



OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking - Koszalin 2021
Organiser: Fundacja Herkules All Sports
Date: 2021-06-05
Place: Koszalin
Distance: 10 km

 **HERKULES**
www.herkules.org.pl

Classification: OPEN -K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Laps_5km 5km	7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	JĘDRASIAK Renata	66	KGHM METRACO RUDNA	K50-59	1			00:17:03	00:34:31	00:51:59	01:09:46.25		6:58	8.6 (100%)
2	SZCZUDLIK Małgorzata	51	KIJKOWE TRZEMESZNO	K40-49	1	1		00:17:37	00:35:31	00:53:19	01:11:19.50	+00:01:33 (2.2%)	7:07	8.4 (97.7%)
3	LUDWICZAK Andżelika	34	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2	1		00:17:26	00:35:20	00:53:21	01:11:29.00	+00:01:42 (2.4%)	7:08	8.4 (97.7%)
4	WIECZORKOWSKA Dagmara	60	WYCHODZĘ Z KIJAMI	K40-49	3			00:17:52	00:36:22	00:55:10	01:13:53.60	+00:04:07 (5.6%)	7:23	8.1 (94.2%)
5	FRANCZAK Małgorzata	12	NW CZŁAPSKI TEAM	K18-29	1			00:18:09	00:36:53	00:55:38	01:14:14.80	+00:04:28 (6.0%)	7:25	8.1 (94.2%)
6	KUŁAKOWSKA Halina	30	KATOWICKI NORDIC WALKING	K40-49	4	1		00:18:15	00:37:05	00:55:47	01:14:36.65	+00:04:50 (6.5%)	7:27	8 (93.0%)
7	STACHOWICZ Joanna	48	BŁĘKITNI DZIEMIANY	K30-39	1			00:18:36	00:37:25	00:56:30	01:15:26.80	+00:05:40 (7.5%)	7:32	8 (93.0%)
8	BENZA Ewa	4	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:37:18	00:56:30	01:15:48.80	+00:06:02 (8.0%)	7:34	7.9 (91.9%)
9	JANUR Wiesława	19		K40-49	5			00:18:24	00:37:33	00:56:55	01:16:01.95	+00:06:15 (8.2%)	7:36	7.9 (91.9%)
10	CZAJKA Urszula	8		K60-69	1	1		00:18:14	00:37:04	00:56:27	01:16:18.75	+00:06:32 (8.6%)	7:37	7.9 (91.9%)
11	KREFT Barbara	28		K50-59	2			00:18:40	00:37:38	00:56:56	01:16:31.45	+00:06:45 (8.8%)	7:39	7.8 (90.7%)
12	PALIWODA Kasia	39	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:18:17	00:37:30	00:57:16	01:17:27.05	+00:07:40 (9.9%)	7:44	7.7 (89.5%)
13	MIŚKOWICZ Anna	37	NESSI TIME BIAŁA	K60-69	2			00:18:46	00:38:16	00:58:03	01:17:47.15	+00:08:00 (10.3%)	7:46	7.7 (89.5%)
14	KNITTER Monika	140		K30-39	2			00:19:20	00:39:21	00:59:07	01:18:43.60	+00:08:57 (11.4%)	7:52	7.6 (88.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	Laps_5km 5km	7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
15	BROŻYNA Agata	104	NW CZŁAPSKI TEAM	K30-39	3			00:19:23	00:39:36	00:59:29	01:19:12.00	+00:09:25 (11.9%)	7:55	7.6 (88.4%)
16	KASZUBA Adriana	24		K40-49	7			00:20:00	00:40:00	00:59:49	01:19:42.30	+00:09:56 (12.5%)	7:58	7.5 (87.2%)
17	STOLTMANN Helena	196	BŁĘKITNI DZIEMIANY	K60-69	3			00:18:21	00:37:46	00:58:38	01:20:21.60	+00:10:35 (13.2%)	8:02	7.5 (87.2%)
18	POSTEK Danuta	42	MARSZ PO ZDROWIE	K50-59	3			00:20:08	00:40:30	01:01:02	01:21:36.10	+00:11:49 (14.5%)	8:09	7.4 (86.0%)
19	FRANCZAK Anna	13	NW CZŁAPSKI TEAM	K50-59	4			00:21:12	00:42:40	01:03:51	01:24:21.10	+00:14:34 (17.3%)	8:26	7.1 (82.6%)
20	DUSZA Anna	11		K50-59	5			00:20:18	00:41:46	01:03:26	01:24:35.50	+00:14:49 (17.5%)	8:27	7.1 (82.6%)
21	WYSOCKA Bernadeta	62	BŁĘKITNI DZIEMIANY	K40-49	8			00:20:08	00:41:15	01:02:48	01:24:37.10	+00:14:50 (17.5%)	8:27	7.1 (82.6%)
22	JUREK Kamila	21	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4			00:19:55	00:41:30	01:03:44	01:25:35.00	+00:15:48 (18.5%)	8:33	7 (81.4%)
23	ZIÓŁKOWSKA Ewa	63	SERCE NORDICA WŁOCŁAWEK	K50-59	6	1		00:21:01	00:42:37	01:04:39	01:27:08.40	+00:17:22 (19.9%)	8:42	6.9 (80.2%)
24	CHOLEWKA Jolanta	6	MARSZ PO ZDROWIE	K60-69	4	1		00:20:53	00:42:55	01:05:00	01:27:53.75	+00:18:07 (20.6%)	8:47	6.8 (79.1%)
25	IGNASIAK Anna	17	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	5	1		00:21:23	00:43:21	01:05:29	01:28:16.95	+00:18:30 (21.0%)	8:49	6.8 (79.1%)
26	TYLKA Edyta	58	CIDRY LOTAJOM	K18-29	3			00:22:06	00:44:45	01:07:23	01:29:45.95	+00:19:59 (22.3%)	8:58	6.7 (77.9%)
27	BECHLER Zofia	2	GWIAZDY PÓŁNOCY	K40-49	9			00:22:08	00:44:44	01:07:31	01:30:33.90	+00:20:47 (23.0%)	9:03	6.6 (76.7%)
28	CZEKRYSZEW Małgorzata	9	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:23:32	00:47:55	01:12:42	01:37:28.15	+00:27:41 (28.4%)	9:44	6.2 (72.1%)

Total 28 results.