



# VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

**Event:** VI CROSS NA WRZOSACH  
**Organiser:** Nadleśnictwo Okonek  
**Date:** 2020-08-29  
**Place:** Okonek  
**Distance:** 5.3 km



Classification: K-Open

| Place | Participant                    | Number | Club                    | Category | MCat | Net time 5km | Gap               | Pace min/km | Pace km/h   |
|-------|--------------------------------|--------|-------------------------|----------|------|--------------|-------------------|-------------|-------------|
| 1     | JÓŹWIAK Marianna               | 245    | SERCE NORDICA WŁOCŁAWEK | K45+     | 1    | 00:37:00.10  |                   | 7:24        | 8.1 (100%)  |
| 2     | DAROSZEWSKA Krystyna           | 226    | SERCE NORDICA WŁOCŁAWEK | K45+     | 2    | 00:39:24.35  | +00:02:24 (6.1%)  | 7:52        | 7.6 (93.8%) |
| 3     | RYCHLEWSKA-SŁODOWA Danuta      | 247    | NORDIC WALKING LUBASZ   | K18-44   | 1    | 00:40:13.75  | +00:03:13 (8.0%)  | 8:02        | 7.5 (92.6%) |
| 4     | BIADON Agnieszka               | 221    | LILL-SPORT              | K18-44   | 2    | 00:40:22.10  | +00:03:22 (8.3%)  | 8:04        | 7.4 (91.4%) |
| 5     | WALESZKO Anna                  | 305    | PASJA NORDIC WALKING    | K45+     | 3    | 00:40:22.25  | +00:03:22 (8.3%)  | 8:04        | 7.4 (91.4%) |
| 6     | PRUSKA Agnieszka               | 283    | DWA KIJE SŁUPSK         | K45+     | 4    | 00:40:38.75  | +00:03:38 (9.0%)  | 8:07        | 7.4 (91.4%) |
| 7     | PRZEDNÓWEK Mariola             | 284    |                         | K18-44   | 3    | 00:41:13.50  | +00:04:13 (10.2%) | 8:14        | 7.3 (90.1%) |
| 8     | KABATTEK Sylwia                | 246    |                         | K18-44   | 4    | 00:41:21.20  | +00:04:21 (10.5%) | 8:16        | 7.3 (90.1%) |
| 9     | RODZIEWICZ Wioletta            | 287    |                         | K45+     | 5    | 00:41:34.40  | +00:04:34 (11.0%) | 8:18        | 7.2 (88.9%) |
| 10    | SZUDOBAJ Hanna                 | 302    | DWA KIJE SŁUPSK         | K45+     | 6    | 00:42:46.55  | +00:05:46 (13.5%) | 8:33        | 7 (86.4%)   |
| 11    | KOCOŃ Sylwia                   | 250    | DWA KIJE SŁUPSK         | K18-44   | 5    | 00:42:52.95  | +00:05:52 (13.7%) | 8:34        | 7 (86.4%)   |
| 12    | CZEREŚNIAK Iwona               | 224    | ŻÓŁWIKERSI              | K45+     | 7    | 00:43:11.85  | +00:06:11 (14.3%) | 8:38        | 6.9 (85.2%) |
| 13    | ABRAMOWICZ Ewa                 | 216    | KIJOWE SIOSTRY I BRAT   | K45+     | 8    | 00:43:19.15  | +00:06:19 (14.6%) | 8:39        | 6.9 (85.2%) |
| 14    | PIETRZYK Anna                  | 278    |                         | K45+     | 9    | 00:44:21.70  | +00:07:21 (16.6%) | 8:52        | 6.8 (84.0%) |
| 15    | DĘBOWSKA-SZCZYTKOWSKA Izabella | 228    |                         | K45+     | 10   | 00:44:22.15  | +00:07:22 (16.6%) | 8:52        | 6.8 (84.0%) |
| 16    | SKOWROŃSKA-ŁOPIŃSKA Genowefa   | 288    |                         | K45+     | 11   | 00:44:28.85  | +00:07:28 (16.8%) | 8:53        | 6.7 (82.7%) |
| 17    | KUICH Anna                     | 254    | LILL-SPORT              | K45+     | 12   | 00:44:38.85  | +00:07:38 (17.1%) | 8:55        | 6.7 (82.7%) |
| 18    | MRÓZ Barbara                   | 268    | NORDIC WALKING LUBASZ   | K18-44   | 6    | 00:44:40.00  | +00:07:39 (17.2%) | 8:56        | 6.7 (82.7%) |
| 19    | DUKIEWICZ Aneta                | 230    | CZARNE PANTERY          | K45+     | 13   | 00:44:42.90  | +00:07:42 (17.2%) | 8:56        | 6.7 (82.7%) |
| 20    | STAWIARZ-WACHOWICZ Izabela     | 293    |                         | K18-44   | 7    | 00:44:50.70  | +00:07:50 (17.5%) | 8:58        | 6.7 (82.7%) |
| 21    | GARDYGAJŁO Justyna             | 233    |                         | K18-44   | 8    | 00:45:06.65  | +00:08:06 (18.0%) | 9:01        | 6.7 (82.7%) |
| 22    | DUBISZ Joanna                  | 229    | LILL-SPORT              | K18-44   | 9    | 00:45:37.00  | +00:08:36 (18.9%) | 9:07        | 6.6 (81.5%) |
| 23    | PLUTA Barbara                  | 280    | CZARNE PANTERY          | K45+     | 14   | 00:45:38.30  | +00:08:38 (18.9%) | 9:07        | 6.6 (81.5%) |
| 24    | SZCZERBA Dorota                | 297    |                         | K18-44   | 10   | 00:45:58.70  | +00:08:58 (19.5%) | 9:11        | 6.5 (80.2%) |
| 25    | HAWETO Janina                  | 237    | KIJOWE SIOSTRY I BRAT   | K45+     | 15   | 00:46:03.00  | +00:09:02 (19.6%) | 9:12        | 6.5 (80.2%) |
| 26    | WIECZOREK Aneta                | 308    | NORDIC WALKING LUBASZ   | K45+     | 16   | 00:46:20.05  | +00:09:19 (20.1%) | 9:16        | 6.5 (80.2%) |
| 27    | NIEDZIÓŁKA Małgorzata          | 269    |                         | K18-44   | 11   | 00:46:25.20  | +00:09:25 (20.3%) | 9:17        | 6.5 (80.2%) |

| Place | Participant            | Number | Club                     | Category | MCat | Net<br>time<br>5km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|------------------------|--------|--------------------------|----------|------|--------------------|-------------------|----------------|--------------|
| 28    | ŁABEDZ Katarzyna       | 261    | LILL-SPORT               | K45+     | 17   | 00:46:26.80        | +00:09:26 (20.3%) | 9:17           | 6.5 (80.2%)  |
| 29    | SMARUJ-SADOWSKA Janina | 289    | BYDGOSKIE ŻÓŁWIE         | K45+     | 18   | 00:46:34.70        | +00:09:34 (20.6%) | 9:18           | 6.4 (79.0%)  |
| 30    | KLUCZKA Mirosława      | 249    | FABRYKA NORDICA TRZCINKA | K45+     | 19   | 00:46:41.60        | +00:09:41 (20.8%) | 9:20           | 6.4 (79.0%)  |
| 31    | PANCEK Hanna           | 273    | TADMAX                   | K45+     | 20   | 00:47:30.05        | +00:10:29 (22.1%) | 9:30           | 6.3 (77.8%)  |
| 32    | PRACKA Katarzyna       | 281    | SERCE NORDICA WŁOCŁAWEK  | K45+     | 21   | 00:47:50.90        | +00:10:50 (22.7%) | 9:34           | 6.3 (77.8%)  |
| 33    | SZCZYTKOWSKA Łucja     | 298    |                          | K-jun    | 1    | 00:47:53.65        | +00:10:53 (22.7%) | 9:34           | 6.3 (77.8%)  |
| 34    | IDZIK Natalia          | 240    | IDZIKI TEAM              | K-jun    | 2    | 00:49:13.30        | +00:12:13 (24.8%) | 9:50           | 6.1 (75.3%)  |
| 35    | KOWALCZUK Maria        | 252    | KIJOWE SIOSTRY I BRAT    | K18-44   | 12   | 00:49:49.70        | +00:12:49 (25.7%) | 9:57           | 6 (74.1%)    |
| 36    | LEDZION Dagmara        | 256    | KLASYFIKACJA MAŁŻEŃSTWO  | K45+     | 22   | 00:49:51.20        | +00:12:51 (25.8%) | 9:58           | 6 (74.1%)    |
| 37    | PIĄTEK Władysława      | 277    | STARGARD                 | K45+     | 23   | 00:50:14.20        | +00:13:14 (26.3%) | 10:02          | 6 (74.1%)    |
| 38    | PERLIK Ewa             | 275    | TADMAX                   | K45+     | 24   | 00:50:41.20        | +00:13:41 (27.0%) | 10:08          | 5.9 (72.8%)  |
| 39    | SZOT Krystyna          | 301    |                          | K45+     | 25   | 00:50:41.90        | +00:13:41 (27.0%) | 10:08          | 5.9 (72.8%)  |
| 40    | JAKIEL Sabina          | 241    | CZARNE PANTERY           | K45+     | 26   | 00:51:36.90        | +00:14:36 (28.3%) | 10:19          | 5.8 (71.6%)  |
| 41    | KRYŚKIEWICZ Janina     | 253    |                          | K45+     | 27   | 00:52:20.50        | +00:15:20 (29.3%) | 10:28          | 5.7 (70.4%)  |
| 42    | KORZENIOWSKA Karolina  | 251    | GASKABALBINKAHDK         | K18-44   | 13   | 00:52:35.00        | +00:15:34 (29.6%) | 10:31          | 5.7 (70.4%)  |
| 43    | REK Justyna            | 286    |                          | K18-44   | 14   | 00:52:37.25        | +00:15:37 (29.7%) | 10:31          | 5.7 (70.4%)  |
| 44    | ALWIN Małgorzata       | 217    |                          | K18-44   | 15   | 00:52:37.65        | +00:15:37 (29.7%) | 10:31          | 5.7 (70.4%)  |
| 45    | WARZYŃSKA Oliwia       | 306    |                          | K18-44   | 16   | 00:52:40.70        | +00:15:40 (29.8%) | 10:32          | 5.7 (70.4%)  |
| 46    | WRÓBEL Agnieszka       | 314    |                          | K18-44   | 17   | 00:54:40.40        | +00:17:40 (32.3%) | 10:56          | 5.5 (67.9%)  |
| 47    | GRONOWSKA Sylwia       | 235    | GMJ                      | K18-44   | 18   | 00:54:49.85        | +00:17:49 (32.5%) | 10:57          | 5.5 (67.9%)  |
| 48    | STANKIEWICZ Lidia      | 292    | CZARNE PANTERY           | K45+     | 28   | 00:54:50.15        | +00:17:50 (32.5%) | 10:58          | 5.5 (67.9%)  |
| 49    | WOJTAŚ Jolanta         | 312    |                          | K18-44   | 19   | 00:54:58.05        | +00:17:57 (32.7%) | 10:59          | 5.5 (67.9%)  |
| 50    | SOLAK Ewa              | 290    | CZARNE PANTERY           | K45+     | 29   | 00:55:02.05        | +00:18:01 (32.8%) | 11:00          | 5.5 (67.9%)  |
| 51    | IDZIK Katarzyna        | 239    | IDZIKI TEAM              | K45+     | 30   | 00:55:28.85        | +00:18:28 (33.3%) | 11:05          | 5.4 (66.7%)  |
| 52    | ŁODKOWSKA Teresa       | 227    |                          | K45+     | 31   | 00:55:47.15        | +00:18:47 (33.7%) | 11:09          | 5.4 (66.7%)  |
| 53    | GÓRSKA Magdalena       | 225    |                          | K45+     | 32   | 00:56:03.70        | +00:19:03 (34.0%) | 11:12          | 5.4 (66.7%)  |
| 54    | PISKOR Marika          | 279    |                          | K18-44   | 20   | 00:59:46.30        | +00:22:46 (38.1%) | 11:57          | 5 (61.7%)    |

Total 54 results.