



# ENE A POLISH NW CUP - WASILKÓW - 5KM - 5/6

B4SPORT

**Wydarzenie:** ENEA POLISH NORDIC WALKING CUP 5/6  
WASILKÓW  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto Gmina Wasilków  
**Data:** 2023-09-16  
**Miejsce:** Wasilków  
**Dystans:** 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BIELECKA Zuzanna</b>	<b>54</b>	K.S. VICTORIA POTĘGOWO	K40-44	1			00:11:06	00:22:21	<b>00:33:51.10</b>		6:46	8.9 (100%)
2	<b>MAŚLANKA Iwona</b>	<b>95</b>	NORDIC SPORT 2021	K50-54	1			00:11:06	00:22:37	<b>00:34:16.40</b>	+00:00:25 (1.2%)	6:51	8.8 (98.9%)
3	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>99</b>	NORDIC SPORT 2021	K55-59	1			00:11:40	00:23:35	<b>00:35:27.65</b>	+00:01:36 (4.5%)	7:05	8.5 (95.5%)
4	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>102</b>	PRUSZYŃSKI SPORT TEAM	K45-49	1			00:12:26	00:24:55	<b>00:37:17.65</b>	+00:03:26 (9.2%)	7:27	8 (89.9%)
5	<b>SZYBUT Weronika</b>	<b>120</b>	POTĘGA NORDICA	K-Jun.	1			00:12:30	00:25:14	<b>00:37:55.10</b>	+00:04:04 (10.7%)	7:35	7.9 (88.8%)
6	<b>HRYCIUK Teresa</b>	<b>74</b>	K.S. VICTORIA POTĘGOWO	K60-64	1			00:12:32	00:25:15	<b>00:38:34.75</b>	+00:04:43 (12.3%)	7:42	7.8 (87.6%)
7	<b>PANKIEWICZ Ewelina</b>	<b>200</b>		K30-39	1			00:12:29	00:25:42	<b>00:38:56.70</b>	+00:05:05 (13.1%)	7:47	7.7 (86.5%)
8	<b>SZENDZIELORZ Ilona</b>	<b>116</b>	PRUSZYŃSKI SPORT TEAM	K65-69	1	1		00:12:57	00:26:02	<b>00:39:18.20</b>	+00:05:27 (13.9%)	7:51	7.6 (85.4%)
9	<b>WILK Iwona</b>	<b>131</b>	NORDIC SPORT 2021	K45-49	2			00:13:46	00:27:44	<b>00:41:21.40</b>	+00:07:30 (18.1%)	8:16	7.3 (82.0%)
10	<b>BUJNOWSKA Amelia</b>	<b>60</b>	KS WASILKÓW	K-Dzieci	1			00:14:11	00:28:21	<b>00:41:24.80</b>	+00:07:33 (18.3%)	8:16	7.2 (80.9%)
11	<b>ŚWIENC Zuzanna</b>	<b>125</b>	UKS SET WASILKÓW	K-Dzieci	2			00:14:09	00:28:22	<b>00:41:25.00</b>	+00:07:33 (18.3%)	8:17	7.2 (80.9%)
12	<b>TOKARSKA Julia</b>	<b>127</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	3			00:14:10	00:28:24	<b>00:41:26.00</b>	+00:07:34 (18.3%)	8:17	7.2 (80.9%)
13	<b>BUJNOWSKA Adela</b>	<b>61</b>	KS WASILKÓW	K-Dzieci	4			00:14:10	00:28:22	<b>00:41:29.85</b>	+00:07:38 (18.4%)	8:17	7.2 (80.9%)
14	<b>LACHNIK Grazyna</b>	<b>91</b>		K50-54	2			00:13:50	00:27:50	<b>00:41:46.75</b>	+00:07:55 (19.0%)	8:21	7.2 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>KALICKA Anna</b>	<b>80</b>		K40-44	2			00:14:01	00:27:53	<b>00:41:51.85</b>	+00:08:00 (19.1%)	8:22	7.2 (80.9%)
16	<b>SMOLIŃSKA Małgorzata</b>	<b>111</b>		K55-59	2			00:13:33	00:27:39	<b>00:42:03.10</b>	+00:08:12 (19.5%)	8:24	7.1 (79.8%)
17	<b>DOLATOWSKA Elżbieta</b>	<b>66</b>	K.S. VICTORIA POTĘGOWO	K60-64	2			00:13:15	00:27:14	<b>00:42:13.60</b>	+00:08:22 (19.8%)	8:26	7.1 (79.8%)
18	<b>ZIELIŃSKA Barbara</b>	<b>137</b>	PUKS JEDYNKA	K65-69	2			00:13:47	00:27:51	<b>00:42:16.00</b>	+00:08:24 (19.9%)	8:27	7.1 (79.8%)
19	<b>CZERWINSKA Anna</b>	<b>62</b>	NW CZŁAPSKI TEAM	K- Niepełnosprawni(B)	1			00:13:43	00:28:22	<b>00:42:40.45</b>	+00:08:49 (20.7%)	8:32	7 (78.7%)
20	<b>GORALEWSKA Marta</b>	<b>70</b>	GMINA WASILKÓW	K30-39	2			00:14:40	00:29:02	<b>00:43:41.65</b>	+00:09:50 (22.5%)	8:44	6.9 (77.5%)
21	<b>SAPUŁA Wiktoria</b>	<b>109</b>	K.S. VICTORIA POTĘGOWO	K18-29	1			00:13:47	00:27:50	<b>00:44:10.70</b>	+00:10:19 (23.4%)	8:50	6.8 (76.4%)
22	<b>SZNAJDER Teresa</b>	<b>117</b>		K65-69	3			00:14:24	00:29:16	<b>00:44:17.85</b>	+00:10:26 (23.6%)	8:51	6.8 (76.4%)
23	<b>NIEDZIELSKA Izabela</b>	<b>98</b>		K40-44	3			00:14:42	00:29:37	<b>00:44:27.95</b>	+00:10:36 (23.9%)	8:53	6.7 (75.3%)
24	<b>MŁYNARCZUK-SOKOŁOWSKA Anna</b>	<b>96</b>		K40-44	4			00:14:25	00:29:37	<b>00:44:42.60</b>	+00:10:51 (24.3%)	8:56	6.7 (75.3%)
25	<b>SOCHOŃ Nadia</b>	<b>112</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	5			00:15:13	00:30:18	<b>00:45:03.10</b>	+00:11:12 (24.9%)	9:00	6.7 (75.3%)
26	<b>KORSAK Edyta</b>	<b>86</b>		K55-59	3			00:15:12	00:30:11	<b>00:45:06.00</b>	+00:11:14 (24.9%)	9:01	6.7 (75.3%)
27	<b>MUDER Iwona</b>	<b>97</b>	PUKS JEDYNKA	K45-49	3			00:14:34	00:29:52	<b>00:45:17.65</b>	+00:11:26 (25.3%)	9:03	6.6 (74.2%)
28	<b>GĘSIEWSKA Celina</b>	<b>69</b>		K65-69	4			00:14:56	00:30:05	<b>00:45:27.85</b>	+00:11:36 (25.5%)	9:05	6.6 (74.2%)
29	<b>KIERMUT Monika</b>	<b>82</b>		K30-39	3			00:15:00	00:30:18	<b>00:45:33.80</b>	+00:11:42 (25.7%)	9:06	6.6 (74.2%)
30	<b>KIJAS Karolina</b>	<b>83</b>	KIOKUSHIN ZTEAM WASILKÓW	K-Dzieci	6			00:14:18	00:30:58	<b>00:45:37.65</b>	+00:11:46 (25.8%)	9:07	6.6 (74.2%)
31	<b>ARONOWICZ Maja</b>	<b>139</b>	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	7			00:14:44	00:30:21	<b>00:45:40.25</b>	+00:11:49 (25.9%)	9:08	6.6 (74.2%)
32	<b>KLIMASZEWSKA Ewa</b>	<b>84</b>	KCJUROWCE	K45-49	4			00:15:09	00:30:53	<b>00:46:25.55</b>	+00:12:34 (27.1%)	9:17	6.5 (73.0%)
33	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>24</b>	WEJHEROWSKI KLUB NORDIC WALKING	K75-79	1			00:15:23	00:31:03	<b>00:47:05.45</b>	+00:13:14 (28.1%)	9:25	6.4 (71.9%)
34	<b>SZYBUT Roma</b>	<b>119</b>	POTĘGA NORDICA	K40-44	5			00:15:27	00:31:29	<b>00:47:54.80</b>	+00:14:03 (29.3%)	9:34	6.3 (70.8%)
35	<b>HUKAŁOWICZ Magdalena</b>	<b>76</b>		K40-44	6			00:15:02	00:31:22	<b>00:47:55.35</b>	+00:14:04 (29.4%)	9:35	6.3 (70.8%)
36	<b>DOMISIEWICZ Magdalena</b>	<b>67</b>		K55-59	4			00:15:57	00:32:29	<b>00:49:18.80</b>	+00:15:27 (31.4%)	9:51	6.1 (68.5%)
37	<b>JUREK Ewa</b>	<b>78</b>		K- Niepełnosprawni(B)	2			00:16:12	00:33:05	<b>00:50:07.25</b>	+00:16:16 (32.5%)	10:01	6 (67.4%)

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38	<b>KOZŁOWSKA Beata</b>	<b>87</b>		K50-54	3			00:16:26	00:33:28	<b>00:50:59.70</b>	+00:17:08 (33.6%)	10:11	5.9 (66.3%)
39	<b>TYMIŃSKA Katarzyna</b>	<b>128</b>		K55-59	5	1		00:16:58	00:34:40	<b>00:52:54.95</b>	+00:19:03 (36.0%)	10:34	5.7 (64.0%)
40	<b>WANCZEWSKA Maria</b>	<b>129</b>		K60-64	3			00:16:41	00:35:51	<b>00:55:44.50</b>	+00:21:53 (39.3%)	11:08	5.4 (60.7%)
41	<b>SZYBUT Milena</b>	<b>121</b>	POTĘGA NORDICA	K-Dzieci	8			00:17:54	00:37:04	<b>00:56:57.35</b>	+00:23:06 (40.6%)	11:23	5.3 (59.6%)
42	<b>KRETOWICZ Dominika</b>	<b>90</b>		K30-39	4			00:18:24	00:37:57	<b>00:57:08.45</b>	+00:23:17 (40.8%)	11:25	5.3 (59.6%)
43	<b>ŁODZIŃSKA Anna</b>	<b>93</b>		K30-39	5	1		00:18:25	00:38:00	<b>00:57:10.55</b>	+00:23:19 (40.8%)	11:26	5.2 (58.4%)
44	<b>RADECKA Krystyna</b>	<b>199</b>		K80+	1			00:19:44	00:40:03	<b>01:01:01.75</b>	+00:27:10 (44.5%)	12:12	4.9 (55.1%)

Znaleziono 44 wynik(ów)