

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

Klasyfikacja: OPEN KOBIEȦ

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	PAPROCKA Urszula	4247	NOWA HUTA TEAM	K-30	1	01:09:29	01:45:11	02:08:18.85	02:08:18.85		6:06	9.8 (100%)
2	OBSTÓJ Karolina	4242	ON RUNNING	K-30	2	01:10:34	01:48:58	02:13:36.10	02:13:36.10	+00:05:17 (4.0%)	6:21	9.4 (95.9%)
3	FLOREK Katarzyna	4153	AW-SZYBCIEJ-TEAM	K-30	3	01:13:29	01:50:44	02:14:03.90	02:14:03.90	+00:05:45 (4.3%)	6:23	9.4 (95.9%)
4	VARENYTSIA Nadiia	4144	KABER	K-30	4	01:18:54	02:00:02	02:26:37.90	02:26:37.90	+00:18:19 (12.5%)	6:58	8.6 (87.8%)
5	SKOCZYLAS Karolina	4209	SKOCZYLIWLASY / STAY INSANE	K-30	5	01:25:45	02:07:35	02:33:31.85	02:33:31.85	+00:25:13 (16.4%)	7:18	8.2 (83.7%)
6	KSIEZKA Joanna	4237	PCH SPORT / S12	K-40	1	01:29:11	02:14:12	02:42:33.85	02:42:33.85	+00:34:15 (21.1%)	7:44	7.8 (79.6%)
7	JAROSIŃSKA Barbara	4135	BIEGANIE NA ŚNIADANIE	K-30	6	01:32:57	02:18:14	02:47:42.75	02:47:42.75	+00:39:23 (23.5%)	7:59	7.5 (76.5%)
8	GRYMUŁA Agnieszka	4199		K-30	7	01:30:10	02:18:13	02:48:41.15	02:48:41.15	+00:40:22 (23.9%)	8:01	7.5 (76.5%)
9	MRÓWKA Małgorzata	4055		K-30	8	01:30:58	02:19:54	02:49:07.50	02:49:07.50	+00:40:48 (24.1%)	8:03	7.5 (76.5%)
10	WIKLIŃSKA Iga	4210		K-20	1	01:32:50	02:20:09	02:50:21.80	02:50:21.80	+00:42:02 (24.7%)	8:06	7.4 (75.5%)
11	ZDANOWICZ Dominika	4115		K-30	9	01:29:47	02:18:35	02:51:22.30	02:51:22.30	+00:43:03 (25.1%)	8:09	7.4 (75.5%)
12	GRUDZIEN-JURKOWSKA Małgorzata	4125		K-40	2	01:32:55	02:20:32	02:52:00.35	02:52:00.35	+00:43:41 (25.4%)	8:11	7.3 (74.5%)
13	KOZŁEWSKA Beata	4259	GÓRYLAS	K-50	1	01:32:47	02:22:02	02:55:29.05	02:55:29.05	+00:47:10 (26.9%)	8:21	7.2 (73.5%)
14	KRÓLICKA Anna	4234		K-20	2	01:39:25	02:28:14	02:59:53.45	02:59:53.45	+00:51:34 (28.7%)	8:33	7 (71.4%)
15	JURDZIAK Karolina	4261		K-40	3	01:34:09	02:25:10	03:00:00.20	03:00:00.20	+00:51:41 (28.7%)	8:34	7 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<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>	+00:53:09 (29.3%)	8:38	6.9 (70.4%)
17	<b>MARCINKOWSKA Martyna</b>	<b>4155</b>		K-30	10	01:39:27	02:29:30	<b>03:01:38.15</b>	<b>03:01:38.15</b>	+00:53:19 (29.4%)	8:38	6.9 (70.4%)
18	<b>NOWAK Marta</b>	<b>4167</b>		K-40	4	01:40:42	02:33:05	<b>03:05:01.65</b>	<b>03:05:01.65</b>	+00:56:42 (30.7%)	8:48	6.8 (69.4%)
19	<b>HERTEL Marie</b>	<b>4056</b>		K-20	3	01:43:39	02:34:11	<b>03:05:38.60</b>	<b>03:05:38.60</b>	+00:57:19 (30.9%)	8:50	6.8 (69.4%)
20	<b>ADAMI Lisa</b>	<b>4046</b>		K-30	11	01:40:11	02:33:26	<b>03:06:22.15</b>	<b>03:06:22.15</b>	+00:58:03 (31.2%)	8:52	6.8 (69.4%)
21	<b>GRABARCZYK Ilona</b>	<b>4076</b>		K-40	5	01:41:55	02:34:16	<b>03:06:28.65</b>	<b>03:06:28.65</b>	+00:58:09 (31.2%)	8:52	6.8 (69.4%)
22	<b>STASZYŃSKA Karolina</b>	<b>4117</b>	BIEGAJĄCE KREJZOLE	K-40	6	01:37:45	02:32:54	<b>03:06:41.75</b>	<b>03:06:41.75</b>	+00:58:22 (31.3%)	8:53	6.7 (68.4%)
23	<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>	+00:58:54 (31.5%)	8:54	6.7 (68.4%)
24	<b>GNIZA Karolina</b>	<b>4038</b>		K-20	4	01:39:22	02:32:03	<b>03:08:08.35</b>	<b>03:08:08.35</b>	+00:59:49 (31.8%)	8:57	6.7 (68.4%)
25	<b>KĘDZIORA Alicja</b>	<b>4184</b>		K-30	12	01:41:37	02:36:16	<b>03:10:14.50</b>	<b>03:10:14.50</b>	+01:01:55 (32.6%)	9:03	6.6 (67.3%)
26	<b>KOZAK Ewa</b>	<b>4089</b>	KOZAKI	K-40	7	01:41:34	02:36:10	<b>03:10:24.70</b>	<b>03:10:24.70</b>	+01:02:05 (32.6%)	9:04	6.6 (67.3%)
27	<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>	+01:04:04 (33.3%)	9:09	6.5 (66.3%)
28	<b>KUKOBNIKAVA Vitaliya</b>	<b>4245</b>	BIEGACZE STU MOSTÓW	K-30	13	01:47:22	02:41:11	<b>03:13:45.30</b>	<b>03:13:45.30</b>	+01:05:26 (33.8%)	9:13	6.5 (66.3%)
29	<b>PATYK Joanna</b>	<b>4034</b>	FIZJOBIEGACZE SZCZECIN	K-30	14	01:43:43	02:40:20	<b>03:13:54.25</b>	<b>03:13:54.25</b>	+01:05:35 (33.8%)	9:14	6.5 (66.3%)
30	<b>JODŁOWSKA Ewa</b>	<b>4071</b>		K-40	8	01:44:41	02:41:37	<b>03:16:30.20</b>	<b>03:16:30.20</b>	+01:08:11 (34.7%)	9:21	6.4 (65.3%)
31	<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>	+01:10:01 (35.3%)	9:26	6.4 (65.3%)
32	<b>LACH Agnieszka</b>	<b>4172</b>	MOCNA GRUPA CEZARA	K-40	9	01:47:39	02:44:50	<b>03:21:25.15</b>	<b>03:21:25.15</b>	+01:13:06 (36.3%)	9:35	6.3 (64.3%)
33	<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>	+01:17:49 (37.8%)	9:48	6.1 (62.2%)
34	<b>SZERMENT Magdalena</b>	<b>4009</b>	MAZURTEAM	K-40	10	01:51:58	02:50:36	<b>03:26:09.85</b>	<b>03:26:09.85</b>	+01:17:51 (37.8%)	9:49	6.1 (62.2%)
35	<b>KWIATKOWSKA Marta</b>	<b>4043</b>		K-40	11	01:44:44	02:48:27	<b>03:26:11.90</b>	<b>03:26:11.90</b>	+01:17:53 (37.8%)	9:49	6.1 (62.2%)
36	<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>	+01:18:07 (37.8%)	9:49	6.1 (62.2%)
37	<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>	+01:19:09 (38.2%)	9:52	6.1 (62.2%)
38	<b>RATAJCZAK Karolina</b>	<b>4111</b>		K-30	15	01:49:53	02:51:50	<b>03:28:57.15</b>	<b>03:28:57.15</b>	+01:20:38 (38.6%)	9:57	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	<b>GOŹDZICKA Iwona</b>	<b>4102</b>		K-40	12	01:49:50	02:57:00	<b>03:31:53.70</b>	<b>03:31:53.70</b>	+01:23:34 (39.4%)	10:05	5.9 (60.2%)
40	<b>BARTKIEWICZ Halina</b>	<b>4069</b>		K-40	13	01:49:51	02:56:59	<b>03:31:53.85</b>	<b>03:31:53.85</b>	+01:23:35 (39.4%)	10:05	5.9 (60.2%)
41	<b>IGNASZEWSKA Marta</b>	<b>4062</b>	BIEGAJĄCE KREJZOLE	K-40	14	01:51:46	02:55:14	<b>03:32:21.00</b>	<b>03:32:21.00</b>	+01:24:02 (39.6%)	10:06	5.9 (60.2%)
42	<b>GACZOŁ Klaudia</b>	<b>4128</b>	STRAIGHT OUTTA SCRANTON	K-30	16	01:51:13	02:52:09	<b>03:32:41.55</b>	<b>03:32:41.55</b>	+01:24:22 (39.7%)	10:07	5.9 (60.2%)
43	<b>CIEKAŃSKA Joanna</b>	<b>4192</b>		K-40	15	01:55:06	02:55:11	<b>03:33:11.65</b>	<b>03:33:11.65</b>	+01:24:52 (39.8%)	10:09	5.9 (60.2%)
44	<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>	+01:25:21 (39.9%)	10:10	5.9 (60.2%)
45	<b>FURGAŁ-ŻUREK Joanna</b>	<b>4003</b>		K-40	16	01:55:13	02:57:12	<b>03:34:21.15</b>	<b>03:34:21.15</b>	+01:26:02 (40.1%)	10:12	5.9 (60.2%)
46	<b>PIWOWARSKA Kinga</b>	<b>4061</b>		K-20	5	01:52:00	02:55:22	<b>03:34:45.80</b>	<b>03:34:45.80</b>	+01:26:26 (40.3%)	10:13	5.9 (60.2%)
47	<b>WESOŁOWSKA Iwona</b>	<b>4215</b>		K-30	17	01:56:05	02:58:33	<b>03:35:04.55</b>	<b>03:35:04.55</b>	+01:26:45 (40.3%)	10:14	5.9 (60.2%)
48	<b>PĘCIAK Aleksandra</b>	<b>4005</b>	-	K-20	6	01:55:11	03:00:28	<b>03:36:08.45</b>	<b>03:36:08.45</b>	+01:27:49 (40.6%)	10:17	5.8 (59.2%)
49	<b>GIDASZEWSKA Jolanta</b>	<b>4020</b>	LESZNO-GRONOWO	K-40	17	01:54:51	02:58:44	<b>03:36:46.60</b>	<b>03:36:46.60</b>	+01:28:27 (40.8%)	10:19	5.8 (59.2%)
50	<b>GROMADZKA-JĘDRUSZCZAK Renata</b>	<b>4113</b>		K-40	18	01:49:47	02:55:41	<b>03:37:37.35</b>	<b>03:37:37.35</b>	+01:29:18 (41.0%)	10:21	5.8 (59.2%)
50	<b>MAKAREWICZ Katarzyna</b>	<b>4105</b>		K-40	18	01:49:48	02:55:50	<b>03:37:37.35</b>	<b>03:37:37.35</b>	+01:29:18 (41.0%)	10:21	5.8 (59.2%)
52	<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>	+01:35:57 (42.8%)	10:40	5.6 (57.1%)
53	<b>PICHER RÓŻYŁO Joanna</b>	<b>4096</b>		K-40	20	02:00:17	03:07:39	<b>03:46:26.65</b>	<b>03:46:26.65</b>	+01:38:07 (43.3%)	10:46	5.6 (57.1%)
54	<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>	+01:38:46 (43.5%)	10:48	5.5 (56.1%)
55	<b>SAMULSKA Agata</b>	<b>4045</b>	BBLLASY BOGDANIEC	K-50	12	01:57:38	03:09:11	<b>03:48:11.80</b>	<b>03:48:11.80</b>	+01:39:52 (43.8%)	10:51	5.5 (56.1%)
56	<b>KUCHCINSKA Diana</b>	<b>4110</b>		K-40	21	02:00:56	03:08:41	<b>03:49:32.25</b>	<b>03:49:32.25</b>	+01:41:13 (44.1%)	10:55	5.5 (56.1%)
57	<b>KORSAK Agata</b>	<b>4037</b>		K-30	18	02:04:45	03:11:10	<b>03:51:46.15</b>	<b>03:51:46.15</b>	+01:43:27 (44.6%)	11:02	5.4 (55.1%)
58	<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>	+01:44:00 (44.8%)	11:03	5.4 (55.1%)
59	<b>MARCINIAK Irmína</b>	<b>4134</b>	FUNDACJA BIEGANIE NA ŚNIADANIE	K-40	22	02:01:44	03:13:47	<b>03:55:22.85</b>	<b>03:55:22.85</b>	+01:47:04 (45.5%)	11:12	5.4 (55.1%)
60	<b>MARCINIAK Paulina</b>	<b>4158</b>		K-30	19	02:01:42	03:16:38	<b>03:57:07.05</b>	<b>03:57:07.05</b>	+01:48:48 (45.9%)	11:17	5.3 (54.1%)
61	<b>MAŃKA Magdalena</b>	<b>4092</b>	ZRYW PARZYMIECHY	K-40	23	02:05:48	03:16:56	<b>03:58:26.15</b>	<b>03:58:26.15</b>	+01:50:07 (46.2%)	11:21	5.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>BOROŃ Magda</b>	<b>4160</b>		K-40	24	02:01:54	03:14:23	<b>04:00:25.35</b>	<b>04:00:25.35</b>	+01:52:06 (46.6%)	11:26	5.2 (53.1%)
63	<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>	+01:55:46 (47.4%)	11:37	5.2 (53.1%)
64	<b>DOLIŃSKA Marta</b>	<b>4051</b>	JESTEM LOCO	K-20	7	02:04:46	03:19:41	<b>04:06:13.25</b>	<b>04:06:13.25</b>	+01:57:54 (47.9%)	11:43	5.1 (52.0%)
65	<b>KRAJEWSKA Irmína</b>	<b>4024</b>		K-30	20	02:10:48	03:20:43	<b>04:07:35.95</b>	<b>04:07:35.95</b>	+01:59:17 (48.2%)	11:47	5.1 (52.0%)
66	<b>ZARKOVA Denitsa</b>	<b>4161</b>	NIGHT RUNNERS	K-20	8	02:13:44	03:26:21	<b>04:11:13.80</b>	<b>04:11:13.80</b>	+02:02:54 (48.9%)	11:57	5 (51.0%)
67	<b>FOGIEL Katarzyna</b>	<b>4029</b>		K-30	21	02:08:07	03:26:30	<b>04:11:44.15</b>	<b>04:11:44.15</b>	+02:03:25 (49.0%)	11:59	5 (51.0%)
68	<b>MIECHOWIECKA Maja</b>	<b>4162</b>	HUSKY W PASKI	K-30	22	02:11:24	03:24:58	<b>04:12:34.95</b>	<b>04:12:34.95</b>	+02:04:16 (49.2%)	12:01	5 (51.0%)
69	<b>SOJA-WAWRYSZEWICZ Agata</b>	<b>4019</b>		K-40	25	02:15:18	03:26:15	<b>04:15:27.60</b>	<b>04:15:27.60</b>	+02:07:08 (49.8%)	12:09	4.9 (50.0%)
70	<b>BAJSAROWICZ Zuzanna</b>	<b>4203</b>		K-30	23	02:10:07	03:25:59	<b>04:16:58.45</b>	<b>04:16:58.45</b>	+02:08:39 (50.1%)	12:14	4.9 (50.0%)
71	<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>	+02:13:35 (51.0%)	12:28	4.8 (49.0%)
72	<b>SERAFIN Justyna</b>	<b>4217</b>		K-30	24	02:17:32	03:33:47	<b>04:21:54.05</b>	<b>04:21:54.05</b>	+02:13:35 (51.0%)	12:28	4.8 (49.0%)
73	<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>	+02:25:24 (53.1%)	13:02	4.6 (46.9%)
74	<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>	+02:25:25 (53.1%)	13:02	4.6 (46.9%)
75	<b>MARCZAK Ola</b>	<b>4131</b>	KB HARCOWNIK	K-30	25	02:23:19	03:44:30	<b>04:37:10.45</b>	<b>04:37:10.45</b>	+02:28:51 (53.7%)	13:11	4.5 (45.9%)
76	<b>PARTYKA Agnieszka</b>	<b>4126</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	26	02:23:17	03:44:44	<b>04:37:17.10</b>	<b>04:37:17.10</b>	+02:28:58 (53.7%)	13:12	4.5 (45.9%)
77	<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>	+02:29:23 (53.8%)	13:13	4.5 (45.9%)
78	<b>SZÓSTAK Marzena</b>	<b>4057</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-60	1	02:28:53	04:05:43	<b>04:54:56.50</b>	<b>04:54:56.50</b>	+02:46:37 (56.5%)	14:02	4.3 (43.9%)
79	<b>REK Katarzyna</b>	<b>4040</b>	RADLINIOKI W BIEGU	K-40	27	02:33:32	04:08:41	<b>04:57:41.10</b>	<b>04:57:41.10</b>	+02:49:22 (56.9%)	14:10	4.2 (42.9%)
80	<b>JANIK Ewa</b>	<b>4173</b>		K-40	28	01:55:08				+00:45:38	11:30	5.2 (53.1%)
	<b>CZAJKA Urszula</b>	<b>4079</b>		K-20		02:28:52	DNF	04:07:28 DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)

Znaleziono 81 wynik(ów)