



# IV GÓRSKIE MISTRZOSTWA POLSKI / PUCHAR POLSKI NW 2024 - 10KM - 3/6

B4SPORT

**Wydarzenie:** IV Otwarte Górskie Mistrzostwa Polski Nordic Walking - 5km i 10km  
**Organizator:** Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-07-06  
**Miejsce:** Polanica-Zdrój  
**Dystans:** 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUBISZYN Małgorzata	74	K.S. VICTORIA POTĘGOWO	K30-39	1	00:37:41	01:14:47.80		7:28	8 (100%)
2	ZACZYŃSKA-SKIBA Anna	68	KGHM METRACO	K40-49	1	00:37:40	01:16:29.70	+00:01:41 (2.2%)	7:38	7.8 (97.5%)
3	BIELECKA Zuzanna	4	K.S. VICTORIA POTĘGOWO	K40-49	2	00:37:54	01:16:59.90	+00:02:12 (2.9%)	7:41	7.8 (97.5%)
4	JĘDRASIAK Renata	23	KGHM METRACO	K60-69	1	00:38:39	01:17:36.50	+00:02:48 (3.6%)	7:45	7.7 (96.3%)
5	ŚLĘZAK Ewa	59	NORDIC WALKING KIEKRZ POLAND	K40-49	3	00:38:41	01:19:21.95	+00:04:34 (5.8%)	7:56	7.6 (95.0%)
6	KNAPCZYK-KANIA Gabriela	25	NORDIC SPORT 2021	K50-59	1	00:38:58	01:19:33.20	+00:04:45 (6.0%)	7:57	7.5 (93.8%)
7	SAWICKA Marta	48	K.S. VICTORIA POTĘGOWO	K50-59	2	00:42:20	01:22:39.90	+00:07:52 (9.5%)	8:15	7.3 (91.3%)
8	SZTAL Bożena	57	AUTOLIV RUN TEAM	K40-49	4	00:41:12	01:24:19.05	+00:09:31 (11.3%)	8:25	7.1 (88.8%)
9	SZCZYGIEŁ Adriana	56	OPEN SPORT TEAM	K40-49	5	00:41:28	01:26:35.85	+00:11:48 (13.6%)	8:39	6.9 (86.3%)
10	GAJEK Halina	16	WESOŁY BORSUK TEAM	K50-59	3	00:43:44	01:28:23.95	+00:13:36 (15.4%)	8:50	6.8 (85.0%)
11	MICHALIK-TOMCZAK Hanna	36		K40-49	6	00:45:21	01:30:13.70	+00:15:25 (17.1%)	9:01	6.7 (83.8%)
12	SKRZĄTEK Lucyna	51	NORDIC SPORT 2021	K50-59	4	00:44:07	01:30:22.35	+00:15:34 (17.2%)	9:02	6.6 (82.5%)
13	SZYMAŃSKA Daria	250	RNB TEAM	K50-59	5	00:46:49	01:34:53.35	+00:20:05 (21.2%)	9:29	6.3 (78.8%)
14	BERESKA Irena	3	NORDIC SPORT 2021	K30-39	2	00:46:56	01:35:19.15	+00:20:31 (21.5%)	9:31	6.3 (78.8%)
15	EWERTOWSKA Ewa	13	NORDIC WALKING KIEKRZ POLAND	K50-59	6	00:46:45	01:36:25.75	+00:21:37 (22.4%)	9:38	6.2 (77.5%)
16	NERC Dorota	39		K60-69	2	00:48:11	01:37:35.45	+00:22:47 (23.4%)	9:45	6.1 (76.3%)
17	SAPUŁA Wiktoria	47	K.S. VICTORIA POTĘGOWO	K18-29	1	00:47:33	01:38:48.40	+00:24:00 (24.3%)	9:52	6.1 (76.3%)
18	GRYGOROWICZ Teresa	20	KGHM METRACO	K70+	1	00:48:33	01:39:54.10	+00:25:06 (25.1%)	9:59	6 (75.0%)
19	GAŚIOREK Ewa	17		K60-69	3	00:50:24	01:40:16.35	+00:25:28 (25.4%)	10:01	6 (75.0%)
20	ZAWADZKA Maria	69	KGHM METRACO	K70+	2	00:50:11	01:40:32.45	+00:25:44 (25.6%)	10:03	6 (75.0%)
21	POHL Anna	42	KNW BIAŁA	K50-59	7	00:49:29	01:40:53.35	+00:26:05 (25.9%)	10:05	5.9 (73.8%)
22	GÓRSKA Agnieszka	19		K40-49	7	00:51:20	01:45:15.05	+00:30:27 (28.9%)	10:31	5.7 (71.3%)
23	JANOWSKA- FASZEWICZ Emilia	22	TEATR	K40-49	8	00:51:36	01:45:50.80	+00:31:03 (29.3%)	10:35	5.7 (71.3%)
24	MOSIEWICZ Aleksandra	38		K18-29	2	00:52:40	01:50:44.20	+00:35:56 (32.5%)	11:04	5.4 (67.5%)
25	GINELLI Maja	18		K40-49	9	00:55:34	01:50:46.40	+00:35:58 (32.5%)	11:04	5.4 (67.5%)
25	IGNACIUK-BYCZKOWSKA Katarzyna	21		K40-49	9	00:55:33	01:50:46.40	+00:35:58 (32.5%)	11:04	5.4 (67.5%)

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27	<b>KURASZ Aneta</b>	<b>31</b>		K40-49	11	00:53:55	<b>01:54:10.75</b>	+00:39:22 (34.5%)	11:25	5.3 (66.3%)
28	<b>CAGOWSKA Karolina</b>	<b>9</b>		K30-39	3	00:54:25	<b>01:54:41.05</b>	+00:39:53 (34.8%)	11:28	5.2 (65.0%)
29	<b>TICHORUK Teresa</b>	<b>63</b>	OPEN SPORT TIME	K70+	3	01:00:45	<b>02:09:02.60</b>	+00:54:14 (42.0%)	12:54	4.6 (57.5%)
30	<b>URBANSKA Magdalena</b>	<b>64</b>		K40-49	12	00:45:01		+00:07:20	9:00	6.7 (83.8%)
DQ	<b>BONIECKA Danuta</b>	<b>6</b>		K60-69		01:06:33 DQ	<b>DQ</b>			(0.0%)

Znaleziono 31 wynik(ów)