



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	LUDWICZAK Andżelika	34	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1				00:17:04	00:34:05	00:51:18	01:08:41.20		6:52	8.7 (100%)
2	SZCZUDLIK Małgorzata	52	KIJKOWE TRZEMESZNO	K40-49	2				00:17:24	00:34:58	00:52:29	01:10:07.05	+00:01:25 (2.0%)	7:00	8.6 (98.9%)
3	JĘDRASIAK Renata	18	KGHM METRACO RUDNA	K50-59	1				00:17:25	00:35:00	00:52:35	01:10:30.80	+00:01:49 (2.6%)	7:03	8.5 (97.7%)
4	SKWERES Adriana	49	KLUB SPORTOWY GMINY PELPLIN SPRINT KULICE	K30-39	1				00:17:38	00:35:35	00:53:19	01:10:38.70	+00:01:57 (2.8%)	7:03	8.5 (97.7%)
5	STACHOWICZ Joanna	50	BŁĘKITNI DZIEMIANY	K30-39	2	1			00:17:30	00:35:14	00:53:13	01:11:32.70	+00:02:51 (4.0%)	7:09	8.4 (96.6%)
6	SZYMAŃSKA Monika	54		K40-49	3				00:18:24	00:36:59	00:55:32	01:13:49.15	+00:05:07 (7.0%)	7:22	8.1 (93.1%)
7	KUŁAKOWSKA Halina	30	KATOWICKI NORDIC WALKING	K40-49	4	1			00:17:55	00:36:22	00:55:09	01:14:15.65	+00:05:34 (7.5%)	7:25	8.1 (93.1%)
8	CZAJKA Urszula	8		K60-69	1				00:17:56	00:36:24	00:55:12	01:14:19.35	+00:05:38 (7.6%)	7:25	8.1 (93.1%)
9	KREFT Barbara	28		K50-59	2				00:18:44	00:37:46	00:56:42	01:15:39.60	+00:06:58 (9.2%)	7:33	7.9 (90.8%)
10	KURZAWSKA Jolanta	31	KGHM METRACO RUDNA	K70+	1				00:18:36	00:37:31	00:56:46	01:16:05.75	+00:07:24 (9.7%)	7:36	7.9 (90.8%)
11	LATOSIŃSKA Kamila	33	OSOWA BIEGA	K30-39	3				00:18:25	00:37:43	00:57:03	01:16:20.50	+00:07:39 (10.0%)	7:38	7.9 (90.8%)
12	POSTEK Danuta	45	MARSZ PO ZDROWIE	K50-59	3				00:19:04	00:38:14	00:57:42	01:17:11.95	+00:08:30 (11.0%)	7:43	7.8 (89.7%)
13	OLECH Anna	40		K40-49	5				00:19:01	00:38:32	00:58:14	01:18:23.70	+00:09:42 (12.4%)	7:50	7.7 (88.5%)
14	STANKOWSKA Marzena	51	KIJKOWE TRZEMESZNO	K40-49	6				00:19:53	00:40:11	01:00:06	01:20:02.70	+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	BUCZKOWSKA Wiesława	3	ESJA TEAM	K60-69	2				00:19:01	00:38:50	00:59:43	01:20:23.35	+00:11:42 (14.6%)	8:02	7.5 (86.2%)
16	DZIEMIAN- PACZKOWSKA Małgorzata	12	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	01:20:30.45	+00:11:49 (14.7%)	8:03	7.5 (86.2%)
17	SZULC Beata	53	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	01:20:41.40	+00:12:00 (14.9%)	8:04	7.4 (85.1%)
18	FRANCZAK Anna	13	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	01:20:48.05	+00:12:06 (15.0%)	8:04	7.4 (85.1%)
19	ŻYGENDA Anna	61	WŁÓCZYKIJE GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	01:21:49.60	+00:13:08 (16.1%)	8:10	7.3 (83.9%)
20	KNITTER Agata	26	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	01:21:58.85	+00:13:17 (16.2%)	8:11	7.3 (83.9%)
21	BEKISZ Małgorzata	1		K40-49	9				00:19:32	00:40:14	01:01:29	01:23:00.95	+00:14:19 (17.3%)	8:18	7.2 (82.8%)
22	CHUDOWICZ Sylwia	6		K40-49	10				00:20:37	00:41:56	01:03:10	01:24:19.05	+00:15:37 (18.5%)	8:25	7.1 (81.6%)
23	SAPUŁA Wiktoria	47		K18-29	2				00:21:23	00:42:47	01:04:06	01:24:48.95	+00:16:07 (19.0%)	8:28	7.1 (81.6%)
24	PACYGA- GRAJEWSKA Joanna	63		K40-49	11				00:20:47	00:42:19	01:04:08	01:26:07.25	+00:17:26 (20.2%)	8:36	7 (80.5%)
25	CHOLEWKA Jolanta	5	MARSZ PO ZDROWIE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	01:26:25.80	+00:17:44 (20.5%)	8:38	6.9 (79.3%)
26	GIEREJ Urszula	15		K40-49	12				00:21:37	00:44:04	01:06:27	01:29:31.85	+00:20:50 (23.3%)	8:57	6.7 (77.0%)
27	NIEWIADOMSKA Zofia	37	SERCE NORDICA WŁOCLAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	01:31:26.75	+00:22:45 (24.9%)	9:08	6.6 (75.9%)
28	NOWAK Katarzyna	38		K40-49	13				00:22:32	00:45:33	01:08:29	01:31:30.05	+00:22:48 (24.9%)	9:09	6.6 (75.9%)
29	WASIŁA Kinga	59		K50-59	6				00:22:55	00:45:51	01:09:15	01:34:03.25	+00:25:22 (27.0%)	9:24	6.4 (73.6%)
30	CZEKRYSEW Małgorzata	9	SERCE NORDICA WŁOCLAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	01:34:17.05	+00:25:35 (27.1%)	9:25	6.4 (73.6%)

Znaleziono 30 wynik(ów)