



MISTRZOSTWA POLSKI / PUCHAR POLSKI NW 2024 - BYDGOSZCZ- 10KM - 2/6

B4SPORT

Wydarzenie: IV Otwarte Mistrzostwa Polski Nordic Walking - 5km i 10km
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2024-06-22
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km 2.5km	Laps_3.36km 5km	Laps_5.04km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUBISZYN Małgorzata	235	K.S. VICTORIA POTĘGOWO	K30-39	1	00:16:35	00:33:29	00:50:27	01:06:47.41		6:40	9 (100%)
2	KOŁODZIEJ Joanna	179	OPEN SPORT TEAM	K50-59	1	00:16:35	00:33:30	00:50:27	01:06:51.80	+00:00:04 (0.1%)	6:41	9 (100%)
3	BIELECKA Zuzanna	156	K.S. VICTORIA POTĘGOWO	K40-49	1	00:16:37	00:33:32	00:50:29	01:06:57.23	+00:00:09 (0.2%)	6:41	9 (100%)
4	FILIPOWICZ Barbara	165	K.S. VICTORIA POTĘGOWO	K40-49	2	00:16:41	00:33:36	00:50:29	01:07:08.15	+00:00:20 (0.5%)	6:42	8.9 (98.9%)
5	JĘDRASIAK Renata	173	KGHM METRACO	K60-69	1	00:16:56	00:34:09	00:51:30	01:08:45.80	+00:01:58 (2.9%)	6:52	8.7 (96.7%)
6	LABUS Marzena	189	NORDIC SPORT 2021	K30-39	2	00:16:36	00:33:41	00:51:13	01:08:47.79	+00:02:00 (2.9%)	6:52	8.7 (96.7%)
7	KNAPCZYK-KANIA Gabriela	178	NORDIC SPORT 2021	K50-59	2	00:16:53	00:34:23	00:52:14	01:10:11.54	+00:03:24 (4.8%)	7:01	8.5 (94.4%)
8	HRYCIUK Teresa	171	K.S. VICTORIA POTĘGOWO	K60-69	2	00:17:25	00:36:11	00:55:20	01:14:49.85	+00:08:02 (10.7%)	7:28	8 (88.9%)
9	ZDRZĄLEK Alicja	225	NORDIC SPORT 2021	K40-49	3	00:18:26	00:37:32	00:56:49	01:16:09.91	+00:09:22 (12.3%)	7:36	7.9 (87.8%)
10	OLEJNIK Marzena	200		K50-59	3	00:18:58	00:38:17	00:57:18	01:16:23.65	+00:09:36 (12.6%)	7:38	7.9 (87.8%)
11	NEUMANN Kamila	199	WŁÓCZYKIJE GDYNIA	K40-49	4	00:18:47	00:37:45	00:57:04	01:16:37.53	+00:09:50 (12.8%)	7:39	7.8 (86.7%)
12	LEWANDOWSKA Renata	190	LIFE BALANCE BYDGOSZCZ	K50-59	4	00:18:58	00:38:18	00:57:35	01:16:39.85	+00:09:52 (12.9%)	7:39	7.8 (86.7%)
13	LEMAŃCZYK Katarzyna	232	BASZTA BYTÓW	K50-59	5	00:19:22	00:38:49	00:57:52	01:16:41.06	+00:09:53 (12.9%)	7:40	7.8 (86.7%)
14	MADALIŃSKA Joanna	191	K.S. VICTORIA POTĘGOWO	K40-49	5	00:18:50	00:38:02	00:57:25	01:16:49.54	+00:10:02 (13.1%)	7:40	7.8 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km	Laps_3.36km	Laps_5.04km	Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	netto 10km			
15	BALCERZYK Agnieszka	153	NORDIC WALKING KIEKRZ POLAND	K40-49	6	00:18:37	00:37:53	00:57:31	01:17:04.49	+00:10:17 (13.3%)	7:42	7.8 (86.7%)
16	SKRZĄTEK Lucyna	214	NORDIC SPORT 2021	K50-59	6	00:19:07	00:38:40	00:58:45	01:18:47.04	+00:11:59 (15.2%)	7:52	7.6 (84.4%)
17	BACHANEK Katarzyna	151	TORUŃ - IDZIEMY BEZ RYZYKA	K60-69	3	00:19:52	00:39:40	00:59:32	01:18:57.19	+00:12:09 (15.4%)	7:53	7.6 (84.4%)
18	POSTEK Danuta	229	ZIELONE GROSZKI POZNAN	K60-69	4	00:19:49	00:39:33	00:59:26	01:18:58.07	+00:12:10 (15.4%)	7:53	7.6 (84.4%)
19	GAJEK Halina	167	WESOŁY BORSUK TEAM	K50-59	7	00:19:30	00:39:13	00:59:10	01:19:18.90	+00:12:31 (15.8%)	7:55	7.6 (84.4%)
20	ŚLUSARCZYK Karolina	219	WESOŁY BORSUK TEAM	K18-29	1	00:19:01	00:38:57	00:59:09	01:19:20.28	+00:12:32 (15.8%)	7:56	7.6 (84.4%)
21	SAPUŁA Wiktoria	212	K.S. VICTORIA POTĘGOWO	K18-29	2	00:19:45	00:39:53	00:59:43	01:19:45.73	+00:12:58 (16.3%)	7:58	7.5 (83.3%)
22	BILINIEWICZ Dorota	157	WŁÓCZYKIJE GDYNIA	K50-59	8	00:19:32	00:39:39	01:00:00	01:20:16.40	+00:13:28 (16.8%)	8:01	7.5 (83.3%)
23	KUSA Karolina	187	LIFE BALANCE PLACE	K40-49	7	00:19:52	00:40:23	01:00:34	01:20:44.95	+00:13:57 (17.3%)	8:04	7.4 (82.2%)
24	JURCZAK-TOCZKO Anna	174		K50-59	9	00:19:40	00:40:10	01:00:51	01:21:08.26	+00:14:20 (17.7%)	8:06	7.4 (82.2%)
25	WILK Iwona	220	NORDIC SPORT 2021	K50-59	10	00:21:26	00:42:29	01:03:35	01:24:41.09	+00:17:53 (21.1%)	8:28	7.1 (78.9%)
26	BADOWSKA-STEFAŃSKA Barbara	152	BASZTA BYTÓW	K60-69	5	00:20:22	00:41:45	01:03:32	01:25:20.33	+00:18:32 (21.7%)	8:32	7 (77.8%)
27	KOŻYKOWSKA Anieli	181	BASZTA BYTÓW	K60-69	6	00:20:23	00:41:46	01:03:33	01:25:21.42	+00:18:34 (21.8%)	8:32	7 (77.8%)
28	GÓRSKA Agnieszka	168		K40-49	8	00:21:28	00:43:48	01:05:59	01:26:22.36	+00:19:34 (22.7%)	8:38	6.9 (76.7%)
29	MATULEWICZ Dorota	194	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	11	00:20:51	00:42:26	01:04:40	01:26:45.55	+00:19:58 (23.0%)	8:40	6.9 (76.7%)
30	GRYGOROWICZ Teresa	169	KGHM METRACO	K70+	1	00:21:16	00:42:49	01:05:07	01:27:07.40	+00:20:19 (23.3%)	8:42	6.9 (76.7%)
31	ŻYGENDA Anna	227	WŁÓCZYKIJA GDYNIA	K50-59	12	00:22:28	00:44:23	01:06:35	01:28:55.66	+00:22:08 (24.9%)	8:53	6.7 (74.4%)
32	BREW CZYŃSKA Milena	158	POLIPACK TEAM GWE	K30-39	3	00:22:00	00:44:33	01:06:50	01:28:59.00	+00:22:11 (24.9%)	8:53	6.7 (74.4%)
33	BURLIŃSKA Anna	160	BASZTA BYTÓW	K30-39	4	00:22:39	00:45:12	01:07:42	01:30:05.18	+00:23:17 (25.9%)	9:00	6.7 (74.4%)
34	KRAJNIK Emilia	183	LIFE BALANCE PLACE	K50-59	13	00:20:40	00:42:53	01:08:33	01:31:06.23	+00:24:18 (26.7%)	9:06	6.6 (73.3%)
35	KOWALSKA Izabela	180	LIFE BALANCE PLACE	K60-69	7	00:22:24	00:45:35	01:09:14	01:33:01.12	+00:26:13 (28.2%)	9:18	6.5 (72.2%)
36	RICHERT Teresa	207	CCH TEAM	K40-49	9	00:23:12	00:48:08	01:12:37	01:33:54.08	+00:27:06 (28.9%)	9:23	6.4 (71.1%)
37	RÓŻAŃSKA Agnieszka	210	CCH TEAM	K40-49	10	00:23:26	00:48:28	01:13:18	01:37:37.98	+00:30:50 (31.6%)	9:45	6.1 (67.8%)

Znaleziono 37 wynik(ów)