



III OTWARTE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Event: III Otwarte Mistrzostwa Polski Nordic Walking w
Półmaratonie
Organiser: Polskie Zrzeszenie Nordic Walking, Urząd Miasta
Tarnowskie Góry
Date: 2023-09-24
Place: Tarnowskie Góry / Strzybnica
Distance: 21.1 km



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	7.033km	14.066km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	WOJCIECHOWSKA Elżbieta	81	POLIPACK TEAM GWE	K40-44	1	2		00:42:46	01:26:02	02:10:52.20		6:12	9.7 (100%)
2	KUBISZYN Małgorzata	28	K.S VICTORIA POTĘGOWO	K35-39	1			00:46:28	01:32:51	02:16:52.80	+00:06:00 (4.4%)	6:29	9.2 (94.8%)
3	SOSNOWSKA Agnieszka	60	KS VICTORIA POTĘGOWO	K35-39	2			00:43:02	01:29:45	02:18:29.05	+00:07:36 (5.5%)	6:33	9.1 (93.8%)
4	KOŁODZIEJ Joanna	24	MALINOWE GWIAZDY	K55-59	1			00:48:24	01:38:03	02:28:36.05	+00:17:43 (11.9%)	7:02	8.5 (87.6%)
5	RAJEK Magdalena	48	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			00:50:33	01:40:22	02:30:52.35	+00:20:00 (13.3%)	7:09	8.4 (86.6%)
6	SZCZUDLIK Małgorzata	64	NORDIC SPORT 2021	K40-44	2			00:48:58	01:39:48	02:33:02.00	+00:22:09 (14.5%)	7:15	8.3 (85.6%)
7	KNAPCZYK-KANIA Gabriela	23	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			00:50:18	01:42:33	02:35:14.30	+00:24:22 (15.7%)	7:21	8.2 (84.5%)
8	JARUGA Beata	19		K45-49	3	1		00:50:25	01:42:44	02:36:04.80	+00:25:12 (16.2%)	7:23	8.1 (83.5%)
9	JANICKA Alicja	18	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	3			00:52:47	01:46:16	02:40:51.20	+00:29:59 (18.6%)	7:37	7.9 (81.4%)
10	PANKIEWICZ Ewelina	42		K18-34	1			00:52:47	01:46:16	02:41:06.05	+00:30:13 (18.8%)	7:38	7.9 (81.4%)
11	NOWICZ Magdalena	40	NOWICZ TEAM/NAJLEPSZE KIJKI W MIEŚCIE	K40-44	3			00:56:01	01:50:54	02:45:51.95	+00:34:59 (21.1%)	7:51	7.6 (78.4%)
12	SKRZĄTEK Lucyna	56	NORDIC SPORT 2021	K50-54	1			00:54:24	01:50:08	02:45:54.40	+00:35:02 (21.1%)	7:51	7.6 (78.4%)
13	ROPELEWSKA Edyta	51	KATOWICKI NORDIC WALKING	K45-49	4	1		00:54:30	01:50:34	02:46:10.50	+00:35:18 (21.2%)	7:52	7.6 (78.4%)

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14	MIŚKOWICZ Anna	37		K65-69	1			00:54:21	01:49:29	02:46:15.75	+00:35:23 (21.3%)	7:52	7.6 (78.4%)
15	SLUSARCZYK Grażyna	58		K55-59	2			00:54:40	01:50:00	02:46:31.65	+00:35:39 (21.4%)	7:53	7.6 (78.4%)
16	KABATA Agnieszka	21	NORDIC SPORT 2021	K45-49	5			00:54:40	01:51:14	02:50:26.85	+00:39:34 (23.2%)	8:04	7.4 (76.3%)
17	POSTEK Danuta	46	ZIELONE GROSZKI	K60-64	1	1		00:54:58	01:51:39	02:51:04.10	+00:40:11 (23.5%)	8:06	7.4 (76.3%)
18	STEFANIAK Emilia	62	HARPAGAN SOSNOWIEC	K65-69	2	1		00:55:02	01:53:29	02:52:08.70	+00:41:16 (24.0%)	8:09	7.4 (76.3%)
19	ANYŻ Maria	4	KIJE W DOBRYCH RĘKACH	K70-74	1	1		00:56:20	01:54:21	02:53:47.70	+00:42:55 (24.7%)	8:14	7.3 (75.3%)
20	WILK Iwona	73	NORDIC SPORT 2021	K45-49	6			00:58:33	01:56:54	02:56:03.85	+00:45:11 (25.7%)	8:20	7.2 (74.2%)
21	KORPOK Aleksandra	25	NORDICUS STRZYBNICA	K50-54	2			00:58:15	01:57:30	02:56:43.60	+00:45:51 (25.9%)	8:22	7.2 (74.2%)
22	SLANINA Lena	57	HARPAGAN SOSNOWIEC	K40-44	4			00:56:43	01:56:38	02:58:13.85	+00:47:21 (26.6%)	8:26	7.1 (73.2%)
23	ZAWADZKA Maria	79	KGHM METRACO POLKOWICE	K70-74	2			01:01:52	02:03:34	03:04:59.65	+00:54:07 (29.3%)	8:46	6.8 (70.1%)
24	DRYGALSKA Aleksandra	13	KIJE W DOBRYCH RĘKACH	K65-69	3			00:59:42	02:02:11	03:05:55.60	+00:55:03 (29.6%)	8:48	6.8 (70.1%)
25	CHOLEWKA Jolanta	7	WALKA KOSTRZYN	K65-69	4			00:59:43	02:03:25	03:11:30.65	+01:00:38 (31.7%)	9:04	6.6 (68.0%)
26	TKOCZ Alicja	68	EKIPA NA KIJACH	K60-64	2			01:03:03	02:09:23	03:18:06.60	+01:07:14 (33.9%)	9:23	6.4 (66.0%)
27	ANGIELCZYK Małgorzata	3	ZIELONE GROSZKI POZNAŃ	K70-74	3			01:03:26	02:09:44	03:19:26.65	+01:08:34 (34.4%)	9:27	6.3 (64.9%)
28	OWCZAREK Henryka	41	ZIELONE GROSZKI POZNAŃ	K75-79	1			01:11:57	02:26:01	03:41:27.00	+01:30:34 (40.9%)	10:29	5.7 (58.8%)
DQ	ROLBIECKA-MICZKA Magdalena	50		K40-44		3		01:00:05 DQ	DQ	DQ			(0.0%)
	WŁODARCZYK Małgorzata	76		K50-54		1		01:00:38 DNF	02:06:05 DNF	DNF		-	- (0.0%)

Total 30 results.