	8.2 (100%)
3	<b>ZIĘCINA Sylwia</b>	<b>395</b>	ATLANTIC	K30-39	2	01:56:44.00	01:10:46.00	02:26:58.00	<b>05:34:20.00</b>	<b>05:34:28.00</b>	+00:06:16 (1.9%)	7:25	8.1 (98.8%)
4	<b>SOSNOWSKA Agnieszka</b>	<b>352</b>	SOSNA RADOSNA	K40-49	2	01:55:18.00	01:11:59.00	02:33:02.00	<b>05:40:05.00</b>	<b>05:40:19.00</b>	+00:12:07 (3.6%)	7:33	7.9 (96.3%)
5	<b>CHODOWIEC Karolina</b>	<b>221</b>	ADIDAS RUNNERS WARSAW	K30-39	3	01:58:29.00	01:13:25.00	02:32:38.00	<b>05:44:10.00</b>	<b>05:44:32.00</b>	+00:16:20 (4.7%)	7:38	7.8 (95.1%)
6	<b>SZKODA Kasia</b>	<b>361</b>		K16-29	1	02:04:52.00	01:14:04.00	02:36:23.00	<b>05:54:08.00</b>	<b>05:55:19.00</b>	+00:27:07 (7.6%)	7:52	7.6 (92.7%)
7	<b>CHILICKA Marta</b>	<b>219</b>	RED LION CLUB	K30-39	4	02:02:25.00	01:14:46.00	02:44:58.00	<b>06:01:58.00</b>	<b>06:02:09.00</b>	+00:33:57 (9.4%)	8:02	7.5 (91.5%)
8	<b>KUNA Aleksandra</b>	<b>290</b>		K30-39	5	02:02:31.00	01:16:55.00	02:43:34.00	<b>06:02:09.00</b>	<b>06:03:00.00</b>	+00:34:48 (9.6%)	8:02	7.5 (91.5%)
9	<b>DZIERŻAK Elżbieta</b>	<b>233</b>	HUSARIA RACE TEAM	K40-49	3	02:08:25.00	01:14:28.00	02:47:34.00	<b>06:09:36.00</b>	<b>06:10:27.00</b>	+00:42:15 (11.4%)	8:12	7.3 (89.0%)
10	<b>ADAMCZAK Barbara</b>	<b>200</b>	TRAVOIS	K40-49	4	02:07:38.00	01:19:19.00	02:46:42.00	<b>06:12:33.00</b>	<b>06:13:39.00</b>	+00:45:27 (12.2%)	8:16	7.2 (87.8%)
11	<b>KITOWSKA Anna</b>	<b>232</b>	PERFECT RUNNER TEAM	K40-49	5	02:17:58.00	01:15:21.00	02:47:33.00	<b>06:20:03.00</b>	<b>06:20:52.00</b>	+00:52:40 (13.8%)	8:26	7.1 (86.6%)
12	<b>ZIELIŃSKA Iwona</b>	<b>394</b>	KUJAWSCY RUNNERS	K40-49	6	02:13:16.00	01:19:02.00	02:50:42.00	<b>06:22:09.00</b>	<b>06:23:00.00</b>	+00:54:48 (14.3%)	8:29	7.1 (86.6%)
13	<b>KALETA Anna</b>	<b>262</b>		K30-39	6	02:12:39.00	01:21:06.00	02:49:32.00	<b>06:21:52.00</b>	<b>06:23:17.00</b>	+00:55:05 (14.4%)	8:29	7.1 (86.6%)
14	<b>POGORZELSKA Katarzyna</b>	<b>333</b>	BWM TEAM	K40-49	7	02:07:52.00	01:27:06.00	02:54:04.00	<b>06:27:30.00</b>	<b>06:29:02.00</b>	+01:00:50 (15.6%)	8:36	7 (85.4%)
15	<b>WONKO Ewa</b>	<b>389</b>	HTF LUDWIK SIKORSKI	K30-39	7	02:13:40.00	01:26:10.00	02:51:27.00	<b>06:30:37.00</b>	<b>06:31:17.00</b>	+01:03:05 (16.1%)	8:40	6.9 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	<b>NIMSZ Kamila</b>	<b>206</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	8	02:13:46.00	01:27:21.00	02:51:26.00	<b>06:31:08.00</b>	<b>06:32:33.00</b>	+01:04:21 (16.4%)	8:41	6.9 (84.1%)
17	<b>WAŁĘGA Monika</b>	<b>371</b>		K30-39	9	02:13:14.00	01:25:07.00	02:57:21.00	<b>06:34:10.00</b>	<b>06:35:42.00</b>	+01:07:30 (17.1%)	8:45	6.8 (82.9%)
18	<b>SZCZĘSNA Edyta</b>	<b>359</b>	CARBON OCR RACING TEAM	K30-39	10	02:13:42.00	01:21:53.00	03:00:19.00	<b>06:34:53.00</b>	<b>06:35:54.00</b>	+01:07:42 (17.1%)	8:46	6.8 (82.9%)
19	<b>ŁUCZKA Sylwia</b>	<b>300</b>	KASTYO / VEGE RUNNERS	K16-29	2	02:14:22.00	01:23:56.00	02:57:38.00	<b>06:34:42.00</b>	<b>06:35:56.00</b>	+01:07:44 (17.1%)	8:46	6.8 (82.9%)
20	<b>KOPEĆ Renata</b>	<b>276</b>	KS STASZEWSKY	K40-49	8	02:19:07.00	01:21:00.00	02:56:07.00	<b>06:34:58.00</b>	<b>06:36:14.00</b>	+01:08:02 (17.2%)	8:46	6.8 (82.9%)
21	<b>KARPIEL Magdalena</b>	<b>266</b>	SFITRUN.PL	K16-29	3	02:16:51.00	01:24:21.00	02:56:18.00	<b>06:36:03.00</b>	<b>06:37:30.00</b>	+01:09:18 (17.4%)	8:48	6.8 (82.9%)
22	<b>SOWA-OKRASA Sylwia</b>	<b>354</b>	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	02:25:51.00	01:23:46.00	02:55:31.00	<b>06:44:53.00</b>	<b>06:45:08.00</b>	+01:16:56 (19.0%)	8:59	6.7 (81.7%)
23	<b>BULANDA Barbara</b>	<b>212</b>	ŻUBRY BOCHNIA	K30-39	11	02:18:51.00	01:23:21.00	03:03:11.00	<b>06:44:10.00</b>	<b>06:45:23.00</b>	+01:17:11 (19.0%)	8:58	6.7 (81.7%)
24	<b>NOWAK Beata</b>	<b>321</b>		K30-39	12	02:23:49.00	01:27:17.00	03:03:19.00	<b>06:53:43.00</b>	<b>06:54:25.00</b>	+01:26:13 (20.8%)	9:11	6.5 (79.3%)
25	<b>STEC Iwona</b>	<b>356</b>		K30-39	13	02:20:46.00	01:27:29.00	03:08:52.00	<b>06:56:08.00</b>	<b>06:57:07.00</b>	+01:28:55 (21.3%)	9:14	6.5 (79.3%)
26	<b>ZARĘBA Beata</b>	<b>393</b>	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	14	02:29:30.00	01:29:54.00	02:59:57.00	<b>06:58:11.00</b>	<b>06:59:21.00</b>	+01:31:09 (21.7%)	9:17	6.5 (79.3%)
27	<b>TOCZEWSKA Anna</b>	<b>367</b>	JACEKBIEGA RUNNING TEAM	K50-59	1	02:23:05.00	01:28:13.00	03:08:50.00	<b>06:58:41.00</b>	<b>07:00:08.00</b>	+01:31:56 (21.9%)	9:18	6.4 (78.0%)
28	<b>MAZURKIEWICZ Jolanta</b>	<b>310</b>	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	15	02:22:56.00	01:28:05.00	03:17:09.00	<b>07:07:29.00</b>	<b>07:08:10.00</b>	+01:39:58 (23.3%)	9:29	6.3 (76.8%)
29	<b>CAŁKA Agnieszka</b>	<b>217</b>	RADZYMIN RUN TEAM	K40-49	10	02:31:12.00	01:25:21.00	03:12:20.00	<b>07:07:11.00</b>	<b>07:08:53.00</b>	+01:40:41 (23.5%)	9:29	6.3 (76.8%)
30	<b>KOWALSKA-GRZEJDA Anna</b>	<b>278</b>		K40-49	11	02:29:37.00	01:31:59.00	03:14:14.00	<b>07:14:22.00</b>	<b>07:15:50.00</b>	+01:47:38 (24.7%)	9:39	6.2 (75.6%)
31	<b>DZIEWIATOWSKA Agnieszka</b>	<b>234</b>		K40-49	12	02:35:44.00	01:28:21.00	03:14:51.00	<b>07:17:54.00</b>	<b>07:18:56.00</b>	+01:50:44 (25.2%)	9:43	6.2 (75.6%)
32	<b>BUDNY Aleksandra</b>	<b>211</b>	KRAŚNIK BIEGA	K40-49	13	02:35:00.00	01:34:19.00	03:13:43.00	<b>07:22:07.00</b>	<b>07:23:02.00</b>	+01:54:50 (25.9%)	9:49	6.1 (74.4%)
33	<b>DYDERSKA Wioletta</b>	<b>230</b>	WIOLAADI	K40-49	14	02:35:00.00	01:35:40.00	03:13:39.00	<b>07:23:23.00</b>	<b>07:24:19.00</b>	+01:56:07 (26.1%)	9:51	6.1 (74.4%)
34	<b>MAKLES Wioletta</b>	<b>304</b>	EUROPA UBEZPIECZENIA / NOA	K40-49	15	02:39:05.00	01:34:00.00	03:16:22.00	<b>07:28:45.00</b>	<b>07:29:27.00</b>	+02:01:15 (27.0%)	9:58	6 (73.2%)
35	<b>WOJNO Małgorzata</b>	<b>385</b>	DROGA DO ULTRA	K30-39	16	02:31:39.00	01:38:42.00	03:20:18.00	<b>07:29:07.00</b>	<b>07:30:39.00</b>	+02:02:27 (27.2%)	9:58	6 (73.2%)
36	<b>WILK Magdalena</b>	<b>378</b>	TEAM ZABIEGANEDNI	K40-49	16	02:29:29.00	01:34:51.00	03:28:02.00	<b>07:31:26.00</b>	<b>07:32:22.00</b>	+02:04:10 (27.4%)	10:01	6 (73.2%)
37	<b>MALAWKO Aleksandra</b>	<b>305</b>		K40-49	17	02:43:05.00	01:31:10.00	03:18:46.00	<b>07:31:51.00</b>	<b>07:33:01.00</b>	+02:04:49 (27.6%)	10:02	6 (73.2%)
38	<b>SKŁADANOWSKA Beata</b>	<b>347</b>	EUROCASH TEAM	K30-39	17	02:44:49.00	01:31:16.00	03:20:45.00	<b>07:35:46.00</b>	<b>07:36:50.00</b>	+02:08:38 (28.2%)	10:07	5.9 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	<b>PATEREK Ada</b>	<b>332</b>		K40-49	18	02:35:12.00	01:42:14.00	03:24:07.00	<b>07:39:51.00</b>	<b>07:41:33.00</b>	+02:13:21 (28.9%)	10:13	5.9 (72.0%)
40	<b>ZABŁOCKA Małgorzata</b>	<b>390</b>	NATIONALE-NEDERLANDEN	K40-49	19	02:43:15.00	01:38:49.00	03:21:14.00	<b>07:42:03.00</b>	<b>07:43:18.00</b>	+02:15:06 (29.2%)	10:16	5.8 (70.7%)
41	<b>PRZEBINDA Renata</b>	<b>338</b>	#ADAMCZERWIŃSKITEAM	K40-49	20	02:28:56.00	01:44:04.00	03:31:35.00	<b>07:43:36.00</b>	<b>07:44:35.00</b>	+02:16:23 (29.4%)	10:18	5.8 (70.7%)
42	<b>BOBINSKA Marta</b>	<b>207</b>		K30-39	18	02:39:50.00	01:46:03.00	03:19:27.00	<b>07:43:31.00</b>	<b>07:45:20.00</b>	+02:17:08 (29.5%)	10:18	5.8 (70.7%)
43	<b>MROZIK Magdalena</b>	<b>317</b>	POWER TRAINING	K30-39	19	02:39:50.00	01:46:03.00	03:19:28.00	<b>07:43:32.00</b>	<b>07:45:21.00</b>	+02:17:09 (29.5%)	10:18	5.8 (70.7%)
44	<b>MACKIEWICZ Dorota</b>	<b>301</b>	EAT RUN FUN	K40-49	21	02:40:28.00	01:44:07.00	03:20:52.00	<b>07:44:42.00</b>	<b>07:45:27.00</b>	+02:17:15 (29.5%)	10:19	5.8 (70.7%)
45	<b>JATA Marta</b>	<b>259</b>	WW TEAM	K30-39	20	02:43:25.00	01:43:12.00	03:19:22.00	<b>07:45:12.00</b>	<b>07:45:59.00</b>	+02:17:47 (29.6%)	10:20	5.8 (70.7%)
46	<b>ZACHARA Katarzyna</b>	<b>391</b>		K30-39	21	02:31:38.00	01:39:05.00	03:35:23.00	<b>07:44:50.00</b>	<b>07:46:06.00</b>	+02:17:54 (29.6%)	10:19	5.8 (70.7%)
47	<b>ŻACZEK Anna</b>	<b>664</b>	BIEGUSIEM.PL	K40-49	22	02:41:27.00	01:42:01.00	03:25:38.00	<b>07:48:09.00</b>	<b>07:49:06.00</b>	+02:20:54 (30.0%)	10:24	5.8 (70.7%)
48	<b>KĘPKA-WAROWNA Weronika</b>	<b>268</b>	BIEGUSIEM.PL	K40-49	23	02:41:58.00	01:42:01.00	03:25:38.00	<b>07:48:42.00</b>	<b>07:49:37.00</b>	+02:21:25 (30.1%)	10:24	5.8 (70.7%)
49	<b>WEBER Agata</b>	<b>372</b>	JACEKBIEGA RUNNING TEAM	K40-49	24	02:46:55.00	01:42:15.00	03:22:18.00	<b>07:50:05.00</b>	<b>07:51:28.00</b>	+02:23:16 (30.4%)	10:26	5.7 (69.5%)
50	<b>ROGUSKA Klaudia</b>	<b>666</b>	RADZYMIN RUN TEAM	K30-39	22	02:41:21.00	01:36:12.00	03:35:14.00	<b>07:51:06.00</b>	<b>07:52:47.00</b>	+02:24:35 (30.6%)	10:28	5.7 (69.5%)
51	<b>JARZĄBEK Agnieszka</b>	<b>257</b>	RADZYMIN RUN TEAM	K40-49	25	02:41:48.00	01:36:12.00	03:35:53.00	<b>07:52:13.00</b>	<b>07:53:53.00</b>	+02:25:41 (30.7%)	10:29	5.7 (69.5%)
51	<b>SZYMAŃSKA Agata</b>	<b>365</b>	RADZYMIN RUN TEAM	K30-39	23	02:41:48.00	01:36:12.00	03:35:53.00	<b>07:52:12.00</b>	<b>07:53:53.00</b>	+02:25:41 (30.7%)	10:29	5.7 (69.5%)
53	<b>GĄSIOROWSKA Dorota</b>	<b>251</b>	LADIESLOSTGĄSBAGĄS	K50-59	2	02:48:28.00	01:34:09.00	03:35:42.00	<b>07:56:35.00</b>	<b>07:58:19.00</b>	+02:30:07 (31.4%)	10:35	5.7 (69.5%)
54	<b>KUBLER Anna</b>	<b>287</b>		K40-49	26	02:45:13.00	01:42:42.00	03:31:02.00	<b>07:57:14.00</b>	<b>07:58:57.00</b>	+02:30:45 (31.5%)	10:36	5.7 (69.5%)
55	<b>MASTALERZ Katarzyna</b>	<b>309</b>	SŁONIÓWKA	K40-49	27	02:31:48.00	01:36:44.00	03:51:10.00	<b>07:58:24.00</b>	<b>07:59:42.00</b>	+02:31:30 (31.6%)	10:37	5.6 (68.3%)
56	<b>WNOROWSKA Magdalena</b>	<b>381</b>	RMF4RT GLADIATORS	K40-49	28	02:44:56.00	01:39:15.00	03:41:32.00	<b>08:04:21.00</b>	<b>08:05:43.00</b>	+02:37:31 (32.4%)	10:45	5.6 (68.3%)
57	<b>FRIEZE Tatiana</b>	<b>238</b>	DROGA DO ULTRA	K40-49	29	02:49:55.00	01:38:16.00	03:40:59.00	<b>08:07:39.00</b>	<b>08:09:10.00</b>	+02:40:58 (32.9%)	10:50	5.5 (67.1%)
58	<b>MAKARZEC-SURMA Agnieszka</b>	<b>303</b>	BIŁGORAJ	K30-39	24	02:42:14.00	01:40:26.00	03:48:02.00	<b>08:09:19.00</b>	<b>08:10:42.00</b>	+02:42:30 (33.1%)	10:52	5.5 (67.1%)
59	<b>MAGNUSZEWSKA Izabela</b>	<b>302</b>	CARBON OCR RACING TEAM	K40-49	30	02:53:09.00	01:36:35.00	03:44:23.00	<b>08:13:19.00</b>	<b>08:14:07.00</b>	+02:45:55 (33.6%)	10:57	5.5 (67.1%)
60	<b>TROJANEK Edyta</b>	<b>368</b>	SENSORYBEAUTY.PL	K40-49	31	02:49:25.00	01:51:19.00	03:36:05.00	<b>08:15:40.00</b>	<b>08:16:49.00</b>	+02:48:37 (33.9%)	11:00	5.4 (65.9%)
61	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>295</b>	FORDONRUNNERS/WKURW_TEAM	K30-39	25	02:53:01.00	01:39:08.00	03:45:53.00	<b>08:16:08.00</b>	<b>08:18:02.00</b>	+02:49:50 (34.1%)	11:01	5.4 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
62	<b>IDZIK Angelika</b>	<b>253</b>	HUSARIA RACE TEAM	K16-29	4	02:51:15.00	01:46:08.00	03:46:43.00	<b>08:23:42.00</b>	<b>08:24:06.00</b>	+02:55:54 (34.9%)	11:11	5.4 (65.9%)
63	<b>WRZESIŃSKA Joanna</b>	<b>252</b>		K40-49	32	03:05:50.00	01:39:08.00	03:45:52.00	<b>08:28:57.00</b>	<b>08:30:50.00</b>	+03:02:38 (35.8%)	11:18	5.3 (64.6%)
64	<b>KAPŁON Anna</b>	<b>264</b>		K40-49	33	02:41:08.00	01:45:37.00	04:05:23.00	<b>08:31:14.00</b>	<b>08:32:08.00</b>	+03:03:56 (35.9%)	11:21	5.3 (64.6%)
65	<b>JARACZ-PATEREK Alina</b>	<b>254</b>	NOA	K40-49	34	02:39:06.00	01:43:15.00	04:30:11.00	<b>08:51:50.00</b>	<b>08:52:32.00</b>	+03:24:20 (38.4%)	11:49	5.1 (62.2%)
66	<b>SZLAKOWICZ Ewa</b>	<b>363</b>		K40-49	35	03:09:38.00	01:55:54.00	04:01:09.00	<b>09:04:45.00</b>	<b>09:06:41.00</b>	+03:38:29 (40.0%)	12:06	5 (61.0%)
67	<b>WITKOWSKA Maria</b>	<b>668</b>		K60+	1	03:39:21.00	02:08:55.00	04:30:17.00	<b>10:15:48.00</b>	<b>10:18:33.00</b>	+04:50:21 (46.9%)	13:41	4.4 (53.7%)
	<b>LUDKA Dagmara</b>	<b>297</b>		K40-49		02:57:40.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KLATKA Arleta</b>	<b>270</b>	BBL TOMASZÓW MAZOWIECKI	K40-49		02:05:05.00 DNF	01:20:35.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CHRAPLEWSKA Karolina</b>	<b>222</b>	PRO366	K30-39		02:27:45.00 DNF	01:31:57.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>377</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49		02:34:39.00 DNF	01:35:57.00 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JARECKA Katarzyna</b>	<b>255</b>	ALLERGAN RUNNING TEAM	K40-49		02:25:53.00 DNF	00:00:00.00 DNF	03:11:38.00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 72 wynik(ów)