

DFBG



## KUDOWSKA SZTAFETA GÓRSKA

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Kudowski Festiwal Biegowy  
Fundacja MARATONY GÓRSKIE  
2024-04-14  
Kudowa-Zdrój  
10 km

# KUDOWSKA DZIESIĄTKA 10 KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

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>GOŁĘBIEWSKI Michał</b>	<b>5032</b>	DREAM-BIKE BIELAWA	M-40	1		<b>00:43:08.00</b>	<b>00:43:08.00</b>		4:18	13.9 (100%)
2	<b>LEWANDOWSKI Jakub</b>	<b>5070</b>		M-20	1	00:26:18	<b>00:45:27.70</b>	<b>00:45:27.70</b>	+00:02:19 (5.1%)	4:32	13.2 (95.0%)
3	<b>TOMASIAK Adam</b>	<b>5081</b>	KB HARCOWNIK	M-20	2	00:27:08	<b>00:46:02.25</b>	<b>00:46:02.25</b>	+00:02:54 (6.3%)	4:36	13 (93.5%)
4	<b>SMOLSKI Kamil</b>	<b>5043</b>		M-30	1	00:27:32	<b>00:46:38.15</b>	<b>00:46:38.15</b>	+00:03:30 (7.5%)	4:39	12.9 (92.8%)
5	<b>SZKOŁA Wojciech</b>	<b>5020</b>	NATURAL BORN RUNNERS	M-30	2	00:27:32	<b>00:47:30.45</b>	<b>00:47:30.45</b>	+00:04:22 (9.2%)	4:45	12.6 (90.6%)
6	<b>KAMIŃSKI Artur</b>	<b>5012</b>	PRZEDWOJEWSKI TEAM	M-40	2	00:27:59	<b>00:47:42.00</b>	<b>00:47:42.00</b>	+00:04:34 (9.6%)	4:46	12.6 (90.6%)
7	<b>GROMALA Krzysztof</b>	<b>5064</b>	SOBASTEAM	M-40	3	00:29:32	<b>00:49:38.50</b>	<b>00:49:38.50</b>	+00:06:30 (13.1%)	4:57	12.1 (87.1%)
8	<b>GÓRAL Karolina</b>	<b>5041</b>		K-30	1	00:29:49	<b>00:50:12.40</b>	<b>00:50:12.40</b>	+00:07:04 (14.1%)	5:01	12 (86.3%)
9	<b>ALTEWĘGIER Jarosław</b>	<b>5015</b>	AW SZYBCIEJ TEAM	M-40	4	00:30:16	<b>00:51:12.95</b>	<b>00:51:12.95</b>	+00:08:04 (15.8%)	5:07	11.7 (84.2%)
10	<b>BAGIŃSKI Łukasz</b>	<b>5091</b>		M-40	5	00:30:25	<b>00:51:51.50</b>	<b>00:51:51.50</b>	+00:08:43 (16.8%)	5:11	11.6 (83.5%)
11	<b>KŁAKOWICZ Mariusz</b>	<b>5018</b>		M-40	6	00:31:16	<b>00:52:31.95</b>	<b>00:52:31.95</b>	+00:09:23 (17.9%)	5:15	11.4 (82.0%)
12	<b>PYTO Andrzej</b>	<b>5092</b>	SNAKE ACTIVE	M-40	7	00:31:03	<b>00:52:35.05</b>	<b>00:52:35.05</b>	+00:09:27 (18.0%)	5:15	11.4 (82.0%)
13	<b>DOBRAS Zdzisław</b>	<b>5100</b>	BURZA DZIKOWIEC	M-60	1	00:33:02	<b>00:55:14.25</b>	<b>00:55:14.25</b>	+00:12:06 (21.9%)	5:31	10.9 (78.4%)
14	<b>ZIOBROWSKI Mateusz</b>	<b>5074</b>		M-30	3	00:33:52	<b>00:57:26.20</b>	<b>00:57:26.20</b>	+00:14:18 (24.9%)	5:44	10.4 (74.8%)
15	<b>MANOUDIS Giorgos</b>	<b>5084</b>		M-50	1	00:35:39	<b>00:59:30.80</b>	<b>00:59:30.80</b>	+00:16:22 (27.5%)	5:57	10.1 (72.7%)
16	<b>ZYGOŃ Artur</b>	<b>5089</b>		M-30	4	00:34:39	<b>00:59:51.25</b>	<b>00:59:51.25</b>	+00:16:43 (27.9%)	5:59	10 (71.9%)
17	<b>MOREVA Daria</b>	<b>5078</b>	TRAIL RUNNING SCHOOL	K-40	1	00:35:31	<b>00:59:58.45</b>	<b>00:59:58.45</b>	+00:16:50 (28.1%)	5:59	10 (71.9%)
18	<b>ROMANOW Mateusz</b>	<b>5090</b>	MATT-RUN	M-40	8	00:36:10	<b>01:00:14.90</b>	<b>01:00:14.90</b>	+00:17:06 (28.4%)	6:01	10 (71.9%)
19	<b>TROJNIAK Daria</b>	<b>5044</b>		K-30	2	00:35:52	<b>01:00:17.95</b>	<b>01:00:17.95</b>	+00:17:09 (28.5%)	6:01	10 (71.9%)
20	<b>ZJAWIONY Adam</b>	<b>5056</b>		M-20	3	00:36:50	<b>01:00:34.95</b>	<b>01:00:34.95</b>	+00:17:26 (28.8%)	6:03	9.9 (71.2%)
21	<b>ZAWADA Radosław</b>	<b>5075</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	9	00:38:08	<b>01:02:19.80</b>	<b>01:02:19.80</b>	+00:19:11 (30.8%)	6:13	9.6 (69.1%)
22	<b>TOMASIK Andrzej</b>	<b>5004</b>		M-50	2	00:37:41	<b>01:02:56.30</b>	<b>01:02:56.30</b>	+00:19:48 (31.5%)	6:17	9.5 (68.3%)
23	<b>BOREK Jacek</b>	<b>5073</b>		M-30	5	00:38:59	<b>01:03:10.45</b>	<b>01:03:10.45</b>	+00:20:02 (31.7%)	6:19	9.5 (68.3%)
24	<b>LEDNICKI Michał</b>	<b>5094</b>	ARVATO S.C. REP	M-40	10	00:38:26	<b>01:03:17.70</b>	<b>01:03:17.70</b>	+00:20:09 (31.9%)	6:19	9.5 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
25	JANISZEWSKI Wiktor	5005		M-20	4	00:38:14	01:03:26.40	01:03:26.40	+00:20:18 (32.0%)	6:20	9.5 (68.3%)
26	MOMOT Sławomir	5024	SMAK RADOŚCI	M-40	11	00:37:01	01:03:26.70	01:03:26.70	+00:20:18 (32.0%)	6:20	9.5 (68.3%)
27	PINCIUREK Paulina	5023	SMAK RADOŚCI	K-30	3	00:37:01	01:03:26.85	01:03:26.85	+00:20:18 (32.0%)	6:20	9.5 (68.3%)
28	KUBIAK Mariusz	5016	LKS ISKRA JASZKOWA	M-40	12	00:38:01	01:03:40.10	01:03:40.10	+00:20:32 (32.3%)	6:22	9.4 (67.6%)
29	PAULI Maciej	5049		M-20	5	00:37:37	01:03:43.40	01:03:43.40	+00:20:35 (32.3%)	6:22	9.4 (67.6%)
30	NESTEREWICZ Ryszard	5057	LKS ISKRA JASZKOWA	M-60	2	00:37:28	01:03:43.80	01:03:43.80	+00:20:35 (32.3%)	6:22	9.4 (67.6%)
31	WIDERA Remigiusz	5031		M-40	13	00:38:13	01:04:13.00	01:04:13.00	+00:21:05 (32.8%)	6:25	9.3 (66.9%)
32	SZULC Adam	5098		M-40	14	00:39:55	01:05:00.00	01:05:00.00	+00:21:52 (33.6%)	6:30	9.2 (66.2%)
33	ZABŁOCKI Bartłomiej	5054	KKS MUFLEKSJA OPOLE	M-20	6	00:38:03	01:05:08.55	01:05:08.55	+00:22:00 (33.8%)	6:30	9.2 (66.2%)
34	NOWAK Patryk	5077		M-30	6	00:38:59	01:05:46.10	01:05:46.10	+00:22:38 (34.4%)	6:34	9.1 (65.5%)
35	ZOELLNER Marek	5009	KB SOBÓTKA	M-40	15	00:39:54	01:06:26.60	01:06:26.60	+00:23:18 (35.1%)	6:38	9 (64.7%)
36	ROMAŃCZYK Daniel	5021	COLGATE RUNNING TEAM	M-40	16	00:40:24	01:07:11.35	01:07:11.35	+00:24:03 (35.8%)	6:43	8.9 (64.0%)
37	POLITOWSKI Maciej	5006		M-40	17	00:40:23	01:07:23.55	01:07:23.55	+00:24:15 (36.0%)	6:44	8.9 (64.0%)
38	JANOSZ Ada	5002	TUPTUP	K-20	1	00:41:23	01:08:29.00	01:08:29.00	+00:25:21 (37.0%)	6:50	8.8 (63.3%)
39	PAWLIKOWSKA Anna	5079		K-50	1	00:41:15	01:08:31.15	01:08:31.15	+00:25:23 (37.0%)	6:51	8.8 (63.3%)
40	NIEMIRO Paweł	5022	JAGODOWO-KALINOWY TEAM	M-40	18	00:41:26	01:08:36.25	01:08:36.25	+00:25:28 (37.1%)	6:51	8.7 (62.6%)
41	GOŹDZICKI Witold	5060		M-40	19	00:40:02	01:08:54.55	01:08:54.55	+00:25:46 (37.4%)	6:53	8.7 (62.6%)
42	SZAL Małgorzata	5095	TENIS CENTRUM AS	K-30	4	00:41:21	01:09:00.35	01:09:00.35	+00:25:52 (37.5%)	6:54	8.7 (62.6%)
43	LIS Adrian	5045		M-20	7	00:41:16	01:09:42.55	01:09:42.55	+00:26:34 (38.1%)	6:58	8.6 (61.9%)
44	GADOWSKI Paweł	5085		M-30	7	00:42:15	01:10:01.65	01:10:01.65	+00:26:53 (38.4%)	7:00	8.6 (61.9%)
45	KUTARBA Dawid	5082	BRAK	M-40	20	00:43:01	01:10:24.15	01:10:24.15	+00:27:16 (38.7%)	7:02	8.5 (61.2%)
46	SALNIKOVA Elizaveta	5047		K-20	2	00:41:11	01:10:44.05	01:10:44.05	+00:27:36 (39.0%)	7:04	8.5 (61.2%)
47	LUBAŃSKA Monika	5051		K-30	5	00:42:36	01:11:06.50	01:11:06.50	+00:27:58 (39.3%)	7:06	8.4 (60.4%)
48	STASZEWSKI Dariusz	5101		M-30	8	00:44:38	01:11:57.35	01:11:57.35	+00:28:49 (40.1%)	7:11	8.3 (59.7%)
49	KRUCZKOWSKI Mateusz	5003	AUTOLIV RUN TEAM	M-30	9	00:43:30	01:12:23.85	01:12:23.85	+00:29:15 (40.4%)	7:14	8.3 (59.7%)
50	PILCH Piotr	5052		M-40	21	00:43:04	01:13:17.55	01:13:17.55	+00:30:09 (41.1%)	7:19	8.2 (59.0%)
51	KULS Karolina	5033		K-40	2	00:44:18	01:13:38.75	01:13:38.75	+00:30:30 (41.4%)	7:21	8.1 (58.3%)
52	KUNECKA Hanna	5093		K-20	3	00:45:04	01:14:05.45	01:14:05.45	+00:30:57 (41.8%)	7:24	8.1 (58.3%)
53	BIERNACKI Bartosz	5037	TUCHOLA TEAM	M-30	10	00:45:26	01:14:06.05	01:14:06.05	+00:30:58 (41.8%)	7:24	8.1 (58.3%)
54	PILARSKI Ryszard	5067	IZERY BOGATYNIA	M-60	3	00:43:31	01:14:20.90	01:14:20.90	+00:31:12 (42.0%)	7:26	8.1 (58.3%)
55	KOPACKI Tomasz	5065		M-30	11	00:44:36	01:15:08.55	01:15:08.55	+00:32:00 (42.6%)	7:30	8 (57.6%)
56	KOPACKA Edyta	5027	KB SOBÓTKA	K-30	6	00:44:36	01:15:08.70	01:15:08.70	+00:32:00 (42.6%)	7:30	8 (57.6%)
57	DWORCZAK Małgorzata	5048		K-40	3	00:45:26	01:16:10.45	01:16:10.45	+00:33:02 (43.4%)	7:37	7.9 (56.8%)
58	KWAŚNA Katarzyna	5063	KFS	K-40	4	00:45:20	01:16:14.55	01:16:14.55	+00:33:06 (43.4%)	7:37	7.9 (56.8%)
59	LANGIEWICZ Jacek	5028	MKJ POLICE	M-60	4	00:43:10	01:16:24.65	01:16:24.65	+00:33:16 (43.6%)	7:38	7.9 (56.8%)
60	PIECZARA Wojtek	5055	KKS MUFLEKSJA OPOLE	M-20	8	00:47:57	01:16:35.20	01:16:35.20	+00:33:27 (43.7%)	7:39	7.8 (56.1%)
61	MURAWSKA Joanna	5053		K-30	7	00:45:23	01:17:19.15	01:17:19.15	+00:34:11 (44.2%)	7:43	7.8 (56.1%)
62	RUNKE Mateusz	5062		M-20	9	00:45:06	01:17:33.30	01:17:33.30	+00:34:25 (44.4%)	7:45	7.7 (55.4%)
63	ROMANOWICZ Łukasz	5061		M-30	12	00:45:06	01:17:34.20	01:17:34.20	+00:34:26 (44.4%)	7:45	7.7 (55.4%)
64	SOBCZAK-SZMAL Piotr	5072		M-40	22	00:47:01	01:17:54.20	01:17:54.20	+00:34:46 (44.6%)	7:47	7.7 (55.4%)
65	MARCZAK Ola	5066	KB HARCOWNIK JELCZ-LASKOWICE	K-30	8	00:46:17	01:18:09.35	01:18:09.35	+00:35:01 (44.8%)	7:48	7.7 (55.4%)
66	RYBARCZYK Agnieszka	5014	#BIEGIEMWLAS	K-40	5	00:46:09	01:18:47.25	01:18:47.25	+00:35:39 (45.3%)	7:52	7.6 (54.7%)
67	PAKIET Waldemar	5088	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	3	00:46:06	01:18:52.05	01:18:52.05	+00:35:44 (45.3%)	7:53	7.6 (54.7%)
68	SZAFRON Patrycja	5030		K-30	9	00:46:41	01:19:01.35	01:19:01.35	+00:35:53 (45.4%)	7:54	7.6 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
69	<b>MATECKA Magdalena</b>	<b>5029</b>		K-30	10	00:46:42	<b>01:19:01.75</b>	<b>01:19:01.75</b>	+00:35:53 (45.4%)	7:54	7.6 (54.7%)
70	<b>MIZGALSKI Wojciech</b>	<b>5035</b>		M-50	4	00:46:18	<b>01:19:58.65</b>	<b>01:19:58.65</b>	+00:36:50 (46.1%)	7:59	7.5 (54.0%)
71	<b>FIERKOWICZ Teresa</b>	<b>5083</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	2	00:47:22	<b>01:20:47.45</b>	<b>01:20:47.45</b>	+00:37:39 (46.6%)	8:04	7.4 (53.2%)
72	<b>GACKA-PRZYSMAC Anna</b>	<b>5046</b>		K-50	3	00:45:04	<b>01:21:07.10</b>	<b>01:21:07.10</b>	+00:37:59 (46.8%)	8:06	7.4 (53.2%)
73	<b>MIELNIK Natalia</b>	<b>5087</b>		K-30	11	00:47:33	<b>01:21:59.25</b>	<b>01:21:59.25</b>	+00:38:51 (47.4%)	8:11	7.3 (52.5%)
74	<b>KRUZEL Rafał</b>	<b>5050</b>	BIEGOWE MISIE	M-50	5	00:49:02	<b>01:22:56.75</b>	<b>01:22:56.75</b>	+00:39:48 (48.0%)	8:17	7.2 (51.8%)
75	<b>PROKOPOWICZ Krzysztof</b>	<b>5080</b>	KLUB BIEGACZA HARCOWNIK	M-30	13	00:47:57	<b>01:23:38.30</b>	<b>01:23:38.30</b>	+00:40:30 (48.4%)	8:21	7.2 (51.8%)
76	<b>ZAWADZKA Kinga</b>	<b>5099</b>		K-40	6	00:49:10	<b>01:23:43.85</b>	<b>01:23:43.85</b>	+00:40:35 (48.5%)	8:22	7.2 (51.8%)
77	<b>MAJEWSKI Maciej</b>	<b>5086</b>		M-40	23	00:32:10	<b>01:26:10.90</b>	<b>01:26:10.90</b>	+00:43:02 (50.0%)	8:37	7 (50.4%)
78	<b>TSUSHKA Iryna</b>	<b>5097</b>	WILLA DUNAJEC	K-30	12	00:52:45	<b>01:27:01.05</b>	<b>01:27:01.05</b>	+00:43:53 (50.4%)	8:42	6.9 (49.6%)
79	<b>SPUSTEK Grzegorz</b>	<b>5076</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	24	00:49:59	<b>01:27:11.35</b>	<b>01:27:11.35</b>	+00:44:03 (50.5%)	8:43	6.9 (49.6%)
80	<b>SOBCZAK Aleksander</b>	<b>5071</b>	BIELAWSKA AKADEMIA BIEGANIA	M-40	25	00:49:57	<b>01:27:11.55</b>	<b>01:27:11.55</b>	+00:44:03 (50.5%)	8:43	6.9 (49.6%)
81	<b>CHROMA Agnieszka</b>	<b>5008</b>		K-40	7	00:50:27	<b>01:27:19.60</b>	<b>01:27:19.60</b>	+00:44:11 (50.6%)	8:43	6.9 (49.6%)
82	<b>TECHNER Magdalena</b>	<b>5059</b>		K-40	8	00:52:45	<b>01:28:16.65</b>	<b>01:28:16.65</b>	+00:45:08 (51.1%)	8:49	6.8 (48.9%)
83	<b>SZPYT Agnieszka</b>	<b>5034</b>		K-50	4	00:53:16	<b>01:28:55.40</b>	<b>01:28:55.40</b>	+00:45:47 (51.5%)	8:53	6.7 (48.2%)
84	<b>ZIÓŁKOWSKA Monika</b>	<b>5025</b>		K-40	9	00:53:17	<b>01:29:59.25</b>	<b>01:29:59.25</b>	+00:46:51 (52.1%)	8:59	6.7 (48.2%)
85	<b>PIEC Kamila</b>	<b>5039</b>		K-30	13	00:53:18	<b>01:30:03.75</b>	<b>01:30:03.75</b>	+00:46:55 (52.1%)	9:00	6.7 (48.2%)
86	<b>BIEŃ Katarzyna</b>	<b>5042</b>		K-30	14	00:54:36	<b>01:31:19.85</b>	<b>01:31:19.85</b>	+00:48:11 (52.8%)	9:07	6.6 (47.5%)
87	<b>JAKUBOWSKI Mikołaj</b>	<b>5040</b>	KARYKATURY ZACZAROWANY OŁÓWEK	M-30	14	00:54:24	<b>01:33:31.10</b>	<b>01:33:31.10</b>	+00:50:23 (53.9%)	9:21	6.4 (46.0%)
88	<b>KORECKA Beata</b>	<b>5038</b>	JASIEŃ	K-50	5	00:54:44	<b>01:33:42.45</b>	<b>01:33:42.45</b>	+00:50:34 (54.0%)	9:22	6.4 (46.0%)
89	<b>PAKIET Arleta</b>	<b>5096</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	6	00:54:07	<b>01:34:31.80</b>	<b>01:34:31.80</b>	+00:51:23 (54.4%)	9:27	6.3 (45.3%)
90	<b>KWIATKOWSKA Honorata</b>	<b>5069</b>	HYDRO ZASAPANI ŁÓDŹ	K-40	10	00:55:08	<b>01:35:03.15</b>	<b>01:35:03.15</b>	+00:51:55 (54.6%)	9:30	6.3 (45.3%)
91	<b>RUDZIŃSKA Marzena</b>	<b>5036</b>		K-50	7	00:59:47	<b>01:45:00.30</b>	<b>01:45:00.30</b>	+01:01:52 (58.9%)	10:30	5.7 (41.0%)
92	<b>DOBROWOLSKI Robert</b>	<b>5010</b>	SPORTOWI EMERYCI JELENIA GORA	M-60	5	00:59:08	<b>01:45:02.55</b>	<b>01:45:02.55</b>	+01:01:54 (58.9%)	10:30	5.7 (41.0%)
93	<b>DOBROWOLSKA Bożena</b>	<b>5011</b>	SPORTOWI EMERYCI JELENIA GORA	K-60	1	00:59:47	<b>01:45:03.55</b>	<b>01:45:03.55</b>	+01:01:55 (58.9%)	10:30	5.7 (41.0%)
94	<b>MILLER Paweł</b>	<b>5000</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-30	15	01:02:37	<b>01:50:23.80</b>	<b>01:50:23.80</b>	+01:07:15 (60.9%)	11:02	5.4 (38.8%)
95	<b>DŁUŻNIEWSKA Ewa</b>	<b>5058</b>		K-30	15	01:16:47	<b>02:16:55.10</b>	<b>02:16:55.10</b>	+01:33:47 (68.5%)	13:41	4.4 (31.7%)

Znaleziono 95 wynik(ów)