

# OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING - 5 KM

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** Otwarte Górskie Mistrzostwa Polski Nordic Walking - Polanica Zdrój 2021  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-07-10  
**Miejsce:** Polanica Zdrój  
**Dystans:** 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WILUSZ Erwina</b>	<b>301</b>	VINGBERG POLSKA - PTG 'SOKÓŁ' RYMANÓW	K30-39	1			00:17:21	<b>00:31:49.95</b>		6:21	9.4 (100%)
2	<b>KRAJEWSKA Hanna</b>	<b>188</b>	NWPL	K18-29	1	1		00:17:56	<b>00:32:36.95</b>	+00:00:47 (2.4%)	6:31	9.2 (97.9%)
3	<b>ZACZYŃSKA-SKIBA Anna</b>	<b>314</b>	MSPORT	K40-44	1	1		00:18:49	<b>00:34:00.05</b>	+00:02:10 (6.4%)	6:48	8.8 (93.6%)
4	<b>UFEL Marcelina</b>	<b>293</b>	MOSIR TKKF SATURN CZELADŹ	K-Jun.	1			00:19:08	<b>00:35:10.00</b>	+00:03:20 (9.5%)	7:02	8.5 (90.4%)
5	<b>JÓŹWIAK Marianna</b>	<b>174</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:19:45	<b>00:35:28.55</b>	+00:03:38 (10.3%)	7:05	8.5 (90.4%)
6	<b>MAŚLANKA Iwona</b>	<b>208</b>	MARSZ PO ZDROWIE	K50-54	1			00:19:48	<b>00:35:28.80</b>	+00:03:38 (10.3%)	7:05	8.5 (90.4%)
7	<b>BOCZAR Beata</b>	<b>115</b>		K55-59	1			00:19:39	<b>00:35:36.40</b>	+00:03:46 (10.6%)	7:07	8.4 (89.4%)
8	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>237</b>	PRUSZYŃSKI SPORT TEAM	K40-44	2			00:19:29	<b>00:35:37.30</b>	+00:03:47 (10.6%)	7:07	8.4 (89.4%)
9	<b>PUSZKARSKA Małgorzata</b>	<b>255</b>	GOSADI NORDIC TEAM	K45-49	2			00:19:49	<b>00:35:56.65</b>	+00:04:06 (11.4%)	7:11	8.3 (88.3%)
10	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>225</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			00:19:48	<b>00:35:58.50</b>	+00:04:08 (11.5%)	7:11	8.3 (88.3%)
11	<b>ZIĘBA Justyna</b>	<b>321</b>		K30-39	2			00:20:04	<b>00:36:57.00</b>	+00:05:07 (13.8%)	7:23	8.1 (86.2%)
12	<b>POKŁADOWSKA Joanna</b>	<b>249</b>	WYCHODZĘ Z KIJAMI	K45-49	3			00:20:05	<b>00:37:02.35</b>	+00:05:12 (14.1%)	7:24	8.1 (86.2%)
13	<b>KOWACZ Agata</b>	<b>186</b>		K30-39	3			00:20:42	<b>00:37:36.30</b>	+00:05:46 (15.4%)	7:31	8 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
14	<b>GALICA-NIEPOKÓJ</b> Agnieszka	145	BIESZCZADZKI KLUB NW/OSP WROCANKA	K30-39	4	1		00:20:38	<b>00:37:52.70</b>	+00:06:02 (16.0%)	7:34	7.9 (84.0%)
15	<b>HRYCIUK</b> Teresa	166	TKKF KRZNA BIAŁA PODLASKA	K55-59	2			00:21:09	<b>00:38:10.75</b>	+00:06:20 (16.6%)	7:38	7.9 (84.0%)
16	<b>DAROSZEWSKA</b> Krystyna	133	SERCE NORDICA WŁOCLAWEK	K60-64	1			00:20:44	<b>00:38:14.35</b>	+00:06:24 (16.8%)	7:38	7.8 (83.0%)
17	<b>STYGA</b> Krystyna	278	KOLBUSZOWSKI KLUB NORDIC WALKING	K55-59	3			00:21:16	<b>00:38:17.75</b>	+00:06:27 (16.9%)	7:39	7.8 (83.0%)
18	<b>KOCOŃ</b> Monika	181	OBORYGENI	K40-44	3			00:20:55	<b>00:38:24.00</b>	+00:06:34 (17.1%)	7:40	7.8 (83.0%)
19	<b>WITUCKA</b> Karolina	302		K-Dzieci	1	1		00:20:56	<b>00:38:38.75</b>	+00:06:48 (17.6%)	7:43	7.8 (83.0%)
20	<b>UFEL</b> Milena	292	MOSIR TKKF SATURN CZELADŹ	K-Dzieci	2	1		00:20:56	<b>00:38:38.85</b>	+00:06:48 (17.6%)	7:43	7.8 (83.0%)
21	<b>SZYBUT</b> Weronika	283	POTĘGA NORDICA	K-Dzieci	3	1		00:20:57	<b>00:38:39.85</b>	+00:06:49 (17.7%)	7:43	7.8 (83.0%)
22	<b>LIBARDI-KŁYŚ</b> Sylwia	198		K60-64	2			00:21:25	<b>00:38:58.70</b>	+00:07:08 (18.3%)	7:47	7.7 (81.9%)
23	<b>SZENDZIELORZ</b> Ilona	281	MALINOWE GWIAZDY	K60-64	3			00:21:26	<b>00:39:01.85</b>	+00:07:11 (18.4%)	7:48	7.7 (81.9%)
24	<b>ZBYRYT</b> Halina	318	AKTYWNA NOWA RUDA	K45-49	4			00:21:49	<b>00:39:10.45</b>	+00:07:20 (18.7%)	7:50	7.7 (81.9%)
25	<b>BURZA</b> Lidia	118	KGHM METRACO RUDNA	K40-44	4			00:21:44	<b>00:39:35.20</b>	+00:07:45 (19.6%)	7:55	7.6 (80.9%)
26	<b>SIENKIEWICZ</b> Ewelina	268	AEROGIRLS	K30-39	5			00:22:35	<b>00:39:52.30</b>	+00:08:02 (20.2%)	7:58	7.5 (79.8%)
27	<b>ZAWIERUCHA</b> Irena	317	AEROGIRLS	K55-59	4			00:22:38	<b>00:40:06.75</b>	+00:08:16 (20.6%)	8:01	7.5 (79.8%)
28	<b>LEGOCKA</b> Kinga	197	NORDIC WALKING KIEKRZ POLAND	K45-49	5			00:22:08	<b>00:40:10.80</b>	+00:08:20 (20.8%)	8:02	7.5 (79.8%)
29	<b>WÓJCIK</b> Barbara	309	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	3			00:22:16	<b>00:40:13.25</b>	+00:08:23 (20.9%)	8:02	7.5 (79.8%)
30	<b>KUCZYŃSKA</b> Anna	193	NORDIC WALKING KIEKRZ POLAND	K60-64	4			00:22:38	<b>00:40:17.05</b>	+00:08:27 (21.0%)	8:03	7.4 (78.7%)
31	<b>NIEDŹWIECKA</b> Małgorzata	221	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			00:22:29	<b>00:40:21.50</b>	+00:08:31 (21.1%)	8:04	7.4 (78.7%)
32	<b>ROCHNIA</b> Kasia	258	NORDICUS STRZYBNICA	K40-44	5			00:22:20	<b>00:40:26.35</b>	+00:08:36 (21.3%)	8:05	7.4 (78.7%)
33	<b>DYLEWICZ</b> Weronika	141	EKSTREMUM	K18-29	2			00:22:16	<b>00:40:28.90</b>	+00:08:38 (21.4%)	8:05	7.4 (78.7%)
34	<b>KRUK- POPEK</b> Katarzyna	342		K40-44	6			00:22:09	<b>00:40:31.15</b>	+00:08:41 (21.4%)	8:06	7.4 (78.7%)
35	<b>SAPUŁA</b> Wiktoria	267		K18-29	3			00:23:02	<b>00:40:59.35</b>	+00:09:09 (22.3%)	8:11	7.3 (77.7%)
36	<b>DUDEK</b> Barbara	136		K55-59	5			00:22:32	<b>00:41:05.25</b>	+00:09:15 (22.5%)	8:13	7.3 (77.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
37	<b>ROGOWSKA Marta</b>	<b>259</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	4			00:22:43	<b>00:41:19.15</b>	+00:09:29 (23.0%)	8:15	7.3 (77.7%)
38	<b>GAŁKOWSKA Elżbieta</b>	<b>146</b>	MARSZ PO ZDROWIE	K65-69	1			00:23:21	<b>00:41:35.95</b>	+00:09:46 (23.5%)	8:19	7.2 (76.6%)
39	<b>CZUBASIEWICZ Monika</b>	<b>132</b>	NORDICUS STRZYBNICA	K50-54	5			00:23:23	<b>00:41:57.10</b>	+00:10:07 (24.1%)	8:23	7.2 (76.6%)
40	<b>DYBEŁ Agnieszka</b>	<b>140</b>	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	1			00:23:22	<b>00:41:58.60</b>	+00:10:08 (24.2%)	8:23	7.1 (75.5%)
41	<b>ROSAK Weronika</b>	<b>262</b>	TRENUJENORDICWALKING.PL	K30-39	6			00:23:34	<b>00:42:01.55</b>	+00:10:11 (24.3%)	8:24	7.1 (75.5%)
42	<b>SOMIAK Marta</b>	<b>272</b>	NORDICUS STRZYBNICA	K40-44	7			00:23:37	<b>00:42:03.45</b>	+00:10:13 (24.3%)	8:24	7.1 (75.5%)
43	<b>PIETRZYK Anna</b>	<b>242</b>		K-Niepełnosprawni(A)	2			00:23:24	<b>00:42:06.05</b>	+00:10:16 (24.4%)	8:25	7.1 (75.5%)
44	<b>BARCZYK Jolanta</b>	<b>114</b>	ZABIEGANI CZĘSTOCHOWA	K60-64	6			00:23:21	<b>00:42:06.15</b>	+00:10:16 (24.4%)	8:25	7.1 (75.5%)
45	<b>ŚLUSARCZYK Karolina</b>	<b>290</b>	WESOŁY BORSUK TEAM	K-Jun.	2			00:23:19	<b>00:42:06.60</b>	+00:10:16 (24.4%)	8:25	7.1 (75.5%)
46	<b>CZEMPIK Kornelia</b>	<b>126</b>	MALINOWE GWIAZDY	K55-59	6			00:24:09	<b>00:42:08.55</b>	+00:10:18 (24.5%)	8:25	7.1 (75.5%)
47	<b>OKULSKA Beata</b>	<b>226</b>		K50-54	6			00:23:21	<b>00:42:10.45</b>	+00:10:20 (24.5%)	8:26	7.1 (75.5%)
48	<b>OLSZAŃSKA Jolka</b>	<b>1</b>	FEAR THE RETURN	K45-49	6			00:23:17	<b>00:42:20.80</b>	+00:10:30 (24.8%)	8:28	7.1 (75.5%)
49	<b>PRYZYSTARZ Anna</b>	<b>253</b>	OBORYGENI	K45-49	7			00:24:04	<b>00:42:30.60</b>	+00:10:40 (25.1%)	8:30	7.1 (75.5%)
50	<b>HADACZEK Karolina</b>	<b>162</b>	NORDIC WALKING KIEKRZ POLAND	K50-54	7			00:23:24	<b>00:42:34.30</b>	+00:10:44 (25.2%)	8:30	7 (74.5%)
51	<b>GRYGOROWICZ Teresa</b>	<b>159</b>	KGHM METRACO RUDNA	K65-69	2			00:23:38	<b>00:42:36.50</b>	+00:10:46 (25.3%)	8:31	7 (74.5%)
52	<b>GUTOWSKA Magdalena</b>	<b>160</b>	PAUL TEAM	K45-49	8			00:23:07	<b>00:42:39.55</b>	+00:10:49 (25.4%)	8:31	7 (74.5%)
53	<b>HANUS Joanna</b>	<b>163</b>	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1			00:23:26	<b>00:42:41.70</b>	+00:10:51 (25.4%)	8:32	7 (74.5%)
54	<b>MRULA Ewa</b>	<b>219</b>	EKM LUBUSKIE MORSY	K45-49	9			00:22:53	<b>00:42:43.90</b>	+00:10:53 (25.5%)	8:32	7 (74.5%)
55	<b>WROTECKA Agata</b>	<b>313</b>	NORDIC WALKING KIEKRZ POLAND	K40-44	8			00:23:38	<b>00:42:54.70</b>	+00:11:04 (25.8%)	8:34	7 (74.5%)
56	<b>KOCOŃ Sylwia</b>	<b>182</b>		K40-44	9			00:23:48	<b>00:43:11.30</b>	+00:11:21 (26.3%)	8:38	6.9 (73.4%)
57	<b>CZEREBA Joanna</b>	<b>129</b>		K40-44	10			00:24:20	<b>00:43:29.95</b>	+00:11:40 (26.8%)	8:41	6.9 (73.4%)
58	<b>LUDWICZAK Lena</b>	<b>201</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-Dzieci	4			00:23:27	<b>00:43:34.25</b>	+00:11:44 (26.9%)	8:42	6.9 (73.4%)
59	<b>SZYMAŃSKA KOZIOŁ Monika</b>	<b>285</b>	EKM LUBUSKIE MORSY	K40-44	11			00:24:26	<b>00:44:01.00</b>	+00:12:11 (27.7%)	8:48	6.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
60	<b>WŁODARCZYK Aneta</b>	<b>304</b>		K45-49	10			00:24:25	<b>00:44:05.85</b>	+00:12:15 (27.8%)	8:49	6.8 (72.3%)
61	<b>MIKOŁAJEWICZ Wioletta</b>	<b>216</b>		K45-49	11			00:24:04	<b>00:44:25.35</b>	+00:12:35 (28.3%)	8:53	6.8 (72.3%)
62	<b>PASZKOWSKA Maria</b>	<b>238</b>	KGHM METRACO RUDNA	K40-44	12			00:24:57	<b>00:44:26.35</b>	+00:12:36 (28.4%)	8:53	6.8 (72.3%)
63	<b>HILGNER Katarzyna</b>	<b>165</b>	NORDICUS STRZYBNICA	K50-54	8			00:25:28	<b>00:44:29.20</b>	+00:12:39 (28.4%)	8:53	6.7 (71.3%)
64	<b>STACHERA Ewa</b>	<b>273</b>	OBORYGENI	K45-49	12			00:24:22	<b>00:44:31.75</b>	+00:12:41 (28.5%)	8:54	6.7 (71.3%)
65	<b>KUREK Aleksandra</b>	<b>195</b>	KGHM METRACO RUDNA	K30-39	7			00:24:46	<b>00:44:50.10</b>	+00:13:00 (29.0%)	8:58	6.7 (71.3%)
66	<b>STONCEL Barbara</b>	<b>276</b>	GRUPA BIEGOWA DZIKOWIEC I NORDIC WALKING	K45-49	13			00:25:19	<b>00:44:57.15</b>	+00:13:07 (29.2%)	8:59	6.7 (71.3%)
67	<b>LUBAŃSKA Leokadia</b>	<b>199</b>	SERCE NORDICA WŁOCŁAWEK	K-Niepełnosprawni(A)	3			00:24:48	<b>00:45:04.60</b>	+00:13:14 (29.4%)	9:00	6.7 (71.3%)
68	<b>SZWED Dorota</b>	<b>87</b>		K-Niepełnosprawni(A)	4			00:25:17	<b>00:45:27.55</b>	+00:13:37 (30.0%)	9:05	6.6 (70.2%)
69	<b>WŁODARCZYK Małgorzata</b>	<b>305</b>		K50-54	9			00:25:54	<b>00:45:30.65</b>	+00:13:40 (30.1%)	9:06	6.6 (70.2%)
70	<b>MAŁKA Irena</b>	<b>204</b>		K65-69	3			00:25:25	<b>00:46:12.25</b>	+00:14:22 (31.1%)	9:14	6.5 (69.1%)
71	<b>MATUKIN-PAKUSZYŃSKA Anna</b>	<b>210</b>		K45-49	14			00:26:30	<b>00:46:28.60</b>	+00:14:38 (31.5%)	9:17	6.5 (69.1%)
72	<b>SZAŁAJ Anna</b>	<b>280</b>	KGHM MERTACO RUDNA	K-Niepełnosprawni(B)	2	1		00:25:59	<b>00:46:48.40</b>	+00:14:58 (32.0%)	9:21	6.4 (68.1%)
73	<b>PILARZ Zuzanna</b>	<b>243</b>	NORDICUS STRZYBNICA	K30-39	8			00:25:56	<b>00:47:00.85</b>	+00:15:10 (32.3%)	9:24	6.4 (68.1%)
74	<b>SZYMAŃSKA Lucyna</b>	<b>284</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K70-74	1			00:26:16	<b>00:47:16.50</b>	+00:15:26 (32.7%)	9:27	6.3 (67.0%)
75	<b>ARTYMICZ Maria</b>	<b>113</b>		K65-69	4			00:27:12	<b>00:47:44.55</b>	+00:15:54 (33.3%)	9:32	6.3 (67.0%)
76	<b>PNIEWSKA Grażyna</b>	<b>248</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	10			00:25:47	<b>00:47:52.30</b>	+00:16:02 (33.5%)	9:34	6.3 (67.0%)
77	<b>ADAMIAK Anna</b>	<b>111</b>	NW CZŁAPSKI TEAM	K40-44	13			00:26:37	<b>00:47:53.25</b>	+00:16:03 (33.5%)	9:34	6.3 (67.0%)
78	<b>WIŚNIEWKA Iwona</b>	<b>327</b>		K45-49	15			00:27:23	<b>00:48:04.10</b>	+00:16:14 (33.8%)	9:36	6.2 (66.0%)
79	<b>JASIK Beata</b>	<b>171</b>		K40-44	14			00:28:32	<b>00:48:50.80</b>	+00:17:00 (34.8%)	9:46	6.1 (64.9%)
80	<b>IGRAS Leokadia</b>	<b>167</b>		K55-59	7			00:26:58	<b>00:49:13.70</b>	+00:17:23 (35.3%)	9:50	6.1 (64.9%)
81	<b>ZIELSKA Justyna</b>	<b>320</b>		K30-39	9			00:28:07	<b>00:49:19.60</b>	+00:17:29 (35.5%)	9:51	6.1 (64.9%)
82	<b>BREGUŁA Ewa</b>	<b>116</b>	NORDICUS STRZYBNICA	K50-54	11			00:26:52	<b>00:49:30.25</b>	+00:17:40 (35.7%)	9:54	6.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
83	<b>PILARZ Dominika</b>	<b>245</b>	NORDICUS STRZYBNICA	K-Dzieci	5			00:26:39	<b>00:49:36.00</b>	+00:17:46 (35.8%)	9:55	6 (63.8%)
84	<b>WOŹNY Aleksandra</b>	<b>308</b>		K45-49	16			00:28:49	<b>00:50:04.85</b>	+00:18:14 (36.4%)	10:00	6 (63.8%)
85	<b>GOSPODARCZYK Natalia</b>	<b>152</b>	AZS ŚUM KATOWICE	K18-29	4			00:27:22	<b>00:50:07.00</b>	+00:18:17 (36.5%)	10:01	6 (63.8%)
86	<b>MANSFELD Dorota</b>	<b>205</b>	NORDICUS STRZYBNICA	K45-49	17			00:27:31	<b>00:50:07.80</b>	+00:18:17 (36.5%)	10:01	6 (63.8%)
87	<b>TORENC Małgorzata</b>	<b>291</b>	EKM LUBUSKIE MORSY	K-Niepełnosprawni(A)	5			00:28:23	<b>00:50:19.45</b>	+00:18:29 (36.7%)	10:03	6 (63.8%)
88	<b>ŚLUSARCZYK Danuta</b>	<b>289</b>	WESOŁY BORSUK TEAM	K65-69	5			00:28:12	<b>00:50:26.15</b>	+00:18:36 (36.9%)	10:05	5.9 (62.8%)
89	<b>PISARSKA Barbara</b>	<b>247</b>	NORDICUS STRZYBNICA	K50-54	12			00:28:54	<b>00:50:41.15</b>	+00:18:51 (37.2%)	10:08	5.9 (62.8%)
90	<b>KOCZUR Dorota</b>	<b>183</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	6			00:29:07	<b>00:51:34.90</b>	+00:19:44 (38.3%)	10:18	5.8 (61.7%)
91	<b>MĘDRAK Alicja</b>	<b>212</b>		K60-64	7			00:29:35	<b>00:51:39.90</b>	+00:19:49 (38.4%)	10:19	5.8 (61.7%)
92	<b>KASIŃSKA-MACHAJEK Krystyna</b>	<b>176</b>	STOWARZYSZENIE TRANSPLANTACJI SERCA	K60-64	8			00:28:13	<b>00:51:42.50</b>	+00:19:52 (38.4%)	10:20	5.8 (61.7%)
93	<b>PROSZOWSKA Aleksandra</b>	<b>252</b>	NORDICUS STRZYBNICA	K40-44	15			00:30:11	<b>00:51:57.90</b>	+00:20:07 (38.7%)	10:23	5.8 (61.7%)
94	<b>ZYGMUNT Sylwana</b>	<b>323</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	13			00:28:10	<b>00:52:00.00</b>	+00:20:10 (38.8%)	10:24	5.8 (61.7%)
95	<b>KOZAK Teresa</b>	<b>187</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K60-64	9			00:28:34	<b>00:52:28.15</b>	+00:20:38 (39.3%)	10:29	5.7 (60.6%)
96	<b>SZYBUT Roma</b>	<b>282</b>	POTĘGA NORDICA	K30-39	10			00:29:55	<b>00:53:25.05</b>	+00:21:35 (40.4%)	10:41	5.6 (59.6%)
97	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>235</b>		K70-74	2			00:29:39	<b>00:53:48.05</b>	+00:21:58 (40.8%)	10:45	5.6 (59.6%)
98	<b>SMOCZYŃSKA OGŁUDEK Katarzyna</b>	<b>270</b>		K-Niepełnosprawni(A)	6			00:28:57	<b>00:53:51.20</b>	+00:22:01 (40.9%)	10:46	5.6 (59.6%)
99	<b>OWCZAREK Henryka</b>	<b>230</b>	MARSZ PO ZDROWIE	K75-79	1			00:31:01	<b>00:54:21.60</b>	+00:22:31 (41.4%)	10:52	5.5 (58.5%)
100	<b>MAZURKIEWICZ Krystyna</b>	<b>211</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K65-69	7			00:31:48	<b>00:54:48.35</b>	+00:22:58 (41.9%)	10:57	5.5 (58.5%)
101	<b>DURDA Józefa</b>	<b>138</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K55-59	8			00:30:51	<b>00:54:51.45</b>	+00:23:01 (42.0%)	10:58	5.5 (58.5%)
102	<b>KOŁODZIEJ Halina</b>	<b>184</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K70-74	3			00:31:31	<b>00:55:03.35</b>	+00:23:13 (42.2%)	11:00	5.4 (57.4%)
103	<b>NOWAK Zofia</b>	<b>224</b>		K60-64	10			00:29:32	<b>00:55:16.70</b>	+00:23:26 (42.4%)	11:03	5.4 (57.4%)
104	<b>JAGODZIŃSKA Bożena</b>	<b>169</b>		K60-64	11			00:31:27	<b>00:55:29.05</b>	+00:23:39 (42.6%)	11:05	5.4 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
105	<b>CZAPLIŃSKA-HOWIS Ewa</b>	<b>125</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECNICTWA WROCŁAW	K50-54	14			00:31:33	<b>00:56:15.45</b>	+00:24:25 (43.4%)	11:15	5.3 (56.4%)
106	<b>RYDZEWSKA Beata</b>	<b>265</b>		K45-49	18			00:31:30	<b>00:57:13.55</b>	+00:25:23 (44.4%)	11:26	5.2 (55.3%)
107	<b>BARABACH Danuta</b>	<b>2</b>		K65-69	8			00:33:48	<b>00:58:16.50</b>	+00:26:26 (45.4%)	11:39	5.1 (54.3%)
108	<b>WÓJCIK Irena</b>	<b>310</b>	UTW OLEŚNICA	K75-79	2			00:34:34	<b>00:58:36.90</b>	+00:26:46 (45.7%)	11:43	5.1 (54.3%)
109	<b>GÓRSKA Małgorzata</b>	<b>154</b>	UTW OLEŚNICA	K65-69	9			00:34:04	<b>00:59:01.00</b>	+00:27:11 (46.1%)	11:48	5.1 (54.3%)
110	<b>JAKIMIUK Marzena</b>	<b>170</b>		K60-64	12			00:34:15	<b>00:59:01.10</b>	+00:27:11 (46.1%)	11:48	5.1 (54.3%)
111	<b>ŁUSZCZKI Karolina</b>	<b>348</b>		K30-39	11				<b>01:24:05.10</b>	+00:52:15 (62.1%)	16:49	3.6 (38.3%)
112	<b>WIWNICKA Agata</b>	<b>349</b>		K30-39	12				<b>01:24:05.35</b>	+00:52:15 (62.1%)	16:49	3.6 (38.3%)
113	<b>PANTERAŁKA Urszula</b>	<b>345</b>		K45-49	19				<b>01:24:06.40</b>	+00:52:16 (62.2%)	16:49	3.6 (38.3%)
114	<b>WITAS Halina</b>	<b>347</b>		K70-74	4				<b>01:24:07.30</b>	+00:52:17 (62.2%)	16:49	3.6 (38.3%)

Znaleziono 114 wynik(ów)