



ENEA POLISH NW CUP - POLANICA-ZDRÓJ - 10KM - 2/6

B4SPORT

Event: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organiser: Polskie Zrzeszenie Nordic Walking
Date: 2023-07-02
Place: Polanica-Zdrój
Distance: 10 km



Classification: OPEN -K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5.35km	Net time 10.7km	Gap	Pace min/km	Pace km/h
1	WOJCIECHOWSKA Elżbieta	89	POLIPACK TEAM GWE	K40-49	1			00:34:49	01:10:39.80		6:36	9.1 (100%)
2	BIELECKA Zuzanna	4	K.S. VICTORIA POTĘGOWO	K40-49	2			00:36:16	01:12:45.00	+00:02:05 (2.9%)	6:47	8.8 (96.7%)
3	KUBISZYN Małgorzata	35	K.S. VICTORIA POTĘGOWO	K30-39	1			00:36:22	01:13:12.95	+00:02:33 (3.5%)	6:50	8.8 (96.7%)
4	LABUS Marzena	90	NORDIC SPORT 2021	K30-39	2			00:36:54	01:15:48.45	+00:05:08 (6.8%)	7:05	8.5 (93.4%)
5	JĘDRASIAK Renata	24	KGHM METRACO POLKOWICE	K60-69	1			00:39:29	01:19:37.85	+00:08:58 (11.3%)	7:26	8.1 (89.0%)
6	SZCZUDLIK Małgorzata	73	NORDIC SPORT 2021	K40-49	3			00:40:05	01:20:03.35	+00:09:23 (11.7%)	7:28	8 (87.9%)
7	ZDRZAŁEK Alicja	86	NORDIC SPORT 2021	K40-49	4			00:40:05	01:21:03.10	+00:10:23 (12.8%)	7:34	7.9 (86.8%)
8	PANKIEWICZ Ewelina	54		K30-39	3			00:40:29	01:21:25.35	+00:10:45 (13.2%)	7:36	7.9 (86.8%)
9	KOWACZ Agata	30	OBORYGENI	K40-49	5			00:40:17	01:23:01.10	+00:12:21 (14.9%)	7:45	7.7 (84.6%)
10	CHRZANOWSKA Daria	7	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	4			00:42:48	01:25:30.35	+00:14:50 (17.4%)	7:59	7.5 (82.4%)
11	LUKOSZEK Katarzyna	41	PRUSZYŃSKI SPORT TEAM	K50-59	1			00:41:42	01:25:30.65	+00:14:50 (17.4%)	7:59	7.5 (82.4%)
12	MUSIAŁ Ola	50	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:42:09	01:26:17.50	+00:15:37 (18.1%)	8:03	7.4 (81.3%)
13	OLEJNIK Marzena	52		K50-59	2			00:42:09	01:26:37.30	+00:15:57 (18.4%)	8:05	7.4 (81.3%)
14	CZAJKA Urszula	10	KGHM METRACO POLKOWICE	K60-69	2			00:42:15	01:26:51.55	+00:16:11 (18.6%)	8:07	7.4 (81.3%)

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15	BUCZKO Agnieszka	5	KOLOSEUM ŚWIDNICA	K40-49	7			00:43:08	01:27:22.65	+00:16:42 (19.1%)	8:09	7.3 (80.2%)
16	SKRZĄTEK Lucyna	67	NORDIC SPORT 2021	K50-59	3			00:43:15	01:27:39.60	+00:16:59 (19.4%)	8:11	7.3 (80.2%)
17	NIEDŹWIECKA Małgorzata	51	NORDIC TEAM CZĘSTOCHOWA	K60-69	3			00:44:23	01:30:21.30	+00:19:41 (21.8%)	8:26	7.1 (78.0%)
18	SOROKA-MITUŁA Grażyna	68	SŁONECZNE BABECZKI	K50-59	4			00:43:57	01:30:35.25	+00:19:55 (22.0%)	8:27	7.1 (78.0%)
19	SKIBA Beata	66	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:45:13	01:32:51.90	+00:22:12 (23.9%)	8:40	6.9 (75.8%)
20	KUBIAK Maria	34		K70+	1			00:47:12	01:35:43.50	+00:25:03 (26.2%)	8:56	6.7 (73.6%)
21	POHL Anna	55	KNW	K50-59	5			00:48:12	01:38:16.30	+00:27:36 (28.1%)	9:11	6.5 (71.4%)
22	ŻUCHOWICZ Elżbieta	87		K60-69	4	1		00:47:56	01:39:20.70	+00:28:40 (28.9%)	9:17	6.5 (71.4%)
23	ZAWADZKA Maria	84	KGHM METRACO POLKOWICE	K70+	2	1		00:49:42	01:39:44.80	+00:29:05 (29.2%)	9:19	6.4 (70.3%)
24	TKOCZ Alicja	77	EKIPA NA KIJACH	K60-69	5			00:50:22	01:42:21.60	+00:31:41 (31.0%)	9:33	6.3 (69.2%)
25	CYBULSKA LIS Dominika	9		K30-39	5			00:50:06	01:42:54.35	+00:32:14 (31.3%)	9:37	6.2 (68.1%)
26	MAŁKA Irena	43	PRUSZYŃSKI SPORT TEAM	K60-69	6			00:51:07	01:44:20.85	+00:33:41 (32.3%)	9:45	6.2 (68.1%)
27	STATNIK Genowefa	70	SUCHY LAS	K70+	3	1		00:50:35	01:46:12.35	+00:35:32 (33.5%)	9:55	6 (65.9%)
28	KIEŁT Agnieszka	29		K40-49	9	1		00:53:28	01:48:01.10	+00:37:21 (34.6%)	10:05	5.9 (64.8%)
29	ŚLĘZAK Katarzyna	74		K40-49	10			00:53:30	01:48:02.00	+00:37:22 (34.6%)	10:05	5.9 (64.8%)
30	KARBOWSKA Sylwia	280	GREENTTEAM	K18-29	1			00:53:46	01:48:20.60	+00:37:40 (34.8%)	10:07	5.9 (64.8%)
31	CAGOWSKA Karolina	88	GREENTTEAM	K30-39	6			00:53:47	01:48:20.85	+00:37:41 (34.8%)	10:07	5.9 (64.8%)
32	RYŻ Teresa	64	NIEZRZESZONA	K60-69	7	1		00:55:00	01:53:39.60	+00:42:59 (37.8%)	10:37	5.6 (61.5%)
DQ	KUŹMIŃSKA Grażyna	38	NORDIC TEAM CZĘSTOCHOWA	K50-59			1	00:44:12 DQ	01:30:34.75 DQ		0:00	7.1 (78.0%)
	RYBA Elżbieta	61		K60-69		2		00:58:22 DNF	DNF		-	- (0.0%)

Total 34 results.