

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DUL Karolina	5152		K-20	1	00:30:17	00:51:43.45	00:51:45.25		5:10	11.6 (100%)
2	DUDEK Monika	5151		K-30	1	00:30:50	00:52:41.60	00:52:43.20	+00:00:57 (1.8%)	5:16	11.4 (98.3%)
3	KARCZEWSKA Joanna	5122	FUNDACJA KIERUNEK ULTRA	K-40	1	00:32:33	00:54:51.05	00:54:53.10	+00:03:07 (5.7%)	5:29	10.9 (94.0%)
4	HOTAŁA Sylwia	5017	KUDOWIANKA RUN	K-30	2	00:33:32	00:56:05.65	00:56:08.20	+00:04:22 (7.8%)	5:36	10.7 (92.2%)
5	PĘCZAR Aneta	5107	MAD RUNNERS	K-20	2	00:33:38	00:57:05.85	00:57:07.95	+00:05:22 (9.4%)	5:42	10.5 (90.5%)
6	SASIN Dominika	5118	ŻELAZNA ŚWIDNICA	K-20	3	00:33:43	00:57:18.55	00:57:23.85	+00:05:38 (9.8%)	5:43	10.5 (90.5%)
7	PĘKALA Kamila	5109	#BIEGAJZESŁAWKIEM	K-20	4	00:34:29	00:57:21.75	00:57:24.60	+00:05:39 (9.9%)	5:44	10.5 (90.5%)
8	BAHRANOWSKA-KILIAN Maria	5148	AZS AWF KRAKÓW MASTERS	K-20	5	00:34:16	01:00:58.50	01:01:00.50	+00:09:15 (15.2%)	6:05	9.8 (84.5%)
9	RESSEL Joanna	5174	RNB TEAM POLANICA ZDRÓJ	K-30	3	00:38:21	01:05:04.45	01:05:07.45	+00:13:22 (20.5%)	6:30	9.2 (79.3%)
10	CHOMICZ-SZABŁOWSKA Anna	5002		K-40	2	00:39:41	01:07:26.25	01:07:35.90	+00:15:50 (23.4%)	6:44	8.9 (76.7%)
11	MAZIAREK Adela	5021		K-40	3	00:39:50	01:07:53.10	01:07:55.45	+00:16:10 (23.8%)	6:47	8.8 (75.9%)
12	PAWLIKOWSKA Anna	5159		K-40	4	00:41:09	01:08:45.60	01:08:52.60	+00:17:07 (24.9%)	6:52	8.7 (75.0%)
13	BARANIECKA Justyna	5167	BIEGAM BO LUBIE GŁOGÓW	K-40	5	00:40:11	01:08:57.75	01:09:02.50	+00:17:17 (25.0%)	6:53	8.7 (75.0%)
14	WÓJCIK Kamila	5189	STRONE BIEGA	K-40	6	00:41:31	01:09:15.20	01:09:18.80	+00:17:33 (25.3%)	6:55	8.7 (75.0%)
15	PARASZCZUK Dominika	5030	BBL GŁOGÓW	K-40	7	00:41:45	01:09:30.20	01:09:34.45	+00:17:49 (25.6%)	6:57	8.6 (74.1%)
16	JURDZIAK Karolina	5034		K-40	8	00:41:21	01:11:08.80	01:11:13.15	+00:19:27 (27.3%)	7:06	8.4 (72.4%)
17	MADZIA Aleksandra	5191	RNB TEAM POLANICA ZDRÓJ	K-30	4	00:42:44	01:11:44.90	01:11:48.35	+00:20:03 (27.9%)	7:10	8.4 (72.4%)
18	MARTAN Iwona	5146		K-40	9	00:43:06	01:12:00.10	01:12:10.60	+00:20:25 (28.3%)	7:12	8.3 (71.6%)
19	MRÓZ Urszula	5188	STRONE BIEGA	K-60	1	00:42:29	01:12:23.55	01:12:27.35	+00:20:42 (28.6%)	7:14	8.3 (71.6%)
20	ŻYGIEŁO Monika	5042	CH10	K-40	10	00:42:37	01:12:39.55	01:12:48.95	+00:21:03 (28.9%)	7:15	8.3 (71.6%)
21	ZACHARA Katarzyna	5192	RNB TEAM POLANICA ZDRÓJ	K-40	11	00:42:57	01:12:53.20	01:12:56.80	+00:21:11 (29.1%)	7:17	8.2 (70.7%)
22	HEJNA Małgorzata	5073	SZCZECIN	K-50	1	00:44:17	01:14:20.70	01:14:22.50	+00:22:37 (30.4%)	7:26	8.1 (69.8%)
23	GMEREK Ewelina	5084		K-40	12	00:44:33	01:14:58.05	01:15:05.60	+00:23:20 (31.1%)	7:29	8 (69.0%)
24	-----	5043	KB ZDYSSAAANI CHOCIANÓW	K-40	13	00:46:53	01:17:44.85	01:17:53.90	+00:26:08 (33.6%)	7:46	7.7 (66.4%)
25	CIEKAŃSKA Joanna	5098		K-40	14	00:45:47	01:18:13.35	01:18:19.55	+00:26:34 (33.9%)	7:49	7.7 (66.4%)
26	SZYCH Katarzyna	5013	RAZ SZCZECIN	K-50	2	00:47:02	01:18:20.80	01:18:29.65	+00:26:44 (34.1%)	7:50	7.7 (66.4%)
27	LATOS Joanna	5172		K-40	15	00:47:01	01:18:58.65	01:19:04.25	+00:27:19 (34.5%)	7:53	7.6 (65.5%)
28	BROŻYNA Magda	5014		K-40	16	00:47:34	01:19:20.90	01:19:28.05	+00:27:42 (34.9%)	7:56	7.6 (65.5%)
29	MISIAK Urszula	5052		K-30	5	00:47:30	01:21:09.95	01:21:18.75	+00:29:33 (36.4%)	8:06	7.4 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
30	FRĄCKOWIAK Elżbieta	5181		K-40	17	00:48:24	01:21:47.65	01:21:59.25	+00:30:14 (36.9%)	8:10	7.3 (62.9%)
31	LESZCZUK Patrycja	5139		K-30	6	00:48:24	01:21:51.95	01:22:02.75	+00:30:17 (36.9%)	8:11	7.3 (62.9%)
32	MAJCHRZAK GALADYK Helena	5123		K-40	18	00:49:27	01:21:56.95	01:22:04.70	+00:30:19 (36.9%)	8:11	7.3 (62.9%)
33	URBANIAK Izabela	5136	UKS ARKADY	K-40	19	00:48:53	01:22:07.55	01:22:16.60	+00:30:31 (37.1%)	8:12	7.3 (62.9%)
34	LIŚKIEWICZ Marzena	5047		K-40	20	00:49:24	01:22:32.80	01:22:41.60	+00:30:56 (37.4%)	8:15	7.3 (62.9%)
35	KUCHCINSKA Diana	5097		K-40	21	00:48:32	01:22:50.95	01:22:57.45	+00:31:12 (37.6%)	8:17	7.2 (62.1%)
36	PŁUCIENNICZAK Barbara	5132		K-40	22	00:49:24	01:23:06.70	01:23:11.20	+00:31:25 (37.8%)	8:18	7.2 (62.1%)
37	GOLEBIEWSKA Małgorzata	5028	RUN TEAM RYDZYNA	K-40	23	00:47:29	01:23:12.70	01:23:18.05	+00:31:32 (37.9%)	8:19	7.2 (62.1%)
38	NADOLNA Karina	5179	RUN TEAM RYDZYNA	K-40	24	00:47:31	01:23:12.50	01:23:18.10	+00:31:32 (37.9%)	8:19	7.2 (62.1%)
39	SZERMENT Magdalena	5061		K-40	25	00:50:37	01:23:24.45	01:23:31.90	+00:31:46 (38.0%)	8:20	7.2 (62.1%)
40	LESZCZYNA Magdalena	5066	ZRYW	K-40	26	00:48:49	01:23:41.35	01:23:44.50	+00:31:59 (38.2%)	8:22	7.2 (62.1%)
41	SZYMAŃSKA Agnieszka	5105	RNB TEAM POLANICA ZDRÓJ	K-50	3	00:49:51	01:24:49.45	01:24:53.50	+00:33:08 (39.0%)	8:28	7.1 (61.2%)
42	PIEPRZYCKA Agata	5046	#BIEGAJLESZNO	K-40	27	00:48:55	01:25:18.45	01:25:18.45	+00:33:33 (39.3%)	8:31	7 (60.3%)
43	KUBUJ Karolina	5116		K-20	6	00:49:16	01:25:23.15	01:25:33.35	+00:33:48 (39.5%)	8:32	7 (60.3%)
44	KORSAK Agata	5113		K-30	7	00:50:23	01:25:55.75	01:26:05.95	+00:34:20 (39.9%)	8:35	7 (60.3%)
45	BUDZISZEWSKA Monika	5067	ZRYW	K-40	28	00:50:57	01:27:00.70	01:27:03.55	+00:35:18 (40.6%)	8:42	6.9 (59.5%)
46	JANIK Ewa	5140		K-40	29	00:50:13	01:26:57.75	01:27:04.15	+00:35:18 (40.6%)	8:41	6.9 (59.5%)
47	KACZMAREK Anna	5120		K-30	8	00:51:23	01:27:08.95	01:27:14.70	+00:35:29 (40.7%)	8:42	6.9 (59.5%)
48	KOBUS-DUNAJ Lidia	5137		K-30	9	00:50:16	01:27:54.90	01:28:02.05	+00:36:16 (41.2%)	8:47	6.8 (58.6%)
49	HULBOJ Marlena	5044	AKTYWNA NOWA RUDA	K-30	10	00:49:52	01:28:08.00	01:28:13.60	+00:36:28 (41.3%)	8:48	6.8 (58.6%)
50	PARADA Magdalena	5078		K-40	30	00:53:13	01:28:17.10	01:28:29.60	+00:36:44 (41.5%)	8:49	6.8 (58.6%)
51	LIPSKA Agata	5143		K-50	4	00:52:29	01:28:24.15	01:28:37.30	+00:36:52 (41.6%)	8:50	6.8 (58.6%)
52	WASYLUK Agnieszka	5142		K-50	5	00:52:32	01:28:26.00	01:28:37.85	+00:36:52 (41.6%)	8:50	6.8 (58.6%)
53	WOREK Sylwia	5074		K-40	31	00:50:47	01:28:37.35	01:28:40.20	+00:36:54 (41.6%)	8:51	6.8 (58.6%)
54	KOZŁOWSKA Magdalena	5064		K-40	32	00:53:12	01:30:00.45	01:30:08.20	+00:38:22 (42.6%)	9:00	6.7 (57.8%)
55	CZARNECKA Agnieszka	5164		K-40	33	00:52:58	01:30:31.10	01:30:40.05	+00:38:54 (42.9%)	9:03	6.6 (56.9%)
56	ANTKOWIAK Joanna	5036	BIEGAJ LESZNO	K-40	34	00:54:36	01:30:53.85	01:30:57.90	+00:39:12 (43.1%)	9:05	6.6 (56.9%)
57	ZIÓŁEK Teresa	5121	STAY INSANE	K-60	2	00:54:19	01:30:58.75	01:31:09.05	+00:39:23 (43.2%)	9:05	6.6 (56.9%)
58	CISICKA Daria	5071		K-30	11	00:54:37	01:31:32.05	01:31:40.40	+00:39:55 (43.5%)	9:09	6.6 (56.9%)
59	MOSÓR Lilla	5063	LISY PUSTYNI	K-50	6	00:53:10	01:31:40.10	01:31:45.90	+00:40:00 (43.6%)	9:10	6.5 (56.0%)
60	STOBIŃSKA Kamila	5049		K-40	35	00:52:39	01:33:14.10	01:33:22.65	+00:41:37 (44.6%)	9:19	6.4 (55.2%)
61	MIKOŁAJEWICZ Beata	5080	FZCJ	K-40	36	00:53:21	01:33:28.65	01:33:40.05	+00:41:54 (44.7%)	9:20	6.4 (55.2%)
62	SOJA-WAWRYSZEWICZ Agata	5051		K-40	37	00:54:05	01:34:25.50	01:34:32.95	+00:42:47 (45.3%)	9:26	6.4 (55.2%)
63	DAMEK Mariola	5069		K-50	7	00:55:31	01:34:46.40	01:34:46.40	+00:43:01 (45.4%)	9:28	6.3 (54.3%)
64	JOACHIMIAK Anna	5112		K-30	12	00:54:27	01:35:13.40	01:35:18.50	+00:43:33 (45.7%)	9:31	6.3 (54.3%)
65	BIENIEK Iwona	5133	UKS ARKADY	K-50	8	00:56:38	01:37:39.90	01:37:49.55	+00:46:04 (47.1%)	9:45	6.1 (52.6%)
66	SZÓSTAK Marzena	5027	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-60	3	00:57:53	01:37:40.45	01:37:50.65	+00:46:05 (47.1%)	9:46	6.1 (52.6%)
67	BŁACHNIO Dorota	5010	RAZ SZCZECIN	K-50	9	00:56:54	01:37:48.10	01:37:54.80	+00:46:09 (47.1%)	9:46	6.1 (52.6%)
68	MAJOS Małgorzata	5007	RAZ SZCZECIN	K-50	10	00:56:54	01:37:47.85	01:37:55.05	+00:46:09 (47.1%)	9:46	6.1 (52.6%)
69	GABERT Beata	5009	RAZ SZCZECIN	K-50	11	00:56:53	01:37:47.25	01:37:55.20	+00:46:09 (47.1%)	9:46	6.1 (52.6%)
70	GONERA Janina	5016	KB HARCOWNIK JELCZ-LASKOWICE	K-60	4	00:56:59	01:37:45.45	01:37:55.65	+00:46:10 (47.2%)	9:46	6.1 (52.6%)
71	MICHNOWSKA Milena	5184		K-40	38	00:57:30	01:38:57.55	01:39:04.25	+00:47:19 (47.8%)	9:53	6.1 (52.6%)
72	BIENIEK Marta	5134		K-30	13	00:58:59	01:39:04.65	01:39:15.15	+00:47:29 (47.9%)	9:54	6.1 (52.6%)
73	DUBIAŁ Halina	5022	BABCIE BIEGAJĄ	K-60	5	00:58:00	01:39:10.15	01:39:22.15	+00:47:36 (47.9%)	9:55	6.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5.3km	10km	10km			
73	KOZAK Krystyna	5020	LOB	K-50	12	00:58:14	01:39:22.15	01:39:22.15	+00:47:36 (47.9%)	9:56	6 (51.7%)
73	PISULA Maja	5015		K-40	39	00:57:54	01:39:09.20	01:39:22.15	+00:47:36 (47.9%)	9:54	6.1 (52.6%)
76	GAŁEK Anita	5056		K-40	40	00:56:56	01:39:23.90	01:39:31.65	+00:47:46 (48.0%)	9:56	6 (51.7%)
77	KOWALIK Aleksandra	5038		K-20	7	00:55:44	01:39:26.90	01:39:35.00	+00:47:49 (48.0%)	9:56	6 (51.7%)
78	LIS Agnieszka	5040		K-40	41	00:57:05	01:39:36.85	01:39:36.85	+00:47:51 (48.0%)	9:57	6 (51.7%)
79	PRZYŁUSKA Mirosława	5006	RAZ SZCZECIN	K-60	6	00:57:29	01:40:25.05	01:40:31.55	+00:48:46 (48.5%)	10:02	6 (51.7%)
80	PARTYKA Agnieszka	5000	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	K-40	42	00:58:32	01:41:04.05	01:41:13.60	+00:49:28 (48.9%)	10:06	5.9 (50.9%)
81	MIELNIK Natalia	5018		K-30	14	00:59:00	01:42:51.30	01:43:03.20	+00:51:17 (49.8%)	10:17	5.8 (50.0%)
81	TOKARSKA Iwonka	5129		K-40	43	00:59:00	01:42:51.50	01:43:03.20	+00:51:17 (49.8%)	10:17	5.8 (50.0%)
83	WITCZAK-SPERKA Mariola	5008	RAZ SZCZECIN	K-60	7	00:58:36	01:43:05.35	01:43:12.25	+00:51:27 (49.9%)	10:18	5.8 (50.0%)
84	TRĘBACZ Marianna	5091		K-30	15	00:57:51	01:43:17.40	01:43:23.20	+00:51:37 (49.9%)	10:19	5.8 (50.0%)
85	ADAMSKI Marzena	5090		K-40	44	00:57:36	01:43:17.20	01:43:23.40	+00:51:38 (49.9%)	10:19	5.8 (50.0%)
86	BOROWSKA-TOMCZYK Anna	5032		K-60	8	01:16:00	02:19:03.75	02:19:06.50	+01:27:21 (62.8%)	13:54	4.3 (37.1%)
87	WOŹNIAK Anna	5086		K-40	45	01:19:51	02:24:10.30	02:24:23.75	+01:32:38 (64.2%)	14:25	4.2 (36.2%)

Znaleziono 87 wynik(ów)