# NORDIC WALKING

**Wydarzenie:** XVI BIEG SYLWESTROWY
**Organizator:** Stowarzyszenie Rowerowa Brzoza
**Data:** 2022-12-31
**Miejsce:** Brzoza
**Dystans:** 5 km

## Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Klub | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **KRAJNIK Jacek** | **409** | LIFE BALANCE PLACE | M46-55 | 1 | | Life Balance Place | 00:00:00 | 00:16:21 | 00:32:22 | **00:35:22.85** | **00:35:23.45** | | 7:04 | 8.5 (100%) |
| 2 | **KOLBERG Kamila** | **337** | | K36-45 | 1 | | | 00:00:00 | 00:16:35 | 00:32:35 | **00:35:31.55** | **00:35:32.40** | +00:00:08 (0.4%) | 7:06 | 8.4 (98.8%) |
| 3 | **KUSA Piotr** | **393** | LIFE BALANCE PLACE | M36-45 | 1 | | Life Balance Place | 00:00:00 | 00:16:46 | 00:32:55 | **00:35:59.30** | **00:35:59.60** | +00:00:36 (1.7%) | 7:11 | 8.3 (97.6%) |
| 4 | **KĘDZIERSKA Agnieszka** | **336** | | K46-55 | 1 | | | 00:00:00 | 00:16:57 | 00:33:05 | **00:36:11.45** | **00:36:12.30** | +00:00:48 (2.2%) | 7:14 | 8.3 (97.6%) |
| 5 | **NOWAKOWSKI Grzegorz** | **232** | | M36-45 | 2 | | | 00:00:01 | 00:17:02 | 00:33:19 | **00:36:25.45** | **00:36:27.00** | +00:01:02 (2.9%) | 7:17 | 8.2 (96.5%) |
| 6 | **WOJTANIS Magdalena** | **45** | | K36-45 | 2 | | | 00:00:02 | 00:17:02 | 00:33:23 | **00:36:29.75** | **00:36:32.05** | +00:01:06 (3.1%) | 7:17 | 8.2 (96.5%) |
| 7 | **POTRZEBOWSKA Agata** | **121** | LIFE BALANCE PLACE | K36-45 | 3 | | Life Balance Place | 00:00:01 | 00:17:22 | 00:34:15 | **00:37:22.90** | **00:37:24.15** | +00:02:00 (5.4%) | 7:28 | 8 (94.1%) |
| 8 | **GABRYSZAK Magdalena** | **247** | ROWEROWA BRZOZA | K36-45 | 4 | | Rowerowa Brzoza | 00:00:04 | 00:17:51 | 00:34:32 | **00:37:43.40** | **00:37:48.05** | +00:02:20 (6.2%) | 7:32 | 8 (94.1%) |
| 9 | **POTRZEBOWSKI Marek** | **122** | LIFE BALANCE PLACE | M36-45 | 3 | | Life Balance Place | 00:00:01 | 00:17:02 | 00:34:29 | **00:37:46.00** | **00:37:47.60** | +00:02:23 (6.3%) | 7:33 | 7.9 (92.9%) |
| 10 | **ĆWIKLIŃSKA Anna** | **407** | AKADEMIA MISTRZÓW SPORTU | K36-45 | 5 | | Akademia Mistrzów Sportu | 00:00:01 | 00:17:51 | 00:34:50 | **00:38:02.80** | **00:38:04.25** | +00:02:39 (7.0%) | 7:36 | 7.9 (92.9%) |
| 11 | **MACIŃSKI Waldemar** | **175** | ANTIDOTUM | M36-45 | 4 | | Antidotum | 00:00:05 | 00:18:29 | 00:35:34 | **00:38:44.70** | **00:38:50.35** | +00:03:21 (8.7%) | 7:44 | 7.7 (90.6%) |
| 12 | **PIECHOWSKA Magdalena** | **133** | | K36-45 | 6 | | | 00:00:02 | 00:18:13 | 00:35:32 | **00:38:48.55** | **00:38:51.05** | +00:03:25 (8.8%) | 7:45 | 7.7 (90.6%) |
| 13 | **STEMPNIAK Anna** | **112** | | K46-55 | 2 | | | 00:00:02 | 00:18:26 | 00:35:51 | **00:39:14.65** | **00:39:16.85** | +00:03:51 (9.8%) | 7:50 | 7.6 (89.4%) |
| 14 | **CIESIELSKI Krzysztof** | **68** | | M56+ | 1 | | | 00:00:00 | 00:18:38 | 00:36:09 | **00:39:28.85** | **00:39:29.70** | +00:04:06 (10.4%) | 7:53 | 7.6 (89.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna | Klub | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 15 | **STAWNIAK Karol** | **178** | | M56+ | 2 | | | | 00:00:06 | 00:18:28 | 00:36:12 | **00:39:39.95** | **00:39:46.25** | +00:04:17 (10.8%) | 7:55 | 7.6 (89.4%) |
| 16 | **FRYZIAK Monika** | **37** | | K46-55 | 3 | | | | 00:00:01 | 00:18:27 | 00:36:17 | **00:39:45.20** | **00:39:46.30** | +00:04:22 (11.0%) | 7:57 | 7.5 (88.2%) |
| 17 | **TRZCIŃSKI Eugeniusz** | **426** | | M56+ | 3 | | | | 00:00:07 | 00:18:43 | 00:36:26 | **00:39:48.55** | **00:39:55.95** | +00:04:25 (11.1%) | 7:57 | 7.5 (88.2%) |
| 18 | **LEWANDOWSKI Maciej** | **288** | | M35 | 1 | | | | 00:00:03 | 00:18:48 | 00:36:30 | **00:39:52.85** | **00:39:56.65** | +00:04:30 (11.3%) | 7:58 | 7.5 (88.2%) |
| 19 | **MINISZEWSKA Irena** | **325** | | K36-45 | 7 | | | | 00:00:03 | 00:18:53 | 00:36:57 | **00:40:22.50** | **00:40:26.45** | +00:04:59 (12.4%) | 8:04 | 7.4 (87.1%) |
| 20 | **ZAKOŚCIELNY Krzysztof** | **39** | | M56+ | 4 | | | | 00:00:02 | 00:18:42 | 00:36:48 | **00:40:27.30** | **00:40:29.30** | +00:05:04 (12.5%) | 8:05 | 7.4 (87.1%) |
| 21 | **KUPER Mariusz** | **124** | | M36-45 | 5 | | | | 00:00:05 | 00:18:42 | 00:37:14 | **00:40:48.05** | **00:40:53.20** | +00:05:25 (13.3%) | 8:09 | 7.4 (87.1%) |
| 22 | **POLAK Paweł** | **115** | | M35 | 2 | | | | 00:00:06 | 00:19:37 | 00:37:37 | **00:40:56.60** | **00:41:03.10** | +00:05:33 (13.6%) | 8:11 | 7.3 (85.9%) |
| 23 | **WILBRANDT Katarzyna** | **324** | GOSIR OSIELSKO | K36-45 | 8 | | | GOSiR Osielsko | 00:00:01 | 00:19:30 | 00:37:30 | **00:40:59.70** | **00:41:01.60** | +00:05:36 (13.7%) | 8:11 | 7.3 (85.9%) |
| 24 | **SIÓDMIAK Sławomir** | **168** | AKADEMIA MISTRZÓW SPORTU | M36-45 | 6 | | | Akademia Mistrzów Sportu | 00:00:03 | 00:19:21 | 00:37:33 | **00:41:03.20** | **00:41:06.35** | +00:05:40 (13.8%) | 8:12 | 7.3 (85.9%) |
| 25 | **WONIAKOWSKI Czesław** | **253** | | M56+ | 5 | | | | 00:00:06 | 00:19:43 | 00:37:59 | **00:41:26.20** | **00:41:33.00** | +00:06:03 (14.6%) | 8:17 | 7.2 (84.7%) |
| 26 | **NOWAKOWSKA Marta** | **231** | | K35 | 1 | | | | 00:00:02 | 00:19:31 | 00:38:08 | **00:41:33.40** | **00:41:35.90** | +00:06:10 (14.9%) | 8:18 | 7.2 (84.7%) |
| 27 | **OLEJNICZAK Tomasz** | **314** | | M46-55 | 2 | | | | 00:00:05 | 00:19:57 | 00:38:39 | **00:42:13.30** | **00:42:19.05** | +00:06:50 (16.2%) | 8:26 | 7.1 (83.5%) |
| 28 | **GRALIK Marek** | **129** | KURATORIUM OŚWIATY W BYDGOSZCZY | M56+ | 6 | | | Kuratorium Oświaty w Bydgoszczy | 00:00:02 | 00:19:27 | 00:38:50 | **00:42:23.40** | **00:42:25.55** | +00:07:00 (16.5%) | 8:28 | 7.1 (83.5%) |
| 29 | **KITKOWSKI Maciej** | **292** | | M46-55 | 3 | | | | 00:00:05 | 00:20:14 | 00:38:54 | **00:42:24.25** | **00:42:29.25** | +00:07:01 (16.6%) | 8:28 | 7.1 (83.5%) |
| 30 | **KWIATKOWSKA Elżbieta** | **377** | | K46-55 | 4 | | | | 00:00:02 | 00:19:45 | 00:38:50 | **00:42:26.45** | **00:42:29.40** | +00:07:03 (16.6%) | 8:29 | 7.1 (83.5%) |
| 31 | **ADAMSKA MARCINIAK Monika** | **7** | | K35 | 2 | | | | 00:00:03 | 00:19:49 | 00:38:57 | **00:42:36.80** | **00:42:40.10** | +00:07:13 (17.0%) | 8:31 | 7 (82.4%) |
| 32 | **WRUK Justyna** | **109** | DIABELSKIE PIORUNY | K46-55 | 5 | | | Diabelskie Pioruny | 00:00:03 | 00:20:18 | 00:39:25 | **00:43:00.30** | **00:43:03.55** | +00:07:37 (17.7%) | 8:36 | 7 (82.4%) |
| 33 | **PAŚ Katarzyna** | **97** | CHARTY SZELEJEWO | K46-55 | 6 | | | Charty Szelejewo | 00:00:01 | 00:20:22 | 00:39:27 | **00:43:08.20** | **00:43:09.80** | +00:07:45 (18.0%) | 8:37 | 7 (82.4%) |
| 34 | **ZALEWSKA Alina** | **320** | | K36-45 | 9 | | | | 00:00:02 | 00:20:19 | 00:39:46 | **00:43:30.15** | **00:43:32.50** | +00:08:07 (18.7%) | 8:42 | 6.9 (81.2%) |
| 35 | **WIŚNIEWSKA Elżbieta** | **63** | ROWEROWA BRZOZA | K56+ | 1 | | | Rowerowa Brzoza | 00:00:04 | 00:20:24 | 00:39:49 | **00:43:32.45** | **00:43:37.40** | +00:08:09 (18.7%) | 8:42 | 6.9 (81.2%) |
| 36 | **KUSA Karolina** | **394** | LIFE BALANCE PLACE | K36-45 | 10 | | | Life Balance Place | 00:00:02 | 00:20:29 | 00:40:29 | **00:44:10.00** | **00:44:12.85** | +00:08:47 (19.9%) | 8:50 | 6.8 (80.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Klub | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 37 | **RYDELSKA Kinga** | **29** | | K46-55 | 7 | | | 00:00:11 | 00:21:07 | 00:40:32 | **00:44:13.80** | **00:44:25.10** | +00:08:50 (20.0%) | 8:50 | 6.8 (80.0%) |
| 38 | **POLIWODZIŃSKA Agnieszka** | **119** | FKS WISŁA FORDON | K36-45 | 11 | | FKS WISŁA FORDON | 00:00:07 | 00:21:05 | 00:40:38 | **00:44:18.90** | **00:44:26.60** | +00:08:56 (20.2%) | 8:51 | 6.8 (80.0%) |
| 39 | **STACHURA Michał** | **125** | | M46-55 | 4 | | | 00:00:11 | 00:21:03 | 00:40:42 | **00:44:27.40** | **00:44:38.90** | +00:09:04 (20.4%) | 8:53 | 6.7 (78.8%) |
| 40 | **PIECZKA Aneta** | **135** | ANTIDOTUM | K35 | 3 | | Antidotum | 00:00:06 | 00:21:05 | 00:40:48 | **00:44:28.05** | **00:44:34.55** | +00:09:05 (20.4%) | 8:53 | 6.7 (78.8%) |
| 41 | **BULIK-FRONTCZAK Katarzyna** | **201** | | K36-45 | 12 | | | 00:00:11 | 00:21:05 | 00:40:44 | **00:44:28.50** | **00:44:39.70** | +00:09:05 (20.4%) | 8:53 | 6.7 (78.8%) |
| 42 | **WOJTYSIAK-MAŁECKA Katarzyna** | **451** | | K36-45 | 13 | | | 00:00:01 | 00:20:18 | 00:40:31 | **00:44:33.80** | **00:44:35.55** | +00:09:10 (20.6%) | 8:54 | 6.7 (78.8%) |
| 43 | **ZALEWSKA Oliwia** | **318** | DIABELSKIE PIORUNY | K35 | 4 | | Diabelskie Pioruny | 00:00:08 | 00:21:00 | 00:41:08 | **00:45:14.95** | **00:45:22.95** | +00:09:52 (21.8%) | 9:02 | 6.6 (77.6%) |
| 44 | **SZYPURA Jarosław** | **132** | | M36-45 | 7 | | | 00:00:07 | 00:21:46 | 00:41:58 | **00:45:48.10** | **00:45:55.20** | +00:10:25 (22.8%) | 9:09 | 6.6 (77.6%) |
| 45 | **GONDEK Barbara** | **500** | | K36-45 | 14 | | | 00:00:12 | 00:21:34 | 00:42:06 | **00:46:03.20** | **00:46:15.50** | +00:10:40 (23.2%) | 9:12 | 6.5 (76.5%) |
| 46 | **BARTOSZYŃSKA Aleksandra** | **146** | | K36-45 | 15 | | | 00:00:11 | 00:21:35 | 00:42:06 | **00:46:03.40** | **00:46:15.05** | +00:10:40 (23.2%) | 9:12 | 6.5 (76.5%) |
| 47 | **KARŁOWSKA Renata** | **321** | | K46-55 | 8 | | | 00:00:03 | 00:21:46 | 00:42:25 | **00:46:18.55** | **00:46:22.50** | +00:10:55 (23.6%) | 9:15 | 6.5 (76.5%) |
| 48 | **SPYCHALSKA Anna** | **278** | | K36-45 | 16 | | | 00:00:08 | 00:22:41 | 00:42:59 | **00:46:52.75** | **00:47:01.70** | +00:11:29 (24.5%) | 9:22 | 6.4 (75.3%) |
| 48 | **JUNKA Małgorzata** | **303** | | K46-55 | 9 | | | 00:00:08 | 00:22:42 | 00:43:00 | **00:46:52.75** | **00:47:01.50** | +00:11:29 (24.5%) | 9:22 | 6.4 (75.3%) |
| 50 | **GRABOWSKA Joanna** | **302** | | K46-55 | 10 | | | 00:00:08 | 00:22:41 | 00:43:01 | **00:46:53.55** | **00:47:02.10** | +00:11:30 (24.5%) | 9:22 | 6.4 (75.3%) |
| 51 | **ZABŁOCKA Maria** | **263** | | K46-55 | 11 | | | 00:00:03 | 00:22:16 | 00:43:08 | **00:47:02.05** | **00:47:05.10** | +00:11:39 (24.8%) | 9:24 | 6.4 (75.3%) |
| 52 | **TULIBACKA Ewelina** | **492** | | K36-45 | 17 | | | 00:00:04 | 00:22:13 | 00:43:03 | **00:47:04.95** | **00:47:09.05** | +00:11:42 (24.9%) | 9:24 | 6.4 (75.3%) |
| 53 | **MOSUR-GALICKA Angelina** | **65** | AKADEMIA MISTRZÓW SPORTU | K46-55 | 12 | | Akademia Mistrzów Sportu | 00:00:04 | 00:22:10 | 00:43:19 | **00:47:10.55** | **00:47:15.35** | +00:11:47 (25.0%) | 9:26 | 6.4 (75.3%) |
| 54 | **GALICKA Nina** | **391** | AKADEMIA MISTRZÓW SPORTU | K35 | 5 | | Akademia Mistrzów Sportu | 00:00:04 | 00:22:11 | 00:43:20 | **00:47:11.20** | **00:47:15.30** | +00:11:48 (25.0%) | 9:26 | 6.4 (75.3%) |
| 55 | **KRANZ Anna** | **257** | | K36-45 | 18 | | | 00:00:01 | 00:21:41 | 00:43:09 | **00:47:16.80** | **00:47:17.90** | +00:11:53 (25.2%) | 9:27 | 6.3 (74.1%) |
| 56 | **KAWALERSKA Anna** | **323** | GOSIR OSIELSKO | K46-55 | 13 | | GOSiR Osielsko | 00:00:02 | 00:23:43 | 00:45:26 | **00:47:27.95** | **00:47:30.80** | +00:12:05 (25.5%) | 9:29 | 6.3 (74.1%) |
| 57 | **KAWALERSKI Krzysztof** | **322** | GOSIR OSIELSKO | M46-55 | 5 | | GOSiR Osielsko | 00:00:08 | 00:22:32 | 00:44:15 | **00:48:20.25** | **00:48:29.20** | +00:12:57 (26.8%) | 9:40 | 6.2 (72.9%) |
| 58 | **POMORSKA Anna** | **301** | | K56+ | 2 | | | 00:00:00 | 00:22:40 | 00:44:21 | **00:48:27.95** | **00:48:28.50** | +00:13:05 (27.0%) | 9:41 | 6.2 (72.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Klub | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 59 | **WOŁOSZYN Kazimierz** | **489** | | M56+ | 7 | | Rowerowa Brzoza | 00:00:03 | 00:23:59 | 00:45:49 | **00:48:36.20** | **00:48:39.70** | +00:13:13 (27.2%) | 9:43 | 6.2 (72.9%) |
| 60 | **LESZCZYŃSKA Emilia** | **258** | | K46-55 | 14 | | | 00:00:04 | 00:22:44 | 00:44:21 | **00:48:40.40** | **00:48:44.80** | +00:13:17 (27.3%) | 9:44 | 6.2 (72.9%) |
| 61 | **KITKOWSKA Magdalena** | **293** | | K46-55 | 15 | | | 00:00:04 | 00:22:51 | 00:44:40 | **00:48:44.00** | **00:48:48.90** | +00:13:21 (27.4%) | 9:44 | 6.2 (72.9%) |
| 62 | **CIELECKA-WĄTOROWSKA Joanna** | **234** | | K46-55 | 16 | | | 00:00:07 | 00:22:57 | 00:44:47 | **00:48:58.50** | **00:49:06.35** | +00:13:35 (27.8%) | 9:47 | 6.1 (71.8%) |
| 63 | **AMROSZ Roxana** | **233** | | K36-45 | 19 | | | 00:00:07 | 00:22:45 | 00:44:14 | **00:48:58.60** | **00:49:06.35** | +00:13:35 (27.8%) | 9:47 | 6.1 (71.8%) |
| 64 | **BUTOWSKA Anna** | **270** | | K46-55 | 17 | | | 00:00:08 | 00:22:34 | 00:45:02 | **00:49:29.00** | **00:49:37.75** | +00:14:06 (28.5%) | 9:53 | 6.1 (71.8%) |
| 65 | **WESÓŁ Violetta** | **313** | | K46-55 | 18 | | | 00:00:05 | 00:22:37 | 00:45:05 | **00:49:31.60** | **00:49:37.25** | +00:14:08 (28.6%) | 9:54 | 6.1 (71.8%) |
| 66 | **ROHDE Danuta** | **449** | | K46-55 | 19 | | | 00:00:05 | 00:22:37 | 00:45:05 | **00:49:32.45** | **00:49:37.65** | +00:14:09 (28.6%) | 9:54 | 6.1 (71.8%) |
| 67 | **SPYCHALSKI Jacek** | **279** | | M56+ | 8 | | | 00:00:09 | 00:23:43 | 00:45:26 | **00:49:38.60** | **00:49:48.45** | +00:14:15 (28.7%) | 9:55 | 6 (70.6%) |
| 68 | **PIERZGALSKA Anita** | **77** | ZAMULONE OSTRYGI | K46-55 | 20 | | Zamulone Ostrygi | 00:00:09 | 00:23:35 | 00:45:32 | **00:49:43.10** | **00:49:52.90** | +00:14:20 (28.8%) | 9:56 | 6 (70.6%) |
| 69 | **IWANIUK Anita** | **76** | PĘDZĄCE CHOMIKI | K46-55 | 21 | | Pędzące Chomiki | 00:00:09 | 00:23:35 | 00:45:33 | **00:49:43.25** | **00:49:53.00** | +00:14:20 (28.8%) | 9:56 | 6 (70.6%) |
| 70 | **IWANIUK Jacek** | **75** | PĘDZĄCE CHOMIKI | M46-55 | 6 | | Pędzące Chomiki | 00:00:10 | 00:23:38 | 00:45:33 | **00:49:43.45** | **00:49:54.00** | +00:14:20 (28.8%) | 9:56 | 6 (70.6%) |
| 71 | **PIERZGALSKI Jarek** | **73** | ZAMULONE OSTRYGI | M46-55 | 7 | | Zamulone Ostrygi | 00:00:10 | 00:23:38 | 00:45:34 | **00:49:44.65** | **00:49:54.80** | +00:14:21 (28.9%) | 9:56 | 6 (70.6%) |
| 72 | **CHUDECKA Beata** | **114** | | K36-45 | 20 | | | 00:00:04 | 00:24:08 | 00:45:48 | **00:50:03.10** | **00:50:07.65** | +00:14:40 (29.3%) | 10:00 | 6 (70.6%) |
| 73 | **CHUDZIŃSKI Jacek** | **425** | FORWARD 50/34 | M46-55 | 8 | | Forward 50/34 | 00:00:07 | 00:28:06 | 00:53:09 | **00:58:06.75** | **00:58:14.45** | +00:22:43 (39.1%) | 11:37 | 5.2 (61.2%) |
| 74 | **KOCZĄB Roman** | **494** | | M56+ | 9 | | | 00:00:11 | 00:28:10 | 00:55:53 | **01:01:11.05** | **01:01:22.65** | +00:25:48 (42.2%) | 12:14 | 4.9 (57.6%) |

Znaleziono 74 wynik(ów)