



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: K40-49

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	JASIULEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:51:47.00	01:07:13.00	02:29:12.00	05:28:03.00	05:28:12.00		7:17	8.2 (100%)
2	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:55:18.00	01:11:59.00	02:33:02.00	05:40:05.00	05:40:19.00	+00:12:07 (3.6%)	7:33	7.9 (96.3%)
3	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	3	02:08:25.00	01:14:28.00	02:47:34.00	06:09:36.00	06:10:27.00	+00:42:15 (11.4%)	8:12	7.3 (89.0%)
4	ADAMCZAK Barbara	200	TRAVOIS	K40-49	4	02:07:38.00	01:19:19.00	02:46:42.00	06:12:33.00	06:13:39.00	+00:45:27 (12.2%)	8:16	7.2 (87.8%)
5	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	5	02:17:58.00	01:15:21.00	02:47:33.00	06:20:03.00	06:20:52.00	+00:52:40 (13.8%)	8:26	7.1 (86.6%)
6	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	6	02:13:16.00	01:19:02.00	02:50:42.00	06:22:09.00	06:23:00.00	+00:54:48 (14.3%)	8:29	7.1 (86.6%)
7	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	7	02:07:52.00	01:27:06.00	02:54:04.00	06:27:30.00	06:29:02.00	+01:00:50 (15.6%)	8:36	7 (85.4%)
8	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	8	02:19:07.00	01:21:00.00	02:56:07.00	06:34:58.00	06:36:14.00	+01:08:02 (17.2%)	8:46	6.8 (82.9%)
9	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	02:25:51.00	01:23:46.00	02:55:31.00	06:44:53.00	06:45:08.00	+01:16:56 (19.0%)	8:59	6.7 (81.7%)
10	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	10	02:31:12.00	01:25:21.00	03:12:20.00	07:07:11.00	07:08:53.00	+01:40:41 (23.5%)	9:29	6.3 (76.8%)
11	KOWALSKA- GRZEJDA Anna	278		K40-49	11	02:29:37.00	01:31:59.00	03:14:14.00	07:14:22.00	07:15:50.00	+01:47:38 (24.7%)	9:39	6.2 (75.6%)
12	DZIEWIATOWSKA Agnieszka	234		K40-49	12	02:35:44.00	01:28:21.00	03:14:51.00	07:17:54.00	07:18:56.00	+01:50:44 (25.2%)	9:43	6.2 (75.6%)
13	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	13	02:35:00.00	01:34:19.00	03:13:43.00	07:22:07.00	07:23:02.00	+01:54:50 (25.9%)	9:49	6.1 (74.4%)
14	DYDERSKA Wioletta	230	WIOLAADI	K40-49	14	02:35:00.00	01:35:40.00	03:13:39.00	07:23:23.00	07:24:19.00	+01:56:07 (26.1%)	9:51	6.1 (74.4%)
15	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	15	02:39:05.00	01:34:00.00	03:16:22.00	07:28:45.00	07:29:27.00	+02:01:15 (27.0%)	9:58	6 (73.2%)

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16	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	16	02:29:29.00	01:34:51.00	03:28:02.00	07:31:26.00	07:32:22.00	+02:04:10 (27.4%)	10:01	6 (73.2%)
17	MALAWKO Aleksandra	305		K40-49	17	02:43:05.00	01:31:10.00	03:18:46.00	07:31:51.00	07:33:01.00	+02:04:49 (27.6%)	10:02	6 (73.2%)
18	PATEREK Ada	332		K40-49	18	02:35:12.00	01:42:14.00	03:24:07.00	07:39:51.00	07:41:33.00	+02:13:21 (28.9%)	10:13	5.9 (72.0%)
19	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	19	02:43:15.00	01:38:49.00	03:21:14.00	07:42:03.00	07:43:18.00	+02:15:06 (29.2%)	10:16	5.8 (70.7%)
20	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	20	02:28:56.00	01:44:04.00	03:31:35.00	07:43:36.00	07:44:35.00	+02:16:23 (29.4%)	10:18	5.8 (70.7%)
21	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	21	02:40:28.00	01:44:07.00	03:20:52.00	07:44:42.00	07:45:27.00	+02:17:15 (29.5%)	10:19	5.8 (70.7%)
22	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	22	02:41:27.00	01:42:01.00	03:25:38.00	07:48:09.00	07:49:06.00	+02:20:54 (30.0%)	10:24	5.8 (70.7%)
23	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	23	02:41:58.00	01:42:01.00	03:25:38.00	07:48:42.00	07:49:37.00	+02:21:25 (30.1%)	10:24	5.8 (70.7%)
24	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	24	02:46:55.00	01:42:15.00	03:22:18.00	07:50:05.00	07:51:28.00	+02:23:16 (30.4%)	10:26	5.7 (69.5%)
25	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	25	02:41:48.00	01:36:12.00	03:35:53.00	07:52:13.00	07:53:53.00	+02:25:41 (30.7%)	10:29	5.7 (69.5%)
26	KUBLER Anna	287		K40-49	26	02:45:13.00	01:42:42.00	03:31:02.00	07:57:14.00	07:58:57.00	+02:30:45 (31.5%)	10:36	5.7 (69.5%)
27	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	27	02:31:48.00	01:36:44.00	03:51:10.00	07:58:24.00	07:59:42.00	+02:31:30 (31.6%)	10:37	5.6 (68.3%)
28	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	28	02:44:56.00	01:39:15.00	03:41:32.00	08:04:21.00	08:05:43.00	+02:37:31 (32.4%)	10:45	5.6 (68.3%)
29	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	29	02:49:55.00	01:38:16.00	03:40:59.00	08:07:39.00	08:09:10.00	+02:40:58 (32.9%)	10:50	5.5 (67.1%)
30	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	30	02:53:09.00	01:36:35.00	03:44:23.00	08:13:19.00	08:14:07.00	+02:45:55 (33.6%)	10:57	5.5 (67.1%)
31	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	31	02:49:25.00	01:51:19.00	03:36:05.00	08:15:40.00	08:16:49.00	+02:48:37 (33.9%)	11:00	5.4 (65.9%)
32	WRZESIŃSKA Joanna	252		K40-49	32	03:05:50.00	01:39:08.00	03:45:52.00	08:28:57.00	08:30:50.00	+03:02:38 (35.8%)	11:18	5.3 (64.6%)
33	KAPŁON Anna	264		K40-49	33	02:41:08.00	01:45:37.00	04:05:23.00	08:31:14.00	08:32:08.00	+03:03:56 (35.9%)	11:21	5.3 (64.6%)
34	JARACZ-PATEREK Alina	254	NOA	K40-49	34	02:39:06.00	01:43:15.00	04:30:11.00	08:51:50.00	08:52:32.00	+03:24:20 (38.4%)	11:49	5.1 (62.2%)
35	SZLAKOWICZ Ewa	363		K40-49	35	03:09:38.00	01:55:54.00	04:01:09.00	09:04:45.00	09:06:41.00	+03:38:29 (40.0%)	12:06	5 (61.0%)
	LUDKA Dagmara	297		K40-49		02:57:40.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49		02:05:05.00 DNF	01:20:35.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49		02:34:39.00 DNF	01:35:57.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)

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	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49		02:25:53.00 DNF	00:00:00.00 DNF	03:11:38.00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 39 wynik(ów)