



**Wydarzenie:** XXVI BIEG NIEPODLEGŁOŚCI - Białoteka  
**Organizator:** Urząd Dzielnicy Warszawa - Białoteka  
**Data:** 2023-11-11  
**Miejsce:** Warszawa  
**Dystans:** 1.918 km

# 1. MARSZ NORDIC WALKING KOBIECI I MĘŻCZYŹN

B4SPORT

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INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.918km	Czas brutto 1.918km	Różn	Tempo min/km	Tempo km/h
1	WYPYCH Radosław	573	KIJOWA BRAC WIELISZEW	Mężczyźni	1	00:12:15.75	00:12:17.85		6:23	9.4 (100%)
2	SARZAŁA Dariusz	551	AKS POLONIA WARSZAWA	Mężczyźni	2	00:12:41.15	00:12:43.55	+00:00:25 (3.4%)	6:36	9.1 (96.8%)
3	REJMENTOWSKA Sylwia	544	NORDIC WALKING FRIENDS	Kobiety	1	00:12:50.80	00:12:53.15	+00:00:35 (4.6%)	6:41	9 (95.7%)
4	KLECZ Magda	523	KLECZE NW	Kobiety	2	00:13:05.75	00:13:08.00	+00:00:50 (6.4%)	6:49	8.8 (93.6%)
5	REJMENTOWSKI Piotr	546	NORDIC WALKING FRIENDS	Mężczyźni	3	00:13:37.00	00:13:40.40	+00:01:22 (10.1%)	7:05	8.5 (90.4%)
6	MUSIATOWICZ Aleksandra	537		Kobiety	3	00:13:53.40	00:13:57.30	+00:01:39 (11.9%)	7:14	8.3 (88.3%)
7	SOKOŁOWSKI Michał	558		Mężczyźni	4	00:14:08.25	00:14:11.15	+00:01:53 (13.3%)	7:22	8.1 (86.2%)
8	SARZAŁA Bartomiej	552	AKS POLONIA WARSZAWA	Mężczyźni	5	00:14:12.70	00:14:15.90	+00:01:58 (13.8%)	7:24	8.1 (86.2%)
9	STAŚKIEWICZ Artur	560	NORDIC WALKING FRIENDS	Mężczyźni	6	00:14:24.20	00:14:30.95	+00:02:13 (15.3%)	7:30	8 (85.1%)
10	KAMIŃSKI Henryk	520	NORDIC WALKING FRIENDS	Mężczyźni	7	00:14:34.20	00:14:36.95	+00:02:19 (15.9%)	7:35	7.9 (84.0%)
11	SIDORUK Justyna	554		Kobiety	4	00:14:42.85	00:14:45.30	+00:02:27 (16.7%)	7:39	7.8 (83.0%)
12	FILIPOWICZ Natalia	508		Kobiety	5	00:14:40.60	00:14:47.85	+00:02:30 (16.9%)	7:38	7.8 (83.0%)
13	KIESZEK Tadeusz	580	DYSTANS LESZNO	Mężczyźni	8	00:14:58.75	00:15:03.05	+00:02:45 (18.3%)	7:48	7.7 (81.9%)
14	MISIURA Justyna	536	MARKI NA KIJACH	Kobiety	6	00:14:59.90	00:15:05.65	+00:02:47 (18.5%)	7:48	7.7 (81.9%)
15	ZAWADZKA Beata	577	KIJKOWA BRAC WIELISZEW	Kobiety	7	00:15:09.05	00:15:12.15	+00:02:54 (19.1%)	7:53	7.6 (80.9%)
16	JAMBOR Krzysztof	515	BEMOWSKA RADA SENIORÓW	Mężczyźni	9	00:15:09.00	00:15:16.10	+00:02:58 (19.5%)	7:53	7.6 (80.9%)
17	ŚWIĄTKOWSKA Aleksandra	566		Kobiety	8	00:15:14.70	00:15:18.30	+00:03:00 (19.7%)	7:56	7.6 (80.9%)
18	CHYBAWSKA Monika	585	MARKI NA KIJACH	Kobiety	9	00:15:18.35	00:15:23.25	+00:03:05 (20.1%)	7:58	7.5 (79.8%)
19	CHRZANOWSKI Piotr	505		Mężczyźni	10	00:15:17.05	00:15:25.85	+00:03:08 (20.3%)	7:58	7.5 (79.8%)
20	STAŚKIEWICZ Anna	561	NORDIC WALKING FRIENDS	Kobiety	10	00:15:20.75	00:15:26.65	+00:03:08 (20.4%)	7:59	7.5 (79.8%)
21	SZOT Maria	498		Kobiety	11	00:15:24.95	00:15:28.05	+00:03:10 (20.5%)	8:01	7.5 (79.8%)
22	GRUSZCZYŃSKA Jowita	514		Kobiety	12	00:15:29.70	00:15:34.55	+00:03:16 (21.0%)	8:04	7.4 (78.7%)
23	MĘDRECKA-BOJARA Monika	533	NWF	Kobiety	13	00:15:38.05	00:15:41.80	+00:03:23 (21.7%)	8:09	7.4 (78.7%)
24	HEJDUK Marta	578	ŻBIKI NORDIC WALKING	Kobiety	14	00:15:38.50	00:15:44.55	+00:03:26 (21.9%)	8:09	7.4 (78.7%)
25	HEJDUK Hubert	579	ŻBIKI NORDIC WALKING	Mężczyźni	11	00:15:37.55	00:15:44.70	+00:03:26 (21.9%)	8:08	7.4 (78.7%)
26	ZALEWSKA-GAJEWSKA Agnieszka	575	NORDIC WALKING FRIENDS	Kobiety	15	00:15:43.70	00:15:49.20	+00:03:31 (22.3%)	8:11	7.3 (77.7%)
27	KAMIŃSKA Danuta	519	NORDIC WALKING FRIENDS	Kobiety	16	00:15:47.25	00:15:50.30	+00:03:32 (22.4%)	8:13	7.3 (77.7%)
27	SKLEPIŃSKA Iwona	555		Kobiety	16	00:15:44.05	00:15:50.30	+00:03:32 (22.4%)	8:12	7.3 (77.7%)

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						netto 1.918km	brutto 1.918km			
29	<b>MICHALCZYK Elżbieta</b>	<b>535</b>		Kobiety	18	<b>00:15:41.95</b>	<b>00:15:52.30</b>	+00:03:34 (22.5%)	8:10	7.3 (77.7%)
30	<b>MAŚLANA Marta</b>	<b>532</b>	NORDIC WALKING FRIENDS	Kobiety	19	<b>00:15:48.75</b>	<b>00:15:53.95</b>	+00:03:36 (22.7%)	8:14	7.3 (77.7%)
31	<b>KUŹMIŃSKA Dorota</b>	<b>528</b>		Kobiety	20	<b>00:15:49.25</b>	<b>00:15:54.70</b>	+00:03:36 (22.7%)	8:14	7.3 (77.7%)
32	<b>FURMANEK-BIEŃKO Agnieszka</b>	<b>509</b>	NORDIK WALKING FRIENDS	Kobiety	21	<b>00:15:52.30</b>	<b>00:15:57.95</b>	+00:03:40 (23.0%)	8:16	7.3 (77.7%)
33	<b>CHANCZEWSKA Irena</b>	<b>504</b>		Kobiety	22	<b>00:15:59.75</b>	<b>00:16:03.65</b>	+00:03:45 (23.4%)	8:20	7.2 (76.6%)
34	<b>WITEK Małgorzata</b>	<b>571</b>		Kobiety	23	<b>00:15:55.05</b>	<b>00:16:04.35</b>	+00:03:46 (23.5%)	8:17	7.2 (76.6%)
35	<b>ŚWIĄTKOWSKI Robert</b>	<b>567</b>		Mężczyźni	12	<b>00:16:18.50</b>	<b>00:16:26.40</b>	+00:04:08 (25.2%)	8:29	7.1 (75.5%)
36	<b>BANACH Dorota</b>	<b>503</b>		Kobiety	24	<b>00:16:31.05</b>	<b>00:16:42.65</b>	+00:04:24 (26.4%)	8:36	7 (74.5%)
37	<b>SZEWczyk Agnieszka</b>	<b>564</b>	NORDIC WALKING FRIENDS	Kobiety	25	<b>00:16:44.45</b>	<b>00:16:49.05</b>	+00:04:31 (26.9%)	8:43	6.9 (73.4%)
38	<b>SKUDLARSKA Bożena</b>	<b>556</b>	BEMOWSKA RADA SENIORÓW	Kobiety	26	<b>00:16:42.95</b>	<b>00:16:50.85</b>	+00:04:33 (27.0%)	8:42	6.9 (73.4%)
39	<b>SZELWACHOWSKA Jadwiga</b>	<b>563</b>		Kobiety	27	<b>00:16:44.30</b>	<b>00:16:53.70</b>	+00:04:35 (27.2%)	8:43	6.9 (73.4%)
40	<b>KARPIŃSKA Izabela</b>	<b>522</b>		Kobiety	28	<b>00:16:43.75</b>	<b>00:16:55.30</b>	+00:04:37 (27.3%)	8:42	6.9 (73.4%)
41	<b>KORNILUK Łukasz</b>	<b>525</b>	OWIRON	Mężczyźni	13	<b>00:17:19.00</b>	<b>00:17:26.10</b>	+00:05:08 (29.5%)	9:01	6.6 (70.2%)
41	<b>PELUCH Katarzyna</b>	<b>539</b>	OWIRON	Kobiety	29	<b>00:17:20.65</b>	<b>00:17:26.10</b>	+00:05:08 (29.5%)	9:02	6.6 (70.2%)
43	<b>WITEK Grzegorz</b>	<b>572</b>		Mężczyźni	14	<b>00:17:32.20</b>	<b>00:17:39.90</b>	+00:05:22 (30.4%)	9:08	6.6 (70.2%)
44	<b>DĄBROWSKI Tomasz</b>	<b>506</b>		Mężczyźni	15	<b>00:17:31.70</b>	<b>00:17:42.10</b>	+00:05:24 (30.5%)	9:07	6.6 (70.2%)
45	<b>KOPICA Elżbieta</b>	<b>524</b>	BEMOWSKA RADA SENIORÓW	Kobiety	30	<b>00:17:38.45</b>	<b>00:17:47.15</b>	+00:05:29 (30.9%)	9:11	6.5 (69.1%)
46	<b>ROBAKIEWICZ Regina</b>	<b>548</b>		Kobiety	31	<b>00:17:43.20</b>	<b>00:17:49.95</b>	+00:05:32 (31.0%)	9:14	6.5 (69.1%)
47	<b>FABISIAK Irena</b>	<b>507</b>	BEMOWSKA RADA SENIORÓW	Kobiety	32	<b>00:17:45.00</b>	<b>00:17:53.80</b>	+00:05:35 (31.3%)	9:15	6.5 (69.1%)
48	<b>KUKLIŃSKA Barbara</b>	<b>527</b>	BEMOWSKA RADA SENIORÓW	Kobiety	33	<b>00:17:51.20</b>	<b>00:17:58.60</b>	+00:05:40 (31.6%)	9:18	6.4 (68.1%)
49	<b>MICHALAK Beata</b>	<b>534</b>		Kobiety	34	<b>00:17:59.55</b>	<b>00:18:04.25</b>	+00:05:46 (31.9%)	9:22	6.4 (68.1%)
50	<b>JÓZWIAK Teresa</b>	<b>586</b>		Kobiety	35	<b>00:18:05.00</b>	<b>00:18:17.15</b>	+00:05:59 (32.7%)	9:25	6.4 (68.1%)
51	<b>WIŚNIEWSKA Ewelina</b>	<b>570</b>		Kobiety	36	<b>00:18:26.05</b>	<b>00:18:37.95</b>	+00:06:20 (34.0%)	9:36	6.2 (66.0%)
52	<b>GAŚSIOROWSKI Krzysztof</b>	<b>510</b>		Mężczyźni	16	<b>00:18:34.40</b>	<b>00:18:46.90</b>	+00:06:29 (34.5%)	9:40	6.2 (66.0%)
53	<b>SZYSZKA Grażyna</b>	<b>565</b>		Kobiety	37	<b>00:18:52.25</b>	<b>00:19:00.45</b>	+00:06:42 (35.3%)	9:50	6.1 (64.9%)
53	<b>RYDZAK Karolina</b>	<b>550</b>		Kobiety	37	<b>00:18:52.35</b>	<b>00:19:00.45</b>	+00:06:42 (35.3%)	9:50	6.1 (64.9%)
55	<b>GLIŃSKA Beata</b>	<b>512</b>	NORDIC WALKING FRIENDS	Kobiety	39	<b>00:19:15.65</b>	<b>00:19:22.05</b>	+00:07:04 (36.5%)	10:02	6 (63.8%)
56	<b>ZAJKOWSKA Krystyna</b>	<b>574</b>		Kobiety	40	<b>00:19:21.00</b>	<b>00:19:25.20</b>	+00:07:07 (36.7%)	10:05	5.9 (62.8%)
57	<b>KOSTRZEWSKA Monika</b>	<b>526</b>	OWIRON	Kobiety	41	<b>00:19:32.85</b>	<b>00:19:42.15</b>	+00:07:24 (37.6%)	10:11	5.9 (62.8%)
58	<b>KWIATOSZ Jadwiga</b>	<b>529</b>	BEMOWSKA RADA SENIORÓW	Kobiety	42	<b>00:20:28.45</b>	<b>00:20:38.00</b>	+00:08:20 (40.4%)	10:40	5.6 (59.6%)
59	<b>SUTERSKA Marlena</b>	<b>562</b>	OWIRON	Kobiety	43	<b>00:20:36.55</b>	<b>00:20:47.25</b>	+00:08:29 (40.8%)	10:44	5.6 (59.6%)
60	<b>ŁUKASZENKO Agnieszka</b>	<b>530</b>	OWIRON	Kobiety	44	<b>00:20:37.55</b>	<b>00:20:47.90</b>	+00:08:30 (40.9%)	10:44	5.6 (59.6%)

Znaleziono 60 wynik(ów)