



POLISH NORDIC WALKING CUP - KOSZALIN - 5KM - 10/1

B4SPORT

Wydarzenie: Polish Nordic Walking Cup 10/1
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2022-04-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. Mkat	Czer. kartki	Laps_2,5km 2.3km	Czas netto 4.6km	Różn	Tempo min/km	Tempo km/h
1	WILUSZ Erwina	217	VINGBERG POLSKA- PTG' SOKÓŁ' RYMANÓW	K30-39	1		00:14:04	00:28:43.35		6:14	9.6 (100%)
2	BIELECKA Zuzanna	99	NW CZŁAPSKI TEAM	K40-44	1		00:15:16	00:30:34.90	+00:01:51 (6.1%)	6:38	9 (93.8%)
3	WOJTCZAK Urszula	91	CZAPELKI	K40-44	2		00:15:31	00:31:10.85	+00:02:27 (7.9%)	6:46	8.9 (92.7%)
4	MAŚLANKA Iwona	90	MARSZ PO ZDROWIE	K50-54	1		00:15:33	00:31:30.45	+00:02:47 (8.8%)	6:50	8.8 (91.7%)
5	OKRZESIK- FRĄCKOWIAK Izabela	88	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	2		00:15:35	00:31:31.60	+00:02:48 (8.9%)	6:51	8.8 (91.7%)
6	KARPIENIA Ewa	131	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-54	3		00:15:46	00:31:39.75	+00:02:56 (9.3%)	6:52	8.7 (90.6%)
7	SZPILMAN Katarzyna	199	ESJA TEAM	K50-54	4	1	00:15:41	00:31:52.10	+00:03:08 (9.9%)	6:55	8.7 (90.6%)
8	PINIS Agnieszka	175	NORDIC TEAM CZĘSTOCHOWA	K45-49	1		00:15:57	00:32:15.00	+00:03:31 (10.9%)	7:00	8.6 (89.6%)
9	KOSMAŁA Aneta	138	NORDIC SPORT 2021	K40-44	3		00:16:02	00:32:44.70	+00:04:01 (12.3%)	7:06	8.4 (87.5%)
10	PASIŃSKA- SKOWRON Sylwia	230	PRUSZYŃSKI SPORT TEAM - MASZYCANKA MASZYCE	K45-49	2		00:15:56	00:32:52.55	+00:04:09 (12.6%)	7:08	8.4 (87.5%)
11	POKŁADOWSKA Joanna	92	WYCHODZĘ Z KIJAMI	K45-49	3		00:16:33	00:33:40.20	+00:04:56 (14.7%)	7:19	8.2 (85.4%)
12	JÓŹWIAK Marianna	89	SERCE NORDICA WŁOCŁAWEK	K45-49	4		00:16:44	00:33:52.10	+00:05:08 (15.2%)	7:21	8.1 (84.4%)
13	PANKIEWICZ Ewelina	169	NORDIC SPORT 2021	K30-39	2		00:16:41	00:34:03.40	+00:05:20 (15.7%)	7:24	8.1 (84.4%)

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									netto 4.6km	Różn		
14	TUZIMEK Agata	212	KUR-TEAM	K30-39	3			00:16:41	00:34:20.95	+00:05:37 (16.4%)	7:27	8 (83.3%)
15	WITUCKA Karolina	94		K-Jun.	1			00:16:59	00:34:21.85	+00:05:38 (16.4%)	7:28	8 (83.3%)
16	KOWACZ Agata	139	SPEEDBAR	K40-44	4			00:16:48	00:34:28.05	+00:05:44 (16.7%)	7:29	8 (83.3%)
17	GUTOWSKA Magda	125	PAUL TEAM	K45-49	5			00:17:03	00:34:34.15	+00:05:50 (16.9%)	7:30	8 (83.3%)
18	ZIELIŃSKA Jolanta	227	SERCE NORDICA WŁOCŁAWEK	K60-64	1			00:17:18	00:34:47.45	+00:06:04 (17.4%)	7:33	7.9 (82.3%)
19	SZEREMENT Katarzyna	195		K40-44	5			00:17:09	00:34:48.30	+00:06:04 (17.5%)	7:33	7.9 (82.3%)
20	DAROSZEWSKA Krystyna	93	SERCE NORDICA WŁOCŁAWEK	K60-64	2			00:17:14	00:34:57.60	+00:06:14 (17.8%)	7:35	7.9 (82.3%)
21	GAŁKOWSKA Elżbieta	114	KGHM METRACO	K65-69	1			00:17:09	00:34:58.20	+00:06:14 (17.9%)	7:36	7.9 (82.3%)
22	KRĘCKA Irena	143		K55-59	1			00:17:38	00:35:19.55	+00:06:36 (18.7%)	7:40	7.8 (81.3%)
23	WNEK Ewa	218	KGHM METRACO	K65-69	2			00:17:28	00:35:24.90	+00:06:41 (18.9%)	7:41	7.8 (81.3%)
24	MICHALSKI Łukasz	155		K40-44	6	1		00:17:32	00:35:51.75	+00:07:08 (19.9%)	7:47	7.7 (80.2%)
25	KUTA Marta	147	KUR-TEAM	K55-59	2			00:17:51	00:35:56.50	+00:07:13 (20.1%)	7:48	7.7 (80.2%)
26	KOLARSKA Nadia	137	NORDIC TEAM CZĘSTOCHOWA	K-Jun.	2			00:17:28	00:35:59.40	+00:07:16 (20.2%)	7:49	7.7 (80.2%)
27	KIEŁBASA Marlena	134		K30-39	4	1		00:17:39	00:36:07.50	+00:07:24 (20.5%)	7:51	7.6 (79.2%)
28	SAPUŁA Wiktoria	188	NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:18:01	00:36:10.55	+00:07:27 (20.6%)	7:51	7.6 (79.2%)
29	NIEDŹWIECKA Małgorzata	159	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			00:17:41	00:36:14.20	+00:07:30 (20.7%)	7:52	7.6 (79.2%)
30	LEGOCKA - WALCZAK Kinga	150		K45-49	6			00:17:58	00:36:18.35	+00:07:35 (20.9%)	7:53	7.6 (79.2%)
31	PIETRZYK Anna	174	KLUB OLIMPIJCZYKA IM. I. SZEWIŃSKIEJ W KALISZU POMORSKIM	K-Niepełnosprawni(A)	1			00:18:00	00:36:22.45	+00:07:39 (21.0%)	7:54	7.6 (79.2%)
32	DYBEŁ Agnieszka	112	NORDIC TEAM CZĘSTOCHOWA	K-Niepełnosprawni(A)	2			00:18:03	00:36:24.90	+00:07:41 (21.1%)	7:54	7.6 (79.2%)
33	SZYBUT Weronika	201	POTĘGA NORDICA	K-Dzieci	1			00:17:48	00:36:27.40	+00:07:44 (21.2%)	7:55	7.6 (79.2%)
34	PLUTO-PRĄDZYŃSKA Anna	178	SERCE NORDICA WŁOCŁAWEK	K30-39	5			00:18:27	00:36:49.35	+00:08:06 (22.0%)	8:00	7.5 (78.1%)
35	ŚLUSARCZYK Karolina	209	WESOŁY BORSUK TEAM	K18-29	2			00:18:02	00:36:53.90	+00:08:10 (22.2%)	8:01	7.5 (78.1%)
36	WÓJCIK Marzena	223	NW CZŁAPSKI TEAM	K45-49	7			00:17:59	00:36:56.60	+00:08:13 (22.3%)	8:01	7.5 (78.1%)

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									netto 4.6km	Różn		
37	NOWAKOWSKA Sylwia	165		K40-44	7			00:18:31	00:37:43.65	+00:09:00 (23.9%)	8:11	7.3 (76.0%)
38	GRYGOROWICZ Teresa	123	KGHM METRACO	K70-74	1			00:18:39	00:37:46.30	+00:09:02 (24.0%)	8:12	7.3 (76.0%)
39	NOWAK Irena	164	UKS 'SKOCZEK'SKOKI	K55-59	3			00:18:38	00:37:51.35	+00:09:08 (24.1%)	8:13	7.3 (76.0%)
40	JASIŃSKA Dorota	129	NORDIC SPORT 2021	K40-44	8			00:18:51	00:38:01.95	+00:09:18 (24.5%)	8:15	7.3 (76.0%)
41	OLSZAŃSKA Jolka	166	FEAR THE RETURN	K45-49	8			00:18:57	00:38:24.10	+00:09:40 (25.2%)	8:20	7.2 (75.0%)
42	KOZIOŁ Magdalena	142		K30-39	6			00:18:44	00:38:26.55	+00:09:43 (25.3%)	8:21	7.2 (75.0%)
43	KOCOŃ Sylwia	136		K40-44	9			00:19:17	00:38:45.15	+00:10:01 (25.9%)	8:25	7.1 (74.0%)
44	NIEZABITOWSKA Renata	160	KUR-TEAM	K50-54	5			00:19:17	00:38:47.75	+00:10:04 (26.0%)	8:25	7.1 (74.0%)
45	PLUTO-PRADZYŃSKA Klaudia	177	SERCE NORDICA WŁOCŁAWEK	K- Niepełnosprawni(B)	1			00:19:33	00:38:52.70	+00:10:09 (26.1%)	8:26	7.1 (74.0%)
46	NERC Dorota	158		K60-64	3			00:19:30	00:39:48.90	+00:11:05 (27.9%)	8:39	6.9 (71.9%)
47	LATOS Małgorzata	149	WYCHODZĘ Z KIJAMI	K55-59	4			00:19:42	00:39:55.45	+00:11:12 (28.1%)	8:40	6.9 (71.9%)
48	KASZUBA Zofia	132	WYCHODZĘ Z KIJAMI	K-Jun.	3			00:19:26	00:40:03.35	+00:11:20 (28.3%)	8:42	6.9 (71.9%)
49	PRZYBORKIEWICZ Gosia	183	PIERNIKI TORUŃ	K- Niepełnosprawni(A)	3			00:20:09	00:40:32.25	+00:11:48 (29.1%)	8:48	6.8 (70.8%)
50	SZYMAŃSKA Lucyna	202	XV KOŁO PZERII W DYWITACH	K70-74	2			00:19:55	00:40:53.00	+00:12:09 (29.7%)	8:53	6.8 (70.8%)
51	SZYBUT Roma	200	POTĘGA NORDICA	K30-39	7			00:20:29	00:41:34.60	+00:12:51 (30.9%)	9:02	6.6 (68.8%)
52	WORONKO-ZACZYŃSKA Janina	221	KGHM METRACO	K75-79	1			00:20:49	00:41:39.05	+00:12:55 (31.0%)	9:03	6.6 (68.8%)
53	PYSZCZAK Joanna	184	KUR-TEAM	K45-49	9			00:20:38	00:41:50.30	+00:13:06 (31.3%)	9:05	6.6 (68.8%)
54	KUSZAJ Alicja	146	NORDIC WALKIN SENIOR	K60-64	4			00:20:35	00:41:52.35	+00:13:09 (31.4%)	9:06	6.6 (68.8%)
55	SZNAJDER Teresa	198		K65-69	4			00:20:53	00:42:09.15	+00:13:25 (31.9%)	9:09	6.5 (67.7%)
56	DUSZEŃKO Elwira	111	KGHM METRACO	K- Niepełnosprawni(A)	4			00:20:39	00:42:37.90	+00:13:54 (32.6%)	9:15	6.5 (67.7%)
57	GOLECKA Agnieszka	117		K45-49	10			00:21:18	00:42:51.70	+00:14:08 (33.0%)	9:18	6.4 (66.7%)
58	PŁUCHOWSKA Bernadetta	180	KUR-TEAM	K18-29	3			00:20:49	00:42:55.15	+00:14:11 (33.1%)	9:19	6.4 (66.7%)
59	SZCZYTKOWSKA Łucja	234		K-Dzieci	2			00:20:25	00:43:18.70	+00:14:35 (33.7%)	9:24	6.4 (66.7%)

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									netto 4.6km	Różn		
60	BECHLER Zofia	95	GWIAZDY PÓŁNOCY	K40-44	10			00:21:29	00:43:41.70	+00:14:58 (34.3%)	9:29	6.3 (65.6%)
61	WIJAS Marzena	216	NORDIC WALKING SENIOR KOSZALIN	K60-64	5			00:21:44	00:44:03.70	+00:15:20 (34.8%)	9:34	6.3 (65.6%)
62	CHABROS TARKOWSKA Magdalena	101	KUR-TEAM	K45-49	11			00:22:31	00:44:48.25	+00:16:04 (35.9%)	9:44	6.2 (64.6%)
63	ŚLUSARCZYK Danuta	208	WESOŁY BORSUK TEAM	K70-74	3			00:22:02	00:44:54.70	+00:16:11 (36.0%)	9:45	6.1 (63.5%)
64	DUSIEL Ewa	109	NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:24:08	00:45:40.80	+00:16:57 (37.1%)	9:55	6 (62.5%)
65	STASIAK Agnieszka	190	KUR-TEAM	K50-54	6			00:22:47	00:45:54.70	+00:17:11 (37.4%)	9:58	6 (62.5%)
66	MIELCZAREK Grażyna	156	NORDIC WALKING SENIOR KOSZALIN	K70-74	4			00:23:05	00:46:21.60	+00:17:38 (38.0%)	10:04	6 (62.5%)
67	PANKIEWICZ- DMOWSKA Cecylia	170		K70-74	5			00:23:05	00:46:53.45	+00:18:10 (38.7%)	10:11	5.9 (61.5%)
68	SZEPczyńska Kamila	194	SERCE NORDICA WŁOCŁAWEK	K-Dzieci	3			00:23:35	00:48:45.35	+00:20:02 (41.1%)	10:35	5.7 (59.4%)
69	DROSTEK Małgorzata	108		K70-74	6			00:27:51	00:56:49.10	+00:28:05 (49.4%)	12:21	4.9 (51.0%)
	JEN Edyta	229		K- Niepełnosprawni(B)				00:32:21 DNF	DNF		-	- (0.0%)

Znaleziono 70 wynik(ów)