



NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: 4. BIEG KORCZAKA
Organizator: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej
Data: 2023-04-22
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Pólmerek 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|------------------|-----------|------|-------------------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 1 | MASŁYK Małgorzata | 348 | | K50 | 1 | 00:17:38 | 00:35:24.65 | 00:35:24.65 | | 7:04 | 8.5 (100%) |
| 2 | MURAWSKA Wioletta | 356 | KB DZIK POLICE | K50 | 2 | 00:18:32 | 00:37:26.85 | 00:37:26.85 | +00:02:02 (5.4%) | 7:29 | 8 (94.1%) |
| 3 | OLEJNIK Marzena | 361 | | K50 | 3 | 00:18:51 | 00:37:54.25 | 00:37:54.25 | +00:02:29 (6.6%) | 7:34 | 7.9 (92.9%) |
| 4 | SOWISZ Adrianna | 379 | SOWISZ TEAM | K20 | 1 | 00:19:02 | 00:38:22.95 | 00:38:22.95 | +00:02:58 (7.7%) | 7:40 | 7.8 (91.8%) |
| 5 | MISIEWICZ Bożena | 354 | | K60+ | 1 | 00:19:13 | 00:38:53.65 | 00:38:53.65 | +00:03:29 (9.0%) | 7:46 | 7.7 (90.6%) |
| 6 | BŁĄD-WASZKIEWICZ Wanda | 306 | | K40 | 1 | 00:19:19 | 00:39:17.90 | 00:39:17.90 | +00:03:53 (9.9%) | 7:51 | 7.6 (89.4%) |
| 7 | KRUŻBERSKA Katarzyna | 333 | | K20 | 2 | 00:20:57 | 00:41:07.55 | 00:41:07.55 | +00:05:42 (13.9%) | 8:13 | 7.3 (85.9%) |
| 8 | MALINOWSKA Marzena | 346 | | K50 | 4 | 00:20:10 | 00:41:08.90 | 00:41:08.90 | +00:05:44 (13.9%) | 8:13 | 7.3 (85.9%) |
| 9 | SZUBERT-ADAMSKA Ewelina | 386 | FUTYMKA TEAM | K50 | 5 | 00:20:30 | 00:41:28.45 | 00:41:28.45 | +00:06:03 (14.6%) | 8:17 | 7.2 (84.7%) |
| 10 | SZYMANEK Bogusława | 388 | WALKING WARRIORS | K60+ | 2 | 00:20:41 | 00:41:53.80 | 00:41:53.80 | +00:06:29 (15.5%) | 8:22 | 7.2 (84.7%) |
| 11 | GÓRSKA Agnieszka | 316 | | K40 | 2 | 00:20:44 | 00:42:02.55 | 00:42:02.55 | +00:06:37 (15.8%) | 8:24 | 7.1 (83.5%) |
| 12 | BUJNOWSKA Anita | 307 | | K30 | 1 | 00:21:10 | 00:42:10.10 | 00:42:10.10 | +00:06:45 (16.0%) | 8:26 | 7.1 (83.5%) |
| 13 | MUSZKIET-SOBAŃSKA Agnieszka | 357 | MUFFINKOWE MORSY | K40 | 3 | 00:21:06 | 00:42:59.85 | 00:42:59.85 | +00:07:35 (17.6%) | 8:35 | 7 (82.4%) |
| 14 | SOWISZ Danuta | 378 | SOWISZ TEAM | K50 | 6 | 00:21:40 | 00:43:01.00 | 00:43:01.00 | +00:07:36 (17.7%) | 8:36 | 7 (82.4%) |
| 15 | SOROCZYŃSKA Maja | 377 | | K20 | 3 | 00:21:29 | 00:43:01.15 | 00:43:01.15 | +00:07:36 (17.7%) | 8:36 | 7 (82.4%) |
| 16 | SAJEWICZ Magdalena | 371 | WALKING WARRIORS | K30 | 2 | 00:21:22 | 00:43:15.35 | 00:43:15.35 | +00:07:50 (18.1%) | 8:39 | 6.9 (81.2%) |
| 17 | LEWANDOWSKA Dorota | 336 | | K40 | 4 | 00:21:29 | 00:43:16.40 | 00:43:16.40 | +00:07:51 (18.2%) | 8:39 | 6.9 (81.2%) |
| 18 | JURCZYK Anna | 322 | FUTYMKA TEAM | K30 | 3 | 00:21:21 | 00:43:33.80 | 00:43:33.80 | +00:08:09 (18.7%) | 8:42 | 6.9 (81.2%) |
| 19 | FUTYMA Karolina | 314 | FUTYMKA TEAM | K30 | 4 | 00:21:29 | 00:43:47.95 | 00:43:47.95 | +00:08:23 (19.2%) | 8:45 | 6.9 (81.2%) |
| 20 | KARPOW Adriana | 325 | | K40 | 5 | 00:21:52 | 00:44:13.35 | 00:44:13.35 | +00:08:48 (19.9%) | 8:50 | 6.8 (80.0%) |
| 21 | MATWIEJCZUK Agnieszka | 350 | FUTYMKA TEAM | K40 | 6 | 00:21:51 | 00:44:17.80 | 00:44:17.80 | +00:08:53 (20.1%) | 8:51 | 6.8 (80.0%) |
| 22 | NOWAK Aneta | 360 | | K50 | 7 | 00:22:53 | 00:44:20.75 | 00:44:20.75 | +00:08:56 (20.1%) | 8:52 | 6.8 (80.0%) |
| 23 | MAZIUK Elżbieta | 351 | | K50 | 8 | 00:22:04 | 00:44:42.35 | 00:44:42.35 | +00:09:17 (20.8%) | 8:56 | 6.7 (78.8%) |
| 24 | ŁUKOMSKA-MOCYDLARZ Anna | 342 | | K40 | 7 | 00:22:27 | 00:44:53.35 | 00:44:53.35 | +00:09:28 (21.1%) | 8:58 | 6.7 (78.8%) |
| 25 | PILAWSKA Małgorzata | 366 | | K50 | 9 | 00:22:06 | 00:45:00.10 | 00:45:00.10 | +00:09:35 (21.3%) | 9:00 | 6.7 (78.8%) |
| 26 | KAROL Agnieszka | 324 | TEAM KAROLKI | K50 | 10 | 00:22:03 | 00:45:24.80 | 00:45:24.80 | +00:10:00 (22.0%) | 9:04 | 6.6 (77.6%) |
| 27 | ORLIŃSKA Natalia | 363 | | K40 | 8 | 00:23:15 | 00:45:25.60 | 00:45:25.60 | +00:10:00 (22.0%) | 9:05 | 6.6 (77.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Półmetek 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|--------------------------------------|------------|-----------------------|-----------|------|-------------------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 28 | ORLIŃSKA Magdalena | 364 | | K40 | 9 | 00:23:19 | 00:45:34.90 | 00:45:34.90 | +00:10:10 (22.3%) | 9:06 | 6.6 (77.6%) |
| 29 | KONDIOLA Maria | 330 | NIE DOTYCZY | K60+ | 3 | 00:23:02 | 00:45:35.85 | 00:45:35.85 | +00:10:11 (22.3%) | 9:07 | 6.6 (77.6%) |
| 30 | JANEK Justyna | 320 | | K30 | 5 | 00:23:19 | 00:46:04.00 | 00:46:04.00 | +00:10:39 (23.1%) | 9:12 | 6.5 (76.5%) |
| 31 | STEINKA Bożka | 381 | | K60+ | 4 | 00:22:57 | 00:46:04.25 | 00:46:04.25 | +00:10:39 (23.1%) | 9:12 | 6.5 (76.5%) |
| 32 | BIERNACKA Helena Biernacka | 305 | NIEZRZESZONA | K60+ | 5 | 00:22:59 | 00:46:15.55 | 00:46:15.55 | +00:10:50 (23.5%) | 9:15 | 6.5 (76.5%) |
| 33 | ŁUKOJĆ Bernadetta | 341 | | K50 | 11 | 00:23:02 | 00:46:23.60 | 00:46:23.60 | +00:10:58 (23.7%) | 9:16 | 6.5 (76.5%) |
| 34 | ROSIŃSKA Karolina | 370 | | K30 | 6 | 00:23:25 | 00:46:43.65 | 00:46:43.65 | +00:11:19 (24.2%) | 9:20 | 6.4 (75.3%) |
| 35 | MIKLAS Aleksandra | 353 | WALKING WARRIORS | K30 | 7 | 00:23:16 | 00:46:51.00 | 00:46:51.00 | +00:11:26 (24.4%) | 9:22 | 6.4 (75.3%) |
| 36 | KOZA Joanna | 331 | | K40 | 10 | 00:23:44 | 00:46:53.45 | 00:46:53.45 | +00:11:28 (24.5%) | 9:22 | 6.4 (75.3%) |
| 37 | WOLSKA Sylwia | 395 | | K40 | 11 | 00:23:12 | 00:47:16.75 | 00:47:16.75 | +00:11:52 (25.1%) | 9:27 | 6.3 (74.1%) |
| 38 | FORCZMAŃSKA Angelika | 313 | SOSW NR 1 DNR | K20 | 4 | 00:23:15 | 00:47:25.15 | 00:47:25.15 | +00:12:00 (25.3%) | 9:29 | 6.3 (74.1%) |
| 39 | ZAJĄC Bożena | 396 | LEGENDARY POWER SZEWC | K60+ | 6 | 00:24:42 | 00:47:57.95 | 00:47:57.95 | +00:12:33 (26.2%) | 9:35 | 6.3 (74.1%) |
| 40 | KRAWCZYK Barbara | 332 | FUTYMKA TEAM | K50 | 12 | 00:23:43 | 00:48:48.05 | 00:48:48.05 | +00:13:23 (27.4%) | 9:45 | 6.1 (71.8%) |
| 41 | KLITYŃSKA Agnieszka | 328 | | K40 | 12 | 00:24:06 | 00:49:02.40 | 00:49:02.40 | +00:13:37 (27.8%) | 9:48 | 6.1 (71.8%) |
| 42 | LITWINIAK Izabela | 338 | FUTYMKA TEAM | K40 | 13 | 00:24:51 | 00:49:28.30 | 00:49:28.30 | +00:14:03 (28.4%) | 9:53 | 6.1 (71.8%) |
| 43 | MICHALAK Monika | 352 | FUTYMKA TEAM | K40 | 14 | 00:24:41 | 00:49:28.55 | 00:49:28.55 | +00:14:03 (28.4%) | 9:53 | 6.1 (71.8%) |
| 44 | ZDANKIEWICZ Olga | 397 | | K40 | 15 | 00:23:53 | 00:49:33.45 | 00:49:33.45 | +00:14:08 (28.5%) | 9:54 | 6.1 (71.8%) |
| 45 | KASPRZAK Elżbieta | 326 | | K60+ | 7 | 00:24:17 | 00:49:34.85 | 00:49:34.85 | +00:14:10 (28.6%) | 9:54 | 6.1 (71.8%) |
| 46 | GAZECKA Krystyna | 315 | | K60+ | 8 | 00:24:25 | 00:49:38.35 | 00:49:38.35 | +00:14:13 (28.7%) | 9:55 | 6 (70.6%) |
| 47 | STRZELCZAK-CYBULSKA Agnieszka | 382 | | K40 | 16 | 00:24:43 | 00:49:43.25 | 00:49:43.25 | +00:14:18 (28.8%) | 9:56 | 6 (70.6%) |
| 48 | PRZYBYSZ Urszula | 367 | | K20 | 5 | 00:24:53 | 00:50:03.70 | 00:50:03.70 | +00:14:39 (29.3%) | 10:00 | 6 (70.6%) |
| 49 | JAGUSZEWSKA Sylwia | 319 | | K40 | 17 | 00:24:37 | 00:50:31.10 | 00:50:31.10 | +00:15:06 (29.9%) | 10:06 | 5.9 (69.4%) |
| 50 | ŁACINA Karolina | 339 | | K40 | 18 | 00:25:04 | 00:50:45.20 | 00:50:45.20 | +00:15:20 (30.2%) | 10:09 | 5.9 (69.4%) |
| 51 | WOJDAK Żaneta | 394 | | K30 | 8 | 00:25:08 | 00:50:50.35 | 00:50:50.35 | +00:15:25 (30.3%) | 10:10 | 5.9 (69.4%) |
| 52 | CEBEREK-PŁOTCZYK Marcelina | 308 | | K60+ | 9 | 00:25:12 | 00:50:52.15 | 00:50:52.15 | +00:15:27 (30.4%) | 10:10 | 5.9 (69.4%) |
| 53 | SZYDELSKA Krystyna | 387 | NORDICOWELOVE | K60+ | 10 | 00:25:11 | 00:51:06.65 | 00:51:06.65 | +00:15:42 (30.7%) | 10:13 | 5.9 (69.4%) |
| 54 | KNAP Sylwia | 329 | | K30 | 9 | 00:25:38 | 00:51:41.70 | 00:51:41.70 | +00:16:17 (31.5%) | 10:20 | 5.8 (68.2%) |
| 55 | KWIATKOWSKA Angelika | 335 | SOSW NR 1 DNR | K20 | 6 | 00:25:49 | 00:52:06.90 | 00:52:06.90 | +00:16:42 (32.1%) | 10:25 | 5.8 (68.2%) |
| 56 | ROSIK Joanna | 369 | | K60+ | 11 | 00:25:59 | 00:52:11.65 | 00:52:11.65 | +00:16:47 (32.2%) | 10:26 | 5.7 (67.1%) |
| 57 | MAJCHROWSKA Magdalena | 344 | | K30 | 10 | 00:25:54 | 00:52:23.15 | 00:52:23.15 | +00:16:58 (32.4%) | 10:28 | 5.7 (67.1%) |
| 58 | TARGOSIŃSKA Wioletta | 389 | | K40 | 19 | 00:25:54 | 00:52:24.40 | 00:52:24.40 | +00:16:59 (32.4%) | 10:28 | 5.7 (67.1%) |
| 59 | CIEŚLAK Helena | 310 | LEGENDARY POWER SZEWC | K50 | 13 | 00:26:02 | 00:52:42.00 | 00:52:42.00 | +00:17:17 (32.8%) | 10:32 | 5.7 (67.1%) |
| 60 | BETKER Anna | 303 | KS ZADYSZKA | K40 | 20 | 00:26:05 | 00:53:04.05 | 00:53:04.05 | +00:17:39 (33.3%) | 10:36 | 5.7 (67.1%) |
| 61 | AMBROZIEWICZ Monika | 300 | | K40 | 21 | 00:26:49 | 00:54:09.45 | 00:54:09.45 | +00:18:44 (34.6%) | 10:49 | 5.5 (64.7%) |
| 62 | OLSZEWSKA Kamila | 362 | | K30 | 11 | 00:26:48 | 00:54:10.90 | 00:54:10.90 | +00:18:46 (34.6%) | 10:50 | 5.5 (64.7%) |
| 63 | GURGACZ Gabriela | 318 | WALKING WARRIORS | K40 | 22 | 00:28:06 | 00:56:32.00 | 00:56:32.00 | +00:21:07 (37.4%) | 11:18 | 5.3 (62.4%) |
| 64 | SAJEWICZ Bożena | 373 | WALKING WARRIORS | K60+ | 12 | 00:28:58 | 00:57:50.40 | 00:57:50.40 | +00:22:25 (38.8%) | 11:34 | 5.2 (61.2%) |
| 65 | BĄK Katarzyna | 301 | FUTYMKA TEAM | K40 | 23 | 00:28:29 | 00:58:03.30 | 00:58:03.30 | +00:22:38 (39.0%) | 11:36 | 5.2 (61.2%) |
| 66 | JANOWSKA-PASZKOWSKA Joanna | 321 | | K40 | 24 | 00:28:37 | 00:58:43.25 | 00:58:43.25 | +00:23:18 (39.7%) | 11:44 | 5.1 (60.0%) |
| Przekroczony limit czasu: 01:00:00 | | | | | | | | | | | |
| 67 | SUSZCZEWSKA Bogumiła | 384 | WALKING WARRIORS | K60+ | 13 | 00:29:15 | 01:00:29.35 | 01:00:29.35 | +00:25:04 (41.5%) | 12:05 | 5 (58.8%) |
| 68 | NAZIMEK Mieczysława | 358 | WALKING WARRIORS | K60+ | 14 | 00:29:17 | 01:00:30.90 | 01:00:30.90 | +00:25:06 (41.5%) | 12:06 | 5 (58.8%) |