



# OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT  
WALKING & SPORTS CENTER

**Wydarzenie:** OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-05  
**Miejsce:** Osielsko  
**Dystans:** 21.1 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	ZACZYŃSKA Anna	582	KGHM ZG LUBIN	K30-39	1			00:07:22	00:42:57	01:16:54	01:51:19	<b>02:25:56.85</b>		6:55	8.7 (100%)
2	MELZER Hanna	545		K40-49	1			00:07:37	00:43:07	01:19:07	01:55:38	<b>02:32:11.30</b>	+00:06:14 (4.1%)	7:12	8.3 (95.4%)
3	NIEDŹWIECKA Katarzyna	547	FACE NORDIC WALKING TEAM	K40-49	2			00:07:49	00:44:07	01:19:54	01:55:53	<b>02:32:21.90</b>	+00:06:25 (4.2%)	7:13	8.3 (95.4%)
4	SZULC Alicja	572	NW WERWA MŁAWA	K40-49	3			00:07:34	00:43:06	01:19:06	01:56:11	<b>02:34:39.00</b>	+00:08:42 (5.6%)	7:19	8.2 (94.3%)
5	BANASZKIEWICZ Katarzyna	503	PILSCY MIŁOŃNICY NW	K40-49	4			00:07:36	00:43:57	01:20:48	01:58:18	<b>02:36:27.65</b>	+00:10:30 (6.7%)	7:24	8.1 (93.1%)
6	STĘPIEŃ Lucyna	563	KS METRACO POLKOWICE	K60+	1			00:07:58	00:44:24	01:21:44	01:59:40	<b>02:36:48.30</b>	+00:10:51 (6.9%)	7:25	8.1 (93.1%)
7	KACZMARCZYK-PIASECKA Renata	527	CZARNE PANTERY	K40-49	5			00:07:58	00:44:36	01:21:45	01:59:22	<b>02:37:21.85</b>	+00:11:25 (7.3%)	7:27	8 (92.0%)
8	BOCZAR Beata	506	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:08:02	00:44:54	01:22:16	02:00:01	<b>02:38:16.60</b>	+00:12:19 (7.8%)	7:30	8 (92.0%)
9	POGORZELSKA Wiesława	554	WESOŁY BORSUK TEAM	K30-39	2			00:07:40	00:43:58	01:21:30	02:00:04	<b>02:38:48.85</b>	+00:12:52 (8.1%)	7:31	8 (92.0%)
10	STOPA Joanna	565	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:52	00:45:52	01:23:09	02:01:15	<b>02:39:32.15</b>	+00:13:35 (8.5%)	7:33	7.9 (90.8%)
11	KARASIEWICZ Irena	528	FACE NORDIC WALKING TEAM	K50-59	2			00:08:02	00:44:55	01:22:18	02:00:34	<b>02:39:37.50</b>	+00:13:40 (8.6%)	7:33	7.9 (90.8%)
12	SŁOMIŃSKA Marta	560	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:08:06	00:46:34	01:24:02	02:01:55	<b>02:40:16.80</b>	+00:14:19 (8.9%)	7:35	7.9 (90.8%)
13	REJ Anna	555		K30-39	3			00:07:48	00:44:45	01:22:16	02:00:46	<b>02:40:21.10</b>	+00:14:24 (9.0%)	7:35	7.9 (90.8%)

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												netto 21.1km	Różn		
14	<b>KOBIELA Daria</b>	<b>531</b>	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:08:19	00:47:01	01:25:33	02:03:54	<b>02:42:56.55</b>	+00:16:59 (10.4%)	7:43	7.8 (89.7%)
15	<b>WOLNIEWICZ Katarzyna</b>	<b>581</b>	FABRIKANORDIKA	K40-49	6			00:07:56	00:44:42	01:22:41	02:02:08	<b>02:43:29.15</b>	+00:17:32 (10.7%)	7:44	7.7 (88.5%)
16	<b>STĘPCZYŃSKA Angelika</b>	<b>562</b>	GOSIR OSIELSKO	K30-39	4			00:08:03	00:45:10	01:23:19	02:03:09	<b>02:43:57.00</b>	+00:18:00 (11.0%)	7:46	7.7 (88.5%)
17	<b>BUCZKOWSKA Wiesława</b>	<b>509</b>	PENDOLINO	K60+	2			00:07:59	00:45:07	01:24:09	02:04:23	<b>02:45:06.05</b>	+00:19:09 (11.6%)	7:49	7.7 (88.5%)
18	<b>RESEMAN Sylwia</b>	<b>556</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:08:19	00:46:54	01:26:22	02:06:47	<b>02:46:07.35</b>	+00:20:10 (12.1%)	7:52	7.6 (87.4%)
19	<b>ROSOŁEK Elżbieta</b>	<b>558</b>	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:08:33	00:48:05	01:26:45	02:06:24	<b>02:46:13.65</b>	+00:20:16 (12.2%)	7:52	7.6 (87.4%)
20	<b>TYLUTKI Agnieszka</b>	<b>574</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	K40-49	8			00:08:00	00:47:03	01:25:29	02:06:11	<b>02:46:18.15</b>	+00:20:21 (12.2%)	7:52	7.6 (87.4%)
21	<b>MACIEJEWSKA Joanna</b>	<b>541</b>	GOSIR OSIELSKO	K40-49	9			00:08:10	00:46:06	01:25:18	02:04:51	<b>02:47:35.70</b>	+00:21:38 (12.9%)	7:56	7.6 (87.4%)
22	<b>WACHOWIAK Sylwia</b>	<b>575</b>	DYNAMIC	K40-49	10			00:08:48	00:48:55	01:27:56	02:07:14	<b>02:47:38.15</b>	+00:21:41 (12.9%)	7:56	7.6 (87.4%)
23	<b>GÓRSKA Weronika</b>	<b>521</b>	GOSIR OSIELSKO	K18-29	4			00:08:25	00:47:09	01:26:42	02:06:59	<b>02:48:37.05</b>	+00:22:40 (13.4%)	7:59	7.5 (86.2%)
24	<b>CZYCZ Emilia</b>	<b>513</b>	GREEN TEAM ZIELONA GÓRA	K60+	3			00:08:02	00:45:47	01:25:16	02:06:21	<b>02:49:16.95</b>	+00:23:20 (13.8%)	8:01	7.5 (86.2%)
25	<b>GWIAZDOWICZ Izabela</b>	<b>524</b>	CAMINOMED	K40-49	11			00:08:16	00:47:35	01:27:28	02:07:47	<b>02:49:23.40</b>	+00:23:26 (13.8%)	8:01	7.5 (86.2%)
26	<b>SURIAK Ewelina</b>	<b>567</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	5			00:08:23	00:47:12	01:27:36	02:09:08	<b>02:51:48.80</b>	+00:25:51 (15.1%)	8:08	7.4 (85.1%)
27	<b>DORSZEWSKA Bożena</b>	<b>516</b>	GOSIR OSIELSKO	K50-59	4			00:08:33	00:49:20	01:29:52	02:10:26	<b>02:52:00.80</b>	+00:26:03 (15.2%)	8:09	7.4 (85.1%)
28	<b>GERLE-KOTULA Anna</b>	<b>519</b>	UNIA MIAST	K30-39	5			00:08:32	00:49:12	01:29:55	02:11:02	<b>02:52:15.40</b>	+00:26:18 (15.3%)	8:09	7.3 (83.9%)
29	<b>PATOCKA Marta</b>	<b>549</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:08:37	00:50:26	01:30:31	02:11:41	<b>02:52:29.95</b>	+00:26:33 (15.4%)	8:10	7.3 (83.9%)
30	<b>POSTEK Danuta</b>	<b>589</b>	MARSZ PO ZDROWIE	K50-59	5			00:08:30	00:48:22	01:28:45	02:10:56	<b>02:52:56.70</b>	+00:26:59 (15.6%)	8:11	7.3 (83.9%)
31	<b>ZAWADZKA Maria</b>	<b>584</b>	KS METRACO POLKOWICE	K60+	4			00:08:52	00:50:28	01:32:02	02:14:11	<b>02:57:20.15</b>	+00:31:23 (17.7%)	8:24	7.1 (81.6%)
32	<b>WOJEWSKA Natalia</b>	<b>580</b>	CHODZEZKIJAMI.PL ELITE TEAM	K18-29	6			00:08:32	00:49:10	01:31:08	02:14:06	<b>02:59:01.70</b>	+00:33:04 (18.5%)	8:29	7.1 (81.6%)
33	<b>WANDEL Agnieszka</b>	<b>576</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:08:49	00:50:31	01:33:21	02:16:59	<b>02:59:25.95</b>	+00:33:29 (18.7%)	8:30	7.1 (81.6%)
34	<b>ROZMUS Jolanta</b>	<b>514</b>	FACE NORDIC WALKING TEAM	K60+	5			00:08:52	00:50:28	01:33:38	02:17:05	<b>03:00:21.40</b>	+00:34:24 (19.1%)	8:32	7 (80.5%)
35	<b>PIOTROWSKA Krystyna</b>	<b>552</b>	RYBNICKI KLUB NORDIC WALKING	K60+	6			00:09:08	00:52:00	01:35:44	02:19:36	<b>03:04:23.10</b>	+00:38:26 (20.8%)	8:44	6.9 (79.3%)
36	<b>SZEWczyk Agnieszka</b>	<b>570</b>	FACE NORDIC WALKING TEAM	K40-49	13			00:09:12	00:52:35	01:37:39	02:25:02	<b>03:14:54.85</b>	+00:48:58 (25.1%)	9:14	6.5 (74.7%)
37	<b>MALINOWSKA Agnieszka</b>	<b>543</b>		K40-49	14			00:09:38	00:56:19	01:42:09	02:28:35	<b>03:15:52.40</b>	+00:49:55 (25.5%)	9:16	6.5 (74.7%)

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38	<b>LIPIŃSKA Urszula</b>	<b>539</b>	FACE NORDIC WALKING TEAM	K40-49	15			00:09:27	00:55:20	01:41:32	02:29:06	<b>03:18:10.70</b>	+00:52:13 (26.4%)	9:23	6.4 (73.6%)

Znaleziono 38 wynik(ów)