

## NORDIC WALKING - 5 KM

Organiser: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
Date: 2022-04-09  
Place: Police  
Distance: 5 km  
Klasyfikacja wg czasów brutto.



## NORDIC WALKING - 5 KM, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Drużyna 1	2.5km	Netto	Brutto	min/km	km/h
1	DOŁĘGOWSKI MAREK	908	GMINA WOLIN	KOŁCZEWO	POL	M50	1	M 1	KING MACIUS TEAM	00:16:00	00:32:48.80	00:32:50.60	6:33	9.1
2	WESOŁOWSKI MARCIN	907		SZCZECIN	POL	M30	1	M 2		00:17:22	00:34:37.75	00:34:41.25	6:55	8.7
3	MASŁYK MAŁGORZATA	441		PYRZYCE	POL	K50	1	K 1	KING MACIUS TEAM	00:17:38	00:35:24.40	00:35:25.65	7:04	8.5
4	KŁACZYŃSKA DANUTA	912	FARTY PUSZCZY	SZCZECIN	POL	K40	1	K 2	FARTY PUSZCZY	00:17:48	00:36:04.45	00:36:05.90	7:12	8.3
5	ZDANUK ARTUR	484	EKSPEDYCJA NORDIC TEAM SZCZECIN	PRZĘSOCIN	POL	M50	2	M 3	KING MACIUS TEAM	00:17:47	00:36:08.85	00:36:10.65	7:13	8.3
6	ZIÓLKOWSKA SYLWIA	919	FARTY PUSZCZY	SZCZECIN	POL	K40	2	K 3	FARTY PUSZCZY	00:18:01	00:36:35.55	00:36:37.10	7:19	8.2
7	RADCZUK KAROLINA	905		POLICE	POL	K40	3	K 4		00:18:15	00:37:00.30	00:37:02.35	7:24	8.1
8	STACHOWICZ-HAWRYLAK SYLWIA	906	BIEG KORCZAKA	SZCZECIN	POL	K50	2	K 5	BIEG KORCZAKA	00:18:24	00:37:11.25	00:37:13.00	7:26	8.1
9	KUPNIEWSKA ALEKSANDRA	903	LOVELASY	POLICE	POL	K40	4	K 6	KING MACIUS TEAM	00:18:28	00:37:25.25	00:37:28.25	7:29	8
10	KAMIŃSKA MAGDALENA	910	PUM SZCZECIN	SZCZECIN	POL	K40	5	K 7	BIEG KORCZAKA	00:18:42	00:37:43.30	00:37:44.65	7:32	8
11	WOJDYŁA MIECZYSLAW	477		WROCŁAW	POL	M50	3	M 4		00:17:03	00:37:50.00	00:37:50.00	7:34	7.9
12	MISIUK MARTA	904	LOVELASY	POLICE	POL	K30	1	K 8		00:18:44	00:37:47.90	00:37:50.80	7:33	7.9
13	MISIEWICZ BOŻENA	450	BIEG KORCZAKA	CHOJNA	POL	K60+	1	K 9	BIEG KORCZAKA	00:18:58	00:38:31.65	00:38:33.40	7:42	7.8
14	STRZELEC TOMASZ	916	KB HERMES GRYFINO	GRYFINO	POL	M40	1	M 5		00:19:28	00:38:48.40	00:38:52.95	7:45	7.7
15	KRUŻBERSKA KATARZYNA	902		SZCZECIN	POL	K20	1	K 10		00:19:26	00:39:01.15	00:39:03.75	7:48	7.7
16	OLEJNIK MARZENA	454		SZCZECIN	POL	K50	3	K 11		00:19:25	00:39:06.60	00:39:06.60	7:49	7.7
17	JARCEWSKA RENATA	420	BIEG KORCZAKA	GOLENIÓW	POL	K50	4	K 12	BIEG KORCZAKA	00:19:15	00:39:15.70	00:39:18.40	7:51	7.6
18	TUZIMEK BARBARA	474	ZESPÓŁ SZKOŁ NR 4 W SZCZECINIE	SZCZECIN	POL	K40	6	K 13		00:19:45	00:39:59.50	00:40:02.30	7:59	7.5
19	SMOŁOWIK ERNEST	466	SOSW NR 1 DNR	USTOWO	POL	M20	1	M 6	SOSW NR 1 DNR	00:20:11	00:41:00.85	00:41:00.85	8:01	7.5
20	GÓRSKA AGNIESZKA	909		SZCZECIN	POL	K40	7	K 14		00:20:00	00:40:07.75	00:40:10.50	8:01	7.5
21	PODHAJNA AGNIESZKA	458	FARTY PUSZCZY	SZCZECIN	POL	K40	8	K 15	FARTY PUSZCZY	00:20:08	00:40:40.50	00:40:45.05	8:08	7.4
22	KOWALSKA JOANNA	913	--	GRYFINO	POL	K30	2	K 16		00:20:07	00:40:54.25	00:40:56.65	8:10	7.3
23	LEDZION ROBERT	431	□MUFFINKOWE MORSY	SZCZECIN	POL	M50	4	M 7		00:20:16	00:41:27.75	00:41:31.95	8:17	7.2
24	PARCHIMOWICZ JANUSZ	915		PRZECŁAW	POL	M60+	1	M 8		00:20:16	00:41:29.85	00:41:32.15	8:17	7.2
25	KARLIKOWSKI ŁUKASZ	473		SZCZECIN	POL	M30	2	M 9		00:20:58	00:42:02.25	00:42:09.85	8:24	7.1
26	STAŃCZAK MARCIN	467	FARTY PUSZCZY	SZCZECIN	POL	M30	3	M 10	FARTY PUSZCZY	00:21:09	00:42:16.15	00:42:22.85	8:27	7.1
27	MUSZKIET-SOBAŃSKA AGNIESZKA	452	MUFFINKOWE MORSY	SZCZECIN	POL	K40	9	K 17		00:20:55	00:42:30.55	00:42:35.45	8:30	7.1
28	WESOŁOWSKA URSZULA	475	FARTY PUSZCZY	SZCZECIN	POL	K30	3	K 18	FARTY PUSZCZY	00:21:17	00:42:50.55	00:42:56.30	8:34	7
29	MICHALSKA ANETA	447	KOMPAS TEAM	POLICE	POL	K40	10	K 19	KOMPAS TEAM	00:22:00	00:42:58.55	00:43:02.60	8:35	7
30	WOŹNIEWSKA GRAŻYNA	480	SZALONE WILCZYCE	POLICE	POL	K60+	2	K 20		00:21:20	00:43:06.90	00:43:08.40	8:37	7
31	SZUBERT-ADAMSKA EWELINA	471		PRZĘSOCIN	POL	K40	11	K 21		00:22:10	00:43:19.95	00:43:28.45	8:39	6.9
32	MALINOWSKA EWELINA	440		POLICE	POL	K30	4	K 22		00:21:39	00:43:33.30	00:43:38.80	8:42	6.9
33	SZCZERBIŃSKA BARBARA	917		GRYFINO	POL	K60+	3	K 23		00:21:47	00:43:48.40	00:43:51.60	8:45	6.8
34	BIERNCKA HELENA	406	NIEZRZESZONA	POLICE	POL	K60+	4	K 24		00:22:10	00:44:00.15	00:44:05.90	8:48	6.8
35	JURCZYK ANNA	423	PRZĘSOCIN	PRZĘSOCIN	POL	K30	5	K 25		00:22:17	00:43:58.25	00:44:06.05	8:47	6.8
36	MICHALSKA KAROLINA	448	BIEG KORCZAKA	POLICE	POL	K20	2	K 26	BIEG KORCZAKA	00:22:16	00:44:14.40	00:44:19.05	8:50	6.8
37	MALINOWSKA MARZENA	439		POLICE	POL	K50	5	K 27		00:22:12	00:44:15.70	00:44:20.55	8:51	6.8
38	SALA MIROSLAWA	463		POLICE	POL	K60+	5	K 28		00:22:18	00:44:19.05	00:44:22.50	8:51	6.8
39	MATWIEJCZUK AGNIESZKA	442		SZCZECIN	POL	K40	12	K 29		00:22:05	00:44:33.45	00:44:37.05	8:54	6.7
40	LINHARD BOŻENA	432		DOBRZANY	POL	K60+	6	K 30		00:22:16	00:44:45.45	00:44:49.05	8:57	6.7
41	ORLIŃSKA NATALIA	455		SZCZECIN	POL	K40	13	K 31		00:22:31	00:44:47.65	00:44:54.80	8:57	6.7
42	BOGUCKI ZBIGNIEW	71		SZCZECIN	POL	M40	2	M 11		00:24:15	00:45:06.00	00:45:06.00	9:01	6.7
43	FALEŃSKI RAFAŁ	412		SZCZECIN	POL	M40	3	M 12		00:22:05	00:45:11.30	00:45:17.40	9:02	6.6
44	FIJAŁKOWSKA MONIKA	413		POLICE	POL	K40	14	K 32		00:22:42	00:45:18.40	00:45:21.50	9:03	6.6

**NORDIC WALKING - 5 KM, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Drużyna 1	2.5km	Netto	Brutto	min/km	km/h	
							cat.								
45	ŁUKOJC BERNADETTA	434		SZCZECIN	POL	K50	6	K 33		00:22:12	00:45:37.85	00:45:39.90	9:07	6.6	
46	LITWINIAK IZABELA	433		GOLENIÓW	POL	K40	15	K 34	DZIEWCZYNI Z KIJKAMI	00:22:38	00:45:47.15	00:45:50.90	9:09	6.6	
47	FORCZMAŃSKA ANGELIKA	414	SOSW NR 1 DNR	SZCZECIN	POL	K20	3	K 35		00:23:22	00:46:36.75	00:46:43.70	9:19	6.4	
48	MAZUR KAMIL	444	SOSW NR 1 DNR	STEPNICA	POL	M20	2	M 13	SOSW NR 1 DNR	00:23:38	00:46:36.80	00:46:44.10	9:19	6.4	
49	MIKLAS ALEKSANDRA	449	WALKING WARRIORS	PRZECLAW	POL	K30	6	K 36		00:23:21	00:46:39.15	00:46:50.10	9:19	6.4	
50	WOJNAS BEATA	478	HULK TEAM POLICE	POLICE	POL	K40	16	K 37		00:22:59	00:46:55.90	00:47:01.05	9:23	6.4	
51	BAKOWSKA SYLWIA	402		POLICE	POL	K40	17	K 38		00:23:00	00:46:56.40	00:47:01.40	9:23	6.4	
52	SIKORA MAGDALENA	465		POLICE	POL	K40	18	K 39		00:24:18	00:46:57.70	00:47:02.40	9:23	6.4	
53	ZAJAC BOZENA	482	LEGENDARY POWER SZEWC	DALESZEWO	POL	K60+	7	K 40		00:23:34	00:46:56.30	00:47:02.55	9:23	6.4	
54	BARTYNA KRYSZYNA	401		POLICE	POL	K60+	8	K 41		00:23:02	00:47:22.50	00:47:26.70	9:28	6.3	
55	MAZUR MIROSŁAWA	445		POLICE	POL	K60+	9	K 42		00:23:03	00:47:23.85	00:47:26.90	9:28	6.3	
56	NOWAK ANETA	453	NORDICOWELOVE	POLICE	POL	K40	19	K 43	NORDICOWELOVE	00:23:47	00:47:31.45	00:47:37.25	9:30	6.3	
57	KOTARSKA MAŁGORZATA	427	NORDICOWELOVE	POLICE	POL	K60+	10	K 44	NORDICOWELOVE	00:23:48	00:47:31.90	00:47:37.55	9:30	6.3	
58	ANDRUSZKIEWICZ EWA	400	AMPIO TEAM	NOWE WARPNO	POL	K40	20	K 45	AMPIO TEAM	00:23:47	00:47:34.60	00:47:42.00	9:30	6.3	
59	WOJTAT HALINA	918	KS POGODNI NORDIKOWCY SZCZECIN	SZCZECIN	POL	K50	7	K 46		00:23:38	00:47:35.65	00:47:43.55	9:31	6.3	
60	KWIATKOWSKA ANGELIKA	429	SOSW NR 1 DNR	POLICE	POL	K20	4	K 47	SOSW NR 1 DNR	00:23:57	00:47:57.05	00:48:01.90	9:35	6.3	
61	LEDZION DAGMARA	430	MUFFINKOWE MORSY	SZCZECIN	POL	K40	21	K 48		00:24:26	00:48:06.70	00:48:13.55	9:37	6.2	
62	WNUK WANDA	476		NOWE WARPNO	POL	K50	8	K 49	KPP POLICE	00:23:35	00:48:14.15	00:48:17.90	9:38	6.2	
63	JATCZAK KATARZYNA	422	KPP POLICE	POLICE	POL	K40	22	K 50	KPP POLICE	00:23:34	00:48:14.00	00:48:18.20	9:38	6.2	
64	ROSIŃSKA KAROLINA	461		TANOWO	POL	K30	7	K 51		00:24:27	00:48:22.20	00:48:34.15	9:40	6.2	
65	CIEŚLAK ADAM	409	LEGENDARY POWER SZEWC	GRYFINO	POL	M60+	2	M 14		00:24:27	00:48:42.60	00:48:49.15	9:44	6.2	
66	CIEŚLAK HELENA	410	LEGENDARY POWER SZEWC	GRYFINO	POL	K50	9	K 52		00:23:51	00:48:42.75	00:48:49.45	9:44	6.2	
67	GURGACZ GABRIELA	417		BEZRZECZE	POL	K40	23	K 53		00:24:18	00:49:08.25	00:49:19.20	9:49	6.1	
68	ŁUKOMSKA-MOCYDLARZ ANNA	435		SZCZECIN	POL	K40	24	K 54		00:25:18	00:49:16.30	00:49:24.30	9:51	6.1	
69	PIETAŚ SŁAWA	457	SZALONE WILCZYCE	POLICE	POL	K60+	11	K 55		00:24:20	00:49:23.55	00:49:26.15	9:52	6.1	
70	WOLNA DOROTA	479		SZCZECIN	POL	K30	8	K 56		00:24:36	00:49:18.80	00:49:28.70	9:51	6.1	
71	HAWRYLAK MARCIN	1	14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA	SZCZECIN	POL	M50	5	M 15	WIRTUALNY BIEG	00:12:18	00:40:59.80	00:49:44.65	8:11	7.3	
72	HAWRYLAK PATRYCJA	418	WIRTUALNY BIEG	SZCZECIN	POL	K20	5	K 57	BIEG KORCZAKA	00:20:19	00:41:00.90	00:49:44.90	8:12	7.3	
73	ZDANKIEWICZ OLGA	483		MIERZYN	POL	K40	25	K 58		00:25:08	00:51:07.25	00:51:13.00	10:13	5.9	
74	STASZEWSKA AGATA	468		SZCZECIN	POL	K40	26	K 59		00:25:50	00:51:31.75	00:51:44.60	10:18	5.8	
75	KNAP SYLWIA	426		SZCZECIN	POL	K30	9	K 60		00:25:32	00:52:17.20	00:52:25.85	10:27	5.7	
76	KARYBA PAULINA	425		SZCZECIN	POL	K30	10	K 61		00:25:31	00:52:16.05	00:52:25.90	10:27	5.7	
77	SWJATECKI JERZY	469		SZCZECIN	POL	M60+	3	M 16		00:25:19	00:52:43.40	00:52:50.75	10:32	5.7	
78	CZACHOROWSKA NATALIA	411	14ZBOT/142 BLP TRZEBIATÓW	STARE BIELICE	POL	K20	6	K 62	14ZBOT/142 BLP TRZEBIATÓW	00:25:34	00:52:48.20	00:52:58.55	10:33	5.7	
79	KANIA ADRIAN	424	14ZBOT/142 BLP TRZEBIATÓW	RABINO	POL	M20	3	M 17		00:25:33	00:52:47.75	00:52:59.00	10:33	5.7	
80	BETKER ADAM	404	PK	POLICE	POL	M20	4	M 18		00:26:35	00:52:54.20	00:53:03.30	10:34	5.7	
81	SĘK DOMINIK	464	SOSW NR 1 DNR	WAPNICA	POL	M20	5	M 19	SOSW NR 1 DNR	00:25:19	00:53:17.40	00:53:22.40	10:39	5.6	
82	MICHAŁAK MONIKA	446		POLICE	POL	K40	27	K 63		00:26:11	00:53:31.80	00:53:40.05	10:42	5.6	
83	ROSIK JOANNA	460		SZCZECIN	POL	K60+	12	K 64		00:27:53	00:54:05.70	00:54:17.90	10:49	5.5	
84	MACIASZCZYK ZBIGNIEW	436		SZCZECIN	POL	M60+	4	M 20		00:27:49	00:54:11.55	00:54:25.00	10:50	5.5	
85	NIEDŹWIECKI PAWEŁ	914		PRZESOCIN	POL	M40	4	M 21		00:26:51	00:54:39.50	00:54:49.35	10:55	5.5	
86	BETKER ANNA	403		POLICE	POL	K40	28	K 65		00:27:31	00:56:41.20	00:56:50.00	11:20	5.3	
87	TARWID BOZENA	486		SZCZECIN	POL	K50	10	K 66		00:28:22	00:56:41.35	00:56:51.45	11:20	5.3	
88	GEBKA-ZYLA MAGDALENA	416		SZCZECIN	POL	K40	29	K 67		00:28:22	00:57:03.20	00:57:13.00	11:24	5.3	
89	SZYDELSKA KRYSZYNA	472	NORDICOWELOVE	POLICE	POL	K60+	13	K 68		00:28:25	00:58:03.05	00:58:09.30	11:36	5.2	
90	GAZECKA KRYSZYNA	415	POLICZANKA	POLICE	POL	K60+	14	K 69		00:28:25	00:58:03.90	00:58:10.65	11:36	5.2	
91	BUŁAWA JUSTYNA	407		SZCZECIN	POL	K30	11	K 70		00:28:43	00:58:32.30	00:58:32.30	11:42	5.1	
92	MUCHA MARTYNA	451		POLICE	POL	K30	12	K 71		00:28:35	00:58:24.90	00:58:32.55	11:40	5.1	
93	JANKOWIAK PAULINA	419		SZCZECIN	POL	K30	12	K 71		00:28:34	00:58:23.65	00:58:32.55	11:40	5.1	
94	ROSIŃSKA GRAŻYNA	462		TANOWO	POL	K60+	15	K 73		00:29:00	00:58:30.15	00:58:41.90	11:42	5.1	
95	BODNAR ZBIGNIEW	901	BIEG KORCZAKA	SZCZECIN	POL	M60+	5	M 22	BIEG KORCZAKA RAZ	00:30:45	00:58:28.65	00:58:43.25	11:41	5.1	
96	CIACHLA MATYLDA	408	BIEG KORCZAKA	POLICE	POL	K30	14	K 74	BIEG KORCZAKA	00:29:01	00:58:33.15	00:58:44.55	11:42	5.1	

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POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Drużyna 1	2.5km	Netto	Brutto	min/km	km/h
97	REĆKO WIOLETA	459		SZCZECIN	POL	K30	15	K 75		00:31:09	00:59:33.45	00:59:45.30	11:54	5
98	MACIEJEWSKA GRAŻYNA TERESA	437		MARIANOWO	POL	K60+	16	K 76		00:33:57	01:21:30.40	01:21:46.00	16:18	3.7
99	MACIEJEWSKJ HENRYK	438		MARIANOWO	POL	M60+	6	M 23		00:33:57	01:21:30.80	01:21:46.05	16:18	3.7