



ENEA POLISH NORDIC WALKING CUP - KOSZALIN - 10KM - 10/1

B4SPORT

Event: Polish Nordic Walking Cup 10/1
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-04-30
Place: Koszalin
Distance: 10 km



Classification: OPEN -K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km	Net time	Pace	Pace	
						2.3km	4.6km	6.9km	9.2km	Gap	min/km	km/h
1	KRAJEWSKA Hanna	32	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:14:39 00:29:33 00:44:35	00:59:36.35		6:28	9.3 (100%)
2	ZACZYŃSKA-SKIBA Anna	66	KGHM METRACO	K40-49	1			00:14:40 00:29:37 00:44:39	00:59:37.80	+00:00:01 (0.0%)	6:28	9.3 (100%)
3	BIELECKA Zuzanna	16	NW CZŁAPSKI TEAM	K40-49	2			00:14:58 00:30:20 00:46:00	01:01:34.00	+00:01:57 (3.2%)	6:41	9 (96.8%)
4	LABUS Marzena	35	NORDIC SPORT 2021	K30-39	1			00:15:15 00:31:05 00:46:47	01:02:31.10	+00:02:54 (4.7%)	6:47	8.8 (94.6%)
5	JĘDRASIAK Renata	8	KGHM METRACO	K50-59	1			00:15:23 00:31:21 00:47:36	01:03:48.05	+00:04:11 (6.6%)	6:56	8.7 (93.5%)
6	RAJEK Magdalena	43	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:15:50 00:32:06 00:48:20	01:04:24.65	+00:04:48 (7.5%)	7:00	8.6 (92.5%)
7	SZCZUDLIK Małgorzata	9	KIJKOWE TRZEMESZNO	K40-49	4			00:15:59 00:32:20 00:48:50	01:04:53.20	+00:05:16 (8.1%)	7:03	8.5 (91.4%)
8	ABRAMOWICZ Małgorzata	12	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:15:48 00:32:08 00:48:39	01:05:08.10	+00:05:31 (8.5%)	7:04	8.5 (91.4%)
9	LUDWICZAK Andżelika	7	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	5	1		00:15:55 00:32:09 00:48:40	01:05:13.95	+00:05:37 (8.6%)	7:05	8.5 (91.4%)
10	KUŁAKOWSKA Halina	10	KATOWICKI NORDIC WALKING	K40-49	6			00:16:18 00:33:20 00:50:23	01:07:50.60	+00:08:14 (12.1%)	7:22	8.1 (87.1%)
11	JARUGA Beata	21		K40-49	7			00:16:17 00:33:34 00:50:50	01:08:05.10	+00:08:28 (12.5%)	7:24	8.1 (87.1%)
12	WIECZORKOWSKA Dagmara	61	WYCHODZĘ Z KIJAMI	K50-59	2	1		00:16:26 00:33:32 00:50:55	01:08:17.20	+00:08:40 (12.7%)	7:25	8.1 (87.1%)
13	CZAJKA Urszula	11		K60-69	1	1		00:16:27 00:33:28 00:50:48	01:08:25.30	+00:08:48 (12.9%)	7:26	8.1 (87.1%)
14	KOWACZ Agata	31	SPEEDBAR	K40-49	8			00:16:11 00:33:15 00:51:10	01:08:33.10	+00:08:56 (13.0%)	7:27	8.1 (87.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km			Net time 9.2km	Gap	Pace min/km	Pace km/h
								2.3km	4.6km	6.9km				
15	ŚLUSARCZYK Grażyna	56	AZS AWF KRAKÓW MASTERS	K50-59	3			00:17:11	00:34:41	00:52:29	01:09:40.80	+00:10:04 (14.5%)	7:34	7.9 (84.9%)
16	POSTEK Danuta	40	MARSZ PO ZDROWIE	K50-59	4	1		00:17:10	00:34:42	00:52:30	01:10:43.60	+00:11:07 (15.7%)	7:41	7.8 (83.9%)
17	KUBIAK Maria	33		K70+	1			00:17:15	00:35:12	00:53:26	01:11:44.10	+00:12:07 (16.9%)	7:47	7.7 (82.8%)
18	KACZMAREK Maja	24	IGOŚĆ	K40-49	9			00:17:17	00:35:16	00:53:51	01:12:15.75	+00:12:39 (17.5%)	7:51	7.6 (81.7%)
19	NIEDŹWIEDŹ Ewa	38	BŁYSKAWICE	K60-69	2	1		00:17:41	00:35:50	00:54:10	01:12:35.10	+00:12:58 (17.9%)	7:53	7.6 (81.7%)
20	SOROKA-MITUŁA Grażyna	49		K40-49	10			00:17:27	00:35:54	00:54:51	01:13:25.45	+00:13:49 (18.8%)	7:58	7.5 (80.6%)
21	RODZIEWICZ Wioletta	45		K50-59	5			00:18:18	00:37:44	00:56:52	01:16:20.80	+00:16:44 (21.9%)	8:17	7.2 (77.4%)
22	SAPUŁA Wiktoria	46	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:18:23	00:37:30	00:57:10	01:16:30.20	+00:16:53 (22.1%)	8:18	7.2 (77.4%)
23	KASPEREK Edyta	26	NW CZŁAPSKI TEAM	K40-49	11			00:18:21	00:37:53	00:57:35	01:17:15.45	+00:17:39 (22.8%)	8:23	7.1 (76.3%)
24	PIEŃKOWSKA Urszula	39	SERCE NORDICA WŁOCŁAWEK	K40-49	12			00:18:27	00:37:57	00:57:42	01:17:28.75	+00:17:52 (23.1%)	8:25	7.1 (76.3%)
25	WOJTYCZKA Alicja	65	NORDIC SPORT 2021	K60-69	3			00:18:51	00:38:31	00:57:58	01:17:51.55	+00:18:15 (23.4%)	8:27	7.1 (76.3%)
26	WYPYCH Aneta	224	NW CZŁAPSKI TEAM	K50-59	6			00:19:26	00:39:32	00:59:10	01:18:28.50	+00:18:52 (24.0%)	8:31	7 (75.3%)
27	CHOLEWKA Jolanta	17	MARSZ PO ZDROWIE	K60-69	4			00:19:49	00:40:02	01:00:19	01:21:11.75	+00:21:35 (26.6%)	8:49	6.8 (73.1%)
28	KOSTRZEWA Ela	30	NW CZŁAPSKI TEAM	K50-59	7			00:19:51	00:40:12	01:01:14	01:21:55.55	+00:22:19 (27.2%)	8:54	6.7 (72.0%)
29	STATNIK Genowefa	51	GMINA SUCHY LAS	K70+	2	1		00:19:39	00:40:02	01:01:10	01:22:43.40	+00:23:07 (27.9%)	8:59	6.7 (72.0%)
	DOBOSZ Anna	20	NW CZŁAPSKI TEAM	K50-59				00:18:50 DNF	00:39:34 DNF	DNF	DNF		-	- (0.0%)

Total 30 results.