



TAURON NORDIC WALKING

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Tauron Bieg z Flagą
Organizator: Śląski Urząd Wojewódzki w Katowicach, Tauron Ciepło sp. z o.o.
Data: 2023-05-02
Miejsce: Katowice
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SŁUPIANEK Paweł	819	KATOWICKI NORDIC WALKING	Open Mężczyźni	1	2	00:30:55.35	00:30:57.00		6:11	9.7 (100%)
2	DERUS Jakub	811	KATOWICKI NORDIC WALKING	Open Mężczyźni	2	2	00:31:04.65	00:31:06.75	+00:00:09 (0.5%)	6:12	9.7 (100%)
3	TAMIOŁA Grazyna	907	STADION ŚLĄSKI	Open Kobiety	1	1	00:32:13.45	00:32:33.90	+00:01:36 (5.0%)	6:26	9.3 (95.9%)
4	BAGIŃSKA Dorota	846	SŁAWKOWSKIE WŁÓCZYKIJE	Open Kobiety	2	2	00:32:43.65	00:32:44.90	+00:01:47 (5.5%)	6:32	9.2 (94.8%)
5	SIWIEC Artur	911	MK TEAM	Open Mężczyźni	3	2	00:33:08.25	00:33:10.65	+00:02:13 (6.7%)	6:37	9.1 (93.8%)
6	KASPRZYK Sylwia	849		Open Kobiety	3	1	00:35:00.55	00:35:23.25	+00:04:26 (12.5%)	7:00	8.6 (88.7%)
7	ŚWIERC Krzysztof	920	DRUŻYNA MOJACUKRZYCA.PL	Open Mężczyźni	4	2	00:35:59.70	00:36:03.85	+00:05:06 (14.2%)	7:11	8.3 (85.6%)
8	SŁOMIAN Leszek	932		Open Mężczyźni	5	2	00:36:04.75	00:36:13.15	+00:05:16 (14.5%)	7:12	8.3 (85.6%)
9	SZYGUŁA Anna	919	MK TEAM	Open Kobiety	4	1	00:36:35.15	00:36:57.25	+00:06:00 (16.2%)	7:19	8.2 (84.5%)
10	TYCZEWSKI Jacek	856		Open Mężczyźni	6	2	00:37:03.15	00:37:09.80	+00:06:12 (16.7%)	7:24	8.1 (83.5%)
11	MALCZYK Anna	833		Open Kobiety	5	2	00:37:12.40	00:37:14.75	+00:06:17 (16.9%)	7:26	8.1 (83.5%)
12	SZENDZIELORZ Ilona	871	MALINOWE GWIAZDY	Open Kobiety	6	1	00:37:45.90	00:38:09.85	+00:07:12 (18.9%)	7:33	7.9 (81.4%)
13	CZEMPIK Kornelia	873	MALINOWE GWIZDY	Open Kobiety	7	1	00:37:53.30	00:38:18.00	+00:07:21 (19.2%)	7:34	7.9 (81.4%)
14	RASZKA Ewelina	954		Open Kobiety	8	2	00:38:33.50	00:38:41.25	+00:07:44 (20.0%)	7:42	7.8 (80.4%)

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15	KARPLEWICZ Andrzej	908		Open Mężczyźni	7	2	00:39:14.30	00:39:26.95	+00:08:29 (21.5%)	7:50	7.6 (78.4%)
16	GORYNOWICZ Grazyna	941	BRAK	Open Kobiety	9	1	00:39:08.10	00:39:43.70	+00:08:46 (22.1%)	7:49	7.7 (79.4%)
17	KULA Anna	943		Open Kobiety	10	1	00:40:08.20	00:40:18.70	+00:09:21 (23.2%)	8:01	7.5 (77.3%)
18	KOZIARZ Roman	909	STADION ŚLĄSKI	Open Mężczyźni	8	2	00:40:07.40	00:40:20.70	+00:09:23 (23.3%)	8:01	7.5 (77.3%)
19	SARAT Edward	852		Open Mężczyźni	9	1	00:39:59.90	00:40:23.40	+00:09:26 (23.4%)	7:59	7.5 (77.3%)
20	KOCHAŃSKI Paweł	842		Open Mężczyźni	10	2	00:40:36.55	00:40:38.50	+00:09:41 (23.8%)	8:07	7.4 (76.3%)
21	KLIMOWICZ Beata	880		Open Kobiety	11	2	00:40:32.00	00:40:46.25	+00:09:49 (24.1%)	8:06	7.4 (76.3%)
22	DĄBROWSKI Andrzej	946	MARSZ PO ZDROWIE	Open Mężczyźni	11	2	00:40:49.20	00:41:00.45	+00:10:03 (24.5%)	8:09	7.3 (75.3%)
23	GUPTA Rahul	962		Open Mężczyźni	12	1	00:40:27.80	00:41:03.15	+00:10:06 (24.6%)	8:05	7.4 (76.3%)
24	SERAFIŃSKA Anetta	964		Open Kobiety	12	2	00:41:03.75	00:41:05.85	+00:10:08 (24.7%)	8:12	7.3 (75.3%)
25	WIESNER Tomasz	832	WATAHA	Open Mężczyźni	13	1	00:40:56.20	00:41:23.45	+00:10:26 (25.2%)	8:11	7.3 (75.3%)
26	WITOR Klaudia	939	MK TEAM	Open Kobiety	13	2	00:41:20.05	00:41:34.10	+00:10:37 (25.5%)	8:16	7.3 (75.3%)
27	ROSA Andrzej	899		Open Mężczyźni	14	2	00:41:40.75	00:41:42.40	+00:10:45 (25.8%)	8:20	7.2 (74.2%)
28	BĘBNIK Elżbieta	853		Open Kobiety	14	2	00:41:50.65	00:41:53.35	+00:10:56 (26.1%)	8:22	7.2 (74.2%)
29	TREDER Beata	897		Open Kobiety	15	1	00:41:28.10	00:42:00.25	+00:11:03 (26.3%)	8:17	7.2 (74.2%)
30	KOLBEL-JARGUZ Ewa	893		Open Kobiety	16	1	00:41:34.40	00:42:05.55	+00:11:08 (26.5%)	8:18	7.2 (74.2%)
31	KOZIARZ Jadwiga	910	STADION ŚLĄSKI	Open Kobiety	17	2	00:42:09.75	00:42:22.05	+00:11:25 (26.9%)	8:25	7.1 (73.2%)
32	KĘPCZYŃSKA Gabriela	867		Open Kobiety	18	1	00:42:06.55	00:42:35.00	+00:11:38 (27.3%)	8:25	7.1 (73.2%)
33	DOMIN Krystyna	916	MKTEAM	Open Kobiety	19	1	00:42:17.10	00:42:44.65	+00:11:47 (27.6%)	8:27	7.1 (73.2%)
34	BLITEK Michał	845		Open Mężczyźni	15	2	00:42:46.85	00:42:58.70	+00:12:01 (28.0%)	8:33	7 (72.2%)
35	URBANEK-BLITEK Agnieszka	844		Open Kobiety	20	2	00:42:48.10	00:42:59.60	+00:12:02 (28.0%)	8:33	7 (72.2%)
36	CEBO Wojciech	933		Open Mężczyźni	16	2	00:43:12.85	00:43:19.90	+00:12:22 (28.6%)	8:38	6.9 (71.1%)
37	JANIK Marzenna	905	STADION ŚLASKI	Open Kobiety	21	2	00:43:15.65	00:43:29.35	+00:12:32 (28.8%)	8:39	6.9 (71.1%)

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38	BUDYCH Wieslawa	961		Open Kobiety	22	1	00:43:11.65	00:43:37.15	+00:12:40 (29.0%)	8:38	6.9 (71.1%)
39	LISOWSKA Joanna	884		Open Kobiety	23	2	00:43:39.90	00:43:42.55	+00:12:45 (29.2%)	8:43	6.9 (71.1%)
40	SACAŁA Zofia	952		Open Kobiety	24	2	00:44:01.60	00:44:06.85	+00:13:09 (29.8%)	8:48	6.8 (70.1%)
41	HERZ Anna	804		Open Kobiety	25	2	00:44:06.90	00:44:10.15	+00:13:13 (29.9%)	8:49	6.8 (70.1%)
42	PAWLACZYK Karolina	883		Open Kobiety	26	2	00:43:58.80	00:44:11.70	+00:13:14 (30.0%)	8:47	6.8 (70.1%)
43	EDWARD Kurek	854	KATOWICE	Open Mężczyźni	17	1	00:43:48.75	00:44:13.00	+00:13:16 (30.0%)	8:45	6.8 (70.1%)
44	LISIAK Izabela	876	MALINOWE GWIZDY	Open Kobiety	27	2	00:44:11.60	00:44:13.25	+00:13:16 (30.0%)	8:50	6.8 (70.1%)
45	SACAŁA Andrzej	951		Open Mężczyźni	18	2	00:44:08.55	00:44:16.10	+00:13:19 (30.1%)	8:49	6.8 (70.1%)
46	KRÓL Krystyna	890	HARPAGAN SOSNOWIEC	Open Kobiety	28	2	00:44:24.80	00:44:29.10	+00:13:32 (30.4%)	8:52	6.8 (70.1%)
47	ADAMUS Aneta	808	EKIPA NA KIJACH	Open Kobiety	29	2	00:44:29.80	00:44:39.35	+00:13:42 (30.7%)	8:53	6.7 (69.1%)
48	SOWA Beata	840	DEADLINE TEAM	Open Kobiety	30	2	00:44:32.95	00:44:40.30	+00:13:43 (30.7%)	8:54	6.7 (69.1%)
48	SOWA Maciej	841	DEADLINE TEAM	Open Mężczyźni	19	2	00:44:32.30	00:44:40.30	+00:13:43 (30.7%)	8:54	6.7 (69.1%)
50	WŁODARZ Anna	928		Open Kobiety	31	2	00:45:14.85	00:45:18.60	+00:14:21 (31.7%)	9:02	6.6 (68.0%)
51	WALÓW Włodzimierz	955	BBL	Open Mężczyźni	20	2	00:45:09.60	00:45:24.75	+00:14:27 (31.8%)	9:01	6.6 (68.0%)
52	CZAPURA Elżbieta	914	MK TEAM	Open Kobiety	32	1	00:45:17.40	00:45:47.55	+00:14:50 (32.4%)	9:03	6.6 (68.0%)
53	LISOŃ Irena	869	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	33	2	00:45:44.35	00:45:49.85	+00:14:52 (32.5%)	9:08	6.6 (68.0%)
54	KAMIŃSKA Joanna	820		Open Kobiety	34	2	00:45:39.90	00:45:56.55	+00:14:59 (32.6%)	9:07	6.6 (68.0%)
55	KAMIŃSKA Ewa	814	KKM ARKTYKA	Open Kobiety	35	2	00:45:56.90	00:46:07.05	+00:15:10 (32.9%)	9:11	6.5 (67.0%)
56	PIĄTEK Karol	942		Open Mężczyźni	21	2	00:46:11.85	00:46:16.65	+00:15:19 (33.1%)	9:14	6.5 (67.0%)
57	JANIK Bogusław	906	STADION ŚLASKI	Open Mężczyźni	22	2	00:46:15.20	00:46:27.80	+00:15:30 (33.4%)	9:15	6.5 (67.0%)
58	BOGUSŁAWSKA Katarzyna	900	STADION ŚLĄSKI	Open Kobiety	36	2	00:46:14.45	00:46:28.15	+00:15:31 (33.4%)	9:14	6.5 (67.0%)
59	LEBIODA Paweł	901	STADION ŚLĄSKI	Open Mężczyźni	23	2	00:46:17.75	00:46:30.05	+00:15:33 (33.4%)	9:15	6.5 (67.0%)
60	NOWAK Maria	863		Open Kobiety	37	1	00:46:11.90	00:46:33.35	+00:15:36 (33.5%)	9:14	6.5 (67.0%)

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61	KUCZERA Sabina	875	MALINOWE GWIAZDY	Open Kobiety	38	1	00:46:12.80	00:46:34.25	+00:15:37 (33.5%)	9:14	6.5 (67.0%)
62	MICHALAK Grażyna	960		Open Kobiety	39	2	00:46:29.80	00:46:37.25	+00:15:40 (33.6%)	9:17	6.5 (67.0%)
63	ZARADNA-SZYMAŃSKA Iwona	915	MK TEAM	Open Kobiety	40	1	00:46:12.90	00:46:42.15	+00:15:45 (33.7%)	9:14	6.5 (67.0%)
64	SAPA Anna	806		Open Kobiety	41	2	00:46:36.95	00:46:47.30	+00:15:50 (33.9%)	9:19	6.4 (66.0%)
65	RAKOWSKA Agnieszka	805		Open Kobiety	42	2	00:46:38.40	00:46:49.00	+00:15:52 (33.9%)	9:19	6.4 (66.0%)
66	ROMANOWICZ Bożena	927		Open Kobiety	43	1	00:46:32.05	00:46:53.10	+00:15:56 (34.0%)	9:18	6.4 (66.0%)
67	JASKÓLSKA Monika	966		Open Kobiety	44	2	00:46:49.55	00:46:54.75	+00:15:57 (34.0%)	9:21	6.4 (66.0%)
68	JASKÓLSKI Piotr	965	CARBON SILESIA SPORT	Open Mężczyźni	24	2	00:46:52.05	00:46:55.35	+00:15:58 (34.0%)	9:22	6.4 (66.0%)
69	WIESNER Stanisława	831	WATAHA	Open Kobiety	45	2	00:46:50.25	00:46:55.45	+00:15:58 (34.0%)	9:22	6.4 (66.0%)
70	JASKÓLSKA Martyna	967		Open Kobiety	46	2	00:46:51.90	00:46:55.50	+00:15:58 (34.0%)	9:22	6.4 (66.0%)
71	PASZYŃSKA Ewa	826	WATAHA	Open Kobiety	47	1	00:46:31.90	00:46:59.30	+00:16:02 (34.1%)	9:18	6.4 (66.0%)
71	WOCLAW Barbara	827	WATAHA	Open Kobiety	47	1	00:46:32.65	00:46:59.30	+00:16:02 (34.1%)	9:18	6.4 (66.0%)
73	GAJEWSKA Magdalena	817	BDB TEAM	Open Kobiety	49	2	00:46:53.50	00:47:03.35	+00:16:06 (34.2%)	9:22	6.4 (66.0%)
74	KOKOSIŃSKA Agata	959		Open Kobiety	50	2	00:46:57.75	00:47:07.10	+00:16:10 (34.3%)	9:23	6.4 (66.0%)
75	SENDOBRY Justyna	918		Open Kobiety	51	2	00:47:01.95	00:47:07.30	+00:16:10 (34.3%)	9:24	6.4 (66.0%)
76	KAMIŃSKI Grzegorz	812		Open Mężczyźni	25	2	00:46:57.65	00:47:14.35	+00:16:17 (34.5%)	9:23	6.4 (66.0%)
77	KRAWCZYK Mirela	801		Open Kobiety	52	2	00:47:09.75	00:47:17.30	+00:16:20 (34.6%)	9:25	6.4 (66.0%)
78	KULA Wiesława	944		Open Kobiety	53	1	00:47:14.00	00:47:30.25	+00:16:33 (34.8%)	9:26	6.4 (66.0%)
79	ZYDRON Wiesław	848	Z KIJKAMI NAM PO DRODZE	Open Mężczyźni	26	2	00:47:35.00	00:47:41.55	+00:16:44 (35.1%)	9:31	6.3 (64.9%)
80	WÓJCIK Joanna	947		Open Kobiety	54	1	00:47:35.20	00:47:51.40	+00:16:54 (35.3%)	9:31	6.3 (64.9%)
81	FILAPEK Justyna	862		Open Kobiety	55	2	00:47:56.05	00:48:08.50	+00:17:11 (35.7%)	9:35	6.3 (64.9%)
82	ZACZKOWSKA Olga	968		Open Kobiety	56	2	00:48:03.15	00:48:18.90	+00:17:21 (35.9%)	9:36	6.2 (63.9%)
83	PIECHOWSKA Paulina	969		Open Kobiety	57	2	00:48:33.00	00:48:48.10	+00:17:51 (36.6%)	9:42	6.2 (63.9%)

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84	JEZELA Ola	816		Open Kobiety	58	2	00:48:36.75	00:48:48.25	+00:17:51 (36.6%)	9:43	6.2 (63.9%)
85	PAŃKOWSKA Ania	815		Open Kobiety	59	2	00:48:38.30	00:48:48.75	+00:17:51 (36.6%)	9:43	6.2 (63.9%)
86	KAŁUŻNA Anna	839		Open Kobiety	60	2	00:48:33.20	00:48:49.15	+00:17:52 (36.6%)	9:42	6.2 (63.9%)
87	WOLNY Sonia	889	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	61	2	00:48:53.15	00:48:59.30	+00:18:02 (36.8%)	9:46	6.1 (62.9%)
88	ANTOSIEWICZ Bogusława	850	CZELADŹ BIEGA	Open Kobiety	62	2	00:48:57.55	00:49:07.40	+00:18:10 (37.0%)	9:47	6.1 (62.9%)
89	ANTOSIEWICZ Bogdan	851		Open Mężczyźni	27	2	00:49:03.60	00:49:07.45	+00:18:10 (37.0%)	9:48	6.1 (62.9%)
90	KIEŁTYKA Piotr	922		Open Mężczyźni	28	2	00:49:26.90	00:49:28.35	+00:18:31 (37.4%)	9:53	6.1 (62.9%)
91	PAWŁOWSKA Anna	895	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	63	2	00:49:25.90	00:49:30.25	+00:18:33 (37.5%)	9:53	6.1 (62.9%)
92	KOWACZEK Teresa	864	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	64	2	00:49:26.85	00:49:30.55	+00:18:33 (37.5%)	9:53	6.1 (62.9%)
93	RUPIK Aneta	923		Open Kobiety	65	2	00:49:44.15	00:49:52.50	+00:18:55 (37.9%)	9:56	6 (61.9%)
94	KRAWCZYK Magdalena	924		Open Kobiety	66	2	00:49:45.25	00:49:53.25	+00:18:56 (38.0%)	9:57	6 (61.9%)
95	WITA Justyna	925		Open Kobiety	67	2	00:49:44.05	00:49:54.00	+00:18:57 (38.0%)	9:56	6 (61.9%)
96	KIEŁTYKA Edyta	921		Open Kobiety	68	2	00:49:56.90	00:49:58.25	+00:19:01 (38.1%)	9:59	6 (61.9%)
97	GAJEWSKA Maria	935		Open Kobiety	69	2	00:49:53.80	00:49:58.85	+00:19:01 (38.1%)	9:58	6 (61.9%)
98	WOJACZEK Milena	818	E-PLECY	Open Kobiety	70	2	00:49:50.95	00:49:59.80	+00:19:02 (38.1%)	9:58	6 (61.9%)
99	BARTECKA Mariola	879		Open Kobiety	71	2	00:49:57.95	00:50:12.55	+00:19:15 (38.4%)	9:59	6 (61.9%)
100	CHROBOK 24 Joanna	825		Open Kobiety	72	2	00:50:09.85	00:50:14.35	+00:19:17 (38.4%)	10:01	6 (61.9%)
101	CEBO Roma	934		Open Kobiety	73	2	00:50:13.30	00:50:18.55	+00:19:21 (38.5%)	10:02	6 (61.9%)
102	SZALA Danuta	885		Open Kobiety	74	2	00:50:23.00	00:50:32.30	+00:19:35 (38.8%)	10:04	6 (61.9%)
103	RAMS Gizela	898	MALINOWE GWIAZDY	Open Kobiety	75	1	00:50:03.50	00:50:34.45	+00:19:37 (38.8%)	10:00	6 (61.9%)
104	LIPIEN Janina	894	MALINOWE GWIAZDY	Open Kobiety	76	1	00:50:03.05	00:50:36.25	+00:19:39 (38.8%)	10:00	6 (61.9%)
105	NIESŁONY Ryszard	872	MALINOWE GWIZDY	Open Mężczyźni	29	1	00:50:03.10	00:50:36.45	+00:19:39 (38.8%)	10:00	6 (61.9%)
106	JASIŃSKA-SIKORA Anna	803	AUGUSTEAM	Open Kobiety	77	2	00:51:40.00	00:51:41.85	+00:20:44 (40.1%)	10:20	5.8 (59.8%)

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107	CZECH Iwona	963		Open Kobiety	78	2	00:52:11.20	00:52:14.05	+00:21:17 (40.7%)	10:26	5.7 (58.8%)
108	WYLEŻOŁ Agnieszka	882		Open Kobiety	79	1	00:51:50.05	00:52:28.05	+00:21:31 (41.0%)	10:22	5.8 (59.8%)
109	KOSMALA Helna	887	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	80	2	00:53:01.30	00:53:07.35	+00:22:10 (41.7%)	10:36	5.7 (58.8%)
110	SIKORA Arkadiusz	802	AUGUSTEAM	Open Mężczyźni	30	2	00:53:04.85	00:53:19.50	+00:22:22 (42.0%)	10:36	5.7 (58.8%)
111	LISOŃ Jan	870	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Mężczyźni	31	2	00:54:53.95	00:54:58.10	+00:24:01 (43.7%)	10:58	5.5 (56.7%)
112	WĘGRZYN Krystyna	888	STOWARZYSZENIE SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	81	2	00:54:51.95	00:54:58.40	+00:24:01 (43.7%)	10:58	5.5 (56.7%)
113	WILCZAK Ewelina	821		Open Kobiety	82	2	00:54:48.60	00:55:06.90	+00:24:09 (43.8%)	10:57	5.5 (56.7%)
114	KOMOSA Marian	868	ŚWIATOWY ZWIĄZEK ŻOŁNIERZY AK	Open Mężczyźni	32	2	00:55:00.50	00:55:15.50	+00:24:18 (44.0%)	11:00	5.5 (56.7%)
115	LESICZKA Jolanta	937		Open Kobiety	83	2	00:55:34.10	00:55:45.80	+00:24:48 (44.5%)	11:06	5.4 (55.7%)
116	JASIŃSKA Krystyna	891	ST. SENIORZY DLA CHORZOWA I ŚLĄSKA	Open Kobiety	84	2	00:55:39.15	00:55:46.00	+00:24:49 (44.5%)	11:07	5.4 (55.7%)
117	LESICZKA Tadeusz	938		Open Mężczyźni	33	1	00:56:59.25	00:57:25.70	+00:26:28 (46.1%)	11:23	5.3 (54.6%)
118	WILCZAK Paweł	822		Open Mężczyźni	34	2	00:57:07.55	00:57:26.40	+00:26:29 (46.1%)	11:25	5.3 (54.6%)
119	LABUS Magdalena	809		Open Kobiety	85	1	00:57:31.05	00:57:31.05	+00:26:34 (46.2%)	11:30	5.2 (53.6%)
120	SAPA Robert	807		Open Mężczyźni	35	2					(0.0%)

Znaleziono 120 wynik(ów)