

Wydarzenie: Kudowski Festiwal Biegowy
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-04-02
Miejsce: Kudowa-Zdrój
Dystans: 21 km

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	KSIEZKA Joanna	4237	PCH SPORT / S12	K-40	1	01:29:11	02:14:12	02:42:33.85	02:42:33.85		7:44	7.8 (100%)
2	GRUDZIEN-JURKOWSKA Malgorzata	4125		K-40	2	01:32:55	02:20:32	02:52:00.35	02:52:00.35	+00:09:26 (5.5%)	8:11	7.3 (93.6%)
3	JURDZIAK Karolina	4261		K-40	3	01:34:09	02:25:10	03:00:00.20	03:00:00.20	+00:17:26 (9.7%)	8:34	7 (89.7%)
4	NOWAK Marta	4167		K-40	4	01:40:42	02:33:05	03:05:01.65	03:05:01.65	+00:22:27 (12.1%)	8:48	6.8 (87.2%)
5	GRABARCZYK Ilona	4076		K-40	5	01:41:55	02:34:16	03:06:28.65	03:06:28.65	+00:23:54 (12.8%)	8:52	6.8 (87.2%)
6	STASZYŃSKA Karolina	4117	BIEGAJĄCE KREJZOLE	K-40	6	01:37:45	02:32:54	03:06:41.75	03:06:41.75	+00:24:07 (12.9%)	8:53	6.7 (85.9%)
7	KOZAK Ewa	4089	KOZAKI	K-40	7	01:41:34	02:36:10	03:10:24.70	03:10:24.70	+00:27:50 (14.6%)	9:04	6.6 (84.6%)
8	JODŁOWSKA Ewa	4071		K-40	8	01:44:41	02:41:37	03:16:30.20	03:16:30.20	+00:33:56 (17.3%)	9:21	6.4 (82.1%)
9	LACH Agnieszka	4172	MOCNA GRUPA CEZARA	K-40	9	01:47:39	02:44:50	03:21:25.15	03:21:25.15	+00:38:51 (19.3%)	9:35	6.3 (80.8%)
10	SZERMENT Magdalena	4009	MAZURTEAM	K-40	10	01:51:58	02:50:36	03:26:09.85	03:26:09.85	+00:43:36 (21.1%)	9:49	6.1 (78.2%)
11	KWIATKOWSKA Marta	4043		K-40	11	01:44:44	02:48:27	03:26:11.90	03:26:11.90	+00:43:38 (21.2%)	9:49	6.1 (78.2%)
12	GOŹDZICKA Iwona	4102		K-40	12	01:49:50	02:57:00	03:31:53.70	03:31:53.70	+00:49:19 (23.3%)	10:05	5.9 (75.6%)
13	BARTKIEWICZ Halina	4069		K-40	13	01:49:51	02:56:59	03:31:53.85	03:31:53.85	+00:49:20 (23.3%)	10:05	5.9 (75.6%)
14	IGNASZEWSKA Marta	4062	BIEGAJĄCE KREJZOLE	K-40	14	01:51:46	02:55:14	03:32:21.00	03:32:21.00	+00:49:47 (23.4%)	10:06	5.9 (75.6%)
15	CIEKAŃSKA Joanna	4192		K-40	15	01:55:06	02:55:11	03:33:11.65	03:33:11.65	+00:50:37 (23.7%)	10:09	5.9 (75.6%)

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16	FURGAŁ-ŻUREK Joanna	4003		K-40	16	01:55:13	02:57:12	03:34:21.15	03:34:21.15	+00:51:47 (24.2%)	10:12	5.9 (75.6%)
17	GIDASZEWSKA Jolanta	4020	LESZNO-GRONOWO	K-40	17	01:54:51	02:58:44	03:36:46.60	03:36:46.60	+00:54:12 (25.0%)	10:19	5.8 (74.4%)
18	GROMADZKA-JĘDRUSZCZAK Renata	4113		K-40	18	01:49:47	02:55:41	03:37:37.35	03:37:37.35	+00:55:03 (25.3%)	10:21	5.8 (74.4%)
18	MAKAREWICZ Katarzyna	4105		K-40	18	01:49:48	02:55:50	03:37:37.35	03:37:37.35	+00:55:03 (25.3%)	10:21	5.8 (74.4%)
20	PICHER RÓŻYŁO Joanna	4096		K-40	20	02:00:17	03:07:39	03:46:26.65	03:46:26.65	+01:03:52 (28.2%)	10:46	5.6 (71.8%)
21	KUCHCINSKA Diana	4110		K-40	21	02:00:56	03:08:41	03:49:32.25	03:49:32.25	+01:06:58 (29.2%)	10:55	5.5 (70.5%)
22	MARCINIAK Irmiona	4134	FUNDACJA BIEGANIE NA ŚNIADANIE	K-40	22	02:01:44	03:13:47	03:55:22.85	03:55:22.85	+01:12:49 (30.9%)	11:12	5.4 (69.2%)
23	MAŃKA Magdalena	4092	ZRYW PARZYMIECHY	K-40	23	02:05:48	03:16:56	03:58:26.15	03:58:26.15	+01:15:52 (31.8%)	11:21	5.3 (67.9%)
24	BOROŃ Magda	4160		K-40	24	02:01:54	03:14:23	04:00:25.35	04:00:25.35	+01:17:51 (32.4%)	11:26	5.2 (66.7%)
25	SOJA-WAWRYSZEWICZ Agata	4019		K-40	25	02:15:18	03:26:15	04:15:27.60	04:15:27.60	+01:32:53 (36.4%)	12:09	4.9 (62.8%)
26	PARTYKA Agnieszka	4126	KB HARCOWNIK JELCZ-LASKOWICE	K-40	26	02:23:17	03:44:44	04:37:17.10	04:37:17.10	+01:54:43 (41.4%)	13:12	4.5 (57.7%)
27	REK Katarzyna	4040	RADLINIOKI W BIEGU	K-40	27	02:33:32	04:08:41	04:57:41.10	04:57:41.10	+02:15:07 (45.4%)	14:10	4.2 (53.8%)
28	JANIK Ewa	4173		K-40	28	01:55:08				+00:25:56	11:30	5.2 (66.7%)

Znaleziono 28 wynik(ów)