



# INWA NORDIC WALKING WORLD CUP - 5KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

INWA NORDIC WALKING WORLD CUP 2022  
Polskie Zrzeszenie Nordic Walking, Urząd Gminy  
Kolbuszowa

**Data:**  
**Miejsce:**  
**Dystans:**

2022-05-14  
Mielno  
5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MIELECKA Agnieszka</b>	<b>166</b>		K50-54	1			00:15:40	<b>00:31:28.25</b>		6:17	9.5 (100%)
2	<b>WILUSZ Erwina</b>	<b>250</b>	VINGBERG POLSKA/ LUKI TEAM POLSKA	K30-39	1			00:15:29	<b>00:31:34.28</b>	+00:00:06 (0.3%)	6:18	9.5 (100%)
3	<b>RYKAŁA Irena</b>	<b>294</b>		K40-44	1			00:16:54	<b>00:34:04.51</b>	+00:02:36 (7.6%)	6:48	8.8 (92.6%)
4	<b>MAŚLANKA Iwona</b>	<b>162</b>	MARSZ PO ZDROWIE	K50-54	2			00:16:51	<b>00:34:10.61</b>	+00:02:42 (7.9%)	6:50	8.8 (92.6%)
5	<b>SZPILMAN Katarzyna</b>	<b>236</b>	ESJA TEAM	K50-54	3			00:17:01	<b>00:34:18.52</b>	+00:02:50 (8.3%)	6:51	8.7 (91.6%)
6	<b>ZALISKO Oksana</b>	<b>256</b>	KKNW KOLBUSZOWA	K65-69	1			00:16:58	<b>00:34:19.87</b>	+00:02:51 (8.3%)	6:51	8.7 (91.6%)
7	<b>GIEŁBAGA Aneta</b>	<b>104</b>	ACTIVE TEAM KOZŁÓW	K45-49	1			00:17:10	<b>00:34:30.37</b>	+00:03:02 (8.8%)	6:54	8.7 (91.6%)
8	<b>STĘPIEŃ Dorota</b>	<b>224</b>		K45-49	2			00:16:59	<b>00:34:30.75</b>	+00:03:02 (8.8%)	6:54	8.7 (91.6%)
9	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>190</b>		K45-49	3			00:17:08	<b>00:34:48.32</b>	+00:03:20 (9.6%)	6:57	8.6 (90.5%)
10	<b>PUSZKARSKA Małgorzata</b>	<b>203</b>	GOSADI NORDIC TEAM	K45-49	4			00:17:12	<b>00:35:07.28</b>	+00:03:39 (10.4%)	7:01	8.5 (89.5%)
11	<b>ŁUKASIEWICZ-GODLEWSKA Anna</b>	<b>155</b>	PASJA NORDIC WALKING	K40-44	2			00:17:25	<b>00:35:13.74</b>	+00:03:45 (10.7%)	7:02	8.5 (89.5%)
12	<b>OLEKSYK Małgorzata</b>	<b>179</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			00:17:39	<b>00:35:18.44</b>	+00:03:50 (10.9%)	7:03	8.5 (89.5%)
13	<b>PUKAS Małgorzata</b>	<b>202</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:17:51	<b>00:36:01.85</b>	+00:04:33 (12.7%)	7:12	8.3 (87.4%)
14	<b>STYGA Krystyna</b>	<b>229</b>		K60-64	3			00:17:57	<b>00:36:13.40</b>	+00:04:45 (13.1%)	7:14	8.3 (87.4%)

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15	<b>GUTOWSKA Magda</b>	<b>113</b>	PAUL TEAM	K45-49	5			00:17:58	<b>00:36:34.86</b>	+00:05:06 (14.0%)	7:18	8.2 (86.3%)
16	<b>KONIK Aleksandra</b>	<b>134</b>	BIESZCZADZKI KLUB NORDIC WALKING	K45-49	6			00:18:09	<b>00:36:49.12</b>	+00:05:20 (14.5%)	7:21	8.1 (85.3%)
17	<b>PETRYSHYN Natalia</b>	<b>192</b>	KK NW KOLBUSZOWA	K30-39	2	1		00:18:06	<b>00:36:51.50</b>	+00:05:23 (14.6%)	7:22	8.1 (85.3%)
18	<b>NIEPOKÓJ Paulina</b>	<b>175</b>	PTG SOKÓŁ RYMANÓW	K18-29	1			00:18:18	<b>00:36:51.87</b>	+00:05:23 (14.6%)	7:22	8.1 (85.3%)
19	<b>ŁYSIAK Paulina</b>	<b>156</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	3			00:18:14	<b>00:36:52.47</b>	+00:05:24 (14.7%)	7:22	8.1 (85.3%)
20	<b>BOROWIEC-WILK Agnieszka</b>	<b>85</b>	HUCIEŃSKIE WŁÓCZY KIJE	K45-49	7			00:18:20	<b>00:37:13.98</b>	+00:05:45 (15.5%)	7:26	8.1 (85.3%)
21	<b>TOMCZYK Dorota</b>	<b>241</b>	HUCIEŃSKIE WŁÓCZY KIJE	K45-49	8			00:18:26	<b>00:37:15.38</b>	+00:05:47 (15.5%)	7:27	8.1 (85.3%)
22	<b>SZENDZIELORZ Ilona</b>	<b>233</b>	MALINOWE GWIAZDY	K65-69	2			00:18:41	<b>00:37:56.11</b>	+00:06:27 (17.0%)	7:35	7.9 (83.2%)
23	<b>KOLB Barbara</b>	<b>129</b>	HUCIEŃSKIE WŁÓCZY KIJE	K50-54	4			00:19:04	<b>00:38:28.67</b>	+00:07:00 (18.2%)	7:41	7.8 (82.1%)
24	<b>FRANUSZKIEWICZ Ewa</b>	<b>98</b>	HUCIEŃSKIE WŁÓCZY KIJE	K45-49	9			00:19:25	<b>00:39:06.58</b>	+00:07:38 (19.5%)	7:49	7.7 (81.1%)
25	<b>CZUBASIEWICZ Monika</b>	<b>93</b>	NORDICUS STRZYBNICA	K50-54	5			00:19:35	<b>00:39:07.16</b>	+00:07:38 (19.6%)	7:49	7.7 (81.1%)
26	<b>SOMIAK Marta</b>	<b>220</b>	NORDICUS STRZYBNICA	K40-44	3			00:19:30	<b>00:39:07.26</b>	+00:07:39 (19.6%)	7:49	7.7 (81.1%)
27	<b>DYBEŁ Agnieszka</b>	<b>97</b>	NORDIC TEAM CZĘSTOCHOWA	K- Niepełnosprawni(A)	1			00:19:28	<b>00:39:18.56</b>	+00:07:50 (19.9%)	7:51	7.6 (80.0%)
28	<b>HILGNER Katarzyna</b>	<b>116</b>	NORDICUS STRZYBNICA	K50-54	6			00:19:27	<b>00:39:21.29</b>	+00:07:53 (20.0%)	7:52	7.6 (80.0%)
29	<b>LACHOWSKA Ewa</b>	<b>150</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	4			00:19:45	<b>00:39:25.40</b>	+00:07:57 (20.2%)	7:53	7.6 (80.0%)
30	<b>GÓRECKA Iwona</b>	<b>106</b>	STADION ŚLĄSKI	K55-59	1			00:19:31	<b>00:39:26.90</b>	+00:07:58 (20.2%)	7:53	7.6 (80.0%)
31	<b>BARCZYK Jolanta</b>	<b>81</b>	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			00:19:42	<b>00:39:27.57</b>	+00:07:59 (20.2%)	7:53	7.6 (80.0%)
32	<b>WRÓBEL Halina</b>	<b>254</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	6			00:19:40	<b>00:39:30.50</b>	+00:08:02 (20.3%)	7:54	7.6 (80.0%)
33	<b>ROCHNIA Kasia</b>	<b>207</b>	NORDICUS STRZYBNICA	K40-44	4			00:19:40	<b>00:39:36.75</b>	+00:08:08 (20.6%)	7:55	7.6 (80.0%)
34	<b>HANUS Joanna</b>	<b>114</b>	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1			00:19:37	<b>00:39:42.69</b>	+00:08:14 (20.8%)	7:56	7.6 (80.0%)
35	<b>SULECKA Gabriela</b>	<b>232</b>		K- Niepełnosprawni(A)	2			00:19:37	<b>00:39:44.14</b>	+00:08:15 (20.8%)	7:56	7.6 (80.0%)
36	<b>MORAWIEC Marzena</b>	<b>169</b>	NORDICUS STRZYBNICA	K45-49	10			00:20:04	<b>00:39:58.92</b>	+00:08:30 (21.3%)	7:59	7.5 (78.9%)
37	<b>IVANISHENA Tatiana</b>	<b>118</b>	KKNW	K55-59	2	1		00:19:45	<b>00:40:05.70</b>	+00:08:37 (21.5%)	8:01	7.5 (78.9%)

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38	<b>SĘDZIK Katarzyna</b>	<b>214</b>	LECYMY DURŚ	K45-49	11			00:19:54	<b>00:40:14.17</b>	+00:08:45 (21.8%)	8:02	7.5 (78.9%)
39	<b>KRAMNYSTA Margaryta</b>	<b>144</b>	KKNW	K- Niepełnosprawni(B)	2			00:20:01	<b>00:40:25.39</b>	+00:08:57 (22.1%)	8:05	7.4 (77.9%)
40	<b>GIZA Elżbieta</b>	<b>105</b>	NORDICUS STRZYBNICA	K60-64	7			00:20:12	<b>00:40:44.24</b>	+00:09:15 (22.7%)	8:08	7.4 (77.9%)
41	<b>KURDZIEL Anna</b>	<b>149</b>	KKNW KOLBUSZOWA	K40-44	5			00:20:04	<b>00:40:55.82</b>	+00:09:27 (23.1%)	8:11	7.3 (76.8%)
42	<b>GUL-BOGACZ Jolanta</b>	<b>112</b>	KKNW	K45-49	12			00:20:29	<b>00:40:59.04</b>	+00:09:30 (23.2%)	8:11	7.3 (76.8%)
43	<b>CZARNOTA Wanda</b>	<b>91</b>	Z NURTEM SAWY NORDIC WALKING KLUB	K60-64	8			00:20:20	<b>00:41:20.78</b>	+00:09:52 (23.9%)	8:16	7.3 (76.8%)
44	<b>GUL Monika</b>	<b>111</b>		K30-39	4			00:21:08	<b>00:41:26.44</b>	+00:09:58 (24.1%)	8:17	7.2 (75.8%)
45	<b>KRUDYSZ-STARZEC Jadwiga</b>	<b>148</b>	KKNW KOLBUSZOWA	K65-69	3			00:20:27	<b>00:41:29.31</b>	+00:10:01 (24.1%)	8:17	7.2 (75.8%)
46	<b>KOPACZ Elżbieta</b>	<b>135</b>	KKNW KOLBUSZOWA	K45-49	13			00:20:59	<b>00:42:27.82</b>	+00:10:59 (25.9%)	8:29	7.1 (74.7%)
47	<b>SZNAJDER Teresa</b>	<b>234</b>		K65-69	4			00:21:10	<b>00:42:44.40</b>	+00:11:16 (26.4%)	8:32	7 (73.7%)
48	<b>GRZYB Beata</b>	<b>295</b>	KGHMMETRACORUDNA	K50-54	7			00:21:35	<b>00:43:18.45</b>	+00:11:50 (27.3%)	8:39	6.9 (72.6%)
49	<b>KRÓL Grażyna</b>	<b>147</b>	KKNW KOLBUSZOWA	K65-69	5			00:21:30	<b>00:43:21.24</b>	+00:11:52 (27.4%)	8:40	6.9 (72.6%)
50	<b>BREGUŁA Ewa</b>	<b>86</b>	NORDICUS STRZYBNICA	K55-59	3			00:21:45	<b>00:43:26.03</b>	+00:11:57 (27.5%)	8:41	6.9 (72.6%)
51	<b>MANSFELD Dorota</b>	<b>160</b>	NORDICUS STRZYBNICA	K50-54	8			00:21:47	<b>00:43:27.83</b>	+00:11:59 (27.6%)	8:41	6.9 (72.6%)
52	<b>TOPOLEWICZ Teresa</b>	<b>244</b>		K40-44	6			00:21:29	<b>00:43:51.80</b>	+00:12:23 (28.3%)	8:46	6.8 (71.6%)
53	<b>SZYMAŃSKA Elżbieta</b>	<b>238</b>		K30-39	5			00:21:12	<b>00:43:53.04</b>	+00:12:24 (28.3%)	8:46	6.8 (71.6%)
54	<b>PISARSKA Barbara</b>	<b>196</b>	NORDICUS STRZYBNICA	K50-54	9			00:22:08	<b>00:44:20.81</b>	+00:12:52 (29.0%)	8:52	6.8 (71.6%)
55	<b>JAGIEŁŁA Danuta</b>	<b>119</b>	NORDICUS STRZYBNICA	K65-69	6			00:22:10	<b>00:44:35.52</b>	+00:13:07 (29.4%)	8:55	6.7 (70.5%)
56	<b>SUDOŁ Maria</b>	<b>231</b>	KKNW KOLBUSZOWA	K65-69	7			00:22:02	<b>00:44:41.53</b>	+00:13:13 (29.6%)	8:56	6.7 (70.5%)
57	<b>OŚRÓDKA Jolanta</b>	<b>185</b>	NORDICUS	K55-59	4			00:22:14	<b>00:44:49.66</b>	+00:13:21 (29.8%)	8:57	6.7 (70.5%)
58	<b>KOCZUR Dorota</b>	<b>128</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	8			00:22:18	<b>00:44:49.72</b>	+00:13:21 (29.8%)	8:57	6.7 (70.5%)
59	<b>PILARZ Zuzanna</b>	<b>194</b>	NORDICUS STRZYBNICA	K40-44	7			00:22:29	<b>00:44:50.85</b>	+00:13:22 (29.8%)	8:58	6.7 (70.5%)
60	<b>KOPEĆ Ewa</b>	<b>137</b>	HUCIEŃSKIE WŁÓCZY KIJE	K45-49	14			00:23:04	<b>00:44:51.16</b>	+00:13:22 (29.8%)	8:58	6.7 (70.5%)

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61	<b>PŁAZA Anna</b>	<b>197</b>	KOLBUSZOWSKI KLUB NORDIC WAKING	K65-69	9			00:22:18	<b>00:44:59.20</b>	+00:13:30 (30.0%)	8:59	6.7 (70.5%)
62	<b>WOLKO Barbara</b>	<b>252</b>	NORDICUS STRZYBNICA	K55-59	5			00:22:32	<b>00:45:06.89</b>	+00:13:38 (30.2%)	9:01	6.7 (70.5%)
63	<b>SKOWROŃSKA Elżbieta</b>	<b>216</b>	KKNW KOLBUSZOWA	K70-74	1			00:22:34	<b>00:46:10.32</b>	+00:14:42 (31.8%)	9:14	6.5 (68.4%)
64	<b>KOZAK Teresa</b>	<b>140</b>	KKNW KOLBUSZOWA	K60-64	9			00:22:43	<b>00:46:24.10</b>	+00:14:55 (32.2%)	9:16	6.5 (68.4%)
65	<b>KOŁODZIEJ Halina</b>	<b>130</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	2			00:23:04	<b>00:47:05.31</b>	+00:15:37 (33.2%)	9:25	6.4 (67.4%)
66	<b>LASOCIŃSKA Ewa</b>	<b>297</b>	NW WŁÓCZYKIJ LEŻAJSK	K75-79	1			00:22:56	<b>00:47:15.50</b>	+00:15:47 (33.4%)	9:27	6.3 (66.3%)
67	<b>LEJA Anna</b>	<b>151</b>	NW WŁÓCZYKIJ LEŻAJSK	K30-39	6			00:23:27	<b>00:47:17.89</b>	+00:15:49 (33.5%)	9:27	6.3 (66.3%)
68	<b>RÓG Danuta</b>	<b>210</b>	KKNW KOLBUSZOWA	K70-74	3			00:23:13	<b>00:47:29.48</b>	+00:16:01 (33.7%)	9:29	6.3 (66.3%)
69	<b>KŁAK Magdalena</b>	<b>127</b>	„Z NURTEM SAWY' NORDIC WALKING CLUB	K40-44	8			00:24:23	<b>00:48:00.53</b>	+00:16:32 (34.4%)	9:36	6.3 (66.3%)
70	<b>NOWAK Barbara</b>	<b>176</b>	KKNW KOLBUSZOWA	K50-54	10			00:24:22	<b>00:49:16.93</b>	+00:17:48 (36.1%)	9:51	6.1 (64.2%)
71	<b>PONIATOWSKA Alina</b>	<b>200</b>	NORDICUS STRZYBNICA	K65-69	10			00:24:31	<b>00:49:42.47</b>	+00:18:14 (36.7%)	9:56	6 (63.2%)
72	<b>MAZAN Czesława</b>	<b>163</b>	KKNW	K65-69	11			00:25:32	<b>00:51:24.48</b>	+00:19:56 (38.8%)	10:16	5.8 (61.1%)
73	<b>BARTYŃSKA Lidia</b>	<b>82</b>	-	K55-59	6			00:25:52	<b>00:51:50.82</b>	+00:20:22 (39.3%)	10:22	5.8 (61.1%)
74	<b>ROZENBAJGER Helena</b>	<b>209</b>	KKNW KOLBUSZOWA	K75-79	2			00:25:51	<b>00:53:23.35</b>	+00:21:55 (41.1%)	10:40	5.6 (58.9%)
75	<b>DRAUS Ewa</b>	<b>95</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	10			00:27:56	<b>00:57:08.78</b>	+00:25:40 (44.9%)	11:25	5.3 (55.8%)
76	<b>KOSMALA JASKÓLSKA Joanna</b>	<b>139</b>	NORDICUS STRZYBNICA	K45-49	15			00:30:26	<b>01:05:44.96</b>	+00:34:16 (52.1%)	13:08	4.6 (48.4%)
77	<b>MARGAŃSKA Stanisława</b>	<b>161</b>	KKNW KOLBUSZOWA	K75-79	3			00:32:05		+00:16:25	12:50	4.7 (49.5%)
78	<b>CHODOROWSKA Zenona</b>	<b>87</b>	KKNW KOLBUSZOWA	K70-74	4			00:32:45		+00:17:05	13:06	4.6 (48.4%)

Znaleziono 78 wynik(ów)