



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking 2021  
**Organizator:** Urząd Miasta i Gminy Murowana Goślina, Fundacja Herkules All Sports  
**Data:** 2021-08-21  
**Miejsce:** Murowana Goślina  
**Dystans:** 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Laps_5km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>JĘDRASIAK Renata</b>	<b>23</b>	KGHM METRACO RUDNA	K50-59	1				00:18:26	00:36:52	00:55:23	<b>01:14:07.49</b>		7:24	8.1 (100%)
2	<b>KOLBERG Kamila</b>	<b>30</b>	KIJKOWE TRZEMESZNO	K40-49	1				00:18:17	00:36:56	00:55:38	<b>01:14:09.60</b>	+00:00:02 (0.0%)	7:24	8.1 (100%)
3	<b>STACHOWICZ Joanna</b>	<b>58</b>	BŁĘKITNI DZIEMIANY	K30-39	1				00:18:28	00:37:14	00:55:58	<b>01:15:02.96</b>	+00:00:55 (1.2%)	7:30	8 (98.8%)
4	<b>SZCZUDLIK Małgorzata</b>	<b>64</b>	KIJKOWE TRZEMESZNO	K40-49	2				00:18:27	00:37:13	00:56:19	<b>01:16:09.80</b>	+00:02:02 (2.7%)	7:36	7.9 (97.5%)
5	<b>LUDWICZAK Andżelika</b>	<b>36</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3				00:18:33	00:37:48	00:57:39	<b>01:17:26.52</b>	+00:03:19 (4.3%)	7:44	7.7 (95.1%)
6	<b>FRANCZAK Małgorzata</b>	<b>15</b>	NW CZŁAPSKI TEAM	K18-29	1				00:18:45	00:38:15	00:58:17	<b>01:18:07.11</b>	+00:03:59 (5.1%)	7:48	7.7 (95.1%)
7	<b>KUŁAKOWSKA Halina</b>	<b>75</b>	DUŻYNA SM	K40-49	4				00:18:44	00:38:09	00:58:15	<b>01:18:15.68</b>	+00:04:08 (5.3%)	7:49	7.7 (95.1%)
8	<b>KOWACZ Agata</b>	<b>31</b>	SPEEDBAR	K30-39	2				00:18:56	00:38:58	00:59:30	<b>01:20:07.44</b>	+00:05:59 (7.5%)	8:00	7.5 (92.6%)
9	<b>CZAJKA Urszula</b>	<b>8</b>		K60-69	1				00:18:59	00:38:51	00:59:20	<b>01:20:22.98</b>	+00:06:15 (7.8%)	8:02	7.5 (92.6%)
10	<b>MIŚKOWICZ Anna</b>	<b>41</b>	NESSI TIME BIAŁA	K60-69	2				00:19:25	00:39:26	01:00:03	<b>01:20:36.31</b>	+00:06:28 (8.0%)	8:03	7.4 (91.4%)
11	<b>NOWAK Agata</b>	<b>43</b>	NORDIC WALKING KIEKRZ POLAND	K30-39	3				00:18:57	00:38:50	00:59:31	<b>01:20:38.24</b>	+00:06:30 (8.1%)	8:03	7.4 (91.4%)
12	<b>SOBCZYK Barbara</b>	<b>56</b>		K50-59	2				00:19:48	00:39:50	01:00:18	<b>01:20:52.95</b>	+00:06:45 (8.4%)	8:05	7.4 (91.4%)
13	<b>POSTEK Danuta</b>	<b>50</b>	MARSZ PO ZDROWIE	K50-59	3				00:19:57	00:40:23	01:01:20	<b>01:21:51.03</b>	+00:07:43 (9.4%)	8:11	7.3 (90.1%)
14	<b>ŁABENDA Lonia</b>	<b>37</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	4				00:19:51	00:40:13	01:01:04	<b>01:22:03.37</b>	+00:07:55 (9.7%)	8:12	7.3 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	Laps_5km			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
									2.5km	5km	7.5km				
15	<b>KOZŁOWSKA Karolina</b>	<b>32</b>	NORDIC WALKING KIEKRZ POLAND	K30-39	4				00:19:02	00:40:06	01:01:27	<b>01:22:35.16</b>	+00:08:27 (10.2%)	8:15	7.3 (90.1%)
16	<b>BROŻYNA Agata</b>	<b>3</b>	NW CZŁAPSKI TEAM	K30-39	5				00:20:00	00:40:29	01:01:37	<b>01:22:53.25</b>	+00:08:45 (10.6%)	8:17	7.2 (88.9%)
17	<b>KURZAWSKA Jolanta</b>	<b>34</b>	KGHM METRACO RUDNA	K70+	1				00:20:24	00:40:59	01:02:20	<b>01:23:52.89</b>	+00:09:45 (11.6%)	8:23	7.2 (88.9%)
18	<b>STOLTMANN Helena</b>	<b>63</b>	BŁĘKITNI DZIEMIANY	K60-69	3				00:19:49	00:40:37	01:02:23	<b>01:24:37.47</b>	+00:10:29 (12.4%)	8:27	7.1 (87.7%)
19	<b>ROGOWSKA Marta</b>	<b>51</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	5				00:20:32	00:42:02	01:03:33	<b>01:25:15.30</b>	+00:11:07 (13.1%)	8:31	7 (86.4%)
20	<b>DYLEWICZ Weronika</b>	<b>14</b>	EKSTREMUM	K18-29	2				00:20:32	00:41:45	01:03:22	<b>01:25:15.67</b>	+00:11:08 (13.1%)	8:31	7 (86.4%)
21	<b>SERÓWKA Lidia</b>	<b>54</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-49	5				00:20:40	00:42:14	01:03:56	<b>01:25:22.71</b>	+00:11:15 (13.2%)	8:32	7 (86.4%)
22	<b>DOROSZKIEWICZ Agnieszka</b>	<b>13</b>	NORDIC WALKING KIEKRZ POLAND	K40-49	6				00:20:51	00:42:19	01:03:56	<b>01:25:35.15</b>	+00:11:27 (13.4%)	8:33	7 (86.4%)
23	<b>STANKOWSKA Marzena</b>	<b>59</b>	KIJKOWE TRZEMESZNO	K40-49	7				00:21:57	00:44:20	01:06:26	<b>01:28:11.11</b>	+00:14:03 (15.9%)	8:49	6.8 (84.0%)
24	<b>FRANCZAK Anna</b>	<b>17</b>	NW CZŁAPSKI TEAM	K50-59	6				00:21:40	00:43:30	01:05:50	<b>01:28:16.29</b>	+00:14:08 (16.0%)	8:49	6.8 (84.0%)
25	<b>DALKA Hanna</b>	<b>12</b>	NIEZRZESZONA	K30-39	6				00:21:08	00:43:00	01:05:28	<b>01:28:28.79</b>	+00:14:21 (16.2%)	8:50	6.8 (84.0%)
26	<b>SOSNOWSKA Magdalena</b>	<b>57</b>	KIJKOWE TRZEMESZNO	K40-49	8				00:21:56	00:43:46	01:06:09	<b>01:29:20.18</b>	+00:15:12 (17.0%)	8:56	6.7 (82.7%)
27	<b>WYSOCKA Bernadeta</b>	<b>71</b>	BŁĘKITNI DZIEMIANY	K40-49	9				00:20:50	00:43:02	01:06:22	<b>01:30:55.86</b>	+00:16:48 (18.5%)	9:05	6.6 (81.5%)
28	<b>CHOLEWKA Jolanta</b>	<b>6</b>	MARSZ PO ZDROWIE	K60-69	4			Tak	00:21:53	00:44:45	01:08:12	<b>01:32:17.85</b>	+00:18:10 (19.7%)	9:13	6.5 (80.2%)
29	<b>IGNASIAK Anna</b>	<b>22</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	7				00:21:39	00:44:27	01:08:18	<b>01:32:51.55</b>	+00:18:44 (20.2%)	9:17	6.5 (80.2%)
30	<b>STATNIK Genowefa</b>	<b>61</b>	GMINA SUCHY LAS	K60-69	5				00:22:26	00:45:43	01:09:35	<b>01:33:54.77</b>	+00:19:47 (21.1%)	9:23	6.4 (79.0%)
31	<b>OCIEPKA Agata</b>	<b>44</b>		K18-29	3				00:22:15	00:45:01	01:09:45	<b>01:34:09.07</b>	+00:20:01 (21.3%)	9:24	6.4 (79.0%)
32	<b>NIEWIADOMSKA Zofia</b>	<b>42</b>	SERCE NORDICA WŁOCŁAWEK	K60-69	6				00:23:33	00:47:40	01:11:57	<b>01:35:38.05</b>	+00:21:30 (22.5%)	9:33	6.3 (77.8%)
33	<b>BARABACH Danuta</b>	<b>1</b>		K60-69	7				00:22:57	00:47:21	01:11:59	<b>01:35:39.16</b>	+00:21:31 (22.5%)	9:33	6.3 (77.8%)
34	<b>CZEKRYSEW Małgorzata</b>	<b>10</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:54	00:48:01	01:13:29	<b>01:38:55.31</b>	+00:24:47 (25.1%)	9:53	6.1 (75.3%)
35	<b>HENKELMAN Irena</b>	<b>21</b>	GB.GEPARD MUROWANA GOŚLINA	K40-49	10				00:24:35	00:49:52	01:16:08	<b>01:41:26.65</b>	+00:27:19 (26.9%)	10:08	5.9 (72.8%)
DNC	<b>ŁAWICKA-DŁUŻEWSKA Anna</b>	<b>38</b>		K40-49											(0.0%)