



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking 2021
Organiser: Urząd Miasta i Gminy Murowana Goślina, Fundacja Herkules All Sports
Date: 2021-08-21
Place: Murowana Goślina
Distance: 5 km



Classification: Kobiety

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	MIELECKA Agnieszka	163	KS IDMAR RACING TEAM	K50-54	1				00:16:34	00:33:17.84		6:39	9 (100%)
2	KRAJEWSKA Hanna	146	LUKI TEAM POLAND	K18-29	1				00:16:33	00:33:49.62	+00:00:31 (1.6%)	6:45	8.9 (98.9%)
3	OKRZESIK-FRĄCKOWIAK Izabela	169	EKSPEDYCJA NORDIC TEAMSZCZECIN	K50-54	2				00:18:02	00:36:09.67	+00:02:51 (7.9%)	7:13	8.3 (92.2%)
4	WOJTCZAK Urszula	230	CZAPELKI	K40-44	1				00:18:02	00:36:14.82	+00:02:56 (8.1%)	7:14	8.3 (92.2%)
5	JÓZWIAK Marianna	133	SERCE NORDICA WŁOCŁAWEK	K45-49	1				00:18:02	00:36:37.90	+00:03:20 (9.1%)	7:19	8.2 (91.1%)
6	PUSZKARSKA Małgorzata	191	GOSADI NORDIC TEAM	K45-49	2				00:18:05	00:37:12.47	+00:03:54 (10.5%)	7:26	8.1 (90.0%)
7	POKŁADOWSKA Joanna	182	WYCHODZĘ Z KIJAMI	K45-49	3				00:18:27	00:37:39.37	+00:04:21 (11.6%)	7:31	8 (88.9%)
8	KĘDZIERSKA Karolina	135	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-44	2				00:18:49	00:37:58.67	+00:04:40 (12.3%)	7:35	7.9 (87.8%)
9	WITUCKA Karolina	228		K-Dzieci	1				00:19:23	00:39:08.61	+00:05:50 (14.9%)	7:49	7.7 (85.6%)
10	CHOLEWIŃSKA Longina	94	HERNIK TEAM-NW MUROWANA GOŚLINA	K55-59	1				00:19:24	00:39:08.90	+00:05:51 (14.9%)	7:49	7.7 (85.6%)
11	SZYBUT Weronika	210	POTĘGA NORDICA	K-Dzieci	2				00:19:25	00:39:10.07	+00:05:52 (15.0%)	7:50	7.7 (85.6%)
12	DAROSZEWSKA Krystyna	102	SERCE NORDICA WŁOCŁAWEK	K60-64	1				00:19:24	00:39:14.19	+00:05:56 (15.1%)	7:50	7.6 (84.4%)
13	OLEJNICZAK Aleksandra	170	KIJKOWE TRZEMESZNO	K-Jun.	1				00:19:36	00:39:25.32	+00:06:07 (15.5%)	7:53	7.6 (84.4%)
14	ZIELIŃSKA Jolanta	239	GOSIR OSIELSKO	K60-64	2				00:19:21	00:39:28.78	+00:06:10 (15.7%)	7:53	7.6 (84.4%)

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	2.5km	Net time		Pace min/km	Pace km/h
										5km	Gap		
15	GUTOWSKA Magdalena	125	PAUL TEAM	K45-49	4				00:19:54	00:40:13.28	+00:06:55 (17.2%)	8:02	7.5 (83.3%)
16	KOWALSKA Beata	144	STĘSZEW TEAM	K50-54	3				00:19:52	00:40:14.17	+00:06:56 (17.2%)	8:02	7.5 (83.3%)
17	PIETRZAK Dorota	249	NORDIC WALKING KIEKRZ POLAND	K45-49	5				00:19:52	00:40:14.51	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
18	RATAJCZAK Katarzyna	195	ŚREM CHODZI	K50-54	4				00:20:04	00:40:32.76	+00:07:14 (17.9%)	8:06	7.4 (82.2%)
19	JASTRZĘBSKA-MAJAK Agnieszka	130	NW CZŁAPSKI TEAM	K50-54	5				00:20:06	00:40:35.91	+00:07:18 (18.0%)	8:07	7.4 (82.2%)
20	PALIWODA Katarzyna	244		K45-49	6				00:19:51	00:40:36.57	+00:07:18 (18.0%)	8:07	7.4 (82.2%)
21	SZULC-MIKOŁAJCZAK Marzena	208	NW WĄGROWIEC	K30-39	1				00:19:56	00:40:39.98	+00:07:22 (18.1%)	8:07	7.4 (82.2%)
22	POTRZEBOWSKA Agata	183		K- Niepełnosprawni(B)	1	B			00:20:21	00:40:54.67	+00:07:36 (18.6%)	8:10	7.3 (81.1%)
23	ROŻEK Wiktoria	198	KIJKOWE TRZEMESZNO	K-Jun.	2				00:20:15	00:40:54.79	+00:07:36 (18.6%)	8:10	7.3 (81.1%)
24	DARGAS Sandra	100	BŁĘKITNI DZIEMIANY	K-Jun.	3	1			00:20:05	00:40:55.22	+00:07:37 (18.6%)	8:11	7.3 (81.1%)
25	KUCZYŃSKA Anna	149	NORDIC WALKING KIEKRZ POLAND	K60-64	3				00:20:17	00:41:05.82	+00:07:47 (19.0%)	8:13	7.3 (81.1%)
26	MATYJA Anna	162	#ŚREMCHODZI	K50-54	6				00:20:17	00:41:22.45	+00:08:04 (19.5%)	8:16	7.3 (81.1%)
27	ŚLUSARCZYK Karolina	217	WESOŁY BORSUK TEAM	K-Jun.	4				00:20:26	00:41:24.78	+00:08:06 (19.6%)	8:16	7.2 (80.0%)
28	LUDWICZAK Lena	158	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-Dzieci	3				00:20:29	00:41:40.19	+00:08:22 (20.1%)	8:20	7.2 (80.0%)
29	GAŁKOWSKA Elżbieta	113	MARSZ PO ZDROWIE	K65-69	1				00:20:16	00:41:43.71	+00:08:25 (20.2%)	8:20	7.2 (80.0%)
30	KUŚMIEREK Beata	153	BŁĘKITNI DZIEMIANY	K45-49	7				00:20:52	00:41:50.14	+00:08:32 (20.4%)	8:22	7.2 (80.0%)
31	WOROCH Jolanta	232	KGHM METRACO RUDNA	K55-59	2				00:20:51	00:42:12.31	+00:08:54 (21.1%)	8:26	7.1 (78.9%)
32	KONIECZNA Zuzanna	141		K50-54	7				00:20:49	00:42:12.72	+00:08:54 (21.1%)	8:26	7.1 (78.9%)
33	KNITTER Agata	138	BŁĘKITNI DZIEMIANY	K18-29	2				00:20:48	00:42:21.83	+00:09:03 (21.4%)	8:28	7.1 (78.9%)
34	NAWROCKA Hanna	167	MARSZ PO ZDROWIE	K-Jun.	5				00:20:55	00:42:28.97	+00:09:11 (21.6%)	8:29	7.1 (78.9%)
35	GRYGOROWICZ Teresa	121	KGHM METRACO RUDNA	K65-69	2				00:21:00	00:42:31.09	+00:09:13 (21.7%)	8:30	7.1 (78.9%)
36	DYLEWICZ Weronika	110	EKSTREMUM	K18-29	3				00:21:24	00:42:50.70	+00:09:32 (22.3%)	8:34	7 (77.8%)
37	PIETRZYK Anna	181		K- Niepełnosprawni(A)	1	A			00:20:59	00:43:04.29	+00:09:46 (22.7%)	8:36	7 (77.8%)

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38	TURZYŃSKA-STOPA Maria	220	BŁĘKITNI DZIEMIANY	K65-69	3				00:21:22	00:43:12.50	+00:09:54 (22.9%)	8:38	6.9 (76.7%)
39	OWCZAREK Aleksandra	172	MARSZ PO ZDROWIE	K-Jun.	6		1		00:20:58	00:43:23.98	+00:10:06 (23.3%)	8:40	6.9 (76.7%)
40	DEMBSKA Violetta	104	#SREMCHODZI	K-Niepełnosprawni(A)	2	A			00:21:41	00:43:25.47	+00:10:07 (23.3%)	8:41	6.9 (76.7%)
41	STACHOWIAK Magdalena	204	STESZEW TEAM	K40-44	3				00:21:16	00:43:34.43	+00:10:16 (23.6%)	8:42	6.9 (76.7%)
42	KNITTER Zofia	137	BŁĘKITNI DZIEMIANY	K-Dzieci	4				00:20:50	00:43:40.21	+00:10:22 (23.8%)	8:44	6.9 (76.7%)
43	LEWANDOWSKA Agnieszka	155		K45-49	8				00:21:40	00:43:47.12	+00:10:29 (24.0%)	8:45	6.9 (76.7%)
44	TROKA Małgorzata	219	BŁĘKITNI DZIEMIANY	K40-44	4				00:21:51	00:43:51.41	+00:10:33 (24.1%)	8:46	6.8 (75.6%)
45	JASTRZĘBSKA-MACKO Marta	129	WYCHODZĘ Z KIJAMI	K30-39	2				00:21:37	00:44:04.07	+00:10:46 (24.4%)	8:48	6.8 (75.6%)
46	PASZKOWSKA Maria	177	KGHM METRACO RUDNA	K40-44	5				00:21:36	00:44:09.21	+00:10:51 (24.6%)	8:49	6.8 (75.6%)
47	DARGAS Małgorzata	99	BŁĘKITNI DZIEMIANY	K45-49	9				00:21:55	00:44:23.96	+00:11:06 (25.0%)	8:52	6.8 (75.6%)
48	LUBAŃSKA Leokadia	156	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(A)	3	A			00:22:14	00:44:31.91	+00:11:14 (25.2%)	8:54	6.7 (74.4%)
49	KUREK Aleksandra	152	KGHM METRACO RUDNA	K30-39	3				00:22:04	00:44:37.39	+00:11:19 (25.4%)	8:55	6.7 (74.4%)
50	ANGIELCZYK Małgorzata	82	MARSZ PO ZDROWIE	K70-74	1				00:21:52	00:44:46.41	+00:11:28 (25.6%)	8:57	6.7 (74.4%)
51	DUKAT Monika	107	#ŚREMCHODZI	K45-49	10				00:22:34	00:44:47.56	+00:11:29 (25.7%)	8:57	6.7 (74.4%)
52	KONIECZNA Mariola	140	STĘSZEW TEAM	K55-59	3				00:22:09	00:44:53.57	+00:11:35 (25.8%)	8:58	6.7 (74.4%)
53	KOZŁOWSKA Wiktoria	145	NORDIC WALKING KIEKRZ POLAND	K-Niepełnosprawni(A)	4	A			00:21:50	00:45:38.02	+00:12:20 (27.0%)	9:07	6.6 (73.3%)
54	SZYMAŃSKA Lucyna	211	XV KOŁO PZERII W DYWITACH	K70-74	2				00:21:53	00:45:44.77	+00:12:26 (27.2%)	9:08	6.6 (73.3%)
55	DARGAS Marta	101	BŁĘKITNI DZIEMIANY	K-Jun.	7				00:22:29	00:45:45.51	+00:12:27 (27.2%)	9:09	6.6 (73.3%)
56	RABCZEWSKA Aleksandra	194	NORDIC WALKING KIEKRZ POLAND	K60-64	4				00:22:47	00:45:47.63	+00:12:29 (27.3%)	9:09	6.6 (73.3%)
57	NOWAK-DRESLER Magdalena	168	AVOCADO WELLNESS CLUB	K45-49	11				00:22:52	00:45:51.05	+00:12:33 (27.4%)	9:10	6.5 (72.2%)
58	NAWROCKA Grażyna	166	KATORŻNIK	K65-69	4				00:22:44	00:46:12.30	+00:12:54 (27.9%)	9:14	6.5 (72.2%)
59	MŁODOŻYŃSKA Karolina	164	NAMASTE	K45-49	12				00:22:49	00:46:14.27	+00:12:56 (28.0%)	9:14	6.5 (72.2%)
60	CHWIAŁKOWSKA Iwona	96	NAMASTE	K50-54	8				00:22:48	00:46:16.06	+00:12:58 (28.0%)	9:15	6.5 (72.2%)

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61	PRZYBORKIEWICZ Gosia	188	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	5	A			00:23:17	00:47:27.18	+00:14:09 (29.8%)	9:29	6.3 (70.0%)
62	TWARDOWSKA Edyta	247	AVOCADO	K40-44	6				00:23:38	00:47:31.83	+00:14:13 (29.9%)	9:30	6.3 (70.0%)
63	PANKIEWICZ-DMOWSKA Cecylia	175		K70-74	3				00:23:21	00:47:34.59	+00:14:16 (30.0%)	9:30	6.3 (70.0%)
64	WORONKO ZACZYŃSKA Janina	233	KGHM METRACORUDNA	K75-79	1				00:23:45	00:48:05.72	+00:14:47 (30.8%)	9:37	6.2 (68.9%)
65	IGLIŃSKA Maria	128		K65-69	5				00:24:24	00:48:43.91	+00:15:26 (31.7%)	9:44	6.2 (68.9%)
66	WÓJCIK Irena	234	UTW OLEŚNICA	K75-79	2				00:24:49	00:48:57.81	+00:15:39 (32.0%)	9:47	6.1 (67.8%)
67	GÓRSKA Małgorzata	117	UTW OLEŚNICA	K65-69	6				00:24:26	00:49:03.27	+00:15:45 (32.1%)	9:48	6.1 (67.8%)
68	BARTEK Sonia	83		K30-39	4				00:25:09	00:50:07.09	+00:16:49 (33.6%)	10:01	6 (66.7%)
69	PRZYBYŁAK Dorota	190	PRZYBYŁAK TEAM	K70-74	4				00:24:42	00:50:26.99	+00:17:09 (34.0%)	10:05	5.9 (65.6%)
70	OWCZAREK Henryka	171	MARSZ PO ZDROWIE	K75-79	3				00:25:08	00:50:30.99	+00:17:13 (34.1%)	10:06	5.9 (65.6%)
71	WIŚNIEWSKA Mariola	227		K60-64	5				00:24:59	00:50:36.91	+00:17:19 (34.2%)	10:07	5.9 (65.6%)
72	ŚLUSARCZYK Danuta	216	WESOŁY BORSUK TEAM	K65-69	7				00:25:15	00:52:02.41	+00:18:44 (36.0%)	10:24	5.8 (64.4%)
73	SZYBUT Roma	209	POTĘGA NORDICA	K30-39	5				00:25:43	00:52:44.38	+00:19:26 (36.9%)	10:32	5.7 (63.3%)
74	PRACKA Katarzyna	185	SERCE NORDICA WŁOCŁAWEK	K50-54	9				00:27:38	00:55:18.97	+00:22:01 (39.8%)	11:03	5.4 (60.0%)
75	KLUSKA Anna	245	KGHM METRACO RUDNA	K-Dzieci	5				00:24:16	00:55:36.94	+00:22:19 (40.1%)	11:07	5.4 (60.0%)
76	SZAROLETA Zofia	207	PRZYBYŁAK TEAM	K80+	1				00:27:33	00:55:41.66	+00:22:23 (40.2%)	11:08	5.4 (60.0%)
77	CAŁUS Maja	93	KGHM METRACO RUDNA	K-Dzieci	6				00:24:15	00:58:43.90	+00:25:26 (43.3%)	11:44	5.1 (56.7%)

Total 77 results.