

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

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WRZESZCZ Mariusz</b>	<b>4117</b>	PRZEDWOJEWSKI TEAM	M-30	1	00:29:13	<b>00:49:14.25</b>		4:55	12.2 (100%)
2	<b>WŁODARCZYK Krzysztof</b>	<b>4084</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-40	1	00:29:35	<b>00:49:31.30</b>	+00:00:17 (0.6%)	4:57	12.1 (99.2%)
3	<b>ROGOZIŃSKI Olaf</b>	<b>4096</b>		M-40	2	00:29:15	<b>00:49:46.05</b>	+00:00:31 (1.1%)	4:58	12.1 (99.2%)
4	<b>LEŚNIAK Michał</b>	<b>4101</b>	ASICS FRONTRUNNER POLAND / @BIEGIEM_PO_EUROPIE	M-30	2	00:29:56	<b>00:50:21.10</b>	+00:01:06 (2.2%)	5:02	11.9 (97.5%)
5	<b>SWORSKI Roman</b>	<b>4110</b>	KASTYO / VEGAN / VEGE RUNNERS	M-30	3	00:32:02	<b>00:52:36.30</b>	+00:03:22 (6.4%)	5:15	11.4 (93.4%)
6	<b>DUNAJ Paweł</b>	<b>4113</b>	GT RAT	M-30	4	00:31:29	<b>00:52:42.10</b>	+00:03:27 (6.6%)	5:16	11.4 (93.4%)
7	<b>SWATOWSKI Tomasz</b>	<b>4124</b>	KB KĄTY WROCŁAWSKIE	M-30	5	00:31:40	<b>00:52:43.85</b>	+00:03:29 (6.6%)	5:16	11.4 (93.4%)
8	<b>GRZEGOREK Grzegorz</b>	<b>4125</b>	KB KĄTY WROCŁAWSKIE	M-50	1	00:31:44	<b>00:52:48.30</b>	+00:03:34 (6.8%)	5:16	11.4 (93.4%)
9	<b>PRYSTARZ Krzysztof</b>	<b>4119</b>		M-40	3	00:32:56	<b>00:53:15.35</b>	+00:04:01 (7.5%)	5:19	11.3 (92.6%)
10	<b>CEPIELIK Wojciech</b>	<b>4070</b>	SAMOTNY WILK	M-30	6	00:31:59	<b>00:53:21.80</b>	+00:04:07 (7.7%)	5:20	11.2 (91.8%)
11	<b>PRZYBYSZEWSKI Łukasz</b>	<b>4106</b>		M-30	7	00:34:53	<b>00:56:07.30</b>	+00:06:53 (12.3%)	5:36	10.7 (87.7%)
12	<b>OLSZEWSKI Tomasz</b>	<b>4122</b>		M-40	4	00:34:10	<b>00:56:11.60</b>	+00:06:57 (12.4%)	5:37	10.7 (87.7%)
13	<b>LEWANDOWSKI Paweł</b>	<b>4120</b>		M-40	5	00:34:09	<b>00:56:37.15</b>	+00:07:22 (13.0%)	5:39	10.6 (86.9%)
14	<b>DUBANIEWICZ Michał</b>	<b>4114</b>	KUDOWIANKA WEMECO	M-20	1	00:34:53	<b>00:56:43.10</b>	+00:07:28 (13.2%)	5:40	10.6 (86.9%)
15	<b>SASIN Dominika</b>	<b>4009</b>	KB SOBÓTKA	K-20	1	00:35:23	<b>00:58:47.50</b>	+00:09:33 (16.3%)	5:52	10.2 (83.6%)
16	<b>ALTEWĘGIER Jarosław</b>	<b>4058</b>		M-40	6	00:35:29	<b>00:59:59.75</b>	+00:10:45 (17.9%)	5:59	10 (82.0%)
17	<b>RĘBIAŁKOWSKI Jakub</b>	<b>4094</b>	RNB TEAM POLANICA ZDROJ	M-30	8	00:38:01	<b>01:00:24.75</b>	+00:11:10 (18.5%)	6:02	9.9 (81.1%)
18	<b>STRASZKO Monika</b>	<b>4104</b>		K-40	1	00:37:42	<b>01:01:44.10</b>	+00:12:29 (20.2%)	6:10	9.7 (79.5%)
19	<b>PIJANOWSKI Paweł</b>	<b>4093</b>		M-40	7	00:37:37	<b>01:01:55.00</b>	+00:12:40 (20.5%)	6:11	9.7 (79.5%)
20	<b>JAGODZIK Michał</b>	<b>4100</b>	#FEIFERTRENUJE	M-30	9	00:38:08	<b>01:02:44.20</b>	+00:13:29 (21.5%)	6:16	9.6 (78.7%)
21	<b>TYSZKIEWICZ Krzysztof</b>	<b>4123</b>		M-40	8	00:37:38	<b>01:02:46.40</b>	+00:13:32 (21.6%)	6:16	9.6 (78.7%)
22	<b>URBAN Alicja</b>	<b>4021</b>	KACZKATEAM	K-20	2	00:36:44	<b>01:03:14.70</b>	+00:14:00 (22.1%)	6:19	9.5 (77.9%)
23	<b>MAZIAREK Adela</b>	<b>4008</b>		K-30	1	00:38:37	<b>01:04:33.75</b>	+00:15:19 (23.7%)	6:27	9.3 (76.2%)
24	<b>JACUKOWICZ Monika</b>	<b>4042</b>	FIZJOBIEGACZE SZCZECIN	K-30	2	00:39:02	<b>01:05:19.40</b>	+00:16:05 (24.6%)	6:31	9.2 (75.4%)
25	<b>GĘBSKI Łukasz</b>	<b>4056</b>	FIZJOBIEGACZE SZCZECIN	M-30	10	00:39:05	<b>01:05:24.75</b>	+00:16:10 (24.7%)	6:32	9.2 (75.4%)
26	<b>PISULA Łukasz</b>	<b>4076</b>		M-30	11	00:41:52	<b>01:06:36.15</b>	+00:17:21 (26.1%)	6:39	9 (73.8%)
27	<b>KAWA Hubert</b>	<b>4045</b>	NKB CHYŻY NOWY TOMYŚL	M-30	12	00:40:50	<b>01:08:00.00</b>	+00:18:45 (27.6%)	6:48	8.8 (72.1%)
28	<b>MIŁOSZEWICZ Aleksandra</b>	<b>4044</b>	FIZJOBIEGACZE	K-20	3	00:40:28	<b>01:08:25.75</b>	+00:19:11 (28.0%)	6:50	8.8 (72.1%)
29	<b>BARNAŚ Maciej</b>	<b>4069</b>		M-50	2	00:41:47	<b>01:08:58.45</b>	+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	<b>DROŻYŃSKA Iwona</b>	<b>4077</b>		K-30	3	00:42:10	<b>01:09:01.85</b>	+00:19:47 (28.7%)	6:54	8.7 (71.3%)
31	<b>DULĘBA Łukasz</b>	<b>4111</b>		M-30	13	00:42:02	<b>01:09:03.00</b>	+00:19:48 (28.7%)	6:54	8.7 (71.3%)
32	<b>KĘDZIOR Joanna</b>	<b>4010</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	2	00:41:43	<b>01:09:24.25</b>	+00:20:10 (29.1%)	6:56	8.6 (70.5%)
33	<b>KORCZYŃSKA Agata</b>	<b>4018</b>		K-30	4	00:42:12	<b>01:09:31.95</b>	+00:20:17 (29.2%)	6:57	8.6 (70.5%)
34	<b>GOCYŁA Michał</b>	<b>4079</b>	3M RUNNING TEAM	M-40	9	00:40:50	<b>01:10:03.05</b>	+00:20:48 (29.7%)	7:00	8.6 (70.5%)
35	<b>MAZIAREK Michał</b>	<b>4022</b>		M-30	14	00:42:41	<b>01:10:16.70</b>	+00:21:02 (29.9%)	7:01	8.5 (69.7%)
36	<b>LESIŃSKI Piotr</b>	<b>4078</b>	ATOS	M-30	15	00:42:46	<b>01:10:17.20</b>	+00:21:02 (29.9%)	7:01	8.5 (69.7%)
37	<b>KARWACKI Krzysztof</b>	<b>4071</b>		M-40	10	00:43:48	<b>01:10:54.80</b>	+00:21:40 (30.6%)	7:05	8.5 (69.7%)
38	<b>MOSÓR Mariusz</b>	<b>4026</b>	LISY PUSTYNI	M-50	3	00:41:46	<b>01:11:25.80</b>	+00:22:11 (31.1%)	7:08	8.4 (68.9%)
39	<b>GOŁASZEWSKI Robert</b>	<b>4012</b>		M-40	11	00:44:35	<b>01:11:39.50</b>	+00:22:25 (31.3%)	7:09	8.4 (68.9%)
40	<b>MOSKWA Karolina</b>	<b>4067</b>	BATORY LOTO	K-30	5	00:44:13	<b>01:11:53.80</b>	+00:22:39 (31.5%)	7:11	8.3 (68.0%)
41	<b>MŁYNARCZYK Arkadiusz</b>	<b>4016</b>		M-20	2	00:44:55	<b>01:11:55.25</b>	+00:22:41 (31.5%)	7:11	8.3 (68.0%)
42	<b>KULA Krystian</b>	<b>4007</b>	KB HARCOWNIK JELCZ LASKOWICE	M-40	12	00:42:54	<b>01:12:34.30</b>	+00:23:20 (32.2%)	7:15	8.3 (68.0%)
43	<b>PATYK Joanna</b>	<b>4054</b>	FIZJOBIEGACZE	K-30	6	00:44:09	<b>01:13:01.30</b>	+00:23:47 (32.6%)	7:18	8.2 (67.2%)
44	<b>HONCZA-ŻGUTOWICZ Tomasz</b>	<b>4053</b>		M-30	16	00:43:55	<b>01:13:24.60</b>	+00:24:10 (32.9%)	7:20	8.2 (67.2%)
45	<b>SZYMAŃSKI Grzegorz</b>	<b>4083</b>	ZWYCIĘZCÓW 6F	M-40	13	00:44:52	<b>01:14:01.05</b>	+00:24:46 (33.5%)	7:24	8.1 (66.4%)
46	<b>KORCZYŃSKA Anna</b>	<b>4066</b>		K-40	3	00:44:24	<b>01:14:02.90</b>	+00:24:48 (33.5%)	7:24	8.1 (66.4%)
47	<b>ŁUCZKA Sylwia</b>	<b>4001</b>	VEGE RUNNERS / KASTYO	K-30	7	00:45:07	<b>01:14:04.80</b>	+00:24:50 (33.5%)	7:24	8.1 (66.4%)
48	<b>PASZKE Joanna</b>	<b>4072</b>		K-30	8	00:44:18	<b>01:14:10.80</b>	+00:24:56 (33.6%)	7:25	8.1 (66.4%)
49	<b>SZYMYŚLIK Jacek</b>	<b>4035</b>		M-40	14	00:43:35	<b>01:14:14.15</b>	+00:24:59 (33.7%)	7:25	8.1 (66.4%)
50	<b>MŁYNARCZYK Krzysztof</b>	<b>4015</b>		M-40	15	00:45:00	<b>01:14:31.80</b>	+00:25:17 (33.9%)	7:27	8.1 (66.4%)
51	<b>ŚMIECHOWSKA Małgorzata</b>	<b>4043</b>	RECZ	K-40	4	00:46:40	<b>01:14:49.15</b>	+00:25:34 (34.2%)	7:28	8 (65.6%)
52	<b>TOPOLEWSKA Ewelina</b>	<b>4121</b>		K-30	9	00:45:40	<b>01:14:55.10</b>	+00:25:40 (34.3%)	7:29	8 (65.6%)
53	<b>MATLAK Grzegorz</b>	<b>4080</b>	3M RUNNING TEAM	M-40	16	00:45:30	<b>01:15:15.60</b>	+00:26:01 (34.6%)	7:31	8 (65.6%)
54	<b>LEWICKI Tomasz</b>	<b>4105</b>		M-40	17	00:45:51	<b>01:15:20.80</b>	+00:26:06 (34.7%)	7:32	8 (65.6%)
55	<b>ŻUROWSKI Mikołaj</b>	<b>4074</b>	GVT	M-20	3	00:45:42	<b>01:15:37.60</b>	+00:26:23 (34.9%)	7:33	7.9 (64.8%)
56	<b>ŻYGIĘŁO Monika</b>	<b>4108</b>	CHOSZCZEŃSKA 10	K-40	5	00:45:40	<b>01:15:56.05</b>	+00:26:41 (35.2%)	7:35	7.9 (64.8%)
57	<b>TEŚLAK Dawid</b>	<b>4085</b>		M-30	17	00:46:43	<b>01:15:58.05</b>	+00:26:43 (35.2%)	7:35	7.9 (64.8%)
58	<b>KIRCUŃ Paweł</b>	<b>4091</b>		M-40	18	00:44:14	<b>01:16:03.80</b>	+00:26:49 (35.3%)	7:36	7.9 (64.8%)
59	<b>RYBKOWSKA Ewa</b>	<b>4030</b>		K-30	10	00:46:49	<b>01:16:20.30</b>	+00:27:06 (35.5%)	7:38	7.9 (64.8%)
60	<b>RATAJCZAK Grzegorz</b>	<b>4107</b>		M-50	4	00:47:16	<b>01:16:42.15</b>	+00:27:27 (35.8%)	7:40	7.8 (63.9%)
61	<b>BAJER Karol</b>	<b>4034</b>		M-40	19	00:44:51	<b>01:16:42.35</b>	+00:27:28 (35.8%)	7:40	7.8 (63.9%)
62	<b>WERLE Nelly</b>	<b>4103</b>		K-30	11	00:46:49	<b>01:16:42.45</b>	+00:27:28 (35.8%)	7:40	7.8 (63.9%)
63	<b>UPTAS Tomasz</b>	<b>4017</b>	FITNESS & SQUASH COMPLEX	M-40	20	00:50:22	<b>01:16:44.65</b>	+00:27:30 (35.8%)	7:40	7.8 (63.9%)
64	<b>KORCZYŃSKA Paulina</b>	<b>4051</b>		K-40	6	00:46:34	<b>01:17:28.90</b>	+00:28:14 (36.5%)	7:44	7.7 (63.1%)
65	<b>TECHNER Magdalena</b>	<b>4090</b>		K-40	7	00:47:13	<b>01:17:36.80</b>	+00:28:22 (36.6%)	7:45	7.7 (63.1%)
66	<b>ŁUŻNY Agnieszka</b>	<b>4087</b>		K-30	12	00:46:43	<b>01:17:45.10</b>	+00:28:30 (36.7%)	7:46	7.7 (63.1%)
67	<b>JAROSZ Marta</b>	<b>4086</b>		K-40	8	00:47:13	<b>01:17:49.20</b>	+00:28:34 (36.7%)	7:46	7.7 (63.1%)
68	<b>KUSZ Joanna</b>	<b>4073</b>	FITNESS & SQUASH COMPLEX GŁOGÓW	K-30	13		<b>01:18:30.15</b>	+00:29:15 (37.3%)	7:51	7.6 (62.3%)
69	<b>TOPOLEWSKA Agnieszka</b>	<b>4025</b>		K-30	14	00:48:46	<b>01:18:35.25</b>	+00:29:21 (37.3%)	7:51	7.6 (62.3%)
70	<b>POMAŁECKA Barbara</b>	<b>4048</b>		K-30	15	00:48:13	<b>01:21:32.20</b>	+00:32:17 (39.6%)	8:09	7.4 (60.7%)
71	<b>HOJKO Adrianna</b>	<b>4041</b>	TEAM HOJKO	K-30	16	00:49:45	<b>01:21:57.20</b>	+00:32:42 (39.9%)	8:11	7.3 (59.8%)
72	<b>BACHURSKA Ewa</b>	<b>4005</b>	KB HARCOWNIK JELCZ LASKOWICE	K-40	9	00:48:54	<b>01:21:58.25</b>	+00:32:44 (39.9%)	8:11	7.3 (59.8%)
73	<b>BLAUT Marta</b>	<b>4062</b>		K-30	17	00:50:24	<b>01:22:43.95</b>	+00:33:29 (40.5%)	8:16	7.3 (59.8%)

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

Znaleziono 104 wynik(ów)