

# NORDIC WALKING

B4SPORT  
INTELEGENY ZAWODY SPORTOWE

**Wydarzenie:** XII Ćwierćmaraton Bielika  
**Organizator:** Gmina Kołbaskowo  
**Data:** 2023-05-27  
**Miejsce:** Kołbaskowo  
**Dystans:** 10.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZAMOTULSKI Henryk</b>	<b>78</b>		M-40	1		<b>01:05:36.30</b>	<b>01:05:36.30</b>		6:14	9.6 (100%)
2	<b>DOŁĘGOWSKI Marek</b>	<b>36</b>	UKS WYSPA	M-50	1		<b>01:11:03.45</b>	<b>01:11:03.51</b>	+00:05:27 (7.7%)	6:46	8.9 (92.7%)
3	<b>LUDWICZAK Dariusz</b>	<b>29</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	2		<b>01:11:33.91</b>	<b>01:11:33.91</b>	+00:05:57 (8.3%)	6:48	8.8 (91.7%)
4	<b>LUDWICZAK Andżelika</b>	<b>28</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	1		<b>01:12:37.90</b>	<b>01:12:37.90</b>	+00:07:01 (9.7%)	6:54	8.7 (90.6%)
5	<b>CHOJNACKI Paweł</b>	<b>62</b>	GEBERIT TEAM	M-50	3		<b>01:13:26.63</b>	<b>01:13:30.26</b>	+00:07:53 (10.7%)	6:59	8.6 (89.6%)
6	<b>MASŁYK Małgorzata</b>	<b>50</b>		K-50	1		<b>01:14:34.74</b>	<b>01:14:37.82</b>	+00:09:01 (12.1%)	7:06	8.4 (87.5%)
7	<b>MASŁYK Dariusz</b>	<b>51</b>		M-60	1		<b>01:15:37.13</b>	<b>01:15:42.08</b>	+00:10:05 (13.3%)	7:12	8.3 (86.5%)
8	<b>KARPIENIA Ewa</b>	<b>54</b>	K.S. VICTORIA POTĘGOWO	K-50	2		<b>01:17:04.37</b>	<b>01:17:07.82</b>	+00:11:31 (14.9%)	7:20	8.2 (85.4%)
9	<b>KAMIŃSKA Magdalena</b>	<b>52</b>	PUM SZCZECIN	K-40	2		<b>01:18:52.25</b>	<b>01:18:55.05</b>	+00:13:18 (16.9%)	7:30	8 (83.3%)
10	<b>STRZELEC Tomasz</b>	<b>17</b>	KB HERMES GRYFINO	M-40	2		<b>01:19:02.12</b>	<b>01:19:02.12</b>	+00:13:25 (17.0%)	7:31	8 (83.3%)
11	<b>ŚWIERCZ Ewa</b>	<b>80</b>		K-40	3		<b>01:19:15.22</b>	<b>01:19:19.66</b>	+00:13:43 (17.3%)	7:32	7.9 (82.3%)
12	<b>WERBOWICZ Piotr</b>	<b>89</b>		M-40	3		<b>01:19:23.51</b>	<b>01:19:36.72</b>	+00:14:00 (17.6%)	7:33	7.9 (82.3%)
13	<b>STANIEWSKI Piotr</b>	<b>46</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	4	Tak	<b>01:20:20.78</b>	<b>01:20:20.78</b>	+00:14:44 (18.3%)	7:39	7.8 (81.3%)
14	<b>ZIÓLKOWSKA Sylwia</b>	<b>25</b>	IDE DALEJ	K-50	3		<b>01:20:39.80</b>	<b>01:20:42.80</b>	+00:15:06 (18.7%)	7:40	7.8 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
15	<b>OLEJNIK Marzena</b>	<b>68</b>		K-50	4		<b>01:20:42.13</b>	<b>01:20:46.55</b>	+00:15:10 (18.8%)	7:41	7.8 (81.3%)
16	<b>KAROLAK Andrzej</b>	<b>44</b>		M-60	2		<b>01:20:58.95</b>	<b>01:21:02.66</b>	+00:15:26 (19.1%)	7:42	7.8 (81.3%)
17	<b>BŁĄD-WASZKIEWICZ Wanda</b>	<b>63</b>		K-40	4		<b>01:21:24.80</b>	<b>01:21:24.86</b>	+00:15:48 (19.4%)	7:45	7.7 (80.2%)
18	<b>TOLKO Piotr</b>	<b>81</b>	EKSPEDYCJA TEAM	M-50	5		<b>01:21:35.55</b>	<b>01:21:35.55</b>	+00:15:59 (19.6%)	7:46	7.7 (80.2%)
19	<b>ABRAMOWICZ Małgorzata</b>	<b>1</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	1		<b>01:22:39.71</b>	<b>01:22:43.09</b>	+00:17:06 (20.7%)	7:52	7.6 (79.2%)
20	<b>STAŃCZAK Marcin</b>	<b>10</b>	IDĘ DALEJ	M-30	1		<b>01:23:24.26</b>	<b>01:23:29.58</b>	+00:17:53 (21.4%)	7:56	7.6 (79.2%)
21	<b>WARKOCZYŃSKI Marcin</b>	<b>5</b>		M-40	4		<b>01:24:03.10</b>	<b>01:24:08.12</b>	+00:18:31 (22.0%)	8:00	7.5 (78.1%)
22	<b>LEWIŃSKI Krzysztof</b>	<b>61</b>	EKSPEDYCJA NORDIC TEAM	M-60	3		<b>01:24:27.19</b>	<b>01:24:32.69</b>	+00:18:56 (22.4%)	8:02	7.5 (78.1%)
23	<b>MISIEWICZ Bożena</b>	<b>45</b>		K-60	1		<b>01:25:17.66</b>	<b>01:25:17.71</b>	+00:19:41 (23.1%)	8:07	7.4 (77.1%)
24	<b>BASZURO Marcin</b>	<b>15</b>		M-30	2		<b>01:27:40.93</b>	<b>01:27:47.68</b>	+00:22:11 (25.3%)	8:20	7.2 (75.0%)
25	<b>BARTOSIŃSKI Piotr</b>	<b>48</b>	TIME55	M-50	6		<b>01:27:44.12</b>	<b>01:27:50.95</b>	+00:22:14 (25.3%)	8:21	7.2 (75.0%)
26	<b>WOJCIECHOWSKA Barbara</b>	<b>6</b>		K-50	5		<b>01:28:07.05</b>	<b>01:28:07.05</b>	+00:22:30 (25.5%)	8:23	7.1 (74.0%)
27	<b>GÓRSKA Agnieszka</b>	<b>3</b>		K-40	5		<b>01:28:11.30</b>	<b>01:28:16.86</b>	+00:22:40 (25.7%)	8:23	7.1 (74.0%)
28	<b>HUK Marek</b>	<b>65</b>	ROWEROWE KOŁBASKOWO	M-40	5	Tak	<b>01:28:27.47</b>	<b>01:28:27.47</b>	+00:22:51 (25.8%)	8:25	7.1 (74.0%)
29	<b>SURDAKKA Joanna</b>	<b>71</b>		K-50	6		<b>01:28:22.74</b>	<b>01:28:32.34</b>	+00:22:56 (25.9%)	8:24	7.1 (74.0%)
30	<b>SURDAKCI Jerzy</b>	<b>70</b>	DRUŻYNA SZPIKU	M-50	7		<b>01:28:23.51</b>	<b>01:28:32.65</b>	+00:22:56 (25.9%)	8:25	7.1 (74.0%)
31	<b>SZYMANEK Bogusława</b>	<b>26</b>	WALKING WARRIORS	K-60	2		<b>01:29:36.56</b>	<b>01:29:40.71</b>	+00:24:04 (26.8%)	8:32	7 (72.9%)
32	<b>SZEWCUK Małgorzata</b>	<b>84</b>	KS POGODNI NORDICOWCY SZCZECIN	K-50	7		<b>01:29:56.95</b>	<b>01:29:59.91</b>	+00:24:23 (27.1%)	8:33	7 (72.9%)
33	<b>BARYŁA Dorota</b>	<b>35</b>	UKS WOLIN	K-50	8		<b>01:30:26.69</b>	<b>01:30:29.98</b>	+00:24:53 (27.5%)	8:36	7 (72.9%)
34	<b>PODHAJNA Agnieszka</b>	<b>18</b>	IDĘ DALEJ	K-40	6		<b>01:32:03.88</b>	<b>01:32:09.97</b>	+00:26:33 (28.8%)	8:46	6.8 (70.8%)
35	<b>BIENIEWICZ Ewa</b>	<b>59</b>		K-50	9		<b>01:33:01.65</b>	<b>01:33:05.94</b>	+00:27:29 (29.5%)	8:51	6.8 (70.8%)
36	<b>MARIAŃSKA-FOJUT Agata</b>	<b>56</b>		K-40	7		<b>01:34:07.18</b>	<b>01:34:11.25</b>	+00:28:34 (30.3%)	8:57	6.7 (69.8%)
37	<b>DRĄCZKOWSKA Grażyna</b>	<b>60</b>		K-60	3		<b>01:34:14.07</b>	<b>01:34:19.62</b>	+00:28:43 (30.4%)	8:58	6.7 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.5km	brutto 10.5km			
38	MUSZKIET-SOBAŃSKA Agnieszka	73		K-40	8		01:35:20.70	01:35:25.55	+00:29:49 (31.3%)	9:04	6.6 (68.8%)
39	MATWIEJCZUK Agnieszka	76	FUTYMKA TEAM	K-40	9		01:35:25.37	01:35:34.28	+00:29:57 (31.4%)	9:05	6.6 (68.8%)
40	KOWALSKA Joanna	69		K-40	10		01:35:37.67	01:35:44.41	+00:30:08 (31.5%)	9:06	6.6 (68.8%)
41	FUTYMA Karolina	12	FUTYMKA TEAM	K-30	2		01:37:05.56	01:37:15.38	+00:31:39 (32.5%)	9:14	6.5 (67.7%)
42	KRUPOWIES Jerzy	55		M-60	4		01:37:20.53	01:37:31.06	+00:31:54 (32.7%)	9:16	6.5 (67.7%)
43	SIELICKA Agnieszka	40		K-50	10		01:38:32.34	01:38:38.52	+00:33:02 (33.5%)	9:23	6.4 (66.7%)
44	PARCHIMOWICZ Janusz	2		M-60	5		01:39:03.24	01:39:08.49	+00:33:32 (33.8%)	9:26	6.4 (66.7%)
45	SZCZERBIŃSKA Barbara	39	LEGENDARY POWER SZEWC GRYFINO	K-60	4		01:39:05.58	01:39:13.00	+00:33:36 (33.9%)	9:26	6.4 (66.7%)
46	MEDYŃSKI Andrzej	7		M-60	6		01:41:00.28	01:41:05.14	+00:35:28 (35.1%)	9:37	6.2 (64.6%)
47	MIKLAS Aleksandra	24	WALKING WARRIORS	K-30	3	Tak	01:41:12.47	01:41:20.19	+00:35:43 (35.3%)	9:38	6.2 (64.6%)
48	DYBOWSKA Daria	82	DGS DIAGNOSTICS	K-40	11		01:41:44.54	01:41:57.14	+00:36:20 (35.7%)	9:41	6.2 (64.6%)
49	ŚWIST Joanna	22	DGS DIAGNOSTICS	K-30	4		01:41:57.39	01:41:57.39	+00:36:21 (35.7%)	9:42	6.2 (64.6%)
50	FIEDOROWICZ Natalia	85	DGS	K-30	5		01:41:44.39	01:41:57.61	+00:36:21 (35.7%)	9:41	6.2 (64.6%)
51	GENDA Jadwiga	49	TIME55	K-60	5		01:42:24.69	01:42:32.23	+00:36:55 (36.0%)	9:45	6.2 (64.6%)
52	CHMIEL Monika	90		K-40	12		01:42:26.27	01:42:36.53	+00:37:00 (36.1%)	9:45	6.2 (64.6%)
53	DYJAK Kornelia	64		K-30	6		01:42:27.03	01:42:36.62	+00:37:00 (36.1%)	9:45	6.1 (63.5%)
54	GÓRNA Marta	67		K-40	13		01:42:25.63	01:42:36.73	+00:37:00 (36.1%)	9:45	6.2 (64.6%)
55	WARTALSKA Daria	88	DGS	K-30	7		01:42:48.78	01:43:01.06	+00:37:24 (36.3%)	9:47	6.1 (63.5%)
56	GEBOSZ Olimpia	86	DGS	K-30	8		01:42:49.61	01:43:01.21	+00:37:24 (36.3%)	9:47	6.1 (63.5%)
57	SCHMIDT Agnieszka	33	BRAK	K-50	11	Tak	01:42:55.98	01:43:03.32	+00:37:27 (36.3%)	9:48	6.1 (63.5%)
58	SUSZCZEWSKA Bogumiła	34	WALKING WARRIORS	K-60	6	Tak	01:44:13.90	01:44:20.52	+00:38:44 (37.1%)	9:55	6 (62.5%)
59	BASZURO Krystyna	13		K-60	7		01:44:12.52	01:44:21.52	+00:38:45 (37.1%)	9:55	6 (62.5%)
60	KLITYŃSKA Agnieszka	74	FUTYMKA TEAM	K-40	14		01:46:01.43	01:46:10.83	+00:40:34 (38.2%)	10:05	5.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MIESZKANIEC GMINY	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
61	<b>TRAWIŃSKA Leokadia</b>	<b>47</b>		K-60	8	Tak	<b>01:46:02.78</b>	<b>01:46:10.90</b>	+00:40:34 (38.2%)	10:05	5.9 (61.5%)
62	<b>FRANKOWSKA Małgorzata</b>	<b>75</b>	FUTYMKA TEAM	K-50	12	Tak	<b>01:46:02.28</b>	<b>01:46:11.24</b>	+00:40:34 (38.2%)	10:05	5.9 (61.5%)
63	<b>SYPNIEWSKA Anna</b>	<b>42</b>		K-60	9	Tak	<b>01:46:03.06</b>	<b>01:46:11.45</b>	+00:40:35 (38.2%)	10:06	5.9 (61.5%)
64	<b>PRZYBYSZ Urszula</b>	<b>21</b>	DGS	K-18	1		<b>01:46:10.72</b>	<b>01:46:21.69</b>	+00:40:45 (38.3%)	10:06	5.9 (61.5%)
65	<b>LINHARD Bożena</b>	<b>11</b>		K-60	10		<b>01:46:32.66</b>	<b>01:46:36.64</b>	+00:41:00 (38.5%)	10:08	5.9 (61.5%)
66	<b>PASTERNAK Katarzyna</b>	<b>27</b>		K-50	13		<b>01:46:25.72</b>	<b>01:46:36.70</b>	+00:41:00 (38.5%)	10:08	5.9 (61.5%)
67	<b>MICHALAK Monika</b>	<b>77</b>	FUTYMKA TEAM	K-40	15		<b>01:46:31.20</b>	<b>01:46:41.82</b>	+00:41:05 (38.5%)	10:08	5.9 (61.5%)
68	<b>LITWINIAK Izabela</b>	<b>16</b>	FUTYMKA TEAM	K-40	16		<b>01:47:32.58</b>	<b>01:47:40.56</b>	+00:42:04 (39.1%)	10:14	5.9 (61.5%)
69	<b>BASZURO Tomasz</b>	<b>14</b>		M-60	7		<b>01:49:23.75</b>	<b>01:49:29.00</b>	+00:43:52 (40.1%)	10:25	5.8 (60.4%)
70	<b>CEBEREK-PŁOTCZYK Marcelina</b>	<b>57</b>		K-60	11		<b>01:51:11.30</b>	<b>01:51:18.89</b>	+00:45:42 (41.1%)	10:35	5.7 (59.4%)
71	<b>JANOWSKA-PASZKOWSKA Joanna</b>	<b>58</b>		K-40	17		<b>01:52:59.37</b>	<b>01:53:05.82</b>	+00:47:29 (42.0%)	10:45	5.6 (58.3%)
72	<b>KOBYLIŃSKA-HUK Dorota</b>	<b>72</b>		K-40	18	Tak	<b>01:53:50.09</b>	<b>01:54:00.60</b>	+00:48:24 (42.5%)	10:50	5.5 (57.3%)
73	<b>KOBYLIŃSKI Maciej</b>	<b>66</b>	ROWEROWE KOŁBASKOWO	M-40	6		<b>01:53:50.98</b>	<b>01:54:01.29</b>	+00:48:24 (42.5%)	10:50	5.5 (57.3%)
74	<b>ŻABOKLICKA Monika</b>	<b>32</b>		K-50	14		<b>01:54:10.96</b>	<b>01:54:18.84</b>	+00:48:42 (42.6%)	10:52	5.5 (57.3%)
75	<b>SZULC Magdalena</b>	<b>30</b>		K-60	12		<b>01:54:11.96</b>	<b>01:54:19.18</b>	+00:48:42 (42.6%)	10:52	5.5 (57.3%)
76	<b>WERESZCZYŃKA Agnieszka</b>	<b>38</b>		K-40	19		<b>01:55:19.55</b>	<b>01:55:29.08</b>	+00:49:52 (43.2%)	10:58	5.5 (57.3%)
77	<b>WŁADKOWSKA Agnieszka</b>	<b>43</b>		K-40	20		<b>01:55:16.37</b>	<b>01:55:29.34</b>	+00:49:53 (43.2%)	10:58	5.5 (57.3%)
78	<b>CZERKAWSKA Wanda</b>	<b>23</b>	NIEMA	K-60	13		<b>01:58:21.97</b>	<b>01:58:24.38</b>	+00:52:48 (44.6%)	11:16	5.3 (55.2%)
79	<b>HEBLEWSKA Jolanta</b>	<b>20</b>	DGS	K-50	15		<b>01:58:53.49</b>	<b>01:59:05.44</b>	+00:53:29 (44.9%)	11:19	5.3 (55.2%)
80	<b>ŁUCZYŃSKA Agnieszka</b>	<b>87</b>	DGS	K-40	21		<b>01:58:53.32</b>	<b>01:59:05.51</b>	+00:53:29 (44.9%)	11:19	5.3 (55.2%)

Znaleziono 80 wynik(ów)