



ENEA POLISH NORDIC WALKING CUP - SĘDZISZÓW MAŁOPOLSKI - 5KM - 7/10

B4SPORT

Wydarzenie: ENEA POLISH NORDIC WALKING CUP 7/10
SĘDZISZÓW MAŁOPOLSKI
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-07-30
Miejsce: SĘDZISZÓW MAŁOPOLSKI
Dystans: 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.7km 1.7km	3.4km 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WILUSZ Erwina	166	VINGBERG POLSKA - PTG SOKÓŁ RYMANÓW	K30-39	1			00:10:31	00:21:30	00:32:41.20		6:32	9.2 (100%)
2	ZACZYŃSKA-SKIBA Anna	170	KGHM METRACO	K40-44	1			00:10:47	00:21:50	00:33:15.65	+00:00:34 (1.7%)	6:39	9 (97.8%)
3	BIELECKA Zuzanna	64	NW CZŁAPSKI TEAM	K40-44	2			00:10:56	00:22:28	00:34:23.75	+00:01:42 (5.0%)	6:52	8.7 (94.6%)
4	KARPIENIA Ewa	97	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:11:14	00:23:07	00:35:07.90	+00:02:26 (7.0%)	7:01	8.5 (92.4%)
5	MAŚLANKA Iwona	110	MARSZ PO ZDROWIE	K50-54	2			00:11:21	00:23:19	00:35:27.45	+00:02:46 (7.8%)	7:05	8.5 (92.4%)
6	PINIS Agnieszka	126	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:11:33	00:23:37	00:35:51.50	+00:03:10 (8.8%)	7:10	8.4 (91.3%)
7	OKRZESIK-FRĄCKOWIAK Izabela	116	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:11:28	00:23:38	00:35:58.00	+00:03:16 (9.1%)	7:11	8.3 (90.2%)
8	JĘDRASIAK Renata	210	KGHM METRACO	K55-59	1			00:11:47	00:24:10	00:36:32.45	+00:03:51 (10.5%)	7:18	8.2 (89.1%)
9	KOSMALA Aneta	100	NORDIC SPORT 2021	K40-44	3			00:11:45	00:24:01	00:36:33.15	+00:03:51 (10.6%)	7:18	8.2 (89.1%)
10	JÓŹWIAK Marianna	95	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:11:43	00:24:04	00:36:33.45	+00:03:52 (10.6%)	7:18	8.2 (89.1%)
11	PASIŃSKA-SKOWRON Sylwia	124	MASZYCANKA MASZYCE	K45-49	3			00:11:47	00:24:14	00:36:49.35	+00:04:08 (11.2%)	7:21	8.1 (88.0%)
12	ZDRZAŁEK Alicja	172	NORDIC SPORT 2021	K40-44	4			00:11:47	00:24:12	00:36:54.20	+00:04:13 (11.4%)	7:22	8.1 (88.0%)
13	KOWACZ Agata	101	SPEEDBAR	K40-44	5			00:12:11	00:25:00	00:37:55.50	+00:05:14 (13.8%)	7:35	7.9 (85.9%)

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14	GUTOWSKA Magda	89	PAUL TEAM	K45-49	4			00:12:07	00:25:04	00:38:13.35	+00:05:32 (14.5%)	7:38	7.8 (84.8%)
15	STYSA Krystyna	217	KKNW KOLBUSZOWA	K60-64	1			00:12:24	00:25:12	00:38:14.15	+00:05:32 (14.5%)	7:38	7.8 (84.8%)
16	GAŁKOWSKA Elżbieta	82	KGHM METRACO	K65-69	1			00:12:56	00:25:59	00:39:25.40	+00:06:44 (17.1%)	7:53	7.6 (82.6%)
17	NIEDŹWIECKA Małgorzata	113	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:13:02	00:26:17	00:39:53.95	+00:07:12 (18.1%)	7:58	7.5 (81.5%)
18	WNEK Ewa	168	KGHM METRACO	K65-69	3			00:12:56	00:26:22	00:39:55.65	+00:07:14 (18.1%)	7:59	7.5 (81.5%)
19	PLUTO-PRĄDZYŃSKA Anna	128	SERCE NORDICA WŁOCŁAWEK	K30-39	2			00:13:05	00:26:23	00:39:56.20	+00:07:15 (18.2%)	7:59	7.5 (81.5%)
20	LEGOCKA - WALCZAK Kinga	107		K45-49	5			00:12:57	00:26:30	00:40:02.90	+00:07:21 (18.4%)	8:00	7.5 (81.5%)
21	ŚLUSARCZYK Karolina	157	WESOŁY BORSUK TEAM	K18-29	1	1		00:12:59	00:26:46	00:40:25.40	+00:07:44 (19.1%)	8:05	7.4 (80.4%)
22	SKRZĄTEK Lucyna	138	NORDIC SPORT 2021	K50-54	4			00:13:19	00:26:54	00:40:33.95	+00:07:52 (19.4%)	8:06	7.4 (80.4%)
23	DAROSZEWSKA Krystyna	74	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:13:15	00:26:46	00:40:35.60	+00:07:54 (19.5%)	8:07	7.4 (80.4%)
24	CHOMNICKA Beata	67	LUX TORPEDA MAŁOPOLSKA	K50-54	5			00:13:08	00:26:47	00:40:46.65	+00:08:05 (19.8%)	8:09	7.4 (80.4%)
25	HANUS Joanna	92	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:12:56	00:26:50	00:40:51.65	+00:08:10 (20.0%)	8:10	7.3 (79.3%)
26	SAPUŁA Wiktoria	135	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:12:53	00:26:49	00:40:58.10	+00:08:16 (20.2%)	8:11	7.3 (79.3%)
27	DYBEŁ Agnieszka	77	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:13:06	00:27:02	00:41:00.35	+00:08:19 (20.3%)	8:12	7.3 (79.3%)
28	SZYBUT Weronika	149	POTĘGA NORDICA	K-Dzieci	1			00:13:43	00:27:31	00:41:14.40	+00:08:33 (20.7%)	8:14	7.3 (79.3%)
29	KOWALCZYK Joanna	102	LUX TORPEDA MAŁOPOLSKA	K45-49	6			00:13:23	00:27:17	00:41:30.45	+00:08:49 (21.3%)	8:18	7.2 (78.3%)
30	CZARNOTA Wanda	71	Z NURTEM SAWY NORDIC WALKING KLUB	K60-64	3			00:13:43	00:27:53	00:42:19.45	+00:09:38 (22.8%)	8:27	7.1 (77.2%)
31	GRYGOROWICZ Teresa	87	KGHM METRACO	K70-74	1			00:13:27	00:27:41	00:42:20.00	+00:09:38 (22.8%)	8:28	7.1 (77.2%)
32	PLUTO-PRĄDZYŃSKA Klaudia	127	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	2			00:13:31	00:27:50	00:42:25.65	+00:09:44 (23.0%)	8:29	7.1 (77.2%)
33	NIEPOKÓJ Kornelia	114		K18-29	3			00:13:39	00:28:07	00:42:54.90	+00:10:13 (23.8%)	8:34	7 (76.1%)
34	PRZYSTARZ Anna	132	OBORYGENI	K50-54	6			00:14:10	00:28:58	00:43:06.00	+00:10:24 (24.2%)	8:37	7 (76.1%)
35	PAPROCKA Lucyna	121	ARIDA SILVA ATHLETICA	K45-49	7			00:13:58	00:28:57	00:43:33.20	+00:10:52 (25.0%)	8:42	6.9 (75.0%)
36	GUL-BOGACZ Jolanta	218	KKNW KOLBUSZOWA	K45-49	8			00:14:55	00:29:15	00:44:00.20	+00:11:19 (25.7%)	8:48	6.8 (73.9%)

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37	SZYMAŃSKA Lucyna	150	XV KOŁO PZERII W DYWITACH	K70-74	2			00:13:50	00:28:50	00:44:37.90	+00:11:56 (26.8%)	8:55	6.7 (72.8%)
38	NERC Dorota	112		K60-64	4	1		00:14:07	00:29:22	00:45:05.85	+00:12:24 (27.5%)	9:01	6.7 (72.8%)
39	KRÓL Grażyna	212	KKNW KOLBUSZOWA	K65-69	4			00:15:07	00:30:27	00:45:30.65	+00:12:49 (28.2%)	9:06	6.6 (71.7%)
40	WILK Iwona	165	NORDIC SPORT 2021	K45-49	9			00:14:47	00:30:10	00:45:36.80	+00:12:55 (28.3%)	9:07	6.6 (71.7%)
41	SZNAJDER Teresa	145		K65-69	5			00:14:55	00:30:18	00:45:52.50	+00:13:11 (28.7%)	9:10	6.5 (70.7%)
42	GOLECKA Agnieszka	84		K45-49	10			00:14:57	00:30:37	00:46:08.85	+00:13:27 (29.2%)	9:13	6.5 (70.7%)
43	SUDOŁ Maria	215	KKNW KOLBUSZOWA	K65-69	6			00:14:51	00:30:10	00:46:11.45	+00:13:30 (29.2%)	9:14	6.5 (70.7%)
44	WIKTOR Irena	161	KLUB SPORTOWY ISKRA MIELEC	K65-69	7			00:15:13	00:30:50	00:47:28.85	+00:14:47 (31.2%)	9:29	6.3 (68.5%)
45	ŚLUSARCZYK Danuta	156	WESOŁY BORSUK TEAM	K70-74	3			00:15:18	00:31:32	00:48:08.55	+00:15:27 (32.1%)	9:37	6.2 (67.4%)
46	KOŁODZIEJ Halina	99	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	4			00:15:29	00:31:59	00:48:24.05	+00:15:42 (32.5%)	9:40	6.2 (67.4%)
47	WIKTOR Patrycja	163		K40-44	6			00:15:25	00:31:46	00:48:36.80	+00:15:55 (32.8%)	9:43	6.2 (67.4%)
48	DUSZEŃKO Elwira	75	KGHM METRACO	K- Niepełnosprawni(A)	2			00:15:28	00:32:05	00:48:49.60	+00:16:08 (33.1%)	9:45	6.1 (66.3%)
49	SZYBUT Roma	148	POTĘGA NORDICA	K30-39	3			00:15:36	00:31:58	00:48:49.75	+00:16:08 (33.1%)	9:45	6.1 (66.3%)
50	KOZAK Teresa	211	KKNW KOLBUSZOWA	K60-64	5			00:15:31	00:32:06	00:48:57.35	+00:16:16 (33.2%)	9:47	6.1 (66.3%)
51	PRACKA Katarzyna	130	SERCE NORDICA WŁOCŁAWEK	K50-54	7			00:16:34	00:33:18	00:49:18.30	+00:16:37 (33.7%)	9:51	6.1 (66.3%)
52	PANKIEWICZ-DMOWSKA Cecylia	120		K70-74	5			00:16:24	00:34:11	00:51:39.10	+00:18:57 (36.7%)	10:19	5.8 (63.0%)
53	JEDYNAK Katarzyna	49		K-Jun.	1			00:17:26	00:35:11	00:53:59.05	+00:21:17 (39.5%)	10:47	5.6 (60.9%)
54	BRZozowska Urszula	66	ŻBIKI NORDIC WALKING	K65-69	8			00:17:19	00:35:46	00:54:15.00	+00:21:33 (39.7%)	10:51	5.5 (59.8%)
55	MAZON Czesława	214	KKNW KOLBUSZOWA	K65-69	9			00:17:57	00:36:21	00:54:41.90	+00:22:00 (40.2%)	10:56	5.5 (59.8%)
56	KOCZUR Dorota	219	KKNW KOLBUSZOWA	K65-69	10			00:16:45	00:35:02	00:54:44.80	+00:22:03 (40.3%)	10:56	5.5 (59.8%)

Znaleziono 56 wynik(ów)