

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 5 KM - KOBIETY

B4SPORT  
INTELEGENCNE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2020  
**Organizator:** Polanica Zdrój  
**Data:** 2020-07-11  
**Miejsce:** Polanica Zdrój  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WILUSZ Erwina</b>	<b>342</b>	PTG SOKÓŁ RYMANÓW	K30-39	1			<b>00:34:33.05</b>		6:54	8.7 (100%)
2	<b>NACZK Wiktoria</b>	<b>277</b>	POLIPACK TEAM GWE	K18-29	1			<b>00:36:17.75</b>	+00:01:44 (4.8%)	7:15	8.3 (95.4%)
3	<b>SPYCHAŁA Marzena</b>	<b>316</b>	CKZIU MECHANIK NYSA	K50-54	1			<b>00:36:19.15</b>	+00:01:46 (4.9%)	7:16	8.3 (95.4%)
4	<b>MAŚLANKA Iwona</b>	<b>265</b>	MARSZ PO ZDROWIE	K45-49	1			<b>00:36:42.35</b>	+00:02:09 (5.9%)	7:20	8.2 (94.3%)
5	<b>PUSZKARSKA Małgorzata</b>	<b>296</b>	GOSADI NORDIC TEAM	K45-49	2			<b>00:36:55.15</b>	+00:02:22 (6.4%)	7:23	8.1 (93.1%)
6	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>287</b>		K40-44	1			<b>00:37:23.80</b>	+00:02:50 (7.6%)	7:28	8 (92.0%)
7	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>283</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2			<b>00:37:29.95</b>	+00:02:56 (7.9%)	7:30	8 (92.0%)
8	<b>KOWACZ Agata</b>	<b>238</b>	PREDATORS WAŁBRZYCH	K30-39	2			<b>00:37:55.30</b>	+00:03:22 (8.9%)	7:35	7.9 (90.8%)
9	<b>GODZIŃSKA Dorota</b>	<b>204</b>	BAŻANT NW ELBLĄG	K40-44	2			<b>00:38:08.00</b>	+00:03:34 (9.4%)	7:37	7.9 (90.8%)
10	<b>KOZAK Renata</b>	<b>241</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	3			<b>00:39:51.35</b>	+00:05:18 (13.3%)	7:58	7.5 (86.2%)
11	<b>WOLNIEWICZ Katarzyna</b>	<b>348</b>	PPPP.COM.PL	K50-54	3			<b>00:40:10.45</b>	+00:05:37 (14.0%)	8:02	7.5 (86.2%)
12	<b>DAROSZEWSKA Krystyna</b>	<b>190</b>	SERCE NORDICA WŁOCŁAWEK	K60-64	1			<b>00:40:14.00</b>	+00:05:40 (14.1%)	8:02	7.5 (86.2%)
13	<b>WAWRZYŃIAK Anna</b>	<b>338</b>	POLIPACK TEAM GWE	K45-49	4			<b>00:40:16.45</b>	+00:05:43 (14.2%)	8:03	7.4 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
14	<b>PONKA Barbara</b>	<b>293</b>	POLIPACK TEAM GWE	K45-49	5			<b>00:40:17.75</b>	+00:05:44 (14.3%)	8:03	7.4 (85.1%)
15	<b>JÓŹWIAK Marianna</b>	<b>227</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	6			<b>00:40:18.90</b>	+00:05:45 (14.3%)	8:03	7.4 (85.1%)
16	<b>KUŹMICZ Magdalena</b>	<b>250</b>	POLIPACK TEAM GWE	K30-39	3			<b>00:40:19.40</b>	+00:05:46 (14.3%)	8:03	7.4 (85.1%)
17	<b>FRANCZAK Małgorzata</b>	<b>198</b>	NW CZŁAPSKI TEAM	K18-29	2			<b>00:40:29.40</b>	+00:05:56 (14.7%)	8:05	7.4 (85.1%)
18	<b>LIBARDI-KŁYŚ Sylwia</b>	<b>256</b>	STADION ŚLĄSKI	K60-64	2			<b>00:40:31.35</b>	+00:05:58 (14.7%)	8:06	7.4 (85.1%)
19	<b>WILD Ewa</b>	<b>340</b>		K45-49	7			<b>00:40:41.30</b>	+00:06:08 (15.1%)	8:08	7.4 (85.1%)
20	<b>KWIDZIŃSKA Emilia</b>	<b>252</b>	POLIPACK TEAM GWE	K18-29	3			<b>00:40:47.10</b>	+00:06:14 (15.3%)	8:09	7.4 (85.1%)
21	<b>GRABOWSKA Bożena</b>	<b>212</b>	LKS ZANTYR SZTUM	K45-49	8			<b>00:41:01.35</b>	+00:06:28 (15.8%)	8:12	7.3 (83.9%)
22	<b>ZBYRYT Halina</b>	<b>360</b>	AKTYWNA NOWA RUDA	K45-49	9			<b>00:41:01.50</b>	+00:06:28 (15.8%)	8:12	7.3 (83.9%)
23	<b>WARCZALSKA Teresa</b>	<b>336</b>	KLUB WYSOKOGÓRSKI KATOWICE	K65-69	1			<b>00:41:13.55</b>	+00:06:40 (16.2%)	8:14	7.3 (83.9%)
24	<b>JAWORSKA Daria</b>	<b>223</b>	WESOŁY BORSUK TEAM	K-Jun.	1			<b>00:41:43.75</b>	+00:07:10 (17.2%)	8:20	7.2 (82.8%)
25	<b>WITUCKA Karolina</b>	<b>344</b>		K-Dzieci	1			<b>00:41:54.60</b>	+00:07:21 (17.6%)	8:23	7.2 (82.8%)
26	<b>SYPEK Małgorzata</b>	<b>322</b>		K45-49	10			<b>00:41:57.20</b>	+00:07:24 (17.6%)	8:23	7.2 (82.8%)
27	<b>SZENDZIELORZ Ilona</b>	<b>326</b>	MALINOWE GWIAZDY	K60-64	3			<b>00:41:59.60</b>	+00:07:26 (17.7%)	8:24	7.1 (81.6%)
28	<b>NIEDŹWIECKA Małgorzata</b>	<b>278</b>	NORDIC TEAM CZĘSTOCHOWA	K60-64	4			<b>00:42:00.60</b>	+00:07:27 (17.8%)	8:24	7.1 (81.6%)
29	<b>KOWALCZYK Joanna</b>	<b>239</b>	LUX TORPEDA MAŁOPOLSKA	K45-49	11			<b>00:42:14.95</b>	+00:07:41 (18.2%)	8:26	7.1 (81.6%)
30	<b>KOLARSKA Nadia</b>	<b>236</b>	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	2			<b>00:42:23.95</b>	+00:07:50 (18.5%)	8:28	7.1 (81.6%)
31	<b>BARCZYK Jolanta</b>	<b>173</b>	NORDIC TEAM CZĘSTOCHOWA	K60-64	5			<b>00:42:26.75</b>	+00:07:53 (18.6%)	8:29	7.1 (81.6%)
32	<b>ŚLUSARCZYK Karolina</b>	<b>328</b>	WESOŁY BORSUK TEAM	K-Jun.	2			<b>00:42:30.50</b>	+00:07:57 (18.7%)	8:30	7.1 (81.6%)
33	<b>RECZULSKI Katarzyna</b>	<b>301</b>	SMS EFEKT CZĘSTOCHOWA	K50-54	4			<b>00:42:40.20</b>	+00:08:07 (19.0%)	8:32	7 (80.5%)
34	<b>NIETRZEBKA Aleksandra</b>	<b>280</b>		K18-29	4			<b>00:42:42.10</b>	+00:08:09 (19.1%)	8:32	7 (80.5%)
35	<b>KIRSZ Mariola</b>	<b>233</b>	NORDICUS STRZYBNICA	K40-44	3			<b>00:42:44.30</b>	+00:08:11 (19.2%)	8:32	7 (80.5%)
36	<b>LACHNIK Patrycja</b>	<b>255</b>		K-Jun.	3			<b>00:43:00.05</b>	+00:08:27 (19.7%)	8:36	7 (80.5%)

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								netto 5km	Różn		
37	<b>KUCZYŃSKA Anna</b>	<b>244</b>	NORDIC WALKING KIEKRZ POLAND	K55-59	1			<b>00:43:19.40</b>	+00:08:46 (20.2%)	8:40	6.9 (79.3%)
38	<b>WSZOŁEK Ewa</b>	<b>356</b>	AZS ŚUM KATOWICE	K18-29	5			<b>00:43:25.50</b>	+00:08:52 (20.4%)	8:41	6.9 (79.3%)
39	<b>WOROCH Jolanta</b>	<b>350</b>	KS METRACO POLKOWICE	K50-54	5			<b>00:43:34.05</b>	+00:09:01 (20.7%)	8:42	6.9 (79.3%)
40	<b>KUBAT Monika</b>	<b>243</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	12			<b>00:43:56.65</b>	+00:09:23 (21.4%)	8:47	6.8 (78.2%)
41	<b>WNEK Ewa</b>	<b>369</b>		K60-64	6			<b>00:44:01.35</b>	+00:09:28 (21.5%)	8:48	6.8 (78.2%)
42	<b>HANUS Joanna</b>	<b>218</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	1			<b>00:44:03.90</b>	+00:09:30 (21.6%)	8:48	6.8 (78.2%)
43	<b>LIPIŃSKA-BEDNARZ Anna</b>	<b>365</b>		K30-39	4			<b>00:44:04.60</b>	+00:09:31 (21.6%)	8:49	6.8 (78.2%)
44	<b>PRZYSTARZ Anna</b>	<b>295</b>	OBORYGENI	K45-49	13			<b>00:44:27.70</b>	+00:09:54 (22.3%)	8:53	6.7 (77.0%)
45	<b>GOSPODARCZYK Alicja</b>	<b>207</b>	AZS KATOWICE	K18-29	6			<b>00:44:38.30</b>	+00:10:05 (22.6%)	8:55	6.7 (77.0%)
46	<b>SZAŁAJ Anna</b>	<b>323</b>	KS METRACO POLKOWICE	K- Niepełnosprawni(B)	2			<b>00:44:41.30</b>	+00:10:08 (22.7%)	8:56	6.7 (77.0%)
47	<b>GŁÓWKA Izabela</b>	<b>203</b>	OBORYGENI	K-Jun.	4			<b>00:44:47.25</b>	+00:10:14 (22.9%)	8:57	6.7 (77.0%)
48	<b>MIKUSIŃSKA Jolanta</b>	<b>271</b>	FEAR THE RETURN	K45-49	14			<b>00:44:49.25</b>	+00:10:16 (22.9%)	8:57	6.7 (77.0%)
49	<b>LACHNIK Grażyna</b>	<b>253</b>		K50-54	6			<b>00:45:33.35</b>	+00:11:00 (24.2%)	9:06	6.6 (75.9%)
50	<b>GOLENIA Irmgarda</b>	<b>206</b>	DOBRA-GRUPA NORDIC WALKING	K60-64	7			<b>00:46:23.50</b>	+00:11:50 (25.5%)	9:16	6.5 (74.7%)
51	<b>RUTZ Justyna</b>	<b>307</b>	POLIPACK TEAM GWE	K40-44	4			<b>00:46:25.05</b>	+00:11:52 (25.6%)	9:17	6.5 (74.7%)
52	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>351</b>	KS METRACO POLKOWICE	K70-74	1			<b>00:46:29.55</b>	+00:11:56 (25.7%)	9:18	6.5 (74.7%)
53	<b>STONCEL Barbara</b>	<b>320</b>	GRUPA BIEGOWA DZIKOWIEC	K45-49	15			<b>00:46:34.80</b>	+00:12:01 (25.8%)	9:19	6.4 (73.6%)
54	<b>STOLARSKA Magdalena</b>	<b>319</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	7			<b>00:47:32.45</b>	+00:12:59 (27.3%)	9:30	6.3 (72.4%)
55	<b>CZAJA Dorota</b>	<b>186</b>	OBORYGENI	K30-39	5			<b>00:47:46.60</b>	+00:13:13 (27.7%)	9:33	6.3 (72.4%)
56	<b>SOCHACKA Joanna</b>	<b>312</b>	ACTEAMWROCLAW	K45-49	16			<b>00:47:52.85</b>	+00:13:19 (27.8%)	9:34	6.3 (72.4%)
57	<b>LUBAŃSKA Leokadia</b>	<b>260</b>	SERCE NORDICA WŁOCŁAWEK	K55-59	2			<b>00:48:02.10</b>	+00:13:29 (28.1%)	9:36	6.2 (71.3%)
58	<b>GOSPODARCZYK Natalia</b>	<b>208</b>	AZS KATOWICE	K18-29	7			<b>00:48:08.85</b>	+00:13:35 (28.2%)	9:37	6.2 (71.3%)
59	<b>FRANCZAK Anna</b>	<b>199</b>	NW CZŁAPSKI TEAM	K50-54	8			<b>00:48:33.15</b>	+00:14:00 (28.8%)	9:42	6.2 (71.3%)

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60	<b>DOBROWOLSKA Bożena</b>	<b>192</b>	SPORTOWI EMERYCI	K65-69	2			<b>00:48:46.10</b>	+00:14:13 (29.2%)	9:45	6.2 (71.3%)
61	<b>GŁÓWKA Kinga</b>	<b>202</b>	OBORYGENI	K45-49	17			<b>00:49:01.05</b>	+00:14:28 (29.5%)	9:48	6.1 (70.1%)
62	<b>ARTYMICZ Maria</b>	<b>172</b>		K60-64	8			<b>00:49:01.60</b>	+00:14:28 (29.5%)	9:48	6.1 (70.1%)
63	<b>MORAWIEC-MROCHEN Marzena</b>	<b>274</b>	NORDICUS STRZYBNICA	K45-49	18			<b>00:49:07.75</b>	+00:14:34 (29.7%)	9:49	6.1 (70.1%)
64	<b>MORMAN Renata</b>	<b>275</b>		K40-44	5			<b>00:49:13.30</b>	+00:14:40 (29.8%)	9:50	6.1 (70.1%)
65	<b>ŚWIĄTKOWSKA Adrianna</b>	<b>329</b>		K18-29	8			<b>00:49:34.10</b>	+00:15:01 (30.3%)	9:54	6.1 (70.1%)
66	<b>ZAJĄC Beata</b>	<b>358</b>	FEAR THE RETURN	K18-29	9			<b>00:49:58.30</b>	+00:15:25 (30.9%)	9:59	6 (69.0%)
67	<b>SOCAŁA Wiktoria</b>	<b>311</b>		K18-29	10			<b>00:50:06.00</b>	+00:15:32 (31.0%)	10:01	6 (69.0%)
68	<b>BOZNAŃSKA Ewa</b>	<b>180</b>		K45-49	19			<b>00:50:19.10</b>	+00:15:46 (31.3%)	10:03	6 (69.0%)
69	<b>PALIAN Ewa</b>	<b>285</b>	KLUB SENIORA POLANICA ZDRÓJ	K70-74	2			<b>00:51:00.45</b>	+00:16:27 (32.3%)	10:12	5.9 (67.8%)
70	<b>MĘDRAK Alicja</b>	<b>267</b>		K60-64	9			<b>00:51:24.80</b>	+00:16:51 (32.8%)	10:17	5.8 (66.7%)
71	<b>PISARSKA Barbara</b>	<b>290</b>	NORDICUS STRZYBNICA	K50-54	9			<b>00:51:34.05</b>	+00:17:01 (33.0%)	10:19	5.8 (66.7%)
72	<b>ŚLUSARCZYK Danuta</b>	<b>327</b>	WESOŁY BORSUK TEAM	K65-69	3			<b>00:51:57.85</b>	+00:17:24 (33.5%)	10:23	5.8 (66.7%)
73	<b>PNIEWSKA Grażyna</b>	<b>291</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K45-49	20			<b>00:52:38.40</b>	+00:18:05 (34.4%)	10:31	5.7 (65.5%)
74	<b>JANICKA Anna</b>	<b>221</b>	KLUB SENIORA POLANICA ZDRÓJ	K75+	1			<b>00:54:05.30</b>	+00:19:32 (36.1%)	10:49	5.5 (63.2%)
75	<b>KUNICKA Renata</b>	<b>246</b>	NORDIC TEAM CZĘSTOCHOWA	K45-49	21			<b>00:54:24.00</b>	+00:19:50 (36.5%)	10:52	5.5 (63.2%)
76	<b>MISIASZEK Aleksandra</b>	<b>273</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K55-59	3			<b>00:55:44.90</b>	+00:21:11 (38.0%)	11:09	5.4 (62.1%)
77	<b>WÓJCIK Irena</b>	<b>353</b>	UTW OLEŚNICA	K70-74	3			<b>00:56:02.10</b>	+00:21:29 (38.3%)	11:12	5.4 (62.1%)
78	<b>MIKUSIŃSKA Maria</b>	<b>272</b>	FEAR THE RETURN	K-Dzieci	3			<b>00:56:07.95</b>	+00:21:34 (38.4%)	11:13	5.3 (60.9%)
79	<b>ZYGMUNT Sylwana</b>	<b>364</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K40-44	6			<b>00:56:24.60</b>	+00:21:51 (38.8%)	11:17	5.3 (60.9%)
80	<b>JURECZKO-GRZEBIELA Ewa</b>	<b>228</b>	NORDICUS STRZYBNICA	K45-49	22			<b>00:56:27.05</b>	+00:21:54 (38.8%)	11:17	5.3 (60.9%)
81	<b>TRYNDUCH Anna</b>	<b>335</b>	MALINOWE GWIAZDY	K45-49	23			<b>00:56:53.40</b>	+00:22:20 (39.3%)	11:22	5.3 (60.9%)
82	<b>KOSMAŁA-JASKÓLSKA Joanna</b>	<b>237</b>	NORDICUS STRZYBNICA	K45-49	24			<b>00:57:13.35</b>	+00:22:40 (39.6%)	11:26	5.2 (59.8%)

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83	<b>JAGODZIŃSKA Bożena</b>	<b>220</b>		K60-64	10			<b>00:57:35.35</b>	+00:23:02 (40.0%)	11:31	5.2 (59.8%)
84	<b>BIAŁCZAK Emilia</b>	<b>178</b>	TRÓJGARB STARE BOGACZOWICE	K18-29	11			<b>00:57:41.60</b>	+00:23:08 (40.1%)	11:32	5.2 (59.8%)
85	<b>BIAŁCZAK Marta</b>	<b>176</b>		K50-54	10			<b>00:57:45.35</b>	+00:23:12 (40.2%)	11:33	5.2 (59.8%)
86	<b>GÓRSKA Małgorzata</b>	<b>210</b>	UTW OLEŚNICA	K65-69	4			<b>00:57:48.10</b>	+00:23:15 (40.2%)	11:33	5.2 (59.8%)
87	<b>WÓJCIK Barbara</b>	<b>352</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K50-54	11			<b>00:59:10.25</b>	+00:24:37 (41.6%)	11:50	5.1 (58.6%)
88	<b>DURDA Józefa</b>	<b>195</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA WROCŁAW	K55-59	4			<b>01:05:02.75</b>	+00:30:29 (46.9%)	13:00	4.6 (52.9%)

Znaleziono 88 wynik(ów)