



Ludowy Klub Sportowy
OSTROMECKO

I OSTROMECKI MARSZ NORDIC WALKING

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: Weekend sportowy - Ostromecko, Dąbrowa
Chełmińska
Organiser: Ludowy Klub Sportowy Ostromecko
Date: 2024-09-28
Place: Ostromecko
Distance: 5 km

Classification: All

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Gminy Dąbrowa Chełmińska	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MIKOŁAJCZYK Zbigniew	736		M Open	1		00:35:57.90	00:35:57.90		7:11	8.3 (100%)
2	MACIEJEWSKI Roman	747		M Open	2		00:35:58.25	00:35:58.25	+00:00:00 (0.0%)	7:11	8.3 (100%)
3	ADAMCZYK Kamil	717	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	M Open	3		00:36:31.20	00:36:31.20	+00:00:33 (1.5%)	7:18	8.2 (98.8%)
4	TARGOWSKA Małgorzata	715	AZS PBŚ	K Open	1		00:37:34.60	00:37:34.60	+00:01:36 (4.3%)	7:30	8 (96.4%)
5	NICIEJEWSKA Anna	755		K Open	2	Tak	00:38:21.35	00:38:21.35	+00:02:23 (6.2%)	7:40	7.8 (94.0%)
6	ŚLIWIŃSKA Malwina	739		K Open	3	Tak	00:41:25.45	00:41:25.45	+00:05:27 (13.2%)	8:17	7.2 (86.7%)
7	BABACZYK Marta	708		K Open	4	Tak	00:41:38.50	00:41:38.50	+00:05:40 (13.6%)	8:19	7.2 (86.7%)
8	KUCHARCZYK Jolanta	734		K Open	5	Tak	00:41:54.35	00:41:54.35	+00:05:56 (14.2%)	8:22	7.2 (86.7%)
9	GÓRSKA Milena	701		K Open	6	Tak	00:42:30.45	00:42:30.45	+00:06:32 (15.4%)	8:30	7.1 (85.5%)
10	STEPIEŃ Aga	704		K Open	7	Tak	00:42:30.95	00:42:30.95	+00:06:33 (15.4%)	8:30	7.1 (85.5%)
11	GŁOWACKA Alicja	733		K Open	8	Tak	00:42:38.85	00:42:38.85	+00:06:40 (15.7%)	8:31	7 (84.3%)
12	KRASKA-WADYCH Dorota	707		K Open	9	Tak	00:42:40.10	00:42:40.10	+00:06:42 (15.7%)	8:32	7 (84.3%)
13	MACIOROWSKA Agnieszka	751		K Open	10	Tak	00:42:48.35	00:42:48.35	+00:06:50 (16.0%)	8:33	7 (84.3%)
14	KĄDZIOŁKA Grażyna	714	ZAWSZE MŁODZI AKTYWNI I ZDROWI	K Open	11		00:43:00.85	00:43:00.85	+00:07:02 (16.4%)	8:36	7 (84.3%)
15	BULLER Dominika	745		K Open	12		00:43:26.80	00:43:26.80	+00:07:28 (17.2%)	8:41	6.9 (83.1%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Gminy Dąbrowa Chełmińska	Net	Czas	Gap	Pace	Pace
							time	brutto		min/km	km/h
							5km	5km			
16	SYROCKA Anna	712		K Open	13	Tak	00:43:50.40	00:43:50.40	+00:07:52 (18.0%)	8:46	6.8 (81.9%)
16	PODGÓREczNA Kamila	742		K Open	13		00:43:50.40	00:43:50.40	+00:07:52 (18.0%)	8:46	6.8 (81.9%)
18	CHRUŚCIEL Justyna	750		K Open	15	Tak	00:44:01.65	00:44:01.65	+00:08:03 (18.3%)	8:48	6.8 (81.9%)
19	JASNOWSKA Hanna	743		K Open	16		00:44:51.30	00:44:51.30	+00:08:53 (19.8%)	8:58	6.7 (80.7%)
20	SAWKA Adam	749	KWIDZYN CHODZI	M Open	4		00:45:10.60	00:45:10.60	+00:09:12 (20.4%)	9:02	6.6 (79.5%)
21	JANOWSKA-DRAŻYK Anna	756		K Open	17	Tak	00:45:12.35	00:45:12.35	+00:09:14 (20.4%)	9:02	6.6 (79.5%)
22	KARBOWNIK Anna	753		K Open	18		00:45:12.55	00:45:12.55	+00:09:14 (20.4%)	9:02	6.6 (79.5%)
23	ZMUDA Anna	732		K Open	19	Tak	00:45:14.85	00:45:14.85	+00:09:16 (20.5%)	9:02	6.6 (79.5%)
24	BAŃKA Anna	703		K Open	20	Tak	00:45:53.05	00:45:53.05	+00:09:55 (21.6%)	9:10	6.5 (78.3%)
25	ŚLIWIŃSKA Malwina	757		K Open	21	Tak	00:45:53.25	00:45:53.25	+00:09:55 (21.6%)	9:10	6.5 (78.3%)
26	KOWALIK Danuta	706		K Open	22	Tak	00:45:54.50	00:45:54.50	+00:09:56 (21.7%)	9:10	6.5 (78.3%)
27	KOCINIEWSKA Ewa	705	LKS JANOWO	K Open	23	Tak	00:46:51.75	00:46:51.75	+00:10:53 (23.3%)	9:22	6.4 (77.1%)
28	SIEREK Zosia	710		K Open	24	Tak	00:46:56.95	00:46:56.95	+00:10:59 (23.4%)	9:23	6.4 (77.1%)
29	SZCZĘSNA Hanna	748		K Open	25	Tak	00:47:06.75	00:47:06.75	+00:11:08 (23.7%)	9:25	6.4 (77.1%)
30	SZCZĘSNA-KOZIEŁ Kinga	746		K Open	26	Tak	00:47:07.00	00:47:07.00	+00:11:09 (23.7%)	9:25	6.4 (77.1%)
31	RAFALSKA Ewa	744		K Open	27		00:47:43.45	00:47:43.45	+00:11:45 (24.6%)	9:32	6.3 (75.9%)
32	PAŁCZYŃSKA Irena	729	ZAWSZE MŁODZI,AKTYWNI I ZDROWI	K Open	28	Tak	00:49:02.70	00:49:02.70	+00:13:04 (26.7%)	9:48	6.1 (73.5%)
33	HAS Janina	737		K Open	29	Tak	00:49:23.10	00:49:23.10	+00:13:25 (27.2%)	9:52	6.1 (73.5%)
34	WYSOCKA Marzena	738		K Open	30		00:49:23.50	00:49:23.50	+00:13:25 (27.2%)	9:52	6.1 (73.5%)
35	JARKOWSKA Hanna	741		K Open	31	Tak	00:50:20.05	00:50:20.05	+00:14:22 (28.5%)	10:04	6 (72.3%)
36	SIEREK Beata	740		K Open	32	Tak	00:50:20.20	00:50:20.20	+00:14:22 (28.6%)	10:04	6 (72.3%)
37	NEJMAN Aleksandra	716		K Open	33	Tak	00:50:30.20	00:50:30.20	+00:14:32 (28.8%)	10:06	5.9 (71.1%)
38	ŁUKASIK Agnieszka	709		K Open	34	Tak	00:50:30.65	00:50:30.65	+00:14:32 (28.8%)	10:06	5.9 (71.1%)

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39	RAKOWSKA Iwona	725	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	35		00:53:46.15	00:53:46.15	+00:17:48 (33.1%)	10:45	5.6 (67.5%)
40	RZEMEK Regina	719	ZAWSZE MŁODZI, ALTYWNI I ZDROWI	K Open	36		00:53:46.65	00:53:46.65	+00:17:48 (33.1%)	10:45	5.6 (67.5%)
41	ROLEK Urszula	718	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	37		00:53:47.15	00:53:47.15	+00:17:49 (33.1%)	10:45	5.6 (67.5%)
42	PILARSKA Danuta	724	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	38		00:53:47.60	00:53:47.60	+00:17:49 (33.1%)	10:45	5.6 (67.5%)
43	PANCERZ Krystyna	720	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	39		00:53:47.65	00:53:47.65	+00:17:49 (33.1%)	10:45	5.6 (67.5%)
44	TOKARSKA Elżbieta	730	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	40		00:54:12.95	00:54:12.95	+00:18:15 (33.7%)	10:50	5.5 (66.3%)
45	DĄBROWSKA Grażyna	731	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	41		00:54:30.55	00:54:30.55	+00:18:32 (34.0%)	10:54	5.5 (66.3%)
46	JABŁOŃSKA Beata	735	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	42		00:54:47.80	00:54:47.80	+00:18:49 (34.4%)	10:57	5.5 (66.3%)
47	KRZYŻANOWSKA Eugenia	727	ZAWSZE MŁODZI, AKTYWNI I ZDROWI	K Open	43		00:56:34.35	00:56:34.35	+00:20:36 (36.4%)	11:18	5.3 (63.9%)

Total 47 results.