



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## INWA NORDIC WALKING WORLD CUP - 5KM

INWA NORDIC WALKING WORLD CUP 2023  
Polskie Zrzeszenie Nordic Walking  
2023-04-29  
Mielno  
4.3 km

B4SPORT



Klasyfikacja: K50-54

| Msc | Zawodnik                     | Numer      | Klub                         | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas netto 4.3km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|------------------------------|-----------|------|-------------|--------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>KARPIENIA Ewa</b>         | <b>91</b>  | KS VICTORIA POTĘGOWO         | K50-54    | 1    |             |              | <b>00:31:40.55</b> |                   | 7:21         | 8.1 (100%)  |
| 2   | <b>POKŁADOWSKA Joanna</b>    | <b>121</b> | RAJDY DARKA                  | K50-54    | 2    |             |              | <b>00:32:29.25</b> | +00:00:48 (2.5%)  | 7:33         | 7.9 (97.5%) |
| 3   | <b>CHRUŚCIEL Żaneta</b>      | <b>158</b> |                              | K50-54    | 3    |             |              | <b>00:33:07.70</b> | +00:01:27 (4.4%)  | 7:42         | 7.8 (96.3%) |
| 4   | <b>MAŁEK-GALICKA Sabina</b>  | <b>105</b> |                              | K50-54    | 4    |             |              | <b>00:33:54.30</b> | +00:02:13 (6.6%)  | 7:53         | 7.6 (93.8%) |
| 5   | <b>SERÓWKA Lidia</b>         | <b>126</b> |                              | K50-54    | 5    |             |              | <b>00:33:56.45</b> | +00:02:15 (6.7%)  | 7:53         | 7.6 (93.8%) |
| 6   | <b>KOWALCZYK Edyta</b>       | <b>154</b> |                              | K50-54    | 6    |             |              | <b>00:34:21.40</b> | +00:02:40 (7.8%)  | 7:59         | 7.5 (92.6%) |
| 7   | <b>PIETRZAK Dorota</b>       | <b>118</b> | NORDIC WALKING KIEKRZ POLAND | K50-54    | 7    |             |              | <b>00:34:48.35</b> | +00:03:07 (9.0%)  | 8:05         | 7.4 (91.4%) |
| 8   | <b>SĘDZIK Katarzyna</b>      | <b>127</b> | LECYMY DURŚ                  | K50-54    | 8    |             |              | <b>00:34:55.80</b> | +00:03:15 (9.3%)  | 8:07         | 7.4 (91.4%) |
| 9   | <b>DOBOSZ Anna</b>           | <b>149</b> | NW CZŁAPSKI TEAM             | K50-54    | 9    |             |              | <b>00:35:35.45</b> | +00:03:54 (11.0%) | 8:16         | 7.3 (90.1%) |
| 10  | <b>SZWAJA Katarzyna</b>      | <b>136</b> |                              | K50-54    | 10   |             |              | <b>00:35:51.90</b> | +00:04:11 (11.7%) | 8:20         | 7.2 (88.9%) |
| 11  | <b>WŁODARCZYK Małgorzata</b> | <b>143</b> |                              | K50-54    | 11   |             |              | <b>00:38:01.30</b> | +00:06:20 (16.7%) | 8:50         | 6.8 (84.0%) |
| 12  | <b>STRZELECKA Marzena</b>    | <b>132</b> |                              | K50-54    | 12   |             |              | <b>00:39:56.15</b> | +00:08:15 (20.7%) | 9:17         | 6.5 (80.2%) |

Znaleziono 12 wynik(ów)