



II OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING 2022- POLANICA-ZDRÓJ - 5KM - 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: 5 km



Classification: Kobiety

Place	Participant	Number	Club	Category	Żół. MCat	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	WILUSZ Erwina	305	VINGBERG POLSKA- PTG 'SOKÓŁ' RYMANÓW	K30-39	1		00:35:26.00		7:05	8.5 (100%)
2	KRAJEWSKA Hanna	198	KIJOMANIACY CHODZIEŻ	K18-29	1		00:35:33.45	+00:00:07 (0.3%)	7:06	8.4 (98.8%)
3	ZACZYŃSKA-SKIBA Anna	318	KGHM METRACO	K40-44	1		00:37:33.75	+00:02:07 (5.7%)	7:30	8 (94.1%)
4	LUDWICZAK Andżelika	215	EKSPEDYCJA NORDIC TEAM SZCZECIN	K45-49	1		00:37:54.50	+00:02:28 (6.5%)	7:34	7.9 (92.9%)
5	BIELECKA Zuzanna	125	NW CZŁAPSKI TEAM	K40-44	2		00:37:58.80	+00:02:32 (6.7%)	7:35	7.9 (92.9%)
6	KARPIENIA Ewa	188	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	1		00:38:12.70	+00:02:46 (7.3%)	7:38	7.9 (92.9%)
7	KWECZKA-JANECZEK Anna	208	NORDIC TEAM CZĘSTOCHOWA	K40-44	3		00:38:42.35	+00:03:16 (8.5%)	7:44	7.8 (91.8%)
8	PINIS Agnieszka	250	NORDIC TEAM CZĘSTOCHOWA	K45-49	2		00:39:00.25	+00:03:34 (9.2%)	7:48	7.7 (90.6%)
9	MAŚLANKA Iwona	224	MARSZ PO ZDROWIE	K50-54	2		00:39:14.05	+00:03:48 (9.7%)	7:50	7.6 (89.4%)
10	UFEL Marcelina	301	MOSIR TTKF SATURN CZELADŹ	K18-29	2		00:39:24.55	+00:03:58 (10.1%)	7:52	7.6 (89.4%)
11	JÓŹWIAK Marianna	185	SERCE NORDICA WŁOCŁAWEK	K45-49	3		00:39:48.35	+00:04:22 (11.0%)	7:57	7.5 (88.2%)
12	PASIŃSKA-SKOWRON Sylwia	243	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	4		00:40:09.30	+00:04:43 (11.8%)	8:01	7.5 (88.2%)
13	UFEL Milena	302	MOSIR TTKF SATURN CZELADŹ	K-Jun.	1	1	00:40:22.90	+00:04:56 (12.3%)	8:04	7.4 (87.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
14	WITUCKA Karolina	306		K-Jun.	2			00:40:23.30	+00:04:57 (12.3%)	8:04	7.4 (87.1%)
15	OKRZESIK-FRAĆKOWIAK Izabela	237	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3			00:40:44.10	+00:05:18 (13.0%)	8:08	7.4 (87.1%)
16	PANKIEWICZ Ewelina	241	NORDIC SPORT 2021	K30-39	2			00:40:52.05	+00:05:26 (13.3%)	8:10	7.3 (85.9%)
17	SIENKIEWICZ Ewelina	274		K30-39	3			00:41:04.10	+00:05:38 (13.7%)	8:12	7.3 (85.9%)
18	LIPIECKA Małgorzata	211	OBORYGENI	K40-44	4			00:41:13.55	+00:05:47 (14.1%)	8:14	7.3 (85.9%)
19	DYLEWICZ Weronika	151		K18-29	3			00:42:19.25	+00:06:53 (16.3%)	8:27	7.1 (83.5%)
20	GUTOWSKA Magda	171	PAUL TEAM	K45-49	5			00:42:31.00	+00:07:05 (16.7%)	8:30	7.1 (83.5%)
21	KOWACZ Agata	194	SPEEDBAR	K40-44	5			00:42:38.60	+00:07:12 (16.9%)	8:31	7 (82.4%)
22	DUDEK Barbara	148		K55-59	1			00:43:28.90	+00:08:02 (18.5%)	8:41	6.9 (81.2%)
23	NIEDŹWIECKA Małgorzata	232	NORDIC TEAM CZĘSTOCHOWA	K65-69	1			00:43:33.00	+00:08:07 (18.6%)	8:42	6.9 (81.2%)
24	EWERTOWSKA Ewa	152	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:43:34.15	+00:08:08 (18.7%)	8:42	6.9 (81.2%)
25	KOWALCZYK Edyta	334	NIEZRZESZONA	K50-54	5			00:43:45.05	+00:08:19 (19.0%)	8:45	6.9 (81.2%)
26	MIŚKOWICZ Anna	230		K60-64	1			00:43:51.55	+00:08:25 (19.2%)	8:46	6.8 (80.0%)
27	WNEK Ewa	330	KGHM METRACO	K65-69	2			00:44:01.65	+00:08:35 (19.5%)	8:48	6.8 (80.0%)
28	KOLARSKA Nadia	192	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	3			00:44:01.70	+00:08:35 (19.5%)	8:48	6.8 (80.0%)
29	GAŁKOWSKA Elżbieta	156	KGHM METRACO	K65-69	3			00:44:02.15	+00:08:36 (19.5%)	8:48	6.8 (80.0%)
30	DAROSZEWSKA Krystyna	331	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:44:02.50	+00:08:36 (19.5%)	8:48	6.8 (80.0%)
31	LEGOCKA - WALCZAK Kinga	210		K45-49	6			00:44:11.35	+00:08:45 (19.8%)	8:50	6.8 (80.0%)
32	PIETRZAK Dorota	342	NORDIC WALKING KIEKRZ POLAND	K50-54	6			00:44:20.55	+00:08:54 (20.1%)	8:52	6.8 (80.0%)
33	CZUBASIEWICZ Monika	142	NORDICUS STRZYBNICA	K50-54	7			00:44:21.65	+00:08:55 (20.1%)	8:52	6.8 (80.0%)
34	SZYBUT Weronika	290	POTĘGA NORDICA	K-Dzieci	1			00:44:22.45	+00:08:56 (20.1%)	8:52	6.8 (80.0%)
35	PLUTO-PRĄDZYŃSKA Anna	254	SERCE NORDICA WŁOCŁAWEK	K30-39	4			00:44:24.45	+00:08:58 (20.2%)	8:52	6.8 (80.0%)
36	ŚLUSARCZYK Karolina	298	WESOŁY BORSUK TEAM	K18-29	4			00:44:32.15	+00:09:06 (20.4%)	8:54	6.7 (78.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time	Gap	Pace min/km	Pace km/h
								5km			
37	PRZYSTARZ Anna	264	OBORYGENI	K50-54	8			00:44:41.00	+00:09:15 (20.7%)	8:56	6.7 (78.8%)
38	HASIAK Katarzyna	174		K55-59	2			00:44:42.25	+00:09:16 (20.7%)	8:56	6.7 (78.8%)
39	HANUS Joanna	173	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:44:43.20	+00:09:17 (20.8%)	8:56	6.7 (78.8%)
40	SIWIK Aldona	275	TRZEJ KRÓLOWIE	K45-49	7			00:44:57.20	+00:09:31 (21.2%)	8:59	6.7 (78.8%)
41	LIPIECKA Ewa	212	OBORYGENI	K-Jun.	4			00:45:04.40	+00:09:38 (21.4%)	9:00	6.7 (78.8%)
42	JABŁOŃSKA Monika	177		K45-49	8			00:45:06.75	+00:09:40 (21.5%)	9:01	6.7 (78.8%)
43	NOWAK Irena	235	UKS SKOCZEK SKOKI	K55-59	3			00:45:15.00	+00:09:49 (21.7%)	9:03	6.6 (77.6%)
44	SKRZĄTEK Lucyna	277	NORDIC SPORT 2021	K50-54	9			00:45:21.75	+00:09:55 (21.9%)	9:04	6.6 (77.6%)
45	SZCZYPEK Anna	341	CITYFIT	K40-44	6	2		00:45:27.15	+00:10:01 (22.0%)	9:05	6.6 (77.6%)
46	PRZEPIÓRA Agnieszka	262		K45-49	9			00:45:35.40	+00:10:09 (22.3%)	9:07	6.6 (77.6%)
47	CARLSSON Agnieszka	132	NIEZRZESZONA	K- Niepełnosprawni(A)	1			00:45:40.30	+00:10:14 (22.4%)	9:08	6.6 (77.6%)
48	DYBEŁ Agnieszka	150	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	2			00:45:45.90	+00:10:19 (22.6%)	9:09	6.6 (77.6%)
49	KOWALCZYK Joanna	195	LUXTORPEDA MAŁOPOLSKA	K45-49	10			00:45:51.70	+00:10:25 (22.7%)	9:10	6.5 (76.5%)
50	KUCZYŃSKA Anna	204	NORDIC WALKING KIEKRZ POLAND	K60-64	3			00:46:01.85	+00:10:35 (23.0%)	9:12	6.5 (76.5%)
51	KRÓL Iwona	200	TRZEJ KRÓLOWIE	K45-49	11			00:46:26.45	+00:11:00 (23.7%)	9:17	6.5 (76.5%)
52	PIETRZYK Anna	246	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K- Niepełnosprawni(A)	3			00:46:30.30	+00:11:04 (23.8%)	9:18	6.5 (76.5%)
53	GIZA Elżbieta	159	NORDICUS STRZYBNICA	K60-64	4			00:46:42.60	+00:11:16 (24.1%)	9:20	6.4 (75.3%)
54	MORAWIEC Marzena	231	NORDICUS STRZYBNICA	K45-49	12			00:47:08.90	+00:11:42 (24.8%)	9:25	6.4 (75.3%)
55	FATALSKA Monika	153	NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:47:12.85	+00:11:46 (25.0%)	9:26	6.4 (75.3%)
56	NOWAKOWSKA Sylwia	236		K40-44	7			00:47:13.65	+00:11:47 (25.0%)	9:26	6.4 (75.3%)
57	GRYGOROWICZ Teresa	169	KGHM METRACO	K70-74	1			00:47:22.65	+00:11:56 (25.2%)	9:28	6.3 (74.1%)
58	SĘDZIK Katarzyna	273	LECYMY DURŚ	K45-49	13			00:47:32.50	+00:12:06 (25.5%)	9:30	6.3 (74.1%)
59	GAŁUSZKA Agata	157	OBORYGENI	K- Niepełnosprawni(A)	4			00:47:42.95	+00:12:16 (25.7%)	9:32	6.3 (74.1%)

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60	ĆMIKIEWICZ Alicja	143	PREDATORS WAŁBRZYCH	K45-49	14	1		00:47:44.00	+00:12:18 (25.8%)	9:32	6.3 (74.1%)
61	OLSZAŃSKA Jolka	238	FEAR THE RETURN	K45-49	15			00:48:03.65	+00:12:37 (26.3%)	9:36	6.2 (72.9%)
62	RYAN Monika	271		K18-29	5			00:48:11.00	+00:12:45 (26.5%)	9:38	6.2 (72.9%)
63	LACHNIK Grazyna	209		K50-54	10			00:48:24.60	+00:12:58 (26.8%)	9:40	6.2 (72.9%)
64	WŁODARCZYK Aneta	308		K45-49	16			00:48:27.75	+00:13:01 (26.9%)	9:41	6.2 (72.9%)
65	GALLUS - CZEREBA Joanna	155		K45-49	17			00:48:28.40	+00:13:02 (26.9%)	9:41	6.2 (72.9%)
66	PLUTO-PRĄDZYŃSKA Klaudia	253	SERCE NORDICA WŁOCLAWEK	K- Niepełnosprawni(B)	2			00:49:08.25	+00:13:42 (27.9%)	9:49	6.1 (71.8%)
67	STACHERA Ewa	280	OBORYGENI	K45-49	18			00:49:12.95	+00:13:46 (28.0%)	9:50	6.1 (71.8%)
68	KULAK Olga	206		K30-39	6			00:49:33.35	+00:14:07 (28.5%)	9:54	6.1 (71.8%)
69	JAGIEŁŁO Dagmara	179	LUKS CZERMNA	K45-49	19			00:49:45.10	+00:14:19 (28.8%)	9:57	6 (70.6%)
70	LUBAŃSKA Leokadia	213	SERCE NORDICA WŁOCLAWEK	K- Niepełnosprawni(A)	5			00:49:59.15	+00:14:33 (29.1%)	9:59	6 (70.6%)
71	WOLKO Barbara	311	NORDICUS STRZYBNICA	K55-59	4			00:50:05.05	+00:14:39 (29.3%)	10:01	6 (70.6%)
72	SZYMAŃSKA Lucyna	291	XV KOŁO PZERII	K70-74	2			00:50:07.95	+00:14:41 (29.3%)	10:01	6 (70.6%)
73	ŁOPATKA Czesław	332		K65-69	4			00:50:09.10	+00:14:43 (29.3%)	10:01	6 (70.6%)
74	ZIELSKA Justyna	321		K30-39	7			00:50:14.45	+00:14:48 (29.5%)	10:02	6 (70.6%)
75	SZWED Dorota	288		K- Niepełnosprawni(A)	6			00:50:21.35	+00:14:55 (29.6%)	10:04	6 (70.6%)
76	ZIELIŃSKA Barbara	324	PUKS JEDYNKA	K60-64	5			00:50:25.30	+00:14:59 (29.7%)	10:05	6 (70.6%)
77	PILARZ Zuzanna	247	NORDICUS STRZYBNICA	K40-44	8			00:50:54.05	+00:15:28 (30.4%)	10:10	5.9 (69.4%)
78	DOBROWOLSKA Bożena	145	SPORTOWI EMERYCI JELENIA GÓRA	K70-74	3			00:50:55.65	+00:15:29 (30.4%)	10:11	5.9 (69.4%)
79	JASIK Beata	183	WESOŁY BORSUK TEAM	K40-44	9			00:51:08.20	+00:15:42 (30.7%)	10:13	5.9 (69.4%)
80	ARTYMICZ Maria	325		K65-69	5			00:51:55.90	+00:16:29 (31.8%)	10:23	5.8 (68.2%)
81	WORONKO-ZACZYŃSKA Janina	314	KGHM METRACO	K75-79	1	1		00:51:57.30	+00:16:31 (31.8%)	10:23	5.8 (68.2%)
82	SZNAJDER Teresa	286		K65-69	6			00:52:26.25	+00:17:00 (32.4%)	10:29	5.7 (67.1%)

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83	JAGIEŁŁA Danuta	178	NORDICUS STRZYBNICA	K65-69	7			00:52:29.95	+00:17:03 (32.5%)	10:29	5.7 (67.1%)
84	BAJ Monika	123	WESOŁY BORSUK TEAM	K30-39	8			00:52:34.75	+00:17:08 (32.6%)	10:30	5.7 (67.1%)
85	WILK Iwona	304	NORDIC SPORT 2021	K45-49	20			00:53:15.90	+00:17:49 (33.5%)	10:39	5.6 (65.9%)
86	MĘDRAK Alicja	227		K65-69	8			00:53:19.40	+00:17:53 (33.6%)	10:39	5.6 (65.9%)
87	PILARZ Dominika	249	NORDICUS STRZYBNICA	K-Dzieci	2			00:53:28.40	+00:18:02 (33.7%)	10:41	5.6 (65.9%)
88	SZYBUT Roma	289	POTĘGA NORDICA	K30-39	9			00:53:29.15	+00:18:03 (33.8%)	10:41	5.6 (65.9%)
89	BREGUŁA Ewa	127	NORDICUS STRZYBNICA	K55-59	5			00:53:35.80	+00:18:09 (33.9%)	10:43	5.6 (65.9%)
90	MANSFELD Dorota	222	NORDICUS STRZYBNICA	K50-54	11			00:53:40.25	+00:18:14 (34.0%)	10:44	5.6 (65.9%)
91	ŚLUSARCZYK Danuta	297	WESOŁY BORSUK TEAM	K70-74	4			00:54:28.30	+00:19:02 (35.0%)	10:53	5.5 (64.7%)
92	PRACKA Katarzyna	260	SERCE NORDICA WŁOCŁAWEK	K50-54	12			00:55:25.95	+00:19:59 (36.1%)	11:05	5.4 (63.5%)
93	GOSPODARCZYK Natalia	161	KU AZS ŚLĄSKI UNIWERSYTET MEDYCZNY KATOWICE	K18-29	6			00:57:27.20	+00:22:01 (38.3%)	11:29	5.2 (61.2%)
94	PONIATOWSKA Alina	259	NORDICUS STRZYBNICA	K65-69	9			00:58:47.40	+00:23:21 (39.7%)	11:45	5.1 (60.0%)
95	BRZozowska Urszula	129	ŻBIKI NORDIC WALKING	K65-69	10			00:58:51.35	+00:23:25 (39.8%)	11:46	5.1 (60.0%)
96	PANKIEWICZ-DMOWSKA Cecylia	242		K70-74	5			00:59:06.70	+00:23:40 (40.1%)	11:49	5.1 (60.0%)
97	JAGODZIŃSKA Bożena	181		K60-64	6			01:00:15.00	+00:24:49 (41.2%)	12:03	5 (58.8%)
98	MALINA Teresa	221	NORDICUS STRZYBNICA	K55-59	6			01:02:51.45	+00:27:25 (43.6%)	12:34	4.8 (56.5%)
99	SMOCZYŃSKA-OGŁUDEK Katarzyna	278		K-Niepełnosprawni(A)	7			01:04:52.80	+00:29:26 (45.4%)	12:58	4.6 (54.1%)
100	GRUNER Maria	165	NORDICUS STRZYBNICA	K60-64	7			01:06:09.05	+00:30:43 (46.4%)	13:13	4.5 (52.9%)
101	ZYGMUNT Sylwana	322	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW-	K50-54	13			01:06:51.75	+00:31:25 (47.0%)	13:22	4.5 (52.9%)
102	LEMBRYK Rozalia	339	IZERSKA SZKOŁA NORDIC WALKING	K40-44	10			01:07:10.25	+00:31:44 (47.2%)	13:26	4.5 (52.9%)
103	KOWALISZYN Małgorzata	197	BIEGAMDLAZDROWIA.PL	K45-49	21			01:07:10.30	+00:31:44 (47.2%)	13:26	4.5 (52.9%)
104	GRABOWSKA Dominika	163	IZERSKA SZKOŁA NORDIC WALKING	K45-49	22			01:07:10.95	+00:31:44 (47.3%)	13:26	4.5 (52.9%)
105	WÓJCIK Irena	315	UTW OLEŚNICA	K75-79	2			01:09:11.45	+00:33:45 (48.8%)	13:50	4.3 (50.6%)

Total 105 results.