

# NORDIC WALKING - 5 KM

B4SPORT



**Wydarzenie:**  
**Organizator:**

**4. BIEG KORCZAKA**  
Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla  
Dzieci Niepełnosprawnych Ruchowo w Policach im.  
Marii Grzegorzewskiej

**Data:**  
**Miejsce:**  
**Dystans:**

2023-04-22  
Police  
5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BŁĄD-WASZKIEWICZ Wanda</b>	<b>306</b>		K40	1	00:19:19	<b>00:39:17.90</b>	<b>00:39:17.90</b>		7:51	7.6 (100%)
2	<b>GÓRSKA Agnieszka</b>	<b>316</b>		K40	2	00:20:44	<b>00:42:02.55</b>	<b>00:42:02.55</b>	+00:02:44 (6.5%)	8:24	7.1 (93.4%)
3	<b>MUSZKIET-SOBAŃSKA Agnieszka</b>	<b>357</b>	MUFFINKOWE MORSY	K40	3	00:21:06	<b>00:42:59.85</b>	<b>00:42:59.85</b>	+00:03:41 (8.6%)	8:35	7 (92.1%)
4	<b>LEWANDOWSKA Dorota</b>	<b>336</b>		K40	4	00:21:29	<b>00:43:16.40</b>	<b>00:43:16.40</b>	+00:03:58 (9.2%)	8:39	6.9 (90.8%)
5	<b>KARPOW Adriana</b>	<b>325</b>		K40	5	00:21:52	<b>00:44:13.35</b>	<b>00:44:13.35</b>	+00:04:55 (11.1%)	8:50	6.8 (89.5%)
6	<b>MATWIEJCZUK Agnieszka</b>	<b>350</b>	FUTYMKA TEAM	K40	6	00:21:51	<b>00:44:17.80</b>	<b>00:44:17.80</b>	+00:04:59 (11.3%)	8:51	6.8 (89.5%)
7	<b>ŁUKOMSKA-MOCYDLARZ Anna</b>	<b>342</b>		K40	7	00:22:27	<b>00:44:53.35</b>	<b>00:44:53.35</b>	+00:05:35 (12.5%)	8:58	6.7 (88.2%)
8	<b>ORLIŃSKA Natalia</b>	<b>363</b>		K40	8	00:23:15	<b>00:45:25.60</b>	<b>00:45:25.60</b>	+00:06:07 (13.5%)	9:05	6.6 (86.8%)
9	<b>ORLIŃSKA Magdalena</b>	<b>364</b>		K40	9	00:23:19	<b>00:45:34.90</b>	<b>00:45:34.90</b>	+00:06:17 (13.8%)	9:06	6.6 (86.8%)
10	<b>KOZA Joanna</b>	<b>331</b>		K40	10	00:23:44	<b>00:46:53.45</b>	<b>00:46:53.45</b>	+00:07:35 (16.2%)	9:22	6.4 (84.2%)
11	<b>WOLSKA Sylwia</b>	<b>395</b>		K40	11	00:23:12	<b>00:47:16.75</b>	<b>00:47:16.75</b>	+00:07:58 (16.9%)	9:27	6.3 (82.9%)
12	<b>KLITYŃSKA Agnieszka</b>	<b>328</b>		K40	12	00:24:06	<b>00:49:02.40</b>	<b>00:49:02.40</b>	+00:09:44 (19.9%)	9:48	6.1 (80.3%)
13	<b>LITWINIAK Izabela</b>	<b>338</b>	FUTYMKA TEAM	K40	13	00:24:51	<b>00:49:28.30</b>	<b>00:49:28.30</b>	+00:10:10 (20.6%)	9:53	6.1 (80.3%)
14	<b>MICHALAK Monika</b>	<b>352</b>	FUTYMKA TEAM	K40	14	00:24:41	<b>00:49:28.55</b>	<b>00:49:28.55</b>	+00:10:10 (20.6%)	9:53	6.1 (80.3%)
15	<b>ZDANKIEWICZ Olga</b>	<b>397</b>		K40	15	00:23:53	<b>00:49:33.45</b>	<b>00:49:33.45</b>	+00:10:15 (20.7%)	9:54	6.1 (80.3%)
16	<b>STRZELCZAK-CYBULSKA Agnieszka</b>	<b>382</b>		K40	16	00:24:43	<b>00:49:43.25</b>	<b>00:49:43.25</b>	+00:10:25 (21.0%)	9:56	6 (78.9%)
17	<b>JAGUSZEWSKA Sylwia</b>	<b>319</b>		K40	17	00:24:37	<b>00:50:31.10</b>	<b>00:50:31.10</b>	+00:11:13 (22.2%)	10:06	5.9 (77.6%)
18	<b>ŁACINA Karolina</b>	<b>339</b>		K40	18	00:25:04	<b>00:50:45.20</b>	<b>00:50:45.20</b>	+00:11:27 (22.6%)	10:09	5.9 (77.6%)
19	<b>TARGOSIŃSKA Wioletta</b>	<b>389</b>		K40	19	00:25:54	<b>00:52:24.40</b>	<b>00:52:24.40</b>	+00:13:06 (25.0%)	10:28	5.7 (75.0%)
20	<b>BETKER Anna</b>	<b>303</b>	KS ZADYSZKA	K40	20	00:26:05	<b>00:53:04.05</b>	<b>00:53:04.05</b>	+00:13:46 (25.9%)	10:36	5.7 (75.0%)
21	<b>AMBROZIEWICZ Monika</b>	<b>300</b>		K40	21	00:26:49	<b>00:54:09.45</b>	<b>00:54:09.45</b>	+00:14:51 (27.4%)	10:49	5.5 (72.4%)
22	<b>GURGACZ Gabriela</b>	<b>318</b>	WALKING WARRIORS	K40	22	00:28:06	<b>00:56:32.00</b>	<b>00:56:32.00</b>	+00:17:14 (30.5%)	11:18	5.3 (69.7%)
23	<b>BAK Katarzyna</b>	<b>301</b>	FUTYMKA TEAM	K40	23	00:28:29	<b>00:58:03.30</b>	<b>00:58:03.30</b>	+00:18:45 (32.3%)	11:36	5.2 (68.4%)
24	<b>JANOWSKA-PASZKOWSKA Joanna</b>	<b>321</b>		K40	24	00:28:37	<b>00:58:43.25</b>	<b>00:58:43.25</b>	+00:19:25 (33.1%)	11:44	5.1 (67.1%)

Znaleziono 24 wynik(ów)