



# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-09-12  
**Miejsce:** Hajnówka  
**Dystans:** 5 km



Klasyfikacja: K Junior

| Msc | Zawodnik                    | Numer      | Klub                             | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|----------------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | <b>WOŹNIAK Klaudia</b>      | <b>506</b> | PODWÓJNY UŚMIECH                 | K Junior  | 1    |                |                 | 01:52:43       | <b>00:35:53</b>      | <b>02:28:36</b>       |                      | 7:10            | 8.4<br>(100%)  |
| 2   | <b>ROMANIUK Regina</b>      | <b>371</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 2    |                |                 | 01:52:44       | <b>00:37:10</b>      | <b>02:29:54</b>       | +00:01:17<br>(3.5%)  | 7:26            | 8.1<br>(96.4%) |
| 3   | <b>SPYCHAŁA Michalina</b>   | <b>420</b> | WESOŁY BORSUK TEAM               | K Junior  | 3    |                |                 | 01:52:44       | <b>00:37:35</b>      | <b>02:30:19</b>       | +00:01:42<br>(4.5%)  | 7:31            | 8<br>(95.2%)   |
| 4   | <b>ONISZCZUK Iwona</b>      | <b>319</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 4    |                |                 | 01:52:55       | <b>00:37:47</b>      | <b>02:30:42</b>       | +00:01:54<br>(5.0%)  | 7:33            | 7.9<br>(94.0%) |
| 5   | <b>DYKIERT Andżelika</b>    | <b>88</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 5    |                |                 | 01:52:44       | <b>00:38:00</b>      | <b>02:30:44</b>       | +00:02:07<br>(5.6%)  | 7:36            | 7.9<br>(94.0%) |
| 6   | <b>SAMOCIUK Natalia</b>     | <b>397</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 6    |                |                 | 01:52:44       | <b>00:38:34</b>      | <b>02:31:18</b>       | +00:02:41<br>(7.0%)  | 7:42            | 7.8<br>(92.9%) |
| 7   | <b>KUZYKA Kamila</b>        | <b>236</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 7    |                |                 | 01:52:59       | <b>00:38:37</b>      | <b>02:31:36</b>       | +00:02:44<br>(7.1%)  | 7:43            | 7.8<br>(92.9%) |
| 8   | <b>TRĘTOWICZ Aleksandra</b> | <b>471</b> | KOLBUSZOWSKI KLUB NORDIC WALKING | K Junior  | 8    |                |                 | 01:52:45       | <b>00:38:50</b>      | <b>02:31:35</b>       | +00:02:57<br>(7.6%)  | 7:46            | 7.7<br>(91.7%) |
| 9   | <b>KONIK Dominika</b>       | <b>201</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 9    |                |                 | 01:53:42       | <b>00:39:25</b>      | <b>02:33:07</b>       | +00:03:32<br>(9.0%)  | 7:53            | 7.6<br>(90.5%) |
| 10  | <b>BIELAWSKA Kamila</b>     | <b>35</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 10   |                |                 | 01:53:43       | <b>00:39:26</b>      | <b>02:33:09</b>       | +00:03:33<br>(9.0%)  | 7:53            | 7.6<br>(90.5%) |
| 11  | <b>IWANIUK Julia</b>        | <b>153</b> | GIMNAZJUM Z DNJB W HAJNÓWCE      | K Junior  | 11   |                |                 | 01:52:46       | <b>00:40:10</b>      | <b>02:32:56</b>       | +00:04:17<br>(10.7%) | 8:02            | 7.5<br>(89.3%) |
| 12  | <b>WIŚNIEWSKA Klaudia</b>   | <b>499</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 12   |                |                 | 01:53:43       | <b>00:41:24</b>      | <b>02:35:07</b>       | +00:05:31<br>(13.3%) | 8:16            | 7.2<br>(85.7%) |
| 13  | <b>DMITRUK Małgorzata</b>   | <b>80</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH          | K Junior  | 13   |                |                 | 01:52:45       | <b>00:41:25</b>      | <b>02:34:10</b>       | +00:05:32<br>(13.4%) | 8:17            | 7.2<br>(85.7%) |
| 14  | <b>DZWONKOWSKA Berenika</b> | <b>92</b>  | ZSO HAJNÓWKA                     | K Junior  | 14   |                |                 | 01:52:48       | <b>00:41:56</b>      | <b>02:34:44</b>       | +00:06:03<br>(14.4%) | 8:23            | 7.2<br>(85.7%) |

| Msc | Zawodnik                      | Numer      | Klub                                  | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km  | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|---------------------------------------|-----------|------|-------------|--------------|-------------|-----------------|-----------------|-------------------|--------------|-------------|
| 15  | <b>GĄSOWSKA Angelika</b>      | <b>108</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 15   |             |              | 01:52:57    | <b>00:42:10</b> | <b>02:35:07</b> | +00:06:17 (14.9%) | 8:26         | 7.1 (84.5%) |
| 16  | <b>ORZECHOWSKA Małgorzata</b> | <b>322</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 16   |             |              | 01:52:56    | <b>00:42:41</b> | <b>02:35:37</b> | +00:06:48 (15.9%) | 8:32         | 7 (83.3%)   |
| 17  | <b>CHRAPEK Daria</b>          | <b>63</b>  | GIMNAZJUM IM. JANA PAWŁA II W RUDZICY | K Junior  | 17   |             |              | 01:52:43    | <b>00:42:51</b> | <b>02:35:34</b> | +00:06:58 (16.3%) | 8:34         | 7 (83.3%)   |
| 18  | <b>ZAKREWSKA Martyna</b>      | <b>514</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 18   |             |              | 01:53:40    | <b>00:42:59</b> | <b>02:36:39</b> | +00:07:06 (16.5%) | 8:35         | 7 (83.3%)   |
| 19  | <b>ALEKSIEJUK Paulina</b>     | <b>3</b>   | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 19   |             |              | 01:52:59    | <b>00:43:40</b> | <b>02:36:39</b> | +00:07:47 (17.8%) | 8:44         | 6.9 (82.1%) |
| 20  | <b>ZABORNIAK Natalia</b>      | <b>510</b> | ZSO HAJNÓWKA                          | K Junior  | 20   |             |              | 01:52:55    | <b>00:43:44</b> | <b>02:36:39</b> | +00:07:51 (17.9%) | 8:44         | 6.9 (82.1%) |
| 21  | <b>NAZARUK Małgorzata</b>     | <b>299</b> | ZSO HAJNÓWKA                          | K Junior  | 21   |             |              | 01:52:54    | <b>00:43:48</b> | <b>02:36:42</b> | +00:07:55 (18.1%) | 8:45         | 6.8 (81.0%) |
| 22  | <b>ROSZCZENKO Magdalena</b>   | <b>375</b> |                                       | K Junior  | 22   |             |              | 01:52:47    | <b>00:43:52</b> | <b>02:36:39</b> | +00:07:59 (18.2%) | 8:46         | 6.8 (81.0%) |
| 23  | <b>KĘDYŚ Magdalena</b>        | <b>162</b> |                                       | K Junior  | 23   |             |              | 01:52:47    | <b>00:43:58</b> | <b>02:36:45</b> | +00:08:05 (18.4%) | 8:47         | 6.8 (81.0%) |
| 24  | <b>PROKOPIUK Diana</b>        | <b>358</b> | ZSO HAJNÓWKA                          | K Junior  | 24   |             |              | 01:52:49    | <b>00:44:02</b> | <b>02:36:51</b> | +00:08:09 (18.5%) | 8:48         | 6.8 (81.0%) |
| 25  | <b>ZDANOWSKA Agnieszka</b>    | <b>518</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 25   |             |              | 01:52:56    | <b>00:44:14</b> | <b>02:37:10</b> | +00:08:21 (18.9%) | 8:50         | 6.8 (81.0%) |
| 26  | <b>STEFANIUK Weronika</b>     | <b>666</b> |                                       | K Junior  | 26   |             |              | 01:52:45    | <b>00:44:19</b> | <b>02:37:04</b> | +00:08:26 (19.0%) | 8:51         | 6.8 (81.0%) |
| 27  | <b>TARASIUK Natalia</b>       | <b>459</b> |                                       | K Junior  | 27   |             |              | 01:52:46    | <b>00:44:29</b> | <b>02:37:15</b> | +00:08:36 (19.3%) | 8:53         | 6.7 (79.8%) |
| 27  | <b>CIWUN Marianna</b>         | <b>68</b>  |                                       | K Junior  | 28   |             |              | 01:52:46    | <b>00:44:29</b> | <b>02:37:15</b> | +00:08:36 (19.3%) | 8:53         | 6.7 (79.8%) |
| 29  | <b>KICZKAJŁO Weronika</b>     | <b>245</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 29   |             |              | 01:52:59    | <b>00:44:33</b> | <b>02:37:32</b> | +00:08:40 (19.5%) | 8:54         | 6.7 (79.8%) |
| 29  | <b>GIERASIMIUK Sylwia</b>     | <b>110</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 30   |             |              | 01:53:00    | <b>00:44:33</b> | <b>02:37:33</b> | +00:08:40 (19.5%) | 8:54         | 6.7 (79.8%) |
| 31  | <b>ZABORSKA Karolina</b>      | <b>511</b> | ZSO HAJNÓWKA                          | K Junior  | 31   |             |              | 01:52:54    | <b>00:44:44</b> | <b>02:37:38</b> | +00:08:51 (19.8%) | 8:56         | 6.7 (79.8%) |
| 32  | <b>BURDON Monika</b>          | <b>54</b>  | ZSO HAJNÓWKA                          | K Junior  | 32   |             |              | 01:52:53    | <b>00:44:47</b> | <b>02:37:40</b> | +00:08:54 (19.9%) | 8:57         | 6.7 (79.8%) |
| 33  | <b>SZUMOWSKA Anna</b>         | <b>451</b> | ZSO HAJNÓWKA                          | K Junior  | 33   |             |              | 01:52:52    | <b>00:44:50</b> | <b>02:37:42</b> | +00:08:57 (20.0%) | 8:58         | 6.7 (79.8%) |
| 34  | <b>OMIELIANIUK Patrycja</b>   | <b>318</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 34   |             |              | 01:53:43    | <b>00:45:13</b> | <b>02:38:56</b> | +00:09:20 (20.6%) | 9:02         | 6.6 (78.6%) |
| 35  | <b>SZPAKOWICZ Luiza</b>       | <b>441</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 35   |             |              | 01:53:42    | <b>00:45:17</b> | <b>02:38:59</b> | +00:09:24 (20.8%) | 9:03         | 6.6 (78.6%) |
| 36  | <b>TRESZCZOTKA Wioletta</b>   | <b>469</b> |                                       | K Junior  | 36   |             |              | 01:52:54    | <b>00:45:21</b> | <b>02:38:15</b> | +00:09:28 (20.9%) | 9:04         | 6.6 (78.6%) |
| 37  | <b>FURMANEK Natalia</b>       | <b>99</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH               | K Junior  | 37   |             |              | 01:53:45    | <b>00:45:26</b> | <b>02:39:11</b> | +00:09:33 (21.0%) | 9:05         | 6.6 (78.6%) |

| Msc | Zawodnik                    | Numer      | Klub                    | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Czas netto 5km  | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|-------------------------|-----------|------|-------------|--------------|-------------|-----------------|-----------------|-------------------|--------------|-------------|
| 38  | <b>AMILUSIK Magdalena</b>   | <b>5</b>   |                         | K Junior  | 38   |             |              | 01:52:51    | <b>00:45:30</b> | <b>02:38:21</b> | +00:09:37 (21.1%) | 9:06         | 6.6 (78.6%) |
| 39  | <b>ANACIK Agnieszka</b>     | <b>6</b>   |                         | K Junior  | 39   |             |              | 01:52:50    | <b>00:45:32</b> | <b>02:38:22</b> | +00:09:39 (21.2%) | 9:06         | 6.6 (78.6%) |
| 39  | <b>KOWALSKA Elwira</b>      | <b>215</b> |                         | K Junior  | 40   |             |              | 01:52:51    | <b>00:45:32</b> | <b>02:38:23</b> | +00:09:39 (21.2%) | 9:06         | 6.6 (78.6%) |
| 41  | <b>LEWCZUK Marta</b>        | <b>247</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 41   |             |              | 01:52:57    | <b>00:45:41</b> | <b>02:38:38</b> | +00:09:48 (21.5%) | 9:08         | 6.6 (78.6%) |
| 42  | <b>SIDORUK Elżbieta</b>     | <b>401</b> | ZSO HAJNÓWKA            | K Junior  | 42   |             |              | 01:52:50    | <b>00:45:56</b> | <b>02:38:46</b> | +00:10:03 (21.9%) | 9:11         | 6.5 (77.4%) |
| 43  | <b>NOWICKA Karolina</b>     | <b>307</b> | ZSO HAJNÓWKA            | K Junior  | 43   |             |              | 01:52:50    | <b>00:46:19</b> | <b>02:39:09</b> | +00:10:26 (22.5%) | 9:15         | 6.5 (77.4%) |
| 44  | <b>BARAN Karolina</b>       | <b>28</b>  | ZSO HAJNÓWKA            | K Junior  | 44   |             |              | 01:52:48    | <b>00:46:20</b> | <b>02:39:08</b> | +00:10:27 (22.6%) | 9:16         | 6.5 (77.4%) |
| 44  | <b>ANDROSIUK Małgorzata</b> | <b>12</b>  | ZSO HAJNÓWKA            | K Junior  | 45   |             |              | 01:52:48    | <b>00:46:20</b> | <b>02:39:08</b> | +00:10:27 (22.6%) | 9:16         | 6.5 (77.4%) |
| 46  | <b>BLICHARZ Małgorzata</b>  | <b>248</b> |                         | K Junior  | 46   |             |              | 01:52:52    | <b>00:46:26</b> | <b>02:39:18</b> | +00:10:33 (22.7%) | 9:17         | 6.5 (77.4%) |
| 47  | <b>KENDYŚ Justyna</b>       | <b>188</b> |                         | K Junior  | 47   |             |              | 01:52:52    | <b>00:46:27</b> | <b>02:39:19</b> | +00:10:34 (22.7%) | 9:17         | 6.5 (77.4%) |
| 48  | <b>NIEWIADOMSKA Natalia</b> | <b>302</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 48   |             |              | 01:52:58    | <b>00:46:37</b> | <b>02:39:35</b> | +00:10:44 (23.0%) | 9:19         | 6.4 (76.2%) |
| 49  | <b>GOLONKO Magda</b>        | <b>119</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 49   |             |              | 01:52:58    | <b>00:46:38</b> | <b>02:39:36</b> | +00:10:45 (23.1%) | 9:19         | 6.4 (76.2%) |
| 50  | <b>KASJANIUK Luiza</b>      | <b>186</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 50   |             |              | 01:53:40    | <b>00:46:55</b> | <b>02:40:35</b> | +00:11:02 (23.5%) | 9:23         | 6.4 (76.2%) |
| 51  | <b>SAPIESZKO Klaudia</b>    | <b>398</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 51   |             |              | 01:53:41    | <b>00:46:58</b> | <b>02:40:39</b> | +00:11:05 (23.6%) | 9:23         | 6.4 (76.2%) |
| 52  | <b>CHILIMONIUK Daria</b>    | <b>57</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 52   |             |              | 01:52:57    | <b>00:46:59</b> | <b>02:39:56</b> | +00:11:06 (23.6%) | 9:23         | 6.4 (76.2%) |
| 53  | <b>DŁUGOSZ Dominika</b>     | <b>79</b>  |                         | K Junior  | 53   |             |              | 01:52:53    | <b>00:47:09</b> | <b>02:40:02</b> | +00:11:16 (23.9%) | 9:25         | 6.4 (76.2%) |
| 54  | <b>KRUPA Dagmara</b>        | <b>224</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 54   |             |              | 01:53:41    | <b>00:47:13</b> | <b>02:40:54</b> | +00:11:20 (24.0%) | 9:26         | 6.4 (76.2%) |
| 55  | <b>OSIPIUK Joanna</b>       | <b>327</b> | ZSO HAJNÓWKA            | K Junior  | 55   |             |              | 01:52:46    | <b>00:47:15</b> | <b>02:40:01</b> | +00:11:22 (24.1%) | 9:27         | 6.3 (75.0%) |
| 55  | <b>TARARUJ Paulina</b>      | <b>457</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 56   |             |              | 01:53:40    | <b>00:47:15</b> | <b>02:40:55</b> | +00:11:22 (24.1%) | 9:27         | 6.3 (75.0%) |
| 57  | <b>ANTONIUK Paula</b>       | <b>22</b>  | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 57   |             |              | 01:52:55    | <b>00:47:21</b> | <b>02:40:16</b> | +00:11:28 (24.2%) | 9:28         | 6.3 (75.0%) |
| 58  | <b>SACHARCZUK Iza</b>       | <b>390</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH | K Junior  | 58   |             |              | 01:52:54    | <b>00:47:24</b> | <b>02:40:18</b> | +00:11:31 (24.3%) | 9:28         | 6.3 (75.0%) |
| 59  | <b>GOWORKO Magda</b>        | <b>123</b> | ZSO HAJNÓWKA            | K Junior  | 59   |             |              | 01:52:49    | <b>00:47:57</b> | <b>02:40:46</b> | +00:12:04 (25.2%) | 9:35         | 6.3 (75.0%) |
| 60  | <b>KLIMOWICZ Weronika</b>   | <b>195</b> | ZSO HAJNÓWKA            | K Junior  | 60   |             |              | 01:52:47    | <b>00:48:01</b> | <b>02:40:48</b> | +00:12:08 (25.3%) | 9:36         | 6.2 (73.8%) |

| Msc | Zawodnik                   | Numer      | Klub                      | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Czas<br>startu | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|---------------------------|-----------|------|----------------|-----------------|----------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| 61  | <b>PIETRYCZUK Beata</b>    | <b>350</b> |                           | K Junior  | 61   |                |                 | 01:53:41       | <b>00:48:45</b>      | <b>02:42:26</b>       | +00:12:52<br>(26.4%) | 9:45            | 6.2<br>(73.8%) |
| 61  | <b>HUDYKA Ewelina</b>      | <b>150</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH   | K Junior  | 62   |                |                 | 01:53:42       | <b>00:48:45</b>      | <b>02:42:27</b>       | +00:12:52<br>(26.4%) | 9:45            | 6.2<br>(73.8%) |
| 63  | <b>BAJ Patrycja</b>        | <b>26</b>  |                           | K Junior  | 63   |                |                 | 01:53:43       | <b>00:48:48</b>      | <b>02:42:31</b>       | +00:12:55<br>(26.5%) | 9:45            | 6.1<br>(72.6%) |
| 64  | <b>CETRA Kamila</b>        | <b>55</b>  |                           | K Junior  | 64   |                |                 | 01:53:42       | <b>00:48:49</b>      | <b>02:42:31</b>       | +00:12:56<br>(26.5%) | 9:45            | 6.1<br>(72.6%) |
| 65  | <b>WALCZUK Anna</b>        | <b>481</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH   | K Junior  | 65   |                |                 | 01:53:44       | <b>00:49:40</b>      | <b>02:43:24</b>       | +00:13:47<br>(27.8%) | 9:56            | 6<br>(71.4%)   |
| 66  | <b>SUCHODOŁA Andżelika</b> | <b>432</b> | ZESPÓŁ SZKÓŁ ZAWODOWYCH   | K Junior  | 66   |                |                 | 01:53:44       | <b>00:50:01</b>      | <b>02:43:45</b>       | +00:14:08<br>(28.3%) | 10:00           | 6<br>(71.4%)   |
| 67  | <b>PRUSZKIEWICZ Kinga</b>  | <b>361</b> | RUCH PO ZDROWIE WŁOCŁAWEK | K Junior  | 67   |                |                 | 01:52:43       | <b>00:50:50</b>      | <b>02:43:33</b>       | +00:14:57<br>(29.4%) | 10:10           | 5.9<br>(70.2%) |

Znaleziono 67 wynik(ów)