



# NORDIC WALKING - 5 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** 3 BIEG KORCZAKA  
**Organiser:** Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
**Date:** 2022-04-09  
**Place:** Police  
**Distance:** 5 km

Classification: All

Place	Participant	Number	Club	Category	MCat	Drużyna 1	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>DOŁĘGOWSKI Marek</b>	<b>908</b>	GMINA WOLIN	M50	1	King Maciuś Team	00:16:00	<b>00:32:48.80</b>	<b>00:32:50.60</b>		6:33	9.1 (100%)
2	<b>WESOŁOWSKI Marcin</b>	<b>907</b>		M30	1		00:17:22	<b>00:34:37.75</b>	<b>00:34:41.25</b>	+00:01:50 (5.3%)	6:55	8.7 (95.6%)
3	<b>MASŁYK Małgorzata</b>	<b>441</b>		K50	1	King Maciuś Team	00:17:38	<b>00:35:24.40</b>	<b>00:35:25.65</b>	+00:02:35 (7.3%)	7:04	8.5 (93.4%)
4	<b>KŁACZYŃSKA Danuta</b>	<b>912</b>	FARTY PUSZCZY	K40	1	Farty Puszczy	00:17:48	<b>00:36:04.45</b>	<b>00:36:05.90</b>	+00:03:15 (9.0%)	7:12	8.3 (91.2%)
5	<b>ZDANUK Artur</b>	<b>484</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50	2	King Maciuś Team	00:17:47	<b>00:36:08.85</b>	<b>00:36:10.65</b>	+00:03:20 (9.2%)	7:13	8.3 (91.2%)
6	<b>ZIÓŁKOWSKA Sylwia</b>	<b>919</b>	FARTY PUSZCZY	K40	2	Farty Puszczy	00:18:01	<b>00:36:35.55</b>	<b>00:36:37.10</b>	+00:03:46 (10.3%)	7:19	8.2 (90.1%)
7	<b>RADCZUK Karolina</b>	<b>905</b>		K40	3		00:18:15	<b>00:37:00.30</b>	<b>00:37:02.35</b>	+00:04:11 (11.3%)	7:24	8.1 (89.0%)
8	<b>STACHOWICZ-HAWRYŁAK Sylwia</b>	<b>906</b>	BIEG KORCZAKA	K50	2	Bieg Korczaka	00:18:24	<b>00:37:11.25</b>	<b>00:37:13.00</b>	+00:04:22 (11.8%)	7:26	8.1 (89.0%)
9	<b>KUPNIEWSKA Aleksandra</b>	<b>903</b>	LOVELASY	K40	4	King Maciuś Team	00:18:28	<b>00:37:25.25</b>	<b>00:37:28.25</b>	+00:04:37 (12.3%)	7:29	8 (87.9%)
10	<b>KAMIŃSKA Magdalena</b>	<b>910</b>	PUM SZCZECIN	K40	5	Bieg Korczaka	00:18:42	<b>00:37:43.30</b>	<b>00:37:44.65</b>	+00:04:54 (13.0%)	7:32	8 (87.9%)
11	<b>WOJDYŁA Mieczysław</b>	<b>477</b>		M50	3		00:17:03	<b>00:37:50.00</b>	<b>00:37:50.00</b>	+00:04:59 (13.2%)	7:34	7.9 (86.8%)
12	<b>MISIUK Marta</b>	<b>904</b>	LOVELASY	K30	1		00:18:44	<b>00:37:47.90</b>	<b>00:37:50.80</b>	+00:05:00 (13.2%)	7:33	7.9 (86.8%)
13	<b>MISIEWICZ Bożena</b>	<b>450</b>	BIEG KORCZAKA	K60+	1	Bieg Korczaka	00:18:58	<b>00:38:31.65</b>	<b>00:38:33.40</b>	+00:05:42 (14.8%)	7:42	7.8 (85.7%)
14	<b>STRZELEC Tomasz</b>	<b>916</b>	KB HERMES GRYFINO	M40	1		00:19:28	<b>00:38:48.40</b>	<b>00:38:52.95</b>	+00:06:02 (15.5%)	7:45	7.7 (84.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	<b>KRUŻBERSKA Katarzyna</b>	<b>902</b>		K20	1		00:19:26	<b>00:39:01.15</b>	<b>00:39:03.75</b>	+00:06:13 (15.9%)	7:48	7.7 (84.6%)
16	<b>OLEJNIK Marzena</b>	<b>454</b>		K50	3		00:19:25	<b>00:39:06.60</b>	<b>00:39:06.60</b>	+00:06:16 (16.0%)	7:49	7.7 (84.6%)
17	<b>JARZEWSKA Renata</b>	<b>420</b>	BIEG KORCZAKA	K50	4	Bieg Korczaka	00:19:15	<b>00:39:15.70</b>	<b>00:39:18.40</b>	+00:06:27 (16.4%)	7:51	7.6 (83.5%)
18	<b>TUZIMEK Barbara</b>	<b>474</b>	ZESPÓŁ SZKÓŁ NR 4 W SZCZECINIE	K40	6		00:19:45	<b>00:39:59.50</b>	<b>00:40:02.30</b>	+00:07:11 (18.0%)	7:59	7.5 (82.4%)
19	<b>SMOŁOWIK Ernest</b>	<b>466</b>	SOSW NR 1 DNR	M20	1	SOSW Nr 1 DNR	00:20:11	<b>00:21:00.85</b>	<b>00:40:08.00</b>	+00:07:17 (18.2%)	4:12	14.3 (157.1%)
20	<b>GÓRSKA Agnieszka</b>	<b>909</b>		K40	7		00:20:00	<b>00:40:07.75</b>	<b>00:40:10.50</b>	+00:07:19 (18.2%)	8:01	7.5 (82.4%)
21	<b>PODHAJNA Agnieszka</b>	<b>458</b>	FARTY PUSZCZY	K40	8	Farty Puszczy	00:20:08	<b>00:40:40.50</b>	<b>00:40:45.05</b>	+00:07:54 (19.4%)	8:08	7.4 (81.3%)
22	<b>KOWALSKA Joanna</b>	<b>913</b>	--	K30	2		00:20:07	<b>00:40:54.25</b>	<b>00:40:56.65</b>	+00:08:06 (19.8%)	8:10	7.3 (80.2%)
23	<b>LEDZION Robert</b>	<b>431</b>	MUFFINKOWE MORSY	M50	4		00:20:16	<b>00:41:27.75</b>	<b>00:41:31.95</b>	+00:08:41 (20.9%)	8:17	7.2 (79.1%)
24	<b>PARCHIMOWICZ Janusz</b>	<b>915</b>		M60+	1		00:20:16	<b>00:41:29.85</b>	<b>00:41:32.15</b>	+00:08:41 (20.9%)	8:17	7.2 (79.1%)
25	<b>KARLIKOWSKI Łukasz</b>	<b>473</b>		M30	2		00:20:58	<b>00:42:02.25</b>	<b>00:42:09.85</b>	+00:09:19 (22.1%)	8:24	7.1 (78.0%)
26	<b>STAŃCZAK Marcin</b>	<b>467</b>	FARTY PUSZCZY	M30	3	Farty Puszczy	00:21:09	<b>00:42:16.15</b>	<b>00:42:22.85</b>	+00:09:32 (22.5%)	8:27	7.1 (78.0%)
27	<b>MUSZKIET-SOBAŃSKA Agnieszka</b>	<b>452</b>	MUFFINKOWE MORSY	K40	9		00:20:55	<b>00:42:30.55</b>	<b>00:42:35.45</b>	+00:09:44 (22.9%)	8:30	7.1 (78.0%)
28	<b>WESOŁOWSKA Urszula</b>	<b>475</b>	FARTY PUSZCZY	K30	3	Farty Puszczy	00:21:17	<b>00:42:50.55</b>	<b>00:42:56.30</b>	+00:10:05 (23.5%)	8:34	7 (76.9%)
29	<b>MICHALSKA Aneta</b>	<b>447</b>	KOMPAS TEAM	K40	10	Kompas Team	00:22:00	<b>00:42:58.55</b>	<b>00:43:02.60</b>	+00:10:12 (23.7%)	8:35	7 (76.9%)
30	<b>WOŹNIEWSKA Grażyna</b>	<b>480</b>	SZALONE WILCZYCE	K60+	2		00:21:20	<b>00:43:06.90</b>	<b>00:43:08.40</b>	+00:10:17 (23.9%)	8:37	7 (76.9%)
31	<b>SZUBERT-ADAMSKA Ewelina</b>	<b>471</b>		K40	11		00:22:10	<b>00:43:19.95</b>	<b>00:43:28.45</b>	+00:10:37 (24.5%)	8:39	6.9 (75.8%)
32	<b>MALINOWSKA Ewelina</b>	<b>440</b>		K30	4		00:21:39	<b>00:43:33.30</b>	<b>00:43:38.80</b>	+00:10:48 (24.8%)	8:42	6.9 (75.8%)
33	<b>SZCZERBIŃSKA Barbara</b>	<b>917</b>		K60+	3		00:21:47	<b>00:43:48.40</b>	<b>00:43:51.60</b>	+00:11:01 (25.1%)	8:45	6.8 (74.7%)
34	<b>BIERNCKA Helena</b>	<b>406</b>	NIEZRZESZONA	K60+	4		00:22:10	<b>00:44:00.15</b>	<b>00:44:05.90</b>	+00:11:15 (25.5%)	8:48	6.8 (74.7%)
35	<b>JURCZYK Anna</b>	<b>423</b>		K30	5		00:22:17	<b>00:43:58.25</b>	<b>00:44:06.05</b>	+00:11:15 (25.5%)	8:47	6.8 (74.7%)
36	<b>MICHALSKA Karolina</b>	<b>448</b>	BIEG KORCZAKA	K20	2	Bieg Korczaka	00:22:16	<b>00:44:14.40</b>	<b>00:44:19.05</b>	+00:11:28 (25.9%)	8:50	6.8 (74.7%)
37	<b>MALINOWSKA Marzena</b>	<b>439</b>		K50	5		00:22:12	<b>00:44:15.70</b>	<b>00:44:20.55</b>	+00:11:29 (25.9%)	8:51	6.8 (74.7%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
38	SALA Mirosława	463		K60+	5		00:22:18	00:44:19.05	00:44:22.50	+00:11:31 (26.0%)	8:51	6.8 (74.7%)
39	MATWIEJCZUK Agnieszka	442		K40	12		00:22:05	00:44:33.45	00:44:37.05	+00:11:46 (26.4%)	8:54	6.7 (73.6%)
40	LINHARD Bożena	432		K60+	6		00:22:16	00:44:45.45	00:44:49.05	+00:11:58 (26.7%)	8:57	6.7 (73.6%)
41	ORLIŃSKA Natalia	455		K40	13		00:22:31	00:44:47.65	00:44:54.80	+00:12:04 (26.9%)	8:57	6.7 (73.6%)
42	BOGUCKI Zbigniew	71		M40	2		00:24:15	00:45:06.00	00:45:06.00	+00:12:15 (27.2%)	9:01	6.7 (73.6%)
43	FALEŃSKI Rafał	412		M40	3		00:22:05	00:45:11.30	00:45:17.40	+00:12:26 (27.5%)	9:02	6.6 (72.5%)
44	FIJAŁKOWSKA Monika	413		K40	14		00:22:42	00:45:18.40	00:45:21.50	+00:12:30 (27.6%)	9:03	6.6 (72.5%)
45	ŁUKOJĆ Bernadetta	434		K50	6		00:22:12	00:45:37.85	00:45:39.90	+00:12:49 (28.1%)	9:07	6.6 (72.5%)
46	LITWINIAK Izabela	433		K40	15	Dziewczynki z kijkami	00:22:38	00:45:47.15	00:45:50.90	+00:13:00 (28.4%)	9:09	6.6 (72.5%)
47	FORCZMAŃSKA Angelika	414	SOSW NR 1 DNR	K20	3		00:23:22	00:46:36.75	00:46:43.70	+00:13:53 (29.7%)	9:19	6.4 (70.3%)
48	MAZUR Kamil	444	SOSW NR 1 DNR	M20	2	SOSW Nr 1 DNR	00:23:38	00:46:36.80	00:46:44.10	+00:13:53 (29.7%)	9:19	6.4 (70.3%)
49	MIKLAS Aleksandra	449	WALKING WARRIORS	K30	6		00:23:21	00:46:39.15	00:46:50.10	+00:13:59 (29.9%)	9:19	6.4 (70.3%)
50	WOJNAS Beata	478	HULK TEAM POLICE	K40	16		00:22:59	00:46:55.90	00:47:01.05	+00:14:10 (30.1%)	9:23	6.4 (70.3%)
51	BĄKOWSKA Sylwia	402		K40	17		00:23:00	00:46:56.40	00:47:01.40	+00:14:10 (30.2%)	9:23	6.4 (70.3%)
52	SIKORA Magdalena	465		K40	18		00:24:18	00:46:57.70	00:47:02.40	+00:14:11 (30.2%)	9:23	6.4 (70.3%)
53	ZAJĄC Bożena	482	LEGENDARY POWER SZEWC	K60+	7		00:23:34	00:46:56.30	00:47:02.55	+00:14:11 (30.2%)	9:23	6.4 (70.3%)
54	BARTYNA Krystyna	401		K60+	8		00:23:02	00:47:22.50	00:47:26.70	+00:14:36 (30.8%)	9:28	6.3 (69.2%)
55	MAZUR Mirosława	445		K60+	9		00:23:03	00:47:23.85	00:47:26.90	+00:14:36 (30.8%)	9:28	6.3 (69.2%)
56	NOWAK Aneta	453	NORDICOWELOVE	K40	19	NordicoweLove	00:23:47	00:47:31.45	00:47:37.25	+00:14:46 (31.0%)	9:30	6.3 (69.2%)
57	KOTARSKA Małgorzata	427	NORDICOWELOVE	K60+	10	NordicoweLove	00:23:48	00:47:31.90	00:47:37.55	+00:14:46 (31.0%)	9:30	6.3 (69.2%)
58	ANDRUSZKIEWICZ Ewa	400	AMPIO TEAM	K40	20	Ampio Team	00:23:47	00:47:34.60	00:47:42.00	+00:14:51 (31.1%)	9:30	6.3 (69.2%)
59	WOJTAT Halina	918	KS POGODNI NORDIKOWCY SZCZECIN	K50	7		00:23:38	00:47:35.65	00:47:43.55	+00:14:52 (31.2%)	9:31	6.3 (69.2%)
60	KWIATKOWSKA Angelika	429	SOSW NR 1 DNR	K20	4	SOSW Nr 1 DNR	00:23:57	00:47:57.05	00:48:01.90	+00:15:11 (31.6%)	9:35	6.3 (69.2%)

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61	<b>LEDZION Dagmara</b>	<b>430</b>	MUFFINKOWE MORSY	K40	21		00:24:26	<b>00:48:06.70</b>	<b>00:48:13.55</b>	+00:15:22 (31.9%)	9:37	6.2 (68.1%)
62	<b>WNUK Wanda</b>	<b>476</b>		K50	8	KPP Police	00:23:35	<b>00:48:14.15</b>	<b>00:48:17.90</b>	+00:15:27 (32.0%)	9:38	6.2 (68.1%)
63	<b>JATCZAK Katarzyna</b>	<b>422</b>	KPP POLICE	K40	22	KPP Police	00:23:34	<b>00:48:14.00</b>	<b>00:48:18.20</b>	+00:15:27 (32.0%)	9:38	6.2 (68.1%)
64	<b>ROSIŃSKA Karolina</b>	<b>461</b>		K30	7		00:24:27	<b>00:48:22.20</b>	<b>00:48:34.15</b>	+00:15:43 (32.4%)	9:40	6.2 (68.1%)
65	<b>CIEŚLAK Adam</b>	<b>409</b>	LEGENDARY POWER SZEWC	M60+	2		00:24:27	<b>00:48:42.60</b>	<b>00:48:49.15</b>	+00:15:58 (32.7%)	9:44	6.2 (68.1%)
66	<b>CIEŚLAK Helena</b>	<b>410</b>	LEGENDARY POWER SZEWC	K50	9		00:23:51	<b>00:48:42.75</b>	<b>00:48:49.45</b>	+00:15:58 (32.7%)	9:44	6.2 (68.1%)
67	<b>GURGACZ Gabriela</b>	<b>417</b>		K40	23		00:24:18	<b>00:49:08.25</b>	<b>00:49:19.20</b>	+00:16:28 (33.4%)	9:49	6.1 (67.0%)
68	<b>ŁUKOMSKA-MOCYDLARZ Anna</b>	<b>435</b>		K40	24		00:25:18	<b>00:49:16.30</b>	<b>00:49:24.30</b>	+00:16:33 (33.5%)	9:51	6.1 (67.0%)
69	<b>PIETAŚ Sława</b>	<b>457</b>	SZALONE WILCZYCE	K60+	11		00:24:20	<b>00:49:23.55</b>	<b>00:49:26.15</b>	+00:16:35 (33.6%)	9:52	6.1 (67.0%)
70	<b>WOLNA Dorota</b>	<b>479</b>		K30	8		00:24:36	<b>00:49:18.80</b>	<b>00:49:28.70</b>	+00:16:38 (33.6%)	9:51	6.1 (67.0%)
71	<b>HAWRYLAK Marcin</b>	<b>1</b>	14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA	M50	5	Wirtualny Bieg	00:12:18	<b>00:40:59.80</b>	<b>00:49:44.65</b>	+00:16:54 (34.0%)	8:11	7.3 (80.2%)
72	<b>HAWRYLAK Patrycja</b>	<b>418</b>	WIRTUALNY BIEG	K20	5	Bieg Korczaka	00:20:19	<b>00:41:00.90</b>	<b>00:49:44.90</b>	+00:16:54 (34.0%)	8:12	7.3 (80.2%)
73	<b>ZDANKIEWICZ Olga</b>	<b>483</b>		K40	25		00:25:08	<b>00:51:07.25</b>	<b>00:51:13.00</b>	+00:18:22 (35.9%)	10:13	5.9 (64.8%)
74	<b>STASZEWSKA Agata</b>	<b>468</b>		K40	26		00:25:50	<b>00:51:31.75</b>	<b>00:51:44.60</b>	+00:18:54 (36.5%)	10:18	5.8 (63.7%)
75	<b>KNAP Sylwia</b>	<b>426</b>		K30	9		00:25:32	<b>00:52:17.20</b>	<b>00:52:25.85</b>	+00:19:35 (37.4%)	10:27	5.7 (62.6%)
76	<b>KARYBA Paulina</b>	<b>425</b>		K30	10		00:25:31	<b>00:52:16.05</b>	<b>00:52:25.90</b>	+00:19:35 (37.4%)	10:27	5.7 (62.6%)
77	<b>SWJATECKI Jerzy</b>	<b>469</b>		M60+	3		00:25:19	<b>00:52:43.40</b>	<b>00:52:50.75</b>	+00:20:00 (37.9%)	10:32	5.7 (62.6%)
78	<b>CZACHOROWSKA Natalia</b>	<b>411</b>	14ZBOT/142 BLP TRZEBIATÓW	K20	6	14ZBOT/142 BLP Trzebiatów	00:25:34	<b>00:52:48.20</b>	<b>00:52:58.55</b>	+00:20:07 (38.0%)	10:33	5.7 (62.6%)
79	<b>KANIA Adrian</b>	<b>424</b>	14ZBOT/142 BLP TRZEBIATÓW	M20	3		00:25:33	<b>00:52:47.75</b>	<b>00:52:59.00</b>	+00:20:08 (38.0%)	10:33	5.7 (62.6%)
80	<b>BETKER Adam</b>	<b>404</b>	PK	M20	4		00:26:35	<b>00:52:54.20</b>	<b>00:53:03.30</b>	+00:20:12 (38.1%)	10:34	5.7 (62.6%)
81	<b>SĘK Dominik</b>	<b>464</b>	SOSW NR 1 DNR	M20	5	SOSW Nr 1 DNR	00:25:19	<b>00:53:17.40</b>	<b>00:53:22.40</b>	+00:20:31 (38.5%)	10:39	5.6 (61.5%)
82	<b>MICHALAK Monika</b>	<b>446</b>		K40	27		00:26:11	<b>00:53:31.80</b>	<b>00:53:40.05</b>	+00:20:49 (38.8%)	10:42	5.6 (61.5%)
83	<b>ROSIK Joanna</b>	<b>460</b>		K60+	12		00:27:53	<b>00:54:05.70</b>	<b>00:54:17.90</b>	+00:21:27 (39.5%)	10:49	5.5 (60.4%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
84	MACIASZCZYK Zbigniew	436		M60+	4		00:27:49	00:54:11.55	00:54:25.00	+00:21:34 (39.6%)	10:50	5.5 (60.4%)
85	NIEDŹWIECKI Paweł	914		M40	4		00:26:51	00:54:39.50	00:54:49.35	+00:21:58 (40.1%)	10:55	5.5 (60.4%)
86	BETKER Anna	403		K40	28		00:27:31	00:56:41.20	00:56:50.00	+00:23:59 (42.2%)	11:20	5.3 (58.2%)
87	TARWID Bożena	486		K50	10		00:28:22	00:56:41.35	00:56:51.45	+00:24:00 (42.2%)	11:20	5.3 (58.2%)
88	GEBKA-ZYLA Magdalena	416		K40	29		00:28:22	00:57:03.20	00:57:13.00	+00:24:22 (42.6%)	11:24	5.3 (58.2%)
89	SZYDELSKA Krystyna	472	NORDICOWELOVE	K60+	13		00:28:25	00:58:03.05	00:58:09.30	+00:25:18 (43.5%)	11:36	5.2 (57.1%)
90	GAZECKA Krystyna	415	POLICZANKA	K60+	14		00:28:25	00:58:03.90	00:58:10.65	+00:25:20 (43.5%)	11:36	5.2 (57.1%)
91	BUŁAWA Justyna	407		K30	11		00:28:43	00:58:32.30	00:58:32.30	+00:25:41 (43.9%)	11:42	5.1 (56.0%)
92	JANKOWIAK Paulina	419		K30	12		00:28:34	00:58:23.65	00:58:32.55	+00:25:41 (43.9%)	11:40	5.1 (56.0%)
92	MUCHA Martyna	451		K30	12		00:28:35	00:58:24.90	00:58:32.55	+00:25:41 (43.9%)	11:40	5.1 (56.0%)
94	ROSIŃSKA Grażyna	462		K60+	15		00:29:00	00:58:30.15	00:58:41.90	+00:25:51 (44.0%)	11:42	5.1 (56.0%)
95	BODNAR Zbigniew	901	BIEG KORCZAKA	M60+	5	Bieg Korczaka Raz	00:30:45	00:58:28.65	00:58:43.25	+00:25:52 (44.1%)	11:41	5.1 (56.0%)
96	CIACHLA Matylda	408	BIEG KORCZAKA	K30	14	Bieg Korczaka	00:29:01	00:58:33.15	00:58:44.55	+00:25:53 (44.1%)	11:42	5.1 (56.0%)
97	REĆKO Wioleta	459		K30	15		00:31:09	00:59:33.45	00:59:45.30	+00:26:54 (45.0%)	11:54	5 (54.9%)
<b>Przekroczony limit czasu: 01:00:00</b>												
98	MACIEJEWSKA Grażyna Teresa	437		K60+	16		00:33:57	01:21:30.40	01:21:46.00	+00:48:55 (59.8%)	16:18	3.7 (40.7%)
99	MACIEJEWSKJ Henryk	438		M60+	6		00:33:57	01:21:30.80	01:21:46.05	+00:48:55 (59.8%)	16:18	3.7 (40.7%)

Total 99 results.