



# X BIEG TRZEŹWOŚCI - NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** X BIEG TRZEŹWOŚCI  
**Organizator:** Rowerowa Brzoza  
**Data:** 2021-09-12  
**Miejsce:** Brzoza  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GWIZDAŁA Zbigniew</b>	<b>25</b>		M 46-55	1	00:00:09	<b>01:01:36.10</b>	<b>01:01:45.90</b>		6:09	9.7
2	<b>GWIZDAŁA Mikołaj</b>	<b>39</b>		M 1-35	1	00:00:12	<b>01:05:20.65</b>	<b>01:05:33.60</b>	+00:03:44	6:32	9.2
3	<b>NAGOW Michał</b>	<b>9</b>		M 46-55	2	00:00:08	<b>01:06:47.45</b>	<b>01:06:56.25</b>	+00:05:11	6:40	9
4	<b>KOLBERG Kamila</b>	<b>34</b>	KIJKOWE TRZEMESZNO	K 36-45	1	00:00:09	<b>01:07:12.00</b>	<b>01:07:21.35</b>	+00:05:35	6:43	8.9
5	<b>POTRZEBOWSKI Marek</b>	<b>6</b>	DEAF I #3BK	M 36-45	1	00:00:11	<b>01:07:13.50</b>	<b>01:07:25.30</b>	+00:05:37	6:43	8.9
6	<b>NOWAKOWSKI Grzegorz</b>	<b>1</b>	DEAF GARMIN_GIANT	M 36-45	2	00:00:10	<b>01:08:16.60</b>	<b>01:08:27.25</b>	+00:06:40	6:49	8.8
7	<b>KĘDZIERSKA Agnieszka</b>	<b>30</b>	KIJKOWE TRZEMESZNO	K 36-45	2	00:00:09	<b>01:10:15.40</b>	<b>01:10:24.90</b>	+00:08:39	7:01	8.5
8	<b>GWIZDAŁA Bartosz</b>	<b>37</b>		M 1-35	2	00:00:15	<b>01:10:56.70</b>	<b>01:11:12.45</b>	+00:09:20	7:05	8.5
9	<b>FELCYN Anna</b>	<b>16</b>		K 36-45	3	00:00:11	<b>01:12:35.50</b>	<b>01:12:46.70</b>	+00:10:59	7:15	8.3
10	<b>POTRZEBOWSKA Agata</b>	<b>7</b>	DEAF I #3BK	K 36-45	4	00:00:11	<b>01:13:31.35</b>	<b>01:13:42.55</b>	+00:11:55	7:21	8.2
11	<b>STAWNIAK Karol</b>	<b>47</b>		M 56+	1	00:00:15	<b>01:13:56.85</b>	<b>01:14:12.15</b>	+00:12:20	7:23	8.1
12	<b>ZUZA-WITKOWSKA Anna</b>	<b>11</b>	KTR MASA TURYSTYCZNA	K 46-55	1	00:00:10	<b>01:14:08.15</b>	<b>01:14:18.20</b>	+00:12:32	7:24	8.1
13	<b>KACZMAREK Jarek</b>	<b>32</b>		M 46-55	3	00:00:16	<b>01:14:34.50</b>	<b>01:14:50.65</b>	+00:12:58	7:27	8
14	<b>MAŁKIEWICZ Jacek</b>	<b>31</b>		M 56+	2	00:00:11	<b>01:14:37.95</b>	<b>01:14:49.50</b>	+00:13:01	7:27	8
15	<b>MAREK Sławomir</b>	<b>40</b>		M 1-35	3	00:00:09	<b>01:15:53.65</b>	<b>01:16:03.55</b>	+00:14:17	7:35	7.9
16	<b>MALAK Robert</b>	<b>28</b>	NIEŻŹESZONY	M 46-55	4	00:00:00	<b>01:16:24.75</b>	<b>01:16:24.75</b>	+00:14:48	7:38	7.9
17	<b>STEMPOROWSKA Katarzyna</b>	<b>26</b>	NESSI TIME INOWROCLAW	K 36-45	5	00:00:09	<b>01:16:27.00</b>	<b>01:16:36.05</b>	+00:14:50	7:38	7.8
18	<b>FERENS Paweł</b>	<b>45</b>	BBL INOWROCLAW	M 46-55	5	00:00:09	<b>01:16:27.60</b>	<b>01:16:36.60</b>	+00:14:51	7:38	7.8
19	<b>KAMIŃSKA Małgorzata</b>	<b>27</b>	ALTERNATYWY	K 36-45	6	00:00:10	<b>01:17:34.15</b>	<b>01:17:44.95</b>	+00:15:58	7:45	7.7
20	<b>KACZMAREK Aleksandra</b>	<b>36</b>		K 1-35	1	00:00:17	<b>01:17:52.30</b>	<b>01:18:09.85</b>	+00:16:16	7:47	7.7
21	<b>BYSTRZYŃSKA Emilia</b>	<b>35</b>		K 36-45	7	00:00:16	<b>01:18:03.10</b>	<b>01:18:19.40</b>	+00:16:27	7:48	7.7
22	<b>KWIATKOWSKA Elżbieta</b>	<b>15</b>		K 46-55	2	00:00:15	<b>01:18:05.30</b>	<b>01:18:20.40</b>	+00:16:29	7:48	7.7
23	<b>URBANOWSKA-DOMAŃSKA Olga</b>	<b>24</b>	ALTERNATYWY	K 36-45	8	00:00:09	<b>01:18:17.85</b>	<b>01:18:27.75</b>	+00:16:41	7:49	7.7
24	<b>KACZMAREK Zofia</b>	<b>33</b>		K 56+	1	00:00:13	<b>01:18:50.40</b>	<b>01:19:04.30</b>	+00:17:14	7:53	7.6
25	<b>NOWAKOWSKA Marta</b>	<b>2</b>	DEAF GARMIN_CUBE	K 1-35	2	00:00:12	<b>01:19:31.30</b>	<b>01:19:43.35</b>	+00:17:55	7:57	7.5
26	<b>PACZKOWSKA Ewa</b>	<b>19</b>		K 46-55	3	00:00:14	<b>01:22:55.65</b>	<b>01:23:10.15</b>	+00:21:19	8:17	7.2
27	<b>KOWALCZYK Bogusia</b>	<b>43</b>		K 36-45	9	00:00:13	<b>01:22:56.10</b>	<b>01:23:09.35</b>	+00:21:20	8:17	7.2
28	<b>WIŚNIEWSKA Elżbieta</b>	<b>17</b>		K 46-55	4	00:00:13	<b>01:22:57.30</b>	<b>01:23:10.70</b>	+00:21:21	8:17	7.2
29	<b>BOŻEK Mariusz</b>	<b>48</b>		M 56+	3	00:00:14	<b>01:22:57.95</b>	<b>01:23:12.15</b>	+00:21:21	8:17	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	<b>BŁASZAK Stanisława</b>	<b>38</b>		K 56+	2	00:00:13	<b>01:25:26.55</b>	<b>01:25:40.45</b>	+00:23:50	8:32	7
31	<b>BUDAJ Agnieszka</b>	<b>42</b>		K 1-35	3	00:00:52	<b>01:27:17.60</b>	<b>01:28:10.00</b>	+00:25:41	8:43	6.9
32	<b>LEWICKA Dagmara</b>	<b>41</b>		K 1-35	4	00:00:51	<b>01:27:17.90</b>	<b>01:28:09.70</b>	+00:25:41	8:43	6.9
33	<b>MARZEC Magdalena</b>	<b>13</b>		K 46-55	5	00:00:14	<b>01:28:33.80</b>	<b>01:28:48.60</b>	+00:26:57	8:51	6.8
34	<b>BUSZTA Anna</b>	<b>22</b>		K 36-45	10	00:00:11	<b>01:30:13.65</b>	<b>01:30:25.50</b>	+00:28:37	9:01	6.7
35	<b>DELIG Monika</b>	<b>23</b>		K 36-45	11	00:00:11	<b>01:30:14.75</b>	<b>01:30:26.50</b>	+00:28:38	9:01	6.6
36	<b>BUTOWSKA Anna</b>	<b>8</b>		K 46-55	6	00:00:16	<b>01:30:43.95</b>	<b>01:31:00.80</b>	+00:29:07	9:04	6.6
37	<b>ROHDE Danuta</b>	<b>10</b>	ROWEROWA BRZOZA	K 46-55	7	00:00:13	<b>01:30:46.45</b>	<b>01:31:00.35</b>	+00:29:10	9:04	6.6
38	<b>WOŁOSZYN Kazimierz</b>	<b>18</b>	ROWEROWA BRZOZA	M 56+	4	00:00:13	<b>01:30:47.60</b>	<b>01:31:00.65</b>	+00:29:11	9:04	6.6

Znaleziono 38 wynik(ów)