KUDOWSKA DZIESIĄTKA 10 KM

Wydarzenie: Kudowski Festiwal Biegowy - Sztafeta Górska 2021
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-05-09
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**WŁODARCZYK Krzysztof**	**4084**	KB HARCOWNIK JELCZ-LASKOWICE	M-40	1	00:29:35	**00:49:31.30**		4:57	12.1 (100%)
2	**ROGOZIŃSKI Olaf**	**4096**		M-40	2	00:29:15	**00:49:46.05**	+00:00:14 (0.5%)	4:58	12.1 (100%)
3	**PRYSTARZ Krzysztof**	**4119**		M-40	3	00:32:56	**00:53:15.35**	+00:03:44 (7.0%)	5:19	11.3 (93.4%)
4	**OLSZEWSKI Tomasz**	**4122**		M-40	4	00:34:10	**00:56:11.60**	+00:06:40 (11.9%)	5:37	10.7 (88.4%)
5	**LEWANDOWSKI Paweł**	**4120**		M-40	5	00:34:09	**00:56:37.15**	+00:07:05 (12.5%)	5:39	10.6 (87.6%)
6	**ALTEWĘGIER Jarosław**	**4058**		M-40	6	00:35:29	**00:59:59.75**	+00:10:28 (17.5%)	5:59	10 (82.6%)
7	**PIJANOWSKI Paweł**	**4093**		M-40	7	00:37:37	**01:01:55.00**	+00:12:23 (20.0%)	6:11	9.7 (80.2%)
8	**TYSZKIEWICZ Krzysztof**	**4123**		M-40	8	00:37:38	**01:02:46.40**	+00:13:15 (21.1%)	6:16	9.6 (79.3%)
9	**GOCYŁA Michał**	**4079**	3M RUNNING TEAM	M-40	9	00:40:50	**01:10:03.05**	+00:20:31 (29.3%)	7:00	8.6 (71.1%)
10	**KARWACKI Krzysztof**	**4071**		M-40	10	00:43:48	**01:10:54.80**	+00:21:23 (30.2%)	7:05	8.5 (70.2%)
11	**GOŁASZEWSKI Robert**	**4012**		M-40	11	00:44:35	**01:11:39.50**	+00:22:08 (30.9%)	7:09	8.4 (69.4%)
12	**KULA Krystian**	**4007**	KB HARCOWNIK JELCZ LASKOWICE	M-40	12	00:42:54	**01:12:34.30**	+00:23:03 (31.8%)	7:15	8.3 (68.6%)
13	**SZYMAŃSKI Grzegorz**	**4083**	ZWYCIĘZCÓW 6F	M-40	13	00:44:52	**01:14:01.05**	+00:24:29 (33.1%)	7:24	8.1 (66.9%)
14	**SZYMYŚLIK Jacek**	**4035**		M-40	14	00:43:35	**01:14:14.15**	+00:24:42 (33.3%)	7:25	8.1 (66.9%)
15	**MŁYNARCZYK Krzysztof**	**4015**		M-40	15	00:45:00	**01:14:31.80**	+00:25:00 (33.6%)	7:27	8.1 (66.9%)
16	**MATLAK Grzegorz**	**4080**	3M RUNNING TEAM	M-40	16	00:45:30	**01:15:15.60**	+00:25:44 (34.2%)	7:31	8 (66.1%)
17	**LEWICKI Tomasz**	**4105**		M-40	17	00:45:51	**01:15:20.80**	+00:25:49 (34.3%)	7:32	8 (66.1%)
18	**KIRCUŃ Paweł**	**4091**		M-40	18	00:44:14	**01:16:03.80**	+00:26:32 (34.9%)	7:36	7.9 (65.3%)
19	**BAJER Karol**	**4034**		M-40	19	00:44:51	**01:16:42.35**	+00:27:11 (35.4%)	7:40	7.8 (64.5%)
20	**UPTAS Tomasz**	**4017**	FITNESS & SQUASH COMPLEX	M-40	20	00:50:22	**01:16:44.65**	+00:27:13 (35.5%)	7:40	7.8 (64.5%)
21	**BRĄGIEL Piotr**	**4029**		M-40	21	00:58:28	**01:34:35.70**	+00:45:04 (47.6%)	9:27	6.3 (52.1%)
22	**WESOŁOWSKI Damian**	**4019**	TOMASZÓW MAZ.	M-40	22	01:00:22	**01:44:49.75**	+00:55:18 (52.8%)	10:28	5.7 (47.1%)

Znaleziono 22 wynik(ów)