

Wydarzenie: Kudowski Festiwal Biegowy
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-04-02
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	WIECZOREK Nina	5041	SBG SALCO	K-20	1	00:32:36	00:53:31.55	00:53:31.55		5:21	11.2 (100%)
2	BEDNARCZYK Magdalena	5078	STRZEGOMSKA DWUNASTKA	K-30	1	00:33:17	00:54:39.45	00:54:39.45	+00:01:07 (2.1%)	5:27	11 (98.2%)
3	PĘKALA Kamila	5022		K-20	2	00:37:38	01:01:38.30	01:01:38.30	+00:08:06 (13.2%)	6:09	9.7 (86.6%)
4	GNITECKA Katarzyna	5031	KUDOWIANKA RUN	K-30	2	00:40:35	01:06:17.35	01:06:17.35	+00:12:45 (19.3%)	6:37	9.1 (81.3%)
5	LEWIŃSKA Monika	5094	AKADEMIA WOJSK ŁĄDOWYCH	K-20	3	00:42:28	01:09:07.35	01:09:07.35	+00:15:35 (22.6%)	6:54	8.7 (77.7%)
6	TROJNAR Klaudia	5111		K-20	4	00:41:00	01:09:25.35	01:09:25.35	+00:15:53 (22.9%)	6:56	8.6 (76.8%)
7	KUTSKO Oksana	5033	PROJEKT DACH NAD GŁOWĄ	K-20	5	00:43:00	01:10:35.35	01:10:35.35	+00:17:03 (24.2%)	7:03	8.5 (75.9%)
8	TROJNIAK Daria	5096		K-30	3	00:42:54	01:12:32.10	01:12:32.10	+00:19:00 (26.2%)	7:15	8.3 (74.1%)
9	SZPIŁA Paulina	5058		K-20	6	00:44:03	01:14:55.15	01:14:55.15	+00:21:23 (28.6%)	7:29	8 (71.4%)
10	URBAN-KACZMARCZYK Alicja	5075	KACZKA TEAM	K-20	7	00:45:00	01:15:31.70	01:15:31.70	+00:22:00 (29.1%)	7:33	7.9 (70.5%)
11	MILLER Agnieszka	5004		K-30	4	00:45:41	01:16:07.05	01:16:07.05	+00:22:35 (29.7%)	7:36	7.9 (70.5%)
12	ASTRAMOWICZ Izabela	5081		K-30	5	00:49:00	01:21:59.35	01:21:59.35	+00:28:27 (34.7%)	8:11	7.3 (65.2%)
13	SZUMIEC Joanna	5088		K-30	6	00:51:02	01:22:36.95	01:22:36.95	+00:29:05 (35.2%)	8:15	7.3 (65.2%)
14	KOZŁOWSKA Marzena	5005	BBL LASY BOGDANIEC	K-40	1	00:50:51	01:23:49.70	01:23:49.70	+00:30:18 (36.1%)	8:22	7.2 (64.3%)
15	STOBIK Weronika	5070	COGO TEAM	K-20	8	00:50:57	01:24:24.25	01:24:24.25	+00:30:52 (36.6%)	8:26	7.1 (63.4%)
16	KRÓLAK Katarzyna	5124		K-30	7	00:51:43	01:24:33.30	01:24:33.30	+00:31:01 (36.7%)	8:27	7.1 (63.4%)
17	MAJCHRZAK GALADYK Helena	5030		K-40	2	00:51:18	01:24:56.95	01:24:56.95	+00:31:25 (37.0%)	8:29	7.1 (63.4%)
18	PLACHIMOWICZ Natalia	5083	MOCNA GRUPA CEZARA	K-40	3	00:50:34	01:25:01.95	01:25:01.95	+00:31:30 (37.1%)	8:30	7.1 (63.4%)
19	SZACHOWICZ Joanna	5084	MOCNA GRUPA CEZARA	K-20	9	00:51:01	01:25:41.15	01:25:41.15	+00:32:09 (37.5%)	8:34	7 (62.5%)
20	KARAŚ Magda	5010		K-20	10	00:51:06	01:25:53.30	01:25:53.30	+00:32:21 (37.7%)	8:35	7 (62.5%)
21	SKARŻEŃSKA - SOKOŁOWSKA Jagoda	5119	NIEZWYCIĘŻENI Z WRZOSOWEJ	K-40	4	00:53:04	01:26:50.70	01:26:50.70	+00:33:19 (38.4%)	8:41	6.9 (61.6%)
22	KOZŁOWSKA Magdalena	5029		K-40	5	00:52:44	01:29:03.90	01:29:03.90	+00:35:32 (39.9%)	8:54	6.7 (59.8%)
23	BISZCZUK Magdalena	5085		K-40	6	00:52:44	01:30:51.25	01:30:51.25	+00:37:19 (41.1%)	9:05	6.6 (58.9%)
24	MAJCHRZAK Monika	5023	WKURW_TEAM	K-50	1	00:55:12	01:31:02.35	01:31:02.35	+00:37:30 (41.2%)	9:06	6.6 (58.9%)
25	KLEDECKA Agata	5012	POINT EN ROUTE	K-20	11	00:54:51	01:31:46.90	01:31:46.90	+00:38:15 (41.7%)	9:10	6.5 (58.0%)
26	PIEKARCZYK Anna	5127		K-40	7	00:54:30	01:33:01.55	01:33:01.55	+00:39:30 (42.5%)	9:18	6.5 (58.0%)
27	NIEWIAROWSKA Anna	5044		K-30	8	00:54:50	01:33:35.45	01:33:35.45	+00:40:03 (42.8%)	9:21	6.4 (57.1%)
28	PAWLIKOWSKA Anna	5115		K-40	8	00:45:26	01:34:44.85	01:34:44.85	+00:41:13 (43.5%)	9:28	6.3 (56.3%)
29	MARCINIAK Grażyna	5049		K-30	9	00:57:10	01:35:33.10	01:35:33.10	+00:42:01 (44.0%)	9:33	6.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Jakubowice 5.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	MATUSZEWSKA Anna	5055		K-40	9	00:56:19	01:35:59.25	01:35:59.25	+00:42:27 (44.2%)	9:35	6.3 (56.3%)
31	MIKOŁAJCZYK Marta	5006	BBL LASY BOGDANIEC	K-30	10	00:54:04	01:36:57.95	01:36:57.95	+00:43:26 (44.8%)	9:41	6.2 (55.4%)
32	BUCZAK-MROZIŃSKA Paulina	5062		K-40	10	00:46:21	01:37:41.65	01:37:41.65	+00:44:10 (45.2%)	9:46	6.1 (54.5%)
33	MASALSKA Anna	5053	ZABIEGANI CZERNIKOWO	K-50	2	00:46:25	01:37:47.05	01:37:47.05	+00:44:15 (45.3%)	9:46	6.1 (54.5%)
34	KIM Renata	5113	TEAM ZABIEGANEDNI	K-50	3	00:59:37	01:38:03.15	01:38:03.15	+00:44:31 (45.4%)	9:48	6.1 (54.5%)
35	ZIÓŁEK Teresa	5060	STAY INSANE	K-60	1	00:59:00	01:38:53.25	01:38:53.25	+00:45:21 (45.9%)	9:53	6.1 (54.5%)
36	MIKOŁAJEWICZ Beata	5021	#BIEGAJLESZNO	K-40	11	01:01:01	01:39:47.75	01:39:47.75	+00:46:16 (46.4%)	9:58	6 (53.6%)
37	FILODA Marta	5037	BRO-TEAM	K-30	11	01:00:03	01:39:59.70	01:39:59.70	+00:46:28 (46.5%)	9:59	6 (53.6%)
38	KROCZAK Małgorzata	5073		K-30	12	01:01:10	01:41:41.90	01:41:41.90	+00:48:10 (47.4%)	10:10	5.9 (52.7%)
39	SERYŁO Jolanta	5125		K-50	4	00:59:51	01:41:46.20	01:41:46.20	+00:48:14 (47.4%)	10:10	5.9 (52.7%)
40	GOLEBIEWSKA Małgorzata	5024	RUN TEAM RYDZYNA	K-40	12	01:01:19	01:43:21.65	01:43:21.65	+00:49:50 (48.2%)	10:20	5.8 (51.8%)
41	MOSKWA-SYC Marta	5027		K-20	12	01:01:44	01:43:27.80	01:43:27.80	+00:49:56 (48.3%)	10:20	5.8 (51.8%)
42	PRZYBYŁ Agnieszka	5064		K-40	13	01:04:52	01:50:39.50	01:50:39.50	+00:57:07 (51.6%)	11:03	5.4 (48.2%)
43	PIASKOWSKA Ania	5001	PIASKITEAM	K-40	14	01:04:41	01:50:40.75	01:50:40.75	+00:57:09 (51.6%)	11:04	5.4 (48.2%)
44	KUCHARSKA Kamila	5098	RIKO I SPÓŁKA	K-40	15	01:05:38	01:52:08.45	01:52:08.45	+00:58:36 (52.3%)	11:12	5.4 (48.2%)
45	PISULA Maja	5000		K-40	16	01:06:22	01:52:11.95	01:52:11.95	+00:58:40 (52.3%)	11:13	5.3 (47.3%)
45	KOZAK Krystyna	5019	RUN TEAM RYDZYNA	K-50	5	01:06:14	01:52:11.95	01:52:11.95	+00:58:40 (52.3%)	11:13	5.3 (47.3%)
47	DUBIAŁ Halina	5020	BABCIE BIEGAJĄ	K-60	2	01:06:22	01:52:12.15	01:52:12.15	+00:58:40 (52.3%)	11:13	5.3 (47.3%)
48	MASIEWICZ Patrycja	5103		K-30	13	01:07:32	01:57:06.00	01:57:06.00	+01:03:34 (54.3%)	11:42	5.1 (45.5%)
49	BARTNIK Fatima	5122		K-40	17	01:09:07	02:01:20.20	02:01:20.20	+01:07:48 (55.9%)	12:08	4.9 (43.8%)
50	GAŁEK Anita	5009		K-40	18	01:07:33	02:01:35.40	02:01:35.40	+01:08:03 (56.0%)	12:09	4.9 (43.8%)

Znaleziono 50 wynik(ów)