



Gdański
Ośrodek Sportu

NORDIC WALKING - GDAŃSK SOBIESZEWO 5KM

B4SPORT

Wydarzenie: Korona Północy Polski Nordic Walking
Organizator: Miasto Gdańsk, Gdański Ośrodek Sportu
Data: 2018-05-13
Miejsce: Sobieszewo
Dystans: 5 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZPILMAN Katarzyna	366	FACE NORDIC WALKING TEAM	K50-59	1				00:34:17.35		6:51	8.8 (100%)
2	OKRZESIK-FRĄCKOWIAK Izabela	316	KS METRACO POLKOWICE	K50-59	2				00:35:16.25	+00:00:58 (2.8%)	7:03	8.5 (96.6%)
3	RECA Grażyna	333	AKADEMIA BIEGOWA KOŚCIERZYNA	K40-49	1				00:36:05.65	+00:01:48 (5.0%)	7:13	8.3 (94.3%)
4	OWCZAREK Katarzyna	321		K40-49	2				00:36:30.15	+00:02:12 (6.1%)	7:18	8.2 (93.2%)
5	GODZIŃSKA Dorota	252	BAŻANT NW TEAM	K30-39	1				00:36:33.20	+00:02:15 (6.2%)	7:18	8.2 (93.2%)
6	TOPOREK Aleksandra	204	NWPL/ LUKI TEAM SIELDCE	K40-49	3				00:36:47.65	+00:02:30 (6.8%)	7:21	8.2 (93.2%)
7	STOLTMANN Helena	359	BŁĘKITNI NW DZIEMIANY	K50-59	3				00:36:48.45	+00:02:31 (6.8%)	7:21	8.1 (92.0%)
8	STAŃCZAK Grażyna	358		K60-69	1				00:37:11.55	+00:02:54 (7.8%)	7:26	8.1 (92.0%)
9	SKABARA-PIS Tamara	347	ELITE TEAM	K40-49	4				00:37:18.05	+00:03:00 (8.1%)	7:27	8 (90.9%)
10	YANKOVSKAYA Aleksandra	398	KLUB SPORTOWY DED	K30-39	2				00:37:30.55	+00:03:13 (8.6%)	7:30	8 (90.9%)
11	KWIDZIŃSKA Elwira	289	AKADEMIA BIEGOWA KOŚCIERZYNA	K40-49	5				00:37:35.25	+00:03:17 (8.8%)	7:31	8 (90.9%)
12	DOMAŃSKA Beata	235	ELITE TEAM	K40-49	6				00:37:38.60	+00:03:21 (8.9%)	7:31	8 (90.9%)
13	GÓZDŹ Aleksandra	257	CHODZEZKIJAMI.PL	K40-49	7				00:37:41.30	+00:03:23 (9.0%)	7:32	8 (90.9%)
14	SMARSZCZ Grażyna	349	RUN-NORDIC TEAM - NORDICUS	K60-69	2				00:37:58.65	+00:03:41 (9.7%)	7:35	7.9 (89.8%)
15	KOZŁOWSKA Julia	279	DYNAMIC	K13-15	1				00:38:13.10	+00:03:55 (10.3%)	7:38	7.8 (88.6%)
16	GAŁGOWSKA Krystyna	249	ELITE TEAM CHODZEZKIJAMI	K70+	1				00:38:30.35	+00:04:13 (11.0%)	7:42	7.8 (88.6%)
17	MACIĄZEK Jolanta	304		K40-49	8				00:38:44.90	+00:04:27 (11.5%)	7:45	7.7 (87.5%)
18	TOWARNICKA Izabela	205	TEAM DEAF	K40-49	9				00:38:50.40	+00:04:33 (11.7%)	7:46	7.7 (87.5%)
19	BURY Liliana	222		K30-39	3				00:39:12.05	+00:04:54 (12.5%)	7:50	7.7 (87.5%)
20	MIELEWCZYK Justyna	308	ZMOTYWOWANI	K30-39	4				00:39:12.85	+00:04:55 (12.6%)	7:50	7.6 (86.4%)
21	KARLIKOWSKA Joanna	266	KARLIKOWSCY TEAM	K40-49	10				00:39:13.20	+00:04:55 (12.6%)	7:50	7.6 (86.4%)
22	FISZER Justyna	62		K30-39	5				00:39:13.60	+00:04:56 (12.6%)	7:50	7.6 (86.4%)
23	NIEMCZYK Małgorzata	313		K40-49	11				00:39:27.85	+00:05:10 (13.1%)	7:53	7.6 (86.4%)
24	LIPIŃSKA Iwona	295	ELITE TEAM	K40-49	12				00:39:38.65	+00:05:21 (13.5%)	7:55	7.6 (86.4%)
25	BORTKUN Natalia	143		K13-15	2				00:39:43.75	+00:05:26 (13.7%)	7:56	7.6 (86.4%)
26	BURCHART Monika	191	TEAM DEAF	K40-49	13				00:39:55.20	+00:05:37 (14.1%)	7:59	7.5 (85.2%)
27	KOPCZYŃSKA Irena	276	ELITE TEAM	K60-69	3				00:40:03.25	+00:05:45 (14.4%)	8:00	7.5 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Kara/ bonifikata	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	LADEMANN Dorota	293	GDAŃSKIE WODY AKTYWUJĄ	K16-29	1				00:40:28.15	+00:06:10 (15.3%)	8:05	7.4 (84.1%)
29	ZARACH Beata	416	DZIARSKIE TEAM	K40-49	14				00:40:33.50	+00:06:16 (15.5%)	8:06	7.4 (84.1%)
30	GÓRA Beata	256		K40-49	15				00:40:35.75	+00:06:18 (15.5%)	8:07	7.4 (84.1%)
31	ROSA Bogumiła	338	OPEC GDYNIA	K60-69	4				00:41:04.00	+00:06:46 (16.5%)	8:12	7.3 (83.0%)
32	LITEWSKA Joanna	198		K40-49	16				00:41:07.20	+00:06:49 (16.6%)	8:13	7.3 (83.0%)
33	KUTNIEWSKA Maria	410	FACE NORDIC WALKING TEAM	K16-29	2				00:41:08.15	+00:06:50 (16.6%)	8:13	7.3 (83.0%)
34	BIEDUNKIEWICZ Joanna	216		K40-49	17				00:41:17.60	+00:07:00 (17.0%)	8:15	7.3 (83.0%)
35	ZUBEK Ania	406		K40-49	18				00:41:18.75	+00:07:01 (17.0%)	8:15	7.3 (83.0%)
36	DŁUGI Beata	194	TEAM DEAF	K30-39	6				00:41:20.75	+00:07:03 (17.1%)	8:16	7.3 (83.0%)
37	KOSTENCKA Aga	278	DRUŻYNA SŁONECZNEGO PORANKA	K40-49	19				00:41:21.25	+00:07:03 (17.1%)	8:16	7.3 (83.0%)
38	ŚLIWIŃSKA-WYKA Izabela	373	WATAHA	K40-49	20				00:41:22.05	+00:07:04 (17.1%)	8:16	7.3 (83.0%)
39	MARCINIAK Hanna	307	SERCE NORDICA WŁOCLĄWEK	K50-59	4				00:41:28.30	+00:07:10 (17.3%)	8:17	7.2 (81.8%)
40	CHOŁOCIŃSKA Katarzyna	227	ZDROWY KLUB ROTMANKA	K40-49	21				00:41:35.45	+00:07:18 (17.6%)	8:19	7.2 (81.8%)
41	ŻYWICKA Irena	407	BŁĘKITNI NW DZIEMIANY	K60-69	5				00:41:38.25	+00:07:20 (17.6%)	8:19	7.2 (81.8%)
42	RĘBOWSKA Agnieszka	201	ACTIVE FAMILY PASŁĘK	K30-39	7				00:41:40.25	+00:07:22 (17.7%)	8:20	7.2 (81.8%)
43	GODZIŃSKA Paulina	253	BAŻANT NW TEAM	K10-12	1				00:41:43.85	+00:07:26 (17.8%)	8:20	7.2 (81.8%)
44	CYRA Grażyna	229	NW ZIELONY DWÓR	K60-69	6				00:41:57.20	+00:07:39 (18.3%)	8:23	7.1 (80.7%)
45	FLISIKOWSKA Anna	245		K40-49	22				00:42:04.20	+00:07:46 (18.5%)	8:24	7.1 (80.7%)
46	CHOJNICKA Zofia	226	AWFIS	K70+	2				00:42:16.90	+00:07:59 (18.9%)	8:27	7.1 (80.7%)
47	NOWACKI Wioleta	175		K40-49	23				00:42:18.30	+00:08:00 (18.9%)	8:27	7.1 (80.7%)
48	MYSZK Magdalena	311		K30-39	8				00:42:20.05	+00:08:02 (19.0%)	8:28	7.1 (80.7%)
49	ROZBICKA Iwona	202	TEAM DEAF	K40-49	24				00:42:27.75	+00:08:10 (19.2%)	8:29	7.1 (80.7%)
50	SPŁAWNIK Jolanta	357		K50-59	5				00:42:32.55	+00:08:15 (19.4%)	8:30	7.1 (80.7%)
51	SARNASZEK Anna	345	ZDROWY KLUB ROTMANKA	K40-49	25				00:42:44.00	+00:08:26 (19.8%)	8:32	7 (79.5%)
52	BURLIŃSKA Anna	221	ACTIVE FAMILY PASŁĘK	K30-39	9				00:42:52.60	+00:08:35 (20.0%)	8:34	7 (79.5%)
53	KONDEJ Sylwia	273		K40-49	26				00:42:59.00	+00:08:41 (20.2%)	8:35	7 (79.5%)
54	ZARACH Aleksandra	413	DZIARSKIE TEAM	K30-39	10				00:43:02.20	+00:08:44 (20.3%)	8:36	7 (79.5%)
55	OKRASZEWSKA Joanna	314		K30-39	11				00:43:06.25	+00:08:48 (20.5%)	8:37	7 (79.5%)
56	LAANE Elena	290	KLUB SPORTOWY DED	K16-29	3				00:43:12.20	+00:08:54 (20.6%)	8:38	6.9 (78.4%)
57	LIS Zuzanna	297	OKLEJANIE-AUTA.PL/TRIMAMA TEAM	K13-15	3				00:43:37.40	+00:09:20 (21.4%)	8:43	6.9 (78.4%)
58	LIPIŃSKA Grażyna	296		K50-59	6				00:43:44.40	+00:09:27 (21.6%)	8:45	6.9 (78.4%)
59	LUKS Izabela	299		K30-39	12				00:43:47.60	+00:09:30 (21.7%)	8:45	6.8 (77.3%)
60	RASZEWSKA Monika	332	LEJDIS	K40-49	27				00:43:48.00	+00:09:30 (21.7%)	8:45	6.8 (77.3%)
61	TANDECKA Agnieszka	374		K30-39	13				00:44:05.90	+00:09:48 (22.2%)	8:49	6.8 (77.3%)
62	KOŁACZYŃSKA Monika	272		K40-49	28				00:44:09.45	+00:09:52 (22.3%)	8:50	6.8 (77.3%)
63	BORTKUN Justyna	142		K40-49	29				00:44:25.35	+00:10:08 (22.8%)	8:53	6.8 (77.3%)
64	MIŁKOWSKA Jolanta	199		K40-49	30				00:44:46.25	+00:10:28 (23.4%)	8:57	6.7 (76.1%)
65	PLOETZING Magdalena	326	GDAŃSKIE WODY AKTYWUJĄ	K40-49	31				00:44:47.20	+00:10:29 (23.4%)	8:57	6.7 (76.1%)
66	ŚLIWIŃSKA Edyta	203	TEAM DEAF	K40-49	32				00:45:02.40	+00:10:45 (23.9%)	9:00	6.7 (76.1%)
67	GOMÓŁKA-BIGUS Monika	255		K40-49	33				00:45:06.90	+00:10:49 (24.0%)	9:01	6.6 (75.0%)
68	PARAFIŃCZUK Danuta	323		K50-59	7				00:45:09.10	+00:10:51 (24.1%)	9:01	6.6 (75.0%)
69	KACZMAREK Katarzyna	265	GDAŃSKIE WODY AKTYWUJĄ	K40-49	34				00:45:09.70	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
70	PRACKA Katarzyna	329	SERCE NORDICA WŁOCLĄWEK	K50-59	8				00:45:12.20	+00:10:54 (24.1%)	9:02	6.6 (75.0%)
71	SZARMACH Kamilla	362		K50-59	9				00:45:21.50	+00:11:04 (24.4%)	9:04	6.6 (75.0%)

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72	DRZEWIECKA Agnieszka	195	ACTIVE FAMILY PASŁĘK	K30-39	14				00:45:39.25	+00:11:21 (24.9%)	9:07	6.6 (75.0%)
73	HOCZYK Anna	260	LEJDIS	K40-49	35				00:46:00.05	+00:11:42 (25.5%)	9:12	6.5 (73.9%)
74	SAPA Stefania	344	BYDGOSKIE ŻÓŁWIE	K50-59	10				00:46:03.60	+00:11:46 (25.6%)	9:12	6.5 (73.9%)
75	MOTOCZYŃSKA Aleksandra	309	GOSIR OSIELSKO	K50-59	11				00:46:15.75	+00:11:58 (25.9%)	9:15	6.5 (73.9%)
76	WIERTEL Aleksandra	393	POLIPACK	K13-15	4				00:46:18.10	+00:12:00 (25.9%)	9:15	6.5 (73.9%)
77	LATOSZEWSKA Ewelina	294	GDAŃSKIE WODY AKTYWUJĄ	K40-49	36				00:46:19.45	+00:12:02 (26.0%)	9:16	6.5 (73.9%)
78	YANKOVSKAYA Daria	397	KLUB SPORTOWY DED	K1-9	1				00:46:24.80	+00:12:07 (26.1%)	9:17	6.5 (73.9%)
79	TUR Anita	375		K30-39	15				00:46:24.95	+00:12:07 (26.1%)	9:17	6.5 (73.9%)
80	KONKOL Magdalena	274		K30-39	16				00:46:28.35	+00:12:11 (26.2%)	9:17	6.5 (73.9%)
81	KOCHAŃSKA Joanna	271	CHODŻĘ Z KIJAMI PL. ELITE TEAM	K40-49	37				00:46:30.25	+00:12:12 (26.3%)	9:18	6.5 (73.9%)
82	SZWED Anna	368	BIEGOWYSWIAT.PL	K40-49	38	1		00:01:00	00:46:35.45	+00:12:18 (26.4%)	9:07	6.6 (75.0%)
83	ANDRZEJEWSKA Bogusława	210		K50-59	12				00:46:38.85	+00:12:21 (26.5%)	9:19	6.4 (72.7%)
84	ŁUKASZEWICZ Małgorzata	302		K60-69	7				00:47:01.60	+00:12:44 (27.1%)	9:24	6.4 (72.7%)
85	SWORODOWICZ Bożena	412		K50-59	13				00:47:30.40	+00:13:13 (27.8%)	9:30	6.3 (71.6%)
86	KRZEMIŃSKA Barbara	283	GDAŃSKIE WODY AKTYWUJĄ	K40-49	39				00:47:39.60	+00:13:22 (28.1%)	9:32	6.3 (71.6%)
87	DYLEWSKA Ewa	242		K40-49	40				00:48:19.25	+00:14:01 (29.0%)	9:39	6.2 (70.5%)
88	HATŁAS Anita	258		K40-49	41				00:48:20.20	+00:14:02 (29.1%)	9:40	6.2 (70.5%)
89	GILEWICZ Katarzyna	250	GDAŃSKIE WODY AKTYWUJĄ	K40-49	42				00:48:47.45	+00:14:30 (29.7%)	9:45	6.1 (69.3%)
90	KĘDZIERSKA Ewa	268		K40-49	43				00:49:10.75	+00:14:53 (30.3%)	9:50	6.1 (69.3%)
91	BLOCH Katarzyna	218	GDAŃSKIE WODY AKTYWUJĄ	K40-49	44				00:49:46.85	+00:15:29 (31.1%)	9:57	6 (68.2%)
92	MACKIEWICZ Beata	415		K30-39	17				00:49:49.55	+00:15:32 (31.2%)	9:57	6 (68.2%)
93	ZARACH Karolina	414	DZIARSKIE TEAM	K30-39	18				00:49:49.90	+00:15:32 (31.2%)	9:58	6 (68.2%)
94	DRZEWIECKA Alicja	240	ACTIVE FAMILY PASŁĘK	K1-9	2				00:50:35.90	+00:16:18 (32.2%)	10:07	5.9 (67.0%)
95	ZIELENTARSKA Iwona	206	TEAM DEAF	K30-39	19				00:50:39.60	+00:16:22 (32.3%)	10:08	5.9 (67.0%)
96	TUROWSKA Anna	376	LEJDIS	K40-49	45				00:50:47.55	+00:16:30 (32.5%)	10:09	5.9 (67.0%)
97	WIERTEL Justyna	391	POLIPACK	K40-49	46				00:51:28.65	+00:17:11 (33.4%)	10:17	5.8 (65.9%)
98	GOŁEMBOWSKA Sylwia	254	LEJDIS	K40-49	47				00:51:47.25	+00:17:29 (33.8%)	10:21	5.8 (65.9%)
99	SKWIOT Irena	348	LEJDIS	K60-69	8				00:51:48.95	+00:17:31 (33.8%)	10:21	5.8 (65.9%)
100	BRZozowska Agata	190		K30-39	20				00:51:55.55	+00:17:38 (34.0%)	10:23	5.8 (65.9%)
101	DZIEMIŃSKA Magdalena	61	BŁĘKITNI NW DZIEMIANY	K30-39	21				00:52:09.60	+00:17:52 (34.3%)	10:26	5.8 (65.9%)
102	DZIEMIŃSKA Lena	243	BŁĘKITNI NW DZIEMIANY	K1-9	3				00:52:10.45	+00:17:53 (34.3%)	10:26	5.8 (65.9%)
103	BURZYŃSKA Halina	223	GDAŃSKI KLUB MORSÓW	K60-69	9				00:52:13.25	+00:17:55 (34.3%)	10:26	5.7 (64.8%)
104	WAWRZYŃIAK Anna	383	FACE NORDIC WALKING TEAM	K40-49	48				00:53:27.25	+00:19:09 (35.9%)	10:41	5.6 (63.6%)
105	CHMIELOWIEC Danuta	225	GDAŃSKIE WODY AKTYWUJĄ	K60-69	10				00:53:40.75	+00:19:23 (36.1%)	10:44	5.6 (63.6%)
106	BACH Joanna	213	GDAŃSKIE WODY AKTYWUJĄ	K40-49	49				00:53:42.55	+00:19:25 (36.2%)	10:44	5.6 (63.6%)
107	WALESIAK Anna	378	GDAŃSKIE WODY AKTYWUJĄ	K30-39	22				00:53:48.45	+00:19:31 (36.3%)	10:45	5.6 (63.6%)
108	WALESIAK Natalia	379	GDAŃSKIE WODY AKTYWUJĄ	K1-9	4				00:53:51.55	+00:19:34 (36.3%)	10:46	5.6 (63.6%)

Znaleziono 108 wynik(ów)