



# TRIADA MARATON NOCNE PIENINY

B4SPORT

**Wydarzenie:** ETAPOWA TRIADA ZIMOWA  
**Organizator:** Fundacja Kocham Góry  
**Data:** 2020-01-04  
**Miejsce:** Krościenko nad Dunajcem  
**Dystans:** 11 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>BROL Dominika</b>	<b>209</b>	ENDURANCE TEAM	K30-39	1	00:32:57	<b>01:07:01.45</b>	<b>01:07:04.70</b>		6:05	9.8 (100%)
2	<b>JASIULEWICZ Anna</b>	<b>258</b>	BIĄŁYSTOK BIEGA TEAM	K40-49	1	00:32:43	<b>01:07:11.45</b>	<b>01:07:13.00</b>	+00:00:08 (0.2%)	6:06	9.8 (100%)
3	<b>ZIĘCINA Sylwia</b>	<b>395</b>	ATLANTIC	K30-39	2	00:34:23	<b>01:10:44.90</b>	<b>01:10:46.65</b>	+00:03:41 (5.2%)	6:25	9.3 (94.9%)
4	<b>SOSNOWSKA Agnieszka</b>	<b>352</b>	SOSNA RADOSNA	K40-49	2	00:34:40	<b>01:11:57.10</b>	<b>01:11:59.75</b>	+00:04:55 (6.8%)	6:32	9.2 (93.9%)
5	<b>CHODOWIEC Karolina</b>	<b>221</b>	ADIDAS RUNNERS WARSAW	K30-39	3	00:35:50	<b>01:13:14.60</b>	<b>01:13:25.20</b>	+00:06:20 (8.6%)	6:39	9 (91.8%)
6	<b>SZKODA Kasia</b>	<b>361</b>		K16-29	1	00:36:14	<b>01:13:49.90</b>	<b>01:14:04.80</b>	+00:07:00 (9.5%)	6:42	8.9 (90.8%)
7	<b>DZIERŻAK Elżbieta</b>	<b>233</b>	HUSARIA RACE TEAM	K40-49	3	00:36:55	<b>01:14:11.10</b>	<b>01:14:28.05</b>	+00:07:23 (9.9%)	6:44	8.9 (90.8%)
8	<b>CHILICKA Marta</b>	<b>219</b>	RED LION CLUB	K30-39	4	00:35:41	<b>01:14:42.85</b>	<b>01:14:46.80</b>	+00:07:42 (10.3%)	6:47	8.8 (89.8%)
9	<b>KITOWSKA Anna</b>	<b>232</b>	PERFECT RUNNER TEAM	K40-49	4	00:36:55	<b>01:15:04.70</b>	<b>01:15:21.05</b>	+00:08:16 (11.0%)	6:49	8.8 (89.8%)
10	<b>KUNA Aleksandra</b>	<b>290</b>		K30-39	5	00:37:16	<b>01:16:35.90</b>	<b>01:16:55.05</b>	+00:09:50 (12.8%)	6:57	8.6 (87.8%)
11	<b>ZIELIŃSKA Iwona</b>	<b>394</b>	KUJAWSCY RUNNERS	K40-49	5	00:40:04	<b>01:18:45.00</b>	<b>01:19:02.65</b>	+00:11:57 (15.1%)	7:09	8.4 (85.7%)
12	<b>ADAMCZAK Barbara</b>	<b>200</b>	TRAVOIS	K40-49	6	00:39:21	<b>01:19:08.10</b>	<b>01:19:19.65</b>	+00:12:14 (15.4%)	7:11	8.3 (84.7%)
13	<b>KLATKA Arleta</b>	<b>270</b>	BBL TOMASZÓW MAZOWIECKI	K40-49	7	00:38:08	<b>01:20:23.55</b>	<b>01:20:35.00</b>	+00:13:30 (16.8%)	7:18	8.2 (83.7%)
14	<b>KOPEĆ Renata</b>	<b>276</b>	KS STASZEWSKY	K40-49	8	00:40:02	<b>01:20:31.05</b>	<b>01:21:00.05</b>	+00:13:55 (17.2%)	7:19	8.2 (83.7%)
15	<b>KALETA Anna</b>	<b>262</b>		K30-39	6	00:40:34	<b>01:20:45.15</b>	<b>01:21:06.30</b>	+00:14:01 (17.3%)	7:20	8.2 (83.7%)
16	<b>SZCZĘSNA Edyta</b>	<b>359</b>	CARBON OCR RACING TEAM	K30-39	7	00:41:02	<b>01:21:26.05</b>	<b>01:21:53.15</b>	+00:14:48 (18.1%)	7:24	8.1 (82.7%)
17	<b>BULANDA Barbara</b>	<b>212</b>	ŻUBRY BOCHNIA	K30-39	8	00:40:31	<b>01:23:03.90</b>	<b>01:23:21.90</b>	+00:16:17 (19.5%)	7:33	7.9 (80.6%)
18	<b>SOWA-OKRASA Sylwia</b>	<b>354</b>	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	00:39:47	<b>01:23:42.25</b>	<b>01:23:46.35</b>	+00:16:41 (19.9%)	7:36	7.9 (80.6%)
19	<b>ŁUCZKA Sylwia</b>	<b>300</b>	KASTYO / VEGE RUNNERS	K16-29	2	00:40:55	<b>01:23:25.15</b>	<b>01:23:56.15</b>	+00:16:51 (20.1%)	7:35	7.9 (80.6%)
20	<b>KARPIEL Magdalena</b>	<b>266</b>	SFITRUN.PL	K16-29	3	00:41:18	<b>01:23:55.90</b>	<b>01:24:21.90</b>	+00:17:17 (20.5%)	7:37	7.9 (80.6%)
21	<b>WAŁĘGA Monika</b>	<b>371</b>		K30-39	9	00:42:46	<b>01:24:27.45</b>	<b>01:25:07.65</b>	+00:18:02 (21.2%)	7:40	7.8 (79.6%)
22	<b>CAŁKA Agnieszka</b>	<b>217</b>	RADZYMIN RUN TEAM	K40-49	10	00:43:08	<b>01:24:41.10</b>	<b>01:25:21.80</b>	+00:18:17 (21.4%)	7:41	7.8 (79.6%)
23	<b>WONKO Ewa</b>	<b>389</b>	HTF LUDWIK SIKORSKI	K30-39	10	00:42:34	<b>01:25:47.50</b>	<b>01:26:10.05</b>	+00:19:05 (22.2%)	7:48	7.7 (78.6%)
24	<b>POGORZELSKA Katarzyna</b>	<b>333</b>	BWM TEAM	K40-49	11	00:43:35	<b>01:26:27.90</b>	<b>01:27:06.25</b>	+00:20:01 (23.0%)	7:51	7.6 (77.6%)
25	<b>NOWAK Beata</b>	<b>321</b>		K30-39	11	00:41:13	<b>01:27:01.00</b>	<b>01:27:17.35</b>	+00:20:12 (23.2%)	7:54	7.6 (77.6%)
26	<b>NIMSZ Kamila</b>	<b>206</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	12	00:44:37	<b>01:26:59.80</b>	<b>01:27:21.55</b>	+00:20:16 (23.2%)	7:54	7.6 (77.6%)
27	<b>STEC Iwona</b>	<b>356</b>		K30-39	13	00:43:22	<b>01:26:59.05</b>	<b>01:27:29.20</b>	+00:20:24 (23.3%)	7:54	7.6 (77.6%)
28	<b>MAZURKIEWICZ Jolanta</b>	<b>310</b>	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	14	00:43:12	<b>01:27:49.05</b>	<b>01:28:05.70</b>	+00:21:01 (23.9%)	7:59	7.5 (76.5%)
29	<b>TOCZEWSKA Anna</b>	<b>367</b>	JACEKBIEGA RUNNING TEAM	K50-59	1	00:42:29	<b>01:28:00.00</b>	<b>01:28:13.90</b>	+00:21:09 (24.0%)	8:00	7.5 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	<b>DZIEWIATOWSKA Agnieszka</b>	<b>234</b>		K40-49	12	00:43:34	<b>01:27:59.20</b>	<b>01:28:21.85</b>	+00:21:17 (24.1%)	7:59	7.5 (76.5%)
31	<b>ZARĘBA Beata</b>	<b>393</b>	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	15	00:43:34	<b>01:29:30.25</b>	<b>01:29:54.10</b>	+00:22:49 (25.4%)	8:08	7.4 (75.5%)
32	<b>MALAWKO Aleksandra</b>	<b>305</b>		K40-49	13	00:44:13	<b>01:30:55.25</b>	<b>01:31:10.95</b>	+00:24:06 (26.4%)	8:15	7.3 (74.5%)
33	<b>SKŁADANOWSKA Beata</b>	<b>347</b>	EUROCASH TEAM	K30-39	16	00:44:01	<b>01:30:49.35</b>	<b>01:31:16.00</b>	+00:24:11 (26.5%)	8:15	7.3 (74.5%)
34	<b>CHRAPLEWSKA Karolina</b>	<b>222</b>	PRO366	K30-39	17	00:45:03	<b>01:31:43.35</b>	<b>01:31:57.30</b>	+00:24:52 (27.1%)	8:20	7.2 (73.5%)
35	<b>KOWALSKA-GRZEJDA Anna</b>	<b>278</b>		K40-49	14	00:44:20	<b>01:31:35.40</b>	<b>01:31:59.45</b>	+00:24:54 (27.1%)	8:19	7.2 (73.5%)
36	<b>MAKLES Wioletta</b>	<b>304</b>	EUROPA UBEZPIECZENIA / NOA	K40-49	15	00:49:02	<b>01:33:31.50</b>	<b>01:34:00.55</b>	+00:26:55 (28.6%)	8:30	7.1 (72.4%)
37	<b>GĄSIOROWSKA Dorota</b>	<b>251</b>	LADIESLOSTGĄSBAGAŚ	K50-59	2	00:46:16	<b>01:33:33.50</b>	<b>01:34:09.45</b>	+00:27:04 (28.8%)	8:30	7.1 (72.4%)
38	<b>BUDNY Aleksandra</b>	<b>211</b>	KRAŚNIK BIEGA	K40-49	16	00:47:01	<b>01:33:59.05</b>	<b>01:34:19.85</b>	+00:27:15 (28.9%)	8:32	7 (71.4%)
39	<b>WILK Magdalena</b>	<b>378</b>	TEAM ZABIEGANEDNI	K40-49	17	00:46:35	<b>01:34:35.90</b>	<b>01:34:51.95</b>	+00:27:47 (29.3%)	8:35	7 (71.4%)
40	<b>DYDERSKA Wioletta</b>	<b>230</b>	WIOLAADI	K40-49	18	00:47:50	<b>01:35:19.00</b>	<b>01:35:40.15</b>	+00:28:35 (29.9%)	8:39	6.9 (70.4%)
41	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>377</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	19	00:46:17	<b>01:35:16.65</b>	<b>01:35:57.90</b>	+00:28:53 (30.1%)	8:39	6.9 (70.4%)
42	<b>ROGUSKA Klaudia</b>	<b>666</b>	RADZYMIN RUN TEAM	K30-39	18	00:47:45	<b>01:35:34.20</b>	<b>01:36:12.25</b>	+00:29:07 (30.3%)	8:41	6.9 (70.4%)
43	<b>JARZĄBEK Agnieszka</b>	<b>257</b>	RADZYMIN RUN TEAM	K40-49	20	00:47:45	<b>01:35:34.35</b>	<b>01:36:12.55</b>	+00:29:07 (30.3%)	8:41	6.9 (70.4%)
44	<b>SZYMAŃSKA Agata</b>	<b>365</b>	RADZYMIN RUN TEAM	K30-39	19	00:47:44	<b>01:35:33.55</b>	<b>01:36:12.65</b>	+00:29:07 (30.3%)	8:41	6.9 (70.4%)
45	<b>MAGNUSZEWSKA Izabela</b>	<b>302</b>	CARBON OCR RACING TEAM	K40-49	21	00:46:21	<b>01:36:18.05</b>	<b>01:36:35.50</b>	+00:29:30 (30.6%)	8:45	6.9 (70.4%)
46	<b>MASTALERZ Katarzyna</b>	<b>309</b>	SŁONIÓWKA	K40-49	22	00:46:35	<b>01:36:34.85</b>	<b>01:36:44.35</b>	+00:29:39 (30.7%)	8:46	6.8 (69.4%)
47	<b>FRIEZE Tatiana</b>	<b>238</b>	DROGA DO ULTRA	K40-49	23	00:49:29	<b>01:37:54.05</b>	<b>01:38:16.70</b>	+00:31:12 (31.7%)	8:54	6.7 (68.4%)
48	<b>WOJNO Małgorzata</b>	<b>385</b>	DROGA DO ULTRA	K30-39	20	00:44:34	<b>01:38:18.90</b>	<b>01:38:42.45</b>	+00:31:37 (32.0%)	8:56	6.7 (68.4%)
49	<b>ZABŁOCKA Małgorzata</b>	<b>390</b>	NATIONALE-NEDERLANDEN	K40-49	24	00:49:02	<b>01:38:21.80</b>	<b>01:38:49.85</b>	+00:31:45 (32.1%)	8:56	6.7 (68.4%)
50	<b>ZACHARA Katarzyna</b>	<b>391</b>		K30-39	21	00:48:44	<b>01:38:28.15</b>	<b>01:39:05.00</b>	+00:32:00 (32.3%)	8:57	6.7 (68.4%)
51	<b>WRZESIŃSKA Joanna</b>	<b>252</b>		K40-49	25	00:50:13	<b>01:38:37.00</b>	<b>01:39:08.10</b>	+00:32:03 (32.3%)	8:57	6.7 (68.4%)
52	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>295</b>	FORDONRUNNERS/WKURW_TEAM	K30-39	22	00:50:12	<b>01:38:36.45</b>	<b>01:39:08.45</b>	+00:32:03 (32.3%)	8:57	6.7 (68.4%)
53	<b>WNOROWSKA Magdalena</b>	<b>381</b>	RMF4RT GLADIATORS	K40-49	26	00:46:13	<b>01:39:02.55</b>	<b>01:39:15.10</b>	+00:32:10 (32.4%)	9:00	6.7 (68.4%)
54	<b>MAKARZEC-SURMA Agnieszka</b>	<b>303</b>	BIŁGORAJ	K30-39	23	00:48:09	<b>01:39:52.95</b>	<b>01:40:26.30</b>	+00:33:21 (33.2%)	9:04	6.6 (67.3%)
55	<b>ŻACZEK Anna</b>	<b>664</b>	BIEGUSIEM.PL	K40-49	27	00:50:03	<b>01:41:50.60</b>	<b>01:42:01.35</b>	+00:34:56 (34.3%)	9:15	6.5 (66.3%)
56	<b>KĘPKA-WAROWNA Weronika</b>	<b>268</b>	BIEGUSIEM.PL	K40-49	28	00:50:02	<b>01:41:50.60</b>	<b>01:42:01.75</b>	+00:34:57 (34.3%)	9:15	6.5 (66.3%)
57	<b>PATEREK Ada</b>	<b>332</b>		K40-49	29	00:49:25	<b>01:41:50.00</b>	<b>01:42:14.65</b>	+00:35:09 (34.4%)	9:15	6.5 (66.3%)
58	<b>WEBER Agata</b>	<b>372</b>	JACEKBIEGA RUNNING TEAM	K40-49	30	00:49:32	<b>01:42:07.90</b>	<b>01:42:15.70</b>	+00:35:11 (34.4%)	9:17	6.5 (66.3%)
59	<b>KUBLER Anna</b>	<b>287</b>		K40-49	31	00:51:26	<b>01:42:06.75</b>	<b>01:42:42.65</b>	+00:35:37 (34.7%)	9:17	6.5 (66.3%)
60	<b>JATA Marta</b>	<b>259</b>	WW TEAM	K30-39	24	00:50:52	<b>01:42:55.70</b>	<b>01:43:12.25</b>	+00:36:07 (35.0%)	9:21	6.4 (65.3%)
61	<b>JARACZ-PATEREK Alina</b>	<b>254</b>	NOA	K40-49	32	00:50:29	<b>01:42:46.25</b>	<b>01:43:15.75</b>	+00:36:11 (35.0%)	9:20	6.4 (65.3%)
62	<b>PRZEBINDA Renata</b>	<b>338</b>	#ADAMCZERWIŃSKITEAM	K40-49	33	00:51:48	<b>01:43:40.25</b>	<b>01:44:04.85</b>	+00:37:00 (35.6%)	9:25	6.4 (65.3%)
63	<b>MACKIEWICZ Dorota</b>	<b>301</b>	EAT RUN FUN	K40-49	34	00:51:22	<b>01:43:49.10</b>	<b>01:44:07.30</b>	+00:37:02 (35.6%)	9:26	6.4 (65.3%)
64	<b>KAPŁON Anna</b>	<b>264</b>		K40-49	35	00:51:27	<b>01:45:19.05</b>	<b>01:45:37.35</b>	+00:38:32 (36.5%)	9:34	6.3 (64.3%)
65	<b>BOBINSKA Marta</b>	<b>207</b>		K30-39	25	00:51:49	<b>01:45:25.95</b>	<b>01:46:03.30</b>	+00:38:58 (36.8%)	9:35	6.3 (64.3%)
66	<b>MROZIK Magdalena</b>	<b>317</b>	POWER TRAINING	K30-39	26	00:51:50	<b>01:45:26.30</b>	<b>01:46:03.45</b>	+00:38:58 (36.8%)	9:35	6.3 (64.3%)
67	<b>IDZIK Angelika</b>	<b>253</b>	HUSARIA RACE TEAM	K16-29	4	00:51:01	<b>01:45:52.55</b>	<b>01:46:08.95</b>	+00:39:04 (36.8%)	9:37	6.2 (63.3%)
68	<b>TROJANEK Edyta</b>	<b>368</b>	SENSORYBEAUTY.PL	K40-49	36	00:54:01	<b>01:50:50.20</b>	<b>01:51:19.40</b>	+00:44:14 (39.7%)	10:04	6 (61.2%)
69	<b>SZLAKOWICZ Ewa</b>	<b>363</b>		K40-49	37	00:57:11	<b>01:55:19.85</b>	<b>01:55:54.25</b>	+00:48:49 (42.1%)	10:29	5.7 (58.2%)
70	<b>WITKOWSKA Maria</b>	<b>668</b>		K60+	1	00:58:21	<b>02:07:59.65</b>	<b>02:08:55.15</b>	+01:01:50 (48.0%)	11:38	5.2 (53.1%)
71	<b>JARECKA Katarzyna</b>	<b>255</b>	ALLERGAN RUNNING TEAM	K40-49	38	00:44:46			+00:11:56	8:57	6.7 (68.4%)