



Event:
Organiser:
Date:
Place:
Distance:

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

TRIADA MARATON NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K40-49

Place	Participant	Number	Club	Category	MCat	5km	Net time 11km	Czas brutto 11km	Gap	Pace min/km	Pace km/h
1	JASIULEWICZ Anna	258	BIĄŁYSTOK BIEGA TEAM	K40-49	1	00:32:43	01:07:11.45	01:07:13.00		6:06	9.8 (100%)
2	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	00:34:40	01:11:57.10	01:11:59.75	+00:04:46 (6.6%)	6:32	9.2 (93.9%)
3	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	3	00:36:55	01:14:11.10	01:14:28.05	+00:07:15 (9.7%)	6:44	8.9 (90.8%)
4	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	00:36:55	01:15:04.70	01:15:21.05	+00:08:08 (10.8%)	6:49	8.8 (89.8%)
5	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	5	00:40:04	01:18:45.00	01:19:02.65	+00:11:49 (15.0%)	7:09	8.4 (85.7%)
6	ADAMCZAK Barbara	200	TRAVOIS	K40-49	6	00:39:21	01:19:08.10	01:19:19.65	+00:12:06 (15.3%)	7:11	8.3 (84.7%)
7	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49	7	00:38:08	01:20:23.55	01:20:35.00	+00:13:22 (16.6%)	7:18	8.2 (83.7%)
8	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	8	00:40:02	01:20:31.05	01:21:00.05	+00:13:47 (17.0%)	7:19	8.2 (83.7%)
9	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	00:39:47	01:23:42.25	01:23:46.35	+00:16:33 (19.8%)	7:36	7.9 (80.6%)
10	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	10	00:43:08	01:24:41.10	01:25:21.80	+00:18:08 (21.3%)	7:41	7.8 (79.6%)
11	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	11	00:43:35	01:26:27.90	01:27:06.25	+00:19:53 (22.8%)	7:51	7.6 (77.6%)
12	DZIEWIATOWSKA Agnieszka	234		K40-49	12	00:43:34	01:27:59.20	01:28:21.85	+00:21:08 (23.9%)	7:59	7.5 (76.5%)
13	MALAWKO Aleksandra	305		K40-49	13	00:44:13	01:30:55.25	01:31:10.95	+00:23:57 (26.3%)	8:15	7.3 (74.5%)
14	KOWALSKA-GRZEJDA Anna	278		K40-49	14	00:44:20	01:31:35.40	01:31:59.45	+00:24:46 (26.9%)	8:19	7.2 (73.5%)
15	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	15	00:49:02	01:33:31.50	01:34:00.55	+00:26:47 (28.5%)	8:30	7.1 (72.4%)
16	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	16	00:47:01	01:33:59.05	01:34:19.85	+00:27:06 (28.7%)	8:32	7 (71.4%)
17	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	17	00:46:35	01:34:35.90	01:34:51.95	+00:27:38 (29.1%)	8:35	7 (71.4%)
18	DYDERSKA Wioletta	230	WIOLAADI	K40-49	18	00:47:50	01:35:19.00	01:35:40.15	+00:28:27 (29.7%)	8:39	6.9 (70.4%)
19	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	19	00:46:17	01:35:16.65	01:35:57.90	+00:28:44 (30.0%)	8:39	6.9 (70.4%)
20	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	20	00:47:45	01:35:34.35	01:36:12.55	+00:28:59 (30.1%)	8:41	6.9 (70.4%)
21	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	21	00:46:21	01:36:18.05	01:36:35.50	+00:29:22 (30.4%)	8:45	6.9 (70.4%)
22	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	22	00:46:35	01:36:34.85	01:36:44.35	+00:29:31 (30.5%)	8:46	6.8 (69.4%)
23	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	23	00:49:29	01:37:54.05	01:38:16.70	+00:31:03 (31.6%)	8:54	6.7 (68.4%)
24	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	24	00:49:02	01:38:21.80	01:38:49.85	+00:31:36 (32.0%)	8:56	6.7 (68.4%)
25	WRZESIŃSKA Joanna	252		K40-49	25	00:50:13	01:38:37.00	01:39:08.10	+00:31:55 (32.2%)	8:57	6.7 (68.4%)
26	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	26	00:46:13	01:39:02.55	01:39:15.10	+00:32:02 (32.3%)	9:00	6.7 (68.4%)
27	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	27	00:50:03	01:41:50.60	01:42:01.35	+00:34:48 (34.1%)	9:15	6.5 (66.3%)
28	KĘPKA-WAROWNNA Weronika	268	BIEGUSIEM.PL	K40-49	28	00:50:02	01:41:50.60	01:42:01.75	+00:34:48 (34.1%)	9:15	6.5 (66.3%)
29	PATEREK Ada	332		K40-49	29	00:49:25	01:41:50.00	01:42:14.65	+00:35:01 (34.3%)	9:15	6.5 (66.3%)

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30	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	30	00:49:32	01:42:07.90	01:42:15.70	+00:35:02 (34.3%)	9:17	6.5 (66.3%)
31	KUBLER Anna	287		K40-49	31	00:51:26	01:42:06.75	01:42:42.65	+00:35:29 (34.6%)	9:17	6.5 (66.3%)
32	JARACZ-PATEREK Alina	254	NOA	K40-49	32	00:50:29	01:42:46.25	01:43:15.75	+00:36:02 (34.9%)	9:20	6.4 (65.3%)
33	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	33	00:51:48	01:43:40.25	01:44:04.85	+00:36:51 (35.4%)	9:25	6.4 (65.3%)
34	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	34	00:51:22	01:43:49.10	01:44:07.30	+00:36:54 (35.4%)	9:26	6.4 (65.3%)
35	KAPŁON Anna	264		K40-49	35	00:51:27	01:45:19.05	01:45:37.35	+00:38:24 (36.4%)	9:34	6.3 (64.3%)
36	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	36	00:54:01	01:50:50.20	01:51:19.40	+00:44:06 (39.6%)	10:04	6 (61.2%)
37	SZLAKOWICZ Ewa	363		K40-49	37	00:57:11	01:55:19.85	01:55:54.25	+00:48:41 (42.0%)	10:29	5.7 (58.2%)
38	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	38	00:44:46			+00:12:12	8:57	6.7 (68.4%)

Total 38 results.