



ENEA POLISH NORDIC WALKING CUP - MUROWANA GOŚLINA - 10KM - 10/5

B4SPORT

Event: ENEA POLISH NORDIC WALKING CUP 5/10
MUROWANA GOŚLINA
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-07-16
Place: Murowana Goślina
Distance: 10 km



Classification: OPEN -K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap 2.5km 2.5km	Laps_5km 5km	Lap 7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	ZACZYŃSKA-SKIBA Anna	51	KGHM METRACO	K40-49	1			00:16:04	00:32:24	00:49:00	01:05:45.00		6:34	9.1 (100%)
2	BIELECKA Zuzanna	4	NW CZŁAPSKI TEAM	K40-49	2			00:16:06	00:32:30	00:49:07	01:06:03.30	+00:00:18 (0.5%)	6:36	9.1 (100%)
3	JĘDRASIAK Renata	15	KGHM METRACO	K50-59	1			00:16:12	00:32:43	00:49:32	01:06:31.35	+00:00:46 (1.2%)	6:39	9 (98.9%)
4	LABUS Marzena	24	NORDIC SPORT 2021	K30-39	1	1		00:16:16	00:33:11	00:50:13	01:07:19.55	+00:01:34 (2.3%)	6:43	8.9 (97.8%)
5	KOLBERG Kamila	20	KIJKOWE TRZEMESZNO	K40-49	3			00:16:48	00:33:49	00:50:50	01:07:55.85	+00:02:10 (3.2%)	6:47	8.8 (96.7%)
6	SZCZUDLIK Małgorzata	45	KIJKOWE TRZEMESZNO	K40-49	4			00:16:49	00:33:55	00:51:01	01:08:08.70	+00:02:23 (3.5%)	6:48	8.8 (96.7%)
7	RAJEK Magdalena	162	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:35	00:35:28	00:53:10	01:10:30.30	+00:04:45 (6.7%)	7:03	8.5 (93.4%)
8	ABRAMOWICZ Małgorzata	1	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2			00:17:03	00:34:56	00:53:06	01:11:06.15	+00:05:21 (7.5%)	7:06	8.4 (92.3%)
9	FRANCZAK Małgorzata	10	NW CZŁAPSKI TEAM	K18-29	1			00:17:56	00:36:05	00:53:59	01:12:16.20	+00:06:31 (9.0%)	7:13	8.3 (91.2%)
10	KUŁAKOWSKA Halina	22	KATOWICKI NORDIC WALKING	K40-49	6			00:17:49	00:36:09	00:54:39	01:13:19.05	+00:07:34 (10.3%)	7:19	8.2 (90.1%)
11	KOWACZ Agata	21	SPEEDBAR	K40-49	7			00:17:48	00:36:08	00:54:49	01:13:20.20	+00:07:35 (10.3%)	7:20	8.2 (90.1%)
12	CZAJKA Urszula	7		K60-69	1	1		00:17:50	00:36:11	00:54:54	01:13:47.00	+00:08:02 (10.9%)	7:22	8.1 (89.0%)
13	JARUGA Beata	14		K40-49	8			00:18:47	00:38:12	00:58:07	01:17:09.25	+00:11:24 (14.8%)	7:42	7.8 (85.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Lap 2.5km 2.5km	Laps_5km 5km	Lap 7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
14	POSTEK Danuta	32	MARSZ PO ZDROWIE	K50-59	2			00:19:17	00:38:53	00:58:42	01:18:21.85	+00:12:36 (16.1%)	7:50	7.7 (84.6%)
15	SOROKA-MITUŁA Grażyna	39		K40-49	9			00:19:14	00:38:46	00:58:46	01:18:45.80	+00:13:00 (16.5%)	7:52	7.6 (83.5%)
16	WOJTYCZKA Alicja	50	NORDIC SPORT 2021	K60-69	2			00:20:17	00:41:28	01:02:01	01:21:53.80	+00:16:08 (19.7%)	8:11	7.3 (80.2%)
17	SULEJA Joanna	43	SKL	K60-69	3	2		00:19:51	00:40:27	01:01:44	01:22:16.55	+00:16:31 (20.1%)	8:13	7.3 (80.2%)
18	STANKOWSKA Marzena	40	KIJKOWE TRZEMESZNO	K40-49	10			00:20:23	00:41:18	01:02:35	01:23:40.20	+00:17:55 (21.4%)	8:22	7.2 (79.1%)
19	FRANCZAK Anna	12	NW CZŁAPSKI TEAM	K50-59	3			00:21:06	00:42:28	01:03:41	01:25:02.60	+00:19:17 (22.7%)	8:30	7.1 (78.0%)
20	STATNIK Genowefa	41	SUCHY LAS	K70+	1			00:20:39	00:41:50	01:03:28	01:25:26.50	+00:19:41 (23.0%)	8:32	7 (76.9%)
21	SAPUŁA Wiktoria	36	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:21:47	00:43:23	01:04:57	01:26:55.85	+00:21:10 (24.4%)	8:41	6.9 (75.8%)
22	CHOLEWKA Jolanta	5	MARSZ PO ZDROWIE	K60-69	4			00:21:21	00:43:10	01:05:28	01:28:10.55	+00:22:25 (25.4%)	8:49	6.8 (74.7%)

Total 22 results.