



# II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022 - POLANICA-ZDRÓJ - 10KM - 10/4

B4SPORT

**Event:** II Otwarte Górskie Mistrzostwa Polski Nordic Walking 2022  
**Organiser:** Polskie Zrzeszenie Nordic Walking  
**Date:** 2022-07-02  
**Place:** Polanica-Zdrój  
**Distance:** 10 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	ZACZYŃSKA-SKIBA Anna	93	KGHM METRACO	K40-49	1			00:36:10	<b>01:12:47.80</b>		7:16	8.2 (100%)
2	BIELECKA Zuzanna	7	NW CZĘŁAPSKI TEAM	K40-49	2			00:36:31	<b>01:13:54.80</b>	+00:01:07 (1.5%)	7:23	8.1 (98.8%)
3	RAJEK Magdalena	62	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:40:11	<b>01:19:32.60</b>	+00:06:44 (8.5%)	7:57	7.5 (91.5%)
4	SZCZUDLIK Małgorzata	75	KIJKOWE TRZEMESZNO	K40-49	4			00:40:19	<b>01:20:47.90</b>	+00:08:00 (9.9%)	8:04	7.4 (90.2%)
5	KOWACZ Agata	35	SPEEDBAR	K40-49	5			00:40:55	<b>01:23:25.95</b>	+00:10:38 (12.7%)	8:20	7.2 (87.8%)
6	KUŁAKOWSKA Halina	38	KATOWICKI NORDIC WALKING	K40-49	6			00:41:37	<b>01:24:15.10</b>	+00:11:27 (13.6%)	8:25	7.1 (86.6%)
7	JARUGA Beata	27		K40-49	7			00:41:20	<b>01:25:13.50</b>	+00:12:25 (14.6%)	8:31	7 (85.4%)
8	MUSIAŁ Ola	47	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:42:39	<b>01:25:30.05</b>	+00:12:42 (14.9%)	8:33	7 (85.4%)
9	ZDRZAŁEK Alicja	92	NORDIC SPORT 2021	K40-49	9			00:41:21	<b>01:26:05.70</b>	+00:13:17 (15.4%)	8:36	7 (85.4%)
10	SKIBA Beata	65	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:43:11	<b>01:28:26.80</b>	+00:15:39 (17.7%)	8:50	6.8 (82.9%)
11	PIEŃKOWSKA Urszula	55	SERCE NORDICA WŁOCŁAWEK	K40-49	11			00:44:12	<b>01:29:17.85</b>	+00:16:30 (18.5%)	8:55	6.7 (81.7%)
12	BUCZKO Agnieszka	10		K40-49	12			00:47:27	<b>01:32:03.00</b>	+00:19:15 (20.9%)	9:12	6.5 (79.3%)
13	JANKOWSKA Anna	26	OŁAWA-JANIKÓW NK	K40-49	13			00:46:42	<b>01:34:29.60</b>	+00:21:41 (23.0%)	9:26	6.4 (78.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
14	<b>POLAŃSKA Agnieszka</b>	<b>59</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	14			00:46:52	<b>01:34:43.85</b>	+00:21:56 (23.2%)	9:28	6.3 (76.8%)
15	<b>KEDYS Agnieszka</b>	<b>33</b>		K40-49	15			00:47:11	<b>01:37:32.30</b>	+00:24:44 (25.4%)	9:45	6.2 (75.6%)
16	<b>SOROKA-MITUŁA Grażyna</b>	<b>67</b>		K40-49	16			00:46:08	<b>01:38:57.50</b>	+00:26:09 (26.4%)	9:53	6.1 (74.4%)
17	<b>FLORCZYK Joanna</b>	<b>23</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING NG	K40-49	17			00:48:11	<b>01:39:04.25</b>	+00:26:16 (26.5%)	9:54	6.1 (74.4%)
18	<b>BERNAŚ Kamila</b>	<b>333</b>	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-49	18			00:48:43	<b>01:39:07.00</b>	+00:26:19 (26.6%)	9:54	6.1 (74.4%)
19	<b>STANKOWSKA Marzena</b>	<b>68</b>	KIJKOWE TRZEMESZNO	K40-49	19			00:51:27	<b>01:41:45.85</b>	+00:28:58 (28.5%)	10:10	5.9 (72.0%)
20	<b>ORLIŃSKA Gabriela</b>	<b>50</b>	DZIEWCZYNY Z DZIELNI	K40-49	20	1		00:55:04	<b>01:53:40.00</b>	+00:40:52 (36.0%)	11:22	5.3 (64.6%)
21	<b>HORODYSKA Katarzyna</b>	<b>24</b>	DZIEWCZYNY Z DZIELNI	K40-49	21	1		01:03:48	<b>02:07:07.00</b>	+00:54:19 (42.7%)	12:42	4.7 (57.3%)

Total 21 results.