



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

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

## TRIADA MARATON ŁĄCZNIE

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

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>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>		7:18	8.2 (100%)
2	<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>	+00:05:33 (1.7%)	7:25	8.1 (98.8%)
3	<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>	+00:15:37 (4.5%)	7:38	7.8 (95.1%)
4	<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>	+00:33:14 (9.2%)	8:02	7.5 (91.5%)
5	<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>	+00:34:05 (9.4%)	8:02	7.5 (91.5%)
6	<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>	+00:54:22 (14.2%)	8:29	7.1 (86.6%)
7	<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>	+01:02:22 (15.9%)	8:40	6.9 (84.1%)
8	<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>	+01:03:38 (16.2%)	8:41	6.9 (84.1%)
9	<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>	+01:06:47 (16.9%)	8:45	6.8 (82.9%)
10	<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>	+01:06:59 (16.9%)	8:46	6.8 (82.9%)
11	<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>	+01:16:28 (18.9%)	8:58	6.7 (81.7%)
12	<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>	+01:25:30 (20.6%)	9:11	6.5 (79.3%)
13	<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>	+01:28:12 (21.1%)	9:14	6.5 (79.3%)
14	<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>	+01:30:26 (21.6%)	9:17	6.5 (79.3%)
15	<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>	+01:39:15 (23.2%)	9:29	6.3 (76.8%)

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>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>	+02:01:44 (27.0%)	9:58	6 (73.2%)
17	<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>	+02:07:55 (28.0%)	10:07	5.9 (72.0%)
18	<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>	+02:16:25 (29.3%)	10:18	5.8 (70.7%)
19	<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>	+02:16:26 (29.3%)	10:18	5.8 (70.7%)
20	<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>	+02:17:04 (29.4%)	10:20	5.8 (70.7%)
21	<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>	+02:17:11 (29.4%)	10:19	5.8 (70.7%)
22	<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>	+02:23:52 (30.4%)	10:28	5.7 (69.5%)
23	<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>	+02:24:58 (30.6%)	10:29	5.7 (69.5%)
24	<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>	+02:41:47 (33.0%)	10:52	5.5 (67.1%)
25	<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>	+02:49:07 (34.0%)	11:01	5.4 (65.9%)
	<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%)

Znaleziono 26 wynik(ów)