



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING SŁUPSK - 10 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking - Słupsk 2021  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-06-12  
**Miejsce:** Słupsk  
**Dystans:** 10 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: OPEN -K

| Msc | Zawodnik                     | Numer      | Klub                            | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | 2.7km    | Laps_5km<br>5.4km | 8.1km    | Czas<br>netto<br>10.8km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|---------------------------------|-----------|------|----------------|-----------------|----------|-------------------|----------|-------------------------|----------------------|-----------------|----------------|
| 1   | <b>SZCZUDLIK Małgorzata</b>  | <b>127</b> | KIJKOWE TRZEMESZNO              | K40-49    | 1    |                |                 | 00:17:32 | 00:35:03          | 00:52:39 | <b>01:10:20.75</b>      |                      | 6:30            | 9.2<br>(100%)  |
| 2   | <b>LUDWICZAK Andżelika</b>   | <b>130</b> | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49    | 2    |                |                 | 00:17:33 | 00:35:12          | 00:53:04 | <b>01:10:58.95</b>      | +00:00:38<br>(0.9%)  | 6:34            | 9.1<br>(98.9%) |
| 3   | <b>KUŁAKOWSKA Halina</b>     | <b>129</b> | KATOWICKI NORDIC WALKING        | K40-49    | 3    |                |                 | 00:17:41 | 00:35:32          | 00:53:29 | <b>01:11:38.20</b>      | +00:01:17<br>(1.8%)  | 6:37            | 9<br>(97.8%)   |
| 4   | <b>WIECZORKOWSKA Dagmara</b> | <b>136</b> | WYCHODZĘ Z KIJAMI               | K40-49    | 4    |                |                 | 00:17:39 | 00:35:32          | 00:53:45 | <b>01:12:46.30</b>      | +00:02:25<br>(3.3%)  | 6:44            | 8.9<br>(96.7%) |
| 5   | <b>FRANCZAK Małgorzata</b>   | <b>131</b> | NW CZŁAPSKI TEAM                | K18-29    | 1    |                |                 | 00:17:54 | 00:36:17          | 00:54:44 | <b>01:13:10.75</b>      | +00:02:50<br>(3.9%)  | 6:46            | 8.9<br>(96.7%) |
| 6   | <b>STACHOWICZ Joanna</b>     | <b>128</b> | BŁĘKITNI DZIEMIANY              | K30-39    | 1    |                |                 | 00:18:06 | 00:36:22          | 00:54:59 | <b>01:13:15.80</b>      | +00:02:55<br>(4.0%)  | 6:46            | 8.8<br>(95.7%) |
| 7   | <b>CZAJKA Urszula</b>        | <b>133</b> |                                 | K60-69    | 1    |                |                 | 00:18:08 | 00:36:39          | 00:55:25 | <b>01:14:30.55</b>      | +00:04:09<br>(5.6%)  | 6:53            | 8.7<br>(94.6%) |
| 8   | <b>KREFT Barbara</b>         | <b>132</b> |                                 | K50-59    | 1    |                |                 | 00:18:33 | 00:37:23          | 00:56:18 | <b>01:15:22.80</b>      | +00:05:02<br>(6.7%)  | 6:58            | 8.6<br>(93.5%) |
| 9   | <b>MIŚKOWICZ Anna</b>        | <b>134</b> | NESSI TIME BIAŁA                | K60-69    | 2    |                |                 | 00:18:52 | 00:38:07          | 00:57:39 | <b>01:17:04.25</b>      | +00:06:43<br>(8.7%)  | 7:08            | 8.4<br>(91.3%) |
| 10  | <b>BROŻYNA Agata</b>         | <b>135</b> | NW CZŁAPSKI TEAM                | K30-39    | 2    |                |                 | 00:18:56 | 00:38:14          | 00:57:46 | <b>01:17:04.55</b>      | +00:06:43<br>(8.7%)  | 7:08            | 8.4<br>(91.3%) |
| 11  | <b>SERÓWKA Lidia</b>         | <b>162</b> | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     | K40-49    | 5    |                |                 | 00:19:15 | 00:38:32          | 00:57:50 | <b>01:17:12.30</b>      | +00:06:51<br>(8.9%)  | 7:08            | 8.4<br>(91.3%) |
| 12  | <b>STOLTMANN Helena</b>      | <b>91</b>  | BŁĘKITNI DZIEMIANY              | K60-69    | 3    |                |                 | 00:18:59 | 00:38:19          | 00:57:46 | <b>01:17:21.95</b>      | +00:07:01<br>(9.1%)  | 7:09            | 8.4<br>(91.3%) |
| 13  | <b>PALIWODA Kasia</b>        | <b>160</b> | EKSPEDYCJA NORDIC TEAM SZCZECIN | K40-49    | 6    |                |                 | 00:19:22 | 00:38:51          | 00:58:20 | <b>01:17:51.20</b>      | +00:07:30<br>(9.6%)  | 7:12            | 8.3<br>(90.2%) |
| 14  | <b>KNITTER Monika</b>        | <b>48</b>  |                                 | K30-39    | 3    |                |                 | 00:19:51 | 00:39:54          | 00:59:56 | <b>01:19:40.85</b>      | +00:09:20<br>(11.7%) | 7:22            | 8.1<br>(88.0%) |

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|-----|-----------------------|-------|-----------------------------|-----------|------|----------------|-----------------|----------|-------------------|----------|-------------------------|----------------------|-----------------|----------------|
| 15  | POSTEK Danuta         | 173   | MARSZ PO ZDROWIE            | K50-59    | 2    |                |                 | 00:19:38 | 00:39:54          | 01:00:24 | 01:20:53.55             | +00:10:32<br>(13.0%) | 7:29            | 8<br>(87.0%)   |
| 16  | WITCZAK Aleksandra    | 168   | SERCE NORDICA WŁOCŁAWEK     | K40-49    | 7    |                |                 | 00:20:15 | 00:40:53          | 01:01:26 | 01:21:21.15             | +00:11:00<br>(13.5%) | 7:31            | 8<br>(87.0%)   |
| 17  | FRANCZAK Anna         | 144   | NW CZŁAPSKI TEAM            | K50-59    | 3    |                |                 | 00:20:16 | 00:40:44          | 01:01:19 | 01:21:51.40             | +00:11:30<br>(14.1%) | 7:34            | 7.9<br>(85.9%) |
| 18  | STANKOWSKA Marzena    | 163   | KIJKOWE TRZEMESZNO          | K40-49    | 8    |                |                 | 00:20:33 | 00:41:01          | 01:01:33 | 01:22:07.80             | +00:11:47<br>(14.3%) | 7:36            | 7.9<br>(85.9%) |
| 19  | IGNASIAK Anna         | 149   | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | K30-39    | 4    |                |                 | 00:20:40 | 00:41:40          | 01:02:29 | 01:23:28.20             | +00:13:07<br>(15.7%) | 7:43            | 7.8<br>(84.8%) |
| 20  | WYSOCKA Bernadeta     | 169   | BŁĘKITNI DZIEMIANY          | K40-49    | 9    |                |                 | 00:20:33 | 00:41:47          | 01:03:29 | 01:26:54.05             | +00:16:33<br>(19.1%) | 8:02            | 7.5<br>(81.5%) |
| 21  | CHOLEWKA Jolanta      | 140   | MARSZ PO ZDROWIE            | K60-69    | 4    |                |                 | 00:20:58 | 00:42:31          | 01:04:38 | 01:27:25.30             | +00:17:04<br>(19.5%) | 8:05            | 7.4<br>(80.4%) |
| 22  | ŻAMOJCIN Małgorzata   | 172   | NORDICLUB SZCZECIN          | K60-69    | 5    |                |                 | 00:21:02 | 00:42:40          | 01:05:14 | 01:28:51.25             | +00:18:30<br>(20.8%) | 8:13            | 7.3<br>(79.3%) |
| 23  | DUSZA Anna            | 143   |                             | K50-59    | 4    |                |                 | 00:20:10 | 00:40:50          | 01:05:33 | 01:29:08.95             | +00:18:48<br>(21.1%) | 8:15            | 7.3<br>(79.3%) |
| 24  | CZEKRYSZEW Małgorzata | 142   | SERCE NORDICA WŁOCŁAWEK     | K50-59    | 5    |                |                 | 00:22:57 | 00:45:58          | 01:08:30 | 01:31:18.25             | +00:20:57<br>(23.0%) | 8:27            | 7.1<br>(77.2%) |
| 25  | BECHLER Zofia         | 138   | GWIAZDY PÓŁNOCY             | K40-49    | 10   |                |                 | 00:23:13 | 00:46:31          | 01:08:52 | 01:31:18.60             | +00:20:57<br>(23.0%) | 8:27            | 7.1<br>(77.2%) |

Znaleziono 25 wynik(ów)