

# NORDIC WALKING - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Biegu i Nordic Walking w ramach „Naukowo-Sportowego Pikniku Lotniczego”  
**Organizator:** Lotnicza Akademia Wojskowa  
**Data:** 2023-05-27  
**Miejsce:** Dęblin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>TUZIMEK Jakub</b>	<b>138</b>	KUR-TEAM	OPEN -M	1	<b>00:34:16.35</b>		6:51	8.8 (100%)
2	<b>PYSZCZAK Piotr</b>	<b>128</b>	KUR-TEAM	OPEN -M	2	<b>00:34:30.75</b>	+00:00:14 (0.7%)	6:54	8.7 (98.9%)
3	<b>TUZIMEK Agata</b>	<b>137</b>	KUR-TEAM	OPEN -K	1	<b>00:34:30.95</b>	+00:00:14 (0.7%)	6:54	8.7 (98.9%)
4	<b>ŻMUDA Jerzy</b>	<b>141</b>	GORZYCE CHODZI Z KIJKAMI	OPEN -M	3	<b>00:34:51.55</b>	+00:00:35 (1.7%)	6:58	8.6 (97.7%)
5	<b>KUTA Anna</b>	<b>117</b>	LAW	OPEN -K	2	<b>00:38:06.65</b>	+00:03:50 (10.1%)	7:37	7.9 (89.8%)
6	<b>KUTA Dariusz</b>	<b>119</b>	KUR-TEAM	OPEN -M	4	<b>00:38:10.75</b>	+00:03:54 (10.2%)	7:38	7.9 (89.8%)
7	<b>MAJEWSKI Jan</b>	<b>120</b>	GORZYCE CHODZI Z KIJKAMI	OPEN -M	5	<b>00:38:28.70</b>	+00:04:12 (10.9%)	7:41	7.8 (88.6%)
8	<b>GOTOWAŁA Justyna</b>	<b>108</b>	KUR-TEAM	OPEN -K	3	<b>00:38:32.05</b>	+00:04:15 (11.1%)	7:42	7.8 (88.6%)
9	<b>KUTA Marta</b>	<b>118</b>	KUR-TEAM	OPEN -K	4	<b>00:39:35.00</b>	+00:05:18 (13.4%)	7:55	7.6 (86.4%)
10	<b>SKWAREK Krystyna</b>	<b>133</b>	KUR-TEAM	OPEN -K	5	<b>00:40:18.30</b>	+00:06:01 (15.0%)	8:03	7.4 (84.1%)
11	<b>NIEZABITOWSKA Renata</b>	<b>122</b>	KUR-TEAM	OPEN -K	6	<b>00:41:49.40</b>	+00:07:33 (18.1%)	8:21	7.2 (81.8%)
12	<b>KAMIŃSKA Halina</b>	<b>111</b>	KUR-TEAM	OPEN -K	7	<b>00:41:49.50</b>	+00:07:33 (18.1%)	8:21	7.2 (81.8%)
13	<b>MARZYSZ Marzena</b>	<b>121</b>	SPSP	OPEN -K	8	<b>00:41:56.85</b>	+00:07:40 (18.3%)	8:23	7.2 (81.8%)
14	<b>CENDROWSKA Hanna</b>	<b>104</b>	LAW	OPEN -K	9	<b>00:42:03.95</b>	+00:07:47 (18.5%)	8:24	7.1 (80.7%)
15	<b>OSIAK Izabela</b>	<b>124</b>		OPEN -K	10	<b>00:42:07.55</b>	+00:07:51 (18.6%)	8:25	7.1 (80.7%)
16	<b>SEKITA Tomasz</b>	<b>131</b>	NIEZRZESZONY	OPEN -M	6	<b>00:42:15.50</b>	+00:07:59 (18.9%)	8:27	7.1 (80.7%)
17	<b>JÓWKO Karolina</b>	<b>110</b>	KUR-TEAM	OPEN -K	11	<b>00:43:04.75</b>	+00:08:48 (20.4%)	8:36	7 (79.5%)
18	<b>GRABOWSKA Małgorzata</b>	<b>109</b>	NORDIC WALKERS DĘBLIN	OPEN -K	12	<b>00:43:17.15</b>	+00:09:00 (20.8%)	8:39	6.9 (78.4%)
19	<b>OGONOWSKA Ewa</b>	<b>123</b>	LAW	OPEN -K	13	<b>00:44:16.75</b>	+00:10:00 (22.6%)	8:51	6.8 (77.3%)
20	<b>KOWALSKA Dorota</b>	<b>115</b>	LAW DĘBLIN	OPEN -K	14	<b>00:44:28.30</b>	+00:10:11 (22.9%)	8:53	6.7 (76.1%)
21	<b>WOJCIECHOWSKI Jakub</b>	<b>139</b>	KUR-TEAM	OPEN -M	7	<b>00:44:46.70</b>	+00:10:30 (23.5%)	8:57	6.7 (76.1%)
22	<b>KULISZ Beata</b>	<b>116</b>	SPSP	OPEN -K	15	<b>00:45:09.00</b>	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
23	<b>PYSZCZAK Natalia</b>	<b>129</b>	KUR-TEAM	OPEN -K	16	<b>00:45:09.15</b>	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
24	<b>PYSZCZAK Joanna</b>	<b>127</b>	KUR-TEAM	OPEN -K	17	<b>00:45:09.30</b>	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
25	<b>BANY Marta</b>	<b>101</b>	NORDIC WALKERS DĘBLIN	OPEN -K	18	<b>00:45:10.55</b>	+00:10:54 (24.1%)	9:02	6.6 (75.0%)
26	<b>FAGAS Edyta</b>	<b>106</b>		OPEN -K	19	<b>00:46:39.05</b>	+00:12:22 (26.5%)	9:19	6.4 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>POŁOWSKA Joanna</b>	<b>126</b>		OPEN -K	20	<b>00:46:39.10</b>	+00:12:22 (26.5%)	9:19	6.4 (72.7%)
28	<b>RODAK Bożena</b>	<b>130</b>	LAW DĘBLIN	OPEN -K	21	<b>00:46:39.30</b>	+00:12:22 (26.5%)	9:19	6.4 (72.7%)
29	<b>SKRODZKI Mateusz</b>	<b>132</b>		OPEN -M	8	<b>00:48:11.65</b>	+00:13:55 (28.9%)	9:38	6.2 (70.5%)
30	<b>GŁOWACKA Julia</b>	<b>107</b>		OPEN -K	22	<b>00:48:11.75</b>	+00:13:55 (28.9%)	9:38	6.2 (70.5%)
31	<b>KOŚLAK Paweł</b>	<b>114</b>		OPEN -M	9	<b>00:49:33.00</b>	+00:15:16 (30.8%)	9:54	6.1 (69.3%)
32	<b>KOŚLAK Anna</b>	<b>113</b>		OPEN -K	23	<b>00:49:33.35</b>	+00:15:17 (30.8%)	9:54	6.1 (69.3%)
33	<b>STASIAK Agnieszka</b>	<b>134</b>	KUR-TEAM	OPEN -K	24	<b>00:50:04.60</b>	+00:15:48 (31.6%)	10:00	6 (68.2%)
34	<b>PŁUCHOWSKA Bernadetta</b>	<b>125</b>	KUR-TEAM	OPEN -K	25	<b>00:50:05.40</b>	+00:15:49 (31.6%)	10:01	6 (68.2%)

Znaleziono 34 wynik(ów)