

# BIEG WIKINGA - NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

BIEG WIKINGA - WOLIN 2019  
Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.  
2019-09-29  
Wolin  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>DOŁĘGOWSKI Marek</b>	<b>418</b>	BKS MANIAK WOLIN	M40-49	1	Tak	<b>00:30:28.85</b>		6:05	9.8 (100%)
2	<b>FRĄCKOWIAK Roman</b>	<b>421</b>	KS METRACO POLKOWICE	M50-59	1		<b>00:31:09.60</b>	+00:00:42 (2.3%)	6:13	9.6 (98.0%)
3	<b>KAŻMIERCZAK Norbert</b>	<b>448</b>	TUPTUP TEAM	M40-49	2		<b>00:31:42.35</b>	+00:01:14 (3.9%)	6:20	9.5 (96.9%)
4	<b>WIERCHANOWSKI Bogdan</b>	<b>505</b>		M60+	1		<b>00:32:55.80</b>	+00:02:27 (7.4%)	6:35	9.1 (92.9%)
5	<b>BIELAŃSKI Mirosław</b>	<b>405</b>	PACZOCZIJEKOS	M50-59	2		<b>00:33:47.10</b>	+00:03:19 (9.8%)	6:45	8.9 (90.8%)
6	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>474</b>	KS METRACO POLKOWICE	K50-59	1		<b>00:34:01.40</b>	+00:03:33 (10.5%)	6:48	8.8 (89.8%)
7	<b>MASŁYK Małgorzata</b>	<b>466</b>		K50-59	2		<b>00:34:24.60</b>	+00:03:56 (11.4%)	6:53	8.7 (88.8%)
8	<b>GUZIKOWSKI Tomasz</b>	<b>431</b>		M40-49	3		<b>00:34:26.45</b>	+00:03:57 (11.5%)	6:53	8.7 (88.8%)
9	<b>ZIÓŁKOWSKA Sylwia</b>	<b>515</b>		K40-49	1		<b>00:35:04.90</b>	+00:04:35 (13.1%)	7:00	8.6 (87.8%)
10	<b>CIEMNY Tadeusz</b>	<b>415</b>		M60+	2		<b>00:34:55.50</b>	+00:04:36 (13.1%)	6:59	8.6 (87.8%)
11	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>493</b>	ZACHODNIOPOM.CENTRUM ONKOLOGII	K40-49	2		<b>00:35:12.05</b>	+00:04:44 (13.4%)	7:02	8.5 (86.7%)
12	<b>PARCHIMOWICZ Janusz</b>	<b>476</b>		M60+	3		<b>00:35:42.50</b>	+00:05:13 (14.6%)	7:08	8.4 (85.7%)
13	<b>STEFANICKI Marek</b>	<b>496</b>	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	4		<b>00:35:59.10</b>	+00:05:33 (15.4%)	7:11	8.3 (84.7%)
14	<b>KAMIŃSKA Magdalena</b>	<b>444</b>		K30-39	1		<b>00:36:20.85</b>	+00:05:52 (16.1%)	7:16	8.3 (84.7%)
15	<b>SAMOJŁO Sławomir</b>	<b>487</b>		M50-59	3		<b>00:36:41.90</b>	+00:06:15 (17.0%)	7:20	8.2 (83.7%)
16	<b>MAZUREK Maciej</b>	<b>467</b>		M30-39	1		<b>00:36:57.75</b>	+00:06:30 (17.6%)	7:23	8.1 (82.7%)
17	<b>GÓRSKA Agnieszka</b>	<b>427</b>	NORDICOWELOVE POLICE	K40-49	3		<b>00:37:07.50</b>	+00:06:39 (17.9%)	7:25	8.1 (82.7%)
18	<b>RYBICKI Janusz</b>	<b>486</b>	POLICE	M60+	5		<b>00:37:06.60</b>	+00:06:39 (17.9%)	7:25	8.1 (82.7%)
19	<b>STASIAK Przemysław</b>	<b>518</b>		M30-39	2		<b>00:37:13.85</b>	+00:06:50 (18.3%)	7:26	8.1 (82.7%)
20	<b>MAJEWSKA Lidia Ewa</b>	<b>463</b>		K50-59	3		<b>00:37:23.05</b>	+00:06:54 (18.5%)	7:28	8 (81.6%)
21	<b>KUPNIEWSKA Aleksandra</b>	<b>455</b>	KOMPAS TEAM	K30-39	2		<b>00:37:27.35</b>	+00:06:59 (18.6%)	7:29	8 (81.6%)
22	<b>WOŹNIEWSKA Grażyna</b>	<b>509</b>	NORDICOWELOVE POLICE	K50-59	4		<b>00:37:51.85</b>	+00:07:23 (19.5%)	7:34	7.9 (80.6%)
23	<b>GINIEWSKI Piotr</b>	<b>424</b>	SEESITE	M40-49	4		<b>00:37:58.80</b>	+00:07:32 (19.8%)	7:35	7.9 (80.6%)
24	<b>KAZIMIERSKA Żaneta</b>	<b>447</b>		K40-49	4	Tak	<b>00:38:24.75</b>	+00:07:59 (20.8%)	7:41	7.8 (79.6%)
25	<b>GRZYBOWSKA Ewa</b>	<b>430</b>		K50-59	5	Tak	<b>00:38:26.95</b>	+00:07:59 (20.8%)	7:41	7.8 (79.6%)
26	<b>MARTYNA Ewa</b>	<b>464</b>		K60+	1		<b>00:38:33.05</b>	+00:08:05 (21.0%)	7:42	7.8 (79.6%)
27	<b>POPIOŁEK Przemysław</b>	<b>483</b>		M40-49	5		<b>00:38:43.50</b>	+00:08:22 (21.5%)	7:44	7.7 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
28	<b>JANKOWSKA Renata</b>	<b>438</b>		K40-49	5		<b>00:38:54.30</b>	+00:08:26 (21.7%)	7:46	7.7 (78.6%)
29	<b>OLEJNIK Marzena</b>	<b>475</b>		K50-59	6		<b>00:38:48.95</b>	+00:08:26 (21.7%)	7:45	7.7 (78.6%)
30	<b>MISIEWICZ Bożena</b>	<b>469</b>		K50-59	7		<b>00:39:00.55</b>	+00:08:32 (21.9%)	7:48	7.7 (78.6%)
31	<b>JAROSZ Mirosław</b>	<b>440</b>	KLUB MORSÓW KURKA WODNA	M40-49	6	Tak	<b>00:39:24.90</b>	+00:08:58 (22.7%)	7:52	7.6 (77.6%)
32	<b>SAPA Dariusz</b>	<b>489</b>	BYDGOSKIE ŻÓŁWIE	M50-59	4		<b>00:39:31.25</b>	+00:09:02 (22.9%)	7:54	7.6 (77.6%)
33	<b>PODHAJNA Agnieszka</b>	<b>480</b>		K40-49	6		<b>00:39:45.15</b>	+00:09:22 (23.5%)	7:57	7.5 (76.5%)
34	<b>CHABINKA Ewa</b>	<b>412</b>	KLUB MORSÓW KURKA WODNA	K40-49	7		<b>00:39:58.30</b>	+00:09:31 (23.8%)	7:59	7.5 (76.5%)
35	<b>SEŃ Agata</b>	<b>490</b>		K30-39	3		<b>00:40:33.65</b>	+00:10:12 (25.1%)	8:06	7.4 (75.5%)
36	<b>RUBAJ - FIEDZIUSZKO Anna</b>	<b>484</b>		K30-39	4		<b>00:40:43.55</b>	+00:10:16 (25.2%)	8:08	7.4 (75.5%)
37	<b>DAMAS Edyta</b>	<b>417</b>	ZA-BIEGANIE BABECZKI	K40-49	8		<b>00:41:05.65</b>	+00:10:38 (25.9%)	8:13	7.3 (74.5%)
38	<b>MIKOŁAJCZYK Marlena</b>	<b>468</b>	ZA-BIEGANIE BABECZKI NOWOGARD	K40-49	9		<b>00:41:05.25</b>	+00:10:39 (25.9%)	8:13	7.3 (74.5%)
39	<b>NIEZGODA Adam</b>	<b>470</b>	KOMPAS TEAM	M40-49	7		<b>00:41:13.45</b>	+00:10:48 (26.2%)	8:14	7.3 (74.5%)
40	<b>CEBEREK-PŁOTCZYK Marcelina</b>	<b>411</b>		K60+	2		<b>00:41:14.15</b>	+00:10:48 (26.2%)	8:15	7.3 (74.5%)
41	<b>TRZNADEL Leszek</b>	<b>502</b>	NIEZRZESZONY	M60+	6		<b>00:41:17.15</b>	+00:10:58 (26.5%)	8:15	7.3 (74.5%)
42	<b>FALENSKI Rafał</b>	<b>420</b>		M40-49	8		<b>00:41:19.35</b>	+00:11:01 (26.6%)	8:15	7.3 (74.5%)
43	<b>PODZIELNA Aleksandra</b>	<b>481</b>		K30-39	5		<b>00:41:28.90</b>	+00:11:06 (26.7%)	8:17	7.2 (73.5%)
44	<b>BIELECKA Monika</b>	<b>406</b>	TUPTUP TEAM	K40-49	10		<b>00:41:40.10</b>	+00:11:13 (26.9%)	8:20	7.2 (73.5%)
45	<b>BIELAŃSKA Dorota</b>	<b>404</b>	PACZOCZIKEJKOS	K50-59	8		<b>00:41:42.70</b>	+00:11:15 (27.0%)	8:20	7.2 (73.5%)
46	<b>STASIAK Iwona</b>	<b>519</b>		K60+	3		<b>00:41:54.00</b>	+00:11:28 (27.3%)	8:22	7.2 (73.5%)
47	<b>JABLONSKA Danusia</b>	<b>434</b>	PACZOCZIKEJKOS	K60+	4		<b>00:42:00.60</b>	+00:11:31 (27.4%)	8:24	7.1 (72.4%)
48	<b>CZAJKOWSKA Irena</b>	<b>520</b>		K60+	5		<b>00:42:20.60</b>	+00:11:54 (28.1%)	8:28	7.1 (72.4%)
49	<b>WĄTROBA Sebastian</b>	<b>504</b>	VITADIET	M40-49	9		<b>00:42:25.15</b>	+00:12:09 (28.5%)	8:29	7.1 (72.4%)
50	<b>NOWAK Aneta</b>	<b>471</b>	NORDICOWELOVE	K40-49	11		<b>00:42:40.20</b>	+00:12:13 (28.6%)	8:32	7 (71.4%)
51	<b>JASIŃSKA Renata</b>	<b>442</b>		K50-59	9	Tak	<b>00:42:50.45</b>	+00:12:26 (29.0%)	8:34	7 (71.4%)
52	<b>SAPA Stefania</b>	<b>488</b>	BYDGOSKIE ŻÓŁWIE	K50-59	10		<b>00:42:49.10</b>	+00:12:26 (29.0%)	8:33	7 (71.4%)
53	<b>MACIEJEWSKA Grażyna</b>	<b>461</b>	STARGARD JA SIĘ NIE ŚCIGAM	K60+	6		<b>00:42:55.85</b>	+00:12:29 (29.0%)	8:35	7 (71.4%)
54	<b>WOLSKA Maria</b>	<b>507</b>	ARIELKA TEAM	K30-39	6		<b>00:43:02.45</b>	+00:12:36 (29.2%)	8:36	7 (71.4%)
55	<b>BURNAT-SZCZĘSNA Aneta</b>	<b>410</b>	BIEGACZE ŚWINOUJŚCIE	K40-49	12		<b>00:43:12.00</b>	+00:12:49 (29.6%)	8:38	6.9 (70.4%)
56	<b>BORZĘCKA Jolanta</b>	<b>409</b>		K50-59	11	Tak	<b>00:43:15.60</b>	+00:12:49 (29.6%)	8:39	6.9 (70.4%)
57	<b>HOŁOTA Iwona</b>	<b>432</b>		K50-59	12		<b>00:43:12.55</b>	+00:12:50 (29.6%)	8:38	6.9 (70.4%)
58	<b>MACIEJEWSKA Alicja</b>	<b>460</b>		K40-49	13	Tak	<b>00:43:17.15</b>	+00:12:51 (29.6%)	8:39	6.9 (70.4%)
59	<b>KALINOWSKA Agnieszka</b>	<b>443</b>	KS UZNAM ŚWINOUJŚCIE	K40-49	14		<b>00:43:16.70</b>	+00:12:55 (29.8%)	8:39	6.9 (70.4%)
60	<b>KASPRZAK Monika</b>	<b>446</b>		K30-39	7	Tak	<b>00:43:24.70</b>	+00:13:04 (30.0%)	8:41	6.9 (70.4%)
61	<b>POPIOŁEK Joanna</b>	<b>482</b>		K30-39	8		<b>00:43:31.25</b>	+00:13:08 (30.1%)	8:42	6.9 (70.4%)
62	<b>SZALEWSKA Beata</b>	<b>497</b>	NIEZRZESZONA	K30-39	9		<b>00:43:29.35</b>	+00:13:10 (30.2%)	8:41	6.9 (70.4%)
62	<b>LIPIŃSKA Małgorzata</b>	<b>456</b>	NIEZRZESZONA	K30-39	9		<b>00:43:29.15</b>	+00:13:10 (30.2%)	8:41	6.9 (70.4%)
64	<b>BARYŁA Dorota</b>	<b>402</b>		K50-59	13	Tak	<b>00:43:36.60</b>	+00:13:18 (30.4%)	8:43	6.9 (70.4%)
65	<b>DROZDEK Joanna</b>	<b>419</b>	KOMPAS TEAM	K40-49	15		<b>00:43:51.70</b>	+00:13:34 (30.8%)	8:46	6.8 (69.4%)
66	<b>MASŁOWSKA Alina</b>	<b>465</b>		K60+	7	Tak	<b>00:44:18.80</b>	+00:13:54 (31.3%)	8:51	6.8 (69.4%)
67	<b>HUSIAK Adriana</b>	<b>433</b>		K50-59	14		<b>00:44:29.35</b>	+00:14:03 (31.5%)	8:54	6.7 (68.4%)
68	<b>ZUSEL Grażyna</b>	<b>516</b>		K60+	8		<b>00:44:31.40</b>	+00:14:03 (31.6%)	8:54	6.7 (68.4%)
69	<b>BILARD Joanna</b>	<b>408</b>	BIKERS ŚWINOUJŚCIE	K50-59	15		<b>00:44:39.10</b>	+00:14:17 (31.9%)	8:55	6.7 (68.4%)
70	<b>BAŚCIKOWSKA Katarzyna</b>	<b>403</b>		K40-49	16		<b>00:44:40.30</b>	+00:14:18 (31.9%)	8:56	6.7 (68.4%)
71	<b>KRAWCZUK Adam</b>	<b>453</b>	KS UZNAM	M50-59	5		<b>00:44:47.00</b>	+00:14:24 (32.1%)	8:57	6.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>ZELEK Grażyna</b>	<b>511</b>		K60+	9	Tak	<b>00:45:04.90</b>	+00:14:37 (32.4%)	9:00	6.7 (68.4%)
73	<b>PAŚ Monika</b>	<b>477</b>		K30-39	11	Tak	<b>00:45:34.05</b>	+00:15:09 (33.2%)	9:06	6.6 (67.3%)
74	<b>MACIEJEWSKA Lusja</b>	<b>517</b>		K30-39	12	Tak	<b>00:45:34.75</b>	+00:15:10 (33.2%)	9:07	6.6 (67.3%)
75	<b>TRZNADEL Ludmila</b>	<b>503</b>	NIEZRZESZONA	K60+	10		<b>00:45:37.60</b>	+00:15:18 (33.4%)	9:07	6.6 (67.3%)
76	<b>GŁOGOWSKA Renata</b>	<b>426</b>		K40-49	17	Tak	<b>00:45:53.55</b>	+00:15:29 (33.7%)	9:10	6.5 (66.3%)
77	<b>STANIK Agnieszka</b>	<b>494</b>		K40-49	18	Tak	<b>00:45:53.15</b>	+00:15:30 (33.7%)	9:10	6.5 (66.3%)
78	<b>WOJTOWICZ Sylwia</b>	<b>506</b>		K40-49	19	Tak	<b>00:46:10.80</b>	+00:15:50 (34.2%)	9:14	6.5 (66.3%)
79	<b>TARNOWSKA Maria</b>	<b>500</b>		K60+	11	Tak	<b>00:46:10.75</b>	+00:15:50 (34.2%)	9:14	6.5 (66.3%)
80	<b>WOŹNIAK Agnieszka</b>	<b>508</b>		K40-49	20	Tak	<b>00:46:20.25</b>	+00:15:56 (34.3%)	9:16	6.5 (66.3%)
81	<b>ZALEWSKA Joanna</b>	<b>510</b>	FIZJOTERAPIA DZIECIĘCA D. ZALEWSKI	K40-49	21		<b>00:46:22.45</b>	+00:15:58 (34.4%)	9:16	6.5 (66.3%)
82	<b>JADCZUK Kuba</b>	<b>435</b>		M30-39	3		<b>00:46:21.10</b>	+00:15:58 (34.4%)	9:16	6.5 (66.3%)
83	<b>SZAMBELAN Elzbieta</b>	<b>499</b>		K60+	12	Tak	<b>00:46:30.80</b>	+00:16:06 (34.5%)	9:18	6.4 (65.3%)
84	<b>NOWICKA Krystyna</b>	<b>473</b>		K60+	13	Tak	<b>00:46:33.75</b>	+00:16:10 (34.7%)	9:18	6.4 (65.3%)
85	<b>ZIEMGOWSKA Kariokka</b>	<b>513</b>		K40-49	22	Tak	<b>00:46:42.55</b>	+00:16:23 (34.9%)	9:20	6.4 (65.3%)
86	<b>AGATOWSKA Joanna</b>	<b>400</b>		K40-49	23		<b>00:46:47.05</b>	+00:16:26 (35.0%)	9:21	6.4 (65.3%)
87	<b>CIESIELSKA Agnieszka</b>	<b>416</b>		K40-49	24		<b>00:46:47.20</b>	+00:16:26 (35.0%)	9:21	6.4 (65.3%)
88	<b>JANKOWSKA Ilona</b>	<b>437</b>		K18-29	1		<b>00:46:50.05</b>	+00:16:32 (35.2%)	9:22	6.4 (65.3%)
89	<b>PETRUSIEWICZ Paweł</b>	<b>478</b>		M18-29	1		<b>00:46:50.70</b>	+00:16:32 (35.2%)	9:22	6.4 (65.3%)
90	<b>KUBISIAK Marta</b>	<b>454</b>		K30-39	13	Tak	<b>00:46:55.15</b>	+00:16:35 (35.2%)	9:23	6.4 (65.3%)
90	<b>SZAŁAŃSKA Ilona</b>	<b>498</b>		K30-39	13		<b>00:46:54.35</b>	+00:16:35 (35.2%)	9:22	6.4 (65.3%)
92	<b>GROCHOLSKA Agnieszka</b>	<b>428</b>		K40-49	25	Tak	<b>00:47:04.40</b>	+00:16:39 (35.3%)	9:25	6.4 (65.3%)
93	<b>GROCHOLSKA Urszula</b>	<b>429</b>		K60+	14	Tak	<b>00:47:04.65</b>	+00:16:40 (35.3%)	9:25	6.4 (65.3%)
94	<b>BARYŁA Piotr</b>	<b>401</b>		M50-59	6	Tak	<b>00:47:04.00</b>	+00:16:44 (35.4%)	9:24	6.4 (65.3%)
95	<b>KONIECZNA Irena</b>	<b>451</b>		K60+	15		<b>00:48:26.65</b>	+00:17:59 (37.1%)	9:41	6.2 (63.3%)
96	<b>ZIMNICKA Joanna</b>	<b>514</b>		K40-49	26		<b>00:48:41.45</b>	+00:18:22 (37.6%)	9:44	6.2 (63.3%)
97	<b>NOWAK Mariusz</b>	<b>472</b>		M50-59	7	Tak	<b>00:49:12.40</b>	+00:18:54 (38.3%)	9:50	6.1 (62.2%)
98	<b>TOMCZAK Teresa</b>	<b>501</b>		K50-59	16	Tak	<b>00:49:11.75</b>	+00:18:54 (38.3%)	9:50	6.1 (62.2%)
99	<b>KLIMKOWSKA Małgorzata</b>	<b>449</b>		K40-49	27	Tak	<b>00:50:14.40</b>	+00:19:54 (39.5%)	10:02	6 (61.2%)
100	<b>ŁUŻNA Danuta</b>	<b>459</b>		K50-59	17	Tak	<b>00:50:20.85</b>	+00:19:55 (39.5%)	10:04	6 (61.2%)
101	<b>ŁUKASZEWICZ Maria</b>	<b>458</b>		K50-59	18	Tak	<b>00:50:18.25</b>	+00:19:55 (39.5%)	10:03	6 (61.2%)
102	<b>KONIECZNY Bogdan</b>	<b>452</b>		M60+	7		<b>00:50:29.20</b>	+00:20:04 (39.7%)	10:05	5.9 (60.2%)
103	<b>JANECKA Renata</b>	<b>436</b>		K50-59	19	Tak	<b>00:50:24.90</b>	+00:20:09 (39.8%)	10:05	6 (61.2%)
104	<b>PLATO Anna</b>	<b>479</b>		K60+	16	Tak	<b>00:50:24.75</b>	+00:20:10 (39.8%)	10:05	6 (61.2%)
105	<b>JARZĄB Anna</b>	<b>441</b>		K60+	17		<b>00:51:16.75</b>	+00:20:53 (40.6%)	10:15	5.8 (59.2%)
106	<b>GAŁUSZKA Agnieszka</b>	<b>422</b>		K30-39	15		<b>00:53:43.65</b>	+00:23:27 (43.5%)	10:44	5.6 (57.1%)
107	<b>GAŁUSZKA Jarosław</b>	<b>423</b>		M30-39	4		<b>00:53:43.90</b>	+00:23:27 (43.5%)	10:44	5.6 (57.1%)
108	<b>CHARÓW Katarzyna</b>	<b>413</b>		K30-39	16	Tak	<b>00:54:46.60</b>	+00:24:31 (44.6%)	10:57	5.5 (56.1%)
109	<b>STEFANIAK Ela</b>	<b>495</b>		K50-59	20		<b>00:54:47.45</b>	+00:24:31 (44.6%)	10:57	5.5 (56.1%)
110	<b>ZELEK Edward</b>	<b>512</b>		M60+	8	Tak	<b>00:57:51.45</b>	+00:27:30 (47.4%)	11:34	5.2 (53.1%)

Znaleziono 110 wynik(ów)