



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking 2021  
**Organizator:** Olimpia Osowa  
**Data:** 2021-09-12  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>LUDWICZAK Andżelika</b>	<b>34</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1				00:17:04	00:34:05	00:51:18	<b>01:08:41.20</b>		6:52	8.7 (100%)
2	<b>SZCZUDLIK Małgorzata</b>	<b>52</b>	KIJKOWE TRZEMESZNO	K40-49	2				00:17:24	00:34:58	00:52:29	<b>01:10:07.05</b>	+00:01:25 (2.0%)	7:00	8.6 (98.9%)
3	<b>JĘDRASIAK Renata</b>	<b>18</b>	KGHM METRACO RUDNA	K50-59	1				00:17:25	00:35:00	00:52:35	<b>01:10:30.80</b>	+00:01:49 (2.6%)	7:03	8.5 (97.7%)
4	<b>SKWERES Adriana</b>	<b>49</b>	KLUB SPORTOWY GMINY PELPLIN SPRINT KULICE	K30-39	1				00:17:38	00:35:35	00:53:19	<b>01:10:38.70</b>	+00:01:57 (2.8%)	7:03	8.5 (97.7%)
5	<b>STACHOWICZ Joanna</b>	<b>50</b>	BŁĘKITNI DZIEMIANY	K30-39	2	1			00:17:30	00:35:14	00:53:13	<b>01:11:32.70</b>	+00:02:51 (4.0%)	7:09	8.4 (96.6%)
6	<b>SZYMAŃSKA Monika</b>	<b>54</b>		K40-49	3				00:18:24	00:36:59	00:55:32	<b>01:13:49.15</b>	+00:05:07 (7.0%)	7:22	8.1 (93.1%)
7	<b>KUŁAKOWSKA Halina</b>	<b>30</b>	KATOWICKI NORDIC WALKING	K40-49	4	1			00:17:55	00:36:22	00:55:09	<b>01:14:15.65</b>	+00:05:34 (7.5%)	7:25	8.1 (93.1%)
8	<b>CZAJKA Urszula</b>	<b>8</b>		K60-69	1				00:17:56	00:36:24	00:55:12	<b>01:14:19.35</b>	+00:05:38 (7.6%)	7:25	8.1 (93.1%)
9	<b>KREFT Barbara</b>	<b>28</b>		K50-59	2				00:18:44	00:37:46	00:56:42	<b>01:15:39.60</b>	+00:06:58 (9.2%)	7:33	7.9 (90.8%)
10	<b>KURZAWSKA Jolanta</b>	<b>31</b>	KGHM METRACO RUDNA	K70+	1				00:18:36	00:37:31	00:56:46	<b>01:16:05.75</b>	+00:07:24 (9.7%)	7:36	7.9 (90.8%)
11	<b>LATOSIŃSKA Kamila</b>	<b>33</b>	OSOWA BIEGA	K30-39	3				00:18:25	00:37:43	00:57:03	<b>01:16:20.50</b>	+00:07:39 (10.0%)	7:38	7.9 (90.8%)
12	<b>POSTEK Danuta</b>	<b>45</b>	MARSZ PO ZDROWIE	K50-59	3				00:19:04	00:38:14	00:57:42	<b>01:17:11.95</b>	+00:08:30 (11.0%)	7:43	7.8 (89.7%)
13	<b>OLECH Anna</b>	<b>40</b>		K40-49	5				00:19:01	00:38:32	00:58:14	<b>01:18:23.70</b>	+00:09:42 (12.4%)	7:50	7.7 (88.5%)
14	<b>STANKOWSKA Marzena</b>	<b>51</b>	KIJKOWE TRZEMESZNO	K40-49	6				00:19:53	00:40:11	01:00:06	<b>01:20:02.70</b>	+00:11:21 (14.2%)	8:00	7.5 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h
												netto 10km	Różn		
15	<b>BUCZKOWSKA Wiesława</b>	<b>3</b>	ESJA TEAM	K60-69	2				00:19:01	00:38:50	00:59:43	<b>01:20:23.35</b>	+00:11:42 (14.6%)	8:02	7.5 (86.2%)
16	<b>DZIEMIAN-PACZKOWSKA Małgorzata</b>	<b>12</b>	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	<b>01:20:30.45</b>	+00:11:49 (14.7%)	8:03	7.5 (86.2%)
17	<b>SZULC Beata</b>	<b>53</b>	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	<b>01:20:41.40</b>	+00:12:00 (14.9%)	8:04	7.4 (85.1%)
18	<b>FRANCZAK Anna</b>	<b>13</b>	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	<b>01:20:48.05</b>	+00:12:06 (15.0%)	8:04	7.4 (85.1%)
19	<b>ŻYGENDA Anna</b>	<b>61</b>	WŁÓCZYKIJE GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	<b>01:21:49.60</b>	+00:13:08 (16.1%)	8:10	7.3 (83.9%)
20	<b>KNITTER Agata</b>	<b>26</b>	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	<b>01:21:58.85</b>	+00:13:17 (16.2%)	8:11	7.3 (83.9%)
21	<b>BEKISZ Małgorzata</b>	<b>1</b>		K40-49	9				00:19:32	00:40:14	01:01:29	<b>01:23:00.95</b>	+00:14:19 (17.3%)	8:18	7.2 (82.8%)
22	<b>CHUDOWICZ Sylwia</b>	<b>6</b>		K40-49	10				00:20:37	00:41:56	01:03:10	<b>01:24:19.05</b>	+00:15:37 (18.5%)	8:25	7.1 (81.6%)
23	<b>SAPUŁA Wiktoria</b>	<b>47</b>		K18-29	2				00:21:23	00:42:47	01:04:06	<b>01:24:48.95</b>	+00:16:07 (19.0%)	8:28	7.1 (81.6%)
24	<b>PACYGA-GRAJEWSKA Joanna</b>	<b>63</b>		K40-49	11				00:20:47	00:42:19	01:04:08	<b>01:26:07.25</b>	+00:17:26 (20.2%)	8:36	7 (80.5%)
25	<b>CHOLEWKA Jolanta</b>	<b>5</b>	MARSZ PO ZDROWIE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	<b>01:26:25.80</b>	+00:17:44 (20.5%)	8:38	6.9 (79.3%)
26	<b>GIEREJ Urszula</b>	<b>15</b>		K40-49	12				00:21:37	00:44:04	01:06:27	<b>01:29:31.85</b>	+00:20:50 (23.3%)	8:57	6.7 (77.0%)
27	<b>NIEWIADOMSKA Zofia</b>	<b>37</b>	SERCE NORDICA WŁOCLAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	<b>01:31:26.75</b>	+00:22:45 (24.9%)	9:08	6.6 (75.9%)
28	<b>NOWAK Katarzyna</b>	<b>38</b>		K40-49	13				00:22:32	00:45:33	01:08:29	<b>01:31:30.05</b>	+00:22:48 (24.9%)	9:09	6.6 (75.9%)
29	<b>WASIŁA Kinga</b>	<b>59</b>		K50-59	6				00:22:55	00:45:51	01:09:15	<b>01:34:03.25</b>	+00:25:22 (27.0%)	9:24	6.4 (73.6%)
30	<b>CZEKRYSEW Małgorzata</b>	<b>9</b>	SERCE NORDICA WŁOCLAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	<b>01:34:17.05</b>	+00:25:35 (27.1%)	9:25	6.4 (73.6%)

Znaleziono 30 wynik(ów)