



FINAŁ ENEA POLISH NORDIC WALKING CUP - POTĘGOWO - 5KM - 10/10

B4SPORT

Wydarzenie: FINAŁ ENEA POLISH NORDIC WALKING CUP
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-10-01
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	186	PTG'SOKÓŁ' RYMANÓW	K30-39	1			00:16:38	00:33:04.26		6:36	9.1 (100%)
2	BIELECKA Zuzanna	7	NW CZŁAPSKI TEAM	K40-44	1			00:16:46	00:33:42.98	+00:00:38 (1.9%)	6:44	8.9 (97.8%)
3	KARPIENIA Ewa	66	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1			00:16:54	00:33:54.58	+00:00:50 (2.5%)	6:46	8.8 (96.7%)
4	MAŚLANKA Iwona	102	MARSZ PO ZDROWIE	K50-54	2			00:16:54	00:34:09.60	+00:01:05 (3.2%)	6:49	8.8 (96.7%)
5	GUTOWSKA Magda	50	PAUL TEAM	K45-49	1			00:16:54	00:34:10.76	+00:01:06 (3.2%)	6:50	8.8 (96.7%)
6	OKRZESIK-FRĄCKOWIAK Izabela	114	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:16:57	00:34:11.12	+00:01:06 (3.3%)	6:50	8.8 (96.7%)
7	RAJEK Magdalena	262	NORDIC TEAM CZĘSTOCHOWA	K45-49	2			00:17:10	00:34:38.02	+00:01:33 (4.5%)	6:55	8.7 (95.6%)
8	JĘDRASIAK Renata	59	KGHM METRACO	K55-59	1			00:17:00	00:34:47.57	+00:01:43 (4.9%)	6:57	8.6 (94.5%)
9	JÓŹWIAK Marianna	60	SERCE NORDICA WŁOCŁAWEK	K45-49	3			00:17:12	00:34:55.17	+00:01:50 (5.3%)	6:59	8.6 (94.5%)
10	PASIŃSKA-SKOWRON Sylwia	121	PRUSZYŃSKI SPORT TEAM	K45-49	4			00:17:11	00:35:02.66	+00:01:58 (5.6%)	7:00	8.6 (94.5%)
11	FRANCZAK Małgorzata	267	NW CZŁAPSKI TEAM	K18-29	1			00:18:55	00:35:53.00	+00:02:48 (7.8%)	7:10	8.4 (92.3%)
12	ZDRZAŁEK Alicja	198	NORDIC SPORT 2021	K40-44	2			00:17:31	00:36:01.16	+00:02:56 (8.2%)	7:12	8.3 (91.2%)
13	KOWACZ Agata	78	SPEEDBAR	K40-44	3			00:17:49	00:36:11.27	+00:03:07 (8.6%)	7:14	8.3 (91.2%)

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14	BECZEK Magdalena	4	POLIPACK TEAM GWE	K30-39	2			00:18:14	00:36:44.48	+00:03:40 (10.0%)	7:20	8.2 (90.1%)
15	WITUCKA Karolina	188		K-Jun.	1			00:18:29	00:37:19.78	+00:04:15 (11.4%)	7:27	8 (87.9%)
16	PANKIEWICZ Ewelina	118	NORDIC SPORT 2021	K30-39	3			00:18:34	00:37:31.26	+00:04:26 (11.9%)	7:30	8 (87.9%)
17	PLUTO-PRĄDZYŃSKA Anna	126	SERCE NORDICA WŁOCŁAWEK	K30-39	4			00:18:50	00:37:55.62	+00:04:51 (12.8%)	7:35	7.9 (86.8%)
18	SZYMANOWSKA Anna	167	ŁĘBORSKIE LWY	K60-64	1			00:18:53	00:38:02.15	+00:04:57 (13.1%)	7:36	7.9 (86.8%)
19	SAPUŁA Wiktoria	145	NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:19:02	00:38:16.72	+00:05:12 (13.6%)	7:39	7.8 (85.7%)
20	GAŁKOWSKA Elżbieta	42	KGHM METRACO	K65-69	1			00:19:04	00:38:31.20	+00:05:26 (14.1%)	7:42	7.8 (85.7%)
21	WNEK Ewa	190	KGHM METRACO	K65-69	2			00:19:04	00:38:32.66	+00:05:28 (14.2%)	7:42	7.8 (85.7%)
22	MIODOŃSKA Iwona	106		K30-39	5			00:18:54	00:38:35.57	+00:05:31 (14.3%)	7:43	7.8 (85.7%)
23	NIEDŹWIECKA Małgorzata	109	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:19:18	00:38:38.41	+00:05:34 (14.4%)	7:43	7.8 (85.7%)
24	KOTUSIEWICZ Maria	76		K60-64	2			00:19:07	00:38:43.47	+00:05:39 (14.6%)	7:44	7.7 (84.6%)
25	SZYBUT Weronika	166	POTĘGA NORDICA	K-Dzieci	1			00:19:37	00:38:43.71	+00:05:39 (14.6%)	7:44	7.7 (84.6%)
26	KASPEREK Edyta	67	NW CZŁAPSKI TEAM	K45-49	5			00:19:13	00:38:51.46	+00:05:47 (14.9%)	7:46	7.7 (84.6%)
27	KRĘCKA Irena	265		K55-59	2			00:19:16	00:38:52.40	+00:05:48 (14.9%)	7:46	7.7 (84.6%)
28	KOCOŃ Sylwia	71		K40-44	4			00:19:32	00:39:11.06	+00:06:06 (15.6%)	7:50	7.7 (84.6%)
29	KISIELEWICZ Zofia	68	KGHM METRACO	K-Jun.	2			00:19:12	00:39:17.86	+00:06:13 (15.8%)	7:51	7.6 (83.5%)
30	ANTOSIAK Simonetta	263		K-Jun.	3			00:19:18	00:39:20.47	+00:06:16 (15.9%)	7:52	7.6 (83.5%)
31	SERÓWKA Lidia	259	DAJ RADOŚĆ	K- Niepełnosprawni(A)	1			00:19:36	00:39:32.92	+00:06:28 (16.4%)	7:54	7.6 (83.5%)
32	SKRZĄTEK Lucyna	148	NORDIC SPORT 2021	K50-54	4			00:19:26	00:39:43.10	+00:06:38 (16.7%)	7:56	7.6 (83.5%)
33	ROMANOWSKA Eliza	138	KGHM METRACO	K-Dzieci	2			00:19:43	00:39:57.04	+00:06:52 (17.2%)	7:59	7.5 (82.4%)
34	SERÓWKA Zuzanna	146	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-Dzieci	3			00:19:43	00:39:57.78	+00:06:53 (17.2%)	7:59	7.5 (82.4%)
35	DYBEŁ Agnieszka	34	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:19:45	00:40:15.30	+00:07:11 (17.8%)	8:03	7.5 (82.4%)
36	CHODORSKA Oliwia	54	KGHM METRACO	K-Jun.	4			00:19:47	00:40:16.59	+00:07:12 (17.9%)	8:03	7.5 (82.4%)

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37	PLUTO-PRĄDZYŃSKA Klaudia	127	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:58	00:40:17.42	+00:07:13 (17.9%)	8:03	7.4 (81.3%)
38	ŚLUSARCZYK Karolina	175	WESOŁY BORSUK TEAM	K18-29	3			00:20:00	00:40:22.22	+00:07:17 (18.1%)	8:04	7.4 (81.3%)
39	BOETCHER Patrycja	13		K-Dzieci	4			00:19:42	00:40:28.59	+00:07:24 (18.3%)	8:05	7.4 (81.3%)
40	KOZIOŁ Magdalena	82		K30-39	6			00:20:24	00:40:33.43	+00:07:29 (18.5%)	8:06	7.4 (81.3%)
41	GRYGOROWICZ Teresa	48	KGHM METRACO	K70-74	1			00:20:07	00:40:40.04	+00:07:35 (18.7%)	8:08	7.4 (81.3%)
42	BIESIADA Celina	8		K30-39	7			00:20:16	00:40:59.17	+00:07:54 (19.3%)	8:11	7.3 (80.2%)
43	DOMAGAŁA Julia	29		K-Dzieci	5			00:19:48	00:41:03.43	+00:07:59 (19.5%)	8:12	7.3 (80.2%)
44	BIKOWSKA Gabriela	10	LĘBORSKIE LWY	K- Niepełnosprawni(A)	3			00:20:17	00:41:21.30	+00:08:17 (20.0%)	8:16	7.3 (80.2%)
45	OWSIANA Katarzyna	117		K-Dzieci	6			00:20:44	00:41:23.50	+00:08:19 (20.1%)	8:16	7.2 (79.1%)
46	SZAŁAJ Anna	157	METRACO RUDNA	K- Niepełnosprawni(B)	2			00:20:26	00:41:24.16	+00:08:19 (20.1%)	8:16	7.2 (79.1%)
47	BŁOCH Lena	12		K-Dzieci	7			00:21:12	00:41:24.87	+00:08:20 (20.1%)	8:16	7.2 (79.1%)
48	UKLEJA Justyna	179	POTĘGA NORDICA	K30-39	8			00:20:34	00:41:32.40	+00:08:28 (20.4%)	8:18	7.2 (79.1%)
49	SOŁOBODOWSKA Pola	153		K-Dzieci	8			00:20:54	00:41:35.32	+00:08:31 (20.5%)	8:19	7.2 (79.1%)
50	LIPKA Agata	92		K-Dzieci	9			00:21:15	00:41:41.06	+00:08:36 (20.7%)	8:20	7.2 (79.1%)
51	ZDANOWICZ Marta	197		K45-49	6			00:20:26	00:41:44.55	+00:08:40 (20.8%)	8:20	7.2 (79.1%)
52	KOGUT Laura	73		K-Jun.	5			00:20:19	00:41:47.47	+00:08:43 (20.9%)	8:21	7.2 (79.1%)
53	KRYMSKA Sylwia	87		K50-54	5			00:20:46	00:41:52.59	+00:08:48 (21.0%)	8:22	7.2 (79.1%)
54	DOBOSZ Anna	28	NW CZŁAPSKI TEAM	K50-54	6			00:20:57	00:41:55.17	+00:08:50 (21.1%)	8:23	7.2 (79.1%)
55	WOŹNIAKOWSKA Anna	251		K45-49	7			00:20:48	00:42:03.73	+00:08:59 (21.4%)	8:24	7.1 (78.0%)
56	SZYMAŃSKA Lucyna	168	XV KOŁO PZERII W DYWITACH	K70-74	2			00:20:37	00:42:06.35	+00:09:02 (21.5%)	8:25	7.1 (78.0%)
57	WILK Iwona	185	NORDIC SPORT 2021	K45-49	8			00:21:06	00:42:09.38	+00:09:05 (21.6%)	8:25	7.1 (78.0%)
58	CZEKAJ Nadia	21		K-Dzieci	10			00:21:28	00:42:10.99	+00:09:06 (21.6%)	8:26	7.1 (78.0%)
59	KAKOL Roksana	65		K-Jun.	6			00:21:21	00:42:11.38	+00:09:07 (21.6%)	8:26	7.1 (78.0%)

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60	NERC Dorota	108		K60-64	3			00:21:05	00:42:38.05	+00:09:33 (22.4%)	8:31	7 (76.9%)
61	WESOŁOWSKA Milena	182		K-Dzieci	11			00:21:18	00:43:15.79	+00:10:11 (23.6%)	8:39	6.9 (75.8%)
62	KLOCEK Jagoda	70	KGHM METRACO	K-Jun.	7			00:20:25	00:43:19.43	+00:10:15 (23.7%)	8:39	6.9 (75.8%)
63	KUREK Aleksandra	90	KGHM METRACO	K30-39	9			00:21:21	00:43:23.79	+00:10:19 (23.8%)	8:40	6.9 (75.8%)
64	SZNAJDER Teresa	161		K65-69	4			00:21:43	00:43:28.63	+00:10:24 (23.9%)	8:41	6.9 (75.8%)
65	PRZYBORKIEWICZ Gosia	131	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	4			00:21:34	00:43:40.51	+00:10:36 (24.3%)	8:44	6.9 (75.8%)
66	UKLEJA Monika	178		K30-39	10			00:21:31	00:43:41.99	+00:10:37 (24.3%)	8:44	6.9 (75.8%)
67	NOWICKA Zuzanna	111	POTĘGA NORDICA	K-Dzieci	12			00:21:30	00:43:55.14	+00:10:50 (24.7%)	8:47	6.8 (74.7%)
68	HORNIAC Amanda	55	KGHM METRACO	K-Dzieci	13			00:21:52	00:44:21.45	+00:11:17 (25.4%)	8:52	6.8 (74.7%)
69	RUSZAŁA Martyna	141		K-Dzieci	14			00:22:17	00:44:37.11	+00:11:32 (25.9%)	8:55	6.7 (73.6%)
70	WORONKO-ZACZYŃSKA Janina	194	KGHM METRACO	K75-79	1			00:22:15	00:44:41.35	+00:11:37 (26.0%)	8:56	6.7 (73.6%)
71	KOWALSKA Danuta	79		K45-49	9			00:21:40	00:44:49.88	+00:11:45 (26.2%)	8:57	6.7 (73.6%)
72	REIKOWSKA Natalia	136		K-Dzieci	15			00:21:59	00:44:54.78	+00:11:50 (26.4%)	8:58	6.7 (73.6%)
73	SZYBUT Roma	165	POTĘGA NORDICA	K30-39	11			00:22:10	00:44:55.80	+00:11:51 (26.4%)	8:59	6.7 (73.6%)
74	PANKIEWICZ-DMOWSKA Cecylia	119		K70-74	3			00:22:12	00:45:02.69	+00:11:58 (26.6%)	9:00	6.7 (73.6%)
75	GABRYSZ Patrycja	40	KGHM METRACO	K-Jun.	8			00:21:56	00:45:31.53	+00:12:27 (27.4%)	9:06	6.6 (72.5%)
76	DYGULSKA Aleksandra	35		K-Dzieci	16			00:23:37	00:45:37.25	+00:12:32 (27.5%)	9:07	6.6 (72.5%)
77	PUTON Olga	133		K-Dzieci	17			00:22:36	00:45:46.03	+00:12:41 (27.7%)	9:09	6.6 (72.5%)
78	STEFAŃSKA Eliza	156		K-Dzieci	18			00:22:29	00:45:56.59	+00:12:52 (28.0%)	9:11	6.5 (71.4%)
79	JAKUBOWSKA Zuzanna	57		K-Dzieci	19			00:22:13	00:46:00.91	+00:12:56 (28.1%)	9:12	6.5 (71.4%)
80	KOZŁOWSKA Wiktoria	84	SP SKÓROWO	K-Jun.	9			00:22:31	00:46:04.91	+00:13:00 (28.2%)	9:12	6.5 (71.4%)
81	KOZŁOWSKA Magda	83	SP SKÓROWO	K-Dzieci	20			00:22:31	00:46:06.25	+00:13:01 (28.3%)	9:13	6.5 (71.4%)
82	RZECZYCKA Jolanta	142	POTĘGA NORDICA	K60-64	4			00:22:29	00:46:11.26	+00:13:06 (28.4%)	9:14	6.5 (71.4%)

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83	LIS Natalia	93		K-Dzieci	21			00:23:25	00:46:32.51	+00:13:28 (28.9%)	9:18	6.4 (70.3%)
84	WYROSTKIEWICZ Sylwia	269	POTĘGA NORDICA	K45-49	10			00:23:16	00:46:36.68	+00:13:32 (29.0%)	9:19	6.4 (70.3%)
85	DUSZEŃKO Elwira	31	KGHM METRACO	K- Niepełnosprawni(A)	5			00:22:46	00:46:38.29	+00:13:34 (29.1%)	9:19	6.4 (70.3%)
86	JUREK Łucja	62		K-Dzieci	22			00:23:40	00:46:45.05	+00:13:40 (29.3%)	9:21	6.4 (70.3%)
87	MATYJASZCZYK Milena	103		K-Dzieci	23			00:23:43	00:46:49.33	+00:13:45 (29.4%)	9:21	6.4 (70.3%)
88	CIESIELCZYK Katarzyna	18	POTĘGA NORDICA	K30-39	12			00:22:39	00:46:52.10	+00:13:47 (29.4%)	9:22	6.4 (70.3%)
89	DWORNICKA Anna	33	POTĘGA NORDICA	K40-44	5			00:23:55	00:47:22.87	+00:14:18 (30.2%)	9:28	6.3 (69.2%)
90	NOWICKA Agnieszka	110	POTĘGA NORDICA	K40-44	6			00:23:56	00:47:23.04	+00:14:18 (30.2%)	9:28	6.3 (69.2%)
91	MARCHEWKA Julia	99		K-Dzieci	24			00:23:36	00:47:29.79	+00:14:25 (30.4%)	9:29	6.3 (69.2%)
92	WIRKUS Danuta	187		K55-59	3			00:23:40	00:47:31.64	+00:14:27 (30.4%)	9:30	6.3 (69.2%)
93	MAJEWSKA Zuzanna	97		K-Dzieci	25			00:23:07	00:47:55.93	+00:14:51 (31.0%)	9:35	6.3 (69.2%)
94	MIKULSKA Milena	105		K-Dzieci	26			00:23:28	00:47:56.48	+00:14:52 (31.0%)	9:35	6.3 (69.2%)
95	SZMAJDA Oliwia	160		K-Dzieci	27			00:23:55	00:48:15.31	+00:15:11 (31.5%)	9:39	6.2 (68.1%)
96	AMBROZIAK Gabriela	2		K-Dzieci	28			00:23:56	00:48:41.28	+00:15:37 (32.1%)	9:44	6.2 (68.1%)
97	ŚLUSARCZYK Danuta	174	WESOŁY BORSUK TEAM	K70-74	4			00:23:53	00:49:24.00	+00:16:19 (33.1%)	9:52	6.1 (67.0%)
98	PRZYBORKIEWICZ Maja	132	PIERNIKI TORUŃ	K-Dzieci	29			00:25:05	00:51:56.48	+00:18:52 (36.3%)	10:23	5.8 (63.7%)
99	MAŁECKA Nadia	98		K-Dzieci	30			00:25:35	00:53:27.56	+00:20:23 (38.1%)	10:41	5.6 (61.5%)
100	DAJNOWICZ Ewa	209	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	6			00:27:00	00:54:52.08	+00:21:47 (39.7%)	10:58	5.5 (60.4%)
101	CAPLIŃSKA Wioletta	257	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	7			00:27:01	00:54:53.03	+00:21:48 (39.7%)	10:58	5.5 (60.4%)
102	STEFAŃSKA Agnieszka	155		K40-44	7			00:27:26	00:55:36.18	+00:22:31 (40.5%)	11:07	5.4 (59.3%)
103	KĄKOL Katarzyna	229		K30-39	13			00:27:35	00:56:05.53	+00:23:01 (41.0%)	11:13	5.3 (58.2%)
104	RASZEWSKA-BIDA Zofia	135		K-Dzieci	31			00:25:51	00:56:26.36	+00:23:22 (41.4%)	11:17	5.3 (58.2%)
105	ZAWADZKA Judyta	270	POTĘGA NORDICA	K30-39	14			00:28:49	00:59:00.29	+00:25:56 (44.0%)	11:48	5.1 (56.0%)

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106	PŁATEK Małgorzata	205	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	8			00:28:54	00:59:07.00	+00:26:02 (44.1%)	11:49	5.1 (56.0%)
107	CZAPIEWSKA Agata	256	ŚDS POTĘGOWO	K- Niepełnosprawni(A)	9			00:29:45		+00:13:07	11:54	5 (54.9%)

Znaleziono 107 wynik(ów)