



# IX BIEGI ULICZNE - BIEG GŁÓWNY NORDIC WALKING

B4SPORT

**Wydarzenie:** IX Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2023-06-11  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GWIZDAŁA Zbigniew</b>	<b>608</b>		M Open	1		00:15:41	<b>00:31:37.45</b>	<b>00:31:37.45</b>		6:19	9.5 (100%)
2	<b>POTRZEBOWSKI Marek</b>	<b>623</b>	LIFE BALANCE PLACE	M Open	2		00:16:43	<b>00:34:00.20</b>	<b>00:34:17.50</b>	+00:02:40 (7.8%)	6:48	8.8 (92.6%)
3	<b>WOJTANIS Magdalena</b>	<b>629</b>	SPC	K Open	1		00:17:00	<b>00:34:45.30</b>	<b>00:35:01.05</b>	+00:03:23 (9.7%)	6:57	8.6 (90.5%)
4	<b>GWIZDAŁA Bartosz</b>	<b>609</b>		M Open	3		00:17:13	<b>00:35:13.60</b>	<b>00:35:32.35</b>	+00:03:54 (11.0%)	7:02	8.5 (89.5%)
5	<b>GRZESZAK Weronika</b>	<b>607</b>		K Open	2		00:17:14	<b>00:35:29.25</b>	<b>00:35:45.40</b>	+00:04:07 (11.6%)	7:05	8.5 (89.5%)
6	<b>POTRZEBOWSKA Agata</b>	<b>622</b>	DEAF I LIFE BALANCE PLACE	K Open	3		00:17:48	<b>00:36:00.70</b>	<b>00:36:00.70</b>	+00:04:23 (12.2%)	7:12	8.3 (87.4%)
7	<b>IGIELSKI Sławomir</b>	<b>611</b>	PODNIEBNY TEAM	M Open	4		00:17:42	<b>00:36:13.95</b>	<b>00:36:31.00</b>	+00:04:53 (13.4%)	7:14	8.3 (87.4%)
8	<b>WOLAK Monika</b>	<b>630</b>		K Open	4		00:18:18	<b>00:36:55.55</b>	<b>00:37:14.45</b>	+00:05:37 (15.1%)	7:23	8.1 (85.3%)
9	<b>POSTEK Danuta</b>	<b>621</b>	ZIELONE GROSZKI	K Open	5		00:18:23	<b>00:37:38.15</b>	<b>00:37:53.25</b>	+00:06:15 (16.5%)	7:31	8 (84.2%)
10	<b>SZULC Joanna</b>	<b>625</b>		K Open	6		00:18:44	<b>00:38:21.85</b>	<b>00:38:38.75</b>	+00:07:01 (18.2%)	7:40	7.8 (82.1%)
11	<b>KRYSZAK Anna</b>	<b>613</b>	GLOBAL PROSPECT TEAM	K Open	7		00:19:02	<b>00:38:43.75</b>	<b>00:39:00.15</b>	+00:07:22 (18.9%)	7:44	7.7 (81.1%)
12	<b>BŁASZAK Stanisława</b>	<b>602</b>	GLOBAL PROSPECT TEAM	K Open	8		00:20:34	<b>00:42:26.00</b>	<b>00:42:42.10</b>	+00:11:04 (25.9%)	8:29	7.1 (74.7%)
13	<b>KUJACIŃSKA Izabela</b>	<b>615</b>		K Open	9		00:21:44	<b>00:44:39.40</b>	<b>00:44:57.30</b>	+00:13:19 (29.7%)	8:55	6.7 (70.5%)
14	<b>BIELIŃSKA Edyta</b>	<b>600</b>		K Open	10		00:22:42	<b>00:45:17.00</b>	<b>00:45:36.05</b>	+00:13:58 (30.7%)	9:03	6.6 (69.5%)
15	<b>MRUK Patrycja</b>	<b>618</b>		K Open	11		00:22:11	<b>00:45:17.95</b>	<b>00:45:36.10</b>	+00:13:58 (30.7%)	9:03	6.6 (69.5%)
16	<b>BIELIŃSKI Leszek</b>	<b>601</b>		M Open	5		00:22:42	<b>00:45:18.90</b>	<b>00:45:37.80</b>	+00:14:00 (30.7%)	9:03	6.6 (69.5%)
17	<b>GORGOL Renata</b>	<b>604</b>	LP5000	K Open	12		00:23:26	<b>00:45:52.80</b>	<b>00:46:12.60</b>	+00:14:35 (31.6%)	9:10	6.5 (68.4%)
17	<b>NUNZEK Agnieszka</b>	<b>620</b>		K Open	12		00:23:26	<b>00:45:53.10</b>	<b>00:46:12.60</b>	+00:14:35 (31.6%)	9:10	6.5 (68.4%)
19	<b>IGIELSKA Ewa</b>	<b>610</b>	PODNIEBNY TEAM	K Open	14		00:24:12	<b>00:48:26.75</b>	<b>00:48:43.75</b>	+00:17:06 (35.1%)	9:41	6.2 (65.3%)
20	<b>MALICKA Ewa</b>	<b>616</b>		K Open	15		00:24:36	<b>00:48:47.85</b>	<b>00:49:05.70</b>	+00:17:28 (35.6%)	9:45	6.1 (64.2%)
21	<b>MALICKI Dariusz</b>	<b>617</b>		M Open	6		00:24:37	<b>00:48:48.85</b>	<b>00:49:05.75</b>	+00:17:28 (35.6%)	9:45	6.1 (64.2%)
22	<b>ULASZEK Monika</b>	<b>627</b>		K Open	16		00:24:12	<b>00:50:17.65</b>	<b>00:50:37.20</b>	+00:18:59 (37.5%)	10:03	6 (63.2%)
23	<b>RATKE Sandra</b>	<b>624</b>		K Open	17		00:24:33	<b>00:50:15.85</b>	<b>00:50:37.75</b>	+00:19:00 (37.5%)	10:03	6 (63.2%)
24	<b>JAKUBIAK Iwona</b>	<b>612</b>		K Open	18		00:24:39	<b>00:50:36.25</b>	<b>00:50:53.00</b>	+00:19:15 (37.8%)	10:07	5.9 (62.1%)
25	<b>ŻELAZKO Anna</b>	<b>631</b>		K Open	19		00:27:03	<b>00:53:48.95</b>	<b>00:54:09.85</b>	+00:22:32 (41.6%)	10:45	5.6 (58.9%)
26	<b>GROCHAL Dagna</b>	<b>606</b>		K Open	20		00:27:02	<b>00:53:48.65</b>	<b>00:54:09.90</b>	+00:22:32 (41.6%)	10:45	5.6 (58.9%)
27	<b>FRISCHKE-KRAJEWSKA Joanna</b>	<b>603</b>		K Open	21		00:27:12	<b>00:55:24.00</b>	<b>00:55:44.00</b>	+00:24:06 (43.3%)	11:04	5.4 (56.8%)
28	<b>GROCHAL Małgorzata</b>	<b>605</b>		K Open	22		00:27:12	<b>00:55:24.00</b>	<b>00:55:44.05</b>	+00:24:06 (43.3%)	11:04	5.4 (56.8%)
29	<b>WINIARSKA Beata</b>	<b>628</b>		K Open	23		00:27:32	<b>00:56:29.00</b>	<b>00:56:48.80</b>	+00:25:11 (44.3%)	11:17	5.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Solec	Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	<b>SZYSZKA Radosław</b>	<b>626</b>		M Open	7				00:27:31	<b>00:56:28.95</b>	<b>00:56:49.75</b>	+00:25:12 (44.4%)	11:17	5.3 (55.8%)

Znaleziono 30 wynik(ów)