



# OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - 4KM (AMATORZY)

B4SPORT

**Wydarzenie:** OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING  
**Organizator:** Regionalne Centrum Sportowe Sp. z o.o.  
**Data:** 2021-10-23  
**Miejsce:** Lubin  
**Dystans:** 4 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                | Numer | Klub               | Kategoria | Mkat | Żół. kartki | Start_All<br>2km | Czas<br>netto<br>4km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|--------------------|-----------|------|-------------|------------------|----------------------|-------------------|-----------------|---------------|
| 1   | MIKOŁAJCZAK Jan         | 33    |                    | M60+      | 1    |             | 00:14:53         | 00:30:07.65          |                   | 7:31            | 8 (100%)      |
| 2   | ZACKIEWICZ Andrzej      | 43    |                    | M18-59    | 1    |             | 00:14:47         | 00:30:12.45          | +00:00:04 (0.3%)  | 7:33            | 7.9 (98.8%)   |
| 3   | DUSZENKO Zygmunt        | 46    |                    | M18-59    | 2    |             | 00:15:47         | 00:30:14.55          | +00:00:06 (0.4%)  | 7:33            | 7.9 (98.8%)   |
| 4   | PASZKOWSKI Leszek       | 45    |                    | M18-59    | 3    |             | 00:15:42         | 00:30:46.80          | +00:00:39 (2.1%)  | 7:41            | 7.8 (97.5%)   |
| 5   | MAZUREK Władysław       | 41    |                    | M60+      | 2    |             | 00:15:44         | 00:31:15.95          | +00:01:08 (3.6%)  | 7:48            | 7.7 (96.3%)   |
| 6   | KUCAB Andrzej           | 47    |                    | M18-59    | 4    |             | 00:16:11         | 00:33:11.30          | +00:03:03 (9.2%)  | 8:17            | 7.2 (90.0%)   |
| 7   | KAWAŁKO Roman           | 27    | AKTYWNE RADWANICE  | M18-59    | 5    |             | 00:16:50         | 00:34:46.50          | +00:04:38 (13.4%) | 8:41            | 6.9 (86.3%)   |
| 8   | PASZKOWSKA Maria        | 36    | KGHM METRACO RUDNA | K18-59    | 1    |             | 00:15:46         | 00:35:13.30          | +00:05:05 (14.5%) | 8:48            | 6.8 (85.0%)   |
| 9   | SZAŁAJ Anna             | 37    | KGHM METRACO RUDNA | K60+      | 1    |             | 00:15:47         | 00:35:24.65          | +00:05:17 (14.9%) | 8:51            | 6.8 (85.0%)   |
| 10  | JANKOWSKA Małgorzata    | 26    |                    | K18-59    | 2    |             | 00:17:52         | 00:36:20.75          | +00:06:13 (17.1%) | 9:05            | 6.6 (82.5%)   |
| 11  | ZACZYŃSKA Janina        | 39    | METRACO RUDNA      | K60+      | 2    |             | 00:17:59         | 00:36:45.30          | +00:06:37 (18.0%) | 9:11            | 6.5 (81.3%)   |
| 12  | KUREK Aleksandra        | 44    |                    | K18-59    | 3    |             | 00:18:01         | 00:37:19.55          | +00:07:11 (19.3%) | 9:19            | 6.4 (80.0%)   |
| 13  | MACIROWSKA Renata       | 42    |                    | K18-59    | 4    |             | 00:18:07         | 00:37:45.30          | +00:07:37 (20.2%) | 9:26            | 6.4 (80.0%)   |
| 14  | ŻYDZIAK Dorota          | 40    | AKTYWNE RADWANICE  | K18-59    | 5    |             | 00:18:08         | 00:37:46.90          | +00:07:39 (20.3%) | 9:26            | 6.4 (80.0%)   |
| 15  | BEKIESZCZUK Ryszard     | 23    |                    | M60+      | 3    |             | 00:18:50         | 00:37:56.15          | +00:07:48 (20.6%) | 9:29            | 6.3 (78.8%)   |
| 16  | SZYMAŃSKA Katarzyna     | 38    | AKTYWNE RADWANICE  | K18-59    | 6    |             | 00:19:28         | 00:39:41.65          | +00:09:34 (24.1%) | 9:55            | 6 (75.0%)     |
| 17  | MĘDRAK Alicja           | 31    |                    | K60+      | 3    |             | 00:19:36         | 00:39:55.25          | +00:09:47 (24.5%) | 9:58            | 6 (75.0%)     |
| 18  | MĘDRAK Józef            | 32    |                    | M60+      | 4    |             | 00:19:36         | 00:39:57.35          | +00:09:49 (24.6%) | 9:59            | 6 (75.0%)     |
| 19  | KUŹMICKA-KAWAŁKO Halina | 29    | AKTYWNE RADWANICE  | K60+      | 4    |             | 00:19:44         | 00:40:24.65          | +00:10:17 (25.4%) | 10:06           | 5.9 (73.8%)   |
| 20  | GRZEJDZIAK Danuta       | 25    |                    | K60+      | 5    |             | 00:19:45         | 00:40:25.50          | +00:10:17 (25.5%) | 10:06           | 5.9 (73.8%)   |

Znaleziono 20 wynik(ów)