

Wydarzenie: Kudowski Festiwal Biegowy
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-04-02
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	BALIGA Cezary	5132	HOKA GARMIN TEAM	M-20	1	00:27:52	00:46:47.80	00:46:47.80		4:40	12.8 (100%)
2	TROJNAR Paweł	5109		M-30	1	00:28:40	00:48:20.60	00:48:20.60	+00:01:32 (3.2%)	4:50	12.4 (96.9%)
3	BUCHERT Filip	5095	JUVENIA GŁUCHOŁĄZY	M-20	2	00:29:16	00:49:18.65	00:49:18.65	+00:02:30 (5.1%)	4:55	12.2 (95.3%)
4	KITA Michał	5066	PĘDZĄCY W MIEJSCU	M-40	1	00:29:54	00:50:00.20	00:50:00.20	+00:03:12 (6.4%)	5:00	12 (93.8%)
5	WŁODARCZYK Jarosław	5102	TEAM DAREK KRUCZKOWSKI	M-40	2	00:30:32	00:51:03.85	00:51:03.85	+00:04:16 (8.4%)	5:06	11.8 (92.2%)
6	WALKOSZ Mateusz	5091	#SOBASTEAM	M-30	2	00:31:15	00:51:45.20	00:51:45.20	+00:04:57 (9.6%)	5:10	11.6 (90.6%)
7	KAMIŃSKI Artur	5002	PRZEDWOJEWSKI TEAM	M-40	3	00:31:22	00:51:54.25	00:51:54.25	+00:05:06 (9.8%)	5:11	11.6 (90.6%)
8	WAŻNY Jacek	5056	BANDA GRUDNIA	M-30	3	00:32:11	00:52:28.65	00:52:28.65	+00:05:40 (10.8%)	5:14	11.4 (89.1%)
9	WIECZOREK Nina	5041	SBG SALCO	K-20	1	00:32:36	00:53:31.55	00:53:31.55	+00:06:43 (12.6%)	5:21	11.2 (87.5%)
10	BEDNARCZYK Magdalena	5078	STRZEGOMSKA DWUNASTKA	K-30	1	00:33:17	00:54:39.45	00:54:39.45	+00:07:51 (14.4%)	5:27	11 (85.9%)
11	ZBORUCKI Jan	5129	PRZEDWOJEWSKI TEAM	M-40	4	00:33:13	00:54:50.30	00:54:50.30	+00:08:02 (14.7%)	5:29	10.9 (85.2%)
12	ZARĘBA Łukasz	5101	KP SOKÓŁ RZESZÓW	M-20	3	00:33:30	00:57:12.70	00:57:12.70	+00:10:24 (18.2%)	5:43	10.5 (82.0%)
13	DOBRAS Zdzisław	5131		M-60	1	00:34:23	00:57:24.95	00:57:24.95	+00:10:37 (18.5%)	5:44	10.5 (82.0%)
14	NIEZGÓDKA Tomasz	5128	DFBG TEAM	M-50	1	00:35:38	00:57:44.70	00:57:44.70	+00:10:56 (19.0%)	5:46	10.4 (81.3%)
15	SZYMCZYK Marcin	5100		M-30	4	00:34:25	00:57:50.95	00:57:50.95	+00:11:03 (19.1%)	5:47	10.4 (81.3%)
16	PAWLAK Daniel	5045	LKS ISKRA JASZKOWA	M-40	5	00:36:13	00:59:59.35	00:59:59.35	+00:13:11 (22.0%)	5:59	10 (78.1%)
17	WOJDANOWSKI Jan	5107	KB HARCOWNIK JELCZ-LASKOWICE	M-60	2	00:37:16	01:00:11.55	01:00:11.55	+00:13:23 (22.3%)	6:01	10 (78.1%)
18	PIWOWARCZYK Grzegorz	5097		M-40	6	00:36:56	01:00:21.80	01:00:21.80	+00:13:34 (22.5%)	6:02	9.9 (77.3%)
19	CICHY Krzysztof	5036	GORAL Z MAZUR RUNNING TEAM	M-50	2	00:36:57	01:00:58.30	01:00:58.30	+00:14:10 (23.2%)	6:05	9.8 (76.6%)
20	STYK Marek	5077		M-30	5	00:36:41	01:00:59.40	01:00:59.40	+00:14:11 (23.3%)	6:05	9.8 (76.6%)
21	MAJCHER Roman	5061		M-30	6	00:36:37	01:01:04.50	01:01:04.50	+00:14:16 (23.4%)	6:06	9.8 (76.6%)
22	POLIWOZAK Patryk	5003		M-30	7	00:35:55	01:01:08.20	01:01:08.20	+00:14:20 (23.5%)	6:06	9.8 (76.6%)
23	CZAPLA Łukasz	5063		M-40	7	00:37:12	01:01:37.40	01:01:37.40	+00:14:49 (24.1%)	6:09	9.7 (75.8%)
24	NADERA Łukasz	5114		M-30	8	00:36:33	01:01:38.30	01:01:38.30	+00:14:50 (24.1%)	6:09	9.7 (75.8%)
24	PĘKALA Kamila	5022		K-20	2	00:37:38	01:01:38.30	01:01:38.30	+00:14:50 (24.1%)	6:09	9.7 (75.8%)
26	MAĆKOWIAK Piotr	5130		M-40	8	00:36:37	01:01:56.95	01:01:56.95	+00:15:09 (24.5%)	6:11	9.7 (75.8%)
27	GIERAK Wojciech	5108	KB HARCOWNIK JELCZ-LASKOWICE	M-50	3	00:39:15	01:04:51.60	01:04:51.60	+00:18:03 (27.8%)	6:29	9.3 (72.7%)
28	PIJANOWSKI Paweł	5079		M-40	9	00:39:26	01:05:08.60	01:05:08.60	+00:18:20 (28.2%)	6:30	9.2 (71.9%)
29	MORÁVEK David	5117		M-40	10	00:37:17	01:05:19.05	01:05:19.05	+00:18:31 (28.4%)	6:31	9.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
30	GNITECKA Katarzyna	5031	KUDOWIANKA RUN	K-30	2	00:40:35	01:06:17.35	01:06:17.35	+00:19:29 (29.4%)	6:37	9.1 (71.1%)
31	ZALEWSKI Radosław	5008	WITKOWSKI RUNNING TEAM	M-30	9	00:40:10	01:06:17.95	01:06:17.95	+00:19:30 (29.4%)	6:37	9.1 (71.1%)
32	POLITOWSKI Maciej	5025		M-30	10	00:40:23	01:06:40.15	01:06:40.15	+00:19:52 (29.8%)	6:40	9 (70.3%)
33	TOMASIK Andrzej	5057	SZWAJCARKA	M-50	4	00:40:24	01:06:48.85	01:06:48.85	+00:20:01 (30.0%)	6:40	9 (70.3%)
34	DURYS Paweł	5086	BIG BAD WOLF	M-40	11	00:38:51	01:07:35.30	01:07:35.30	+00:20:47 (30.8%)	6:45	8.9 (69.5%)
35	MADEJA Dariusz	5087	LKS ISKRA JASZKOWA	M-30	11	00:41:40	01:08:56.60	01:08:56.60	+00:22:08 (32.1%)	6:53	8.7 (68.0%)
36	LEWIŃSKA Monika	5094	AKADEMIA WOJSK ŁĄDOWYCH	K-20	3	00:42:28	01:09:07.35	01:09:07.35	+00:22:19 (32.3%)	6:54	8.7 (68.0%)
37	DULĘBA Łukasz	5116	KUDOWIANKA RUN	M-40	12	00:42:30	01:09:15.25	01:09:15.25	+00:22:27 (32.4%)	6:55	8.7 (68.0%)
38	TROJNAR Klaudia	5111		K-20	4	00:41:00	01:09:25.35	01:09:25.35	+00:22:37 (32.6%)	6:56	8.6 (67.2%)
39	SIMBORSKI Tomasz	5067		M-20	4	00:41:47	01:09:48.95	01:09:48.95	+00:23:01 (33.0%)	6:58	8.6 (67.2%)
40	RÓŻAK Paweł	5071		M-40	13	00:41:53	01:09:55.60	01:09:55.60	+00:23:07 (33.1%)	6:59	8.6 (67.2%)
41	KUTSKO Oksana	5033	PROJEKT DACH NAD GŁOWĄ	K-20	5	00:43:00	01:10:35.35	01:10:35.35	+00:23:47 (33.7%)	7:03	8.5 (66.4%)
42	SURDAKCI Piotr	5016		M-40	14	00:43:57	01:10:42.20	01:10:42.20	+00:23:54 (33.8%)	7:04	8.5 (66.4%)
43	URBAŚ Paweł	5090		M-40	15	00:42:42	01:11:26.45	01:11:26.45	+00:24:38 (34.5%)	7:08	8.4 (65.6%)
44	ZAJĄC Andrzej	5011		M-30	12	00:44:38	01:11:37.50	01:11:37.50	+00:24:49 (34.7%)	7:09	8.4 (65.6%)
45	LUDWIŃSKI Artur	5110		M-20	5	00:42:54	01:12:07.45	01:12:07.45	+00:25:19 (35.1%)	7:12	8.3 (64.8%)
46	JARUS Jan	5038	JAGRO	M-30	13	00:43:28	01:12:08.30	01:12:08.30	+00:25:20 (35.1%)	7:12	8.3 (64.8%)
47	TROJNIAK Daria	5096		K-30	3	00:42:54	01:12:32.10	01:12:32.10	+00:25:44 (35.5%)	7:15	8.3 (64.8%)
48	MOSÓR Mariusz	5123	LISY PUSTYNI	M-50	5	00:43:21	01:13:50.95	01:13:50.95	+00:27:03 (36.6%)	7:23	8.1 (63.3%)
49	SZPILA Paulina	5058		K-20	6	00:44:03	01:14:55.15	01:14:55.15	+00:28:07 (37.5%)	7:29	8 (62.5%)
50	GADOWSKI Paweł	5105		M-30	14	00:45:19	01:15:00.75	01:15:00.75	+00:28:12 (37.6%)	7:30	8 (62.5%)
51	KLIMEK Michał	5052		M-20	6	00:44:55	01:15:12.95	01:15:12.95	+00:28:25 (37.8%)	7:31	8 (62.5%)
52	URBAN-KACZMARCZYK Alicja	5075	KACZKA TEAM	K-20	7	00:45:00	01:15:31.70	01:15:31.70	+00:28:43 (38.0%)	7:33	7.9 (61.7%)
53	GULOWATY Bogdan	5068	ZASKOCZ MNIE	M-20	7	00:45:03	01:15:46.90	01:15:46.90	+00:28:59 (38.2%)	7:34	7.9 (61.7%)
54	PRZYSTAJKO Zbigniew	5104		M-40	16	00:45:09	01:16:05.25	01:16:05.25	+00:29:17 (38.5%)	7:36	7.9 (61.7%)
55	MILLER Agnieszka	5004		K-30	4	00:45:41	01:16:07.05	01:16:07.05	+00:29:19 (38.5%)	7:36	7.9 (61.7%)
56	ASTRAMOWICZ Izabela	5081		K-30	5	00:49:00	01:21:59.35	01:21:59.35	+00:35:11 (42.9%)	8:11	7.3 (57.0%)
57	SYC Eryk	5026		M-20	8	00:50:07	01:22:23.60	01:22:23.60	+00:35:35 (43.2%)	8:14	7.3 (57.0%)
58	SZUMIEC Joanna	5088		K-30	6	00:51:02	01:22:36.95	01:22:36.95	+00:35:49 (43.4%)	8:15	7.3 (57.0%)
59	KOŻŁOWSKA Marzena	5005	BBL LASY BOGDANIEC	K-40	1	00:50:51	01:23:49.70	01:23:49.70	+00:37:01 (44.2%)	8:22	7.2 (56.3%)
60	STOBIK Weronika	5070	COGO TEAM	K-20	8	00:50:57	01:24:24.25	01:24:24.25	+00:37:36 (44.6%)	8:26	7.1 (55.5%)
61	WĄDOŁOWSKI Karol	5069	COGO TEAM	M-40	17	00:50:58	01:24:24.70	01:24:24.70	+00:37:36 (44.6%)	8:26	7.1 (55.5%)
62	KRÓLAK Katarzyna	5124		K-30	7	00:51:43	01:24:33.30	01:24:33.30	+00:37:45 (44.7%)	8:27	7.1 (55.5%)
63	MAJCHRZAK GALADYK Helena	5030		K-40	2	00:51:18	01:24:56.95	01:24:56.95	+00:38:09 (44.9%)	8:29	7.1 (55.5%)
64	PLACHIMOWICZ Natalia	5083	MOCNA GRUPA CEZARA	K-40	3	00:50:34	01:25:01.95	01:25:01.95	+00:38:14 (45.0%)	8:30	7.1 (55.5%)
65	BRZEZIŃSKI Andrzej	5089	LANRUNS	M-60	3	00:51:09	01:25:33.60	01:25:33.60	+00:38:45 (45.3%)	8:33	7 (54.7%)
66	SZACHOWICZ Joanna	5084	MOCNA GRUPA CEZARA	K-20	9	00:51:01	01:25:41.15	01:25:41.15	+00:38:53 (45.4%)	8:34	7 (54.7%)
67	KARAŚ Magda	5010		K-20	10	00:51:06	01:25:53.30	01:25:53.30	+00:39:05 (45.5%)	8:35	7 (54.7%)
68	SKARŻEŃSKA - SOKOŁOWSKA Jagoda	5119	NIEZWYCIĘŻENI Z WRZOSOWEJ	K-40	4	00:53:04	01:26:50.70	01:26:50.70	+00:40:02 (46.1%)	8:41	6.9 (53.9%)
69	SZPILA Jarosław	5082		M-50	6	00:51:32	01:28:53.55	01:28:53.55	+00:42:05 (47.4%)	8:53	6.8 (53.1%)
70	KOŻŁOWSKA Magdalena	5029		K-40	5	00:52:44	01:29:03.90	01:29:03.90	+00:42:16 (47.5%)	8:54	6.7 (52.3%)
71	WESOŁOWSKI Łukasz	5106		M-40	18	00:54:21	01:29:43.95	01:29:43.95	+00:42:56 (47.8%)	8:58	6.7 (52.3%)
72	BISZCZUK Magdalena	5085		K-40	6	00:52:44	01:30:51.25	01:30:51.25	+00:44:03 (48.5%)	9:05	6.6 (51.6%)
73	MAJCHRZAK Monika	5023	WKURW_TEAM	K-50	1	00:55:12	01:31:02.35	01:31:02.35	+00:44:14 (48.6%)	9:06	6.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	KLEDECKA Agata	5012	POINT EN ROUTE	K-20	11	00:54:51	01:31:46.90	01:31:46.90	+00:44:59 (49.0%)	9:10	6.5 (50.8%)
75	PIEKARCZYK Anna	5127		K-40	7	00:54:30	01:33:01.55	01:33:01.55	+00:46:13 (49.7%)	9:18	6.5 (50.8%)
76	NIEWIAROWSKA Anna	5044		K-30	8	00:54:50	01:33:35.45	01:33:35.45	+00:46:47 (50.0%)	9:21	6.4 (50.0%)
77	ZYCH Krystian	5040		M-40	19	00:54:53	01:34:00.45	01:34:00.45	+00:47:12 (50.2%)	9:24	6.4 (50.0%)
78	ADAMSKI Adam	4008		M-60	4		01:34:22.50	01:34:22.50	+00:47:34 (50.4%)	4:29	13.4 (104.7%)
79	PAWLIKOWSKA Anna	5115		K-40	8	00:45:26	01:34:44.85	01:34:44.85	+00:47:57 (50.6%)	9:28	6.3 (49.2%)
80	MARCINIAK Grażyna	5049		K-30	9	00:57:10	01:35:33.10	01:35:33.10	+00:48:45 (51.0%)	9:33	6.3 (49.2%)
81	WIKŁO Paweł	5050		M-30	15	00:57:13	01:35:33.15	01:35:33.15	+00:48:45 (51.0%)	9:33	6.3 (49.2%)
82	MATUSZEWSKA Anna	5055		K-40	9	00:56:19	01:35:59.25	01:35:59.25	+00:49:11 (51.2%)	9:35	6.3 (49.2%)
83	WALUSIAK Marek	5054		M-40	20	00:56:18	01:35:59.45	01:35:59.45	+00:49:11 (51.2%)	9:35	6.3 (49.2%)
84	JUSKOWIAK Mikołaj	5007		M-30	16	00:55:05	01:36:32.40	01:36:32.40	+00:49:44 (51.5%)	9:39	6.2 (48.4%)
85	KRYSZEWSKI Artur	5047		M-30	17	00:45:52	01:36:42.75	01:36:42.75	+00:49:54 (51.6%)	9:40	6.2 (48.4%)
86	MIKOŁAJCZYK Marta	5006	BBL LASY BOGDANIEC	K-30	10	00:54:04	01:36:57.95	01:36:57.95	+00:50:10 (51.7%)	9:41	6.2 (48.4%)
87	BUCZAK-MROZIŃSKA Paulina	5062		K-40	10	00:46:21	01:37:41.65	01:37:41.65	+00:50:53 (52.1%)	9:46	6.1 (47.7%)
88	MASALSKA Anna	5053	ZABIEGANI CZERNIKOWO	K-50	2	00:46:25	01:37:47.05	01:37:47.05	+00:50:59 (52.1%)	9:46	6.1 (47.7%)
89	KIM Renata	5113	TEAM ZABIEGANEDNI	K-50	3	00:59:37	01:38:03.15	01:38:03.15	+00:51:15 (52.3%)	9:48	6.1 (47.7%)
90	ZIÓŁEK Teresa	5060	STAY INSANE	K-60	1	00:59:00	01:38:53.25	01:38:53.25	+00:52:05 (52.7%)	9:53	6.1 (47.7%)
91	MIKOŁAJEWICZ Beata	5021	#BIEGAJLESZNO	K-40	11	01:01:01	01:39:47.75	01:39:47.75	+00:52:59 (53.1%)	9:58	6 (46.9%)
92	FILODA Marta	5037	BRO-TEAM	K-30	11	01:00:03	01:39:59.70	01:39:59.70	+00:53:11 (53.2%)	9:59	6 (46.9%)
93	RUNOWSKI Krzysztof	5126	BRO-TEAM	M-30	18	01:00:05	01:40:00.75	01:40:00.75	+00:53:12 (53.2%)	10:00	6 (46.9%)
94	KROCZAK Małgorzata	5073		K-30	12	01:01:10	01:41:41.90	01:41:41.90	+00:54:54 (54.0%)	10:10	5.9 (46.1%)
95	SERYŁO Jolanta	5125		K-50	4	00:59:51	01:41:46.20	01:41:46.20	+00:54:58 (54.0%)	10:10	5.9 (46.1%)
96	SROCZYŃSKI Maciej	5028		M-40	21	00:58:52	01:41:46.50	01:41:46.50	+00:54:58 (54.0%)	10:10	5.9 (46.1%)
97	GOLEBIEWSKA Małgorzata	5024	RUN TEAM RYDZYNA	K-40	12	01:01:19	01:43:21.65	01:43:21.65	+00:56:33 (54.7%)	10:20	5.8 (45.3%)
98	MOSKWA-SYC Marta	5027		K-20	12	01:01:44	01:43:27.80	01:43:27.80	+00:56:40 (54.8%)	10:20	5.8 (45.3%)
99	DOBROWOLSKI Robert	5093	SPORTOWI EMERYCI JELENIA GORA	M-60	5	01:01:59	01:44:29.90	01:44:29.90	+00:57:42 (55.2%)	10:26	5.7 (44.5%)
100	PRZYBYŁ Agnieszka	5064		K-40	13	01:04:52	01:50:39.50	01:50:39.50	+01:03:51 (57.7%)	11:03	5.4 (42.2%)
101	PIASKOWSKA Ania	5001	PIASKITEAM	K-40	14	01:04:41	01:50:40.75	01:50:40.75	+01:03:52 (57.7%)	11:04	5.4 (42.2%)
102	KUCHARSKA Kamila	5098	RIKO I SPÓŁKA	K-40	15	01:05:38	01:52:08.45	01:52:08.45	+01:05:20 (58.3%)	11:12	5.4 (42.2%)
103	KUCHARSKI Robert	5099	ZAKOCHAJ SIĘ W BIEGANIU	M-40	22	01:05:38	01:52:08.55	01:52:08.55	+01:05:20 (58.3%)	11:12	5.4 (42.2%)
104	PISULA Maja	5000		K-40	16	01:06:22	01:52:11.95	01:52:11.95	+01:05:24 (58.3%)	11:13	5.3 (41.4%)
104	KOZAK Krystyna	5019	RUN TEAM RYDZYNA	K-50	5	01:06:14	01:52:11.95	01:52:11.95	+01:05:24 (58.3%)	11:13	5.3 (41.4%)
106	DUBIAŁ Halina	5020	BABCIE BIEGAJĄ	K-60	2	01:06:22	01:52:12.15	01:52:12.15	+01:05:24 (58.3%)	11:13	5.3 (41.4%)
107	MASIEWICZ Patrycja	5103		K-30	13	01:07:32	01:57:06.00	01:57:06.00	+01:10:18 (60.0%)	11:42	5.1 (39.8%)
108	BARTNIK Fatima	5122		K-40	17	01:09:07	02:01:20.20	02:01:20.20	+01:14:32 (61.4%)	12:08	4.9 (38.3%)
109	GAŁEK Anita	5009		K-40	18	01:07:33	02:01:35.40	02:01:35.40	+01:14:47 (61.5%)	12:09	4.9 (38.3%)
110	PIECHOWSKI Krzysztof	5048		M-30	19	01:21:10	02:16:53.90	02:16:53.90	+01:30:06 (65.8%)	13:41	4.4 (34.4%)
111	KONA Filip	5121		M-40	23	01:09:07			+00:41:15	13:02	4.6 (35.9%)
	WEKA Krzysztof	5018	BIAŁYSTOK BIEGA TEAM	M-30		01:28:06 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 112 wynik(ów)