

**Wydarzenie:** Kudowski Festiwal Biegowy 2022  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-04-10  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZIOŁ Damian</b>	<b>5169</b>	MARCINSWIERCTEAM	M-30	1	00:27:24	<b>00:46:10.90</b>	<b>00:46:12.20</b>		4:37	13 (100%)
2	<b>ZAMIELSKI Paweł</b>	<b>5082</b>	PRZEDWOJEWSKI TEAM	M-20	1	00:27:08	<b>00:46:26.10</b>	<b>00:46:27.10</b>	+00:00:14 (0.5%)	4:38	12.9 (99.2%)
3	<b>BRZEZIŃSKI Dariusz</b>	<b>5156</b>	OSPG JODŁA	M-30	2	00:28:23	<b>00:48:39.05</b>	<b>00:48:41.60</b>	+00:02:29 (5.1%)	4:51	12.3 (94.6%)
4	<b>TOMASIAK Adam</b>	<b>5166</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-20	2	00:29:12	<b>00:49:36.45</b>	<b>00:49:37.75</b>	+00:03:25 (6.9%)	4:57	12.1 (93.1%)
5	<b>KOTLAREK Dawid</b>	<b>5054</b>	SOBAS TEAM / VEGE RUNNERS	M-40	1	00:29:06	<b>00:49:57.55</b>	<b>00:49:59.15</b>	+00:03:46 (7.6%)	4:59	12 (92.3%)
6	<b>BEDNARZ Krzysiek</b>	<b>5026</b>	PRZEDWOJEWSKITEAM	M-40	2	00:29:30	<b>00:50:03.70</b>	<b>00:50:04.85</b>	+00:03:52 (7.7%)	5:00	12 (92.3%)
7	<b>JAKUBCZYK Dariusz</b>	<b>5178</b>	WOŹNIAKRUNNING TEAM	M-40	3	00:29:42	<b>00:50:15.60</b>	<b>00:50:16.60</b>	+00:04:04 (8.1%)	5:01	11.9 (91.5%)
8	<b>GUSTAW Łukasz</b>	<b>5177</b>	KUDOWIANKA RUN	M-30	3	00:30:22	<b>00:51:15.80</b>	<b>00:51:17.80</b>	+00:05:05 (9.9%)	5:07	11.7 (90.0%)
9	<b>DUL Karolina</b>	<b>5152</b>		K-20	1	00:30:17	<b>00:51:43.45</b>	<b>00:51:45.25</b>	+00:05:33 (10.7%)	5:10	11.6 (89.2%)
10	<b>MASTYGA Andrzej</b>	<b>5093</b>	ANDREA TEAM	M-40	4	00:30:46	<b>00:52:21.95</b>	<b>00:52:23.45</b>	+00:06:11 (11.8%)	5:14	11.5 (88.5%)
11	<b>DUDEK Monika</b>	<b>5151</b>		K-30	1	00:30:50	<b>00:52:41.60</b>	<b>00:52:43.20</b>	+00:06:31 (12.4%)	5:16	11.4 (87.7%)
12	<b>GRAF Remigiusz</b>	<b>5059</b>	TURBO RUN LESZNO	M-50	1	00:31:02	<b>00:53:01.60</b>	<b>00:53:03.85</b>	+00:06:51 (12.9%)	5:18	11.3 (86.9%)
13	<b>PRYSTASZ Krzysztof</b>	<b>5117</b>	ROSKOSZNYTEAM	M-40	5	00:31:01	<b>00:53:03.20</b>	<b>00:53:04.90</b>	+00:06:52 (13.0%)	5:18	11.3 (86.9%)
14	<b>CYBULSKI Mariusz</b>	<b>5111</b>	SAINT-GOBAIN SQUAD, ADRUNALINETEAM, BIEGAJ Z MAŃKIEM	M-40	6	00:31:27	<b>00:53:08.20</b>	<b>00:53:09.65</b>	+00:06:57 (13.1%)	5:18	11.3 (86.9%)
15	<b>PRZYBYSZEWSKI Łukasz</b>	<b>5173</b>		M-40	7	00:32:05	<b>00:53:09.40</b>	<b>00:53:11.95</b>	+00:06:59 (13.2%)	5:18	11.3 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>KARCZEWSKA Joanna</b>	<b>5122</b>	FUNDACJA KIERUNEK ULTRA	K-40	1	00:32:33	<b>00:54:51.05</b>	<b>00:54:53.10</b>	+00:08:40 (15.8%)	5:29	10.9 (83.8%)
17	<b>OLECHNOWICZ Robert</b>	<b>5055</b>		M-50	2	00:33:03	<b>00:55:19.00</b>	<b>00:55:19.00</b>	+00:09:06 (16.5%)	5:31	10.8 (83.1%)
18	<b>KRAWCZYSZYN Pawel</b>	<b>5103</b>		M-40	8	00:33:06	<b>00:55:27.25</b>	<b>00:55:33.90</b>	+00:09:21 (16.8%)	5:32	10.8 (83.1%)
19	<b>ZIĘTARSKI Robert</b>	<b>5187</b>	RNB TEAM POLANICA ZDRÓJ	M-40	9	00:32:52	<b>00:55:36.70</b>	<b>00:55:40.15</b>	+00:09:27 (17.0%)	5:33	10.8 (83.1%)
20	<b>DOBRAŚ Zdzisław</b>	<b>5186</b>	NOWA RUDA BIEGA	M-60	1	00:33:03	<b>00:55:41.85</b>	<b>00:55:43.15</b>	+00:09:30 (17.1%)	5:34	10.8 (83.1%)
21	<b>KURZAWIAK Grzegorz</b>	<b>5125</b>	KUDOWIANAK RUN	M-40	10	00:33:17	<b>00:56:05.30</b>	<b>00:56:08.15</b>	+00:09:55 (17.7%)	5:36	10.7 (82.3%)
22	<b>HOTAŁA Sylwia</b>	<b>5017</b>	KUDOWIANKA RUN	K-30	2	00:33:32	<b>00:56:05.65</b>	<b>00:56:08.20</b>	+00:09:56 (17.7%)	5:36	10.7 (82.3%)
23	<b>SĘDZIK Piotr</b>	<b>5154</b>	APPLOVER ULTRA TEAM	M-20	3	00:33:26	<b>00:56:36.10</b>	<b>00:56:37.70</b>	+00:10:25 (18.4%)	5:39	10.6 (81.5%)
24	<b>KAMIŃSKI Artur</b>	<b>5092</b>		M-40	11		<b>00:56:43.00</b>	<b>00:56:43.00</b>	+00:10:30 (18.5%)	5:40	10.6 (81.5%)
25	<b>CICHY Krzysztof</b>	<b>5037</b>	GÓRAL Z MAZUR RUNNING TEAM	M-50	3	00:33:52	<b>00:57:01.50</b>	<b>00:57:03.90</b>	+00:10:51 (19.0%)	5:42	10.5 (80.8%)
26	<b>PĘCZAR Aneta</b>	<b>5107</b>	MAD RUNNERS	K-20	2	00:33:38	<b>00:57:05.85</b>	<b>00:57:07.95</b>	+00:10:55 (19.1%)	5:42	10.5 (80.8%)
27	<b>SASIN Dominika</b>	<b>5118</b>	ŻELAZNA ŚWIDNICA	K-20	3	00:33:43	<b>00:57:18.55</b>	<b>00:57:23.85</b>	+00:11:11 (19.5%)	5:43	10.5 (80.8%)
28	<b>PĘKALA Kamila</b>	<b>5109</b>	#BIEGAJZESŁAWKIEM	K-20	4	00:34:29	<b>00:57:21.75</b>	<b>00:57:24.60</b>	+00:11:12 (19.5%)	5:44	10.5 (80.8%)
29	<b>BAHRANOWSKA-KILIAN Maria</b>	<b>5148</b>	AZS AWF KRAKÓW MASTERS	K-20	5	00:34:16	<b>01:00:58.50</b>	<b>01:01:00.50</b>	+00:14:48 (24.3%)	6:05	9.8 (75.4%)
30	<b>SZOKA Krzysztof</b>	<b>5019</b>		M-20	4	00:36:38	<b>01:01:26.40</b>	<b>01:01:30.05</b>	+00:15:17 (24.9%)	6:08	9.8 (75.4%)
31	<b>MASTERNAK Łukasz</b>	<b>5115</b>		M-30	4	00:37:01	<b>01:01:37.05</b>	<b>01:01:41.50</b>	+00:15:29 (25.1%)	6:09	9.7 (74.6%)
32	<b>KUCZYŃSKI Zbigniew</b>	<b>5168</b>	KGHM ZGRUN	M-60	2	00:36:32	<b>01:02:20.90</b>	<b>01:02:22.05</b>	+00:16:09 (25.9%)	6:14	9.6 (73.8%)
33	<b>MOSSAKOWSKI Rafał</b>	<b>5171</b>	SEKCJA BIEGÓW DŁUGODYSTANSOWYCH AWL	M-20	5	00:37:55	<b>01:02:40.35</b>	<b>01:02:45.25</b>	+00:16:33 (26.4%)	6:16	9.6 (73.8%)
34	<b>DULĘBA Łukasz</b>	<b>5158</b>	DZIUBEK	M-40	12	00:37:54	<b>01:03:25.70</b>	<b>01:03:30.70</b>	+00:17:18 (27.3%)	6:20	9.5 (73.1%)
35	<b>ZIMNY Tomasz</b>	<b>5045</b>		M-60	3	00:38:10	<b>01:04:25.15</b>	<b>01:04:26.45</b>	+00:18:14 (28.3%)	6:26	9.3 (71.5%)
36	<b>SZABŁOWSKI Artur</b>	<b>5001</b>		M-50	4	00:37:55	<b>01:04:45.55</b>	<b>01:04:56.10</b>	+00:18:43 (28.8%)	6:28	9.3 (71.5%)
37	<b>ŚLADCZYK Dominik</b>	<b>5180</b>	MKST ITF	M-30	5	00:41:20	<b>01:04:52.35</b>	<b>01:05:05.30</b>	+00:18:53 (29.0%)	6:29	9.2 (70.8%)
38	<b>RESSEL Joanna</b>	<b>5174</b>	RNB TEAM POLANICA ZDRÓJ	K-30	3	00:38:21	<b>01:05:04.45</b>	<b>01:05:07.45</b>	+00:18:55 (29.1%)	6:30	9.2 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
39	FANAJŁO Wojciech	5114		M-30	6	00:38:49	01:05:54.70	01:05:59.10	+00:19:46 (30.0%)	6:35	9.1 (70.0%)
40	ZAJĄC Aleksander	5183		M-30	7	00:40:34	01:07:01.05	01:07:13.70	+00:21:01 (31.3%)	6:42	9 (69.2%)
41	CHOMICZ-SZABŁOWSKA Anna	5002		K-40	2	00:39:41	01:07:26.25	01:07:35.90	+00:21:23 (31.7%)	6:44	8.9 (68.5%)
42	KRYSTOSIAK Mateusz	5160		M-20	6	00:40:22	01:07:30.40	01:07:37.90	+00:21:25 (31.7%)	6:45	8.9 (68.5%)
43	HONCZA Tomasz	5150	MOCNA GRUPA CEZARA	M-30	8	00:40:35	01:07:36.90	01:07:43.50	+00:21:31 (31.8%)	6:45	8.9 (68.5%)
44	MAZIAREK Adela	5021		K-40	3	00:39:50	01:07:53.10	01:07:55.45	+00:21:43 (32.0%)	6:47	8.8 (67.7%)
45	PRAŻANOWSKI Mariusz	5101		M-50	5	00:40:15	01:08:08.25	01:08:12.90	+00:22:00 (32.3%)	6:48	8.8 (67.7%)
46	WRÓBLEWSKI Jarosław	5190	RAZ SZCZECIN	M-40	13	00:41:24	01:08:29.30	01:08:37.50	+00:22:25 (32.7%)	6:50	8.8 (67.7%)
47	GULAJSKI Rafał	5185	OSIEM	M-40	14	00:41:17	01:08:35.50	01:08:40.50	+00:22:28 (32.7%)	6:51	8.7 (66.9%)
48	MOSÓR Mariusz	5062		M-50	6	00:39:02	01:08:39.75	01:08:45.80	+00:22:33 (32.8%)	6:51	8.7 (66.9%)
49	PAWLIKOWSKA Anna	5159		K-40	4	00:41:09	01:08:45.60	01:08:52.60	+00:22:40 (32.9%)	6:52	8.7 (66.9%)
50	ZAPOTOCZNY Mariusz	5147		M-40	15	00:42:06	01:08:52.30	01:09:01.90	+00:22:49 (33.1%)	6:53	8.7 (66.9%)
51	BARANIECKA Justyna	5167	BIEGAM BO LUBIE GŁOGÓW	K-40	5	00:40:11	01:08:57.75	01:09:02.50	+00:22:50 (33.1%)	6:53	8.7 (66.9%)
52	WÓJCIK Kamila	5189	STRONE BIEGA	K-40	6	00:41:31	01:09:15.20	01:09:18.80	+00:23:06 (33.3%)	6:55	8.7 (66.9%)
53	PARASZCZUK Dominika	5030	BBL GŁOGÓW	K-40	7	00:41:45	01:09:30.20	01:09:34.45	+00:23:22 (33.6%)	6:57	8.6 (66.2%)
54	PIETRZAK Maciej	5096		M-40	16	00:42:06	01:10:09.45	01:10:20.65	+00:24:08 (34.3%)	7:00	8.6 (66.2%)
55	TOKARSKI Joachim	5145	KUDOWIANKA RUN	M-40	17	00:39:18	01:11:06.50	01:11:11.70	+00:24:59 (35.1%)	7:06	8.4 (64.6%)
56	JURDZIAK Karolina	5034		K-40	8	00:41:21	01:11:08.80	01:11:13.15	+00:25:00 (35.1%)	7:06	8.4 (64.6%)
57	MADZIA Aleksandra	5191	RNB TEAM POLANICA ZDRÓJ	K-30	4	00:42:44	01:11:44.90	01:11:48.35	+00:25:36 (35.7%)	7:10	8.4 (64.6%)
58	APTOWICZ Paweł	5170	SEKCJA BIEGÓW DŁUGODYSTANSOWYCH AKADEMII WOJSK LĄDOWYCH	M-20	7	00:41:51	01:11:51.20	01:11:56.50	+00:25:44 (35.8%)	7:11	8.4 (64.6%)
59	MARTAN Iwona	5146		K-40	9	00:43:06	01:12:00.10	01:12:10.60	+00:25:58 (36.0%)	7:12	8.3 (63.8%)
60	ZALEWSKI Radosław	5075		M-30	9	00:44:33	01:12:01.25	01:12:14.65	+00:26:02 (36.0%)	7:12	8.3 (63.8%)
61	KORDOWSKI Wojciech	5157		M-40	18	00:42:05	01:12:23.05	01:12:23.05	+00:26:10 (36.2%)	7:14	8.3 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
62	<b>MRÓZ Urszula</b>	<b>5188</b>	STRONE BIEGA	K-60	1	00:42:29	<b>01:12:23.55</b>	<b>01:12:27.35</b>	+00:26:15 (36.2%)	7:14	8.3 (63.8%)
63	<b>SZYMAŃSKI Grzegorz</b>	<b>5104</b>	RNB TEAM POLANICA ZDRÓJ	M-40	19	00:42:22	<b>01:12:38.60</b>	<b>01:12:42.45</b>	+00:26:30 (36.5%)	7:15	8.3 (63.8%)
64	<b>SURDAKCI Piotr</b>	<b>5119</b>		M-40	20	00:42:36	<b>01:12:39.35</b>	<b>01:12:48.75</b>	+00:26:36 (36.5%)	7:15	8.3 (63.8%)
65	<b>ŻYGIEŁO Monika</b>	<b>5042</b>	CH10	K-40	10	00:42:37	<b>01:12:39.55</b>	<b>01:12:48.95</b>	+00:26:36 (36.5%)	7:15	8.3 (63.8%)
66	<b>ZACHARA Katarzyna</b>	<b>5192</b>	RNB TEAM POLANICA ZDRÓJ	K-40	11	00:42:57	<b>01:12:53.20</b>	<b>01:12:56.80</b>	+00:26:44 (36.7%)	7:17	8.2 (63.1%)
67	<b>SIKORA Marek</b>	<b>5029</b>	BBL GŁOGÓW	M-40	21	00:43:31	<b>01:12:58.00</b>	<b>01:13:02.70</b>	+00:26:50 (36.7%)	7:17	8.2 (63.1%)
68	<b>BONIEC Aleksander</b>	<b>5127</b>	NADLEŚNICTWO LIPINKI	M-60	4	00:43:01	<b>01:13:30.15</b>	<b>01:13:33.30</b>	+00:27:21 (37.2%)	7:21	8.2 (63.1%)
69	<b>ŁYCZEK Rafał</b>	<b>5083</b>	JA I MÓJ BRZUCH	M-30	10	00:44:23	<b>01:13:23.55</b>	<b>01:13:37.25</b>	+00:27:25 (37.2%)	7:20	8.2 (63.1%)
70	<b>HEJNA Małgorzata</b>	<b>5073</b>	SZCZECIN	K-50	1	00:44:17	<b>01:14:20.70</b>	<b>01:14:22.50</b>	+00:28:10 (37.9%)	7:26	8.1 (62.3%)
71	<b>GMEREK Ewelina</b>	<b>5084</b>		K-40	12	00:44:33	<b>01:14:58.05</b>	<b>01:15:05.60</b>	+00:28:53 (38.5%)	7:29	8 (61.5%)
72	<b>MAZIAREK Michał</b>	<b>5072</b>		M-40	22	00:44:03	<b>01:15:21.80</b>	<b>01:15:27.85</b>	+00:29:15 (38.8%)	7:32	8 (61.5%)
73	<b>CZARNECKI Rafał</b>	<b>5163</b>		M-40	23	00:45:35	<b>01:15:35.35</b>	<b>01:15:50.20</b>	+00:29:38 (39.1%)	7:33	7.9 (60.8%)
74	<b>NARKUN Tomasz</b>	<b>5149</b>	WIG20TUDEMUN	M-40	24	00:44:48	<b>01:16:47.75</b>	<b>01:16:53.65</b>	+00:30:41 (39.9%)	7:40	7.8 (60.0%)
75	<b>SĘDZIK Mikołaj</b>	<b>5193</b>		M-20	8	00:46:38	<b>01:17:07.40</b>	<b>01:17:18.00</b>	+00:31:05 (40.2%)	7:42	7.8 (60.0%)
76	<b>CHORAŻYCZEWSKI Michał</b>	<b>5050</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	25	00:44:02	<b>01:17:26.35</b>	<b>01:17:30.00</b>	+00:31:17 (40.4%)	7:44	7.7 (59.2%)
77	<b>JASTRZĄBEK Marek</b>	<b>5124</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	26	00:44:02	<b>01:17:26.70</b>	<b>01:17:30.05</b>	+00:31:17 (40.4%)	7:44	7.7 (59.2%)
78	<b>SĘDZIK Jacek</b>	<b>5155</b>	VILLA MEDICA	M-50	7	00:45:58	<b>01:17:36.05</b>	<b>01:17:46.25</b>	+00:31:34 (40.6%)	7:45	7.7 (59.2%)
79	-----	<b>5043</b>	KB ZDYSZAAANI CHOCIANÓW	K-40	13	00:46:53	<b>01:17:44.85</b>	<b>01:17:53.90</b>	+00:31:41 (40.7%)	7:46	7.7 (59.2%)
80	<b>CIEKAŃSKA Joanna</b>	<b>5098</b>		K-40	14	00:45:47	<b>01:18:13.35</b>	<b>01:18:19.55</b>	+00:32:07 (41.0%)	7:49	7.7 (59.2%)
81	<b>MROCZKOWSKI Dominik</b>	<b>5039</b>		M-20	9	00:46:48	<b>01:18:20.85</b>	<b>01:18:29.35</b>	+00:32:17 (41.1%)	7:50	7.7 (59.2%)
82	<b>SZYCH Katarzyna</b>	<b>5013</b>	RAZ SZCZECIN	K-50	2	00:47:02	<b>01:18:20.80</b>	<b>01:18:29.65</b>	+00:32:17 (41.1%)	7:50	7.7 (59.2%)
83	<b>LATOS Joanna</b>	<b>5172</b>		K-40	15	00:47:01	<b>01:18:58.65</b>	<b>01:19:04.25</b>	+00:32:52 (41.6%)	7:53	7.6 (58.5%)
84	<b>MARCINKOWSKI Marcin</b>	<b>5165</b>		M-30	11	00:47:18	<b>01:18:56.25</b>	<b>01:19:07.35</b>	+00:32:55 (41.6%)	7:53	7.6 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>BROŻYNA Magda</b>	<b>5014</b>		K-40	16	00:47:34	<b>01:19:20.90</b>	<b>01:19:28.05</b>	+00:33:15 (41.9%)	7:56	7.6 (58.5%)
86	<b>SZPILA Jarosław</b>	<b>5162</b>		M-50	8	00:47:14	<b>01:20:44.40</b>	<b>01:20:57.40</b>	+00:34:45 (42.9%)	8:04	7.4 (56.9%)
87	<b>MISIAK Urszula</b>	<b>5052</b>		K-30	5	00:47:30	<b>01:21:09.95</b>	<b>01:21:18.75</b>	+00:35:06 (43.2%)	8:06	7.4 (56.9%)
88	<b>FRAĆKOWIAK Elżbieta</b>	<b>5181</b>		K-40	17	00:48:24	<b>01:21:47.65</b>	<b>01:21:59.25</b>	+00:35:47 (43.6%)	8:10	7.3 (56.2%)
89	<b>LESZCZUK Patrycja</b>	<b>5139</b>		K-30	6	00:48:24	<b>01:21:51.95</b>	<b>01:22:02.75</b>	+00:35:50 (43.7%)	8:11	7.3 (56.2%)
90	<b>MAJCHRZAK GALADYK Helena</b>	<b>5123</b>		K-40	18	00:49:27	<b>01:21:56.95</b>	<b>01:22:04.70</b>	+00:35:52 (43.7%)	8:11	7.3 (56.2%)
91	<b>URBANIAK Izabela</b>	<b>5136</b>	UKS ARKADY	K-40	19	00:48:53	<b>01:22:07.55</b>	<b>01:22:16.60</b>	+00:36:04 (43.8%)	8:12	7.3 (56.2%)
92	<b>PIETRASIK Andrzej</b>	<b>5041</b>		M-30	12	00:48:38	<b>01:22:17.65</b>	<b>01:22:25.25</b>	+00:36:13 (43.9%)	8:13	7.3 (56.2%)
93	<b>LIŚKIEWICZ Marzena</b>	<b>5047</b>		K-40	20	00:49:24	<b>01:22:32.80</b>	<b>01:22:41.60</b>	+00:36:29 (44.1%)	8:15	7.3 (56.2%)
94	<b>KUCHCINSKA Diana</b>	<b>5097</b>		K-40	21	00:48:32	<b>01:22:50.95</b>	<b>01:22:57.45</b>	+00:36:45 (44.3%)	8:17	7.2 (55.4%)
95	<b>PŁUCIENNICZAK Barbara</b>	<b>5132</b>		K-40	22	00:49:24	<b>01:23:06.70</b>	<b>01:23:11.20</b>	+00:36:59 (44.5%)	8:18	7.2 (55.4%)
96	<b>GOLEBIEWSKA Małgorzata</b>	<b>5028</b>	RUN TEAM RYDZYNA	K-40	23	00:47:29	<b>01:23:12.70</b>	<b>01:23:18.05</b>	+00:37:05 (44.5%)	8:19	7.2 (55.4%)
97	<b>NADOLNA Karina</b>	<b>5179</b>	RUN TEAM RYDZYNA	K-40	24	00:47:31	<b>01:23:12.50</b>	<b>01:23:18.10</b>	+00:37:05 (44.5%)	8:19	7.2 (55.4%)
98	<b>SZERMENT Magdalena</b>	<b>5061</b>		K-40	25	00:50:37	<b>01:23:24.45</b>	<b>01:23:31.90</b>	+00:37:19 (44.7%)	8:20	7.2 (55.4%)
99	<b>LESZCZYNA Magdalena</b>	<b>5066</b>	ZRYW	K-40	26	00:48:49	<b>01:23:41.35</b>	<b>01:23:44.50</b>	+00:37:32 (44.8%)	8:22	7.2 (55.4%)
100	<b>BOKSZA Robert</b>	<b>5070</b>		M-40	27	00:49:32	<b>01:24:13.00</b>	<b>01:24:13.00</b>	+00:38:00 (45.1%)	8:25	7.1 (54.6%)
101	<b>SZYMAŃSKA Agnieszka</b>	<b>5105</b>	RNB TEAM POLANICA ZDRÓJ	K-50	3	00:49:51	<b>01:24:49.45</b>	<b>01:24:53.50</b>	+00:38:41 (45.6%)	8:28	7.1 (54.6%)
102	<b>PIEPZYCKA Agata</b>	<b>5046</b>	#BIEGAJLESZNO	K-40	27	00:48:55	<b>01:25:18.45</b>	<b>01:25:18.45</b>	+00:39:06 (45.8%)	8:31	7 (53.8%)
103	<b>KUBUJ Karolina</b>	<b>5116</b>		K-20	6	00:49:16	<b>01:25:23.15</b>	<b>01:25:33.35</b>	+00:39:21 (46.0%)	8:32	7 (53.8%)
104	<b>KRYSZEWSKI Artur</b>	<b>5110</b>		M-30	13	00:50:20	<b>01:25:38.05</b>	<b>01:25:42.85</b>	+00:39:30 (46.1%)	8:33	7 (53.8%)
105	<b>KORSAK Agata</b>	<b>5113</b>		K-30	7	00:50:23	<b>01:25:55.75</b>	<b>01:26:05.95</b>	+00:39:53 (46.3%)	8:35	7 (53.8%)
106	<b>BUDZISZEWSKA Monika</b>	<b>5067</b>	ZRYW	K-40	28	00:50:57	<b>01:27:00.70</b>	<b>01:27:03.55</b>	+00:40:51 (46.9%)	8:42	6.9 (53.1%)
107	<b>JANIK Ewa</b>	<b>5140</b>		K-40	29	00:50:13	<b>01:26:57.75</b>	<b>01:27:04.15</b>	+00:40:51 (46.9%)	8:41	6.9 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
108	KACZMAREK Anna	5120		K-30	8	00:51:23	<b>01:27:08.95</b>	<b>01:27:14.70</b>	+00:41:02 (47.0%)	8:42	6.9 (53.1%)
109	ADAMIAK Piotr	5141	BIEGAM Z IDEA KUCHNI	M-40	28	00:49:46	<b>01:27:39.35</b>	<b>01:27:48.20</b>	+00:41:36 (47.4%)	8:45	6.8 (52.3%)
110	ŚMIEJCZAK Damian	5135		M-30	14	00:51:49	<b>01:27:44.05</b>	<b>01:27:54.75</b>	+00:41:42 (47.4%)	8:46	6.8 (52.3%)
111	KOBUS-DUNAJ Lidia	5137		K-30	9	00:50:16	<b>01:27:54.90</b>	<b>01:28:02.05</b>	+00:41:49 (47.5%)	8:47	6.8 (52.3%)
112	HULBOJ Marlena	5044	AKTYWNA NOWA RUDA	K-30	10	00:49:52	<b>01:28:08.00</b>	<b>01:28:13.60</b>	+00:42:01 (47.6%)	8:48	6.8 (52.3%)
113	PARADA Magdalena	5078		K-40	30	00:53:13	<b>01:28:17.10</b>	<b>01:28:29.60</b>	+00:42:17 (47.8%)	8:49	6.8 (52.3%)
114	LIPSKA Agata	5143		K-50	4	00:52:29	<b>01:28:24.15</b>	<b>01:28:37.30</b>	+00:42:25 (47.9%)	8:50	6.8 (52.3%)
115	WASYLUK Agnieszka	5142		K-50	5	00:52:32	<b>01:28:26.00</b>	<b>01:28:37.85</b>	+00:42:25 (47.9%)	8:50	6.8 (52.3%)
116	WOREK Sylwia	5074		K-40	31	00:50:47	<b>01:28:37.35</b>	<b>01:28:40.20</b>	+00:42:28 (47.9%)	8:51	6.8 (52.3%)
117	KOZŁOWSKA Magdalena	5064		K-40	32	00:53:12	<b>01:30:00.45</b>	<b>01:30:08.20</b>	+00:43:56 (48.7%)	9:00	6.7 (51.5%)
118	CZARNECKA Agnieszka	5164		K-40	33	00:52:58	<b>01:30:31.10</b>	<b>01:30:40.05</b>	+00:44:27 (49.0%)	9:03	6.6 (50.8%)
119	ANTKOWIAK Joanna	5036	BIEGAJ LESZNO	K-40	34	00:54:36	<b>01:30:53.85</b>	<b>01:30:57.90</b>	+00:44:45 (49.2%)	9:05	6.6 (50.8%)
120	ANTKOWIAK Joachim	5088	#BIEGAJLESZNO	M-40	29	00:54:31	<b>01:30:54.30</b>	<b>01:30:59.00</b>	+00:44:46 (49.2%)	9:05	6.6 (50.8%)
121	ZIÓŁEK Teresa	5121	STAY INSANE	K-60	2	00:54:19	<b>01:30:58.75</b>	<b>01:31:09.05</b>	+00:44:56 (49.3%)	9:05	6.6 (50.8%)
122	DOMOSŁAWSKI Paweł	5057		M-60	5	00:53:12	<b>01:31:11.35</b>	<b>01:31:19.10</b>	+00:45:06 (49.4%)	9:07	6.6 (50.8%)
123	WASYLUK Tomasz	5144		M-50	9	00:54:27	<b>01:31:25.30</b>	<b>01:31:37.00</b>	+00:45:24 (49.6%)	9:08	6.6 (50.8%)
124	CISICKA Daria	5071		K-30	11	00:54:37	<b>01:31:32.05</b>	<b>01:31:40.40</b>	+00:45:28 (49.6%)	9:09	6.6 (50.8%)
125	MOSÓR Lilla	5063	LISY PUSTYNI	K-50	6	00:53:10	<b>01:31:40.10</b>	<b>01:31:45.90</b>	+00:45:33 (49.7%)	9:10	6.5 (50.0%)
126	STOBIŃSKA Kamila	5049		K-40	35	00:52:39	<b>01:33:14.10</b>	<b>01:33:22.65</b>	+00:47:10 (50.5%)	9:19	6.4 (49.2%)
127	MIKOŁAJEWICZ Beata	5080	FZCJ	K-40	36	00:53:21	<b>01:33:28.65</b>	<b>01:33:40.05</b>	+00:47:27 (50.7%)	9:20	6.4 (49.2%)
128	SOJA-WAWRYSZEWICZ Agata	5051		K-40	37	00:54:05	<b>01:34:25.50</b>	<b>01:34:32.95</b>	+00:48:20 (51.1%)	9:26	6.4 (49.2%)
129	DAMEK Mariola	5069		K-50	7	00:55:31	<b>01:34:46.40</b>	<b>01:34:46.40</b>	+00:48:34 (51.2%)	9:28	6.3 (48.5%)
130	JOACHIMIAK Anna	5112		K-30	12	00:54:27	<b>01:35:13.40</b>	<b>01:35:18.50</b>	+00:49:06 (51.5%)	9:31	6.3 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
131	<b>KLINOWSKI Mirosław</b>	<b>5106</b>		M-40	30	00:54:35	<b>01:35:15.60</b>	<b>01:35:28.10</b>	+00:49:15 (51.6%)	9:31	6.3 (48.5%)
132	<b>FRAÇKOWIAK Jacek</b>	<b>5182</b>	WSK	M-40	31	00:56:21	<b>01:37:37.05</b>	<b>01:37:48.90</b>	+00:51:36 (52.8%)	9:45	6.1 (46.9%)
133	<b>BIENIEK Iwona</b>	<b>5133</b>	UKS ARKADY	K-50	8	00:56:38	<b>01:37:39.90</b>	<b>01:37:49.55</b>	+00:51:37 (52.8%)	9:45	6.1 (46.9%)
134	<b>SZÓSTAK Marzena</b>	<b>5027</b>	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-60	3	00:57:53	<b>01:37:40.45</b>	<b>01:37:50.65</b>	+00:51:38 (52.8%)	9:46	6.1 (46.9%)
135	<b>BŁACHNIO Dorota</b>	<b>5010</b>	RAZ SZCZECIN	K-50	9	00:56:54	<b>01:37:48.10</b>	<b>01:37:54.80</b>	+00:51:42 (52.8%)	9:46	6.1 (46.9%)
136	<b>MAJOS Małgorzata</b>	<b>5007</b>	RAZ SZCZECIN	K-50	10	00:56:54	<b>01:37:47.85</b>	<b>01:37:55.05</b>	+00:51:42 (52.8%)	9:46	6.1 (46.9%)
137	<b>GABERT Beata</b>	<b>5009</b>	RAZ SZCZECIN	K-50	11	00:56:53	<b>01:37:47.25</b>	<b>01:37:55.20</b>	+00:51:43 (52.8%)	9:46	6.1 (46.9%)
138	<b>GONERA Janina</b>	<b>5016</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-60	4	00:56:59	<b>01:37:45.45</b>	<b>01:37:55.65</b>	+00:51:43 (52.8%)	9:46	6.1 (46.9%)
139	<b>MICHNOWSKA Milena</b>	<b>5184</b>		K-40	38	00:57:30	<b>01:38:57.55</b>	<b>01:39:04.25</b>	+00:52:52 (53.4%)	9:53	6.1 (46.9%)
140	<b>BIENIEK Marta</b>	<b>5134</b>		K-30	13	00:58:59	<b>01:39:04.65</b>	<b>01:39:15.15</b>	+00:53:02 (53.4%)	9:54	6.1 (46.9%)
141	<b>DUBIAŁ Halina</b>	<b>5022</b>	BABCIE BIEGAJĄ	K-60	5	00:58:00	<b>01:39:10.15</b>	<b>01:39:22.15</b>	+00:53:09 (53.5%)	9:55	6.1 (46.9%)
141	<b>KOZAK Krystyna</b>	<b>5020</b>	LOB	K-50	12	00:58:14	<b>01:39:22.15</b>	<b>01:39:22.15</b>	+00:53:09 (53.5%)	9:56	6 (46.2%)
141	<b>PISULA Maja</b>	<b>5015</b>		K-40	39	00:57:54	<b>01:39:09.20</b>	<b>01:39:22.15</b>	+00:53:09 (53.5%)	9:54	6.1 (46.9%)
144	<b>GAŁEK Anita</b>	<b>5056</b>		K-40	40	00:56:56	<b>01:39:23.90</b>	<b>01:39:31.65</b>	+00:53:19 (53.6%)	9:56	6 (46.2%)
145	<b>KOWALIK Aleksandra</b>	<b>5038</b>		K-20	7	00:55:44	<b>01:39:26.90</b>	<b>01:39:35.00</b>	+00:53:22 (53.6%)	9:56	6 (46.2%)
146	<b>LIS Agnieszka</b>	<b>5040</b>		K-40	41	00:57:05	<b>01:39:36.85</b>	<b>01:39:36.85</b>	+00:53:24 (53.6%)	9:57	6 (46.2%)
147	<b>PRZYŁUSKA Mirosława</b>	<b>5006</b>	RAZ SZCZECIN	K-60	6	00:57:29	<b>01:40:25.05</b>	<b>01:40:31.55</b>	+00:54:19 (54.0%)	10:02	6 (46.2%)
148	<b>PARTYKA Agnieszka</b>	<b>5000</b>	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-40	42	00:58:32	<b>01:41:04.05</b>	<b>01:41:13.60</b>	+00:55:01 (54.4%)	10:06	5.9 (45.4%)
149	<b>MIELNIK Sylwester</b>	<b>5128</b>		M-30	15	00:58:59	<b>01:42:50.75</b>	<b>01:43:03.10</b>	+00:56:50 (55.2%)	10:17	5.8 (44.6%)
150	<b>MIELNIK Natalia</b>	<b>5018</b>		K-30	14	00:59:00	<b>01:42:51.30</b>	<b>01:43:03.20</b>	+00:56:51 (55.2%)	10:17	5.8 (44.6%)
150	<b>TOKARSKA Iwanka</b>	<b>5129</b>		K-40	43	00:59:00	<b>01:42:51.50</b>	<b>01:43:03.20</b>	+00:56:51 (55.2%)	10:17	5.8 (44.6%)
152	<b>WITCZAK-SPERKA Mariola</b>	<b>5008</b>	RAZ SZCZECIN	K-60	7	00:58:36	<b>01:43:05.35</b>	<b>01:43:12.25</b>	+00:57:00 (55.2%)	10:18	5.8 (44.6%)
153	<b>TRĘBACZ Marianna</b>	<b>5091</b>		K-30	15	00:57:51	<b>01:43:17.40</b>	<b>01:43:23.20</b>	+00:57:11 (55.3%)	10:19	5.8 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	<b>ADAMSKI Marzena</b>	<b>5090</b>		K-40	44	00:57:36	<b>01:43:17.20</b>	<b>01:43:23.40</b>	+00:57:11 (55.3%)	10:19	5.8 (44.6%)
155	<b>BOROWSKA-TOMCZYK Anna</b>	<b>5032</b>		K-60	8	01:16:00	<b>02:19:03.75</b>	<b>02:19:06.50</b>	+01:32:54 (66.8%)	13:54	4.3 (33.1%)
156	<b>WOŹNIAK Anna</b>	<b>5086</b>		K-40	45	01:19:51	<b>02:24:10.30</b>	<b>02:24:23.75</b>	+01:38:11 (68.0%)	14:25	4.2 (32.3%)

Znaleziono 156 wynik(ów)