

# BIEG IM. ASI KENIG - NORDIC WALKING

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Bieg im. Asi Kenig  
**Organizator:** Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku  
**Data:** 2023-04-22  
**Miejsce:** Sławsko  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik            | Numer | Klub                           | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|--------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 1   | BRZOSOWSKI Piotr    | 146   | AKTYWNI POSTOMINO              |           |      | 00:31:25.32     |                   | 3:08         | 19.1 (100%)  |
| 2   | JAWORSKI Robert     | 149   | KB BRYZA POSTOMINO             |           |      | 00:32:26.38     | +00:01:01 (3.1%)  | 3:14         | 18.5 (96.9%) |
| 3   | TREDER Marian       | 13    | TEAM TREDER                    |           |      | 00:35:16.39     | +00:03:51 (10.9%) | 3:31         | 17 (89.0%)   |
| 4   | SEKULSKI Cyprian    | 18    |                                |           |      | 00:35:22.75     | +00:03:57 (11.2%) | 3:32         | 17 (89.0%)   |
| 5   | KNITTER Monika      | 7     |                                |           |      | 00:35:48.11     | +00:04:22 (12.2%) | 3:34         | 16.8 (88.0%) |
| 6   | GÓRECKI Patryk      | 148   |                                |           |      | 00:36:10.89     | +00:04:45 (13.2%) | 3:37         | 16.6 (86.9%) |
| 7   | KENIG Agnieszka     | 6     | K S OLSZEWSKI I SYNOWIE        |           |      | 00:37:30.59     | +00:06:05 (16.2%) | 3:45         | 16 (83.8%)   |
| 8   | RODZIEWICZ Wioletta | 10    |                                |           |      | 00:37:58.04     | +00:06:32 (17.2%) | 3:47         | 15.8 (82.7%) |
| 9   | ROGALSKI Piotr      | 20    |                                | M-40      | 1    | 00:38:53.74     | +00:07:28 (19.2%) | 3:53         | 15.4 (80.6%) |
| 10  | PROTASIEWICZ Renata | 147   | KB SPOKO SŁAWNO                |           |      | 00:39:45.11     | +00:08:19 (21.0%) | 3:58         | 15.1 (79.1%) |
| 11  | WACHHOLZ Beata      | 16    | SZKOŁA PODSTAWOWA W SŁAWSKU    |           |      | 00:39:49.10     | +00:08:23 (21.1%) | 3:58         | 15.1 (79.1%) |
| 12  | TEREFENKO Dawid     | 12    |                                |           |      | 00:40:30.16     | +00:09:04 (22.4%) | 4:03         | 14.8 (77.5%) |
| 13  | KOCON Sylwia        | 8     |                                |           |      | 00:40:33.84     | +00:09:08 (22.5%) | 4:03         | 14.8 (77.5%) |
| 14  | KENIG Renata        | 5     | K S OLSZEWSKI I SYNOWIE        |           |      | 00:41:52.79     | +00:10:27 (25.0%) | 4:11         | 14.3 (74.9%) |
| 15  | GÓRSKA Magdalena    | 4     | WESOŁE KOPYTKA                 |           |      | 00:42:54.66     | +00:11:29 (26.8%) | 4:17         | 14 (73.3%)   |
| 16  | CIRÓG Ewa           | 3     |                                |           |      | 00:44:57.65     | +00:13:32 (30.1%) | 4:29         | 13.3 (69.6%) |
| 17  | ANTOSIK Mikołaj     | 1     | KS OLSZEWSKI I SYNOWIE         |           |      | 00:46:30.16     | +00:15:04 (32.4%) | 4:39         | 12.9 (67.5%) |
| 18  | ZWOLAN Ewa          | 19    |                                |           |      | 00:47:11.45     | +00:15:46 (33.4%) | 4:43         | 12.7 (66.5%) |
| 19  | KENIG Adam          | 150   | KS OLSZEWSKI I SYNOWIE SŁAWSKO |           |      | 00:47:11.81     | +00:15:46 (33.4%) | 4:43         | 12.7 (66.5%) |
| 20  | RUPNIEWSKA Urszula  | 11    | K SOLSZEWKII I SYNOWIE         |           |      | 00:56:19.77     | +00:24:54 (44.2%) | 5:37         | 10.7 (56.0%) |
| 21  | UKLEJA Justyna      | 14    | POTĘGA NORDICA                 |           |      | 00:56:20.22     | +00:24:54 (44.2%) | 5:38         | 10.7 (56.0%) |
| 22  | CHUDY Janina        | 2     | KS OLSZEWSKI I SYNOWIE         |           |      | 00:57:08.45     | +00:25:43 (45.0%) | 5:42         | 10.5 (55.0%) |

Znaleziono 22 wynik(ów)