



ENEA POLISH NW CUP - POTĘGOWO - 5KM - 1/6

B4SPORT

Wydarzenie: Otwarte Mistrzostwa Polski Nordic Walking (EPNWC)
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2023-05-13
Miejsce: Potęgowo
Dystans: 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_2.5km 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WILUSZ Erwina	200	K.S. VICTORIA POTĘGOWO	K30-39	1			00:16:18	00:33:03.95		6:36	9.1 (100%)
2	BIELECKA Zuzanna	76	K.S. VICTORIA POTĘGOWO	K40-44	1			00:16:38	00:34:16.10	+00:01:12 (3.5%)	6:51	8.8 (96.7%)
3	LUDWICZAK Andżelika	139	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1			00:16:57	00:34:47.35	+00:01:43 (5.0%)	6:57	8.6 (94.5%)
4	MAŚLANKA Iwona	146	NORDIC SPORT 2021	K50-54	1	1		00:17:34	00:35:58.70	+00:02:54 (8.1%)	7:11	8.3 (91.2%)
5	KOŁODZIEJ Joanna	214	PRUSZYŃSKI SPORT TEAM	K55-59	1			00:17:51	00:36:12.65	+00:03:08 (8.7%)	7:14	8.3 (91.2%)
6	OKRZESIK-FRĄCKOWIAK Izabela	155	NORDIC SPORT 2021	K55-59	2			00:18:02	00:36:17.30	+00:03:13 (8.9%)	7:15	8.3 (91.2%)
7	KARPIENIA Ewa	111	K.S. VICTORIA POTĘGOWO	K50-54	2			00:18:09	00:36:36.05	+00:03:32 (9.7%)	7:19	8.2 (90.1%)
8	NACZK Wiktoria	39	POLIPACK TEAM GWE	K18-29	1	1		00:18:23	00:37:07.45	+00:04:03 (10.9%)	7:25	8.1 (89.0%)
9	BECZEK Magdalena	75	POLIPACK TEAM GWE	K30-39	2	1		00:18:17	00:37:20.60	+00:04:16 (11.5%)	7:28	8 (87.9%)
10	STACHOWICZ Joanna	177	K.S. VICTORIA POTĘGOWO	K30-39	3			00:18:30	00:37:39.55	+00:04:35 (12.2%)	7:31	8 (87.9%)
11	ZDRZAŁEK Alicja	211	NORDIC SPORT 2021	K40-44	2			00:18:35	00:37:54.60	+00:04:50 (12.8%)	7:34	7.9 (86.8%)
12	WITUCKA Karolina	203	K.S. VICTORIA POTĘGOWO	K-Jun.	1			00:18:44	00:38:00.95	+00:04:57 (13.0%)	7:36	7.9 (86.8%)
13	LEJKOWSKA Mirela	135	POLIPACK TEAM GWE	K40-44	3			00:18:57	00:38:22.35	+00:05:18 (13.8%)	7:40	7.8 (85.7%)
14	SZYBUT Weronika	190	POTĘGA NORDICA	K-Jun.	2			00:19:04	00:38:42.25	+00:05:38 (14.6%)	7:44	7.8 (85.7%)

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15	MIŚKOWICZ Anna	150		K65-69	1			00:19:15	00:38:43.30	+00:05:39 (14.6%)	7:44	7.7 (84.6%)
16	HRYCIUK Teresa	103	K.S. VICTORIA POTĘGOWO	K60-64	1			00:18:42	00:38:44.65	+00:05:40 (14.7%)	7:44	7.7 (84.6%)
17	PASIŃSKA-SKOWRON Sylwia	160	PRUSZYŃSKI SPORT TEAM	K45-49	2	1		00:18:55	00:38:47.55	+00:05:43 (14.8%)	7:45	7.7 (84.6%)
18	KRAWCZYK Dorota	124	FABRYKA NORDICA TRZCIANKA	K65-69	2			00:19:12	00:39:02.00	+00:05:58 (15.3%)	7:48	7.7 (84.6%)
19	STOLTMANN Helena	183	K.S. VICTORIA POTĘGOWO	K60-64	2			00:19:17	00:39:17.30	+00:06:13 (15.8%)	7:51	7.6 (83.5%)
20	ROMANOWSKA Eliza	167	KGHM METRACO POLKOWICE	K-Dzieci	1			00:19:11	00:39:21.85	+00:06:17 (16.0%)	7:52	7.6 (83.5%)
21	GRETROWSKA Zuzanna	93	LKS ZANTYR SZTUM	K-Dzieci	2			00:19:12	00:39:22.60	+00:06:18 (16.0%)	7:52	7.6 (83.5%)
22	HALIK-LEWANDOWSKA Jadwiga	99	LKS ZANTYR SZTUM	K65-69	3			00:19:37	00:39:52.80	+00:06:48 (17.1%)	7:58	7.5 (82.4%)
23	KASPEREK Edyta	224	NW CZŁAPSKI TEAM	K45-49	3			00:19:39	00:39:53.95	+00:06:50 (17.1%)	7:58	7.5 (82.4%)
24	GAŁKOWSKA Elżbieta	87		K65-69	4			00:19:47	00:39:54.60	+00:06:50 (17.1%)	7:58	7.5 (82.4%)
25	KUŹMICZ Magdalena	129	POLIPACK TEAM GWE	K40-44	4			00:19:49	00:39:56.05	+00:06:52 (17.2%)	7:59	7.5 (82.4%)
26	ANTOSIAK Simonetta	221		K-Jun.	3			00:19:35	00:40:43.85	+00:07:39 (18.8%)	8:08	7.4 (81.3%)
27	PANKIEWICZ Ewelina	215		K30-39	4			00:19:52	00:40:46.45	+00:07:42 (18.9%)	8:09	7.4 (81.3%)
28	KOTUSIEWICZ Maria	118		K60-64	3			00:20:01	00:41:02.65	+00:07:58 (19.4%)	8:12	7.3 (80.2%)
29	BOETCHER Patrycja	243		K-Jun.	4			00:19:52	00:41:04.45	+00:08:00 (19.5%)	8:12	7.3 (80.2%)
30	SERÓWKA Lidia	173	KIJO MANIACY CHODZIEŻ	K- Niepełnosprawni(A)	1	1		00:20:08	00:41:07.65	+00:08:03 (19.6%)	8:13	7.3 (80.2%)
31	WESOŁOWSKA Milena	210		K-Dzieci	3			00:20:23	00:41:27.45	+00:08:23 (20.2%)	8:17	7.2 (79.1%)
32	WILK Iwona	199	NORDIC SPORT 2021	K45-49	4			00:20:45	00:41:35.50	+00:08:31 (20.5%)	8:19	7.2 (79.1%)
33	BIESIADA Celina	77		K30-39	5			00:20:41	00:41:57.05	+00:08:53 (21.2%)	8:23	7.2 (79.1%)
34	TECŁAW Barbara	193		K50-54	3			00:20:59	00:42:03.80	+00:08:59 (21.4%)	8:24	7.1 (78.0%)
35	GRYGOROWICZ Teresa	96	KGHM METRACO POLKOWICE	K70-74	1			00:21:04	00:42:31.60	+00:09:27 (22.2%)	8:30	7.1 (78.0%)
36	SAPUŁA Wiktoria	172	K.S. VICTORIA POTĘGOWO	K18-29	2			00:21:20	00:42:31.70	+00:09:27 (22.2%)	8:30	7.1 (78.0%)
36	WNEK Ewa	204	KGHM MERTACO POLKOWICE	K65-69	5	1		00:20:48	00:42:31.70	+00:09:27 (22.2%)	8:30	7.1 (78.0%)

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38	PIETRZYK Anna	162		K- Niepełnosprawni(A)	2			00:20:27	00:42:43.55	+00:09:39 (22.6%)	8:32	7 (76.9%)
39	KISIELEWICZ Zofia	113	KGHM METRACO POLKOWICE	K-Jun.	5			00:19:34	00:42:50.05	+00:09:46 (22.8%)	8:34	7 (76.9%)
40	HARENDA Joanna	228		K50-54	4			00:21:23	00:43:03.95	+00:10:00 (23.2%)	8:36	7 (76.9%)
41	DOBOSZ Anna	223	NW CZŁAPSKI TEAM	K50-54	5			00:21:25	00:43:20.85	+00:10:16 (23.7%)	8:40	6.9 (75.8%)
42	HAŃCZYK Abigail	100		K18-29	3			00:21:31	00:43:28.10	+00:10:24 (23.9%)	8:41	6.9 (75.8%)
43	MAŃKOWSKA Kaja	144		K18-29	4			00:21:38	00:43:36.50	+00:10:32 (24.2%)	8:43	6.9 (75.8%)
44	SIEMASZKO Magdalena	237	K.S. VICTORIA POTĘGOWO	K30-39	6			00:21:28	00:43:41.35	+00:10:37 (24.3%)	8:44	6.9 (75.8%)
45	GRABOWSKA Bożena	92	LKS ZANTYR SZTUM	K50-54	6			00:21:32	00:43:55.60	+00:10:51 (24.7%)	8:47	6.8 (74.7%)
46	SZNAJDER Teresa	187		K65-69	6			00:21:37	00:43:57.60	+00:10:53 (24.8%)	8:47	6.8 (74.7%)
47	KOSTRZEWA Elżbieta	225		K50-54	7			00:21:58	00:43:59.65	+00:10:55 (24.8%)	8:47	6.8 (74.7%)
48	LACHNIK Grazyna	133		K50-54	8			00:21:40	00:44:20.85	+00:11:16 (25.4%)	8:52	6.8 (74.7%)
49	KLOCEK Jagoda	115	KGHM METRACO POLKOWICE	K-Jun.	6			00:21:24	00:44:36.95	+00:11:33 (25.9%)	8:55	6.7 (73.6%)
50	JUREK Łucja	219		K-Dzieci	4			00:21:40	00:44:53.25	+00:11:49 (26.3%)	8:58	6.7 (73.6%)
51	ŁOSIAK Małgorzata	142		K50-54	9			00:22:12	00:45:32.35	+00:12:28 (27.4%)	9:06	6.6 (72.5%)
52	SKOWROŃSKA-ŁOPIŃSKA Genowefa	175	FABRYKA NORDICA TRZCIANKA	K70-74	2			00:22:08	00:46:26.50	+00:13:22 (28.8%)	9:17	6.5 (71.4%)
53	ZAWADZKA Monika	227		K-Jun.	7			00:22:50	00:46:31.65	+00:13:27 (28.9%)	9:18	6.4 (70.3%)
54	KOZŁOWSKA Wiktoria	122	SP SKÓROWO	K-Jun.	8			00:22:50	00:46:31.80	+00:13:27 (28.9%)	9:18	6.4 (70.3%)
55	SAJNÓG Weronika	216		K30-39	7			00:23:24	00:46:51.85	+00:13:47 (29.4%)	9:22	6.4 (70.3%)
56	FRANCUZ Beata	217		K30-39	8			00:23:22	00:46:51.95	+00:13:48 (29.4%)	9:22	6.4 (70.3%)
57	WORONKO-ZACZYŃSKA Janina	206	KGHM METRACO POLKOWICE	K75-79	1			00:22:57	00:47:15.10	+00:14:11 (30.0%)	9:27	6.3 (69.2%)
58	SZCZEPAŃSKA Oliwia	114	KGHM METRACO POLKOWICE	K-Jun.	9			00:22:47	00:47:18.35	+00:14:14 (30.1%)	9:27	6.3 (69.2%)
59	MIKULSKA Milena	119		K-Dzieci	5			00:24:06	00:48:17.35	+00:15:13 (31.5%)	9:39	6.2 (68.1%)
60	GRULKOWSKA Renata	229		K65-69	7			00:23:48	00:48:27.95	+00:15:24 (31.8%)	9:41	6.2 (68.1%)

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61	SŁOMIŃSKA Martyna	176	SP SKÓROWO	K-Jun.	10			00:23:26	00:48:28.55	+00:15:24 (31.8%)	9:41	6.2 (68.1%)
62	PRZYBYLSKA Halina	165		K65-69	8			00:23:49	00:48:35.30	+00:15:31 (31.9%)	9:43	6.2 (68.1%)
63	GRUSZKA Barbara	95	LKS ZANTYRSZTUM	K75-79	2			00:24:13	00:49:20.80	+00:16:16 (33.0%)	9:52	6.1 (67.0%)
64	STEFAŃSKA Agnieszka	179		K40-44	5			00:24:01	00:49:36.30	+00:16:32 (33.3%)	9:55	6 (65.9%)
65	SZYBUT Roma	189	POTĘGA NORDICA	K40-44	6			00:24:03	00:49:38.25	+00:16:34 (33.4%)	9:55	6 (65.9%)
66	NAJDA Marianna	152	LKS ZANTYR SZTUM	K70-74	3			00:23:52	00:49:39.80	+00:16:35 (33.4%)	9:55	6 (65.9%)
67	STEFAŃSKA Eliza	180		K-Dzieci	6			00:24:05	00:50:22.05	+00:17:18 (34.4%)	10:04	6 (65.9%)
68	MARCZEWSKA Julia	218		K-Dzieci	7			00:24:10	00:50:23.65	+00:17:19 (34.4%)	10:04	6 (65.9%)
69	PANKIEWICZ-DMOWSKA Cecylia	158	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	3			00:24:34	00:50:41.70	+00:17:37 (34.8%)	10:08	5.9 (64.8%)
70	KRAWCZYKOWSKA Barbara	125	LKS ZANTYR SZTUM	K65-69	9			00:24:34	00:51:12.35	+00:18:08 (35.4%)	10:14	5.9 (64.8%)
71	POKOJSKA Maria	164	LKS ZANTYR SZTUM	K70-74	4			00:25:40	00:51:37.50	+00:18:33 (35.9%)	10:19	5.8 (63.7%)
72	JASIŃSKA Amelia	220		K-Dzieci	8			00:24:25	00:51:37.55	+00:18:33 (36.0%)	10:19	5.8 (63.7%)
73	TOPCZEWSKA Nikola	222		K-Dzieci	9			00:24:38	00:52:15.25	+00:19:11 (36.7%)	10:27	5.7 (62.6%)
74	ŁASZCZ Ewa	32	FABRYKA NORDICA TRZCIANKA	K- Niepełnosprawni(A)	3			00:26:26	00:54:32.40	+00:21:28 (39.4%)	10:54	5.5 (60.4%)
75	KOWALCZYK Oliwia	244		K-Dzieci	10	1		00:27:38	00:55:26.55	+00:22:22 (40.4%)	11:05	5.4 (59.3%)
76	KUNDERA Maja	245		K-Dzieci	11			00:27:28	00:56:06.55	+00:23:02 (41.1%)	11:13	5.3 (58.2%)
77	MAZUREK Julia	238	K.S. VICTORIA POTĘGOWO	K-Dzieci	12			00:26:14	00:57:21.05	+00:24:17 (42.3%)	11:28	5.2 (57.1%)
78	JACENKO Julia	106	KGHM METRACO POLKOWICE	K-Dzieci	13			00:26:48	00:57:39.05	+00:24:35 (42.6%)	11:31	5.2 (57.1%)
79	LECH Krystyna	134	LKS ZANTYR SZTUM	K75-79	4			00:28:58	00:58:29.25	+00:25:25 (43.5%)	11:41	5.1 (56.0%)
79	LIPIŃSKA Regina	137	LKS ZANTYR SZTUM	K80+	1			00:28:56	00:58:29.25	+00:25:25 (43.5%)	11:41	5.1 (56.0%)
81	KUCHTA Beata	126		K40-44	7			00:32:54	01:04:33.35	+00:31:29 (48.8%)	12:54	4.6 (50.5%)
82	BRYLOWSKA Martyna	235		K-Dzieci	14			00:30:15		+00:13:57	12:06	5 (54.9%)
DQ	GÓRECKA Jolanta	230		K40-44			1	00:23:47 DQ	00:49:06.60 DQ		0:00	6.1 (67.0%)

Znaleziono 83 wynik(ów)