

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

Klasyfikacja: K-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
						10km	16km					
1	<b>KOZŁEWSKA Beata</b>	<b>4259</b>	GÓRYLASY	K-50	1	01:32:47	02:22:02	<b>02:55:29.05</b>	<b>02:55:29.05</b>		8:21	7.2 (100%)
2	<b>TRZEPACZ Dorota</b>	<b>4016</b>	KB LUPUS OLEŚNICA	K-50	2	01:39:23	02:28:47	<b>03:01:27.85</b>	<b>03:01:27.85</b>	+00:05:58 (3.3%)	8:38	6.9 (95.8%)
3	<b>WIŚNIEWSKA Ewa</b>	<b>4233</b>		K-50	3	01:37:48	02:33:19	<b>03:07:13.35</b>	<b>03:07:13.35</b>	+00:11:44 (6.3%)	8:54	6.7 (93.1%)
4	<b>OLEJNIK Ilona</b>	<b>4065</b>		K-50	4	01:39:22	02:34:19	<b>03:12:23.80</b>	<b>03:12:23.80</b>	+00:16:54 (8.8%)	9:09	6.5 (90.3%)
5	<b>GŁUSZKOWSKA Monika</b>	<b>4230</b>	TEAM ZABIEGANEDNI	K-50	5	01:43:37	02:42:35	<b>03:18:19.85</b>	<b>03:18:19.85</b>	+00:22:50 (11.5%)	9:26	6.4 (88.9%)
6	<b>KONDRACIUK Katarzyna</b>	<b>4132</b>	STOWARZYSZENIE KABER	K-50	6	01:51:56	02:51:20	<b>03:26:08.55</b>	<b>03:26:08.55</b>	+00:30:39 (14.9%)	9:48	6.1 (84.7%)
7	<b>WOJTCZAK Małgorzata</b>	<b>4080</b>		K-50	7	01:51:36	02:50:47	<b>03:26:26.20</b>	<b>03:26:26.20</b>	+00:30:57 (15.0%)	9:49	6.1 (84.7%)
8	<b>GNATOWICZ-CZARNOŁĘSKA Beata</b>	<b>4204</b>		K-50	8	01:45:38	02:48:38	<b>03:27:28.60</b>	<b>03:27:28.60</b>	+00:31:59 (15.4%)	9:52	6.1 (84.7%)
9	<b>DOMINIAK Katarzyna</b>	<b>4165</b>	PSIA EDUKACJA	K-50	9	01:59:32	03:00:34	<b>03:33:40.45</b>	<b>03:33:40.45</b>	+00:38:11 (17.9%)	10:10	5.9 (81.9%)
10	<b>PIETRZAK Agnieszka</b>	<b>4070</b>	BIEGAJĄCE KREJZOLE	K-50	10	01:57:20	03:05:17	<b>03:44:16.20</b>	<b>03:44:16.20</b>	+00:48:47 (21.8%)	10:40	5.6 (77.8%)
11	<b>HAMROL Małgorzata</b>	<b>4176</b>	SPORTOWY KAŻMIERZ	K-50	11	02:04:52	03:05:22	<b>03:47:05.05</b>	<b>03:47:05.05</b>	+00:51:36 (22.7%)	10:48	5.5 (76.4%)
12	<b>SAMULSKA Agata</b>	<b>4045</b>	BLLASY BOGDANIEC	K-50	12	01:57:38	03:09:11	<b>03:48:11.80</b>	<b>03:48:11.80</b>	+00:52:42 (23.1%)	10:51	5.5 (76.4%)
13	<b>NOLAS Jolanta</b>	<b>4042</b>	KB HARCOWNIK	K-50	13	01:59:41	03:09:52	<b>03:52:19.05</b>	<b>03:52:19.05</b>	+00:56:50 (24.5%)	11:03	5.4 (75.0%)
14	<b>KRZYWIECKA Beata</b>	<b>4060</b>		K-50	14	02:01:36	03:16:18	<b>04:04:05.05</b>	<b>04:04:05.05</b>	+01:08:36 (28.1%)	11:37	5.2 (72.2%)
15	<b>SERAFIN Renata</b>	<b>4044</b>		K-50	15	02:17:29	03:33:37	<b>04:21:53.85</b>	<b>04:21:53.85</b>	+01:26:24 (33.0%)	12:28	4.8 (66.7%)
16	<b>FIKSA Halina</b>	<b>4201</b>		K-50	16	02:23:09	03:44:49	<b>04:33:43.55</b>	<b>04:33:43.55</b>	+01:38:14 (35.9%)	13:02	4.6 (63.9%)
17	<b>MAGDZIAREK Bogumiła</b>	<b>4265</b>	SPORTOWY KAŻMIERZ	K-50	17	02:23:05	03:44:54	<b>04:33:44.35</b>	<b>04:33:44.35</b>	+01:38:15 (35.9%)	13:02	4.6 (63.9%)
18	<b>STAJER Edyta</b>	<b>4052</b>		K-50	18	02:21:30	03:45:19	<b>04:37:42.75</b>	<b>04:37:42.75</b>	+01:42:13 (36.8%)	13:13	4.5 (62.5%)

Znaleziono 18 wynik(ów)