



# SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** FINAŁ PUCHARU POMORZA NORDIC WALKING  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-09-02  
**Miejsce:** Szczecin  
**Dystans:** 5 km



Klasyfikacja: K30-39

| Msc | Zawodnik                    | Numer      | Klub                            | Kategoria | Mkat | Żół. kartki | Czer. kartki | Start_All<br>1.66km | Start_All<br>3.32km | Czas<br>netto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|------------|---------------------------------|-----------|------|-------------|--------------|---------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 1   | <b>SZYMSKA Małgorzata</b>   | <b>145</b> | EKSPEDYCJA NORDIC TEAM SZCZECIN | K30-39    | 1    |             |              | 00:10:30            | 00:21:34            | <b>00:32:43.31</b>   |                      | 6:32            | 9.2 (100%)     |
| 2   | <b>KOLBERG Kamila</b>       | <b>64</b>  | KIJKOWE TRZEMESZNO              | K30-39    | 2    |             |              | 00:11:04            | 00:22:25            | <b>00:33:36.50</b>   | +00:00:53 (2.6%)     | 6:43            | 8.9<br>(96.7%) |
| 3   | <b>SULIKOWSKA Agnieszka</b> | <b>138</b> | PASJA NORDIC WALKING            | K30-39    | 3    |             |              | 00:11:05            | 00:22:31            | <b>00:34:05.49</b>   | +00:01:22 (4.0%)     | 6:49            | 8.8<br>(95.7%) |
| 4   | <b>LIPIŃSKA Karolina</b>    | <b>85</b>  | EKSPEDYCJA NORDIC TEAM SZCZECIN | K30-39    | 4    |             |              | 00:11:33            | 00:23:50            | <b>00:35:57.56</b>   | +00:03:14 (9.0%)     | 7:11            | 8.3<br>(90.2%) |
| 5   | <b>KUŹMICZ Magdalena</b>    | <b>79</b>  |                                 | K30-39    | 5    |             |              | 00:12:14            | 00:24:49            | <b>00:37:26.14</b>   | +00:04:42<br>(12.6%) | 7:29            | 8 (87.0%)      |
| 6   | <b>KOCZOROWSKA Monika</b>   | <b>61</b>  | KS SOKOL GASAWA                 | K30-39    | 6    |             |              | 00:12:26            | 00:25:20            | <b>00:38:05.99</b>   | +00:05:22<br>(14.1%) | 7:37            | 7.9<br>(85.9%) |
| 7   | <b>KIESZKOWSKA Barbara</b>  | <b>59</b>  |                                 | K30-39    | 7    |             |              | 00:12:23            | 00:25:22            | <b>00:38:36.14</b>   | +00:05:52<br>(15.2%) | 7:43            | 7.8<br>(84.8%) |
| 8   | <b>FRĘŚKO Ewelina</b>       | <b>32</b>  | EKSPEDYCJA NORDIC TEAM SZCZECIN | K30-39    | 8    |             |              | 00:12:53            | 00:26:41            | <b>00:40:03.54</b>   | +00:07:20<br>(18.3%) | 8:00            | 7.5<br>(81.5%) |
| 9   | <b>KARYŃ Anita</b>          | <b>268</b> | TURILUS                         | K30-39    | 9    |             |              | 00:13:38            | 00:27:47            | <b>00:41:54.31</b>   | +00:09:10<br>(21.9%) | 8:22            | 7.2<br>(78.3%) |
| 10  | <b>WINCEWICZ Ewa</b>        | <b>165</b> | EKSPEDYCJA NORDIC TEAM SZCZECIN | K30-39    | 10   |             |              | 00:13:53            | 00:28:17            | <b>00:42:23.37</b>   | +00:09:40<br>(22.8%) | 8:28            | 7.1<br>(77.2%) |
| 11  | <b>CHACHUŁA Sylwia</b>      | <b>16</b>  |                                 | K30-39    | 11   | 1           |              | 00:14:27            | 00:29:15            | <b>00:43:49.46</b>   | +00:11:06<br>(25.3%) | 8:46            | 6.8<br>(73.9%) |
| 12  | <b>CHRAPEK Urszula</b>      | <b>17</b>  | KS RUDZICA                      | K30-39    | 12   |             |              | 00:14:43            | 00:30:04            | <b>00:44:57.52</b>   | +00:12:14<br>(27.2%) | 8:59            | 6.7<br>(72.8%) |
| 13  | <b>RYGIELSKA Kinga</b>      | <b>125</b> |                                 | K30-39    | 13   |             |              | 00:14:44            | 00:30:03            | <b>00:45:51.89</b>   | +00:13:08<br>(28.7%) | 9:10            | 6.5<br>(70.7%) |
| 14  | <b>LIPSKA Dorota</b>        | <b>285</b> |                                 | K30-39    | 14   |             |              | 00:22:20            | 00:45:27            | <b>01:09:11.66</b>   | +00:36:28<br>(52.7%) | 13:50           | 4.3<br>(46.7%) |

