

Event: Kudowski Festiwal Biegowy 2022
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2022-04-10
Place: Kudowa-Zdrój
Distance: 10 km

Classification: K-40

Place	Participant	Number	Club	Category	MCat	Jakubowice 5.3km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KARCZEWSKA Joanna	5122	FUNDACJA KIERUNEK ULTRA	K-40	1	00:32:33	00:54:51.05	00:54:53.10		5:29	10.9 (100%)
2	CHOMICZ-SZABŁOWSKA Anna	5002		K-40	2	00:39:41	01:07:26.25	01:07:35.90	+00:12:42 (18.8%)	6:44	8.9 (81.7%)
3	MAZIAREK Adela	5021		K-40	3	00:39:50	01:07:53.10	01:07:55.45	+00:13:02 (19.2%)	6:47	8.8 (80.7%)
4	PAWLIKOWSKA Anna	5159		K-40	4	00:41:09	01:08:45.60	01:08:52.60	+00:13:59 (20.3%)	6:52	8.7 (79.8%)
5	BARANIECKA Justyna	5167	BIEGAM BO LUBIE GŁOGÓW	K-40	5	00:40:11	01:08:57.75	01:09:02.50	+00:14:09 (20.5%)	6:53	8.7 (79.8%)
6	WÓJCIK Kamila	5189	STRONE BIEGA	K-40	6	00:41:31	01:09:15.20	01:09:18.80	+00:14:25 (20.8%)	6:55	8.7 (79.8%)
7	PARASZCZUK Dominika	5030	BBL GŁOGÓW	K-40	7	00:41:45	01:09:30.20	01:09:34.45	+00:14:41 (21.1%)	6:57	8.6 (78.9%)
8	JURDZIAK Karolina	5034		K-40	8	00:41:21	01:11:08.80	01:11:13.15	+00:16:20 (22.9%)	7:06	8.4 (77.1%)
9	MARTAN Iwona	5146		K-40	9	00:43:06	01:12:00.10	01:12:10.60	+00:17:17 (24.0%)	7:12	8.3 (76.1%)
10	ŻYGIĘŁO Monika	5042	CH10	K-40	10	00:42:37	01:12:39.55	01:12:48.95	+00:17:55 (24.6%)	7:15	8.3 (76.1%)
11	ZACHARA Katarzyna	5192	RNB TEAM POLANICA ZDRÓJ	K-40	11	00:42:57	01:12:53.20	01:12:56.80	+00:18:03 (24.8%)	7:17	8.2 (75.2%)
12	GMEREK Ewelina	5084		K-40	12	00:44:33	01:14:58.05	01:15:05.60	+00:20:12 (26.9%)	7:29	8 (73.4%)
13	-----	5043	KB ZDYSZAAANI CHOCIANÓW	K-40	13	00:46:53	01:17:44.85	01:17:53.90	+00:23:00 (29.5%)	7:46	7.7 (70.6%)
14	CIEKAŃSKA Joanna	5098		K-40	14	00:45:47	01:18:13.35	01:18:19.55	+00:23:26 (29.9%)	7:49	7.7 (70.6%)
15	LATOS Joanna	5172		K-40	15	00:47:01	01:18:58.65	01:19:04.25	+00:24:11 (30.6%)	7:53	7.6 (69.7%)
16	BROŻYNA Magda	5014		K-40	16	00:47:34	01:19:20.90	01:19:28.05	+00:24:34 (30.9%)	7:56	7.6 (69.7%)
17	FRAĆKOWIAK Elżbieta	5181		K-40	17	00:48:24	01:21:47.65	01:21:59.25	+00:27:06 (33.1%)	8:10	7.3 (67.0%)
18	MAJCHRZAK GALADYK Helena	5123		K-40	18	00:49:27	01:21:56.95	01:22:04.70	+00:27:11 (33.1%)	8:11	7.3 (67.0%)
19	URBANIAK Izabela	5136	UKS ARKADY	K-40	19	00:48:53	01:22:07.55	01:22:16.60	+00:27:23 (33.3%)	8:12	7.3 (67.0%)
20	LIŚKIEWICZ Marzena	5047		K-40	20	00:49:24	01:22:32.80	01:22:41.60	+00:27:48 (33.6%)	8:15	7.3 (67.0%)
21	KUCHCINSKA Diana	5097		K-40	21	00:48:32	01:22:50.95	01:22:57.45	+00:28:04 (33.8%)	8:17	7.2 (66.1%)
22	PŁUCIENNICZAK Barbara	5132		K-40	22	00:49:24	01:23:06.70	01:23:11.20	+00:28:18 (34.0%)	8:18	7.2 (66.1%)
23	GOLEBIEWSKA Małgorzata	5028	RUN TEAM RYDZYNA	K-40	23	00:47:29	01:23:12.70	01:23:18.05	+00:28:24 (34.1%)	8:19	7.2 (66.1%)
24	NADOLNA Karina	5179	RUN TEAM RYDZYNA	K-40	24	00:47:31	01:23:12.50	01:23:18.10	+00:28:25 (34.1%)	8:19	7.2 (66.1%)
25	SZERMENT Magdalena	5061		K-40	25	00:50:37	01:23:24.45	01:23:31.90	+00:28:38 (34.3%)	8:20	7.2 (66.1%)
26	LESZCZYNA Magdalena	5066	ZRYW	K-40	26	00:48:49	01:23:41.35	01:23:44.50	+00:28:51 (34.5%)	8:22	7.2 (66.1%)
27	PIEPRZYCKA Agata	5046	#BIEGAJLESZNO	K-40	27	00:48:55	01:25:18.45	01:25:18.45	+00:30:25 (35.7%)	8:31	7 (64.2%)
28	BUDZISZEWSKA Monika	5067	ZRYW	K-40	28	00:50:57	01:27:00.70	01:27:03.55	+00:32:10 (37.0%)	8:42	6.9 (63.3%)
29	JANIK Ewa	5140		K-40	29	00:50:13	01:26:57.75	01:27:04.15	+00:32:11 (37.0%)	8:41	6.9 (63.3%)

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30	PARADA Magdalena	5078		K-40	30	00:53:13	01:28:17.10	01:28:29.60	+00:33:36 (38.0%)	8:49	6.8 (62.4%)
31	WOREK Sylwia	5074		K-40	31	00:50:47	01:28:37.35	01:28:40.20	+00:33:47 (38.1%)	8:51	6.8 (62.4%)
32	KOZŁOWSKA Magdalena	5064		K-40	32	00:53:12	01:30:00.45	01:30:08.20	+00:35:15 (39.1%)	9:00	6.7 (61.5%)
33	CZARNECKA Agnieszka	5164		K-40	33	00:52:58	01:30:31.10	01:30:40.05	+00:35:46 (39.5%)	9:03	6.6 (60.6%)
34	ANTKOWIAK Joanna	5036	BIEGAJ LESZNO	K-40	34	00:54:36	01:30:53.85	01:30:57.90	+00:36:04 (39.7%)	9:05	6.6 (60.6%)
35	STOBIŃSKA Kamila	5049		K-40	35	00:52:39	01:33:14.10	01:33:22.65	+00:38:29 (41.2%)	9:19	6.4 (58.7%)
36	MIKOŁAJEWICZ Beata	5080	FZCJ	K-40	36	00:53:21	01:33:28.65	01:33:40.05	+00:38:46 (41.4%)	9:20	6.4 (58.7%)
37	SOJA-WAWRYSZEWICZ Agata	5051		K-40	37	00:54:05	01:34:25.50	01:34:32.95	+00:39:39 (42.0%)	9:26	6.4 (58.7%)
38	MICHNOWSKA Milena	5184		K-40	38	00:57:30	01:38:57.55	01:39:04.25	+00:44:11 (44.6%)	9:53	6.1 (56.0%)
39	PISULA Maja	5015		K-40	39	00:57:54	01:39:09.20	01:39:22.15	+00:44:29 (44.8%)	9:54	6.1 (56.0%)
40	GAŁEK Anita	5056		K-40	40	00:56:56	01:39:23.90	01:39:31.65	+00:44:38 (44.9%)	9:56	6 (55.0%)
41	LIS Agnieszka	5040		K-40	41	00:57:05	01:39:36.85	01:39:36.85	+00:44:43 (44.9%)	9:57	6 (55.0%)
42	PARTYKA Agnieszka	5000	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-40	42	00:58:32	01:41:04.05	01:41:13.60	+00:46:20 (45.8%)	10:06	5.9 (54.1%)
43	TOKARSKA Iwonka	5129		K-40	43	00:59:00	01:42:51.50	01:43:03.20	+00:48:10 (46.7%)	10:17	5.8 (53.2%)
44	ADAMSKI Marzena	5090		K-40	44	00:57:36	01:43:17.20	01:43:23.40	+00:48:30 (46.9%)	10:19	5.8 (53.2%)
45	WOŹNIAK Anna	5086		K-40	45	01:19:51	02:24:10.30	02:24:23.75	+01:29:30 (62.0%)	14:25	4.2 (38.5%)

Total 45 results.