

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MOCZULSKA Małgorzata	4294		K-40	1	01:25:34	01:11:59.95	02:37:34.90		7:11	8.3 (100%)
2	WOSZEK Marzena	3133		K-40	2	00:00:07	01:19:12.60	01:19:20.50	+00:07:12 (9.1%)	7:55	7.6 (91.6%)
3	DUDA Monika	4019		K-40	3	01:30:07	01:23:52.45	02:54:00.25	+00:11:52 (14.2%)	8:23	7.2 (86.7%)
4	WĘGOREK Monika	4324		K-40	4	01:30:06	01:29:56.20	03:00:02.25	+00:17:56 (19.9%)	8:59	6.7 (80.7%)
5	SZYMAŃSKA Monika	4330		K-40	5	01:30:03	01:29:58.35	03:00:01.45	+00:17:58 (20.0%)	8:59	6.7 (80.7%)
6	DŁUGOSZ-SAWICKA Marta	3104	ZBÓJ TEAM	K-40	6	00:00:07	01:31:17.85	01:31:25.15	+00:19:17 (21.1%)	9:07	6.6 (79.5%)
7	RATAJCZAK Dorota	4207	TRIO FORTIS	K-40	7	01:24:05	01:31:47.20	02:55:53.10	+00:19:47 (21.6%)	9:10	6.5 (78.3%)
8	KSIEZKA Joanna	3147	STRZEGOMSKA DWUNASTKA	K-40	8	00:00:24	01:33:23.90	01:33:47.90	+00:21:23 (22.9%)	9:20	6.4 (77.1%)
9	BINIENDA Agnieszka	3215	KOBIETY WATAHY	K-40	9	00:00:09	01:34:40.85	01:34:50.00	+00:22:40 (24.0%)	9:28	6.3 (75.9%)
10	KOZŁOWSKA Iwona	3195	LESZNO LIMITS RUNNERS	K-40	10	00:00:04	01:35:14.45	01:35:19.10	+00:23:14 (24.4%)	9:31	6.3 (75.9%)
11	WOJCIECHOWSKA Dorota	4290		K-40	11	01:30:23	01:35:21.65	03:05:44.95	+00:23:21 (24.5%)	9:32	6.3 (75.9%)
12	NIMSZ Kamila	4276	CS RUNNING CLUB	K-40	12	01:30:13	01:36:09.20	03:06:22.70	+00:24:09 (25.1%)	9:36	6.2 (74.7%)
13	WYLEŻAŁA Marzena	4174	#BIEGIEMWLAS	K-40	13	01:30:13	01:39:23.55	03:09:36.65	+00:27:23 (27.6%)	9:56	6 (72.3%)
14	TRZEPACZ Dorota	4123	KB LUPUS OLEŚNICA	K-40	14	01:30:23	01:39:24.20	03:09:47.70	+00:27:24 (27.6%)	9:56	6 (72.3%)
15	PROSOWIECKA SMAK Katarzyna	3200		K-40	15	00:00:08	01:39:50.60	01:39:59.40	+00:27:50 (27.9%)	9:59	6 (72.3%)

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16	CICHOŃ Magdalena	3199	PROFIL OPOLE	K-40	16	00:00:00	01:39:57.30	01:39:57.30	+00:27:57 (28.0%)	9:59	6 (72.3%)
17	TKACZYK Katarzyna	3041		K-40	17	00:00:23	01:41:49.40	01:42:13.00	+00:29:49 (29.3%)	10:10	5.9 (71.1%)
18	RABIEGA Monika	4238	#BIEGAJLESZNO	K-40	18	01:23:28	01:41:55.05	03:05:23.45	+00:29:55 (29.4%)	10:11	5.9 (71.1%)
19	KUBIAK Karolina	3128		K-40	19	00:00:16	01:42:04.60	01:42:21.25	+00:30:04 (29.5%)	10:12	5.9 (71.1%)
20	WIETRZYŃSKA Agnieszka	4092	SZTUKA RUCHU	K-40	20	01:30:09	01:42:24.70	03:12:34.00	+00:30:24 (29.7%)	10:14	5.9 (71.1%)
21	KUJAWSKA Agnieszka	3005		K-40	21	00:00:20	01:43:25.30	01:43:45.75	+00:31:25 (30.4%)	10:20	5.8 (69.9%)
22	KRZYŻYK Agnieszka	3179	TRIO FORTIS	K-40	22	00:00:08	01:43:51.85	01:44:00.00	+00:31:51 (30.7%)	10:23	5.8 (69.9%)
23	KAMIŃSKA Ewelina	3103	BIEGAJĄCE KREJZOLE	K-40	23	00:00:04	01:44:22.50	01:44:26.85	+00:32:22 (31.0%)	10:26	5.7 (68.7%)
24	BRZEŻAŃSKA Joanna	4333		K-40	24	01:30:09	01:45:33.10	03:15:42.35	+00:33:33 (31.8%)	10:33	5.7 (68.7%)
25	ERET Marzena	4206		K-40	25	01:30:03	01:45:39.25	03:15:43.10	+00:33:39 (31.9%)	10:33	5.7 (68.7%)
26	HEJNE Agnieszka	4193		K-40	26	01:30:04	01:45:40.40	03:15:44.45	+00:33:40 (31.9%)	10:34	5.7 (68.7%)
27	GRUCHOT Małgorzata	3171	WIECZORNE BIEGANIE W OPOLU	K-40	27	00:00:17	01:47:02.30	01:47:20.20	+00:35:02 (32.7%)	10:42	5.6 (67.5%)
28	HERBEĆ-LABOCHA Magdalena	3156		K-40	28	00:00:25	01:47:02.55	01:47:28.45	+00:35:02 (32.7%)	10:42	5.6 (67.5%)
29	BRZozowska Marlena	4293		K-40	29	01:30:17	01:47:50.20	03:18:07.90	+00:35:50 (33.2%)	10:47	5.6 (67.5%)
30	SZYMURA Izabela	4246	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	30	01:30:07	01:48:20.90	03:18:28.05	+00:36:20 (33.5%)	10:50	5.5 (66.3%)
31	NAWROCKA Aleksandra	3172		K-40	31	00:00:08	01:49:02.20	01:49:10.70	+00:37:02 (34.0%)	10:54	5.5 (66.3%)
32	SaŁAMACHA Izabela	3089	MAMY BIEGAMY	K-40	32	00:00:08	01:49:52.95	01:50:01.60	+00:37:53 (34.5%)	10:59	5.5 (66.3%)
33	BULANDA Barbara	3247	ŻUBRY BOCHNIA	K-40	33	00:00:07	01:50:05.70	01:50:13.25	+00:38:05 (34.6%)	11:00	5.5 (66.3%)
34	MELWIŃSKA Paulina	4091	RUN BYDGOSZCZ	K-40	34	01:30:14	01:51:54.30	03:22:08.50	+00:39:54 (35.7%)	11:11	5.4 (65.1%)
35	MAZUR Katarzyna	3067	UMLAUT	K-40	35	00:00:03	01:52:00.35	01:52:03.60	+00:40:00 (35.7%)	11:12	5.4 (65.1%)
36	KOŃ Aleksandra	4097	EKIPA LIPA	K-40	36	01:30:04	01:52:05.45	03:22:10.30	+00:40:05 (35.8%)	11:12	5.4 (65.1%)
37	KRAJEWSKA-PALUCH Ewa	3193		K-40	37	00:00:13	01:52:40.60	01:52:54.15	+00:40:40 (36.1%)	11:16	5.3 (63.9%)
38	KWIATKOWSKA Marta	4107		K-40	38	01:30:15	01:52:57.40	03:23:12.75	+00:40:57 (36.3%)	11:17	5.3 (63.9%)

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39	KRÓLIKOWSKA Agnieszka	3141		K-40	39	00:00:07	01:52:58.30	01:53:05.80	+00:40:58 (36.3%)	11:17	5.3 (63.9%)
40	ŚMIECHOWSKA Małgorzata	4301		K-40	40	01:30:10	01:52:58.35	03:23:08.70	+00:40:58 (36.3%)	11:17	5.3 (63.9%)
41	JAŚKIEWICZ Katarzyna	4199		K-40	41	01:30:11	01:52:59.80	03:23:10.85	+00:40:59 (36.3%)	11:17	5.3 (63.9%)
42	KAŻMIERCZAK Anna	4230	#BIEGAJLESZNO	K-40	42	01:22:59	01:54:08.85	03:17:08.25	+00:42:08 (36.9%)	11:24	5.3 (63.9%)
43	KOŁODZIEJ Marzena	4155	#BIEGIEMWLAS	K-40	43	01:30:14	01:54:22.15	03:24:36.95	+00:42:22 (37.0%)	11:26	5.2 (62.7%)
44	GROMADZKA Justyna	3218	KOBIETY WATAHA	K-40	44	00:00:09	01:55:39.70	01:55:49.10	+00:43:39 (37.8%)	11:33	5.2 (62.7%)
45	GWORYS Katarzyna	3038	ZRYW PARZYMIECHY	K-40	45	00:00:03	01:55:42.70	01:55:46.50	+00:43:42 (37.8%)	11:34	5.2 (62.7%)
46	DOMOSŁAWSKA Joanna	4214		K-40	46	01:21:29	01:56:10.75	03:17:39.75	+00:44:10 (38.0%)	11:37	5.2 (62.7%)
47	STROMIDŁO Anna	4279	BROWAR DOMOWY HATAK	K-40	47	01:30:09	01:56:25.30	03:26:35.20	+00:44:25 (38.2%)	11:38	5.2 (62.7%)
48	WĘGIER Agnieszka	3108	ZIELONA GÓRA ZACZNJ BIEGAĆ	K-40	48	00:00:07	01:57:05.20	01:57:13.10	+00:45:05 (38.5%)	11:42	5.1 (61.4%)
49	DOLECKA Elżbieta	4114	NKB CHYŻY NOWY TOMYŚL	K-40	49	01:30:21	01:58:28.50	03:28:49.50	+00:46:28 (39.2%)	11:50	5.1 (61.4%)
50	KOZAK Ewa	4118	KOZAKI	K-40	50	01:30:22	01:59:32.95	03:29:55.35	+00:47:33 (39.8%)	11:57	5 (60.2%)
51	SKIBA Anna	4289	KB HARCOWNIK	K-40	51	01:30:16	02:00:45.25	03:31:02.20	+00:48:45 (40.4%)	12:04	5 (60.2%)
52	KAMIŃSKA Andżelika	4177		K-40	52	01:30:18	02:01:01.00	03:31:19.70	+00:49:01 (40.5%)	12:06	5 (60.2%)
53	SKRZĄTEK Anna	4137		K-40	53	01:30:12	02:01:09.45	03:31:21.75	+00:49:09 (40.6%)	12:06	5 (60.2%)
54	JANKOWSKA Katarzyna	4215		K-40	54	01:21:29	02:02:57.00	03:24:26.05	+00:50:57 (41.4%)	12:17	4.9 (59.0%)
55	SKRZYPIŃSKA Agnieszka	4126	PSI PATROL	K-40	55	01:30:11	02:04:27.55	03:34:38.75	+00:52:27 (42.2%)	12:26	4.8 (57.8%)
56	KACZMAREK Monika	4124	NKB CHYŻY NOWY TOMYŚL	K-40	56	01:30:20	02:04:50.85	03:35:11.00	+00:52:50 (42.3%)	12:29	4.8 (57.8%)
57	KRAJEWSKA-KŁODA Katarzyna	3027	DRUŻYNA SZPIKU	K-40	57	00:00:16	02:04:51.70	02:05:08.60	+00:52:51 (42.3%)	12:29	4.8 (57.8%)
58	BARANIAK Beata	3025	DRUŻYNA SZPIKU	K-40	58	00:00:17	02:04:54.70	02:05:11.90	+00:52:54 (42.4%)	12:29	4.8 (57.8%)
59	UCHEREK Kinga	4167		K-40	59	01:30:12	02:05:00.70	03:35:13.60	+00:53:00 (42.4%)	12:30	4.8 (57.8%)
60	NOWAK Monika	4233		K-40	60	01:30:23	02:05:09.25	03:35:33.05	+00:53:09 (42.5%)	12:30	4.8 (57.8%)
61	BARTOSZEWSKA Katarzyna	4269	TEAM RÓŻOWEJ PELERYNKI	K-40	61	01:30:14	02:05:10.10	03:35:24.30	+00:53:10 (42.5%)	12:31	4.8 (57.8%)

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62	NIEPORECKA Sylwia	4248		K-40	62	01:30:18	02:05:20.00	03:35:38.55	+00:53:20 (42.6%)	12:32	4.8 (57.8%)
63	MAĆKOWIAK Karolina	4072	MAĆKOWIAK TEAM	K-40	63	01:30:08	02:05:43.50	03:35:52.10	+00:53:43 (42.7%)	12:34	4.8 (57.8%)
64	MARCINIAK Irmína	4035	TEAM BIEGANIE NA ŚNIADANIE	K-40	64	01:30:18	02:05:57.35	03:36:15.35	+00:53:57 (42.8%)	12:35	4.8 (57.8%)
65	RĘBECKA Violetta	4029	BIEGAMDLAZDROWIA. PL	K-40	65	01:30:21	02:05:57.55	03:36:18.60	+00:53:57 (42.8%)	12:35	4.8 (57.8%)
66	VAN KESSEL - PALUSZKIEWICZ Monika	4073	MAĆKOWIAK TEAM	K-40	66	01:30:08	02:06:05.90	03:36:14.60	+00:54:05 (42.9%)	12:36	4.8 (57.8%)
67	KONCA Beata	3095	KB OŻARÓW MAZOWIECKI BIEGA	K-40	67	00:00:21	02:06:07.80	02:06:29.60	+00:54:07 (42.9%)	12:36	4.8 (57.8%)
68	POPOWICZ Justyna	3232		K-40	68	00:00:10	02:06:18.30	02:06:28.55	+00:54:18 (43.0%)	12:37	4.8 (57.8%)
69	GRĘZEL-GAWRON Jolanta	4044		K-40	69	01:30:17	02:06:34.20	03:36:52.15	+00:54:34 (43.1%)	12:39	4.7 (56.6%)
70	GOŹDZICKA Iwona	4149	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	70	01:30:14	02:06:39.90	03:36:54.85	+00:54:39 (43.2%)	12:39	4.7 (56.6%)
71	BARTKIEWICZ Halina	4018		K-40	71	01:30:16	02:07:16.40	03:37:32.45	+00:55:16 (43.4%)	12:43	4.7 (56.6%)
72	GÓRNA Aldona	3183	ZÓŁWICE W BIEGU	K-40	72	00:00:19	02:07:44.95	02:08:04.65	+00:55:45 (43.6%)	12:46	4.7 (56.6%)
73	DOBRZYŃSKA Joanna	4169		K-40	73	01:30:17	02:07:45.50	03:38:03.40	+00:55:45 (43.6%)	12:46	4.7 (56.6%)
74	PICHER RÓŻYŁO Joanna	4140		K-40	74	01:30:19	02:07:46.50	03:38:06.35	+00:55:46 (43.7%)	12:46	4.7 (56.6%)
75	LANGE Hanna	3181	ŻÓŁWICE W BIEGU	K-40	75	00:00:18	02:07:59.10	02:08:18.00	+00:55:59 (43.7%)	12:47	4.7 (56.6%)
76	PELCZER Agnieszka	4128	KB HARCOWNIK JELCZ-LASKOWICE	K-40	76	01:30:16	02:08:02.90	03:38:19.65	+00:56:02 (43.8%)	12:48	4.7 (56.6%)
77	IGNASZEWSKA Marta	4160		K-40	77	01:30:12	02:08:19.40	03:38:32.00	+00:56:19 (43.9%)	12:49	4.7 (56.6%)
78	PIETRZAK Agnieszka	4172	BIEGAJĄCE KREJZOLE	K-40	78	01:30:13	02:08:27.80	03:38:41.30	+00:56:27 (44.0%)	12:50	4.7 (56.6%)
79	BACHURSKA Ewa	4077	KB HARCOWNIK JELCZ-LASKOWICE	K-40	79	01:25:50	02:09:18.40	03:35:08.70	+00:57:18 (44.3%)	12:55	4.6 (55.4%)
80	TRAWA Małgorzata	4108	RUN TEAM RYDZYNA	K-40	80	01:22:45	02:10:06.10	03:32:51.20	+00:58:06 (44.7%)	13:00	4.6 (55.4%)
81	GISZCZYŃSKA Wanda	4111	RUN TEAM RYDZYNA	K-40	81	01:22:45	02:10:14.80	03:33:00.60	+00:58:14 (44.7%)	13:01	4.6 (55.4%)
82	TRZCINA Agata	3024		K-40	82	00:00:20	02:10:38.65	02:10:58.80	+00:58:38 (44.9%)	13:03	4.6 (55.4%)
83	BEDNARSKA-KOZIOŁ Danuta	3066	WKURW_TEAM	K-40	83	00:00:06	02:10:50.20	02:10:56.70	+00:58:50 (45.0%)	13:05	4.6 (55.4%)
84	PAWLUSIŃSKA Marzena	4057		K-40	84	01:26:12	02:14:10.80	03:40:22.95	+01:02:10 (46.3%)	13:25	4.5 (54.2%)

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85	PIETRZAK Anna	4036		K-40	85	01:30:10	02:17:13.20	03:47:23.40	+01:05:13 (47.5%)	13:43	4.4 (53.0%)
86	MANDES Anna	4304	IZABELIN NA START	K-40	86	01:13:20	02:23:25.40	03:36:45.60	+01:11:25 (49.8%)	14:20	4.2 (50.6%)
	BAKSALARY Lidia	4180	#BIEGAJLESZNO	K-40		DNF	DNF	DNF		-	- (0.0%)
	HAUTON Monika	3015	NIE TERAZ, POTEM	K-40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 88 wynik(ów)