

NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: BIEG WIKINGA
Organizator: Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.
Data: 2021-09-26
Miejsce: Wolin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DOŁĘGOWSKI Marek	235	BKS MANIAK WOLIN	M50-59	1	Tak	00:31:43.05		6:20	9.5 (100%)
2	MASŁYK Małgorzata	277		K50-59	1		00:33:26.70	+00:01:43 (5.2%)	6:41	9 (94.7%)
3	GŁADZIK Aleksander	243	KOMPAS TEAM	M30-39	1		00:33:38.60	+00:01:55 (5.7%)	6:43	8.9 (93.7%)
4	RUDAWSKI Maciej	304	MARSZ PO ZDROWIE	M30-39	2		00:35:01.20	+00:03:18 (9.4%)	7:00	8.6 (90.5%)
5	ZIÓŁKOWSKA Sylwia	339	PUSZCZYK BUKOWY	K40-49	1		00:35:12.05	+00:03:29 (9.9%)	7:02	8.5 (89.5%)
6	STASIAK Przemysław	314	SPEEDSKI	M30-39	3		00:35:16.25	+00:03:33 (10.1%)	7:03	8.5 (89.5%)
7	STACHOWICZ-HAWRYLAK Sylwia	313	BIEG KORCZAKA	K40-49	2		00:35:33.20	+00:03:50 (10.8%)	7:06	8.4 (88.4%)
8	CIEMNY Tadeusz	225		M60+	1		00:35:51.25	+00:04:08 (11.5%)	7:10	8.4 (88.4%)
9	KLABAN Tetiana	262	KOMPAS TEAM	K40-49	3		00:36:06.00	+00:04:22 (12.1%)	7:13	8.3 (87.4%)
10	PIEKARSKI Kamil	298		M30-39	4		00:36:24.65	+00:04:41 (12.9%)	7:16	8.2 (86.3%)
11	WOŁK Beata	333	FABRYKA NORDICA TRZCIANKA	K40-49	4		00:36:29.70	+00:04:46 (13.1%)	7:17	8.2 (86.3%)
12	KUPNIEWSKA Aleksandra	267	LOVELASY	K30-39	1		00:36:51.05	+00:05:08 (13.9%)	7:22	8.1 (85.3%)
13	MISIEWICZ Bożena	286		K60+	1		00:36:51.90	+00:05:08 (14.0%)	7:22	8.1 (85.3%)
14	WIERCHANOWSKI Bogdan	328		M60+	2		00:36:53.80	+00:05:10 (14.0%)	7:22	8.1 (85.3%)
15	LEBIODA Alicja	268	SPEEDSKI	K40-49	5		00:37:01.30	+00:05:18 (14.3%)	7:24	8.1 (85.3%)
16	LEDZION Robert	270		M50-59	2		00:37:16.05	+00:05:33 (14.9%)	7:27	8.1 (85.3%)
17	PARCHIMOWICZ Janusz	295		M60+	3		00:37:28.55	+00:05:45 (15.4%)	7:29	8 (84.2%)
18	KOWALSKA Joanna	264	---	K30-39	2		00:37:49.05	+00:06:06 (16.1%)	7:33	7.9 (83.2%)
19	DAJLID Martyna	232		K16-29	1	Tak	00:37:49.60	+00:06:06 (16.2%)	7:33	7.9 (83.2%)
20	GÓRSKA Dorota	246		K50-59	2		00:37:59.55	+00:06:16 (16.5%)	7:35	7.9 (83.2%)
21	GÓRSKA Agnieszka	245	SZALONE WILCZYCE	K40-49	6		00:38:13.15	+00:06:30 (17.0%)	7:38	7.8 (82.1%)
22	OLEJNIK Marzena	292	NIEZRZESZONA	K50-59	3		00:38:32.10	+00:06:49 (17.7%)	7:42	7.8 (82.1%)
23	WALUKIEWICZ Magdalena	327	NZ	K40-49	7		00:38:51.35	+00:07:08 (18.4%)	7:46	7.7 (81.1%)
24	ŁUCZKA Joanna	273		K40-49	8		00:38:55.70	+00:07:12 (18.5%)	7:47	7.7 (81.1%)
25	MAZUREK Maciej	279		M40-49	1		00:39:00.40	+00:07:17 (18.7%)	7:48	7.7 (81.1%)
26	BATOROWICZ Mariola	217		K40-49	9	Tak	00:39:08.60	+00:07:25 (19.0%)	7:49	7.7 (81.1%)
27	GŁADZIK Anna	244	KOMPAS TEAM	K30-39	3		00:39:08.80	+00:07:25 (19.0%)	7:49	7.7 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
28	DEMKOWICZ Edyta	234	WEGAS	K50-59	4	Tak	00:39:10.35	+00:07:27 (19.0%)	7:50	7.7 (81.1%)
29	MARTYNA Ewa	276		K60+	2		00:39:10.70	+00:07:27 (19.0%)	7:50	7.7 (81.1%)
30	BARBAROWICZ Łucja	214		K60+	3		00:39:52.25	+00:08:09 (20.4%)	7:58	7.5 (78.9%)
31	SEŃ Agata	309		K30-39	4		00:40:07.25	+00:08:24 (20.9%)	8:01	7.5 (78.9%)
32	GRZYBOWSKA Ewa	250	WOLIN	K50-59	5	Tak	00:40:13.15	+00:08:30 (21.1%)	8:02	7.5 (78.9%)
33	MICHALSKA Anna	281	WOLIN	K40-49	10	Tak	00:40:13.25	+00:08:30 (21.1%)	8:02	7.5 (78.9%)
34	JAROSZ-SZYDŁOWSKA Agnieszka	256	ROZBIEGANE POBIEROWO	K40-49	11		00:40:18.45	+00:08:35 (21.3%)	8:03	7.4 (77.9%)
35	MICHALSKA Aneta	280	KOMPAS TEAM	K40-49	12		00:40:19.85	+00:08:36 (21.4%)	8:03	7.4 (77.9%)
36	DZIEMIDOWICZ Jadwiga	237	WEGAS WOLIN	K30-39	5	Tak	00:40:20.90	+00:08:37 (21.4%)	8:04	7.4 (77.9%)
37	DZIEMIDOWICZ Arkadiusz	238	WEGAS WOLIN	M40-49	2	Tak	00:40:22.75	+00:08:39 (21.5%)	8:04	7.4 (77.9%)
38	BARYŁA Dorota	216		K50-59	6	Tak	00:40:25.20	+00:08:42 (21.5%)	8:05	7.4 (77.9%)
39	PODHAJNA Agnieszka	300		K40-49	13		00:40:29.00	+00:08:45 (21.7%)	8:05	7.4 (77.9%)
40	CZYŻAK Anetta	231		K50-59	7	Tak	00:40:30.45	+00:08:47 (21.7%)	8:06	7.4 (77.9%)
41	KULAS Zofia	266		K60+	4		00:40:42.00	+00:08:58 (22.1%)	8:08	7.4 (77.9%)
42	CETERA Janusz	221		M60+	4		00:40:56.35	+00:09:13 (22.5%)	8:11	7.3 (76.8%)
43	TARNOWSKI Dariusz	325	WOLIN	M60+	5	Tak	00:41:00.05	+00:09:17 (22.6%)	8:12	7.3 (76.8%)
44	WOŹNIEWSKA Grażyna	334	SZALONE WILCZYCE	K50-59	8		00:41:03.85	+00:09:20 (22.8%)	8:12	7.3 (76.8%)
45	WUJDA Anna	335		K40-49	14		00:41:23.35	+00:09:40 (23.4%)	8:16	7.2 (75.8%)
46	SZCZYPEK Sławomir	323		M40-49	3		00:41:24.15	+00:09:41 (23.4%)	8:16	7.2 (75.8%)
47	SULEJA Joanna	320	STARGARD	K60+	5		00:41:37.20	+00:09:54 (23.8%)	8:19	7.2 (75.8%)
48	JASIŃSKA Renata	257		K50-59	9	Tak	00:41:44.40	+00:10:01 (24.0%)	8:20	7.2 (75.8%)
49	PIEKARSKA Katarzyna	297		K30-39	6		00:42:01.35	+00:10:18 (24.5%)	8:24	7.1 (74.7%)
50	GRUDZIŃSKA Alicja	247		K60+	6	Tak	00:42:02.20	+00:10:19 (24.5%)	8:24	7.1 (74.7%)
51	FALENSKI Rafał	239		M40-49	4		00:42:12.20	+00:10:29 (24.8%)	8:26	7.1 (74.7%)
52	NARUK Regina	289		K50-59	10	Tak	00:42:21.45	+00:10:38 (25.1%)	8:28	7.1 (74.7%)
53	MIĘTKIEWICZ Monika	283		K30-39	7	Tak	00:42:23.75	+00:10:40 (25.2%)	8:28	7.1 (74.7%)
53	WOJTYSIAK Dorota	331		K30-39	7	Tak	00:42:23.75	+00:10:40 (25.2%)	8:28	7.1 (74.7%)
55	ARSZELEWSKA Ewelina	212		K16-29	2	Tak	00:42:24.60	+00:10:41 (25.2%)	8:28	7.1 (74.7%)
56	PRZYŁUSKA Mirosława	342	RAZ SZCZECIN	K60+	7		00:42:26.50	+00:10:43 (25.3%)	8:29	7.1 (74.7%)
57	PODZIELNA Aleksandra	301		K40-49	15		00:42:29.70	+00:10:46 (25.4%)	8:29	7.1 (74.7%)
58	STASIAK Iwona	315		K60+	8		00:42:41.20	+00:10:58 (25.7%)	8:32	7 (73.7%)
59	KĘSKA-PLĄSEK Małgorzata	260	LOVELASY	K40-49	16		00:42:42.45	+00:10:59 (25.7%)	8:32	7 (73.7%)
60	NIEZGODA Adam	290	KOMPAS TEAM	M40-49	5		00:42:43.00	+00:10:59 (25.7%)	8:32	7 (73.7%)
61	LINHARD Bożena	271		K60+	9		00:42:50.55	+00:11:07 (26.0%)	8:34	7 (73.7%)
62	SIKORA Magdalena	310		K40-49	17		00:42:57.35	+00:11:14 (26.2%)	8:35	7 (73.7%)
63	PAKOS Agnieszka	294		K40-49	18	Tak	00:43:10.05	+00:11:27 (26.5%)	8:38	6.9 (72.6%)
64	KIERZYNKOWSKA Magdalena	261		K40-49	19	Tak	00:43:23.95	+00:11:40 (26.9%)	8:40	6.9 (72.6%)
65	SAJEWICZ Ariadna	308		K16-29	3		00:43:38.25	+00:11:55 (27.3%)	8:43	6.9 (72.6%)
66	PIĄTEK Władysława	296		K60+	10		00:43:46.20	+00:12:03 (27.5%)	8:45	6.9 (72.6%)
67	CIELUCH Bogusława	224		K50-59	11		00:43:49.65	+00:12:06 (27.6%)	8:45	6.8 (71.6%)
68	JUDKIEWICZ Halina	258		K50-59	12	Tak	00:43:52.35	+00:12:09 (27.7%)	8:46	6.8 (71.6%)
69	JABLONSKI Romuald	251		M60+	6	Tak	00:44:06.95	+00:12:23 (28.1%)	8:49	6.8 (71.6%)
70	PACEK Małgorzata	293	KOMPAS TEAM	K40-49	20		00:44:09.90	+00:12:26 (28.2%)	8:49	6.8 (71.6%)
71	MIKLAS Aleksandra	284		K30-39	9		00:44:10.10	+00:12:27 (28.2%)	8:50	6.8 (71.6%)

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72	SOŁTYS Iwona -Franka	312		K50-59	13		00:44:14.45	+00:12:31 (28.3%)	8:50	6.8 (71.6%)
73	DAMAS Edyta	233	ENDORFINA	K40-49	21		00:44:34.55	+00:12:51 (28.8%)	8:54	6.7 (70.5%)
74	MIKOŁAJCZYK Marlena	285	ENDORFINA	K40-49	22		00:44:35.20	+00:12:52 (28.9%)	8:55	6.7 (70.5%)
75	WOLSKA-RAJCHEL Maria	332		K30-39	10		00:44:35.35	+00:12:52 (28.9%)	8:55	6.7 (70.5%)
76	KRAJEWSKA Beata	346	BIEGACZE ŚWINOUJŚCIE	K40-49	23		00:44:37.20	+00:12:54 (28.9%)	8:55	6.7 (70.5%)
77	KUBISIAK Marta	265		K30-39	11	Tak	00:44:40.95	+00:12:57 (29.0%)	8:56	6.7 (70.5%)
78	CZAJKOWSKA Irena	229	AGATEAMMTB	K60+	11		00:44:46.05	+00:13:03 (29.2%)	8:57	6.7 (70.5%)
79	DROZDEK Joanna	236	KOMPAS TEAM	K40-49	24		00:44:55.35	+00:13:12 (29.4%)	8:59	6.7 (70.5%)
80	KOŁYSZKO Iwona	263		K50-59	14		00:45:03.95	+00:13:20 (29.6%)	9:00	6.7 (70.5%)
81	ZUŻEWICZ Małgorzata	340		K40-49	25	Tak	00:45:15.35	+00:13:32 (29.9%)	9:03	6.6 (69.5%)
82	ZELEK Grażyna	338		K60+	12	Tak	00:45:17.70	+00:13:34 (30.0%)	9:03	6.6 (69.5%)
83	GRYTA Dariusz	249		M60+	7		00:45:20.95	+00:13:37 (30.1%)	9:04	6.6 (69.5%)
84	GRYTA Janina	248	BIEGACZE ŚWINOUJŚCIE	K50-59	15		00:45:21.45	+00:13:38 (30.1%)	9:04	6.6 (69.5%)
85	FRANKÓW Czesław	241	AGATEAM MTB	M60+	8		00:45:48.45	+00:14:05 (30.8%)	9:09	6.6 (69.5%)
86	CZAJKOWSKI Tadeusz	230	AGATEAM MTB	M60+	9		00:45:50.50	+00:14:07 (30.8%)	9:10	6.5 (68.4%)
87	PIETAŚ Sława	299	SZALONE WILCZYCE	K60+	13		00:45:54.45	+00:14:11 (30.9%)	9:10	6.5 (68.4%)
88	FIREK Monika	240		K30-39	12	Tak	00:46:09.35	+00:14:26 (31.3%)	9:13	6.5 (68.4%)
89	JAMROŻEK Julita	252		K30-39	13	Tak	00:46:21.75	+00:14:38 (31.6%)	9:16	6.5 (68.4%)
90	JANECKA Renata	254	WOLIN	K50-59	16	Tak	00:46:22.60	+00:14:39 (31.6%)	9:16	6.5 (68.4%)
91	SZAŁAŃSKA Ilona	322		K30-39	14		00:46:24.00	+00:14:40 (31.6%)	9:16	6.5 (68.4%)
92	ROLIŃSKA Olga	302		K16-29	4	Tak	00:46:36.00	+00:14:52 (31.9%)	9:19	6.4 (67.4%)
93	JAMROŻEK Paweł	253		M30-39	5	Tak	00:46:48.55	+00:15:05 (32.2%)	9:21	6.4 (67.4%)
94	ZYGMUNT Maja	341		K16-29	5		00:46:49.30	+00:15:06 (32.3%)	9:21	6.4 (67.4%)
95	MATLAKIEWICZ-KUŁAK Marta	278		K40-49	26		00:46:53.05	+00:15:10 (32.3%)	9:22	6.4 (67.4%)
96	CIEŚLAK Adam	227	LEGENDARY POWER SZEWC	M50-59	3		00:46:53.20	+00:15:10 (32.4%)	9:22	6.4 (67.4%)
97	CIEŚLAK Helena	228	LEGANDARY POWER SZEWC	K50-59	17		00:46:53.65	+00:15:10 (32.4%)	9:22	6.4 (67.4%)
98	DUBAJ Anna	343	SZALONE WILCZYCE	K30-39	15		00:46:56.05	+00:15:13 (32.4%)	9:23	6.4 (67.4%)
99	AUGUSTAJTYS Magdalena	213		K40-49	27	Tak	00:46:57.15	+00:15:14 (32.4%)	9:23	6.4 (67.4%)
100	MISZTAL Jan	287	WOLIN	M60+	10	Tak	00:46:59.00	+00:15:15 (32.5%)	9:23	6.4 (67.4%)
101	TARWID Bożena	326	KIJKI NA SZLAKACH	K50-59	18		00:47:37.40	+00:15:54 (33.4%)	9:31	6.3 (66.3%)
102	GEBKA-ZYLA Magdalena	242	MAGDALENA GĘBKA-ZYŁA	K40-49	28		00:48:03.55	+00:16:20 (34.0%)	9:36	6.2 (65.3%)
103	WIŚNIEWSKA Elżbieta	329		K50-59	19		00:48:03.80	+00:16:20 (34.0%)	9:36	6.2 (65.3%)
104	JANOWSKA-PASZKOWSKA Joanna	255	MUFFINKOWE MORSY	K30-39	16		00:48:09.40	+00:16:26 (34.1%)	9:37	6.2 (65.3%)
105	BOJANOWSKA-GUZ Izabela	344		K40-49	29		00:49:14.05	+00:17:31 (35.6%)	9:50	6.1 (64.2%)
106	MURAWSKI Sławomir	288		M40-49	6		00:49:32.75	+00:17:49 (36.0%)	9:54	6.1 (64.2%)
107	RYBAK Czesława	305	STARGARD JA SIĘ NIE SCIGAM	K60+	14		00:49:57.35	+00:18:14 (36.5%)	9:59	6 (63.2%)
108	NIKIEL Irena	291	STARGARD JA SIĘ NIE ŚCIGAM	K60+	15		00:49:57.80	+00:18:14 (36.5%)	9:59	6 (63.2%)
109	BARYŁA Piotr	215		M50-59	4	Tak	00:50:26.45	+00:18:43 (37.1%)	10:05	5.9 (62.1%)
110	CIESIELSKA Agnieszka	226		K40-49	30		00:51:16.70	+00:19:33 (38.1%)	10:15	5.9 (62.1%)
111	AGATOWSKA Joanna	211	ŚWINOUJŚCIE	K40-49	31		00:51:17.75	+00:19:34 (38.2%)	10:15	5.8 (61.1%)
112	SAJEWICZ Magdalena	307		K30-39	17		00:52:34.80	+00:20:51 (39.7%)	10:30	5.7 (60.0%)
113	SAJEWICZ Piotr	345		M40-49	7		00:52:36.20	+00:20:53 (39.7%)	10:31	5.7 (60.0%)
114	ZALEWSKA Joanna	337	FIZJOTERAPIA DZIECIĘCA D. ZALEWSKI	K50-59	20		00:52:39.20	+00:20:56 (39.8%)	10:31	5.7 (60.0%)
115	WOJTOWICZ Sylwia	330	WOLIN	K40-49	32	Tak	00:52:40.80	+00:20:57 (39.8%)	10:32	5.7 (60.0%)

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116	TARNOWSKA Maria	324	WOLIN	K60+	16	Tak	00:52:41.70	+00:20:58 (39.8%)	10:32	5.7 (60.0%)
117	STRAMA Daria	319	WOLIN	K16-29	6	Tak	00:52:42.50	+00:20:59 (39.8%)	10:32	5.7 (60.0%)
118	MIERZICKA Dorota	282		K60+	17	Tak	00:52:42.55	+00:20:59 (39.8%)	10:32	5.7 (60.0%)
119	LEDZION Dagmara	269		K40-49	33		00:52:43.40	+00:21:00 (39.8%)	10:32	5.7 (60.0%)
120	STEFANIAK Ela	316	ATOMÓWKI	K50-59	21		00:53:26.30	+00:21:43 (40.6%)	10:41	5.6 (58.9%)
121	CHARÓW Katarzyna	222	ATOMÓWKI	K30-39	18	Tak	00:53:26.45	+00:21:43 (40.6%)	10:41	5.6 (58.9%)
122	STEFANICKI Marek	318		M60+	11		00:54:54.00	+00:23:10 (42.2%)	10:58	5.5 (57.9%)
123	SAJEWICZ Bożena	306		K60+	18		00:55:01.50	+00:23:18 (42.4%)	11:00	5.5 (57.9%)
124	SIWIECKI Sebastian	311		M30-39	6		00:55:30.35	+00:23:47 (42.9%)	11:06	5.4 (56.8%)
125	BIĄŁOSKÓRSKA Zuzanna	218		K30-39	19		00:55:30.70	+00:23:47 (42.9%)	11:06	5.4 (56.8%)
126	ŁUKASZEWICZ Maria	274		K50-59	22	Tak	00:55:30.80	+00:23:47 (42.9%)	11:06	5.4 (56.8%)
	SZAJA Beata	321	ATOMÓWKI	K50-59			DNF	-	-	(0.0%)

Znaleziono 127 wynik(ów)