

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

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INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

| Msc | Zawodnik                 | Numer       | Klub                         | Kategoria | Mkat | Jakubowice<br>5.3km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------------|------------------------------|-----------|------|---------------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | <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>     |                   | 5:01            | 12 (100%)     |
| 2   | <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>     | +00:10:05 (16.7%) | 6:01            | 10 (83.3%)    |
| 3   | <b>PINCIUREK Paulina</b> | <b>5023</b> | SMAC RADOŚCI                 | K-30      | 3    | 00:37:01            | <b>01:03:26.85</b>    | <b>01:03:26.85</b>     | +00:13:14 (20.9%) | 6:20            | 9.5 (79.2%)   |
| 4   | <b>SZAL Małgorzata</b>   | <b>5095</b> | TENIS CENTRUM AS             | K-30      | 4    | 00:41:21            | <b>01:09:00.35</b>    | <b>01:09:00.35</b>     | +00:18:47 (27.2%) | 6:54            | 8.7 (72.5%)   |
| 5   | <b>LUBAŃSKA Monika</b>   | <b>5051</b> |                              | K-30      | 5    | 00:42:36            | <b>01:11:06.50</b>    | <b>01:11:06.50</b>     | +00:20:54 (29.4%) | 7:06            | 8.4 (70.0%)   |
| 6   | <b>KOPACKA Edyta</b>     | <b>5027</b> | KB SOBÓTKA                   | K-30      | 6    | 00:44:36            | <b>01:15:08.70</b>    | <b>01:15:08.70</b>     | +00:24:56 (33.2%) | 7:30            | 8 (66.7%)     |
| 7   | <b>MURAWSKA Joanna</b>   | <b>5053</b> |                              | K-30      | 7    | 00:45:23            | <b>01:17:19.15</b>    | <b>01:17:19.15</b>     | +00:27:06 (35.1%) | 7:43            | 7.8 (65.0%)   |
| 8   | <b>MARCZAK Ola</b>       | <b>5066</b> | KB HARCOWNIK JELCZ-LASKOWICE | K-30      | 8    | 00:46:17            | <b>01:18:09.35</b>    | <b>01:18:09.35</b>     | +00:27:56 (35.8%) | 7:48            | 7.7 (64.2%)   |
| 9   | <b>SZAFRON Patrycja</b>  | <b>5030</b> |                              | K-30      | 9    | 00:46:41            | <b>01:19:01.35</b>    | <b>01:19:01.35</b>     | +00:28:48 (36.5%) | 7:54            | 7.6 (63.3%)   |
| 10  | <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>     | +00:28:49 (36.5%) | 7:54            | 7.6 (63.3%)   |
| 11  | <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>     | +00:31:46 (38.8%) | 8:11            | 7.3 (60.8%)   |
| 12  | <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>     | +00:36:48 (42.3%) | 8:42            | 6.9 (57.5%)   |
| 13  | <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>     | +00:39:51 (44.3%) | 9:00            | 6.7 (55.8%)   |
| 14  | <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>     | +00:41:07 (45.0%) | 9:07            | 6.6 (55.0%)   |
| 15  | <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>     | +01:26:42 (63.3%) | 13:41           | 4.4 (36.7%)   |

Znaleziono 15 wynik(ów)