

BIEG SĄSIEDZI ŻELAZNEGO MOSTU - NORDIC WALKING 5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: II Marsz i Bieg - Sąsiedzi Żelaznego Mostu
Organizator: Stowarzyszenie Aktywni Zagłębia Miedziowego
Data: 2022-09-24
Miejsce: Rudna
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PASZKOWSKI Leszek	134	KGHM METRACO	OPEN -M	1	00:36:39.57		7:19	8.2 (100%)
2	GŁOGOWSKI Wojciech	111	KGHM METACO	M15-18	1	00:36:47.66	+00:00:08 (0.4%)	7:21	8.2 (100%)
3	MAZUREK Władysław	129		OPEN -M	2	00:38:57.07	+00:02:17 (5.9%)	7:47	7.7 (93.9%)
4	KOZŁOWSKI Paweł	179		OPEN -M	3	00:39:04.93	+00:02:25 (6.2%)	7:48	7.7 (93.9%)
5	ZAGÓRSKA Janina	174		OPEN -K	1	00:40:45.08	+00:04:05 (10.0%)	8:09	7.4 (90.2%)
6	ZIENKIEWICZ Rafał	156		OPEN -M	4	00:41:22.20	+00:04:42 (11.4%)	8:16	7.3 (89.0%)
7	ROMANOWSKA Eliza	136	KGHMMETRACO	K10-14	1	00:41:44.08	+00:05:04 (12.2%)	8:20	7.2 (87.8%)
8	KISIELEWICZ Zofia	119	KGHMMETACO	K10-14	2	00:41:49.07	+00:05:09 (12.3%)	8:21	7.2 (87.8%)
9	STEFANEK Paweł	143	KGHM ZGRUN	OPEN -M	5	00:41:58.30	+00:05:18 (12.7%)	8:23	7.1 (86.6%)
10	KŁOCEK Jagoda	120	KGHM METRACO	K15-18	1	00:42:08.28	+00:05:28 (13.0%)	8:25	7.1 (86.6%)
11	CHODORSKA Oliwia	164	KGHMMETRACO	K10-14	3	00:42:50.75	+00:06:11 (14.4%)	8:34	7 (85.4%)
12	KURZAWSKA Jolanta	127	KGHM METRACO	OPEN -K	2	00:42:54.45	+00:06:14 (14.6%)	8:34	7 (85.4%)
13	DUSZEŃKO Damian	161	KGHM METRACO	OPEN -M	6	00:43:36.68	+00:06:57 (15.9%)	8:43	6.9 (84.1%)
14	KOZAR Tadeusz	124		OPEN -M	7	00:44:07.15	+00:07:27 (16.9%)	8:49	6.8 (82.9%)
15	KUREK Aleksandra	125		OPEN -K	3	00:44:28.21	+00:07:48 (17.6%)	8:53	6.7 (81.7%)
16	RAJKO Katarzyna	135		OPEN -K	4	00:44:34.33	+00:07:54 (17.8%)	8:54	6.7 (81.7%)
17	NOWAK Przemysław	130		OPEN -M	8	00:44:49.52	+00:08:09 (18.2%)	8:57	6.7 (81.7%)
18	KUBERO Honorata	180		OPEN -K	5	00:44:53.68	+00:08:14 (18.3%)	8:58	6.7 (81.7%)
19	BŁASZAK Maksymilnian	103	KGHM METRACO	M10-14	1	00:45:04.05	+00:08:24 (18.7%)	9:00	6.7 (81.7%)
20	DZIEŁAK Leszek	162		OPEN -M	9	00:45:41.07	+00:09:01 (19.8%)	9:08	6.6 (80.5%)
21	PASZKOWSKA Maria	133	KGHM METRACO	OPEN -K	6	00:46:00.65	+00:09:21 (20.3%)	9:12	6.5 (79.3%)
22	ADAMSKI Włodzimierz	102		OPEN -M	10	00:46:02.98	+00:09:23 (20.4%)	9:12	6.5 (79.3%)
23	SŁOWIK Stanisław	141	KGHMMETRACO	M10-14	2	00:46:06.52	+00:09:26 (20.5%)	9:13	6.5 (79.3%)
24	BANAŚ Sylwester	165		OPEN -M	11	00:46:10.02	+00:09:30 (20.6%)	9:14	6.5 (79.3%)
25	TOMCZAK-CHYZAN Beata	150		OPEN -K	7	00:46:38.57	+00:09:59 (21.4%)	9:19	6.4 (78.0%)
26	KLUSKA Małgorzata	122		OPEN -K	8	00:46:47.94	+00:10:08 (21.7%)	9:21	6.4 (78.0%)

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						5km			
27	KAMIŃSKA Elżbieta	118	GMINA GRĘBOCICE	OPEN -K	9	00:46:57.84	+00:10:18 (21.9%)	9:23	6.4 (78.0%)
28	STRAJEWSKA Joanna	173		OPEN -K	10	00:47:03.01	+00:10:23 (22.1%)	9:24	6.4 (78.0%)
29	KLUSKA Anna	121		K10-14	4	00:47:03.82	+00:10:24 (22.1%)	9:24	6.4 (78.0%)
30	BORYSŁAWSKA Krystyna	105		OPEN -K	11	00:47:46.64	+00:11:07 (23.3%)	9:33	6.3 (76.8%)
31	BORYSŁAWSKA Joanna	171		OPEN -K	12	00:47:48.56	+00:11:08 (23.3%)	9:33	6.3 (76.8%)
32	OLEJARCZYK Kasia	132	KGHM METRACO	OPEN -K	13	00:48:16.74	+00:11:37 (24.1%)	9:39	6.2 (75.6%)
33	JEMIOŁO Natalia	117		OPEN -K	14	00:49:12.15	+00:12:32 (25.5%)	9:50	6.1 (74.4%)
34	LISTWAN Klaudia	128		K10-14	5	00:49:50.26	+00:13:10 (26.4%)	9:58	6 (73.2%)
35	JACENKO Julia	114		OPEN -K	15	00:49:58.69	+00:13:19 (26.6%)	9:59	6 (73.2%)
36	SIWAK Piotr	166		OPEN -M	12	00:50:10.79	+00:13:31 (26.9%)	10:02	6 (73.2%)
37	OLEJARCZYK Elżbieta	131	KGHM METRACO	OPEN -K	16	00:50:11.57	+00:13:31 (27.0%)	10:02	6 (73.2%)
38	SZYDŁOWSKA-RAKOWSKA Marzena	148		OPEN -K	17	00:50:11.81	+00:13:32 (27.0%)	10:02	6 (73.2%)
39	ZIELIŃSKA Izabela	155		OPEN -K	18	00:50:14.23	+00:13:34 (27.0%)	10:02	6 (73.2%)
40	HORNIAC Amanda	113		K10-14	6	00:50:49.34	+00:14:09 (27.9%)	10:09	5.9 (72.0%)
41	SŁOWIK Sylwia	140		OPEN -K	19	00:50:52.05	+00:14:12 (27.9%)	10:10	5.9 (72.0%)
42	WOŹNIAK Agnieszka	154	KGHM METRACO	OPEN -K	20	00:50:57.67	+00:14:18 (28.1%)	10:11	5.9 (72.0%)
43	RZESZOWSKA Marzena	139		OPEN -K	21	00:51:09.19	+00:14:29 (28.3%)	10:13	5.9 (72.0%)
44	SZUM Marzenna	175		OPEN -K	22	00:51:18.37	+00:14:38 (28.5%)	10:15	5.8 (70.7%)
45	BOROŃ Natalia	104		OPEN -K	23	00:51:41.13	+00:15:01 (29.1%)	10:20	5.8 (70.7%)
46	WECHTA Paweł	152		OPEN -M	13	00:51:50.76	+00:15:11 (29.3%)	10:22	5.8 (70.7%)
47	BAJPER Karolina	167	KGHM METRACO	OPEN -K	24	00:54:15.47	+00:17:35 (32.4%)	10:51	5.5 (67.1%)
48	JASTRZĘBSKA Kamila	116		OPEN -K	25	00:54:21.04	+00:17:41 (32.5%)	10:52	5.5 (67.1%)
49	GRYGOROWICZ Teresa	172		OPEN -K	26	00:54:52.37	+00:18:12 (33.2%)	10:58	5.5 (67.1%)
50	SZAŁAJ Anna	146		OPEN -K	27	00:54:53.85	+00:18:14 (33.2%)	10:58	5.5 (67.1%)
51	SIŁUCH Natalia	170		OPEN -K	28	00:54:55.99	+00:18:16 (33.3%)	10:59	5.5 (67.1%)
52	DUSZEŃKO Elwira	169		OPEN -K	29	00:54:56.38	+00:18:16 (33.3%)	10:59	5.5 (67.1%)
53	KUREK Małgorzata	126		OPEN -K	30	00:55:00.47	+00:18:20 (33.4%)	11:00	5.5 (67.1%)
54	KOŁODZIEJ Ewa	123		OPEN -K	31	00:55:02.71	+00:18:23 (33.4%)	11:00	5.5 (67.1%)
55	BAJGEN Natalia	168		K10-14	7	00:55:03.63	+00:18:24 (33.4%)	11:00	5.4 (65.9%)
56	SODAJ Elżbieta	177		OPEN -K	32	00:56:11.15	+00:19:31 (34.8%)	11:14	5.3 (64.6%)
57	BRAK Brak	178		OPEN -K	33	00:56:13.08	+00:19:33 (34.8%)	11:14	5.3 (64.6%)
58	ADAMSKA Irena	101		OPEN -K	34	00:56:17.71	+00:19:38 (34.9%)	11:15	5.3 (64.6%)
59	PRZYBYLSKA Dominika	160		OPEN -K	35	00:57:46.91	+00:21:07 (36.6%)	11:33	5.2 (63.4%)
60	PODLANCA Renata	393		OPEN -K	36	00:57:47.85	+00:21:08 (36.6%)	11:33	5.2 (63.4%)
61	GUBCZYK Marta	112		OPEN -K	37	00:57:48.48	+00:21:08 (36.6%)	11:33	5.2 (63.4%)
62	MIENCIUK Ewelina	163		OPEN -K	38	00:57:49.09	+00:21:09 (36.6%)	11:33	5.2 (63.4%)
63	SZUM Jarosław	176		OPEN -M	14	00:57:56.82	+00:21:17 (36.7%)	11:35	5.2 (63.4%)
64	GALINOWSKA Paulina	391		OPEN -K	39	00:57:58.32	+00:21:18 (36.8%)	11:35	5.2 (63.4%)
65	SOBÓTKA Katarzyna	142		OPEN -K	40	00:57:58.94	+00:21:19 (36.8%)	11:35	5.2 (63.4%)
66	URBAN Edyta	151		OPEN -K	41	00:58:53.73	+00:22:14 (37.8%)	11:46	5.1 (62.2%)
67	WOJTUN- KOBLAŃSKA Dorota	158		OPEN -K	42	00:59:06.07	+00:22:26 (38.0%)	11:49	5.1 (62.2%)
68	ZBROIŃSKA Halina	157		OPEN -K	43	00:59:06.75	+00:22:27 (38.0%)	11:49	5.1 (62.2%)
69	CZEKAJŁO Piotr	106		OPEN -M	15	00:59:09.76	+00:22:30 (38.0%)	11:49	5.1 (62.2%)
70	KOTWICA Jan	392		OPEN -M	16	00:59:10.90	+00:22:31 (38.1%)	11:50	5.1 (62.2%)

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71	WOŁKOWSKI Adrian	159	GMINA RUDNA	OPEN -M	17	00:59:11.04	+00:22:31 (38.1%)	11:50	5.1 (62.2%)
72	DUSZEŃKO Zygmunt	109	KGHM METRACO	OPEN -M	18	01:00:15.03	+00:23:35 (39.2%)	12:03	5 (61.0%)

Znaleziono 72 wynik(ów)