

# IX CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** IX CROSS NA WRZOSACH  
**Organiser:** Nadleśnictwo Okonek  
**Date:** 2023-08-26  
**Place:** Okonek  
**Distance:** 5 km



Classification: K-Open

Place	Participant	Number	Club	Category	MCat	Net time 5.3km	Gap	Pace min/km	Pace km/h
1	NEUMANN Kamila	164	WŁÓCZYKIJE GDYNIA	K18-44	1	00:39:56.95		7:32	8 (100%)
2	JUREK Kamila	141	WŁÓCZYKIJE/CBL SZAMOCIN	K18-44	2	00:40:10.75	+00:00:13 (0.6%)	7:34	7.9 (98.8%)
3	WIECZOREK Karina	192	WŁÓCZYKIJE/CBL SZAMOCIN	K45+	1	00:40:10.95	+00:00:14 (0.6%)	7:34	7.9 (98.8%)
4	BRONOWICKA Angelika	121		K45+	2	00:40:16.20	+00:00:19 (0.8%)	7:35	7.9 (98.8%)
5	KACZMAREK Maja	143	WŁÓCZYKIJE GDYNIA	K18-44	3	00:40:27.10	+00:00:30 (1.2%)	7:37	7.9 (98.8%)
6	PAŁUBICKA Małgorzata	168	NORDIC WALKING LUBASZ	K45+	3	00:41:14.05	+00:01:17 (3.1%)	7:46	7.7 (96.3%)
7	KAŹMIERSKA Anna	145	PATYCZAKI CHODZIEŻ	K18-44	4	00:41:20.25	+00:01:23 (3.4%)	7:47	7.7 (96.3%)
8	RUTA Grażyna	175		K45+	4	00:41:26.35	+00:01:29 (3.6%)	7:49	7.7 (96.3%)
9	MALESIŃSKA Aleksandra	157	WŁÓCZYKIJE GDYNIA	K18-44	5	00:41:49.20	+00:01:52 (4.5%)	7:53	7.6 (95.0%)
10	CYGAN Grażyna	126	WŁÓCZYKIJE GDYNIA	K45+	5	00:41:56.65	+00:01:59 (4.8%)	7:54	7.6 (95.0%)
11	ILCZUK Edyta	136	WŁÓCZYKIJE GDYNIA	K45+	6	00:42:08.00	+00:02:11 (5.2%)	7:56	7.5 (93.8%)
12	MAŁYSZEWICZ Teresa	158		K45+	7	00:42:21.15	+00:02:24 (5.7%)	7:59	7.5 (93.8%)
13	ŻYGENDA Anna	197	WŁÓCZYKIJE GDYNIA	K45+	8	00:42:25.20	+00:02:28 (5.8%)	8:00	7.5 (93.8%)
14	BILINOEWICZ Dorota	118	WŁÓCZYKIJE GDYNIA	K45+	9	00:42:37.70	+00:02:40 (6.3%)	8:02	7.5 (93.8%)
15	SPYCHALSKA Bożena	181	PATYCZAKI CHODZIEŻ	K45+	10	00:42:58.50	+00:03:01 (7.0%)	8:06	7.4 (92.5%)
16	SELIB Izabela	178	WŁÓCZYKIJE GDYNIA	K45+	11	00:43:32.40	+00:03:35 (8.2%)	8:12	7.3 (91.3%)
17	SZYŁAK Katarzyna	190	KLUB SPORTOWY HUSARIA	K18-44	6	00:43:37.50	+00:03:40 (8.4%)	8:13	7.3 (91.3%)
17	DEUTSCHMANN Katarzyna	127	WŁÓCZYKIJE GDYNIA	K45+	12	00:43:37.50	+00:03:40 (8.4%)	8:13	7.3 (91.3%)
19	JANCZAK Elżbieta	140	WŁÓCZYKIJE GDYNIA	K45+	13	00:43:37.80	+00:03:40 (8.4%)	8:13	7.3 (91.3%)
20	KORT Monika	149	WŁÓCZYKIJE GDYNIA	K45+	14	00:43:43.70	+00:03:46 (8.6%)	8:14	7.3 (91.3%)
21	NOWICKA Ewa	166	PATYCZAKI CHODZIEŻ	K45+	15	00:44:15.40	+00:04:18 (9.7%)	8:20	7.2 (90.0%)
22	RZEPczyńska Anna	176	WŁÓCZYKIJE GDYNIA	K45+	16	00:44:17.65	+00:04:20 (9.8%)	8:21	7.2 (90.0%)
23	JABŁOŃSKA Anna	138	WŁÓCZYKIJE GDYNIA	K45+	17	00:44:18.75	+00:04:21 (9.8%)	8:21	7.2 (90.0%)
24	NASTAŁY Anna	163	WŁÓCZYKIJE GDYNIA	K45+	18	00:44:26.35	+00:04:29 (10.1%)	8:23	7.2 (90.0%)
25	SZCZEPKOWSKA Beata	184	WŁÓCZYKIJE GDYNIA	K45+	19	00:44:27.90	+00:04:30 (10.2%)	8:23	7.2 (90.0%)
26	MALESIŃSKA Elżbieta	156	WŁÓCZYKIJE GDYNIA	K45+	20	00:44:27.95	+00:04:31 (10.2%)	8:23	7.2 (90.0%)

Place	Participant	Number	Club	Category	MCat	Net time 5.3km	Gap	Pace min/km	Pace km/h
27	<b>WONS Małgorzata</b>	<b>194</b>	WŁÓCZYKIJE GDYNIA	K45+	21	<b>00:44:31.55</b>	+00:04:34 (10.3%)	8:23	7.1 (88.8%)
28	<b>KIELING Anna</b>	<b>147</b>	GALUS BARWICE	K45+	22	<b>00:45:26.90</b>	+00:05:29 (12.1%)	8:34	7 (87.5%)
29	<b>KONIECZNA Lucyna</b>	<b>148</b>		K45+	23	<b>00:45:38.15</b>	+00:05:41 (12.5%)	8:36	7 (87.5%)
30	<b>LUBCZYK Małgorzata</b>	<b>151</b>	WŁÓCZYKIJE GDYNIA	K45+	24	<b>00:45:38.45</b>	+00:05:41 (12.5%)	8:36	7 (87.5%)
31	<b>SZEWS Julia</b>	<b>185</b>	SAILING TEAM FERAJNA	K-jun	1	<b>00:46:21.85</b>	+00:06:24 (13.8%)	8:44	6.9 (86.3%)
32	<b>KOZUBOWSKA Agata</b>	<b>150</b>	PATYCZAKI CHODZIEŻ	K45+	25	<b>00:47:05.80</b>	+00:07:08 (15.2%)	8:53	6.8 (85.0%)
33	<b>STEMPNIAK-LECHOWICZ Lidia</b>	<b>183</b>	WŁÓCZYKIJE/CBL SZAMOCIN	K18-44	7	<b>00:47:07.40</b>	+00:07:10 (15.2%)	8:53	6.7 (83.8%)
34	<b>SZUSTAKIEWICZ Grażyna</b>	<b>189</b>	WŁÓCZYKIJE GDYNIA	K45+	26	<b>00:47:10.50</b>	+00:07:13 (15.3%)	8:53	6.7 (83.8%)
35	<b>SZEWS Anna</b>	<b>186</b>	SAILING TEAM FERAJNA	K45+	27	<b>00:47:35.55</b>	+00:07:38 (16.1%)	8:58	6.7 (83.8%)
36	<b>ŚLEDŹ Magdalena</b>	<b>191</b>		K18-44	8	<b>00:48:34.50</b>	+00:08:37 (17.8%)	9:09	6.5 (81.3%)
37	<b>HAWETO Janina</b>	<b>135</b>	KIJOWE SIOSTRY I BRAT	K45+	28	<b>00:48:47.25</b>	+00:08:50 (18.1%)	9:12	6.5 (81.3%)
38	<b>HAMULAK Jolanta</b>	<b>134</b>		K45+	29	<b>00:48:47.90</b>	+00:08:50 (18.1%)	9:12	6.5 (81.3%)
39	<b>GOSPODAREK Ewa</b>	<b>131</b>	TREC TEAM	K45+	30	<b>00:48:48.05</b>	+00:08:51 (18.1%)	9:12	6.5 (81.3%)
40	<b>PANCEK Hanna</b>	<b>169</b>	TADMAX	K45+	31	<b>00:48:59.95</b>	+00:09:03 (18.5%)	9:14	6.5 (81.3%)
41	<b>DUBISZ Joanna</b>	<b>128</b>	LILL SPORT	K45+	32	<b>00:49:32.40</b>	+00:09:35 (19.4%)	9:20	6.4 (80.0%)
42	<b>BIADOŃ Agnieszka</b>	<b>117</b>	LILL SPORT	K18-44	9	<b>00:49:37.95</b>	+00:09:41 (19.5%)	9:21	6.4 (80.0%)
43	<b>PAJĄCZEK Katarzyna</b>	<b>167</b>	PATYCZAKI CHODZIEŻ	K18-44	10	<b>00:49:45.00</b>	+00:09:48 (19.7%)	9:23	6.4 (80.0%)
44	<b>RZYMINIAK Lidia</b>	<b>177</b>		K45+	33	<b>00:52:52.90</b>	+00:12:55 (24.5%)	9:58	6 (75.0%)
45	<b>LUDWICZAK Magdalena</b>	<b>153</b>		K45+	34	<b>00:52:53.20</b>	+00:12:56 (24.5%)	9:58	6 (75.0%)
46	<b>SMARUJ - SADOWSKA Janina</b>	<b>179</b>		K45+	35	<b>00:54:54.55</b>	+00:14:57 (27.2%)	10:21	5.8 (72.5%)
47	<b>PERLIK Ewa</b>	<b>170</b>	TADMAX	K45+	36	<b>00:54:58.50</b>	+00:15:01 (27.3%)	10:22	5.8 (72.5%)
48	<b>ZIMMERMANN Jolanta</b>	<b>196</b>	WŁÓCZYKIJE GDYNIA	K45+	37	<b>00:55:29.35</b>	+00:15:32 (28.0%)	10:28	5.7 (71.3%)
49	<b>GAWINKOWSKA Dorota</b>	<b>130</b>	WŁÓCZYKIJE GDYNIA	K45+	38	<b>00:55:33.10</b>	+00:15:36 (28.1%)	10:28	5.7 (71.3%)
50	<b>GÓRSKA Magdalena</b>	<b>132</b>		K45+	39	<b>00:57:44.65</b>	+00:17:47 (30.8%)	10:53	5.5 (68.8%)
51	<b>MIECZKOWSKA Wiesława</b>	<b>160</b>		K45+	40	<b>00:57:44.85</b>	+00:17:47 (30.8%)	10:53	5.5 (68.8%)

Total 51 results.