



# MISTRZOSTWA GDAŃSKA W NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Mistrzostwa Gdańska w Nordic Walking  
**Organizator:** Gdański Ośrodek Sportu  
**Data:** 2018-09-01  
**Miejsce:** Gdańsk  
**Dystans:** 5 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>NACZK</b> Wiktoria	<b>184</b>	DYNAMIC-KREATIV-SPORT	K16-29	1			<b>00:32:56.05</b>		6:35	9.1 (100%)
2	<b>BADOCHA-DUDA</b> Małgorzata	<b>102</b>	ELITE TEAM	K40-49	1			<b>00:33:30.60</b>	+00:00:34 (1.7%)	6:42	9 (98.9%)
3	<b>SZPILMAN</b> Katarzyna	<b>232</b>		K50-59	1			<b>00:34:13.65</b>	+00:01:17 (3.8%)	6:50	8.8 (96.7%)
4	<b>TOPOREK</b> Aleksandra	<b>239</b>	NWPL/ LUKI TEAM SIELDCE	K40-49	2			<b>00:35:18.15</b>	+00:02:22 (6.7%)	7:03	8.5 (93.4%)
5	<b>STAŃCZAK</b> Grażyna	<b>224</b>		K60-69	1			<b>00:35:51.90</b>	+00:02:55 (8.2%)	7:10	8.4 (92.3%)
6	<b>PANEK</b> Aneta	<b>195</b>		K40-49	3			<b>00:36:02.50</b>	+00:03:06 (8.6%)	7:12	8.3 (91.2%)
7	<b>KONCEWICZ</b> Aneta	<b>159</b>	ELITE TEAM	K16-29	2			<b>00:36:09.15</b>	+00:03:13 (8.9%)	7:13	8.3 (91.2%)
8	<b>SAWICZ</b> Gosia	<b>217</b>		K40-49	4			<b>00:36:19.95</b>	+00:03:23 (9.4%)	7:16	8.3 (91.2%)
9	<b>KUCHARSKA</b> Jadzia	<b>170</b>	BELTA TEAM	K10-12	1			<b>00:36:42.75</b>	+00:03:46 (10.3%)	7:20	8.2 (90.1%)
10	<b>GÓZDŹ</b> Aleksandra	<b>144</b>		K40-49	5			<b>00:36:47.30</b>	+00:03:51 (10.5%)	7:21	8.2 (90.1%)
11	<b>FARON</b> Monika	<b>131</b>		K30-39	1			<b>00:37:16.45</b>	+00:04:20 (11.6%)	7:27	8.1 (89.0%)
12	<b>BUJNICKA</b> Magdalena	<b>110</b>	NORDIC WALKING PASŁĘK	K13-15	1			<b>00:37:25.35</b>	+00:04:29 (12.0%)	7:29	8 (87.9%)
13	<b>WIĘCEK</b> Hanna	<b>253</b>	LEJDIS	K40-49	6			<b>00:37:26.25</b>	+00:04:30 (12.0%)	7:29	8 (87.9%)
14	<b>HIRSCH</b> Krystyna	<b>151</b>	OPEC GDYNIA	K50-59	2			<b>00:37:47.50</b>	+00:04:51 (12.9%)	7:33	7.9 (86.8%)
15	<b>GRABOWSKA</b> Joanna	<b>145</b>		K50-59	3			<b>00:38:21.55</b>	+00:05:25 (14.1%)	7:40	7.8 (85.7%)
16	<b>GOŁEMBOWSKA</b> Sylwia	<b>142</b>	LEJDIS	K40-49	7			<b>00:38:30.50</b>	+00:05:34 (14.5%)	7:42	7.8 (85.7%)
17	<b>WIJATYK</b> Magda	<b>256</b>		K40-49	8			<b>00:38:35.70</b>	+00:05:39 (14.7%)	7:43	7.8 (85.7%)
18	<b>WARUSZEWSKA</b> Maja	<b>249</b>		K13-15	2			<b>00:39:08.95</b>	+00:06:12 (15.9%)	7:49	7.7 (84.6%)
19	<b>NADROWSKA</b> Natalia	<b>185</b>		K30-39	2			<b>00:39:15.90</b>	+00:06:19 (16.1%)	7:51	7.6 (83.5%)
20	<b>WOLSKA</b> Marta	<b>260</b>	GDAŃSKIE WODY AKTYWUJĄ	K16-29	3			<b>00:39:32.55</b>	+00:06:36 (16.7%)	7:54	7.6 (83.5%)
21	<b>KONKOL</b> Zofia	<b>160</b>	KREATIVSPORT LĘBORK	K10-12	2			<b>00:39:35.65</b>	+00:06:39 (16.8%)	7:55	7.6 (83.5%)
22	<b>KUNCEWICZ</b> Monika	<b>271</b>		K40-49	9			<b>00:39:41.90</b>	+00:06:45 (17.0%)	7:56	7.6 (83.5%)
23	<b>JANKOWSKA</b> Beata	<b>156</b>	NORDIC WALKING PASŁĘK	K40-49	10			<b>00:39:42.45</b>	+00:06:46 (17.1%)	7:56	7.6 (83.5%)
24	<b>LITEWSKA</b> Joanna	<b>177</b>	TEAM DEAF	K40-49	11			<b>00:39:47.55</b>	+00:06:51 (17.2%)	7:57	7.5 (82.4%)
25	<b>WALKOWICZ</b> Karolina	<b>248</b>		K30-39	3			<b>00:39:48.30</b>	+00:06:52 (17.3%)	7:57	7.5 (82.4%)
26	<b>ROKICKA-HEBEL</b> Magdalena	<b>214</b>		K40-49	12			<b>00:39:51.60</b>	+00:06:55 (17.4%)	7:58	7.5 (82.4%)
27	<b>CZECHOWSKA</b> Maria	<b>117</b>		K40-49	13			<b>00:40:09.30</b>	+00:07:13 (18.0%)	8:02	7.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KONKOL Krystyna	161	KREATIVSPORT LĘBORK	K50-59	4			00:40:12.15	+00:07:16 (18.1%)	8:02	7.5 (82.4%)
29	WALESIAK Anna	243	GDĄSKIE WODY AKTYWUJĄ	K30-39	4			00:40:16.60	+00:07:20 (18.2%)	8:03	7.5 (82.4%)
30	CHOJNACKA Magdalena	267	GDĄSKIE WODY AKTYWUJĄ	K40-49	14			00:40:17.75	+00:07:21 (18.3%)	8:03	7.4 (81.3%)
31	MIŁKOWSKA Jolanta	181	TEAM DEAF	K40-49	15			00:40:20.35	+00:07:24 (18.4%)	8:04	7.4 (81.3%)
32	GILLA Bożena	140		K50-59	5			00:40:22.25	+00:07:26 (18.4%)	8:04	7.4 (81.3%)
33	CHOJNICKA Zofia	114	AWFIS	K70+	1			00:40:23.95	+00:07:27 (18.5%)	8:04	7.4 (81.3%)
34	SIEZIENIEWSKA Jolanta	218		K40-49	16			00:40:24.05	+00:07:28 (18.5%)	8:04	7.4 (81.3%)
35	RĘBOWSKA Agnieszka	209	ACTIVE FAMILY PASŁĘK	K30-39	5			00:40:30.80	+00:07:34 (18.7%)	8:06	7.4 (81.3%)
36	SZNABEL Katarzyna	230		K30-39	6			00:40:40.95	+00:07:44 (19.0%)	8:08	7.4 (81.3%)
37	DRZEWIECKA Agnieszka	129	ACTIVE FAMILY PASŁĘK	K30-39	7			00:40:49.45	+00:07:53 (19.3%)	8:10	7.3 (80.2%)
38	KOSTENCKA Aga	167	DRUŻYNA SŁONECZNEGO PORANKA	K40-49	17			00:40:58.45	+00:08:02 (19.6%)	8:11	7.3 (80.2%)
39	DĄBKOWSKA Aleksandra	120	TRIMAMA TEAM	K30-39	8			00:41:09.15	+00:08:13 (20.0%)	8:14	7.3 (80.2%)
40	DĄBKOWSKA Zofia	121	TRIMAMA TEAM	K10-12	3			00:41:10.05	+00:08:14 (20.0%)	8:14	7.3 (80.2%)
41	SŁABEK Dorota	221		K40-49	18			00:41:39.80	+00:08:43 (21.0%)	8:20	7.2 (79.1%)
42	HEJNER-GAJDAMOWICZ Ewa	149	GDĄSKIE WODY AKTYWUJĄ	K40-49	19			00:41:55.35	+00:08:59 (21.4%)	8:23	7.2 (79.1%)
43	SUCHANEK Adriana	226		K30-39	9			00:42:00.05	+00:09:04 (21.6%)	8:24	7.1 (78.0%)
44	DYBUK Jolanta	130		K70+	2			00:42:13.15	+00:09:17 (22.0%)	8:26	7.1 (78.0%)
45	PRZYGODA Agnieszka	204	NORDIC WALKING PASŁĘK	K40-49	20			00:42:35.40	+00:09:39 (22.7%)	8:31	7 (76.9%)
46	SWAT Marzena	272		K50-59	6			00:42:35.85	+00:09:39 (22.7%)	8:31	7 (76.9%)
47	POGONSKA Dorota	268		K40-49	21			00:42:45.85	+00:09:49 (23.0%)	8:33	7 (76.9%)
48	PODJASKA Karolina	202	OLIMPIA OSOWA	K30-39	10			00:42:51.15	+00:09:55 (23.1%)	8:34	7 (76.9%)
49	BORZYSZKOWSKA Jolanta	108		K60-69	2			00:43:01.90	+00:10:05 (23.5%)	8:36	7 (76.9%)
50	PLOETZING Magdalena	200	GDĄSKIE WODY AKTYWUJĄ	K40-49	22			00:43:40.70	+00:10:44 (24.6%)	8:44	6.9 (75.8%)
51	BERDYS Anna	107		K30-39	11			00:43:43.00	+00:10:46 (24.7%)	8:44	6.9 (75.8%)
52	SPLAWNIK Jolanta	223		K50-59	7			00:43:46.85	+00:10:50 (24.8%)	8:45	6.9 (75.8%)
53	ŚLIWIŃSKA Edyta	235	TEAM DEAF	K40-49	23			00:43:48.75	+00:10:52 (24.8%)	8:45	6.8 (74.7%)
54	SYREWICZ Małgorzata	229	TRIMAMA TEAM	K40-49	24			00:43:57.20	+00:11:01 (25.1%)	8:47	6.8 (74.7%)
55	LITWIN Alicja	178		K30-39	12			00:43:59.40	+00:11:03 (25.1%)	8:47	6.8 (74.7%)
56	ORZECZOWSKA Magdalena	193	BRAK	K40-49	25			00:44:19.30	+00:11:23 (25.7%)	8:52	6.8 (74.7%)
57	HOCZYK Anna	152	LEJDIS	K40-49	26			00:44:27.60	+00:11:31 (25.9%)	8:53	6.7 (73.6%)
58	GLINIECKA Monika	141		K30-39	13			00:44:47.85	+00:11:51 (26.5%)	8:57	6.7 (73.6%)
59	KORDOWSKA Maria	164		K1-9	1			00:44:54.75	+00:11:58 (26.7%)	8:59	6.7 (73.6%)
60	FOLWARSKA Zofia	133	GZHM FOLWARSCY	K10-12	4			00:45:16.00	+00:12:19 (27.2%)	9:03	6.6 (72.5%)
61	PIÓREK-STACHULSKA Joanna	198		K40-49	27			00:45:16.20	+00:12:20 (27.2%)	9:03	6.6 (72.5%)
62	KONKOL Joanna	162		K40-49	28			00:45:16.65	+00:12:20 (27.3%)	9:03	6.6 (72.5%)
63	FOLWARSKA Helena	134	GZHM FOLWARSCY	K1-9	2			00:45:19.50	+00:12:23 (27.3%)	9:03	6.6 (72.5%)
64	RAULAND Małgorzata	208	GDĄSKIE WODY AKTYWUJĄ	K40-49	29			00:45:19.60	+00:12:23 (27.3%)	9:03	6.6 (72.5%)
65	CZUBAK Kinga	119		K40-49	30			00:45:36.30	+00:12:40 (27.8%)	9:07	6.6 (72.5%)
66	CHADAJ Hanna	112		K50-59	8			00:45:38.35	+00:12:42 (27.8%)	9:07	6.6 (72.5%)
67	KALINKA Anna	158		K50-59	9			00:45:46.00	+00:12:49 (28.0%)	9:09	6.6 (72.5%)
68	HANER Małgorzata	148		K40-49	31			00:45:51.70	+00:12:55 (28.2%)	9:10	6.5 (71.4%)
69	LESZCZYK Teresa	175		K40-49	32			00:46:00.10	+00:13:04 (28.4%)	9:12	6.5 (71.4%)
70	KRAWIEC Marzena	169		K50-59	10			00:46:22.90	+00:13:26 (29.0%)	9:16	6.5 (71.4%)
71	NAMIEL Patrycja	186		K16-29	4			00:46:23.05	+00:13:27 (29.0%)	9:16	6.5 (71.4%)

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72	<b>BRZOZOWSKA Agata</b>	<b>109</b>		K30-39	14			<b>00:46:35.70</b>	+00:13:39 (29.3%)	9:19	6.4 (70.3%)
73	<b>GILEWICZ Katarzyna</b>	<b>139</b>	GDAŃSKIE WODY AKTYWUJĄ	K40-49	33			<b>00:46:39.55</b>	+00:13:43 (29.4%)	9:19	6.4 (70.3%)
73	<b>GAJDAMOWICZ Michalina</b>	<b>137</b>	GDAŃSKIE WODY AKTYWUJĄ	K10-12	5			<b>00:46:39.55</b>	+00:13:43 (29.4%)	9:19	6.4 (70.3%)
75	<b>HETMAŃSKA Anita</b>	<b>150</b>		K40-49	34			<b>00:47:11.55</b>	+00:14:15 (30.2%)	9:26	6.4 (70.3%)
76	<b>JANCZARSKA Katarzyna</b>	<b>153</b>		K30-39	15			<b>00:47:12.60</b>	+00:14:16 (30.2%)	9:26	6.4 (70.3%)
77	<b>KUKLA Bogumiła</b>	<b>138</b>		K60-69	3			<b>00:48:04.10</b>	+00:15:08 (31.5%)	9:36	6.2 (68.1%)
78	<b>KORDOWSKA Anna</b>	<b>163</b>		K40-49	35			<b>00:48:27.50</b>	+00:15:31 (32.0%)	9:41	6.2 (68.1%)
79	<b>SKWIOT Irena</b>	<b>220</b>	LEJDIS	K60-69	4			<b>00:48:37.60</b>	+00:15:41 (32.3%)	9:43	6.2 (68.1%)
80	<b>PAWŁOWSKA Anna</b>	<b>197</b>		K30-39	16			<b>00:48:39.20</b>	+00:15:43 (32.3%)	9:44	6.2 (68.1%)
81	<b>ŚWISŁOCKA Ewa</b>	<b>237</b>	FACE NORDIC WALKING TEAM	K50-59	11			<b>00:48:40.50</b>	+00:15:44 (32.3%)	9:44	6.2 (68.1%)
82	<b>BARTOSIEWICZ Grażyna</b>	<b>105</b>	FACE NORDIC WALKING TEAM	K60-69	5			<b>00:48:42.90</b>	+00:15:46 (32.4%)	9:44	6.2 (68.1%)
83	<b>MIKULSKA Barbara</b>	<b>180</b>		K40-49	36			<b>00:49:28.95</b>	+00:16:32 (33.4%)	9:53	6.1 (67.0%)
84	<b>DESZCZ Małgorzata</b>	<b>124</b>		K30-39	17			<b>00:49:29.05</b>	+00:16:33 (33.4%)	9:53	6.1 (67.0%)
85	<b>RATAJ Zofia</b>	<b>206</b>		K60-69	6			<b>00:49:45.75</b>	+00:16:49 (33.8%)	9:57	6 (65.9%)
86	<b>GUMOWSKA Lena</b>	<b>147</b>	GUMISIE	K1-9	3			<b>00:49:53.90</b>	+00:16:57 (34.0%)	9:58	6 (65.9%)
87	<b>GUMOWSKA Justyna</b>	<b>146</b>	GUMISIE	K30-39	18			<b>00:49:54.30</b>	+00:16:58 (34.0%)	9:59	6 (65.9%)
88	<b>PATOLA Kazimiera</b>	<b>196</b>		K70+	3			<b>00:51:04.95</b>	+00:18:08 (35.5%)	10:13	5.9 (64.8%)
89	<b>ZIEŃKOWICZ Barbara</b>	<b>263</b>		K60-69	7			<b>00:53:00.60</b>	+00:20:04 (37.9%)	10:36	5.7 (62.6%)
90	<b>LESZCZYK Joanna</b>	<b>173</b>		K30-39	19			<b>00:54:18.25</b>	+00:21:22 (39.4%)	10:51	5.5 (60.4%)
91	<b>LESZCZYK Maria</b>	<b>174</b>		K60-69	8			<b>00:54:19.30</b>	+00:21:23 (39.4%)	10:52	5.5 (60.4%)
92	<b>PISAREK Elżbieta</b>	<b>199</b>	GDYNIA	K50-59	12			<b>00:56:46.05</b>	+00:23:50 (42.0%)	11:21	5.3 (58.2%)
93	<b>FOLWARSKA Małgorzata</b>	<b>132</b>	GZHM FOLWARSCY	K30-39	20			<b>00:57:11.30</b>	+00:24:15 (42.4%)	11:26	5.2 (57.1%)
94	<b>JANKOWSKA Katarzyna</b>	<b>155</b>		K30-39	21			<b>00:57:13.80</b>	+00:24:17 (42.5%)	11:26	5.2 (57.1%)
95	<b>WIJATKOWSKA Oliwia</b>	<b>255</b>	TRIMAMA TEAM	K1-9	4			<b>01:02:18.45</b>	+00:29:22 (47.1%)	12:27	4.8 (52.7%)
96	<b>WIJATKOWSKA Jolanta</b>	<b>254</b>	TRIMAMA TEAM	K60-69	9			<b>01:02:18.65</b>	+00:29:22 (47.1%)	12:27	4.8 (52.7%)
97	<b>MIOTKE Katarzyna</b>	<b>182</b>		K30-39	22			<b>01:04:35.75</b>	+00:31:39 (49.0%)	12:55	4.6 (50.5%)
98	<b>RĘBOWSKA Martyna</b>	<b>210</b>	ACTIVE FAMILY PASŁĘK	K1-9	5			<b>01:11:05.25</b>	+00:38:09 (53.7%)	14:13	4.2 (46.2%)
99	<b>OLSZEWSKA Zuzanna</b>	<b>190</b>	ACTIVE FAMILY PASŁĘK	K1-9	6			<b>01:21:14.55</b>	+00:48:18 (59.5%)	16:14	3.7 (40.7%)
100	<b>OLSZEWSKA Ewa</b>	<b>189</b>	ACTIVE FAMILY PASŁĘK	K30-39	23			<b>01:21:15.50</b>	+00:48:19 (59.5%)	16:15	3.7 (40.7%)

Znaleziono 100 wynik(ów)