



# ENEA POLISH NW CUP - POTĘGOWO - 10KM - 1/6

B4SPORT  
POLSKIE ZRZESZENIE NORDIC WALKING

**Event:** Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2023-05-13  
**Place:** Potęgowo  
**Distance:** 10 km



Classification: OPEN -K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	SOSNOWSKA Agnieszka	49	K.S. VICTORIA POTĘGOWO	K30-39	1			00:15:43	00:32:11	00:49:01	<b>01:05:24.65</b>		6:32	9.2 (100%)
2	WOJCIECHOWSKA Elżbieta	61	POLIPACK TEAM GWE	K40-49	1			00:15:41	00:32:10	00:49:00	<b>01:05:33.40</b>	+00:00:08 (0.2%)	6:33	9.2 (100%)
3	BIELECKA Zuzanna	7	K.S. VICTORIA POTĘGOWO	K40-49	2			00:16:43	00:34:08	00:51:49	<b>01:09:30.40</b>	+00:04:05 (5.9%)	6:57	8.6 (93.5%)
4	JĘDRASIAK Renata	23	KGHM METRACO POLKOWICE	K60-69	1	2		00:16:51	00:34:24	00:52:15	<b>01:10:23.45</b>	+00:04:58 (7.1%)	7:02	8.5 (92.4%)
5	KOŁODZIEJ Joanna	26	PRUSZYŃSKI SPORT TEAM	K50-59	1			00:17:33	00:35:36	00:53:57	<b>01:12:42.50</b>	+00:07:17 (10.0%)	7:16	8.3 (90.2%)
6	LABUS Marzena	29	NORDIC SPORT 2021	K30-39	2			00:17:27	00:35:46	00:54:30	<b>01:13:37.40</b>	+00:08:12 (11.2%)	7:21	8.2 (89.1%)
7	SZCZUDLIK Małgorzata	52	NORDIC SPORT 2021	K40-49	3			00:18:00	00:36:59	00:56:40	<b>01:15:56.85</b>	+00:10:32 (13.9%)	7:35	7.9 (85.9%)
8	KRÓLIKOWSKA Krystyna	28	POLIPACK TEAM GWE	K50-59	2	1		00:18:28	00:37:34	00:56:49	<b>01:16:27.70</b>	+00:11:03 (14.5%)	7:38	7.8 (84.8%)
9	ZDRZAŁEK Alicja	60	NORDIC SPORT 2021	K40-49	4			00:18:35	00:37:59	00:57:22	<b>01:16:45.20</b>	+00:11:20 (14.8%)	7:40	7.8 (84.8%)
10	PANKIEWICZ Ewelina	42		K30-39	3			00:19:01	00:38:44	00:58:24	<b>01:18:43.50</b>	+00:13:18 (16.9%)	7:52	7.6 (82.6%)
11	OLEJNIK Marzena	40		K50-59	3			00:19:31	00:39:33	00:59:48	<b>01:20:13.85</b>	+00:14:49 (18.5%)	8:01	7.5 (81.5%)
12	CZAJKA Urszula	11	KGHM METRACO POLKOWICE	K60-69	2			00:18:31	00:38:31	00:59:35	<b>01:21:21.85</b>	+00:15:57 (19.6%)	8:08	7.4 (80.4%)
13	MAŁYSZEWICZ Teresa	35		K50-59	4			00:20:34	00:41:19	01:02:25	<b>01:23:36.60</b>	+00:18:11 (21.8%)	8:21	7.2 (78.3%)
14	SKRZĄTEK Lucyna	48	NORDIC SPORT 2021	K50-59	5			00:20:05	00:41:17	01:02:44	<b>01:24:10.80</b>	+00:18:46 (22.3%)	8:25	7.1 (77.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Laps_5km 5km	Laps_7.5km 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
15	<b>DUDA Aleksandra</b>	<b>14</b>	UNIWERSYTET WSB MERITO GDAŃSK	K18-29	1	2		00:20:08	00:40:33	01:02:30	<b>01:24:22.55</b>	+00:18:57 (22.5%)	8:26	7.1 (77.2%)
16	<b>SZENDZIELORZ Ilona</b>	<b>186</b>	PRUSZYŃSKI SPORT TEAM	K60-69	3			00:20:42	00:41:47	01:03:03	<b>01:24:23.60</b>	+00:18:58 (22.5%)	8:26	7.1 (77.2%)
17	<b>GOTOWSKA Joanna</b>	<b>16</b>	AKADEMIA ZDROWEGO STYLU ŻYCIA URUZ DYWITY	K40-49	5			00:20:40	00:41:52	01:03:24	<b>01:24:57.50</b>	+00:19:32 (23.0%)	8:29	7.1 (77.2%)
18	<b>POWAŻKA Elżbieta</b>	<b>44</b>	AKADEMIA ZDROWEGO STYLU ŻYCIA URUZ DYWITY	K50-59	6			00:20:21	00:41:33	01:03:09	<b>01:25:17.55</b>	+00:19:52 (23.3%)	8:31	7 (76.1%)
19	<b>BOŃCZYSZYN Bożena</b>	<b>8</b>	POLIPACK TEAM GWE	K50-59	7			00:20:28	00:42:17	01:04:37	<b>01:26:42.95</b>	+00:21:18 (24.6%)	8:40	6.9 (75.0%)
20	<b>BERESKA Irena</b>	<b>6</b>	NORDIC SPORT 2021	K30-39	4			00:21:15	00:44:01	01:06:48	<b>01:29:22.50</b>	+00:23:57 (26.8%)	8:56	6.7 (72.8%)
21	<b>UKLEJA Justyna</b>	<b>57</b>	POTĘGA NORDICA	K30-39	5			00:22:04	00:44:32	01:07:27	<b>01:31:20.80</b>	+00:25:56 (28.4%)	9:08	6.6 (71.7%)
22	<b>UKLEJA Monika</b>	<b>56</b>	POTĘGA NORDICA	K30-39	6			00:22:07	00:44:33	01:07:29	<b>01:31:22.25</b>	+00:25:57 (28.4%)	9:08	6.6 (71.7%)
23	<b>GÓRSKA Agnieszka</b>	<b>18</b>		K40-49	6			00:21:48	00:44:43	01:08:16	<b>01:31:55.20</b>	+00:26:30 (28.8%)	9:11	6.5 (70.7%)
24	<b>TKOCZ Alicja</b>	<b>55</b>	EKIPA NA KIJACH	K60-69	4			00:22:43	00:47:23	01:12:36	<b>01:38:04.30</b>	+00:32:39 (33.3%)	9:48	6.1 (66.3%)
25	<b>SZPALERSKA Mirosława</b>	<b>53</b>	LKS ZANTYR SZTUM	K70+	1			00:25:30	00:51:53	01:17:52	<b>01:44:14.55</b>	+00:38:49 (37.3%)	10:25	5.8 (63.0%)
26	<b>MALINOWSKA Grażyna</b>	<b>34</b>	LKS ZANTYR SZTUM	K70+	2			00:25:33	00:52:11	01:19:26	<b>01:45:44.10</b>	+00:40:19 (38.1%)	10:34	5.7 (62.0%)

Total 26 results.