

# CHARYTATYWNY BIEG NIEPODLEGŁOŚCI - NORDIC WALKING 5KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Charytatywny Bieg Niepodległości  
**Organizator:** Stowarzyszenie Pozytywni z Pasją  
**Data:** 2022-11-13  
**Miejsce:** Jastrowie  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GRABOWSKA-LESISZ Aneta	208		Open -K	1	00:39:33.55		7:54	7.6 (100%)
2	LENARTOWICZ Stanisław	221		Open -M	1	00:39:53.89	+00:00:21 (0.9%)	7:58	7.5 (98.7%)
3	RATKA Michał	233		Open -M	2	00:39:55.59	+00:00:27 (1.1%)	7:59	7.5 (98.7%)
4	MROZICKI Andrzej	226	PANDEMIA TO ŚCIEMA	Open -M	3	00:40:00.16	+00:00:28 (1.2%)	8:00	7.5 (98.7%)
5	PRZYPOLSKI Miłosz	232	KIJOWE SIOSTRY I BRAT	Open -M	4	00:40:53.47	+00:01:23 (3.4%)	8:10	7.3 (96.1%)
6	KNITTER Monika	215		Open -K	2	00:41:00.01	+00:01:26 (3.5%)	8:12	7.3 (96.1%)
7	BRONOWICKA Angelika	202		Open -K	3	00:43:06.74	+00:03:35 (8.3%)	8:37	7 (92.1%)
8	GRABOWSKA Monika	209		Open -K	4	00:44:04.02	+00:04:33 (10.3%)	8:48	6.8 (89.5%)
9	ŁOPIŃSKI Aleksy	130	MARATOŃCZYK	Open -M	5	00:45:19.27	+00:06:35 (14.2%)	9:03	6.6 (86.8%)
10	FRAK Roman	206		Open -M	6	00:46:09.68	+00:06:43 (14.5%)	9:13	6.5 (85.5%)
11	MICHALSKA Małgorzata	225	KIJKIŻANKI SZCZECINEK	Open -K	5	00:46:40.47	+00:07:08 (15.3%)	9:20	6.4 (84.2%)
12	WIŚNIK Asia	240		Open -K	6	00:47:26.54	+00:07:59 (16.8%)	9:29	6.3 (82.9%)
13	NOWICKA Anna	230	OSP SYPNIEWO	Open -K	7	00:49:14.87	+00:09:46 (19.8%)	9:50	6.1 (80.3%)
14	WIŚNIK Agnieszka	239	KIJKIŻANKI SZCZECINEK	Open -K	8	00:49:51.29	+00:10:17 (20.6%)	9:58	6 (78.9%)
15	WIĄCEK Lidia	238		Open -K	9	00:51:18.89	+00:11:47 (22.9%)	10:15	5.8 (76.3%)
16	SZCZERBA Dorota	163		Open -K	10	00:51:17.16	+00:11:48 (22.9%)	10:15	5.8 (76.3%)
17	CEDZYŃSKA Regina	204		Open -K	11	00:52:23.08	+00:12:51 (24.5%)	10:28	5.7 (75.0%)
18	STEĆ Mirosława	43		Open -K	12	00:52:21.92	+00:12:52 (24.5%)	10:28	5.7 (75.0%)
19	DACYK Anna	140	TERAPED	Open -K	13	00:52:52.66	+00:13:13 (25.0%)	10:34	5.7 (75.0%)
20	NOWAK Sebastian	228		Open -M	7	00:52:57.85	+00:13:31 (25.4%)	10:35	5.7 (75.0%)
21	HAWETO Janina	210	KIJOWE SIOSTRY I BRAT	Open -K	14	00:52:57.57	+00:13:31 (25.4%)	10:35	5.7 (75.0%)
22	NOWAK Barbara	229		Open -K	15	00:52:59.99	+00:13:32 (25.4%)	10:35	5.7 (75.0%)
23	DACYK Maria	141	TERAPED	Open -K	16	00:54:16.34	+00:14:36 (26.9%)	10:51	5.5 (72.4%)
24	DYCKOWSKA Monika	205	KLUB SPORTOWY HUSARIA SZCZECINEK	Open -K	17	00:54:44.41	+00:15:18 (27.8%)	10:56	5.5 (72.4%)
25	BAZYLIŃSKA - NOSEK Sylwia	201		Open -K	18	00:54:45.25	+00:15:19 (27.9%)	10:57	5.5 (72.4%)
26	JAŃCZAK Krystyna	212		Open -K	19	00:56:22.04	+00:16:53 (29.9%)	11:16	5.3 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>ZIÓŁKOWSKA Milena</b>	<b>242</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Open -K	20	<b>00:56:56.27</b>	+00:17:29 (30.6%)	11:23	5.3 (69.7%)
28	<b>KOZŁOWSKA Emilia</b>	<b>217</b>		Open -K	21	<b>00:56:56.80</b>	+00:17:29 (30.6%)	11:23	5.3 (69.7%)
29	<b>MAŁYSZ Hanna</b>	<b>222</b>		Open -K	22	<b>00:59:38.76</b>	+00:20:07 (33.7%)	11:55	5 (65.8%)
30	<b>SAKOSIK Janina</b>	<b>109</b>	KOSA	Open -K	23	<b>01:07:06.07</b>	+00:27:35 (41.0%)	13:25	4.5 (59.2%)
31	<b>SCHEFFLER Bożena</b>	<b>234</b>	OREW ZŁOTÓW	Open -K	24	<b>01:13:22.90</b>	+00:33:51 (46.1%)	14:40	4.1 (53.9%)
32	<b>KREKORA Andrzej</b>	<b>219</b>	OREW ZŁOTÓW	Open -M	8	<b>01:13:16.52</b>	+00:33:52 (46.1%)	14:39	4.1 (53.9%)
33	<b>JOPEK Dorota</b>	<b>214</b>	OREW ZŁOTÓW	Open -K	25	<b>01:13:23.70</b>	+00:33:53 (46.1%)	14:40	4.1 (53.9%)
34	<b>KREKORA Piotr</b>	<b>220</b>	OREW ZŁOTÓW	Open -M	9	<b>01:13:18.63</b>	+00:33:55 (46.1%)	14:39	4.1 (53.9%)
35	<b>KREKORA Ewa</b>	<b>218</b>	OREW ZŁOTÓW	Open -K	26	<b>01:13:19.53</b>	+00:33:55 (46.1%)	14:39	4.1 (53.9%)
36	<b>MAŁYSZ Tomasz</b>	<b>223</b>		Open -M	10	<b>01:13:26.59</b>	+00:33:56 (46.1%)	14:41	4.1 (53.9%)
37	<b>PACYNA-MAŁYSZ Elżbieta</b>	<b>231</b>	OREW ZŁOTÓW	Open -K	27	<b>01:13:27.92</b>	+00:33:57 (46.1%)	14:41	4.1 (53.9%)
38	<b>SENSKA Natalia</b>	<b>235</b>	OREW ZŁOTÓW	Open -K	28	<b>01:13:27.22</b>	+00:33:57 (46.1%)	14:41	4.1 (53.9%)

Znaleziono 38 wynik(ów)