



ENEA POLISH NW CUP - POLANICA-ZDRÓJ - 5KM - 2/6

B4SPORT

Wydarzenie: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-07-02
Miejsce: Polanica-Zdrój
Dystans: 5 km



Klasyfikacja: Kobiety

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------------------|-----------|------|-------------|--------------|--------------------|-------------------|--------------|-------------|
| 1 | WOJCIECHOWSKA Elżbieta | 285 | POLIPACK TEAM GWE | K40-44 | 1 | | | 00:34:36.55 | | 6:55 | 8.7 (100%) |
| 2 | WILUSZ Erwina | 259 | K.S. VICTORIA POTĘGOWO | K30-39 | 1 | | | 00:35:03.50 | +00:00:26 (1.3%) | 7:00 | 8.6 (98.9%) |
| 3 | KUBISZYN Małgorzata | 288 | K.S. VICTORIA POTĘGOWO | K30-39 | 2 | | | 00:36:30.00 | +00:01:53 (5.2%) | 7:18 | 8.2 (94.3%) |
| 4 | BIELECKA Zuzanna | 109 | K.S. VICTORIA POTĘGOWO | K40-44 | 2 | | | 00:36:37.95 | +00:02:01 (5.5%) | 7:19 | 8.2 (94.3%) |
| 5 | LUDWICZAK Andżelika | 178 | EKSPEDYCJA NORDIC TEAM SZCZECIN | K45-49 | 1 | | | 00:37:20.35 | +00:02:43 (7.3%) | 7:28 | 8 (92.0%) |
| 6 | MAŚLANKA Iwona | 183 | NORDIC SPORT 2021 | K50-54 | 1 | | | 00:38:29.15 | +00:03:52 (10.1%) | 7:41 | 7.8 (89.7%) |
| 7 | KNAPCZYK-KANIA Gabriela | 283 | PRUSZYŃSKI SPORT TEAM | K45-49 | 2 | | | 00:39:19.55 | +00:04:43 (12.0%) | 7:51 | 7.6 (87.4%) |
| 8 | KARPIENIA Ewa | 160 | K.S. VICTORIA POTĘGOWO | K50-54 | 2 | | | 00:39:28.60 | +00:04:52 (12.3%) | 7:53 | 7.6 (87.4%) |
| 9 | GODZIŃSKA Dorota | 136 | BAŻANTNWELBLĄG | K40-44 | 3 | | | 00:39:35.15 | +00:04:58 (12.6%) | 7:55 | 7.6 (87.4%) |
| 10 | POSIKATA Joanna | 212 | | K45-49 | 3 | | | 00:39:35.40 | +00:04:58 (12.6%) | 7:55 | 7.6 (87.4%) |
| 11 | SAWICKA Marta | 225 | K.S. VICTORIA POTĘGOWO | K50-54 | 3 | | | 00:39:38.10 | +00:05:01 (12.7%) | 7:55 | 7.6 (87.4%) |
| 12 | PINIS Agnieszka | 207 | NORDIC TEAM CZĘSTOCHOWA | K45-49 | 4 | | | 00:40:21.15 | +00:05:44 (14.2%) | 8:04 | 7.4 (85.1%) |
| 13 | OKRZESIK-FRĄCKOWIAK Izabela | 196 | NORDIC SPORT 2021 | K55-59 | 1 | | | 00:40:37.40 | +00:06:00 (14.8%) | 8:07 | 7.4 (85.1%) |
| 14 | LIPIECKA Małgorzata | 177 | OBORYGENI | K40-44 | 4 | | | 00:40:53.55 | +00:06:17 (15.4%) | 8:10 | 7.3 (83.9%) |
| 15 | KRAJEWSKA Hania | 296 | KS KIJOMANIACY CHODZIEŻ | K18-29 | 1 | | | 00:41:06.75 | +00:06:30 (15.8%) | 8:13 | 7.3 (83.9%) |

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|-----|--------------------------------|------------|------------------------------|-----------|------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 16 | ZDRZAŁEK Alicja | 276 | NORDIC SPORT 2021 | K40-44 | 5 | | | 00:41:33.20 | +00:06:56 (16.7%) | 8:18 | 7.2 (82.8%) |
| 17 | SZYBUT Weronika | 248 | POTĘGA NORDICA | K-Jun. | 1 | 1 | | 00:41:48.05 | +00:07:11 (17.2%) | 8:21 | 7.2 (82.8%) |
| 18 | PASIŃSKA-SKOWRON Sylwia | 284 | PRUSZYŃSKI SPORT TEAM | K45-49 | 5 | | | 00:41:59.50 | +00:07:22 (17.6%) | 8:23 | 7.1 (81.6%) |
| 19 | KOWACZ Agata | 163 | OBORYGENI | K40-44 | 6 | | | 00:42:08.10 | +00:07:31 (17.9%) | 8:25 | 7.1 (81.6%) |
| 20 | WITUCKA Karolina | 261 | K.S. VICTORIA POTĘGOWO | K-Jun. | 2 | 1 | | 00:42:14.35 | +00:07:37 (18.1%) | 8:26 | 7.1 (81.6%) |
| 21 | WÓJCIK Barbara | 271 | LUKI TEAM POLSKA | K60-64 | 1 | | | 00:42:22.30 | +00:07:45 (18.3%) | 8:28 | 7.1 (81.6%) |
| 22 | ZBYRYT Halina | 274 | AKTYWNA NOWA RUDA | K50-54 | 4 | 1 | | 00:42:43.75 | +00:08:07 (19.0%) | 8:32 | 7 (80.5%) |
| 23 | SZENDZIELORZ Ilona | 241 | PRUSZYŃSKI SPORT TEAM | K65-69 | 1 | | | 00:42:45.95 | +00:08:09 (19.1%) | 8:33 | 7 (80.5%) |
| 24 | MIŚKOWICZ Anna | 189 | | K65-69 | 2 | | | 00:42:46.30 | +00:08:09 (19.1%) | 8:33 | 7 (80.5%) |
| 25 | DUDEK Barbara | 126 | | K55-59 | 2 | | | 00:42:47.55 | +00:08:11 (19.1%) | 8:33 | 7 (80.5%) |
| 26 | PANKIEWICZ Ewelina | 98 | | K30-39 | 3 | | | 00:42:47.80 | +00:08:11 (19.1%) | 8:33 | 7 (80.5%) |
| 27 | SIENKIEWICZ Ewelina | 298 | | K40-44 | 7 | | | 00:43:34.75 | +00:08:58 (20.6%) | 8:42 | 6.9 (79.3%) |
| 28 | MASZCZYK Żaneta | 182 | STOWARZYSZENIE KIJOMANIACY | K40-44 | 8 | | | 00:43:37.45 | +00:09:00 (20.7%) | 8:43 | 6.9 (79.3%) |
| 29 | EWERTOWSKA Ewa | 133 | NORDIC WALKING KIEKRZ POLAND | K55-59 | 3 | | | 00:44:07.70 | +00:09:31 (21.6%) | 8:49 | 6.8 (78.2%) |
| 30 | KACZMAREK Martyna | 282 | NORDIC WALKING KIEKRZ POLAND | K-Jun. | 3 | 1 | | 00:44:19.35 | +00:09:42 (21.9%) | 8:51 | 6.8 (78.2%) |
| 31 | MILNIKIEL Wiktoria | 187 | | K-Dzieci | 1 | | | 00:44:21.35 | +00:09:44 (22.0%) | 8:52 | 6.8 (78.2%) |
| 32 | HARASIUK Amelia | 146 | | K-Dzieci | 2 | | | 00:44:24.45 | +00:09:47 (22.1%) | 8:52 | 6.8 (78.2%) |
| 33 | LIBARDI-KŁYŚ Sylwia | 176 | PRUSZYŃSKI SPORT TEAM | K60-64 | 2 | | | 00:44:29.70 | +00:09:53 (22.2%) | 8:53 | 6.7 (77.0%) |
| 34 | DRZEWIECKA Julita | 125 | AKTYWNE ENDORFINY | K45-49 | 6 | | | 00:44:36.20 | +00:09:59 (22.4%) | 8:55 | 6.7 (77.0%) |
| 35 | GAŁKOWSKA Elżbieta | 135 | | K65-69 | 3 | | | 00:44:57.15 | +00:10:20 (23.0%) | 8:59 | 6.7 (77.0%) |
| 36 | PIETRZAK Dorota | 205 | NORDIC WALKING KIEKRZ POLAND | K50-54 | 5 | | | 00:45:05.05 | +00:10:28 (23.2%) | 9:01 | 6.7 (77.0%) |
| 37 | SIWIK Aldona | 230 | TRZEJ KRÓLOWIE | K50-54 | 6 | | | 00:45:07.80 | +00:10:31 (23.3%) | 9:01 | 6.6 (75.9%) |
| 38 | KUCZYŃSKA Anna | 172 | NORDIC WALKING KIEKRZ POLAND | K60-64 | 3 | | | 00:45:31.60 | +00:10:55 (24.0%) | 9:06 | 6.6 (75.9%) |

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|-----|--|------------|----------------------------|--------------------------|------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 39 | JEZIORSKA Anna | 156 | STOWARZYSZENIE KIJOMANIACY | K40-44 | 9 | | | 00:45:31.85 | +00:10:55 (24.0%) | 9:06 | 6.6 (75.9%) |
| 40 | NOWAK Drena | 295 | UKS SKOCZEK SKOKI | K55-59 | 4 | | | 00:45:40.30 | +00:11:03 (24.2%) | 9:08 | 6.6 (75.9%) |
| 41 | RUTKOWSKA Agnieszka | 294 | KS KIJOMANIACY CHODZIEŻ | K40-44 | 10 | | | 00:45:59.70 | +00:11:23 (24.8%) | 9:11 | 6.5 (74.7%) |
| 42 | WILK Iwona | 258 | NORDIC SPORT 2021 | K45-49 | 7 | | | 00:46:03.45 | +00:11:26 (24.9%) | 9:12 | 6.5 (74.7%) |
| 43 | BIAŁAS Ewa | 107 | STAN UMYSŁU LEWIN BIEGA | K60-64 | 4 | | | 00:46:06.55 | +00:11:30 (24.9%) | 9:13 | 6.5 (74.7%) |
| 44 | HANUS Joanna | 145 | PASJONAUCI KROSNO | K- Niepełnosprawni(B) | 1 | | | 00:46:09.70 | +00:11:33 (25.0%) | 9:13 | 6.5 (74.7%) |
| 45 | DUDZIEC Agnieszka | 127 | | K30-39 | 4 | | | 00:46:38.75 | +00:12:02 (25.8%) | 9:19 | 6.4 (73.6%) |
| 46 | PRZYSTARZ Anna | 215 | OBORYGENI | K50-54 | 7 | | | 00:46:49.70 | +00:12:13 (26.1%) | 9:21 | 6.4 (73.6%) |
| 47 | MAŁYNIAK-SZCZEPAŃSKA Monika | 293 | KGHM METRACO POLKOWICE | K30-39 | 5 | | | 00:46:52.90 | +00:12:16 (26.2%) | 9:22 | 6.4 (73.6%) |
| 48 | HASIAK Katarzyna | 147 | | K55-59 | 5 | | | 00:46:56.50 | +00:12:19 (26.3%) | 9:23 | 6.4 (73.6%) |
| 49 | DYBEŁ Agnieszka | 132 | NORDIC TEAM CZĘSTOCHOWA | K- Niepełnosprawni(A) | 1 | | | 00:47:19.40 | +00:12:42 (26.9%) | 9:27 | 6.3 (72.4%) |
| 50 | DOLATOWSKA Elżbieta | 287 | K.S. VICTORIA POTĘGOWO | K60-64 | 5 | | | 00:47:21.55 | +00:12:45 (26.9%) | 9:28 | 6.3 (72.4%) |
| 51 | GRYGOROWICZ Teresa | 141 | KGHM METRACO POLKOWICE | K70-74 | 1 | | | 00:47:33.00 | +00:12:56 (27.2%) | 9:30 | 6.3 (72.4%) |
| 52 | BERESKA Irena | 106 | NORDIC SPORT 2021 | K30-39 | 6 | | | 00:48:04.90 | +00:13:28 (28.0%) | 9:36 | 6.2 (71.3%) |
| 53 | SZCZEPAŃSKA Oliwia | 239 | KGHM METRACO POLKOWICE | K-Jun. | 4 | 1 | | 00:48:28.65 | +00:13:52 (28.6%) | 9:41 | 6.2 (71.3%) |
| 54 | ŚCIEBURA Jolanta | 281 | | K40-44 | 11 | | | 00:48:49.75 | +00:14:13 (29.1%) | 9:45 | 6.1 (70.1%) |
| 55 | BOJANEK Małgorzata | 110 | STOWARZYSZENIE KIJOMANIACY | K- Niepełnosprawni(A) | 2 | | | 00:49:04.70 | +00:14:28 (29.5%) | 9:48 | 6.1 (70.1%) |
| 56 | LACHNIK Grazyna | 175 | | K50-54 | 8 | | | 00:49:05.45 | +00:14:28 (29.5%) | 9:49 | 6.1 (70.1%) |
| 57 | JASIK Beata | 153 | | K40-44 | 12 | | | 00:49:24.45 | +00:14:47 (30.0%) | 9:52 | 6.1 (70.1%) |
| 58 | STRZELECKA Kamila | 238 | | K30-39 | 7 | | | 00:49:41.40 | +00:15:04 (30.3%) | 9:56 | 6 (69.0%) |
| 59 | KOZŁOWSKA Justyna | 164 | | K40-44 | 13 | | | 00:49:44.00 | +00:15:07 (30.4%) | 9:56 | 6 (69.0%) |
| 60 | OCIEPA Magdalena | 195 | #BOX74 ŚWIDNICA | K30-39 | 8 | 1 | | 00:49:49.00 | +00:15:12 (30.5%) | 9:57 | 6 (69.0%) |
| 61 | SZNAJDER Teresa | 242 | | K65-69 | 4 | | | 00:50:46.90 | +00:16:10 (31.8%) | 10:09 | 5.9 (67.8%) |

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|-----|-----------------------------------|------------|---------------------------------|--------------------------|------|----------------|-----------------|----------------------|----------------------|-----------------|----------------|
| 62 | DOMAGAŁA Maja | 97 | KGHM METRACO POLKOWICE | K-Dzieci | 3 | 1 | | 00:50:47.85 | +00:16:11 (31.9%) | 10:09 | 5.9 (67.8%) |
| 63 | ARTYMICZ Maria | 103 | | K65-69 | 5 | | | 00:52:07.40 | +00:17:30 (33.6%) | 10:25 | 5.8 (66.7%) |
| 64 | DOBROWOLSKA Bożena | 123 | SPORTOWI EMERYCI JELENIA GORA | K70-74 | 2 | | | 00:52:19.60 | +00:17:43 (33.9%) | 10:27 | 5.7 (65.5%) |
| 64 | ŻUCHOWICZ Elżbieta | 289 | | K60-64 | 6 | | | 00:52:19.60 | +00:17:43 (33.9%) | 10:27 | 5.7 (65.5%) |
| 66 | HARTMAN Jadwiga | 116 | PZERIL | K- Niepełnosprawni(A) | 3 | 1 | | 00:52:31.05 | +00:17:54 (34.1%) | 10:30 | 5.7 (65.5%) |
| 67 | DEREŃ Jolanta | 120 | | K60-64 | 7 | | | 00:52:36.55 | +00:18:00 (34.2%) | 10:31 | 5.7 (65.5%) |
| 68 | SIEPSIAK Joanna | 229 | | K50-54 | 9 | | | 00:52:40.35 | +00:18:03 (34.3%) | 10:32 | 5.7 (65.5%) |
| 69 | SONMOWSKA Aniela | 96 | KGHM METRACO POLKOWICE | K-Jun. | 5 | | | 00:53:02.15 | +00:18:25 (34.7%) | 10:36 | 5.7 (65.5%) |
| 70 | SZCZEPAŃSKA Lena | 240 | KGHM METRACO POLKOWICE | K-Dzieci | 4 | | | 00:53:11.45 | +00:18:34 (34.9%) | 10:38 | 5.6 (64.4%) |
| 71 | ŻARNOWIECKA Maja | 278 | | K- Niepełnosprawni(A) | 4 | | | 00:54:26.80 | +00:19:50 (36.4%) | 10:53 | 5.5 (63.2%) |
| 72 | WŁODARCZYK Aneta | 263 | | K45-49 | 8 | | | 00:54:47.70 | +00:20:11 (36.8%) | 10:57 | 5.5 (63.2%) |
| 73 | BEDNARCZUK Katarzyna | 105 | | K18-29 | 2 | | | 00:54:51.75 | +00:20:15 (36.9%) | 10:58 | 5.5 (63.2%) |
| 74 | WORONKO-ZACZYŃSKA Janina | 268 | KGHM METRACO POLKOWICE | K75-79 | 1 | | | 00:54:54.20 | +00:20:17 (37.0%) | 10:58 | 5.5 (63.2%) |
| 75 | DUSZEŃKO Elwira | 131 | KGHM METRACO POLKOWICE | K- Niepełnosprawni(A) | 5 | | | 00:55:00.30 | +00:20:23 (37.1%) | 11:00 | 5.5 (63.2%) |
| 76 | LISTWAN Klaudia | 292 | KGHM METRACO POLKOWICE | K-Jun. | 6 | | | 00:55:10.75 | +00:20:34 (37.3%) | 11:02 | 5.4 (62.1%) |
| 77 | PANKIEWICZ-DMOWSKA Cecylia | 200 | WEJHEROWSKI KLUB NORDIC WALKING | K75-79 | 2 | 1 | | 00:57:24.50 | +00:22:47 (39.7%) | 11:28 | 5.2 (59.8%) |
| 78 | KUNIKOWSKA Ewa | 173 | | K65-69 | 6 | 1 | | 00:57:43.35 | +00:23:06 (40.0%) | 11:32 | 5.2 (59.8%) |
| 79 | SZYBUT Roma | 247 | POTĘGA NORDICA | K40-44 | 14 | | | 00:57:52.50 | +00:23:15 (40.2%) | 11:34 | 5.2 (59.8%) |
| 80 | ZYGMUNT Sylwana | 277 | RCKIK WROCŁAW | K50-54 | 10 | | | 00:58:14.00 | +00:23:37 (40.6%) | 11:38 | 5.2 (59.8%) |
| 81 | KRUPA Emilia | 169 | #BOX74 ŚWIDNICA | K30-39 | 9 | | | 00:59:59.75 | +00:25:23 (42.3%) | 11:59 | 5 (57.5%) |
| 82 | JUREK Ewa | 157 | | K- Niepełnosprawni(B) | 2 | 1 | | 01:02:53.10 | +00:28:16 (45.0%) | 12:34 | 4.8 (55.2%) |
| 83 | PROŃCZUK Bożena | 213 | #BOX74 ŚWIDNICA | K50-54 | 11 | | | 01:08:50.35 | +00:34:13 (49.7%) | 13:46 | 4.4 (50.6%) |
| 84 | DOMISIEWICZ Magdalena | 286 | | K55-59 | 6 | 1 | | 01:10:40.40 | +00:36:03 (51.0%) | 14:08 | 4.2 (48.3%) |

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|-----|----------------------------|------------|------|-----------|------|----------------|-----------------|---------------------------------|------|-----------------|---------------|
| DQ | WALORYSZAK Barbara | 255 | | K65-69 | | | 1 | 00:49:52.00 DQ | | 0:00 | 6 (69.0%) |
| DQ | PIÓRKOWSKA Elżbieta | 290 | | K60-64 | | | 1 | DQ | | | (0.0%) |

Znaleziono 86 wynik(ów)