



Event: ETAPOWA TRIADA ZIMOWA
Organiser: Fundacja Kocham Góry
Date: 2020-01-04
Place: Krościenko nad Dunajcem
Distance: 16 km

TRIADA ULTRA GORCE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: K Open

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
1	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	01:41:41.65	01:41:54.90		6:21	9.4 (100%)
2	SZABŁOWSKA Iwona	149	STRASZYN ULTRA TEAM	K30-39	1	01:42:43.90	01:42:47.00	+00:00:52 (0.8%)	6:25	9.3 (98.9%)
3	KRAWCZAK Paulina	78	BIEGUSIEM.PL	K30-39	2	01:48:01.05	01:48:02.70	+00:06:07 (5.7%)	6:45	8.9 (94.7%)
4	KSYTA Martyna	81	KW KRAKÓW	K30-39	3	01:52:25.30	01:52:25.30	+00:10:30 (9.3%)	7:01	8.5 (90.4%)
5	ŁĘCKA Agnieszka	187	JACEKBIEGA RUNNING TEAM	K30-39	4	01:54:06.20	01:54:09.00	+00:12:14 (10.7%)	7:07	8.4 (89.4%)
6	KRYSKA Eliza	79	NUTREND BIEGA	K40-49	2	01:55:11.00	01:55:17.60	+00:13:22 (11.6%)	7:11	8.3 (88.3%)
7	KASKA-ŁOBODOWSKA Ewelina	61	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	5	01:56:32.80	01:56:40.05	+00:14:45 (12.6%)	7:17	8.2 (87.2%)
8	PLACKOVA Gabriela	99	SLOVAK ULTRA TRAIL	K40-49	3	01:57:41.30	01:57:44.10	+00:15:49 (13.4%)	7:21	8.2 (87.2%)
9	ZATORSKA-RADLIŃSKA Katarzyna	174	RPD	K30-39	6	01:58:21.40	01:58:24.55	+00:16:29 (13.9%)	7:23	8.1 (86.2%)
10	STACHURA Beata	145	ATLANTIC	K40-49	4	01:58:21.10	01:58:28.35	+00:16:33 (14.0%)	7:23	8.1 (86.2%)
11	BEDNARZ Marta	191		K30-39	7	02:02:59.20	02:03:14.90	+00:21:20 (17.3%)	7:41	7.8 (83.0%)
12	KUROWSKA Monika	84	ATLANTIC	K40-49	5	02:04:46.45	02:04:51.90	+00:22:57 (18.4%)	7:47	7.7 (81.9%)
13	ROŹNIATA Iwona	132	SNG WILD DUCKS	K40-49	6	02:05:44.40	02:06:03.90	+00:24:09 (19.2%)	7:51	7.6 (80.9%)
14	ŻEBROWSKA Jolanta	185	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	02:07:35.20	02:07:36.45	+00:25:41 (20.1%)	7:58	7.5 (79.8%)
15	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	7	02:11:04.40	02:11:46.85	+00:29:51 (22.7%)	8:11	7.3 (77.7%)
16	GOLON Marlena	36	RUN PASJA	K40-49	8	02:12:04.40	02:12:14.90	+00:30:20 (22.9%)	8:15	7.3 (77.7%)
17	BASTER Aleksandra	5		K16-29	1	02:12:24.80	02:12:50.45	+00:30:55 (23.3%)	8:16	7.2 (76.6%)
18	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	9	02:13:12.90	02:13:21.85	+00:31:26 (23.6%)	8:19	7.2 (76.6%)
19	RACZYŁO Maja	127		K16-29	2	02:13:22.75	02:14:16.85	+00:32:21 (24.1%)	8:20	7.2 (76.6%)
20	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	8	02:13:38.60	02:14:20.25	+00:32:25 (24.1%)	8:21	7.2 (76.6%)
21	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	10	02:14:40.70	02:14:51.45	+00:32:56 (24.4%)	8:25	7.1 (75.5%)
22	ŚLIŻ Sylwia	192		K30-39	9	02:14:50.35	02:14:58.55	+00:33:03 (24.5%)	8:25	7.1 (75.5%)
23	KWIATKOWSKA Renata	87	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	2	02:15:24.15	02:15:47.75	+00:33:52 (24.9%)	8:27	7.1 (75.5%)
24	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	11	02:15:55.20	02:15:57.50	+00:34:02 (25.0%)	8:29	7.1 (75.5%)
25	TATARCZYK Patrycja	156	SBRT	K16-29	3	02:22:01.55	02:22:35.90	+00:40:41 (28.5%)	8:52	6.8 (72.3%)
26	KAWA Barbara	62	MARATOŃCZYK DĘBICA	K30-39	10	02:23:59.15	02:24:17.05	+00:42:22 (29.4%)	9:00	6.7 (71.3%)
27	RUSEK Jolanta	134	ZABIEGANI MIELEC	K16-29	4	02:23:39.90	02:24:18.05	+00:42:23 (29.4%)	8:58	6.7 (71.3%)
28	RAFAŁ Eliza	129		K30-39	11	02:25:08.20	02:25:22.90	+00:43:28 (29.9%)	9:04	6.6 (70.2%)
29	DĘBSKA Marta	23		K16-29	5	02:29:29.25	02:30:24.55	+00:48:29 (32.2%)	9:20	6.4 (68.1%)

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30	PASEK Magdalena	117	SRTG NIEPOŁOMICE	K16-29	6	02:30:01.55	02:30:28.05	+00:48:33 (32.3%)	9:22	6.4 (68.1%)
31	ŁOPATKIEWICZ Beata	91		K50-59	3	02:30:59.35	02:31:03.10	+00:49:08 (32.5%)	9:26	6.4 (68.1%)
32	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	12	02:30:57.00	02:31:27.05	+00:49:32 (32.7%)	9:26	6.4 (68.1%)
33	PAŃCZUK-FIGURA Irmína	116	UMCS BIEGA	K40-49	13	02:30:56.15	02:31:27.25	+00:49:32 (32.7%)	9:26	6.4 (68.1%)
34	JOZEFIAK Marta	56		K16-29	7	02:31:22.00	02:32:13.15	+00:50:18 (33.0%)	9:27	6.3 (67.0%)
35	GOKIERT-SKRENTNA Justyna	35		K40-49	14	02:31:52.45	02:32:21.40	+00:50:26 (33.1%)	9:29	6.3 (67.0%)
36	BLIŻNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	15	02:34:27.85	02:34:45.45	+00:52:50 (34.1%)	9:39	6.2 (66.0%)
37	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	16	02:35:15.50	02:35:44.65	+00:53:49 (34.6%)	9:42	6.2 (66.0%)
38	SZYMANKIEWICZ Kalina	154		K40-49	17	02:36:29.80	02:37:09.10	+00:55:14 (35.1%)	9:46	6.1 (64.9%)
39	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	18	02:36:55.45	02:37:33.50	+00:55:38 (35.3%)	9:48	6.1 (64.9%)
40	NIESPODZIANA Anna	109	ROGOZIŃSKI KLUB BIEGACZA	K30-39	12	02:37:28.30	02:38:13.05	+00:56:18 (35.6%)	9:50	6.1 (64.9%)
41	SOŁTYSIAK Natalia	143		K30-39	13	02:40:40.45	02:41:23.40	+00:59:28 (36.9%)	10:02	6 (63.8%)
42	CHLEWICKA Magdalena	15	ZABIEGANI CZĘSTOCHOWA	K30-39	14	02:42:58.45	02:43:28.50	+01:01:33 (37.7%)	10:11	5.9 (62.8%)
43	KADYKAŁO Natalia	58	NIE W SZCZEPIONKĘ TEAM	K16-29	8	02:44:44.30	02:45:36.05	+01:03:41 (38.5%)	10:17	5.8 (61.7%)
44	JACHÓŁKOWSKA Małgorzata	48		K16-29	9	02:46:55.50	02:47:47.40	+01:05:52 (39.3%)	10:26	5.8 (61.7%)
45	STUPIŃSKA Monika	147	WKURW TEAM	K30-39	15	02:49:45.80	02:50:18.60	+01:08:23 (40.2%)	10:36	5.7 (60.6%)
46	OCHNIO Ewa	111		K40-49	19	02:52:18.10	02:52:36.00	+01:10:41 (41.0%)	10:46	5.6 (59.6%)
47	KISZKIS Elżbieta	65		K40-49	20	02:56:11.90	02:57:01.05	+01:15:06 (42.4%)	11:00	5.4 (57.4%)
48	KOZŁOWSKA Karolina	74		K16-29	10	03:04:48.45	03:05:50.60	+01:23:55 (45.2%)	11:33	5.2 (55.3%)
49	KALBARCZYK Izabella	59		K40-49	21	03:12:09.60	03:12:45.50	+01:30:50 (47.1%)	12:00	5 (53.2%)
50	NAWROT Katarzyna	105	SRTG NIEPOŁOMICE	K30-39	16	03:16:15.50	03:16:15.50	+01:34:20 (48.1%)	12:15	4.9 (52.1%)

Total 50 results.