

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

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

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							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%)

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

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							netto 10km	brutto 10km			
85	BROŻYNA Magda	5014		K-40	16	00:47:34	01:19:20.90	01:19:28.05	+00:33:15 (41.9%)	7:56	7.6 (58.5%)
86	SZPILA Jarosław	5162		M-50	8	00:47:14	01:20:44.40	01:20:57.40	+00:34:45 (42.9%)	8:04	7.4 (56.9%)
87	MISIAK Urszula	5052		K-30	5	00:47:30	01:21:09.95	01:21:18.75	+00:35:06 (43.2%)	8:06	7.4 (56.9%)
88	FRAĆKOWIAK Elżbieta	5181		K-40	17	00:48:24	01:21:47.65	01:21:59.25	+00:35:47 (43.6%)	8:10	7.3 (56.2%)
89	LESZCZUK Patrycja	5139		K-30	6	00:48:24	01:21:51.95	01:22:02.75	+00:35:50 (43.7%)	8:11	7.3 (56.2%)
90	MAJCHRZAK GALADYK Helena	5123		K-40	18	00:49:27	01:21:56.95	01:22:04.70	+00:35:52 (43.7%)	8:11	7.3 (56.2%)
91	URBANIAK Izabela	5136	UKS ARKADY	K-40	19	00:48:53	01:22:07.55	01:22:16.60	+00:36:04 (43.8%)	8:12	7.3 (56.2%)
92	PIETRASIK Andrzej	5041		M-30	12	00:48:38	01:22:17.65	01:22:25.25	+00:36:13 (43.9%)	8:13	7.3 (56.2%)
93	LIŚKIEWICZ Marzena	5047		K-40	20	00:49:24	01:22:32.80	01:22:41.60	+00:36:29 (44.1%)	8:15	7.3 (56.2%)
94	KUCHCINSKA Diana	5097		K-40	21	00:48:32	01:22:50.95	01:22:57.45	+00:36:45 (44.3%)	8:17	7.2 (55.4%)
95	PŁUCIENNICZAK Barbara	5132		K-40	22	00:49:24	01:23:06.70	01:23:11.20	+00:36:59 (44.5%)	8:18	7.2 (55.4%)
96	GOLEBIEWSKA Małgorzata	5028	RUN TEAM RYDZYNA	K-40	23	00:47:29	01:23:12.70	01:23:18.05	+00:37:05 (44.5%)	8:19	7.2 (55.4%)
97	NADOLNA Karina	5179	RUN TEAM RYDZYNA	K-40	24	00:47:31	01:23:12.50	01:23:18.10	+00:37:05 (44.5%)	8:19	7.2 (55.4%)
98	SZERMENT Magdalena	5061		K-40	25	00:50:37	01:23:24.45	01:23:31.90	+00:37:19 (44.7%)	8:20	7.2 (55.4%)
99	LESZCZYNA Magdalena	5066	ZRYW	K-40	26	00:48:49	01:23:41.35	01:23:44.50	+00:37:32 (44.8%)	8:22	7.2 (55.4%)
100	BOKSZA Robert	5070		M-40	27	00:49:32	01:24:13.00	01:24:13.00	+00:38:00 (45.1%)	8:25	7.1 (54.6%)
101	SZYMAŃSKA Agnieszka	5105	RNB TEAM POLANICA ZDRÓJ	K-50	3	00:49:51	01:24:49.45	01:24:53.50	+00:38:41 (45.6%)	8:28	7.1 (54.6%)
102	PIEPZYCKA Agata	5046	#BIEGAJLESZNO	K-40	27	00:48:55	01:25:18.45	01:25:18.45	+00:39:06 (45.8%)	8:31	7 (53.8%)
103	KUBUJ Karolina	5116		K-20	6	00:49:16	01:25:23.15	01:25:33.35	+00:39:21 (46.0%)	8:32	7 (53.8%)
104	KRYSEWSKI Artur	5110		M-30	13	00:50:20	01:25:38.05	01:25:42.85	+00:39:30 (46.1%)	8:33	7 (53.8%)
105	KORSAK Agata	5113		K-30	7	00:50:23	01:25:55.75	01:26:05.95	+00:39:53 (46.3%)	8:35	7 (53.8%)
106	BUDZISZEWSKA Monika	5067	ZRYW	K-40	28	00:50:57	01:27:00.70	01:27:03.55	+00:40:51 (46.9%)	8:42	6.9 (53.1%)
107	JANIK Ewa	5140		K-40	29	00:50:13	01:26:57.75	01:27:04.15	+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	01:27:08.95	01:27:14.70	+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	01:27:39.35	01:27:48.20	+00:41:36 (47.4%)	8:45	6.8 (52.3%)
110	ŚMIEJCZAK Damian	5135		M-30	14	00:51:49	01:27:44.05	01:27:54.75	+00:41:42 (47.4%)	8:46	6.8 (52.3%)
111	KOBUS-DUNAJ Lidia	5137		K-30	9	00:50:16	01:27:54.90	01:28:02.05	+00:41:49 (47.5%)	8:47	6.8 (52.3%)
112	HULBOJ Marlena	5044	AKTYWNA NOWA RUDA	K-30	10	00:49:52	01:28:08.00	01:28:13.60	+00:42:01 (47.6%)	8:48	6.8 (52.3%)
113	PARADA Magdalena	5078		K-40	30	00:53:13	01:28:17.10	01:28:29.60	+00:42:17 (47.8%)	8:49	6.8 (52.3%)
114	LIPSKA Agata	5143		K-50	4	00:52:29	01:28:24.15	01:28:37.30	+00:42:25 (47.9%)	8:50	6.8 (52.3%)
115	WASYLUK Agnieszka	5142		K-50	5	00:52:32	01:28:26.00	01:28:37.85	+00:42:25 (47.9%)	8:50	6.8 (52.3%)
116	WOREK Sylwia	5074		K-40	31	00:50:47	01:28:37.35	01:28:40.20	+00:42:28 (47.9%)	8:51	6.8 (52.3%)
117	KOZŁOWSKA Magdalena	5064		K-40	32	00:53:12	01:30:00.45	01:30:08.20	+00:43:56 (48.7%)	9:00	6.7 (51.5%)
118	CZARNECKA Agnieszka	5164		K-40	33	00:52:58	01:30:31.10	01:30:40.05	+00:44:27 (49.0%)	9:03	6.6 (50.8%)
119	ANTKOWIAK Joanna	5036	BIEGAJ LESZNO	K-40	34	00:54:36	01:30:53.85	01:30:57.90	+00:44:45 (49.2%)	9:05	6.6 (50.8%)
120	ANTKOWIAK Joachim	5088	#BIEGAJLESZNO	M-40	29	00:54:31	01:30:54.30	01:30:59.00	+00:44:46 (49.2%)	9:05	6.6 (50.8%)
121	ZIÓŁEK Teresa	5121	STAY INSANE	K-60	2	00:54:19	01:30:58.75	01:31:09.05	+00:44:56 (49.3%)	9:05	6.6 (50.8%)
122	DOMOSŁAWSKI Paweł	5057		M-60	5	00:53:12	01:31:11.35	01:31:19.10	+00:45:06 (49.4%)	9:07	6.6 (50.8%)
123	WASYLUK Tomasz	5144		M-50	9	00:54:27	01:31:25.30	01:31:37.00	+00:45:24 (49.6%)	9:08	6.6 (50.8%)
124	CISICKA Daria	5071		K-30	11	00:54:37	01:31:32.05	01:31:40.40	+00:45:28 (49.6%)	9:09	6.6 (50.8%)
125	MOSÓR Lilla	5063	LISY PUSTYNI	K-50	6	00:53:10	01:31:40.10	01:31:45.90	+00:45:33 (49.7%)	9:10	6.5 (50.0%)
126	STOBIŃSKA Kamila	5049		K-40	35	00:52:39	01:33:14.10	01:33:22.65	+00:47:10 (50.5%)	9:19	6.4 (49.2%)
127	MIKOŁAJEWICZ Beata	5080	FZCJ	K-40	36	00:53:21	01:33:28.65	01:33:40.05	+00:47:27 (50.7%)	9:20	6.4 (49.2%)
128	SOJA-WAWRYSZEWICZ Agata	5051		K-40	37	00:54:05	01:34:25.50	01:34:32.95	+00:48:20 (51.1%)	9:26	6.4 (49.2%)
129	DAMEK Mariola	5069		K-50	7	00:55:31	01:34:46.40	01:34:46.40	+00:48:34 (51.2%)	9:28	6.3 (48.5%)
130	JOACHIMIAK Anna	5112		K-30	12	00:54:27	01:35:13.40	01:35:18.50	+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	KLINOWSKI Mirosław	5106		M-40	30	00:54:35	01:35:15.60	01:35:28.10	+00:49:15 (51.6%)	9:31	6.3 (48.5%)
132	FRAÇKOWIAK Jacek	5182	WSK	M-40	31	00:56:21	01:37:37.05	01:37:48.90	+00:51:36 (52.8%)	9:45	6.1 (46.9%)
133	BIENIEK Iwona	5133	UKS ARKADY	K-50	8	00:56:38	01:37:39.90	01:37:49.55	+00:51:37 (52.8%)	9:45	6.1 (46.9%)
134	SZÓSTAK Marzena	5027	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-60	3	00:57:53	01:37:40.45	01:37:50.65	+00:51:38 (52.8%)	9:46	6.1 (46.9%)
135	BŁACHNIO Dorota	5010	RAZ SZCZECIN	K-50	9	00:56:54	01:37:48.10	01:37:54.80	+00:51:42 (52.8%)	9:46	6.1 (46.9%)
136	MAJOS Małgorzata	5007	RAZ SZCZECIN	K-50	10	00:56:54	01:37:47.85	01:37:55.05	+00:51:42 (52.8%)	9:46	6.1 (46.9%)
137	GABERT Beata	5009	RAZ SZCZECIN	K-50	11	00:56:53	01:37:47.25	01:37:55.20	+00:51:43 (52.8%)	9:46	6.1 (46.9%)
138	GONERA Janina	5016	KB HARCOWNIK JELCZ-LASKOWICE	K-60	4	00:56:59	01:37:45.45	01:37:55.65	+00:51:43 (52.8%)	9:46	6.1 (46.9%)
139	MICHNOWSKA Milena	5184		K-40	38	00:57:30	01:38:57.55	01:39:04.25	+00:52:52 (53.4%)	9:53	6.1 (46.9%)
140	BIENIEK Marta	5134		K-30	13	00:58:59	01:39:04.65	01:39:15.15	+00:53:02 (53.4%)	9:54	6.1 (46.9%)
141	DUBIAŁ Halina	5022	BABCIE BIEGAJĄ	K-60	5	00:58:00	01:39:10.15	01:39:22.15	+00:53:09 (53.5%)	9:55	6.1 (46.9%)
141	KOZAK Krystyna	5020	LOB	K-50	12	00:58:14	01:39:22.15	01:39:22.15	+00:53:09 (53.5%)	9:56	6 (46.2%)
141	PISULA Maja	5015		K-40	39	00:57:54	01:39:09.20	01:39:22.15	+00:53:09 (53.5%)	9:54	6.1 (46.9%)
144	GAŁEK Anita	5056		K-40	40	00:56:56	01:39:23.90	01:39:31.65	+00:53:19 (53.6%)	9:56	6 (46.2%)
145	KOWALIK Aleksandra	5038		K-20	7	00:55:44	01:39:26.90	01:39:35.00	+00:53:22 (53.6%)	9:56	6 (46.2%)
146	LIS Agnieszka	5040		K-40	41	00:57:05	01:39:36.85	01:39:36.85	+00:53:24 (53.6%)	9:57	6 (46.2%)
147	PRZYŁUSKA Mirosława	5006	RAZ SZCZECIN	K-60	6	00:57:29	01:40:25.05	01:40:31.55	+00:54:19 (54.0%)	10:02	6 (46.2%)
148	PARTYKA Agnieszka	5000	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-40	42	00:58:32	01:41:04.05	01:41:13.60	+00:55:01 (54.4%)	10:06	5.9 (45.4%)
149	MIELNIK Sylwester	5128		M-30	15	00:58:59	01:42:50.75	01:43:03.10	+00:56:50 (55.2%)	10:17	5.8 (44.6%)
150	MIELNIK Natalia	5018		K-30	14	00:59:00	01:42:51.30	01:43:03.20	+00:56:51 (55.2%)	10:17	5.8 (44.6%)
150	TOKARSKA Iwanka	5129		K-40	43	00:59:00	01:42:51.50	01:43:03.20	+00:56:51 (55.2%)	10:17	5.8 (44.6%)
152	WITCZAK-SPERKA Mariola	5008	RAZ SZCZECIN	K-60	7	00:58:36	01:43:05.35	01:43:12.25	+00:57:00 (55.2%)	10:18	5.8 (44.6%)
153	TRĘBACZ Marianna	5091		K-30	15	00:57:51	01:43:17.40	01:43:23.20	+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	ADAMSKI Marzena	5090		K-40	44	00:57:36	01:43:17.20	01:43:23.40	+00:57:11 (55.3%)	10:19	5.8 (44.6%)
155	BOROWSKA-TOMCZYK Anna	5032		K-60	8	01:16:00	02:19:03.75	02:19:06.50	+01:32:54 (66.8%)	13:54	4.3 (33.1%)
156	WOŹNIAK Anna	5086		K-40	45	01:19:51	02:24:10.30	02:24:23.75	+01:38:11 (68.0%)	14:25	4.2 (32.3%)

Znaleziono 156 wynik(ów)