



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
11 km

TRIADA MARATON NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	00:32:57	01:07:01.45	01:07:04.70		6:05	9.8 (100%)
2	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	00:34:23	01:10:44.90	01:10:46.65	+00:03:41 (5.2%)	6:25	9.3 (94.9%)
3	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	00:35:50	01:13:14.60	01:13:25.20	+00:06:20 (8.6%)	6:39	9 (91.8%)
4	CHILICKA Marta	219	RED LION CLUB	K30-39	4	00:35:41	01:14:42.85	01:14:46.80	+00:07:42 (10.3%)	6:47	8.8 (89.8%)
5	KUNA Aleksandra	290		K30-39	5	00:37:16	01:16:35.90	01:16:55.05	+00:09:50 (12.8%)	6:57	8.6 (87.8%)
6	KALETA Anna	262		K30-39	6	00:40:34	01:20:45.15	01:21:06.30	+00:14:01 (17.3%)	7:20	8.2 (83.7%)
7	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	7	00:41:02	01:21:26.05	01:21:53.15	+00:14:48 (18.1%)	7:24	8.1 (82.7%)
8	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	8	00:40:31	01:23:03.90	01:23:21.90	+00:16:17 (19.5%)	7:33	7.9 (80.6%)
9	WAŁĘGA Monika	371		K30-39	9	00:42:46	01:24:27.45	01:25:07.65	+00:18:02 (21.2%)	7:40	7.8 (79.6%)
10	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	10	00:42:34	01:25:47.50	01:26:10.05	+00:19:05 (22.2%)	7:48	7.7 (78.6%)
11	NOWAK Beata	321		K30-39	11	00:41:13	01:27:01.00	01:27:17.35	+00:20:12 (23.2%)	7:54	7.6 (77.6%)
12	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	12	00:44:37	01:26:59.80	01:27:21.55	+00:20:16 (23.2%)	7:54	7.6 (77.6%)
13	STEC Iwona	356		K30-39	13	00:43:22	01:26:59.05	01:27:29.20	+00:20:24 (23.3%)	7:54	7.6 (77.6%)
14	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	14	00:43:12	01:27:49.05	01:28:05.70	+00:21:01 (23.9%)	7:59	7.5 (76.5%)
15	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	15	00:43:34	01:29:30.25	01:29:54.10	+00:22:49 (25.4%)	8:08	7.4 (75.5%)
16	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	16	00:44:01	01:30:49.35	01:31:16.00	+00:24:11 (26.5%)	8:15	7.3 (74.5%)
17	CHRAPLEWSKA Karolina	222	PRO366	K30-39	17	00:45:03	01:31:43.35	01:31:57.30	+00:24:52 (27.1%)	8:20	7.2 (73.5%)
18	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	18	00:47:45	01:35:34.20	01:36:12.25	+00:29:07 (30.3%)	8:41	6.9 (70.4%)
19	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	19	00:47:44	01:35:33.55	01:36:12.65	+00:29:07 (30.3%)	8:41	6.9 (70.4%)
20	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	20	00:44:34	01:38:18.90	01:38:42.45	+00:31:37 (32.0%)	8:56	6.7 (68.4%)
21	ZACHARA Katarzyna	391		K30-39	21	00:48:44	01:38:28.15	01:39:05.00	+00:32:00 (32.3%)	8:57	6.7 (68.4%)
22	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	22	00:50:12	01:38:36.45	01:39:08.45	+00:32:03 (32.3%)	8:57	6.7 (68.4%)
23	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	23	00:48:09	01:39:52.95	01:40:26.30	+00:33:21 (33.2%)	9:04	6.6 (67.3%)
24	JATA Marta	259	WW TEAM	K30-39	24	00:50:52	01:42:55.70	01:43:12.25	+00:36:07 (35.0%)	9:21	6.4 (65.3%)
25	BOBINSKA Marta	207		K30-39	25	00:51:49	01:45:25.95	01:46:03.30	+00:38:58 (36.8%)	9:35	6.3 (64.3%)
26	MROZIK Magdalena	317	POWER TRAINING	K30-39	26	00:51:50	01:45:26.30	01:46:03.45	+00:38:58 (36.8%)	9:35	6.3 (64.3%)

Znaleziono 26 wynik(ów)