

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

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WRZESZCZ Mariusz	4117	PRZEDWOJEWSKI TEAM	M-30	1	00:29:13	00:49:14.25		4:55	12.2 (100%)
2	WŁODARCZYK Krzysztof	4084	KB HARCOWNIK JELCZ-LASKOWICE	M-40	1	00:29:35	00:49:31.30	+00:00:17 (0.6%)	4:57	12.1 (99.2%)
3	ROGOZIŃSKI Olaf	4096		M-40	2	00:29:15	00:49:46.05	+00:00:31 (1.1%)	4:58	12.1 (99.2%)
4	LEŚNIAK Michał	4101	ASICS FRONTRUNNER POLAND / @BIEGIEM_PO_EUROPIE	M-30	2	00:29:56	00:50:21.10	+00:01:06 (2.2%)	5:02	11.9 (97.5%)
5	SWORSKI Roman	4110	KASTYO / VEGAN / VEGE RUNNERS	M-30	3	00:32:02	00:52:36.30	+00:03:22 (6.4%)	5:15	11.4 (93.4%)
6	DUNAJ Paweł	4113	GT RAT	M-30	4	00:31:29	00:52:42.10	+00:03:27 (6.6%)	5:16	11.4 (93.4%)
7	SWATOWSKI Tomasz	4124	KB KĄTY WROCŁAWSKIE	M-30	5	00:31:40	00:52:43.85	+00:03:29 (6.6%)	5:16	11.4 (93.4%)
8	GRZEGOREK Grzegorz	4125	KB KĄTY WROCŁAWSKIE	M-50	1	00:31:44	00:52:48.30	+00:03:34 (6.8%)	5:16	11.4 (93.4%)
9	PRYSTARZ Krzysztof	4119		M-40	3	00:32:56	00:53:15.35	+00:04:01 (7.5%)	5:19	11.3 (92.6%)
10	CEPIELIK Wojciech	4070	SAMOTNY WILK	M-30	6	00:31:59	00:53:21.80	+00:04:07 (7.7%)	5:20	11.2 (91.8%)
11	PRZYBYSZEWSKI Łukasz	4106		M-30	7	00:34:53	00:56:07.30	+00:06:53 (12.3%)	5:36	10.7 (87.7%)
12	OLSZEWSKI Tomasz	4122		M-40	4	00:34:10	00:56:11.60	+00:06:57 (12.4%)	5:37	10.7 (87.7%)
13	LEWANDOWSKI Paweł	4120		M-40	5	00:34:09	00:56:37.15	+00:07:22 (13.0%)	5:39	10.6 (86.9%)
14	DUBANIEWICZ Michał	4114	KUDOWIANKA WEMECO	M-20	1	00:34:53	00:56:43.10	+00:07:28 (13.2%)	5:40	10.6 (86.9%)
15	SASIN Dominika	4009	KB SOBÓTKA	K-20	1	00:35:23	00:58:47.50	+00:09:33 (16.3%)	5:52	10.2 (83.6%)
16	ALTEWĘGIER Jarosław	4058		M-40	6	00:35:29	00:59:59.75	+00:10:45 (17.9%)	5:59	10 (82.0%)
17	RĘBIAŁKOWSKI Jakub	4094	RNB TEAM POLANICA ZDROJ	M-30	8	00:38:01	01:00:24.75	+00:11:10 (18.5%)	6:02	9.9 (81.1%)
18	STRASZKO Monika	4104		K-40	1	00:37:42	01:01:44.10	+00:12:29 (20.2%)	6:10	9.7 (79.5%)
19	PIJANOWSKI Paweł	4093		M-40	7	00:37:37	01:01:55.00	+00:12:40 (20.5%)	6:11	9.7 (79.5%)
20	JAGODZIK Michał	4100	#FEIFERTRENUJE	M-30	9	00:38:08	01:02:44.20	+00:13:29 (21.5%)	6:16	9.6 (78.7%)
21	TYSZKIEWICZ Krzysztof	4123		M-40	8	00:37:38	01:02:46.40	+00:13:32 (21.6%)	6:16	9.6 (78.7%)
22	URBAN Alicja	4021	KACZKATEAM	K-20	2	00:36:44	01:03:14.70	+00:14:00 (22.1%)	6:19	9.5 (77.9%)
23	MAZIAREK Adela	4008		K-30	1	00:38:37	01:04:33.75	+00:15:19 (23.7%)	6:27	9.3 (76.2%)
24	JACUKOWICZ Monika	4042	FIZJOBIEGACZE SZCZECIN	K-30	2	00:39:02	01:05:19.40	+00:16:05 (24.6%)	6:31	9.2 (75.4%)
25	GĘBSKI Łukasz	4056	FIZJOBIEGACZE SZCZECIN	M-30	10	00:39:05	01:05:24.75	+00:16:10 (24.7%)	6:32	9.2 (75.4%)
26	PISULA Łukasz	4076		M-30	11	00:41:52	01:06:36.15	+00:17:21 (26.1%)	6:39	9 (73.8%)
27	KAWA Hubert	4045	NKB CHYŻY NOWY TOMYŚL	M-30	12	00:40:50	01:08:00.00	+00:18:45 (27.6%)	6:48	8.8 (72.1%)
28	MIŁOSZEWICZ Aleksandra	4044	FIZJOBIEGACZE	K-20	3	00:40:28	01:08:25.75	+00:19:11 (28.0%)	6:50	8.8 (72.1%)
29	BARNAŚ Maciej	4069		M-50	2	00:41:47	01:08:58.45	+00:19:44 (28.6%)	6:53	8.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
30	DROŻYŃSKA Iwona	4077		K-30	3	00:42:10	01:09:01.85	+00:19:47 (28.7%)	6:54	8.7 (71.3%)
31	DULĘBA Łukasz	4111		M-30	13	00:42:02	01:09:03.00	+00:19:48 (28.7%)	6:54	8.7 (71.3%)
32	KĘDZIOR Joanna	4010	KB HARCOWNIK JELCZ-LASKOWICE	K-40	2	00:41:43	01:09:24.25	+00:20:10 (29.1%)	6:56	8.6 (70.5%)
33	KORCZYŃSKA Agata	4018		K-30	4	00:42:12	01:09:31.95	+00:20:17 (29.2%)	6:57	8.6 (70.5%)
34	GOCYŁA Michał	4079	3M RUNNING TEAM	M-40	9	00:40:50	01:10:03.05	+00:20:48 (29.7%)	7:00	8.6 (70.5%)
35	MAZIAREK Michał	4022		M-30	14	00:42:41	01:10:16.70	+00:21:02 (29.9%)	7:01	8.5 (69.7%)
36	LESIŃSKI Piotr	4078	ATOS	M-30	15	00:42:46	01:10:17.20	+00:21:02 (29.9%)	7:01	8.5 (69.7%)
37	KARWACKI Krzysztof	4071		M-40	10	00:43:48	01:10:54.80	+00:21:40 (30.6%)	7:05	8.5 (69.7%)
38	MOSÓR Mariusz	4026	LISY PUSTYNI	M-50	3	00:41:46	01:11:25.80	+00:22:11 (31.1%)	7:08	8.4 (68.9%)
39	GOŁASZEWSKI Robert	4012		M-40	11	00:44:35	01:11:39.50	+00:22:25 (31.3%)	7:09	8.4 (68.9%)
40	MOSKWA Karolina	4067	BATORY LOTO	K-30	5	00:44:13	01:11:53.80	+00:22:39 (31.5%)	7:11	8.3 (68.0%)
41	MŁYNARCZYK Arkadiusz	4016		M-20	2	00:44:55	01:11:55.25	+00:22:41 (31.5%)	7:11	8.3 (68.0%)
42	KULA Krystian	4007	KB HARCOWNIK JELCZ LASKOWICE	M-40	12	00:42:54	01:12:34.30	+00:23:20 (32.2%)	7:15	8.3 (68.0%)
43	PATYK Joanna	4054	FIZJOBIEGACZE	K-30	6	00:44:09	01:13:01.30	+00:23:47 (32.6%)	7:18	8.2 (67.2%)
44	HONSZA-ŻGUTOWICZ Tomasz	4053		M-30	16	00:43:55	01:13:24.60	+00:24:10 (32.9%)	7:20	8.2 (67.2%)
45	SZYMAŃSKI Grzegorz	4083	ZWYCIĘZCÓW 6F	M-40	13	00:44:52	01:14:01.05	+00:24:46 (33.5%)	7:24	8.1 (66.4%)
46	KORCZYŃSKA Anna	4066		K-40	3	00:44:24	01:14:02.90	+00:24:48 (33.5%)	7:24	8.1 (66.4%)
47	ŁUCZKA Sylwia	4001	VEGE RUNNERS / KASTYO	K-30	7	00:45:07	01:14:04.80	+00:24:50 (33.5%)	7:24	8.1 (66.4%)
48	PASZKE Joanna	4072		K-30	8	00:44:18	01:14:10.80	+00:24:56 (33.6%)	7:25	8.1 (66.4%)
49	SZYMYŚLIK Jacek	4035		M-40	14	00:43:35	01:14:14.15	+00:24:59 (33.7%)	7:25	8.1 (66.4%)
50	MŁYNARCZYK Krzysztof	4015		M-40	15	00:45:00	01:14:31.80	+00:25:17 (33.9%)	7:27	8.1 (66.4%)
51	ŚMIECHOWSKA Małgorzata	4043	RECZ	K-40	4	00:46:40	01:14:49.15	+00:25:34 (34.2%)	7:28	8 (65.6%)
52	TOPOLEWSKA Ewelina	4121		K-30	9	00:45:40	01:14:55.10	+00:25:40 (34.3%)	7:29	8 (65.6%)
53	MATLAK Grzegorz	4080	3M RUNNING TEAM	M-40	16	00:45:30	01:15:15.60	+00:26:01 (34.6%)	7:31	8 (65.6%)
54	LEWICKI Tomasz	4105		M-40	17	00:45:51	01:15:20.80	+00:26:06 (34.7%)	7:32	8 (65.6%)
55	ŻUROWSKI Mikołaj	4074	GVT	M-20	3	00:45:42	01:15:37.60	+00:26:23 (34.9%)	7:33	7.9 (64.8%)
56	ŻYGIEŁO Monika	4108	CHOSZCZEŃSKA 10	K-40	5	00:45:40	01:15:56.05	+00:26:41 (35.2%)	7:35	7.9 (64.8%)
57	TEŚLAK Dawid	4085		M-30	17	00:46:43	01:15:58.05	+00:26:43 (35.2%)	7:35	7.9 (64.8%)
58	KIRCUŃ Paweł	4091		M-40	18	00:44:14	01:16:03.80	+00:26:49 (35.3%)	7:36	7.9 (64.8%)
59	RYBKOWSKA Ewa	4030		K-30	10	00:46:49	01:16:20.30	+00:27:06 (35.5%)	7:38	7.9 (64.8%)
60	RATAJCZAK Grzegorz	4107		M-50	4	00:47:16	01:16:42.15	+00:27:27 (35.8%)	7:40	7.8 (63.9%)
61	BAJER Karol	4034		M-40	19	00:44:51	01:16:42.35	+00:27:28 (35.8%)	7:40	7.8 (63.9%)
62	WERLE Nelly	4103		K-30	11	00:46:49	01:16:42.45	+00:27:28 (35.8%)	7:40	7.8 (63.9%)
63	UPTAS Tomasz	4017	FITNESS & SQUASH COMPLEX	M-40	20	00:50:22	01:16:44.65	+00:27:30 (35.8%)	7:40	7.8 (63.9%)
64	KORCZYŃSKA Paulina	4051		K-40	6	00:46:34	01:17:28.90	+00:28:14 (36.5%)	7:44	7.7 (63.1%)
65	TECHNER Magdalena	4090		K-40	7	00:47:13	01:17:36.80	+00:28:22 (36.6%)	7:45	7.7 (63.1%)
66	ŁUŻNY Agnieszka	4087		K-30	12	00:46:43	01:17:45.10	+00:28:30 (36.7%)	7:46	7.7 (63.1%)
67	JAROSZ Marta	4086		K-40	8	00:47:13	01:17:49.20	+00:28:34 (36.7%)	7:46	7.7 (63.1%)
68	KUSZ Joanna	4073	FITNESS & SQUASH COMPLEX GŁOGÓW	K-30	13		01:18:30.15	+00:29:15 (37.3%)	7:51	7.6 (62.3%)
69	TOPOLEWSKA Agnieszka	4025		K-30	14	00:48:46	01:18:35.25	+00:29:21 (37.3%)	7:51	7.6 (62.3%)
70	POMĄŁECKA Barbara	4048		K-30	15	00:48:13	01:21:32.20	+00:32:17 (39.6%)	8:09	7.4 (60.7%)
71	HOJKO Adrianna	4041	TEAM HOJKO	K-30	16	00:49:45	01:21:57.20	+00:32:42 (39.9%)	8:11	7.3 (59.8%)
72	BACHURSKA Ewa	4005	KB HARCOWNIK JELCZ LASKOWICE	K-40	9	00:48:54	01:21:58.25	+00:32:44 (39.9%)	8:11	7.3 (59.8%)
73	BLAUT Marta	4062		K-30	17	00:50:24	01:22:43.95	+00:33:29 (40.5%)	8:16	7.3 (59.8%)

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74	NABIELEC Kamila	4064		K-20	4	00:50:08	01:22:47.90	+00:33:33 (40.5%)	8:16	7.2 (59.0%)
75	SZYMURA Izabela	4052	DECATHLON RYBNIK & PRZYJACIELE	K-40	10	00:50:57	01:23:49.80	+00:34:35 (41.3%)	8:22	7.2 (59.0%)
76	TSUSHKA Iryna	4118		K-20	5	00:50:35	01:24:46.80	+00:35:32 (41.9%)	8:28	7.1 (58.2%)
77	STOŁOWSKA Natalia	4112		K-40	11	00:51:46	01:27:12.40	+00:37:58 (43.5%)	8:43	6.9 (56.6%)
78	KORDYLEWSKA Marlena	4031	TRITON KONIN	K-30	18	00:52:59	01:27:39.15	+00:38:24 (43.8%)	8:45	6.8 (55.7%)
79	KUŁACH Lesław	4115		M-50	5	00:54:06	01:30:10.55	+00:40:56 (45.4%)	9:01	6.7 (54.9%)
80	STACHNIO Agnieszka	4032		K-20	6	00:52:08	01:30:20.00	+00:41:05 (45.5%)	9:02	6.6 (54.1%)
81	KROPACZ Jagoda	4033		K-20	7	00:52:08	01:30:23.50	+00:41:09 (45.5%)	9:02	6.6 (54.1%)
82	OGRODNIK Anna	4109	ZAKOCHAJ SIĘ W BIEGANIU	K-30	19	00:58:39	01:32:40.00	+00:43:25 (46.9%)	9:16	6.5 (53.3%)
83	DYJA Magdalena	4092	RNB TEAM POLANICA ZDRÓJ	K-30	20	00:54:01	01:32:47.15	+00:43:32 (46.9%)	9:16	6.5 (53.3%)
84	PISULA Maja	4000		K-40	12	00:54:19	01:33:06.85	+00:43:52 (47.1%)	9:18	6.4 (52.5%)
85	SZCZEPANSKA Ilona	4046		K-30	21	00:56:10	01:33:54.65	+00:44:40 (47.6%)	9:23	6.4 (52.5%)
86	BRĄGIEL Piotr	4029		M-40	21	00:58:28	01:34:35.70	+00:45:21 (47.9%)	9:27	6.3 (51.6%)
87	BARTNIK Fatima	4075		K-30	22	00:58:32	01:34:39.75	+00:45:25 (48.0%)	9:27	6.3 (51.6%)
88	PRZYŁUSKA Mirosława	4095	RAZ SZCZECIN	K-60	1	00:55:49	01:34:45.65	+00:45:31 (48.0%)	9:28	6.3 (51.6%)
89	HETMAŃCZYK Katarzyna	4002	HETMANTEAM	K-40	13	00:59:45	01:37:50.75	+00:48:36 (49.7%)	9:47	6.1 (50.0%)
90	MOSÓR Lilla	4027	LISY PUSTYNI	K-50	1	01:01:16	01:39:18.45	+00:50:04 (50.4%)	9:55	6 (49.2%)
91	MICHALIK Katarzyna	4004	PRT - PRECEL RACING TEAM	K-30	23	01:01:55	01:41:35.60	+00:52:21 (51.5%)	10:09	5.9 (48.4%)
92	ŁUSZCZ Karina	4065	TŁUSTE KOTY	K-30	24	01:02:17	01:43:06.55	+00:53:52 (52.2%)	10:18	5.8 (47.5%)
93	DEKOWSKI Marcin	4039		M-30	18	01:00:51	01:43:12.75	+00:53:58 (52.3%)	10:19	5.8 (47.5%)
94	DEKOWSKA Marta	4038		K-30	25	01:00:22	01:43:13.15	+00:53:58 (52.3%)	10:19	5.8 (47.5%)
95	GONERA Janina	4014	KB HARCOWNIK JELCZ-LASKOWICE	K-60	2	01:02:17	01:43:18.20	+00:54:03 (52.3%)	10:19	5.8 (47.5%)
96	WESOŁOWSKI Damian	4019	TOMASZÓW MAZ.	M-40	22	01:00:22	01:44:49.75	+00:55:35 (53.0%)	10:28	5.7 (46.7%)
97	KWIATKOWSKA Honorata	4020	TOMASZÓW MAZ.	K-40	14	01:00:28	01:44:54.70	+00:55:40 (53.1%)	10:29	5.7 (46.7%)
98	BLICHERT Anna	4055	I DON'T KURWA CARE	K-30	26	01:07:18	01:45:38.15	+00:56:23 (53.4%)	10:33	5.7 (46.7%)
99	UCHEREK Kinga	4013		K-40	15	01:09:48	01:46:10.15	+00:56:55 (53.6%)	10:37	5.7 (46.7%)
100	MYSZYWODA Monika	4116		K-30	27	01:06:56	01:51:28.35	+01:02:14 (55.8%)	11:08	5.4 (44.3%)
101	BORKOWSKI Damian	4081	BORKOŚ TEAM	M-30	19	01:08:34	01:53:43.85	+01:04:29 (56.7%)	11:22	5.3 (43.4%)
102	LEWANDOWSKA Anna	4023	BORKOŚ TEAM	K-30	28	01:08:46	01:53:59.55	+01:04:45 (56.8%)	11:23	5.3 (43.4%)
103	JÓŻWIAK Wiola	4050		K-30	29	01:11:21	01:59:38.70	+01:10:24 (58.8%)	11:57	5 (41.0%)
104	PĘCZAR Aneta	4063	MAD RUNNERS	K-20	8	00:37:57	02:14:34.80	+01:25:20 (63.4%)	13:27	4.5 (36.9%)

Znaleziono 104 wynik(ów)