

# NORDIC WALKING - 5,5KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Bieg Wilczym Tropem  
**Organizator:** Stowarzyszenie Nasza Świerczyna oraz Nadleśnictwo Świerczyna.  
**Data:** 2023-09-09  
**Miejsce:** ŚWIERCZYNA  
**Dystans:** 11 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
1	JAKIMIEC Tadeusz	101		OPEN-M	1		00:33:54.85		6:09	9.7 (100%)
2	POŁUBIAK Paweł	63		OPEN-M	2		00:35:00.80	+00:01:05 (3.1%)	6:21	9.4 (96.9%)
3	KIELING Mariusz	102		OPEN-M	3		00:36:50.45	+00:02:55 (7.9%)	6:41	9 (92.8%)
4	WOJTCZAK Urszula	118		OPEN-K	1		00:37:35.90	+00:03:41 (9.8%)	6:50	8.8 (90.7%)
5	LENARTOWICZ Stanisław	104		OPEN-M	4		00:39:14.85	+00:05:20 (13.6%)	7:08	8.4 (86.6%)
6	KNITTER Monika	103		OPEN-K	2		00:40:20.50	+00:06:25 (15.9%)	7:20	8.2 (84.5%)
7	NIEDŹWIEDŹ Ewa	108		OPEN-K	3		00:43:08.55	+00:09:13 (21.4%)	7:50	7.7 (79.4%)
8	KORNACKA Aleksandra	36		OPEN-K	4		00:43:30.60	+00:09:35 (22.1%)	7:54	7.6 (78.4%)
9	DOPIERAŁA Tomek	97		OPEN-M	5		00:44:56.95	+00:11:02 (24.5%)	8:10	7.3 (75.3%)
10	SZYŁAK Katarzyna	115		OPEN-K	5		00:45:09.35	+00:11:14 (24.9%)	8:12	7.3 (75.3%)
11	HRYBOWICZ Joanna	99		OPEN-K	6		00:45:17.65	+00:11:22 (25.1%)	8:14	7.3 (75.3%)
12	WITCZAK Dorota	116		OPEN-K	7		00:45:44.95	+00:11:50 (25.9%)	8:18	7.2 (74.2%)
13	FURMAN Bożena	98		OPEN-K	8		00:45:46.05	+00:11:51 (25.9%)	8:19	7.2 (74.2%)
14	DOPIERAŁA Cezary	96		GMINA - M	1	Tak	00:46:12.00	+00:12:17 (26.6%)	8:24	7.1 (73.2%)
15	PRENDECKI Kazimierz	31		OPEN-M	6		00:46:26.65	+00:12:31 (27.0%)	8:26	7.1 (73.2%)
16	WOJDAN Jolanta	117		GMINA - K	1	Tak	00:46:49.95	+00:12:55 (27.6%)	8:30	7 (72.2%)
17	DOMAŃSKA Bogumiła	95		OPEN-K	9		00:47:04.30	+00:13:09 (28.0%)	8:33	7 (72.2%)
18	KIELING Anna	61		OPEN-K	10		00:47:38.20	+00:13:43 (28.8%)	8:39	6.9 (71.1%)
19	DYBOWSKI Cezary	50		OPEN-M	7		00:48:21.50	+00:14:26 (29.9%)	8:47	6.8 (70.1%)
20	ILCZYSZYN Magdalena	100		OPEN-K	11		00:48:46.50	+00:14:51 (30.5%)	8:52	6.8 (70.1%)
21	MAĆKOWSKA Anna	106		OPEN-K	12		00:49:04.00	+00:15:09 (30.9%)	8:55	6.7 (69.1%)
22	DERKACZ Renata	94		OPEN-K	13		00:50:47.40	+00:16:52 (33.2%)	9:14	6.5 (67.0%)
23	PAJOR Romualda	109		GMINA - K	2	Tak	00:50:53.95	+00:16:59 (33.4%)	9:15	6.5 (67.0%)
24	ZIARNIK Danuta	122		OPEN-K	14		00:51:02.20	+00:17:07 (33.5%)	9:16	6.5 (67.0%)
25	PAWLAK Robert	82		OPEN-M	8		00:51:34.15	+00:17:39 (34.2%)	9:22	6.4 (66.0%)
26	XX Xx	83					00:51:34.75	+00:17:39 (34.2%)	9:22	6.4 (66.0%)

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27	<b>ZAKRZEWSKA Krystyna</b>	<b>71</b>		OPEN-K	15		<b>00:52:11.70</b>	+00:18:16 (35.0%)	9:29	6.3 (64.9%)
28	<b>KOBYLARZ Anna</b>	<b>79</b>		OPEN-K	16		<b>00:52:12.50</b>	+00:18:17 (35.0%)	9:29	6.3 (64.9%)
29	<b>ROMANÓW Małgorzata</b>	<b>112</b>		OPEN-K	17		<b>00:52:12.65</b>	+00:18:17 (35.0%)	9:29	6.3 (64.9%)
30	<b>RAŚ Kasia</b>	<b>111</b>		OPEN-K	18		<b>00:53:13.75</b>	+00:19:18 (36.3%)	9:40	6.2 (63.9%)
31	<b>NOWACKI Eugeniusz</b>	<b>64</b>		OPEN-M	9		<b>00:53:20.50</b>	+00:19:25 (36.4%)	9:41	6.2 (63.9%)
32	<b>KILIJAŃSKA Ewa</b>	<b>126</b>		OPEN-K	19		<b>00:54:10.20</b>	+00:20:15 (37.4%)	9:50	6.1 (62.9%)
33	<b>NOWAKOWSKI Arkadiusz</b>	<b>127</b>		OPEN-M	10		<b>00:54:41.55</b>	+00:20:46 (38.0%)	9:56	6 (61.9%)
34	<b>GADOMSKA Anna</b>	<b>134</b>		OPEN-K	20		<b>00:54:43.35</b>	+00:20:48 (38.0%)	9:56	6 (61.9%)
35	<b>SPYCHALSKA-NOWAKOWSKA Sylwia</b>	<b>125</b>		OPEN-K	21		<b>00:54:44.25</b>	+00:20:49 (38.0%)	9:57	6 (61.9%)
36	<b>LEWANDOWSKA Katarzyna</b>	<b>124</b>		OPEN-K	22		<b>00:55:49.25</b>	+00:21:54 (39.2%)	10:08	5.9 (60.8%)
37	<b>KAWECKA Beata</b>	<b>128</b>		OPEN-K	23		<b>00:55:58.25</b>	+00:22:03 (39.4%)	10:10	5.9 (60.8%)
38	<b>AUGUSTOWSKA Małgorzata</b>	<b>91</b>		GMINA - K	3	Tak	<b>00:56:36.55</b>	+00:22:41 (40.1%)	10:17	5.8 (59.8%)
39	<b>ZŁOCZORKIEWICZ Bronisława</b>	<b>32</b>		OPEN-K	24		<b>00:56:39.15</b>	+00:22:44 (40.1%)	10:18	5.8 (59.8%)
40	<b>DYBOWSKA Agnieszka</b>	<b>49</b>		OPEN-K	25		<b>00:56:40.50</b>	+00:22:45 (40.2%)	10:18	5.8 (59.8%)
41	<b>ŁAWNICZAK Małgorzata</b>	<b>105</b>		GMINA - K	4	Tak	<b>01:11:16.15</b>	+00:37:21 (52.4%)	12:57	4.6 (47.4%)
42	<b>RYFIŃSKA Danuta</b>	<b>113</b>		GMINA - K	5	Tak	<b>01:11:17.20</b>	+00:37:22 (52.4%)	12:57	4.6 (47.4%)

Znaleziono 42 wynik(ów)