



OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NW - 10 KM

B4SPORT

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



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Laps_5km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KOŁODZIEJ Joanna	38	MALINOWE GWIAZDY	K50-59	1	1		00:18:29	00:34:31	00:53:14	01:09:01.25		6:54	8.7 (100%)
2	ZACZYŃSKA-SKIBA Anna	98	MSPORT	K40-49	1			00:18:32	00:34:00	00:53:27	01:09:04.65	+00:00:03 (0.1%)	6:54	8.7 (100%)
3	SIEMIENSKA Marta	77		K30-39	1			00:18:50	00:34:46	00:54:49	01:11:12.20	+00:02:10 (3.1%)	7:07	8.4 (96.6%)
4	KRAWĘTEK Agnieszka	332	NW PL BEŁCHATÓW	K40-49	2			00:19:40	00:35:56	00:56:28	01:12:15.55	+00:03:14 (4.5%)	7:13	8.3 (95.4%)
5	JĘDRASIAK Renata	30	KGHM METRACO RUDNA	K50-59	2			00:19:42	00:35:38	00:56:25	01:13:06.85	+00:04:05 (5.6%)	7:18	8.2 (94.3%)
6	LUDWICZAK Andżelika	45	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3			00:19:52	00:35:44	00:57:32	01:13:56.10	+00:04:54 (6.6%)	7:23	8.1 (93.1%)
7	KUŁAKOWSKA Halina	43	KATOWICKI NORDIC WALKING	K40-49	4	2		00:20:01	00:36:37	00:57:44	01:14:40.55	+00:05:39 (7.6%)	7:28	8 (92.0%)
8	SZEGŁOWSKA Justyna	86	MOCNA GRUPA CEZARA/CAŁA OLEŚNICA BIEGA	K30-39	2	2		00:19:52	00:37:25	00:59:00	01:17:02.85	+00:08:01 (10.4%)	7:42	7.8 (89.7%)
9	CHYZANOWSKA Daria	9	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K30-39	3			00:20:51	00:38:06	01:00:01	01:17:09.80	+00:08:08 (10.6%)	7:42	7.8 (89.7%)
10	FRANCZAK Małgorzata	21	NW CZŁAPSKI TEAM	K18-29	1			00:21:26	00:38:52	01:00:23	01:17:10.80	+00:08:09 (10.6%)	7:43	7.8 (89.7%)
11	STANKOWSKA Justyna	82	KIJKOWE TRZEMESZNO	K40-49	5			00:20:25	00:38:09	00:59:43	01:17:42.10	+00:08:40 (11.2%)	7:46	7.7 (88.5%)
12	WÓJCIK Barbara	97	NWPL/LUKITEAM	K60-69	1			00:21:30	00:38:48	01:00:51	01:18:03.40	+00:09:02 (11.6%)	7:48	7.7 (88.5%)
13	JUZOF Iwona	33	IWONA JUZOF INSTRUKTOR NORDIC WALKING	K40-49	6			00:20:53	00:38:30	01:00:22	01:18:03.90	+00:09:02 (11.6%)	7:48	7.7 (88.5%)
14	CZAJKA Urszula	12		K60-69	2			00:20:44	00:38:09	01:00:37	01:18:24.00	+00:09:22 (12.0%)	7:50	7.7 (88.5%)

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15	DYLEWICZ Weronika	20	EKSTREMUM	K18-29	2	1		00:20:51	00:38:14	01:00:34	01:18:34.45	+00:09:33 (12.2%)	7:51	7.6 (87.4%)
16	MIŚKOWICZ Anna	52	NESSI TIME BIAŁA	K60-69	3	1		00:21:52	00:39:42	01:02:42	01:20:52.25	+00:11:51 (14.7%)	8:05	7.4 (85.1%)
17	WITALEC Anna	95		K30-39	4	1		00:20:56	00:39:17	01:01:58	01:21:27.80	+00:12:26 (15.3%)	8:08	7.4 (85.1%)
18	JARUGA Beata	29		K40-49	7			00:21:47	00:39:20	01:03:14	01:21:28.75	+00:12:27 (15.3%)	8:08	7.4 (85.1%)
19	KURZEJA Marlena	105		K50-59	3			00:21:49	00:40:03	01:02:53	01:22:46.65	+00:13:45 (16.6%)	8:16	7.2 (82.8%)
20	PUZICHOWSKA Małgorzata	72	STOWARZYSZENIE NORDIC WALKING NORDIKI	K50-59	4			00:23:11	00:41:18	01:04:54	01:23:35.60	+00:14:34 (17.4%)	8:21	7.2 (82.8%)
21	KURZAWSKA Jolanta	44	KGHM METRACO RUDNA	K70+	1			00:22:23	00:41:01	01:05:10	01:23:36.55	+00:14:35 (17.4%)	8:21	7.2 (82.8%)
22	WNEK Ewa	96	RNB POLANICA ZDRÓJ	K60-69	4			00:22:39	00:41:04	01:04:46	01:23:41.30	+00:14:40 (17.5%)	8:22	7.2 (82.8%)
23	POSTEK Danuta	69	MARSZ PO ZDROWIE	K50-59	5			00:22:28	00:41:53	01:05:35	01:24:53.95	+00:15:52 (18.7%)	8:29	7.1 (81.6%)
24	GENDERA Ewa	109	DRUŻYNA OD SERCA	K40-49	8			00:23:20	00:42:01	01:07:06	01:25:46.75	+00:16:45 (19.5%)	8:34	7 (80.5%)
25	CZERWINSKA Anna	14	NW CZŁAPSKI TEAM	K60-69	5			00:23:18	00:42:08	01:07:15	01:26:14.05	+00:17:12 (20.0%)	8:37	7 (80.5%)
26	PIETRUSZYŃSKA Dorota	62		K50-59	6			00:23:56	00:42:56	01:08:14	01:26:47.50	+00:17:46 (20.5%)	8:40	6.9 (79.3%)
27	POHL Anna	66	NESSI TIME BIAŁA	K50-59	7			00:23:58	00:43:19	01:07:55	01:26:49.25	+00:17:48 (20.5%)	8:40	6.9 (79.3%)
28	JANKOWSKA Anna	28		K40-49	9			00:23:29	00:42:50	01:07:57	01:27:54.00	+00:18:52 (21.5%)	8:47	6.8 (78.2%)
29	TUCHULSKA Ewa	333		K30-39	5			00:23:08	00:42:00	01:07:41	01:27:55.55	+00:18:54 (21.5%)	8:47	6.8 (78.2%)
30	FRANCZAK Anna	23	NW CZŁAPSKI TEAM	K50-59	8			00:24:14	00:43:35	01:08:56	01:27:58.75	+00:18:57 (21.5%)	8:47	6.8 (78.2%)
31	MORAWIEC Marzena	53	NORDICUS STRZYBNICA	K40-49	10			00:24:07	00:44:22	01:09:03	01:28:58.50	+00:19:57 (22.4%)	8:53	6.7 (77.0%)
32	ZAWADZKA Maria	99	KGHM METRACO RUDNA	K70+	2			00:24:16	00:45:04	01:09:37	01:29:56.25	+00:20:55 (23.3%)	8:59	6.7 (77.0%)
33	GENDERA Ewa-Evita	108	DRUŻYNA OD SERCA	K50-59	9			00:24:00	00:44:26	01:09:45	01:29:59.20	+00:20:57 (23.3%)	8:59	6.7 (77.0%)
34	NOGALSKA Halina	223	NORDICUS STRZYBNICA	K60-69	6			00:25:14	00:45:06	01:10:15	01:30:50.25	+00:21:49 (24.0%)	9:05	6.6 (75.9%)
35	STANKOWSKA Marzena	83	KIJKOWE TRZEMESZNO	K40-49	11			00:25:15	00:44:48	01:13:08	01:32:02.55	+00:23:01 (25.0%)	9:12	6.5 (74.7%)
36	JANOWSKA Emilia	110	TEATR ZDROJOWY	K30-39	6			00:25:06	00:45:23	01:12:15	01:32:27.65	+00:23:26 (25.4%)	9:14	6.5 (74.7%)
37	CHOLEWKA Jolanta	8	MARSZ PO ZDROWIE POZNAŃ	K60-69	7			00:24:57	00:45:11	01:12:13	01:32:47.30	+00:23:46 (25.6%)	9:16	6.5 (74.7%)

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38	MAŁGORZATA Bzdyra	104	DZIKI OSIOŁ	K40-49	12			00:24:48	00:45:09	01:12:13	01:33:01.75	+00:24:00 (25.8%)	9:18	6.5 (74.7%)
39	PIÓRKOWSKA Elwira	64		K40-49	13			00:25:10	00:45:40	01:12:51	01:33:33.00	+00:24:31 (26.2%)	9:21	6.4 (73.6%)
40	NIEPOROWSKA Beata	56		K50-59	10			00:24:25	00:45:53	01:12:17	01:33:51.55	+00:24:50 (26.5%)	9:23	6.4 (73.6%)
41	DOBROWOLSKA Bożena	17	SPORTOWI EMERYCI JELENIA GÓRA	K60-69	8			00:26:04	00:48:04	01:15:04	01:37:22.60	+00:28:21 (29.1%)	9:44	6.2 (71.3%)
42	NOWICKA Ewa	58		K50-59	11	1		00:29:07	00:53:02	01:29:48	01:52:06.25	+00:43:05 (38.4%)	11:12	5.4 (62.1%)

Znaleziono 42 wynik(ów)