



KUDOWSKA
SZTAFETA
GÓRSKA

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Kudowski Festiwal Biegowy
Fundacja MARATONY GÓRSKIE
2024-04-14
Kudowa-Zdrój
21 km

PÓŁMARATON BŁĘDNYCH SKAŁ

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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	MAZUR Monika	4142	KATCROSS	K-40	1	01:22:46	02:02:21	02:30:40.70	02:30:40.70		7:10	8.4 (100%)
2	GRUDZIEN-JURKOWSKA Małgorzata	4106		K-40	2	01:23:48	02:06:52	02:33:45.65	02:33:45.65	+00:03:04 (2.0%)	7:19	8.2 (97.6%)
3	KSIEZKA Joanna	4160	STRZEGOMSKA12	K-40	3	01:24:59	02:07:52	02:34:07.80	02:34:07.80	+00:03:27 (2.2%)	7:20	8.2 (97.6%)
4	BERG Elwira	4108		K-40	4	01:26:25	02:08:42	02:36:57.45	02:36:57.45	+00:06:16 (4.0%)	7:28	8 (95.2%)
5	DRAGANEK Ewelina	4084		K-40	5	01:28:33	02:11:59	02:39:59.70	02:39:59.70	+00:09:19 (5.8%)	7:37	7.9 (94.0%)
6	ŁAMPIKA Kinga	4213	GOOD MOVE	K-40	6	01:27:32	02:14:55	02:45:04.70	02:45:04.70	+00:14:24 (8.7%)	7:51	7.6 (90.5%)
7	SKROBAŃSKA Katarzyna	4014	SKROBKITEAM	K-40	7	01:33:37	02:20:17	02:50:50.00	02:50:50.00	+00:20:09 (11.8%)	8:08	7.4 (88.1%)
8	FRANICA Małgorzata	4206		K-40	8	01:35:19	02:22:25	02:52:13.55	02:52:13.55	+00:21:32 (12.5%)	8:12	7.3 (86.9%)
9	GAJEWSKA Magdalena	4211	MIEDZIOWE TOWARZYSTWO SPORTOWE DRUŻYNA SZPIKU	K-40	9	01:33:51	02:24:00	02:59:52.05	02:59:52.05	+00:29:11 (16.2%)	8:33	7 (83.3%)
10	WAWRZYNIAK Ilona	4185	NORBULLO TEAM	K-40	10	01:36:04	02:28:30	03:00:11.95	03:00:11.95	+00:29:31 (16.4%)	8:34	7 (83.3%)
11	MARKIEWICZ Joanna Zuza	4033	PRO366	K-40	11	01:36:57	02:27:19	03:00:24.15	03:00:24.15	+00:29:43 (16.5%)	8:35	7 (83.3%)
12	ŁUKIEWICZ Agnieszka	4021	AUTOLIV RUN TEAM	K-40	12	01:39:48	02:32:16	03:05:08.20	03:05:08.20	+00:34:27 (18.6%)	8:48	6.8 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
13	ŚMIECHOWSKA Małgorzata	4095		K-40	13	01:38:34	02:31:55	03:05:17.95	03:05:17.95	+00:34:37 (18.7%)	8:49	6.8 (81.0%)
14	KWIATKOWSKA Marta	4044		K-40	14	01:36:07	02:29:23	03:05:32.00	03:05:32.00	+00:34:51 (18.8%)	8:50	6.8 (81.0%)
15	SAJNÓG Justyna	4097	#BIEGAJLESZNO	K-40	15	01:38:39	02:32:18	03:06:13.75	03:06:13.75	+00:35:33 (19.1%)	8:52	6.8 (81.0%)
16	PYREK Iwona	4032		K-40	16	01:39:55	02:33:56	03:09:13.15	03:09:13.15	+00:38:32 (20.4%)	9:00	6.7 (79.8%)
17	GIDASZEWSKA Jolanta	4016	GIDAŚ TEAM	K-40	17	01:39:47	02:35:56	03:09:40.65	03:09:40.65	+00:38:59 (20.6%)	9:01	6.6 (78.6%)
18	CZECH Dorota	4139	ASICS FRONTRUNNER POLAND	K-40	18	01:39:49	02:35:01	03:10:11.75	03:10:11.75	+00:39:31 (20.8%)	9:03	6.6 (78.6%)
19	FURGAŁ-ŻUREK Joanna	4092		K-40	19	01:44:56	02:37:36	03:11:47.45	03:11:47.45	+00:41:06 (21.4%)	9:07	6.6 (78.6%)
20	WIĄCKIEWICZ Ewa	4171	BBL	K-40	20	01:41:42	02:39:20	03:16:53.35	03:16:53.35	+00:46:12 (23.5%)	9:22	6.4 (76.2%)
21	HOŃKA Aneta	4176	DYCZUŚ TEAM	K-40	21	01:40:59	02:39:22	03:16:59.55	03:16:59.55	+00:46:18 (23.5%)	9:22	6.4 (76.2%)
22	KOŻŁOWSKA Magdalena	4174	RUNNERS KONIN	K-40	22	01:44:04	02:42:34	03:19:12.15	03:19:12.15	+00:48:31 (24.4%)	9:29	6.3 (75.0%)
23	BURA Karolina	4028	#BIEGAJLESZNO	K-40	23	01:45:40	02:43:44	03:22:25.30	03:22:25.30	+00:51:44 (25.6%)	9:38	6.2 (73.8%)
24	MARCINIAK Irmína	4088	BIEGANIE NA ŚNIADANIE	K-40	24	01:54:20	02:52:28	03:29:37.55	03:29:37.55	+00:58:56 (28.1%)	9:58	6 (71.4%)
25	RÓŻAŃSKA Magdalena	4037		K-40	25	01:58:39	02:57:17	03:34:24.90	03:34:24.90	+01:03:44 (29.7%)	10:12	5.9 (70.2%)
26	LEERS Joyce	4051	MAĆKOWIAK TEAM NL	K-40	26	01:57:32	03:06:02	03:49:14.50	03:49:14.50	+01:18:33 (34.3%)	10:54	5.5 (65.5%)
27	INOROWICZ Joanna	4158		K-40	27	01:57:33	03:13:57	03:56:11.35	03:56:11.35	+01:25:30 (36.2%)	11:14	5.3 (63.1%)
27	FIKSA Kasia	4191	BIEGACZE ŚCIEMNIACZE	K-40	27	01:58:27	03:13:57	03:56:11.35	03:56:11.35	+01:25:30 (36.2%)	11:14	5.3 (63.1%)
29	LETZA Roksana	4054		K-40	29	02:00:45	03:10:18	03:58:14.70	03:58:14.70	+01:27:34 (36.8%)	11:20	5.3 (63.1%)
30	NADOLNA Karina	4055	RUN TEAM RYDZYNA	K-40	30	02:00:48	03:10:17	03:58:14.80	03:58:14.80	+01:27:34 (36.8%)	11:20	5.3 (63.1%)
31	FLACZYŃSKA Aldona	4130	ŻÓŁWICE W BIEGU	K-40	31	01:47:56	03:20:59	04:20:33.15	04:20:33.15	+01:49:52 (42.2%)	12:24	4.8 (57.1%)
32	ZBORALSKA Justyna	4109		K-40	32	02:24:21	03:43:49	04:33:49.40	04:33:49.40	+02:03:08 (45.0%)	13:02	4.6 (54.8%)

Znaleziono 32 wynik(ów)