



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: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	00:31:38	01:03:53.00	01:04:03.30		5:48	10.3 (100%)
2	PLACKOVA Gabriela	99	SLOVAK ULTRA TRAIL	K40-49	2	00:33:22	01:07:54.80	01:07:57.15	+00:03:53 (5.7%)	6:10	9.7 (94.2%)
3	KRYSKA Eliza	79	NUTREND BIEGA	K40-49	3	00:33:31	01:08:36.45	01:08:47.10	+00:04:43 (6.9%)	6:14	9.6 (93.2%)
4	KUROWSKA Monika	84	ATLANTIC	K40-49	4	00:37:27	01:15:02.30	01:15:05.25	+00:11:01 (14.7%)	6:49	8.8 (85.4%)
5	ROŻNIATA Iwona	132	SNG WILD DUCKS	K40-49	5	00:38:23	01:15:15.00	01:15:31.95	+00:11:28 (15.2%)	6:50	8.8 (85.4%)
6	STACHURA Beata	145	ATLANTIC	K40-49	6	00:36:59	01:15:50.15	01:15:52.85	+00:11:49 (15.6%)	6:53	8.7 (84.5%)
7	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	7	00:40:51	01:21:18.90	01:21:57.55	+00:17:54 (21.8%)	7:23	8.1 (78.6%)
8	SZYMANKIEWICZ Kalina	154		K40-49	8	00:41:58	01:22:34.65	01:23:15.15	+00:19:11 (23.1%)	7:30	8 (77.7%)
9	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	9	00:42:09	01:23:08.80	01:23:30.45	+00:19:27 (23.3%)	7:33	7.9 (76.7%)
10	GOLON Marlena	36	RUN PASJA	K40-49	10	00:41:11	01:23:56.15	01:24:08.65	+00:20:05 (23.9%)	7:37	7.9 (76.7%)
11	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	11	00:41:20	01:24:18.15	01:24:39.05	+00:20:35 (24.3%)	7:39	7.8 (75.7%)
12	GOKIERT-SKRENTNA Justyna	35		K40-49	12	00:43:32	01:24:56.40	01:25:19.90	+00:21:16 (24.9%)	7:43	7.8 (75.7%)
13	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	13	00:42:38	01:26:17.80	01:26:30.80	+00:22:27 (26.0%)	7:50	7.6 (73.8%)
14	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	14	00:43:33	01:27:58.40	01:28:21.80	+00:24:18 (27.5%)	7:59	7.5 (72.8%)
15	BLIŻNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	15	00:44:43	01:31:41.90	01:32:04.05	+00:28:00 (30.4%)	8:20	7.2 (69.9%)
16	PAŃCZUK-FIGURA Irmína	116	UMCS BIEGA	K40-49	16	00:45:38	01:34:55.65	01:35:14.15	+00:31:10 (32.7%)	8:37	7 (68.0%)
17	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	17	00:45:39	01:35:21.35	01:35:40.75	+00:31:37 (33.1%)	8:40	6.9 (67.0%)
18	OCHNIO Ewa	111		K40-49	18	00:49:08	01:38:41.60	01:39:16.30	+00:35:13 (35.5%)	8:58	6.7 (65.0%)
19	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	19	00:51:20	01:40:10.10	01:40:50.50	+00:36:47 (36.5%)	9:06	6.6 (64.1%)
20	KISZKIS Elżbieta	65		K40-49	20	00:50:09	01:45:31.20	01:45:44.20	+00:41:40 (39.4%)	9:35	6.3 (61.2%)
21	KALBARCZYK Izabella	59		K40-49	21	00:55:59	01:53:19.65	01:54:03.80	+00:50:00 (43.8%)	10:18	5.8 (56.3%)

Znaleziono 21 wynik(ów)