



ENEA POLISH NORDIC WALKING CUP - SZAFLARY - 5KM - 9/10

B4SPORT

Event: ENEA POLISH NORDIC WALKING CUP 9/10 Szaflary
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2022-09-17
Place: Szaflary
Distance: 5 km



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2,5km 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	ZACZYŃSKA-SKIBA Anna	105	KGHM METRACO	K40-44	1			00:16:55	00:33:41.64		6:44	8.9 (100%)
2	BIELECKA Zuzanna	33	NW CZŁAPSKI TEAM	K40-44	2			00:17:08	00:35:04.06	+00:01:22 (3.9%)	7:00	8.6 (96.6%)
3	MAŚLANKA Iwona	63	MARSZ PO ZDROWIE	K50-54	1			00:18:00	00:36:10.16	+00:02:28 (6.8%)	7:14	8.3 (93.3%)
4	PINIS Agnieszka	76	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:18:03	00:36:33.60	+00:02:51 (7.8%)	7:18	8.2 (92.1%)
5	PASIŃSKA-SKOWRON Sylwia	75	PRUSZYŃSKI SPORT TEAM - MASZYCAN MASZYCE	K45-49	2			00:18:04	00:36:38.43	+00:02:56 (8.0%)	7:19	8.2 (92.1%)
6	GUTOWSKA Magda	48	PAUL TEAM	K45-49	3			00:18:03	00:36:42.68	+00:03:01 (8.2%)	7:20	8.2 (92.1%)
7	ZDRZAŁEK Alicja	106	NORDIC SPORT 2021	K40-44	3			00:18:28	00:37:37.05	+00:03:55 (10.4%)	7:31	8 (89.9%)
8	JÓŻWIAK Marianna	53	SERCE NORDICA WŁOCŁAWEK	K45-49	4			00:18:07	00:38:28.35	+00:04:46 (12.4%)	7:41	7.8 (87.6%)
9	PANKIEWICZ Ewelina	72	NORDIC SPORT 2021	K30-39	1			00:19:56	00:40:24.12	+00:06:42 (16.6%)	8:04	7.4 (83.1%)
10	GAŁKOWSKA Elżbieta	40	KGHM METRACO	K65-69	1			00:20:12	00:40:42.16	+00:07:00 (17.2%)	8:08	7.4 (83.1%)
11	MIŚKOWICZ Anna	65		K60-64	1			00:20:29	00:40:51.25	+00:07:09 (17.5%)	8:10	7.3 (82.0%)
12	SLUSARCZYK Grazyna	84	AZS AWF KRAKÓW MASTERS	K55-59	1			00:20:38	00:40:52.81	+00:07:11 (17.6%)	8:10	7.3 (82.0%)
13	NIEDŹWIECKA Małgorzata	66	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:20:22	00:41:11.56	+00:07:29 (18.2%)	8:14	7.3 (82.0%)
14	ŚLUSARCZYK Karolina	99	WESOŁY BORSUK TEAM	K18-29	1			00:20:28	00:41:23.22	+00:07:41 (18.6%)	8:16	7.2 (80.9%)

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15	LEGOCKA - WALCZAK Kinga	60		K45-49	5			00:20:58	00:41:52.74	+00:08:11 (19.5%)	8:22	7.2 (80.9%)
16	SKRZĄTEK Lucyna	83	NORDIC SPORT 2021	K50-54	2			00:20:49	00:41:59.13	+00:08:17 (19.7%)	8:23	7.1 (79.8%)
17	SAPUŁA Wiktoria	81	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:20:42	00:42:07.90	+00:08:26 (20.0%)	8:25	7.1 (79.8%)
18	KOWALCZYK Joanna	57	LUXTORPEDA MAŁOPOLSKA	K45-49	6			00:21:20	00:43:02.63	+00:09:20 (21.7%)	8:36	7 (78.7%)
19	HANUS Joanna	49	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:21:38	00:43:40.30	+00:09:58 (22.8%)	8:44	6.9 (77.5%)
20	GEMBUŚ Ewa	42	NORDIC TEAM CZĘSTOCHOWA	K55-59	2			00:21:39	00:43:44.15	+00:10:02 (23.0%)	8:44	6.9 (77.5%)
21	LISZKA Anna	61	PROMEDIS NORDIC WALKING	K18-29	3			00:21:45	00:43:44.96	+00:10:03 (23.0%)	8:44	6.9 (77.5%)
22	SZWAJA Katarzyna	91		K45-49	7			00:21:43	00:43:59.09	+00:10:17 (23.4%)	8:47	6.8 (76.4%)
23	STOLARSKA Magdalena	86	NORDIC TEAM CZĘSTOCHOWA	K50-54	3			00:21:45	00:44:05.78	+00:10:24 (23.6%)	8:49	6.8 (76.4%)
24	GRYGOROWICZ Teresa	46	KGHM METRACO	K70-74	1			00:21:55	00:44:21.64	+00:10:40 (24.0%)	8:52	6.8 (76.4%)
25	ORZEŁ Magdalena	70		K18-29	4			00:22:31	00:45:07.90	+00:11:26 (25.3%)	9:01	6.6 (74.2%)
26	CIEŚLIK Ewa	34	PROMEDISNORDIC WALKING	K40-44	4			00:22:14	00:45:09.49	+00:11:27 (25.4%)	9:01	6.6 (74.2%)
27	LACHOWSKA Ewa	123	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:22:29	00:45:15.49	+00:11:33 (25.6%)	9:03	6.6 (74.2%)
28	WILK Iwona	103	NORDIC SPORT 2021	K45-49	8			00:22:26	00:45:22.61	+00:11:40 (25.7%)	9:04	6.6 (74.2%)
29	SUDOŁ Maria	117	KKNW KOLBUSZOWA	K65-69	3			00:22:21	00:45:37.70	+00:11:56 (26.2%)	9:07	6.6 (74.2%)
30	KIEŁBASA Marlena	71		K30-39	2	2		00:22:00	00:45:58.21	+00:12:16 (26.7%)	9:11	6.5 (73.0%)
31	KABATA Agnieszka	54	NORDIC SPORT 2021	K45-49	9			00:23:13	00:46:58.12	+00:13:16 (28.3%)	9:23	6.4 (71.9%)
32	GOLECKA Agnieszka	43		K45-49	10			00:24:02	00:47:15.27	+00:13:33 (28.7%)	9:27	6.3 (70.8%)
33	POCHEĆ Mariola	77		K50-54	4			00:23:46	00:47:33.41	+00:13:51 (29.1%)	9:30	6.3 (70.8%)
34	DUSZEŃKO Elwira	37	KGHM METRACO	K- Niepełnosprawni(A)	1			00:24:01	00:47:57.53	+00:14:15 (29.7%)	9:35	6.3 (70.8%)
35	SZAŁAJ Anna	87	KGHM METRACO	K- Niepełnosprawni(B)	2			00:23:47	00:48:00.27	+00:14:18 (29.8%)	9:36	6.3 (70.8%)
36	WORONKO-ZACZYŃSKA Janina	104	KGHM METRACO	K75-79	1			00:24:21	00:48:00.56	+00:14:18 (29.8%)	9:36	6.3 (70.8%)
37	SZNAJDER Teresa	88		K65-69	4			00:23:48	00:48:24.98	+00:14:43 (30.4%)	9:40	6.2 (69.7%)

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38	WIKTOR Irena	102	KLUB SPORTOWY ISKRA MIELEC	K65-69	5			00:23:03	00:49:21.06	+00:15:39 (31.7%)	9:52	6.1 (68.5%)
39	ŚLUSARCZYK Danuta	98	WESOŁY BORSUK TEAM	K70-74	2			00:24:41	00:50:15.28	+00:16:33 (33.0%)	10:03	6 (67.4%)
40	PANKIEWICZ-DMOWSKA Cecylia	73		K70-74	3			00:25:30	00:50:30.54	+00:16:48 (33.3%)	10:06	5.9 (66.3%)
41	KOŁODZIEJ Halina	118	KKNW KOLBUSZOWA	K70-74	4			00:24:56	00:50:38.76	+00:16:57 (33.5%)	10:07	5.9 (66.3%)
42	SKOWROŃSKA Elżbieta	115	KKNW KOLBUSZOWA	K70-74	5			00:26:51	00:54:25.94	+00:20:44 (38.1%)	10:53	5.5 (61.8%)
43	MAZON Czesława	114	KKNW KOLBUSZOWA	K65-69	6			00:29:48	00:59:26.30	+00:25:44 (43.3%)	11:53	5 (56.2%)
44	MAZURKIEWICZ Krystyna	120	KKNW KOLBUSZOWA	K65-69	7			00:29:48	00:59:26.89	+00:25:45 (43.3%)	11:53	5 (56.2%)
45	KOCUR Dorota	113	KKNW KOLBUSZOWA	K65-69	8			00:29:50	00:59:27.38	+00:25:45 (43.3%)	11:53	5 (56.2%)
46	RÓG Danuta	119	KKNW KOLBUSZOWA	K70-74	6							(0.0%)
DQ	SALOMON Justyna	121	PROMEDIS NORDIC WALKING	K45-49			1	DQ	DQ			(0.0%)

Total 47 results.