



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA ULTRA NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE 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	SZABŁOWSKA Iwona	149	STRASZYN ULTRA TEAM	K30-39	1	00:29:23	00:59:54.00	00:59:57.80		5:26	11 (100%)
2	KRAWCZAK Paulina	78	BIEGUSIEM.PL	K30-39	2	00:30:52	01:02:22.00	01:02:24.55	+00:02:26 (3.9%)	5:40	10.6 (96.4%)
3	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	00:31:38	01:03:53.00	01:04:03.30	+00:04:05 (6.4%)	5:48	10.3 (93.6%)
4	KSYTA Martyna	81	KW KRAKÓW	K30-39	3	00:33:20	01:07:30.80	01:07:39.80	+00:07:42 (11.4%)	6:08	9.8 (89.1%)
5	PLACKOVA Gabriela	99	SLOVAK ULTRA TRAIL	K40-49	2	00:33:22	01:07:54.80	01:07:57.15	+00:07:59 (11.8%)	6:10	9.7 (88.2%)
6	KRYSKA Eliza	79	NUTREND BIEGA	K40-49	3	00:33:31	01:08:36.45	01:08:47.10	+00:08:49 (12.8%)	6:14	9.6 (87.3%)
7	KASKA-ŁOBODOWSKA Ewelina	61	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	4	00:33:55	01:10:34.50	01:10:39.05	+00:10:41 (15.1%)	6:25	9.4 (85.5%)
8	ŁĘCKA Agnieszka	187	JACEKBIEGA RUNNING TEAM	K30-39	5	00:35:12	01:10:36.30	01:10:43.45	+00:10:45 (15.2%)	6:25	9.3 (84.5%)
9	ZATORSKA-RADLIŃSKA Katarzyna	174	RPD	K30-39	6	00:34:18	01:11:39.70	01:11:54.40	+00:11:56 (16.6%)	6:30	9.2 (83.6%)
10	BEDNARZ Marta	191		K30-39	7	00:37:21	01:13:57.85	01:14:12.85	+00:14:15 (19.2%)	6:43	8.9 (80.9%)
11	KUROWSKA Monika	84	ATLANTIC	K40-49	4	00:37:27	01:15:02.30	01:15:05.25	+00:15:07 (20.1%)	6:49	8.8 (80.0%)
12	ROŻNIATA Iwona	132	SNG WILD DUCKS	K40-49	5	00:38:23	01:15:15.00	01:15:31.95	+00:15:34 (20.6%)	6:50	8.8 (80.0%)
13	STACHURA Beata	145	ATLANTIC	K40-49	6	00:36:59	01:15:50.15	01:15:52.85	+00:15:55 (21.0%)	6:53	8.7 (79.1%)
14	ŚLIŻ Sylwia	192		K30-39	8	00:38:13	01:18:10.70	01:18:13.75	+00:18:15 (23.3%)	7:06	8.4 (76.4%)
15	ŻEBROWSKA Jolanta	185	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	00:38:10	01:18:07.10	01:18:14.25	+00:18:16 (23.4%)	7:06	8.4 (76.4%)
16	RACZYŁŁO Maja	127		K16-29	1	00:39:17	01:18:50.10	01:19:06.35	+00:19:08 (24.2%)	7:10	8.4 (76.4%)

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17	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	7	00:40:51	01:21:18.90	01:21:57.55	+00:21:59 (26.8%)	7:23	8.1 (73.6%)
18	BASTER Aleksandra	5		K16-29	2	00:40:08	01:22:40.35	01:22:49.35	+00:22:51 (27.6%)	7:30	8 (72.7%)
19	SZYMANKIEWICZ Kalina	154		K40-49	8	00:41:58	01:22:34.65	01:23:15.15	+00:23:17 (28.0%)	7:30	8 (72.7%)
20	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	9	00:42:09	01:23:08.80	01:23:30.45	+00:23:32 (28.2%)	7:33	7.9 (71.8%)
21	GOLON Marlena	36	RUN PASJA	K40-49	10	00:41:11	01:23:56.15	01:24:08.65	+00:24:10 (28.7%)	7:37	7.9 (71.8%)
22	ŁOPATKIEWICZ Beata	91		K50-59	2	00:40:12	01:24:14.35	01:24:19.50	+00:24:21 (28.9%)	7:39	7.8 (70.9%)
23	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	11	00:41:20	01:24:18.15	01:24:39.05	+00:24:41 (29.2%)	7:39	7.8 (70.9%)
24	KWIATKOWSKA Renata	87	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	3	00:42:00	01:24:36.20	01:24:41.40	+00:24:43 (29.2%)	7:41	7.8 (70.9%)
25	GOKIERT-SKRENTNA Justyna	35		K40-49	12	00:43:32	01:24:56.40	01:25:19.90	+00:25:22 (29.7%)	7:43	7.8 (70.9%)
26	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	13	00:42:38	01:26:17.80	01:26:30.80	+00:26:33 (30.7%)	7:50	7.6 (69.1%)
27	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	14	00:43:33	01:27:58.40	01:28:21.80	+00:28:24 (32.1%)	7:59	7.5 (68.2%)
28	NIESPODZIANA Anna	109	ROGOZIŃSKI KLUB BIEGACZA	K30-39	9	00:43:32	01:28:57.25	01:29:22.65	+00:29:24 (32.9%)	8:05	7.4 (67.3%)
29	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	10	00:44:12	01:29:18.30	01:29:59.90	+00:30:02 (33.4%)	8:07	7.4 (67.3%)
30	SOŁTYSIAK Natalia	143		K30-39	11	00:43:55	01:29:31.15	01:30:06.75	+00:30:08 (33.5%)	8:08	7.4 (67.3%)
31	DĘBSKA Marta	23		K16-29	3	00:44:30	01:31:04.25	01:31:29.55	+00:31:31 (34.5%)	8:16	7.2 (65.5%)
32	BLIŻNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	15	00:44:43	01:31:41.90	01:32:04.05	+00:32:06 (34.9%)	8:20	7.2 (65.5%)
33	TATARCZYK Patrycja	156	SBRT	K16-29	4	00:44:53	01:32:18.25	01:32:32.30	+00:32:34 (35.2%)	8:23	7.2 (65.5%)
34	KAWA Barbara	62	MARATOŃCZYK DĘBICA	K30-39	12	00:47:45	01:33:22.00	01:33:49.95	+00:33:52 (36.1%)	8:29	7.1 (64.5%)
35	RUSEK Jolanta	134	ZABIEGANI MIELEC	K16-29	5	00:44:49	01:33:48.65	01:33:56.10	+00:33:58 (36.2%)	8:31	7 (63.6%)
36	PAŃCZUK-FIGURA Irmína	116	UMCS BIEGA	K40-49	16	00:45:38	01:34:55.65	01:35:14.15	+00:35:16 (37.0%)	8:37	7 (63.6%)
37	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	17	00:45:39	01:35:21.35	01:35:40.75	+00:35:42 (37.3%)	8:40	6.9 (62.7%)
38	RAFAŁ Eliza	129		K30-39	13	00:47:49	01:37:17.45	01:37:49.90	+00:37:52 (38.7%)	8:50	6.8 (61.8%)
39	OCHNIO Ewa	111		K40-49	18	00:49:08	01:38:41.60	01:39:16.30	+00:39:18 (39.6%)	8:58	6.7 (60.9%)

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40	JACHÓŁKOWSKA Małgorzata	48		K16-29	6	00:49:52	01:40:17.15	01:40:17.15	+00:40:19 (40.2%)	9:07	6.6 (60.0%)
41	KADYKAŁO Natalia	58	NIE W SZCZEPIONKĘ TEAM	K16-29	7	00:50:06	01:40:26.65	01:40:40.25	+00:40:42 (40.4%)	9:07	6.6 (60.0%)
42	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	19	00:51:20	01:40:10.10	01:40:50.50	+00:40:52 (40.5%)	9:06	6.6 (60.0%)
43	STUPIŃSKA Monika	147	WKURW TEAM	K30-39	14	00:51:20	01:42:53.95	01:43:18.40	+00:43:20 (42.0%)	9:21	6.4 (58.2%)
44	PASEK Magdalena	117	SRTG NIEPOŁOMICE	K16-29	8	00:49:23	01:44:36.60	01:45:07.60	+00:45:09 (43.0%)	9:30	6.3 (57.3%)
45	JOZEFIAK Marta	56		K16-29	9	00:51:31	01:44:55.30	01:45:32.35	+00:45:34 (43.2%)	9:32	6.3 (57.3%)
46	KISZKIS Elżbieta	65		K40-49	20	00:50:09	01:45:31.20	01:45:44.20	+00:45:46 (43.3%)	9:35	6.3 (57.3%)
47	KALBARCZYK Izabella	59		K40-49	21	00:55:59	01:53:19.65	01:54:03.80	+00:54:06 (47.4%)	10:18	5.8 (52.7%)
48	NAWROT Katarzyna	105	SRTG NIEPOŁOMICE	K30-39	15	00:58:01	02:01:28.55	02:02:00.25	+01:02:02 (50.9%)	11:02	5.4 (49.1%)

Znaleziono 48 wynik(ów)