



**Wydarzenie:** VIII Otwarte Mistrzostwa Polski Nordic Walking w Maratonie - Biały Bór 2021  
**Organizator:** Fundacja Herkules All Sports, Urząd Miasta i Gminy Biały Bór  
**Data:** 2021-05-29  
**Miejsce:** Biały Bór  
**Dystans:** 5.3 km

## RAJD NORDIC WALKING

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1		<b>117</b>						<b>00:31:32.09</b>		5:56	10.1 (100%)
2	<b>BARTOSIEWICZ Łukasz</b>	<b>113</b>	NWPL	M-Open	1			<b>00:37:55.33</b>	+00:06:23 (16.8%)	7:09	8.4 (83.2%)
3	<b>LIPIŃSKA Karolina</b>	<b>84</b>	KS POGODNI NORDIKOWCY SZCZECIN	K-Open	1			<b>00:38:49.17</b>	+00:07:17 (18.8%)	7:19	8.2 (81.2%)
4	<b>GAŁĄZKA Paweł</b>	<b>59</b>	MUSZKIETEROWIE	M-Open	2			<b>00:39:46.22</b>	+00:08:14 (20.7%)	7:30	8 (79.2%)
5	<b>SZCZĘŚNIAK Zbigniew</b>	<b>97</b>	NORDIC TEAM CZĘSTOCHOWA	M-Open	3			<b>00:40:04.53</b>	+00:08:32 (21.3%)	7:33	7.9 (78.2%)
6	<b>ANDRUSZKIEWICZ Paweł</b>	<b>52</b>	MORS SZCZECINEK	M-Open	4			<b>00:40:07.60</b>	+00:08:35 (21.4%)	7:34	7.9 (78.2%)
7	<b>ZIELIŃSKA Jolanta</b>	<b>112</b>	GOSIR OSIELSKO	K-Open	2			<b>00:40:09.03</b>	+00:08:36 (21.5%)	7:34	7.9 (78.2%)
8	<b>KUZIEMKO Renata</b>	<b>79</b>	POGODNI NORDIKOWCY	K-Open	3			<b>00:41:38.57</b>	+00:10:06 (24.3%)	7:51	7.6 (75.2%)
9	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>51</b>	PARKRUN SZCZECINEK	M-Open	5			<b>00:41:47.16</b>	+00:10:15 (24.5%)	7:53	7.6 (75.2%)
10	<b>BALCEROWSKI Tomasz</b>	<b>114</b>	KTP STARA MUSZELKA	M-Open	6			<b>00:42:04.10</b>	+00:10:32 (25.0%)	7:56	7.6 (75.2%)
11	<b>KOTELA-APANOWICZ Urszula</b>	<b>70</b>	FORMA NA PIĄTKĘ NW	K-Open	4			<b>00:42:11.36</b>	+00:10:39 (25.3%)	7:57	7.5 (74.3%)
12	<b>IDZIKOWSKA -MARKOWSKA Marzena</b>	<b>60</b>	FORMA NA 5	K-Open	5			<b>00:42:15.06</b>	+00:10:42 (25.4%)	7:58	7.5 (74.3%)
13	<b>KNITTER Monika</b>	<b>67</b>		K-Open	6			<b>00:43:07.29</b>	+00:11:35 (26.9%)	8:08	7.4 (73.3%)
14	<b>KWIATKOWSKI Dariusz</b>	<b>116</b>	KTP STARA MUSZELKA	M-Open	7			<b>00:43:17.07</b>	+00:11:44 (27.1%)	8:10	7.3 (72.3%)
15	<b>KASZUBA Zofia</b>	<b>64</b>	WYCHODZE Z KIJAMI KOSZALIN	K-Open	7			<b>00:43:25.93</b>	+00:11:53 (27.4%)	8:11	7.3 (72.3%)
16	<b>CZEKRYSEW Andrzej</b>	<b>56</b>	SERCE NORDICA WŁOCLAWEK	M-Open	8			<b>00:43:45.32</b>	+00:12:13 (27.9%)	8:15	7.3 (72.3%)
17	<b>WOŹNIAK Iwona</b>	<b>103</b>		K-Open	8			<b>00:44:21.89</b>	+00:12:49 (28.9%)	8:22	7.2 (71.3%)
18	<b>KUSIAK Włodzimierz</b>	<b>78</b>	STEP BY STEP TRÓJMIASTO	M-Open	9			<b>00:44:26.05</b>	+00:12:53 (29.0%)	8:23	7.2 (71.3%)
19	<b>SKIBA Marek</b>	<b>115</b>	KTP STARA MUSZELKA	M-Open	10			<b>00:44:32.56</b>	+00:13:00 (29.2%)	8:24	7.1 (70.3%)
20	<b>TRZONEK-NITA Monika</b>	<b>98</b>	FORMA NA PIĄTKĘ	K-Open	9			<b>00:44:36.59</b>	+00:13:04 (29.3%)	8:24	7.1 (70.3%)
21	<b>WIŚNIK Agnieszka</b>	<b>102</b>	KIJKIŻANKI SZCZECINEK	K-Open	10			<b>00:44:45.50</b>	+00:13:13 (29.5%)	8:26	7.1 (70.3%)
22	<b>DUKAT Monika</b>	<b>110</b>	ŚREM CHODZI	K-Open	11			<b>00:44:57.06</b>	+00:13:24 (29.8%)	8:28	7.1 (70.3%)
23	<b>OLECH Anna</b>	<b>88</b>		K-Open	12			<b>00:45:16.75</b>	+00:13:44 (30.4%)	8:32	7 (69.3%)
24	<b>OLECH Mateusz</b>	<b>89</b>		M-Open	11			<b>00:45:19.89</b>	+00:13:47 (30.4%)	8:33	7 (69.3%)
25	<b>KUC - BREJNA Anna</b>	<b>76</b>		K-Open	13			<b>00:45:26.74</b>	+00:13:54 (30.6%)	8:34	7 (69.3%)
26	<b>LUBAŃSKA Leokadia</b>	<b>85</b>	SERCE NORDICA WŁOCLAWEK	K-Open	14			<b>00:45:30.23</b>	+00:13:58 (30.7%)	8:35	7 (69.3%)
27	<b>BECHER Zofia</b>	<b>109</b>	GWIAZDY PÓŁNOCY	K-Open	15			<b>00:46:33.73</b>	+00:15:01 (32.3%)	8:46	6.8 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
28	<b>GRZEBIELOCKA Ewa</b>	<b>108</b>		K-Open	16			<b>00:46:36.86</b>	+00:15:04 (32.3%)	8:47	6.8 (67.3%)
29	<b>KWIATKOWSKA Małgorzata</b>	<b>107</b>	GWIAZDY PÓŁNOCY	K-Open	17			<b>00:46:38.43</b>	+00:15:06 (32.4%)	8:47	6.8 (67.3%)
30	<b>CIECIOROWSKA Monika</b>	<b>55</b>		K-Open	18			<b>00:47:34.03</b>	+00:16:01 (33.7%)	8:58	6.7 (66.3%)
31	<b>BĄGARD Grażyna</b>	<b>53</b>	WŁOCLAWEK	K-Open	19			<b>00:47:39.26</b>	+00:16:07 (33.8%)	8:59	6.7 (66.3%)
32	<b>CZEKRYSEW Małgorzata</b>	<b>57</b>	SERCE NORDICA WŁOCLAWEK	K-Open	20			<b>00:47:49.81</b>	+00:16:17 (34.1%)	9:01	6.7 (66.3%)
33	<b>LESIŃSKA-SAWICKA Małgorzata</b>	<b>83</b>		K-Open	21			<b>00:48:13.96</b>	+00:16:41 (34.6%)	9:05	6.6 (65.3%)
34	<b>PIERNIKARCZYK Anna</b>	<b>90</b>		K-Open	22			<b>00:48:16.56</b>	+00:16:44 (34.7%)	9:06	6.6 (65.3%)
35	<b>KUCZYŃSKI Włodzimierz</b>	<b>75</b>	NORDIC WALKING KIEKRZ POLAND	M-Open	12			<b>00:48:54.00</b>	+00:17:21 (35.5%)	9:13	6.5 (64.4%)
36	<b>BĄK Jerzy</b>	<b>54</b>	STADION ŚLĄSKI	M-Open	13			<b>00:49:15.59</b>	+00:17:43 (36.0%)	9:17	6.5 (64.4%)
37	<b>SZAMOTUŁA - STRZELEC Maryla</b>	<b>96</b>		K-Open	23			<b>00:50:04.08</b>	+00:18:31 (37.0%)	9:26	6.4 (63.4%)
38	<b>ŁUGOWSKA Anna</b>	<b>86</b>	KIJOWE SIOSTRY I BRAT	K-Open	24			<b>00:50:22.75</b>	+00:18:50 (37.4%)	9:30	6.3 (62.4%)
39	<b>KOWALCZUK Maria</b>	<b>71</b>	KIJOWE SIOSTRY I BRAT	K-Open	25			<b>00:50:25.78</b>	+00:18:53 (37.5%)	9:30	6.3 (62.4%)
40		<b>106</b>						<b>00:50:57.13</b>	+00:19:25 (38.1%)	9:36	6.2 (61.4%)
41	<b>SZAMOTUŁA Ewa</b>	<b>95</b>		K-Open	26			<b>00:51:00.65</b>	+00:19:28 (38.2%)	9:37	6.2 (61.4%)
42	<b>GAJEWSKA Aleksandra</b>	<b>58</b>		K-Open	27			<b>00:51:07.53</b>	+00:19:35 (38.3%)	9:38	6.2 (61.4%)
43	<b>KULCZYCKI Jan</b>	<b>77</b>		M-Open	14			<b>00:52:45.41</b>	+00:21:13 (40.2%)	9:57	6 (59.4%)
44	<b>KRUKOWSKA Magdalena</b>	<b>73</b>	SZWLA	K-Open	28			<b>00:54:06.44</b>	+00:22:34 (41.7%)	10:12	5.9 (58.4%)
45	<b>KRUKOWSKA Anna</b>	<b>74</b>		K-Open	29			<b>00:54:09.41</b>	+00:22:37 (41.8%)	10:13	5.9 (58.4%)
46	<b>JÓŻWIAK Dominik</b>	<b>63</b>	SERCE NORDICA WŁOCLAWEK	M-Open	15			<b>00:55:21.05</b>	+00:23:48 (43.0%)	10:26	5.7 (56.4%)
47	<b>LAMORSKA Wiesława</b>	<b>81</b>	MTS HAMER	K-Open	30			<b>00:55:27.45</b>	+00:23:55 (43.1%)	10:27	5.7 (56.4%)
48	<b>KWIATKOWSKA Katarzyna</b>	<b>80</b>		K-Open	31			<b>00:57:11.10</b>	+00:25:39 (44.9%)	10:47	5.6 (55.4%)
49	<b>RADECKA Krystyna</b>	<b>111</b>	CHODZĄCY BIAŁYSTOK	K-Open	32			<b>00:58:30.58</b>	+00:26:58 (46.1%)	11:02	5.4 (53.5%)
50	<b>KOMAR Marlena</b>	<b>68</b>	WYCHODZĘ Z KIJAMI	K-Open	33			<b>01:02:04.23</b>	+00:30:32 (49.2%)	11:42	5.1 (50.5%)
51	<b>KOWALCZUK Daria</b>	<b>72</b>	WYCHODZE Z KIJAMI KOSZALIN	K-Open	34			<b>01:14:32.91</b>	+00:43:00 (57.7%)	14:03	4.3 (42.6%)
52	<b>ROMANOWSKA Danuta</b>	<b>91</b>	WYCHODZĘ Z KIJAMI KOSZALIN	K-Open	35			<b>01:14:39.21</b>	+00:43:07 (57.8%)	14:05	4.3 (42.6%)
	<b>STRZELEC Jan</b>	<b>94</b>		M-Open				<b>DNF</b>	-	-	(0.0%)

Znaleziono 53 wynik(ów)