



INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2022 - 10 KM

B4SPORT

Wydarzenie: INWA Nordic Walking World Championships
Organizator: Polish Nordic Walking Association (PZNW)
International Nordic Walking Federation (INWA)
Data: 2022-09-03
Miejsce: SZKLARSKA PORĘBA
Dystans: 10 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SOSNOWSKA Agnieszka	267	TEAM POLAND	K35-39	1			00:33:22	01:07:57.85		6:47	8.8 (100%)
2	KUBISZYN Małgorzata	206	TEAM POLAND	K35-39	2			00:34:52	01:10:12.85	+00:02:15 (3.2%)	7:01	8.5 (96.6%)
3	ZACZYŃSKA-SKIBA Anna	304	TEAM POLAND	K40-44	1			00:35:21	01:11:05.45	+00:03:07 (4.4%)	7:06	8.4 (95.5%)
4	BIELECKA Zuzanna	135	TEAM POLAND	K40-44	2			00:35:54	01:12:54.20	+00:04:56 (6.8%)	7:17	8.2 (93.2%)
5	MIELECKA Agnieszka	226	POLIPACK TEAM GWE	K50-54	1			00:35:56	01:13:23.60	+00:05:25 (7.4%)	7:20	8.2 (93.2%)
6	LABUS Marzena	211	TEAM POLAND	K35-39	3			00:36:54	01:14:42.25	+00:06:44 (9.0%)	7:28	8 (90.9%)
7	JĘDRASIAK Renata	182	TEAM POLAND	K55-59	1			00:37:06	01:14:43.80	+00:06:45 (9.1%)	7:28	8 (90.9%)
8	BOLGZDA Baiba	137	NŪJO VESELS	K50-54	2	1		00:37:54	01:16:55.25	+00:08:57 (11.6%)	7:41	7.8 (88.6%)
9	LUMPEOVÁ Lenka	219		K55-59	2			00:39:11	01:18:37.00	+00:10:39 (13.5%)	7:51	7.6 (86.4%)
10	KOWACZ Agata	198	SPEEDBAR	K40-44	3			00:39:01	01:19:05.80	+00:11:07 (14.1%)	7:54	7.6 (86.4%)
11	KOŃCZEWSKA Bożena	197	BIESCZADZKI KLUB NORDIK WALKING	K60-64	1			00:39:05	01:19:11.00	+00:11:13 (14.2%)	7:55	7.6 (86.4%)
12	ABRAMOWICZ Małgorzata	121	EKSPEDYCJA NORDIC TEAM SZCZECIN	K35-39	4			00:39:16	01:19:27.80	+00:11:29 (14.5%)	7:56	7.6 (86.4%)
13	FRANCZAK Małgorzata	164	NW CZŁAPSKI TEAM	K18-34	1			00:39:57	01:20:20.10	+00:12:22 (15.4%)	8:02	7.5 (85.2%)
14	EPNERE Iveta	158	NŪJO VESELS	K50-54	3			00:40:45	01:21:45.90	+00:13:48 (16.9%)	8:10	7.3 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	KWIATKOWSKA Stanisława	181		K55-59	3			00:40:33	01:21:48.55	+00:13:50 (16.9%)	8:10	7.3 (83.0%)
16	VANCOVIČA Lelde	294	NŪJO VESELS	K55-59	4			00:39:45	01:22:02.85	+00:14:05 (17.2%)	8:12	7.3 (83.0%)
17	ŚWIERCZ Ewa	284		K45-49	1			00:40:38	01:22:55.30	+00:14:57 (18.0%)	8:17	7.2 (81.8%)
18	ŚLUSARCZYK Grażyna	279	AZS AWF KRAKOW MASTERS	K55-59	5			00:41:35	01:23:39.40	+00:15:41 (18.8%)	8:21	7.2 (81.8%)
19	DUCH-MACKANIEC Danuta	156	AMATORKA	K60-64	2	1		00:42:39	01:24:39.35	+00:16:41 (19.7%)	8:27	7.1 (80.7%)
20	RĘKOŚ Anna	253	ŻURAWINIEC TRENUJE	K40-44	4	1		00:41:34	01:24:53.95	+00:16:56 (19.9%)	8:29	7.1 (80.7%)
21	JUZOF Iwona	186		K45-49	2			00:41:34	01:24:58.35	+00:17:00 (20.0%)	8:29	7.1 (80.7%)
22	CZAJKA Urszula	149		K65-69	1			00:42:11	01:25:55.55	+00:17:57 (20.9%)	8:35	7 (79.5%)
23	KONIK Aleksandra	196	BIESZCZADZKI KLUB NORDIC WALKING	K45-49	3			00:42:58	01:26:07.60	+00:18:09 (21.1%)	8:36	7 (79.5%)
24	PRZYBYLSKA Kinga	245	NORDIC WALKING KIEKRZ POLAND	K55-59	6			00:42:46	01:26:27.55	+00:18:29 (21.4%)	8:38	6.9 (78.4%)
25	KURZAWSKA Jolanta	210	KGHM METRACO	K70+	1			00:41:59	01:26:31.35	+00:18:33 (21.4%)	8:39	6.9 (78.4%)
26	MIŚKOWICZ Anna	229		K60-64	3			00:43:10	01:26:40.30	+00:18:42 (21.6%)	8:40	6.9 (78.4%)
27	EWERTOWSKA Ewa	160	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:42:45	01:26:50.55	+00:18:52 (21.7%)	8:41	6.9 (78.4%)
28	GRAVA Zane	169		K45-49	4	1		00:42:12	01:26:59.35	+00:19:01 (21.9%)	8:41	6.9 (78.4%)
29	VALDMANE Katrīna	293	NŪJO UN ESI VESELS	K45-49	5	1		00:42:37	01:27:24.50	+00:19:26 (22.2%)	8:44	6.9 (78.4%)
30	WOŁK Beata	301	FABRYKA NORDICA TRZCIANKA	K45-49	6			00:42:43	01:27:29.55	+00:19:31 (22.3%)	8:44	6.9 (78.4%)
31	TKALCIC Daria	285	TEAM CROATIA	K18-34	2	1		00:43:38	01:28:19.85	+00:20:22 (23.1%)	8:49	6.8 (77.3%)
32	REBOKA Inga	251	BABĪTES SPORTA CENTRS	K60-64	4			00:42:59	01:28:48.55	+00:20:50 (23.5%)	8:52	6.8 (77.3%)
33	SOROKA-MITUŁA Grażyna	266		K45-49	7			00:43:29	01:29:12.30	+00:21:14 (23.8%)	8:55	6.7 (76.1%)
34	ŚLUSARCZYK Karolina	281	WESOŁY BORSUK TEAM	K18-34	3			00:43:54	01:29:12.90	+00:21:15 (23.8%)	8:55	6.7 (76.1%)
35	NITECKA Poļina	233	BABĪTES SPORTA CENTRS	K18-34	4			00:43:43	01:29:14.35	+00:21:16 (23.8%)	8:55	6.7 (76.1%)
36	MAKUCH Joanna	224	FABRYKA NORDICA TRZCIANKA	K40-44	5			00:43:53	01:29:16.60	+00:21:18 (23.9%)	8:55	6.7 (76.1%)
37	DREWNOWSKA Barbara	155	ZASAPANI HYDRO TRZCIANKA	K50-54	5			00:44:19	01:29:17.55	+00:21:19 (23.9%)	8:55	6.7 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto		Tempo min/km	Tempo km/h
									10km	Różn		
38	BUCZKO Agnieszka	142		K45-49	8			00:43:57	01:29:33.80	+00:21:35 (24.1%)	8:57	6.7 (76.1%)
39	LEGOCKA - WALCZAK Kinga	212	ARIDA SILVA ATHLETICA	K45-49	9			00:44:30	01:30:00.95	+00:22:03 (24.5%)	9:00	6.7 (76.1%)
40	NIEDŹWIECKA Małgorzata	232	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			00:44:28	01:30:12.35	+00:22:14 (24.7%)	9:01	6.7 (76.1%)
41	JESIONKA Katarzyna	179		K50-54	6			00:44:22	01:30:20.35	+00:22:22 (24.8%)	9:02	6.6 (75.0%)
42	LIEPIŅA Sanita	213		K45-49	10			00:44:06	01:30:21.60	+00:22:23 (24.8%)	9:02	6.6 (75.0%)
43	ROGOWSKA Marta	254	NORDIC WALKING KIEKRZ POLAND	K50-54	7			00:44:36	01:30:23.15	+00:22:25 (24.8%)	9:02	6.6 (75.0%)
44	FILA-ROŲE Renāte	161	SLĒPES MEKLĒJOT	K50-54	8			00:44:45	01:30:28.40	+00:22:30 (24.9%)	9:02	6.6 (75.0%)
45	KUBIAK Maria	203		K70+	2	1		00:45:10	01:30:49.80	+00:22:51 (25.2%)	9:04	6.6 (75.0%)
46	MONTVIDA Nadežda	230	WALKING LATVIANS	K55-59	7			00:44:30	01:30:52.15	+00:22:54 (25.2%)	9:05	6.6 (75.0%)
47	BARCZYK Jolanta	124	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			00:45:47	01:31:03.35	+00:23:05 (25.4%)	9:06	6.6 (75.0%)
48	BALTRAŠJUNA Ligita	122	NŪJO UN ESI VESELS	K40-44	6	1		00:45:45	01:31:29.35	+00:23:31 (25.7%)	9:08	6.6 (75.0%)
49	PYTLOWANA Aleksandra	249	NORDIC WALKING Z PASJĄ LEGNICA	K40-44	7			00:45:50	01:31:47.25	+00:23:49 (26.0%)	9:10	6.5 (73.9%)
50	POLAŃSKA Agnieszka	243	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	8			00:46:01	01:32:41.25	+00:24:43 (26.7%)	9:16	6.5 (73.9%)
51	GWAREK Anita	171	PASJA NORDIC WALKING	K50-54	9			00:44:48	01:32:42.10	+00:24:44 (26.7%)	9:16	6.5 (73.9%)
52	KRAAV Triin	201		K40-44	9			00:45:08	01:32:46.05	+00:24:48 (26.7%)	9:16	6.5 (73.9%)
53	DETKOVA Galina	152		K65-69	3	1		00:44:58	01:32:53.35	+00:24:55 (26.8%)	9:17	6.5 (73.9%)
54	RAKOWSKA Edyta	250		K50-54	10			00:45:35	01:33:11.20	+00:25:13 (27.1%)	9:19	6.4 (72.7%)
55	SERÓWKA Lidia	258	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K50-54	11			00:45:27	01:33:15.80	+00:25:17 (27.1%)	9:19	6.4 (72.7%)
56	PUZICHOWSKA Małgorzata	247		K60-64	6			00:45:41	01:33:42.75	+00:25:44 (27.5%)	9:22	6.4 (72.7%)
57	MAJEVSKA Vija	223		K70+	3			00:46:16	01:33:59.25	+00:26:01 (27.7%)	9:23	6.4 (72.7%)
58	TRACZYŃSKA Magdalena	289	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	10			00:46:31	01:34:36.05	+00:26:38 (28.2%)	9:27	6.3 (71.6%)
59	KĘDZIA Mariola	190	NORDIC WALKING KIEKRZ POLAND	K65-69	4			00:47:07	01:35:08.40	+00:27:10 (28.6%)	9:30	6.3 (71.6%)
60	BEREZOWSKA Beata	130		K50-54	12			00:46:14	01:35:21.00	+00:27:23 (28.7%)	9:32	6.3 (71.6%)

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									10km	Różn		
61	DĄBROWA Dorota	151	CHODZ Z NAMI	K50-54	13			00:46:25	01:35:51.85	+00:27:54 (29.1%)	9:35	6.3 (71.6%)
62	ZAWADZKA Maria	302	KS METRACO	K70+	4			00:46:37	01:36:28.25	+00:28:30 (29.5%)	9:38	6.2 (70.5%)
63	PLICHCIŃSKA Małgorzata	241	EKONOMIK	K45-49	11			00:47:26	01:36:39.85	+00:28:42 (29.7%)	9:39	6.2 (70.5%)
64	LISZKA Ilona	217		K45-49	12			00:47:26	01:36:59.35	+00:29:01 (29.9%)	9:41	6.2 (70.5%)
65	LIPSKA Liga	215	NŪJO UN ESI VESELS	K35-39	5			00:48:16	01:37:00.05	+00:29:02 (29.9%)	9:42	6.2 (70.5%)
66	SZAREJKO Grażyna	271	NORDIC WALKING KIEKRZ POLAND	K55-59	8			00:48:05	01:37:17.85	+00:29:20 (30.1%)	9:43	6.2 (70.5%)
67	VISOCKA Liene	296		K35-39	6			00:47:30	01:37:29.15	+00:29:31 (30.3%)	9:44	6.2 (70.5%)
68	CICHOCKA Renata	146	AVOCADO WELLNESS CLUB WARSZAWA	K50-54	14			00:46:48	01:37:53.60	+00:29:55 (30.6%)	9:47	6.1 (69.3%)
69	BIEDRA Krystyna	133	KIJE W DOBRYCH RĘKACH	K70+	5			00:48:28	01:38:19.05	+00:30:21 (30.9%)	9:49	6.1 (69.3%)
70	PYKA Aneta	248	EKIPA NA KIJACH	K45-49	13			00:48:55	01:38:44.35	+00:30:46 (31.2%)	9:52	6.1 (69.3%)
71	LUTEK Karolina	220		K45-49	14	2		00:46:26	01:38:47.75	+00:30:49 (31.2%)	9:52	6.1 (69.3%)
72	TKOCZ Alicja	286	EKIPA NA KIJACH	K55-59	9			00:49:07	01:41:01.70	+00:33:03 (32.7%)	10:06	5.9 (67.0%)
73	LINDEL Bożena	214	EKIPA NA KIJACH	K55-59	10			00:50:03	01:41:04.85	+00:33:07 (32.8%)	10:06	5.9 (67.0%)
74	TYLKA Edyta	292		K18-34	5			00:49:45	01:43:55.85	+00:35:58 (34.6%)	10:23	5.8 (65.9%)
75	FILIPIAK Julita	162		K35-39	7	1		00:51:48	01:44:28.85	+00:36:31 (35.0%)	10:26	5.7 (64.8%)
76	KULIŃSKA Dorota	208	KIJE W DOBRYCH RĘKACH	K60-64	7			00:51:27	01:44:31.15	+00:36:33 (35.0%)	10:27	5.7 (64.8%)
77	HADACZEK Karolina	30	NORDIC WALKING KIEKRZ	K50-54	15			00:54:01	01:44:49.25	+00:36:51 (35.2%)	10:28	5.7 (64.8%)
78	ŚLUSARCZYK Kamila	277		K40-44	11			00:49:49	01:44:53.30	+00:36:55 (35.2%)	10:29	5.7 (64.8%)
79	SZYSLER Renata	275	EKIPA NA KIJACH	K60-64	8			00:51:32	01:46:12.20	+00:38:14 (36.0%)	10:37	5.6 (63.6%)
80	PARUCH Julita	239	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K18-34	6			00:55:24	01:46:48.65	+00:38:50 (36.4%)	10:40	5.6 (63.6%)
81	CHOLEWKA Jolanta	12	MARSZ PO ZDROWIE	K65-69	5			00:51:55	01:46:49.05	+00:38:51 (36.4%)	10:40	5.6 (63.6%)
82	ŁUCZAJ Beata	222		K50-54	16			00:51:50	01:47:15.80	+00:39:17 (36.6%)	10:43	5.6 (63.6%)
83	STIPAN Katarina	270	TEAM CROATIA	K40-44	12			00:53:08	01:47:50.10	+00:39:52 (37.0%)	10:47	5.6 (63.6%)

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84	NOWAKOWSKA Agnieszka	234		K50-54	17			00:53:08	01:48:11.35	+00:40:13 (37.2%)	10:49	5.5 (62.5%)
85	KUŠTELEGA Jadrenka	176	TEAM CROATIA	K60-64	9			00:52:19	01:50:34.75	+00:42:36 (38.5%)	11:03	5.4 (61.4%)
86	MICHALCZYK Aleksandra	225		K35-39	8	1		00:53:55	01:51:16.25	+00:43:18 (38.9%)	11:07	5.4 (61.4%)
87	KARSKA-GALICKA Katarzyna	189		K45-49	15	2		00:56:43	01:55:51.15	+00:47:53 (41.3%)	11:35	5.2 (59.1%)
88	SOKOŁOWSKA Agata	263		K55-59	11			00:57:01	01:57:23.75	+00:49:25 (42.1%)	11:44	5.1 (58.0%)
89	IWANKIEWICZ Teresa	177	AKADEMIA MARSZU NORDIC WALKING	K65-69	6	1		00:56:25	01:57:45.65	+00:49:47 (42.3%)	11:46	5.1 (58.0%)
90	DRĄGIEWICZ Katarzyna	154	NORDIC WALKING Z PASJĄ	K45-49	16			00:58:59	02:06:29.30	+00:58:31 (46.3%)	12:38	4.7 (53.4%)
91	STACHURA Jadwiga	268		K60-64	10			01:00:52	02:09:14.90	+01:01:17 (47.4%)	12:55	4.6 (52.3%)
DQ	HORVAT Mirela Matak	173	TEAM CROATIA	K50-54			1	00:43:38 DQ	01:28:47.15 DQ		0:00	6.8 (77.3%)
DQ	PAVLOVIČA Sanita	240		K35-39			1	00:44:45 DQ	01:30:25.00 DQ		0:00	6.6 (75.0%)
DQ	BOTKOVÁ Patrícia	140	NORDIC WALKING SPORT SK	K45-49			1	00:45:59 DQ	01:33:51.75 DQ		0:00	6.4 (72.7%)
DQ	MIKOLAJSKA Aga	227	LADIES	K40-44			1	00:55:13 DQ	01:53:25.45 DQ		0:00	5.3 (60.2%)

Znaleziono 95 wynik(ów)