



PUCHAR POLSKI NW - WASILKÓW - 5KM - 1/6

B4SPORT

Wydarzenie: Puchar Polski Nordic Walking 2024 -
Wasilków - 1/6
Organizator: Polskie Zrzeszenie Nordic Walking, Miasto Gmina
Wasilków
Data: 2024-05-11
Miejsce: Wasilków
Dystans: 5 km



Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BIELECKA Zuzanna	53	K.S VICTORIA POTĘGOWO	K40-44	1			00:10:52	00:22:06	00:33:13.91		6:38	9 (100%)
2	MAŚLANKA Iwona	98	NORDIC SPORT 2021	K50-54	1			00:10:51	00:22:05	00:33:29.23	+00:00:15 (0.8%)	6:41	9 (100%)
3	OKRZESIK-FRĄCKOWIAK Izabela	102	NORDIC SPORT 2021	K55-59	1			00:11:07	00:22:30	00:33:57.95	+00:00:44 (2.2%)	6:47	8.8 (97.8%)
4	FRANCZAK Małgorzata	64	K.S VICTORIA POTĘGOWO	K18-29	1			00:11:03	00:22:39	00:34:14.76	+00:01:00 (3.0%)	6:50	8.8 (97.8%)
5	SZCZYGIEŁ Adriana	122	OPEN SPORT TEAM	K40-44	2			00:11:30	00:23:15	00:35:05.73	+00:01:51 (5.3%)	7:01	8.6 (95.6%)
6	PASIŃSKA-SKOWRON Sylwia	106	OPEN SPORT TEAM	K45-49	1			00:11:51	00:23:43	00:35:42.77	+00:02:28 (6.9%)	7:08	8.4 (93.3%)
7	HRYCIUK Teresa	76	K.S VICTORIA POTĘGOWO	K60-64	1			00:11:48	00:23:55	00:36:13.91	+00:03:00 (8.3%)	7:14	8.3 (92.2%)
8	KUŁAKOWSKA Halina	91	DRUŻYNA SMA	K45-49	2			00:12:06	00:24:23	00:36:41.52	+00:03:27 (9.4%)	7:20	8.2 (91.1%)
9	CZAJKA Urszula	59		K70-74	1			00:12:09	00:24:44	00:37:26.06	+00:04:12 (11.2%)	7:29	8 (88.9%)
10	SZYBUT Weronika	127	POTĘGA NORDICA	K50-54	2			00:12:26	00:25:22	00:37:48.79	+00:04:34 (12.1%)	7:33	7.9 (87.8%)
11	SZENDZIELORZ Ilona	123	OPEN SPORT TEAM	K65-69	1			00:12:46	00:25:39	00:38:31.40	+00:05:17 (13.7%)	7:42	7.8 (86.7%)
12	KUŹMICZ Magdalena	93		K40-44	3			00:12:38	00:25:35	00:38:39.10	+00:05:25 (14.0%)	7:43	7.8 (86.7%)
13	GRABARZ Uszula	70	TKKF KRZNA BIAŁA PODLASKA	K60-64	2			00:12:49	00:25:43	00:38:42.11	+00:05:28 (14.1%)	7:44	7.8 (86.7%)
14	KURZA Zuzanna	92		K-Dzieci	1			00:13:05	00:25:55	00:38:45.12	+00:05:31 (14.2%)	7:45	7.7 (85.6%)

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										5km	Różn		
15	SIEŃKOW Urszula	114	MARSZOMANIACY BIELSK PODLASKI	K40-44	4			00:12:41	00:25:48	00:38:50.20	+00:05:36 (14.4%)	7:46	7.7 (85.6%)
16	JAWORSKA Edyta	81	K.S VICTORIA POTĘGOWO	K45-49	3			00:12:36	00:25:43	00:38:53.68	+00:05:39 (14.6%)	7:46	7.7 (85.6%)
17	CHILKIEWICZ Malgorzata	57	MARSZOMANIACY BIELSK PODLASKI	K40-44	5			00:12:49	00:25:52	00:38:59.60	+00:05:45 (14.8%)	7:47	7.7 (85.6%)
18	TRAPSIA Hania	146		K-Dzieci	2			00:12:29	00:25:43	00:39:08.23	+00:05:54 (15.1%)	7:49	7.7 (85.6%)
19	ZDANOWICZ Marta	37	K.S VICTORIA POTĘGOWO	K45-49	4			00:12:42	00:26:17	00:39:17.34	+00:06:03 (15.4%)	7:51	7.6 (84.4%)
20	PAWEŁKIEWICZ Edyta	107	MARSZOMANIACY BIELSK PODLASKI	K45-49	5			00:12:54	00:26:16	00:39:19.34	+00:06:05 (15.5%)	7:51	7.6 (84.4%)
21	KOWALCZYK Joanna	90	NORDIC SPORT 2021	K50-54	3			00:13:09	00:26:16	00:39:26.80	+00:06:12 (15.8%)	7:53	7.6 (84.4%)
22	KIJAS Karolina	86		K-Dzieci	3			00:13:29	00:26:31	00:39:40.98	+00:06:27 (16.3%)	7:56	7.6 (84.4%)
23	TOKARSKA Julia	132	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	4			00:13:17	00:26:30	00:39:46.26	+00:06:32 (16.4%)	7:57	7.5 (83.3%)
24	KOTOWICZ Joanna	88	MARSZOMANIACY BIELSK PODLASKI	K45-49	6			00:13:02	00:26:41	00:40:10.50	+00:06:56 (17.3%)	8:02	7.5 (83.3%)
25	NOWICKA Ewa	100	MARSZOMANIACY BIELSK PODLASKI	K50-54	4			00:13:17	00:26:46	00:40:11.56	+00:06:57 (17.3%)	8:02	7.5 (83.3%)
26	LESNER Anna	154	MARSZOMANIACY BIELSK PODLASKI	K45-49	7			00:13:21	00:26:54	00:40:15.06	+00:07:01 (17.4%)	8:03	7.5 (83.3%)
27	BREW CZYŃSKA Milena	54		K30-39	1			00:13:18	00:27:06	00:40:51.27	+00:07:37 (18.7%)	8:10	7.3 (81.1%)
28	GALICKA Marta	68		K30-39	2			00:13:41	00:27:30	00:41:21.93	+00:08:08 (19.7%)	8:16	7.3 (81.1%)
29	GRE CZAN Izabela	71	MARSZOMANIACY BIELSK PODLASKI	K40-44	6			00:13:30	00:27:24	00:41:25.04	+00:08:11 (19.8%)	8:17	7.2 (80.0%)
30	MIODUSZEWSKA Agata	20		K30-39	3			00:13:42	00:28:06	00:41:35.76	+00:08:21 (20.1%)	8:19	7.2 (80.0%)
31	SMOLINSKA Małgorzata	116		K- Niepełnosprawni(A)	1			00:13:24	00:27:39	00:42:01.32	+00:08:47 (20.9%)	8:24	7.1 (78.9%)
32	FRANCZAK Anna	65	NW CZŁAPSKI TEAM	K55-59	2			00:13:50	00:28:12	00:42:05.50	+00:08:51 (21.0%)	8:25	7.1 (78.9%)
33	EJDYS Jolanta	167		K50-54	5			00:22:14	00:31:14	00:42:08.00	+00:08:54 (21.1%)	8:25	7.1 (78.9%)
34	SZNAJDER Teresa	125	NORDIC SPORT 2021	K70-74	2			00:14:02	00:28:17	00:42:24.97	+00:09:11 (21.7%)	8:28	7.1 (78.9%)
35	GRUSZKA Ilona	73	NORDIC SPORT 2021	K- Niepełnosprawni(A)	2			00:13:57	00:28:16	00:42:25.32	+00:09:11 (21.7%)	8:29	7.1 (78.9%)
36	WOIŃSKA Dorota	138	MOSIR BIELSK PODLASKI	K45-49	8			00:14:07	00:28:38	00:42:57.46	+00:09:43 (22.6%)	8:35	7 (77.8%)
37	STEPANIUK Katarzyna	119	MARSZOMANIACY BIELSK PODLASKI	K45-49	9			00:14:29	00:28:58	00:43:13.54	+00:09:59 (23.1%)	8:38	6.9 (76.7%)

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38	JANUSZEWSKA Julita	79	MARSZOMANIACY BIELSK PODLASKI	K40-44	7			00:14:17	00:29:05	00:43:33.58	+00:10:19 (23.7%)	8:42	6.9 (76.7%)
39	ZELLER Milena	148		K-Dzieci	5			00:20:10	00:37:57	00:44:02.00	+00:10:48 (24.5%)	8:48	6.8 (75.6%)
40	BREW CZYŃSKA Nikola	155		K-Dzieci	6			00:13:54	00:29:19	00:44:04.31	+00:10:50 (24.6%)	8:48	6.8 (75.6%)
41	GÓRSKA Anna	69	MARSZOMANIACY BIELSK PODLASKI	K40-44	8			00:14:46	00:29:47	00:45:07.03	+00:11:53 (26.3%)	9:01	6.6 (73.3%)
42	SŁOJEWSKA Ilona	147		K50-54	6			00:14:53	00:30:13	00:45:26.23	+00:12:12 (26.9%)	9:05	6.6 (73.3%)
43	TRUSZKOWSKA Katarzyna	133	MARSZOMANIACY BIELSK PODLASKI	K45-49	10			00:14:57	00:30:34	00:46:02.41	+00:12:48 (27.8%)	9:12	6.5 (72.2%)
44	KACZANOWSKA Katarzyna	83	MARSZOMANIACY BIELSK PODLASKI	K40-44	9			00:15:04	00:30:51	00:46:19.27	+00:13:05 (28.3%)	9:15	6.5 (72.2%)
45	SZYBUT Roma	126	POTĘGA NORDICA	K50-54	7			00:15:20	00:30:57	00:47:01.44	+00:13:47 (29.3%)	9:24	6.4 (71.1%)
46	SAWCZYŃSKA Elżbieta	113	MARSZOMANIACY BIELSK PODLASKI	K55-59	3			00:15:23	00:31:32	00:47:53.33	+00:14:39 (30.6%)	9:34	6.3 (70.0%)
47	SKOWROŃSKA - GIZIEWICZ Edyta	115	JUVENIA	K50-54	8			00:16:40	00:34:05	00:50:45.28	+00:17:31 (34.5%)	10:09	5.9 (65.6%)
48	SZYBUT Milena	128	POTĘGA NORDICA	K50-54	9			00:17:50	00:36:43	00:56:31.69	+00:23:17 (41.2%)	11:18	5.3 (58.9%)

Znaleziono 48 wynik(ów)