

**Wydarzenie:** Kudowski Festiwal Biegowy - Sztafeta Górską 2021  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-05-09  
**Miejsce:** Kudowa-Zdrój  
**Dystans:** 21 km

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>MOCZULSKA Małgorzata</b>	<b>3208</b>		K-40	1	01:06:02	01:39:27	<b>02:00:45.30</b>		5:45	10.4 (100%)
2	<b>PIETROSZEK-DOMORADZKA Agata</b>	<b>3181</b>	EX TEAM	K-20	1	01:12:32	01:48:48	<b>02:11:49.15</b>	+00:11:03 (8.4%)	6:16	9.6 (92.3%)
3	<b>ZENDWALEWICZ Ewa</b>	<b>3117</b>	JELCZ TRIATHLON PROJECT	K-30	1	01:21:00	02:01:00	<b>02:25:42.85</b>	+00:24:57 (17.1%)	6:56	8.6 (82.7%)
4	<b>NIMSZ Kamila</b>	<b>3002</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	2	01:13:48	02:04:39	<b>02:27:39.35</b>	+00:26:54 (18.2%)	7:01	8.5 (81.7%)
5	<b>KAPROŃ Martyna</b>	<b>3256</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-20	2	01:22:53	02:03:01	<b>02:28:20.50</b>	+00:27:35 (18.6%)	7:03	8.5 (81.7%)
6	<b>ULIKOWSKA Martyna</b>	<b>3052</b>	ZAŁOGA GÓRSKA	K-30	2	01:22:58	02:03:57	<b>02:29:58.60</b>	+00:29:13 (19.5%)	7:08	8.4 (80.8%)
7	<b>ANDRZEJCZAK Anna</b>	<b>3053</b>	NKB CHYŻY NOWY TOMYŚL	K-30	3	01:23:55	02:04:53	<b>02:31:06.25</b>	+00:30:20 (20.1%)	7:11	8.3 (79.8%)
8	<b>MAJEWSKA Joanna</b>	<b>3263</b>		K-40	3	01:22:31	02:06:44	<b>02:35:05.50</b>	+00:34:20 (22.1%)	7:23	8.1 (77.9%)
9	<b>BINIENDA Agnieszka</b>	<b>3257</b>	KOBIETY WATAHY	K-40	4	01:24:28	02:10:57	<b>02:37:47.35</b>	+00:37:02 (23.5%)	7:30	8 (76.9%)
10	<b>KOT Wioleta</b>	<b>3119</b>		K-30	4	01:25:12	02:09:18	<b>02:37:48.70</b>	+00:37:03 (23.5%)	7:30	8 (76.9%)
11	<b>KUJACZYŃSKA Iga</b>	<b>3177</b>	BISTURI	K-30	5	01:27:18	02:11:15	<b>02:40:22.15</b>	+00:39:36 (24.7%)	7:38	7.9 (76.0%)
12	<b>SZAL Małgorzata</b>	<b>3225</b>	TENIS CENTRUM AS	K-30	6	01:26:54	02:11:50	<b>02:41:36.35</b>	+00:40:51 (25.3%)	7:41	7.8 (75.0%)
13	<b>GERSZEWSKA Marina</b>	<b>3062</b>	NIEWYCHOWANI FIZYCZNIE	K-20	3	01:25:05	02:11:24	<b>02:42:27.00</b>	+00:41:41 (25.7%)	7:44	7.8 (75.0%)
14	<b>MARCINIAK Magdalena</b>	<b>3128</b>		K-40	5	01:30:22	02:14:02	<b>02:42:36.45</b>	+00:41:51 (25.7%)	7:44	7.7 (74.0%)
15	<b>LEWICKA Magdalena</b>	<b>3088</b>	CAŁA OLEŚNICA BIEGA	K-40	6	01:30:19	02:16:41	<b>02:45:36.35</b>	+00:44:51 (27.1%)	7:53	7.6 (73.1%)
16	<b>TKACZYK Katarzyna</b>	<b>3194</b>		K-30	7	01:31:09	02:16:16	<b>02:46:23.15</b>	+00:45:37 (27.4%)	7:55	7.6 (73.1%)
17	<b>PILONIS Eleonora</b>	<b>3109</b>	BIEGOSTACJA	K-40	7	01:31:04	02:17:57	<b>02:47:15.30</b>	+00:46:30 (27.8%)	7:57	7.5 (72.1%)
18	<b>ŚWIATOWIEC Anna</b>	<b>3211</b>		K-50	1	01:32:36	02:18:58	<b>02:47:41.00</b>	+00:46:55 (28.0%)	7:59	7.5 (72.1%)
19	<b>BERG Elwira</b>	<b>3082</b>		K-30	8	01:32:40	02:19:53	<b>02:50:51.45</b>	+00:50:06 (29.3%)	8:08	7.4 (71.2%)
20	<b>MRÓWKA Małgorzata</b>	<b>3220</b>		K-30	9	01:35:07	02:21:06	<b>02:51:13.20</b>	+00:50:27 (29.5%)	8:09	7.4 (71.2%)
21	<b>MIKŁUSZKA Dorota</b>	<b>3235</b>		K-40	8	01:35:05	02:21:14	<b>02:51:47.40</b>	+00:51:02 (29.7%)	8:10	7.3 (70.2%)
22	<b>KSIĘZKA Joanna</b>	<b>3145</b>	STRZEGOMSKA DWUNASTKA	K-30	10	01:35:48	02:24:18	<b>02:53:58.85</b>	+00:53:13 (30.6%)	8:17	7.2 (69.2%)
23	<b>BRZOZOWSKA Marlina</b>	<b>3210</b>		K-40	9	01:35:34	02:25:12	<b>02:55:26.05</b>	+00:54:40 (31.2%)	8:21	7.2 (69.2%)
24	<b>MASZTALSKA Joanna</b>	<b>3059</b>		K-20	4	01:36:56	02:24:11	<b>02:56:05.70</b>	+00:55:20 (31.4%)	8:23	7.2 (69.2%)
25	<b>DOLECKA Ela</b>	<b>3071</b>	NKB CHYŻY NOWY TOMYŚL	K-40	10	01:34:51	02:24:44	<b>02:56:30.10</b>	+00:55:44 (31.6%)	8:24	7.1 (68.3%)
26	<b>DZIERGWA Agnieszka</b>	<b>3216</b>	PRZEDWOJEWSKI TEAM	K-30	11	01:37:54	02:28:16	<b>02:58:19.40</b>	+00:57:34 (32.3%)	8:29	7.1 (68.3%)
27	<b>RÓŻAŃSKA Magdalena</b>	<b>3051</b>		K-40	11	01:38:32	02:28:12	<b>02:59:20.50</b>	+00:58:35 (32.7%)	8:32	7 (67.3%)
28	<b>WESOŁOWSKA Urszula</b>	<b>3244</b>		K-50	2	01:36:07	02:28:59	<b>03:00:44.95</b>	+00:59:59 (33.2%)	8:36	7 (67.3%)
29	<b>JURASZ Aleksandra</b>	<b>3029</b>		K-30	12	01:33:01	02:27:29	<b>03:03:33.00</b>	+01:02:47 (34.2%)	8:44	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały Jakubowice		Czas		Tempo min/km	Tempo km/h
						10km	16km	netto 21km	Różn		
30	<b>KRÓLIKOWSKA Agnieszka</b>	<b>3183</b>		K-30	13	01:41:43	02:30:48	<b>03:04:45.00</b>	+01:03:59 (34.6%)	8:47	6.8 (65.4%)
31	<b>BŁASZKIEWICZ Klaudia</b>	<b>3215</b>		K-20	5	01:41:08	02:34:23	<b>03:07:23.95</b>	+01:06:38 (35.6%)	8:55	6.7 (64.4%)
32	<b>CZECH Dorota</b>	<b>3118</b>		K-40	12	01:43:11	02:35:05	<b>03:09:02.30</b>	+01:08:17 (36.1%)	9:00	6.7 (64.4%)
33	<b>KOŁACZEK Sylwia</b>	<b>3050</b>		K-40	13	01:40:36	02:35:24	<b>03:09:05.30</b>	+01:08:20 (36.1%)	9:00	6.7 (64.4%)
34	<b>WĘGIER Agnieszka</b>	<b>3005</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-40	14	01:41:18	02:36:28	<b>03:09:08.75</b>	+01:08:23 (36.2%)	9:00	6.7 (64.4%)
35	<b>MAZURKIEWICZ Anna</b>	<b>3195</b>	ZGÓRMYSYNY	K-30	14	01:41:48	02:35:10	<b>03:09:18.25</b>	+01:08:32 (36.2%)	9:00	6.7 (64.4%)
36	<b>FRYSIAK Barbara</b>	<b>3047</b>	WIELUŃ TRAIL	K-50	3	01:42:03	02:37:57	<b>03:12:04.65</b>	+01:11:19 (37.1%)	9:08	6.6 (63.5%)
37	<b>NIEDZIELA Danuta</b>	<b>3197</b>	GOSTYŃ	K-40	15	01:42:06	02:37:30	<b>03:12:12.55</b>	+01:11:27 (37.2%)	9:09	6.6 (63.5%)
38	<b>LE FELIC Monika</b>	<b>3098</b>		K-40	16	01:42:08	02:37:29	<b>03:13:02.20</b>	+01:12:16 (37.4%)	9:11	6.5 (62.5%)
39	<b>KOZŁOWSKA Agnieszka</b>	<b>3126</b>		K-30	15	01:42:09	02:38:45	<b>03:13:03.60</b>	+01:12:18 (37.5%)	9:11	6.5 (62.5%)
40	<b>MIELNIK Natalia</b>	<b>3044</b>		K-30	16	01:43:45	02:37:19	<b>03:14:48.80</b>	+01:14:03 (38.0%)	9:16	6.5 (62.5%)
41	<b>CZERWIŃSKA Arleta</b>	<b>3040</b>		K-60	1	01:46:23	02:42:21	<b>03:14:54.55</b>	+01:14:09 (38.0%)	9:16	6.5 (62.5%)
42	<b>HYLIŃSKA Hanna</b>	<b>3234</b>	KOMU CZEMU	K-30	17	01:42:41	02:38:04	<b>03:15:04.90</b>	+01:14:19 (38.1%)	9:17	6.5 (62.5%)
43	<b>PALUSZKIEWICZ Karolina</b>	<b>3016</b>	MAĆKOWIAK TEAM	K-40	17	01:47:29	02:40:43	<b>03:16:01.15</b>	+01:15:15 (38.4%)	9:20	6.4 (61.5%)
44	<b>WIŚNIEWSKA Ewa</b>	<b>3255</b>		K-50	4	01:41:58	02:42:33	<b>03:17:09.05</b>	+01:16:23 (38.7%)	9:23	6.4 (61.5%)
45	<b>MODZELEWSKA Anna</b>	<b>3251</b>		K-20	6	01:42:06	02:40:40	<b>03:17:54.10</b>	+01:17:08 (39.0%)	9:25	6.4 (61.5%)
46	<b>ŁOBODZIEC Monika</b>	<b>3214</b>		K-40	18	01:45:39	02:45:06	<b>03:18:54.50</b>	+01:18:09 (39.3%)	9:28	6.3 (60.6%)
47	<b>PAWLUK Anna</b>	<b>3212</b>		K-30	18	01:45:44	02:44:58	<b>03:19:00.45</b>	+01:18:15 (39.3%)	9:28	6.3 (60.6%)
48	<b>KWIATKOWSKA Marta</b>	<b>3083</b>		K-40	19	01:45:17	02:43:52	<b>03:21:11.85</b>	+01:20:26 (40.0%)	9:34	6.3 (60.6%)
49	<b>HUBKA Kazimiera</b>	<b>3161</b>		K-60	2	01:48:21	02:47:18	<b>03:23:23.55</b>	+01:22:38 (40.6%)	9:41	6.2 (59.6%)
50	<b>KLIMIUK Małgosia</b>	<b>3120</b>		K-40	20	01:55:28	02:50:01	<b>03:23:48.60</b>	+01:23:03 (40.8%)	9:42	6.2 (59.6%)
51	<b>SKORNIAK Katarzyna</b>	<b>3218</b>	WOLNE ŚLIMAKI	K-30	19	01:48:52	02:46:49	<b>03:24:19.50</b>	+01:23:34 (40.9%)	9:43	6.2 (59.6%)
52	<b>LUBAŃSKA Alicja</b>	<b>3004</b>		K-50	5	01:51:28	02:50:40	<b>03:27:02.15</b>	+01:26:16 (41.7%)	9:51	6.1 (58.7%)
53	<b>KOZAK Ewa</b>	<b>3073</b>	KOZAKI	K-40	21	01:55:41	02:54:18	<b>03:27:06.40</b>	+01:26:21 (41.7%)	9:51	6.1 (58.7%)
54	<b>LACH Agnieszka</b>	<b>3219</b>		K-40	22	01:51:30	02:51:13	<b>03:27:50.85</b>	+01:27:05 (41.9%)	9:53	6.1 (58.7%)
55	<b>MELWIŃSKA Paulina</b>	<b>3017</b>	RUN BYDGOSZCZ	K-40	23	01:55:49	02:55:56	<b>03:30:06.15</b>	+01:29:20 (42.5%)	10:00	6 (57.7%)
56	<b>DZIEŻA Roma</b>	<b>3013</b>	RUN BYDGOSZCZ	K-50	6	01:55:55	02:56:04	<b>03:30:14.50</b>	+01:29:29 (42.6%)	10:00	6 (57.7%)
57	<b>KAMIŃSKA Andżelika</b>	<b>3081</b>		K-40	24	01:48:35	02:50:21	<b>03:32:04.00</b>	+01:31:18 (43.1%)	10:05	5.9 (56.7%)
58	<b>PELCZER Agnieszka</b>	<b>3036</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	25	01:51:04	02:54:43	<b>03:32:20.60</b>	+01:31:35 (43.1%)	10:06	5.9 (56.7%)
59	<b>KLAJA Agnieszka</b>	<b>3066</b>		K-30	20	01:58:58	03:00:07	<b>03:39:29.95</b>	+01:38:44 (45.0%)	10:27	5.7 (54.8%)
60	<b>MROZIŃSKA Renata</b>	<b>3203</b>		K-40	26	01:57:00	02:59:48	<b>03:40:12.35</b>	+01:39:27 (45.2%)	10:29	5.7 (54.8%)
61	<b>KOŃ Aleksandra</b>	<b>3012</b>	LZS LIPA	K-40	27	02:01:27	02:59:08	<b>03:42:09.80</b>	+01:41:24 (45.6%)	10:34	5.7 (54.8%)
62	<b>KACZMAREK Monika</b>	<b>3024</b>	NKB CHYŻY NOWY TOMYŚL	K-40	28	02:00:43	03:06:11	<b>03:42:21.85</b>	+01:41:36 (45.7%)	10:35	5.7 (54.8%)
63	<b>PODULKA Małgorzata</b>	<b>3121</b>		K-30	21	01:57:44	03:06:58	<b>03:42:47.20</b>	+01:42:01 (45.8%)	10:36	5.7 (54.8%)
64	<b>GÓRNA Aldona</b>	<b>3077</b>	ŻÓŁWICE W BIEGU	K-40	29	02:01:26	03:08:01	<b>03:44:11.55</b>	+01:43:26 (46.1%)	10:40	5.6 (53.8%)
65	<b>LANGE Hanna</b>	<b>3076</b>	ŻÓŁWICE W BIEGU	K-40	30	02:01:34	03:08:10	<b>03:44:19.45</b>	+01:43:34 (46.2%)	10:40	5.6 (53.8%)
66	<b>POTOCKA Wioletta</b>	<b>3138</b>		K-40	31	01:49:38	02:58:53	<b>03:44:39.55</b>	+01:43:54 (46.2%)	10:41	5.6 (53.8%)
67	<b>PERKA Barbara</b>	<b>3022</b>		K-40	32	02:01:37	03:05:27	<b>03:45:25.10</b>	+01:44:39 (46.4%)	10:44	5.6 (53.8%)
68	<b>KARDAS Marzena</b>	<b>3140</b>		K-40	33	01:59:00	03:06:21	<b>03:47:39.65</b>	+01:46:54 (47.0%)	10:50	5.5 (52.9%)
69	<b>DOBROWOLSKA Małgorzata</b>	<b>3192</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	34	02:07:41	03:15:44	<b>03:52:22.40</b>	+01:51:37 (48.0%)	11:03	5.4 (51.9%)
70	<b>DĄBEK Emilia</b>	<b>3070</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	22	02:01:47	03:09:48	<b>03:52:51.15</b>	+01:52:05 (48.1%)	11:05	5.4 (51.9%)
71	<b>FORMELA Justyna</b>	<b>3249</b>		K-40	35	02:08:19	03:12:12	<b>03:53:10.70</b>	+01:52:25 (48.2%)	11:06	5.4 (51.9%)
72	<b>NATKANIEC Grazyna</b>	<b>3102</b>	EKIPA LIPA	K-50	7	02:12:07	03:17:37	<b>03:58:41.45</b>	+01:57:56 (49.4%)	11:21	5.3 (51.0%)
73	<b>FIJAŁKOWSKA Karolina</b>	<b>3201</b>		K-30	23	02:09:42	03:16:46	<b>04:00:06.10</b>	+01:59:20 (49.7%)	11:26	5.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały		Czas netto 21km	Różn	Tempo min/km	Tempo km/h
						10km	16km				
74	<b>DOBROWOLSKA Karolina</b>	<b>3146</b>	BIEGAM PO PROSTU BIEGAM	K-30	24	02:08:04	03:24:48	<b>04:20:34.25</b>	+02:19:48 (53.7%)	12:24	4.8 (46.2%)
75	<b>SYGUŁA Monika</b>	<b>3199</b>		K-40	36	02:08:12	03:24:57	<b>04:20:44.40</b>	+02:19:59 (53.7%)	12:24	4.8 (46.2%)
76	<b>DOBROWOLSKA Bożena</b>	<b>3101</b>	SPORTOWI EMERYCI JELENIA GÓRA	K-60	3	02:15:48	03:36:56	<b>04:27:21.05</b>	+02:26:35 (54.8%)	12:43	4.7 (45.2%)

Znaleziono 76 wynik(ów)