

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020
Organizator: Urząd Miasta Tarnowskie Góry
Data: 2020-10-04
Miejsce: Tarnowskie Góry
Dystans: 10 km



Klasyfikacja: OPEN -K

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps_5km 5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------|-----------|------|-------------|--------------|--------------|--------------------|----------------------|--------------|----------------|
| 1 | KOŁODZIEJ Joanna | 12 | MALINOWE GWIAZDY | K50-59 | 1 | | | 00:32:54 | 01:06:40.75 | | 6:40 | 9 (100%) |
| 2 | JĘDRASIAK Renata | 13 | KS METRACO POLKOWICE | K50-59 | 2 | 2 | | 00:33:19 | 01:07:32.70 | +00:00:51 (1.3%) | 6:45 | 8.9 (98.9%) |
| 3 | KRÓLIKOWSKA Krystyna | 15 | POLIPACK TEAM GWE | K40-49 | 1 | | | 00:33:31 | 01:07:51.50 | +00:01:10 (1.7%) | 6:47 | 8.8 (97.8%) |
| 4 | RZEPKA Małgorzata | 116 | | K40-49 | 2 | | | 00:33:54 | 01:08:16.85 | +00:01:36 (2.3%) | 6:49 | 8.8 (97.8%) |
| 5 | NACZK Wiktoria | 98 | POLIPACK TEAM GWE | K18-29 | 1 | | | 00:34:25 | 01:08:53.15 | +00:02:12 (3.2%) | 6:53 | 8.7 (96.7%) |
| 6 | OSTROCHALSKA Aleksandra | 11 | POLIPACK TEAM GWE | K40-49 | 3 | | | 00:34:11 | 01:09:16.35 | +00:02:35 (3.7%) | 6:55 | 8.7 (96.7%) |
| 7 | MUSIATOWICZ Aleksandra | 16 | PASJA NORDIC WALKING | K50-59 | 3 | | | 00:35:04 | 01:11:07.20 | +00:04:26 (6.2%) | 7:06 | 8.4 (93.3%) |
| 8 | KOLMETZ Katarzyna | 66 | POLIPACK TEAM GWE | K40-49 | 4 | | | 00:35:44 | 01:11:52.35 | +00:05:11 (7.2%) | 7:11 | 8.3 (92.2%) |
| 9 | FRANCZAK Małgorzata | 14 | NW CZĘLAPSKI TEAM | K18-29 | 2 | 1 | | 00:35:31 | 01:11:58.80 | +00:05:18 (7.4%) | 7:11 | 8.3 (92.2%) |
| 10 | TAISNER Aleksandra | 135 | NORDIC TIM RUDA ŚLĄSKA | K40-49 | 5 | | | 00:36:36 | 01:13:21.95 | +00:06:41 (9.1%) | 7:20 | 8.2 (91.1%) |
| 11 | LEJKOWSKA Mirela | 77 | POLIPACK TEAM GWE | K30-39 | 1 | | | 00:36:37 | 01:13:57.85 | +00:07:17 (9.8%) | 7:23 | 8.1 (90.0%) |
| 12 | JUZOF Iwona | 58 | | K40-49 | 6 | | | 00:37:19 | 01:14:23.95 | +00:07:43 (10.4%) | 7:26 | 8.1 (90.0%) |
| 13 | JÓŹWIAK Marianna | 17 | SERCE NORDICA WŁOCŁAWEK | K40-49 | 7 | | | 00:36:43 | 01:14:31.70 | +00:07:50 (10.5%) | 7:27 | 8.1 (90.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Laps 5km 5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------|------|-------------|--------------|--------------|--------------------|-------------------|--------------|-------------|
| 14 | STĘPIEŃ Lucyna | 166 | KS METRACO POLKOWICE | K60-69 | 1 | 1 | | 00:36:48 | 01:14:42.40 | +00:08:01 (10.7%) | 7:28 | 8 (88.9%) |
| 15 | KAMIŃSKA Beata | 63 | NORDIC TEAM CZĘSTOCHOWA | K50-59 | 4 | | | 00:36:54 | 01:14:46.00 | +00:08:05 (10.8%) | 7:28 | 8 (88.9%) |
| 15 | WIECZOREK Karolina | 148 | | K30-39 | 2 | 2 | | 00:36:59 | 01:14:46.00 | +00:08:05 (10.8%) | 7:28 | 8 (88.9%) |
| 17 | TOMCZYK Natalia | 164 | CIDRY LOTAJOM | K30-39 | 3 | | | 00:37:34 | 01:14:54.90 | +00:08:14 (11.0%) | 7:29 | 8 (88.9%) |
| 18 | WOJTAL Marta | 154 | CIDRY LOTAJOM | K30-39 | 4 | | | 00:38:16 | 01:15:02.75 | +00:08:22 (11.1%) | 7:30 | 8 (88.9%) |
| 19 | KURZAWSKA Jolanta | 167 | KS METRACO POLKOWICE | K70+ | 1 | | | 00:36:17 | 01:15:21.70 | +00:08:40 (11.5%) | 7:32 | 8 (88.9%) |
| 20 | MIŚKOWICZ Anna | 94 | CKZIU MECHANIK NYSA | K60-69 | 2 | | | 00:37:28 | 01:15:22.90 | +00:08:42 (11.5%) | 7:32 | 8 (88.9%) |
| 21 | KACZMAREK Maja | 60 | POLIPACK TEAM GWE | K40-49 | 8 | | | 00:37:30 | 01:15:38.60 | +00:08:57 (11.9%) | 7:33 | 7.9 (87.8%) |
| 22 | BOŃCZYSZYN Bożena | 23 | POLIPACK TEAM GWE | K50-59 | 5 | | | 00:38:00 | 01:16:22.00 | +00:09:41 (12.7%) | 7:38 | 7.9 (87.8%) |
| 23 | ZAJĄC Joanna | 159 | KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ | K40-49 | 9 | 2 | | 00:37:55 | 01:16:36.95 | +00:09:56 (13.0%) | 7:39 | 7.8 (86.7%) |
| 24 | STOLARSKA Danuta | 128 | SERCE NORDICA WŁOCŁAWEK | K60-69 | 3 | | | 00:38:35 | 01:16:57.90 | +00:10:17 (13.4%) | 7:41 | 7.8 (86.7%) |
| 25 | STEFANIAK Emilia | 127 | KATOWICKI NORDIC WALKING | K60-69 | 4 | | | 00:38:30 | 01:16:59.65 | +00:10:18 (13.4%) | 7:41 | 7.8 (86.7%) |
| 26 | MARĘDZIAK Magdalena | 90 | CIDRY LOTAJOM | K30-39 | 5 | | | 00:39:03 | 01:17:18.50 | +00:10:37 (13.7%) | 7:43 | 7.8 (86.7%) |
| 27 | WALESZKO Anna | 143 | PASJA NORDIC WALKING | K40-49 | 10 | 1 | | 00:38:17 | 01:17:28.45 | +00:10:47 (13.9%) | 7:44 | 7.7 (85.6%) |
| 28 | FRANCZAK Anna | 39 | NW CZŁAPSKI TEAM | K50-59 | 6 | | | 00:39:00 | 01:18:12.50 | +00:11:31 (14.7%) | 7:49 | 7.7 (85.6%) |
| 29 | GWAREK Anita | 50 | PASJA NORDIC WALKING | K40-49 | 11 | | | 00:38:45 | 01:18:12.95 | +00:11:32 (14.7%) | 7:49 | 7.7 (85.6%) |
| 30 | TASAREK Gabriela | 136 | TARNOGÓRSKIE ŁAZĘGI | K60-69 | 5 | | | 00:39:09 | 01:18:21.00 | +00:11:40 (14.9%) | 7:50 | 7.7 (85.6%) |
| 31 | KNITTER Agata | 307 | BŁĘKITNI NW DZIEMIANY | K18-29 | 3 | | | 00:39:17 | 01:19:29.95 | +00:12:49 (16.1%) | 7:56 | 7.5 (83.3%) |
| 32 | GANSINIEC Kazimiera | 43 | CIDRY LOTAJOM | K50-59 | 7 | | | 00:39:58 | 01:19:44.70 | +00:13:03 (16.4%) | 7:58 | 7.5 (83.3%) |
| 33 | CZEMPIK Aniela | 26 | MALINOWE GWIAZDY | K60-69 | 6 | | | 00:39:26 | 01:20:10.80 | +00:13:30 (16.8%) | 8:01 | 7.5 (83.3%) |
| 34 | SĘDZIK Katarzyna | 121 | | K40-49 | 12 | | | 00:39:25 | 01:20:16.30 | +00:13:35 (16.9%) | 8:01 | 7.5 (83.3%) |
| 35 | KUTA Marta | 74 | KUR-TEAM | K50-59 | 8 | | | 00:40:02 | 01:20:24.60 | +00:13:43 (17.1%) | 8:02 | 7.5 (83.3%) |
| 36 | WNEK Ewa | 152 | | K60-69 | 7 | | | 00:39:11 | 01:20:31.30 | +00:13:50 (17.2%) | 8:03 | 7.5 (83.3%) |

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|-----|------------------------------|------------|---|-----------|------|-------------|--------------|--------------|--------------------|-------------------|--------------|-------------|
| 37 | GRZEBIELUCH Elżbieta | 49 | KATOWICKI NORDIC WALKING | K60-69 | 8 | | | 00:40:15 | 01:20:44.45 | +00:14:03 (17.4%) | 8:04 | 7.4 (82.2%) |
| 38 | ANYŻ Maria | 20 | KIJE W DOBRYCH RĘKACH | K60-69 | 9 | | | 00:39:42 | 01:20:47.65 | +00:14:06 (17.5%) | 8:04 | 7.4 (82.2%) |
| 39 | PACYNA Danuta | 104 | | K50-59 | 9 | | | 00:41:59 | 01:21:08.45 | +00:14:27 (17.8%) | 8:06 | 7.4 (82.2%) |
| 40 | EWERTOWSKA Ewa | 37 | NORDIC WALKING KIEKRZ POLAND | K50-59 | 10 | | | 00:40:07 | 01:21:17.85 | +00:14:37 (18.0%) | 8:07 | 7.4 (82.2%) |
| 41 | OMARSKA Grażyna | 102 | PASJA NORDIC WALKING | K60-69 | 10 | | | 00:40:50 | 01:22:22.40 | +00:15:41 (19.1%) | 8:14 | 7.3 (81.1%) |
| 42 | MROCZEK-KRUPA Teresa | 96 | | K40-49 | 13 | | | 00:41:05 | 01:23:03.35 | +00:16:22 (19.7%) | 8:18 | 7.2 (80.0%) |
| 43 | SZCZYPIOR Kinga | 132 | POLIPACK TEAM GWE | K30-39 | 6 | | | 00:41:23 | 01:23:46.75 | +00:17:06 (20.4%) | 8:22 | 7.2 (80.0%) |
| 44 | JEZUSEK Barbara | 56 | EKIPA NA KIJACH | K60-69 | 11 | | | 00:41:30 | 01:23:52.90 | +00:17:12 (20.5%) | 8:23 | 7.2 (80.0%) |
| 45 | GAZDA Dorota | 44 | STADION ŚLĄSKI | K60-69 | 12 | | | 00:40:56 | 01:24:00.85 | +00:17:20 (20.6%) | 8:24 | 7.1 (78.9%) |
| 46 | ZACZYŃSKA Janina | 158 | KS METRACO POLKOWICE | K70+ | 2 | | | 00:41:17 | 01:24:02.40 | +00:17:21 (20.7%) | 8:24 | 7.1 (78.9%) |
| 47 | WŁODARCZYK Małgorzata | 151 | | K50-59 | 11 | | | 00:41:56 | 01:24:18.75 | +00:17:38 (20.9%) | 8:25 | 7.1 (78.9%) |
| 48 | DRYGALSKA Aleksandra | 31 | KIJE W DOBRYCH RĘKACH | K60-69 | 13 | | | 00:41:57 | 01:24:21.60 | +00:17:40 (21.0%) | 8:26 | 7.1 (78.9%) |
| 49 | BIEDRA Krystyna | 22 | KIJE W DOBRYCH RĘKACH | K70+ | 3 | | | 00:41:31 | 01:24:24.35 | +00:17:43 (21.0%) | 8:26 | 7.1 (78.9%) |
| 50 | FREJ Anna | 168 | CIDRY LOTAJOM | K30-39 | 7 | | | 00:42:26 | 01:24:31.85 | +00:17:51 (21.1%) | 8:27 | 7.1 (78.9%) |
| 51 | CZERWINSKA Anna | 28 | NW CZŁAPSKI TEAM | K60-69 | 14 | | | 00:41:37 | 01:24:55.35 | +00:18:14 (21.5%) | 8:29 | 7.1 (78.9%) |
| 52 | HOLECKA Beata | 52 | Z KIJKAMI PO ZDROWIE | K50-59 | 12 | | | 00:41:57 | 01:25:19.45 | +00:18:38 (21.9%) | 8:31 | 7 (77.8%) |
| 53 | TURZYŃSKA-STOPA Maria | 141 | BŁĘKITNI NW DZIEMIANY | K60-69 | 15 | | | 00:42:19 | 01:25:20.20 | +00:18:39 (21.9%) | 8:32 | 7 (77.8%) |
| 54 | CZEMPIK Kornelia | 27 | MALINOWE GWIAZDY | K50-59 | 13 | | | 00:39:05 | 01:25:31.70 | +00:18:50 (22.0%) | 8:33 | 7 (77.8%) |
| 55 | GRELA Beatrycze | 48 | | K40-49 | 14 | | | 00:42:27 | 01:25:43.65 | +00:19:02 (22.2%) | 8:34 | 7 (77.8%) |
| 56 | ZAREMBA Katarzyna | 161 | KLUB NORDIC WALKING SPRING HORYNIEC-ZDRÓJ | K30-39 | 8 | | | 00:41:22 | 01:26:12.00 | +00:19:31 (22.6%) | 8:37 | 7 (77.8%) |
| 57 | MAŁKA Irena | 86 | | K60-69 | 16 | | | 00:42:43 | 01:26:24.25 | +00:19:43 (22.8%) | 8:38 | 6.9 (76.7%) |
| 58 | DUDEK Sandra | 33 | LECYMY DURŚ | K18-29 | 4 | | | 00:42:10 | 01:27:04.30 | +00:20:23 (23.4%) | 8:42 | 6.9 (76.7%) |
| 59 | NOWAK Joanna | 75 | CIDRY LOTAJOM | K40-49 | 15 | | | 00:43:50 | 01:28:41.80 | +00:22:01 (24.8%) | 8:52 | 6.8 (75.6%) |

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|-----|--------------------------------------|------------|-----------------------|-----------|------|----------------|-----------------|-----------------|-----------------------|----------------------|-----------------|----------------|
| 60 | TRAUTMANN Bogusia | 139 | OFIARY KAMIEŃCA | K50-59 | 14 | | | 00:44:20 | 01:29:05.35 | +00:22:24 (25.2%) | 8:54 | 6.7 (74.4%) |
| 61 | KRÓL Krystyna | 71 | | K60-69 | 17 | | | 00:44:25 | 01:29:47.35 | +00:23:06 (25.7%) | 8:58 | 6.7 (74.4%) |
| 62 | KULIŃSKA Dorota | 72 | KIJE W DOBRYCH RĘKACH | K60-69 | 18 | | | 00:44:01 | 01:30:48.10 | +00:24:07 (26.6%) | 9:04 | 6.6 (73.3%) |
| 63 | KRÓLIKOWSKA-ŁOSKOT Danuta | 70 | STADION ŚLĄSKI | K60-69 | 19 | | | 00:46:03 | 01:32:20.15 | +00:25:39 (27.8%) | 9:14 | 6.5 (72.2%) |
| 64 | OWCZAREK Henryka | 103 | MARSZ PO ZDROWIE | K70+ | 4 | | | 00:46:25 | 01:33:19.30 | +00:26:38 (28.5%) | 9:19 | 6.4 (71.1%) |
| 65 | DUDEK Beata | 34 | LECYMY DURŚ | K50-59 | 15 | | | 00:45:54 | 01:33:26.35 | +00:26:45 (28.6%) | 9:20 | 6.4 (71.1%) |
| 66 | DROZD Krystyna | 30 | CIDRY LOTAJOM | K50-59 | 16 | | | 00:45:57 | 01:33:29.60 | +00:26:48 (28.7%) | 9:20 | 6.4 (71.1%) |
| 67 | SIWCZYK Grażyna | 123 | LECYMY DURŚ | K60-69 | 20 | | | 00:46:59 | 01:35:12.55 | +00:28:31 (30.0%) | 9:31 | 6.3 (70.0%) |
| 68 | WŁOCHOWICZ Olga | 150 | LECYMY DURŚ | K30-39 | 9 | | | 00:46:45 | 01:36:23.95 | +00:29:43 (30.8%) | 9:38 | 6.2 (68.9%) |
| | ROMAŃSKA Katarzyna | 113 | | K50-59 | | | | 00:49:56 DNF | DNF | | - | - (0.0%) |

Znaleziono 69 wynik(ów)