



# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-08-06  
**Miejsce:** Osielsko  
**Dystans:** 10 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KŁACZYŃSKA Danuta</b>	<b>614</b>		K40-49	1			00:05:22	00:32:54	<b>01:06:17.50</b>	<b>01:11:40.45</b>		6:37	9 (100%)
2	<b>DMOWSKA Aneta</b>	<b>547</b>	UNIA MIAST	K40-49	2			00:05:27	00:32:59	<b>01:06:42.10</b>	<b>01:12:09.55</b>	+00:00:24 (0.6%)	6:40	9 (100%)
3	<b>JĘDRASIAK Renata</b>	<b>435</b>	KS METRACO POLKOWICE	K50-59	1			00:05:42	00:33:56	<b>01:08:07.45</b>	<b>01:13:50.30</b>	+00:01:49 (2.7%)	6:48	8.8 (97.8%)
4	<b>SPYCHAŁA Marzena</b>	<b>490</b>	WESOŁY BORSUK TEAM	K40-49	3	1		00:05:23	00:33:59	<b>01:08:19.95</b>	<b>01:13:43.35</b>	+00:02:02 (3.0%)	6:50	8.8 (97.8%)
5	<b>SZWICHTENBERG Wioleta</b>	<b>497</b>	FACE NORDIC WALKING TEAM	K18-29	1			00:04:45	00:34:04	<b>01:08:21.15</b>	<b>01:13:07.00</b>	+00:02:03 (3.0%)	6:50	8.8 (97.8%)
6	<b>LIPKO Adrianna</b>	<b>461</b>	PENDOLINO	K18-29	2			00:04:45	00:34:05	<b>01:08:25.20</b>	<b>01:13:10.35</b>	+00:02:07 (3.1%)	6:50	8.8 (97.8%)
7	<b>ŁUKASZEWICZ Joanna</b>	<b>463</b>	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:05:23	00:34:13	<b>01:09:31.20</b>	<b>01:14:55.15</b>	+00:03:13 (4.6%)	6:57	8.6 (95.6%)
8	<b>SKRYCKA Katarzyna</b>	<b>486</b>	KS METRACO POLKOWICE	K30-39	1			00:04:59	00:34:33	<b>01:09:55.40</b>	<b>01:14:54.50</b>	+00:03:37 (5.2%)	6:59	8.6 (95.6%)
9	<b>KOZŁOWSKA Sabina</b>	<b>449</b>	DĄBROWA NORDIC TEAM	K30-39	2			00:04:59	00:35:20	<b>01:11:28.65</b>	<b>01:16:28.00</b>	+00:05:11 (7.3%)	7:08	8.4 (93.3%)
10	<b>RADOMSKA Marta</b>	<b>686</b>	AVOCADO WELLNES CLUB	K30-39	3			00:05:00	00:35:43	<b>01:11:41.85</b>	<b>01:16:42.75</b>	+00:05:24 (7.5%)	7:10	8.4 (93.3%)
11	<b>BALCERAK-KOLASA Joanna</b>	<b>404</b>	EPOKA NORDICA ŁÓDŹ	K40-49	5			00:05:22	00:35:00	<b>01:11:49.95</b>	<b>01:17:12.90</b>	+00:05:32 (7.7%)	7:11	8.4 (93.3%)
12	<b>BOCZAR Beata</b>	<b>541</b>	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:05:42	00:35:22	<b>01:12:21.75</b>	<b>01:18:04.30</b>	+00:06:04 (8.4%)	7:14	8.3 (92.2%)
13	<b>KOLARSKA Agnieszka</b>	<b>442</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:05:00	00:35:50	<b>01:12:37.55</b>	<b>01:17:37.95</b>	+00:06:20 (8.7%)	7:15	8.3 (92.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>PALIWODA Kasia</b>	<b>388</b>		K40-49	6			00:05:23	00:35:54	<b>01:13:10.95</b>	<b>01:18:34.00</b>	+00:06:53 (9.4%)	7:19	8.2 (91.1%)
15	<b>KRUSZKA Arleta</b>	<b>658</b>	MARSZ PO ZDROWIE	K50-59	3			00:05:44	00:36:11	<b>01:13:26.10</b>	<b>01:19:10.50</b>	+00:07:08 (9.7%)	7:20	8.2 (91.1%)
16	<b>DUSIEL Ewa</b>	<b>416</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:05:25	00:36:24	<b>01:13:28.50</b>	<b>01:18:53.85</b>	+00:07:11 (9.8%)	7:20	8.2 (91.1%)
17	<b>KOWALCZYK Edyta</b>	<b>447</b>	KS METRACO POLKOWICE	K40-49	8			00:05:23	00:36:51	<b>01:13:58.75</b>	<b>01:19:22.55</b>	+00:07:41 (10.4%)	7:23	8.1 (90.0%)
18	<b>WOJNAROWSKA Halina</b>	<b>508</b>		K50-59	4			00:05:43	00:36:47	<b>01:14:11.60</b>	<b>01:19:55.15</b>	+00:07:54 (10.7%)	7:25	8.1 (90.0%)
19	<b>WOJNAROWSKA Beata</b>	<b>509</b>		K40-49	9			00:05:25	00:37:01	<b>01:14:27.85</b>	<b>01:19:53.25</b>	+00:08:10 (11.0%)	7:26	8.1 (90.0%)
20	<b>ŁABUS Izabela</b>	<b>544</b>	FABRIKANORDIKA	K18-29	3			00:04:44	00:36:39	<b>01:14:37.20</b>	<b>01:19:22.15</b>	+00:08:19 (11.2%)	7:27	8 (88.9%)
21	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>474</b>	PRUSZYŃSKI NORDIC WALKING	K30-39	5			00:04:59	00:36:43	<b>01:14:52.55</b>	<b>01:19:52.35</b>	+00:08:35 (11.5%)	7:29	8 (88.9%)
22	<b>ROSZMAN Joanna</b>	<b>484</b>	PENDOLINO	K50-59	5			00:05:42	00:36:34	<b>01:15:06.15</b>	<b>01:20:48.80</b>	+00:08:48 (11.7%)	7:30	8 (88.9%)
23	<b>KUPIBIDA Bogusława</b>	<b>622</b>	SILESIA NORDIC TEAM	K50-59	6			00:05:43	00:37:17	<b>01:15:09.65</b>	<b>01:20:53.35</b>	+00:08:52 (11.8%)	7:31	8 (88.9%)
24	<b>SITKO Małgorzata</b>	<b>548</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	10			00:05:24	00:37:09	<b>01:15:36.60</b>	<b>01:21:01.35</b>	+00:09:19 (12.3%)	7:33	7.9 (87.8%)
25	<b>SOBAŃSKA Grażyna</b>	<b>488</b>		K60-69	1			00:05:59	00:37:40	<b>01:15:40.15</b>	<b>01:21:39.60</b>	+00:09:22 (12.4%)	7:34	7.9 (87.8%)
26	<b>KOZŁOWSKA Agnieszka</b>	<b>537</b>	FACE NORDIC WALKING TEAM	K40-49	11			00:05:24	00:37:15	<b>01:15:55.80</b>	<b>01:21:20.45</b>	+00:09:38 (12.7%)	7:35	7.9 (87.8%)
27	<b>ŁOPUSIEWICZ Dorota</b>	<b>462</b>	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:04:46	00:37:27	<b>01:16:13.05</b>	<b>01:20:59.05</b>	+00:09:55 (13.0%)	7:37	7.9 (87.8%)
28	<b>JARZYŃSKA Małgorzata</b>	<b>434</b>	HIFI ARTE	K50-59	7			00:05:44	00:37:28	<b>01:16:15.25</b>	<b>01:21:59.40</b>	+00:09:57 (13.1%)	7:37	7.9 (87.8%)
29	<b>ZACHARCZUK Zofia</b>	<b>515</b>	FACE NORDIC WALKING TEAM	K50-59	8			00:05:43	00:37:39	<b>01:16:19.35</b>	<b>01:22:02.75</b>	+00:10:01 (13.1%)	7:37	7.9 (87.8%)
30	<b>GLINIECKA Katarzyna</b>	<b>521</b>		K40-49	12			00:05:27	00:38:09	<b>01:16:52.85</b>	<b>01:22:20.60</b>	+00:10:35 (13.8%)	7:41	7.8 (86.7%)
31	<b>JURCZYŃSKA Bożena</b>	<b>519</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	9			00:05:44	00:38:04	<b>01:16:57.65</b>	<b>01:22:42.50</b>	+00:10:40 (13.9%)	7:41	7.8 (86.7%)
32	<b>WAŁECKA Krystyna</b>	<b>504</b>	FACE NORDIC WALKING TEAM	K60-69	2	1		00:05:59	00:38:13	<b>01:17:03.45</b>	<b>01:23:03.10</b>	+00:10:45 (14.0%)	7:42	7.8 (86.7%)
33	<b>KOSIŃSKA Maria</b>	<b>443</b>	MOSIR RYPIN	K60-69	3			00:05:59	00:38:12	<b>01:17:06.90</b>	<b>01:23:06.20</b>	+00:10:49 (14.0%)	7:42	7.8 (86.7%)
34	<b>LENARTOWICZ Barbara</b>	<b>459</b>		K40-49	13			00:05:26	00:38:44	<b>01:17:15.10</b>	<b>01:22:42.05</b>	+00:10:57 (14.2%)	7:43	7.8 (86.7%)
35	<b>ŻUCHOWICZ Elżbieta</b>	<b>517</b>	DĄBROWA NORDIC TEAM	K50-59	10			00:05:43	00:38:59	<b>01:17:27.70</b>	<b>01:23:11.25</b>	+00:11:10 (14.4%)	7:44	7.7 (85.6%)
36	<b>POSTEK Danuta</b>	<b>477</b>	MARSZ PO ZDROWIE	K50-59	11			00:05:44	00:38:53	<b>01:17:45.45</b>	<b>01:23:30.25</b>	+00:11:27 (14.7%)	7:46	7.7 (85.6%)

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37	<b>FARON Monika</b>	<b>421</b>		K30-39	6			00:04:59	00:37:54	<b>01:17:52.00</b>	<b>01:22:51.35</b>	+00:11:34 (14.9%)	7:47	7.7 (85.6%)
38	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>512</b>	KS METRACO POLKOWICE	K70+	1			00:06:09	00:38:14	<b>01:17:53.15</b>	<b>01:24:02.45</b>	+00:11:35 (14.9%)	7:47	7.7 (85.6%)
39	<b>DUSZA Anna</b>	<b>417</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	14			00:05:23	00:38:46	<b>01:17:55.50</b>	<b>01:23:19.20</b>	+00:11:38 (14.9%)	7:47	7.7 (85.6%)
40	<b>GRYGIEL Monika</b>	<b>426</b>	FACE NORDIC WALKING TEAM	K30-39	7			00:05:00	00:38:17	<b>01:18:01.80</b>	<b>01:23:01.95</b>	+00:11:44 (15.0%)	7:48	7.7 (85.6%)
41	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>414</b>		K50-59	12			00:05:44	00:39:18	<b>01:18:10.30</b>	<b>01:23:54.70</b>	+00:11:52 (15.2%)	7:49	7.7 (85.6%)
42	<b>PACZUSKA Małgorzata</b>	<b>473</b>	FOREVER YOUNG	K50-59	13			00:05:47	00:38:57	<b>01:18:30.25</b>	<b>01:24:18.20</b>	+00:12:12 (15.6%)	7:51	7.6 (84.4%)
43	<b>SZCZEPAŃSKA Anna</b>	<b>493</b>	FABRIKANORDIKA	K30-39	8			00:05:00	00:37:51	<b>01:18:39.10</b>	<b>01:23:39.25</b>	+00:12:21 (15.7%)	7:51	7.6 (84.4%)
44	<b>JARYSZ Agnieszka</b>	<b>433</b>	FACE NORDIC WALKING TEAM	K30-39	9			00:05:01	00:39:23	<b>01:18:59.35</b>	<b>01:24:00.90</b>	+00:12:41 (16.1%)	7:53	7.6 (84.4%)
45	<b>WROŃSKA Wiesława</b>	<b>513</b>	BŁĘKITNI NW DZIEMIANY	K40-49	15			00:05:23	00:39:04	<b>01:19:15.00</b>	<b>01:24:38.80</b>	+00:12:57 (16.4%)	7:55	7.6 (84.4%)
46	<b>RACZYŃSKA Aleksandra</b>	<b>481</b>	UNIA MIAST	K70+	2			00:06:09	00:39:03	<b>01:19:17.35</b>	<b>01:25:26.95</b>	+00:12:59 (16.4%)	7:55	7.6 (84.4%)
47	<b>HINC Iwona</b>	<b>432</b>	FACE NORDIC WALKING TEAM	K40-49	16			00:05:26	00:39:48	<b>01:19:46.50</b>	<b>01:25:13.45</b>	+00:13:29 (16.9%)	7:58	7.5 (83.3%)
48	<b>TURZYŃSKA-STOPA Maria</b>	<b>503</b>	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:05:58	00:39:30	<b>01:20:19.15</b>	<b>01:26:18.05</b>	+00:14:01 (17.5%)	8:02	7.5 (83.3%)
49	<b>DZIEMIŃSKA Magdalena</b>	<b>418</b>	BŁĘKITNI NW DZIEMIANY	K30-39	10			00:05:00	00:39:32	<b>01:20:30.25</b>	<b>01:25:30.95</b>	+00:14:12 (17.7%)	8:03	7.5 (83.3%)
50	<b>ŚWIĄTEK Joanna</b>	<b>501</b>	MARSZ PO ZDROWIE	K30-39	11			00:05:00	00:38:47	<b>01:20:54.95</b>	<b>01:25:55.55</b>	+00:14:37 (18.1%)	8:05	7.4 (82.2%)
51	<b>ANGIELCZYK Małgorzata</b>	<b>550</b>	MARSZ PO ZDROWIE	K60-69	5			00:05:59	00:39:33	<b>01:20:56.00</b>	<b>01:26:55.05</b>	+00:14:38 (18.1%)	8:05	7.4 (82.2%)
52	<b>GERLE-KOTULA Anna</b>	<b>423</b>		K30-39	12	1		00:05:00	00:40:46	<b>01:21:13.70</b>	<b>01:26:13.80</b>	+00:14:56 (18.4%)	8:07	7.4 (82.2%)
53	<b>OMARSKA Grażyna</b>	<b>472</b>	PASJA NORDIC WALKING	K50-59	14			00:05:46	00:40:23	<b>01:21:31.95</b>	<b>01:27:18.35</b>	+00:15:14 (18.7%)	8:09	7.4 (82.2%)
54	<b>ZIELIŃSKA Kamila</b>	<b>516</b>	FACE NORDIC WALKING TEAM	K30-39	13			00:05:00	00:40:06	<b>01:22:27.70</b>	<b>01:27:28.50</b>	+00:16:10 (19.6%)	8:14	7.3 (81.1%)
55	<b>MAĆKOWIAK Krystyna</b>	<b>464</b>	FACE NORDIC WALKING TEAM	K60-69	6			00:05:59	00:40:37	<b>01:23:25.30</b>	<b>01:29:24.45</b>	+00:17:07 (20.5%)	8:20	7.2 (80.0%)
56	<b>SZYMANOWSKA-PAWLAK Ewa</b>	<b>498</b>	GOSIR OSIELSKO	K50-59	15			00:05:44	00:41:12	<b>01:23:48.55</b>	<b>01:29:33.00</b>	+00:17:31 (20.9%)	8:22	7.2 (80.0%)
57	<b>MARCINIAK Lucyna</b>	<b>465</b>	NORDIC WALKING KIEKRZ	K50-59	16			00:05:47	00:40:41	<b>01:23:51.25</b>	<b>01:29:38.30</b>	+00:17:33 (20.9%)	8:23	7.2 (80.0%)
58	<b>WYSOCKA Bernadeta</b>	<b>514</b>	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:05:26	00:40:52	<b>01:24:15.85</b>	<b>01:29:42.10</b>	+00:17:58 (21.3%)	8:25	7.1 (78.9%)
59	<b>SZEWCZYK Agnieszka</b>	<b>495</b>	FACE NORDIC WALKING TEAM	K40-49	18			00:05:25	00:41:58	<b>01:24:19.70</b>	<b>01:29:45.65</b>	+00:18:02 (21.4%)	8:26	7.1 (78.9%)

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60	WASIELA Beata	690		K40-49	19			00:05:25	00:41:43	01:24:20.80	01:29:45.95	+00:18:03 (21.4%)	8:26	7.1 (78.9%)
61	LEHMANN Teresa	458	BŁĘKITNI NW DZIEMIANY	K50-59	17			00:05:45	00:41:31	01:24:28.05	01:30:13.65	+00:18:10 (21.5%)	8:26	7.1 (78.9%)
62	SMARUJ-SADOWSKA Janina	543		K60-69	7			00:06:00	00:41:29	01:24:46.75	01:30:47.25	+00:18:29 (21.8%)	8:28	7.1 (78.9%)
63	FILIPOWSKA Bogusia	422	FORMA NA PIĄTKĘ NW	K40-49	20			00:05:29	00:42:11	01:24:51.60	01:30:20.75	+00:18:34 (21.9%)	8:29	7.1 (78.9%)
64	KRYGIEL Maria	450	GOSIR OSIELSKO	K50-59	18			00:05:45	00:42:18	01:25:04.50	01:30:49.85	+00:18:47 (22.1%)	8:30	7.1 (78.9%)
65	LINKA Renata	413		K40-49	21			00:05:26	00:42:12	01:25:33.50	01:31:00.00	+00:19:16 (22.5%)	8:33	7 (77.8%)
66	BIERNAT Lucyna	405	FACE NORDIC WALKING TEAM	K40-49	22			00:05:26	00:42:36	01:26:26.50	01:31:53.25	+00:20:09 (23.3%)	8:38	6.9 (76.7%)
67	HENRY Ewa	431	FACE NORDIC WALKING TEAM	K50-59	19			00:05:45	00:42:07	01:26:30.05	01:32:15.70	+00:20:12 (23.4%)	8:39	6.9 (76.7%)
68	CHRAPEK Urszula	639	KS RUDZICA	K18-29	5			00:04:45	00:43:05	01:26:31.10	01:31:16.35	+00:20:13 (23.4%)	8:39	6.9 (76.7%)
69	KŁOPOCIŃSKA Małgorzata	440	MARYSIN	K50-59	20			00:05:47	00:42:44	01:26:35.00	01:32:22.15	+00:20:17 (23.4%)	8:39	6.9 (76.7%)
70	KŁOSOWSKA Ewa	467		K40-49	23			00:05:24	00:44:14	01:27:07.15	01:32:31.55	+00:20:49 (23.9%)	8:42	6.9 (76.7%)
71	KOSSOWSKA Anna	444	MARYSIN	K50-59	21			00:05:47	00:43:14	01:27:15.45	01:33:02.55	+00:20:57 (24.0%)	8:43	6.9 (76.7%)
72	KRZYŚCIN Mirosława	452	SANTANDER CONSUMER BANK	K40-49	24			00:05:25	00:42:47	01:29:11.15	01:34:36.75	+00:22:53 (25.7%)	8:55	6.7 (74.4%)
73	WYSOCKA Monika	689		K40-49	25			00:05:27	00:43:44	01:29:25.85	01:34:53.50	+00:23:08 (25.9%)	8:56	6.7 (74.4%)
74	GWIZDAŁA Ewa	428	GOSIR OSIELSKO	K50-59	22			00:05:45	00:43:37	01:29:54.60	01:35:40.55	+00:23:37 (26.3%)	8:59	6.7 (74.4%)
75	LIPIŃSKA Urszula	460	FACE NORDIC WALKING TEAM	K40-49	26			00:05:26	00:44:54	01:30:20.80	01:35:47.05	+00:24:03 (26.6%)	9:02	6.6 (73.3%)
76	PIEKARSKA Magdalena	475	GOSIR OSIELSKO	K18-29	6			00:04:44	00:46:01	01:34:26.35	01:39:11.10	+00:28:08 (29.8%)	9:26	6.4 (71.1%)
77	POLAKIEWICZ Elżbieta	522	ZDROWIA	K60-69	8			00:06:00	00:48:02	01:35:02.10	01:41:02.70	+00:28:44 (30.2%)	9:30	6.3 (70.0%)
78	BIERYT Joanna	21	KLUB WELLNESS	K40-49	27			00:05:25	00:44:45	01:36:20.45	01:41:45.45	+00:30:02 (31.2%)	9:38	6.2 (68.9%)
79	DĄBROWSKA Barbara	523	ZDROWIA	K60-69	9	1		00:06:00	00:49:23	01:42:36.65	01:48:37.40	+00:36:19 (35.4%)	10:15	5.8 (64.4%)
80	NAWROCKA Danuta	469	DĄBROWA NORDIC TEAM	K70+	3			00:06:10	00:55:46	01:51:53.10	01:58:03.15	+00:45:35 (40.8%)	11:11	5.4 (60.0%)

Znaleziono 80 wynik(ów)