



ZIMNA POŁÓWKA OD DR.BACTY | TWT 21KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Turbacz Winter Trail
Organizator: Fundacja Rozwoju Sportu i Promocji Obronności
"MURAWA"
Data: 2024-02-10
Miejsce: Nowy Targ
Dystans: 21.1 km

Klasyfikacja: Masters Kobiet

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat Pies	Turbacz 14km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KAPUSTA-SZYDLAK Sylwia	183	DYNAFITSQUAD	Masters Kobiet	1	01:34:09	02:08:32.85	02:08:35.80		6:05	9.8 (100%)
2	FRAŃCZYSTA Katarzyna	364		Masters Kobiet	2	01:40:07	02:15:53.50	02:15:57.05	+00:07:21 (5.4%)	6:26	9.3 (94.9%)
3	FETISOVA Ekaterina	140	ADIDAS RUNNERS WARSAW	Masters Kobiet	3	01:43:14	02:17:57.80	02:18:03.20	+00:09:27 (6.9%)	6:32	9.2 (93.9%)
4	GÓRALIK Sylwia	152	KS AZS AWF KRAKÓW	Masters Kobiet	4	01:44:02	02:18:01.35	02:18:04.30	+00:09:28 (6.9%)	6:32	9.2 (93.9%)
5	SZOREK HEITZMAN Monika	315		Masters Kobiet	5	01:46:33	02:25:46.70	02:25:53.60	+00:17:17 (11.9%)	6:54	8.7 (88.8%)
6	PAZDYKA Agata	255	RUN 4 FUN	Masters Kobiet	6	01:58:26	02:39:30.65	02:39:37.00	+00:31:01 (19.4%)	7:33	7.9 (80.6%)
7	WIECZOREK Agata	335	BIEGOWE CZWARTKI	Masters Kobiet	7	01:59:45	02:41:54.00	02:41:58.65	+00:33:22 (20.6%)	7:40	7.8 (79.6%)
8	RADOSZEK- ZAKRZYŃSKA Barbara	277		Masters Kobiet	8	02:05:32	02:48:36.35	02:48:41.15	+00:40:05 (23.8%)	7:59	7.5 (76.5%)
9	CZECH Aldona	128	BIEGOWE CZWARTKI	Masters Kobiet	9	02:05:06	02:49:48.95	02:49:53.45	+00:41:17 (24.3%)	8:02	7.5 (76.5%)
10	MICHALSKA Magdalena	236		Masters Kobiet	10	02:05:14	02:52:05.00	02:52:37.05	+00:44:01 (25.5%)	8:09	7.4 (75.5%)
11	NICIEJA Anna	240		Masters Kobiet	11	02:08:36	02:56:16.00	02:56:44.95	+00:48:09 (27.2%)	8:21	7.2 (73.5%)
12	VANKOVICH Anastasiya	329	SWORDS ATHLETICS	Masters Kobiet	12	02:10:22	02:58:31.00	02:58:44.05	+00:50:08 (28.1%)	8:27	7.1 (72.4%)
13	MARZIANO Dorota	231		Masters Kobiet	13	02:12:50	02:59:42.80	02:59:59.60	+00:51:23 (28.6%)	8:30	7 (71.4%)
14	TARADAJ Paulina	321	LACHO TEAM	Masters Kobiet	14	02:12:20	03:00:36.80	03:01:07.55	+00:52:31 (29.0%)	8:33	7 (71.4%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Pies	Turbacz 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21.1km	brutto 21.1km			
15	KULAK-OKÓLSKA Nina	208	KAY-MAX		Masters Kobiet	15		02:16:45	03:07:03.50	03:07:19.75	+00:58:43 (31.4%)	8:51	6.8 (69.4%)
16	FRANCZAK Katarzyna	144			Masters Kobiet	16		02:18:11	03:08:32.25	03:08:40.20	+01:00:04 (31.8%)	8:56	6.7 (68.4%)
17	PAŁKA Ewa	358	KB PARANTELA		Masters Kobiet	17		02:19:06	03:09:43.55	03:09:49.85	+01:01:14 (32.3%)	8:59	6.7 (68.4%)
18	KWIATKOWSKA Martyna	214	RUN AWAY TEAM		Masters Kobiet	18		02:19:42	03:13:10.85	03:13:45.00	+01:05:09 (33.6%)	9:09	6.6 (67.3%)
19	CZERWIEC Jolanta	129			Masters Kobiet	19		02:21:57	03:17:18.80	03:17:22.45	+01:08:46 (34.8%)	9:21	6.4 (65.3%)
20	PIWOŃSKA Ada	264	ŁAPACZE ZACHODÓW SŁOŃCA/PIRACI Z SZARLOTY		Masters Kobiet	20		02:25:28	03:20:34.45	03:20:51.90	+01:12:16 (36.0%)	9:30	6.3 (64.3%)
21	GRĘBOWSKA Dagmara	357			Masters Kobiet	21		02:27:15	03:22:56.55	03:23:05.45	+01:14:29 (36.7%)	9:37	6.2 (63.3%)
22	FRANEK Agata	145			Masters Kobiet	22		02:27:38	03:25:51.35	03:26:08.05	+01:17:32 (37.6%)	9:45	6.2 (63.3%)
23	HUBNER Ilona	160	TLENOWA RADOŚĆ TEAM		Masters Kobiet	23		02:34:52	03:28:17.90	03:28:58.60	+01:20:22 (38.5%)	9:52	6.1 (62.2%)
24	MAJOREK Zofia	226			Masters Kobiet	24		02:30:30	03:29:31.15	03:29:43.55	+01:21:07 (38.7%)	9:55	6 (61.2%)
25	PIOTROWSKA Edyta	261	BRACTWO BIEGOWE BGK		Masters Kobiet	25		02:31:35	03:32:10.95	03:32:44.60	+01:24:08 (39.6%)	10:03	6 (61.2%)
26	WRÓBLEWSKA Katarzyna	345			Masters Kobiet	26		02:34:33	03:33:56.25	03:34:45.35	+01:26:09 (40.1%)	10:08	5.9 (60.2%)
27	KANASHEVICH Aliona	182	RUN_WAWA_RUN		Masters Kobiet	27			03:35:17.70	03:35:31.35	+01:26:55 (40.3%)	10:12	5.9 (60.2%)
28	BEREZNIATSKA Yana	109	RUN_WAWA_RUN		Masters Kobiet	28		02:33:02	03:35:17.75	03:35:32.75	+01:26:56 (40.3%)	10:12	5.9 (60.2%)
29	ROSA Magdalena	280	BIEGAJĄCY ŚWIDNIK		Masters Kobiet	29		02:33:48	03:40:34.00	03:40:55.80	+01:32:20 (41.8%)	10:27	5.7 (58.2%)
30	KŁOZIK Agnieszka	190			Masters Kobiet	30		02:39:03	03:41:05.35	03:41:37.80	+01:33:02 (42.0%)	10:28	5.7 (58.2%)
31	ZIÓŁKOWSKA Monika	352			Masters Kobiet	31		02:39:06	03:41:17.40	03:41:47.55	+01:33:11 (42.0%)	10:29	5.7 (58.2%)
32	SAMBORSKA Beata	286	BŁĘKITNA XVII		Masters Kobiet	32		02:36:55	03:45:21.60	03:45:42.30	+01:37:06 (43.0%)	10:40	5.6 (57.1%)
33	RZEŹNIK Kinga	284	BŁĘKITNA XVII		Masters Kobiet	33		02:36:55	03:45:49.30	03:46:11.05	+01:37:35 (43.1%)	10:42	5.6 (57.1%)
34	BUDNY Joanna	120			Masters Kobiet	34		02:43:44	03:45:52.90	03:46:39.85	+01:38:04 (43.3%)	10:42	5.6 (57.1%)
35	BOŻEK Aleksandra	116	TEAM ZABIEGANEDNI		Masters Kobiet	35		02:40:25	03:49:14.15	03:49:38.25	+01:41:02 (44.0%)	10:51	5.5 (56.1%)
36	BALCERZAK Krysia	103	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ		Masters Kobiet	36		02:49:30	03:51:39.60	03:52:20.35	+01:43:44 (44.7%)	10:58	5.5 (56.1%)
37	SZCZYRBA Izabela	311	RUN AWAY TEAM		Masters Kobiet	37		02:47:54	03:53:57.45	03:54:44.40	+01:46:08 (45.2%)	11:05	5.4 (55.1%)

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38	CAŁKA Agnieszka	123		Masters Kobiet	38		02:38:39	03:57:07.15	03:57:53.00	+01:49:17 (45.9%)	11:14	5.3 (54.1%)
39	ŁAPA Aleksandra	220	4A	Masters Kobiet	39		02:54:29	03:58:59.40	03:59:32.65	+01:50:56 (46.3%)	11:19	5.3 (54.1%)
40	WALCZYŃSKA Katarzyna	331		Masters Kobiet	40		02:49:17	03:59:18.60	04:00:03.20	+01:51:27 (46.4%)	11:20	5.3 (54.1%)
41	SZTEJKA Jolanta	317	KULAWA RODZINA	Masters Kobiet	41		02:49:40	04:00:02.95	04:00:23.80	+01:51:48 (46.5%)	11:22	5.3 (54.1%)
42	JANIK Anna	170		Masters Kobiet	42		03:01:14	04:02:27.95	04:02:38.25	+01:54:02 (47.0%)	11:29	5.2 (53.1%)
43	PAJSZCZYK Blanka	246		Masters Kobiet	43		02:53:12	04:03:07.80	04:03:52.05	+01:55:16 (47.3%)	11:31	5.2 (53.1%)
44	RATKA Sylwia	279		Masters Kobiet	44		02:59:55	04:05:42.40	04:06:09.05	+01:57:33 (47.8%)	11:38	5.2 (53.1%)
45	SULIGA Wioletta	305	ING BANK ŚLĄSKI	Masters Kobiet	45		02:53:01	04:06:26.05	04:07:03.55	+01:58:27 (47.9%)	11:40	5.1 (52.0%)
46	SZUMILAS Barbara	318	RUN AWAY TEAM	Masters Kobiet	46		03:02:12	04:18:35.60	04:19:14.30	+02:10:38 (50.4%)	12:15	4.9 (50.0%)
47	DZIURZYŃSKA Ulka	139	VEGE RUNNERS	Masters Kobiet	47		03:07:00	04:45:42.50	04:46:30.60	+02:37:54 (55.1%)	13:32	4.4 (44.9%)
48	KLIMEK Marlena	188	RUN AWAY TEAM	Masters Kobiet	48		03:36:49	05:09:23.75	05:10:11.15	+03:01:35 (58.5%)	14:39	4.1 (41.8%)
49	SZMATŁOCH Iwona	314	RUN AWAY TEAM	Masters Kobiet	49			05:09:25.30	05:10:11.35	+03:01:35 (58.5%)	14:39	4.1 (41.8%)
50	CEBO Agnieszka	125	RUN AWAY TEAM	Masters Kobiet	50		03:36:27	05:09:32.00	05:10:17.15	+03:01:41 (58.6%)	14:40	4.1 (41.8%)
	MICHALAK Magdalena	235	ULTRA WAY TEAM	Masters Kobiet			03:07:02 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 51 wynik(ów)