

NORDIC WALKING - 5 KM

Organizator: Stowarzyszenie Pozytywni z Pasją Jastrowie
 Data: 2024-11-10
 Miejsce: Jastrowie
 Dystans: 5 km
 Klasyfikacja wg czasów netto.


NORDIC WALKING - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | PYREK KRZYSZTOF | 103 | 1 RBLOG | WAŁCZ | POL | M OPEN | 1 | M 1 | 00:32:56.64 | 6:35 | 9.1 |
| 2 | JAKIMIEC TADEUSZ | 45 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M OPEN | 2 | M 2 | 00:33:29.48 | 6:41 | 9 |
| 3 | LAJTER JERZY | 73 | 4 RUN TEAM PIŁA | PIŁA | POL | M OPEN | 3 | M 3 | 00:38:42.90 | 7:44 | 7.8 |
| 4 | PRZYPOLSKI MIŁOSZ | 102 | KIJOWE SIOSTRY I BRAT | JASTROWIE | POL | M OPEN | 4 | M 4 | 00:40:18.79 | 8:03 | 7.4 |
| 5 | SOBCZYK BARBARA | 118 | MTB RUSAŁKA | LUBOŃ | POL | K OPEN | 1 | K 1 | 00:41:20.09 | 8:16 | 7.3 |
| 6 | POCZEKAJŁO AGNIESZKA | 97 | | JASTROWIE | POL | K OPEN | 2 | K 2 | 00:41:32.88 | 8:18 | 7.2 |
| 7 | NASTALSKA KATARZYNA | 88 | | JASTROWIE | POL | K OPEN | 3 | K 3 | 00:41:34.05 | 8:18 | 7.2 |
| 8 | BRONOWICKA ANGELIKA | 9 | | GÓRZNA | POL | K OPEN | 4 | K 4 | 00:42:14.00 | 8:26 | 7.1 |
| 9 | LENARTOWICZ STANISŁAW | 76 | | STARA ŁUBIANKA | POL | M OPEN | 5 | M 5 | 00:42:45.77 | 8:33 | 7 |
| 10 | SZCZYGIEŁ SŁAWOMIR | 124 | | ZŁOTÓW | POL | M OPEN | 6 | M 6 | 00:43:00.77 | 8:36 | 7 |
| 11 | CIENKOSZ LEOPOLD | 18 | | GÓRZNA | POL | M OPEN | 7 | M 7 | 00:43:19.97 | 8:39 | 6.9 |
| 12 | POCZEKAJŁO PIOTR | 98 | | JASTROWIE | POL | M OPEN | 8 | M 8 | 00:43:54.51 | 8:46 | 6.8 |
| 13 | MAZUR MIŁENA | 85 | RUNDORFINA CZAPLINEK | SIEMCZYNO | POL | K OPEN | 5 | K 5 | 00:44:36.91 | 8:55 | 6.7 |
| 14 | BANACZYK PIOTR | 2 | LILL SPORT | ZŁOTÓW | POL | M OPEN | 9 | M 9 | 00:44:40.17 | 8:56 | 6.7 |
| 15 | PAWŁOWSKA ANNA | 156 | | JASTROWIE | POL | K OPEN | 6 | K 6 | 00:45:41.04 | 9:08 | 6.6 |
| 16 | MELON JACEK | 149 | | JASTROWIE | POL | M OPEN | 10 | M 10 | 00:45:45.77 | 9:09 | 6.6 |
| 17 | PAWŁOWSKI MICHAŁ | 95 | POZYTYWNI Z PASJĄ | JASTROWIE | POL | M OPEN | 11 | M 11 | 00:45:45.91 | 9:09 | 6.6 |
| 18 | SZYŁAK KATARZYNA | 130 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K OPEN | 7 | K 7 | 00:45:49.43 | 9:09 | 6.5 |
| 19 | SZCZYGIEŁ LESZEK | 127 | | ZŁOTÓW | POL | M OPEN | 12 | M 12 | 00:46:16.81 | 9:15 | 6.5 |
| 20 | CICHAŃSKI KRYSZTIAN | 16 | | MIĘDZYBŁOCIE | POL | M OPEN | 13 | M 13 | 00:46:49.32 | 9:21 | 6.4 |
| 21 | SZCZERBA DOROTA | 122 | ZAWSZE GOTOWE | JASTROWIE | POL | K OPEN | 8 | K 8 | 00:46:49.51 | 9:21 | 6.4 |
| 22 | ŻURAWSKA DOROTA | 200 | | ZŁOTÓW | POL | K OPEN | 9 | K 9 | 00:46:49.62 | 9:21 | 6.4 |
| 23 | SARNA BEATA | 112 | | JASTROWIE | POL | K OPEN | 10 | K 10 | 00:47:02.15 | 9:24 | 6.4 |
| 24 | ROMANÓW MAŁGORZATA | 107 | RUNDORFINA | BROCZYNO | POL | K OPEN | 11 | K 11 | 00:47:14.25 | 9:26 | 6.4 |
| 25 | WIECZOREK JUSTYNA | 135 | | JASTROWIE | POL | K OPEN | 12 | K 12 | 00:47:44.37 | 9:32 | 6.3 |
| 26 | REWAJ MARIA | 106 | | JASTROWIE | POL | K OPEN | 13 | K 13 | 00:48:07.56 | 9:37 | 6.2 |
| 27 | JOPEK DOROTA | 51 | | ZŁOTÓW | POL | K OPEN | 14 | K 14 | 00:48:50.42 | 9:46 | 6.1 |
| 28 | WIŚNIK ASIA | 137 | ZAWSZE GOTOWE... | JASTROWIE | POL | K OPEN | 15 | K 15 | 00:49:29.33 | 9:53 | 6.1 |
| 29 | CICHAŃSKA ANITA | 15 | | MIĘDZYBŁOCIE | POL | K OPEN | 16 | K 16 | 00:49:29.43 | 9:53 | 6.1 |
| 30 | PACAŁA JOANNA | 94 | ZAWSZE GOTOWE... | JASTROWIE | POL | K OPEN | 17 | K 17 | 00:49:31.72 | 9:54 | 6.1 |
| 31 | ROMANÓW MARIUSZ | 108 | RUNDORFINA | BROCZYNO | POL | M OPEN | 14 | M 14 | 00:50:37.06 | 10:07 | 5.9 |
| 32 | ABRAMOWICZ EWA | 1 | KIJOWE SIOSTRY I BRAT | BORUCINO | POL | K OPEN | 18 | K 18 | 00:50:53.82 | 10:10 | 5.9 |
| 33 | HAWETO JANINA | 41 | KIJOWIE SIOSTRY I BRAT | JASTROWIE | POL | K OPEN | 19 | K 19 | 00:50:54.29 | 10:10 | 5.9 |
| 34 | SOMMERTAG EWA | 119 | | ZŁOTÓW | POL | K OPEN | 20 | K 20 | 00:51:12.95 | 10:14 | 5.9 |
| 35 | WIDURSKA AGNIESZKA | 134 | | JASTROWIE | POL | K OPEN | 21 | K 21 | 00:51:16.00 | 10:15 | 5.9 |
| 36 | GOMUŁKIEWICZ MAREK | 146 | | WROCŁAW | POL | M OPEN | 15 | M 15 | 00:51:30.82 | 10:18 | 5.8 |
| 37 | DZIEMIAŃCZYK ALINA | 27 | | JASTROWIE | POL | K OPEN | 22 | K 22 | 00:51:51.23 | 10:22 | 5.8 |
| 38 | DZIEMIAŃCZYK URSZULA | 26 | | JASTROWIE | POL | K OPEN | 23 | K 23 | 00:51:52.54 | 10:22 | 5.8 |
| 39 | ŚLEDŹ MAGDALENA | 132 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K OPEN | 24 | K 24 | 00:52:30.04 | 10:30 | 5.7 |
| 40 | SAWIŃSKA EWA | 114 | TEAM UJŚCIE | UJŚCIE | POL | K OPEN | 25 | K 25 | 00:55:49.22 | 11:09 | 5.4 |
| 41 | LUDEWICZ AGNIESZKA | 77 | | JASTROWIE | POL | K OPEN | 26 | K 26 | 00:55:49.71 | 11:09 | 5.4 |
| 42 | DYCKOWSKA MONIKA | 24 | KLUB SPORTOWY HUSARIA SZCZECINEK | SYPNIEWO | POL | K OPEN | 27 | K 27 | 00:56:44.23 | 11:20 | 5.3 |
| 43 | BAZYLIŃSKA-NOSEK SYLWIA | 4 | | SYPNIEWO | POL | K OPEN | 28 | K 28 | 00:56:44.33 | 11:20 | 5.3 |
| 44 | ZAKRZEWSKA KRYSZYNA | 142 | RUNDORFINA | ZŁOCINIĘC | POL | K OPEN | 29 | K 29 | 00:59:36.79 | 11:55 | 5 |
| 45 | SADOWSKA MARTA ULA | 109 | PORADY KALENDARZOWE | JASTROWIE | POL | K OPEN | 30 | K 30 | 00:59:40.11 | 11:56 | 5 |
| 46 | WIŚNIK MARCIN | 138 | | JASTROWIE | POL | M OPEN | 16 | M 16 | 01:02:16.49 | 12:27 | 4.8 |

NORDIC WALKING - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|------|-----------|------|--------|--------|------|-------------|--------|------|
| 47 | MAŁYSZ HANNA | 81 | | KRAJENKA | POL | K OPEN | 31 | K 31 | 01:02:27.08 | 12:29 | 4.8 |

NORDIC WALKING - 5 KM, M OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | PYREK KRZYSZTOF | 103 | 1 RBLOG | WAŁCZ | POL | M OPEN | 1 | M 1 | 00:32:56.64 | 6:35 | 9.1 |
| 2 | JAKIMIEC TADEUSZ | 45 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M OPEN | 2 | M 2 | 00:33:29.48 | 6:41 | 9 |
| 3 | LAJTER JERZY | 73 | 4 RUN TEAM PIŁĄ | PIŁĄ | POL | M OPEN | 3 | M 3 | 00:38:42.90 | 7:44 | 7.8 |
| 4 | PRZYPOLSKI MIŁOSZ | 102 | KIJOWE SIOSTRY I BRAT | JASTROWIE | POL | M OPEN | 4 | M 4 | 00:40:18.79 | 8:03 | 7.4 |
| 5 | LENARTOWICZ STANISŁAW | 76 | | STARA ŁUBIANKA | POL | M OPEN | 5 | M 5 | 00:42:45.77 | 8:33 | 7 |
| 6 | SZCZYGIEŁ SŁAWOMIR | 124 | | ZŁOTÓW | POL | M OPEN | 6 | M 6 | 00:43:00.77 | 8:36 | 7 |
| 7 | CIENKOSZ LEOPOLD | 18 | | GÓRZNA | POL | M OPEN | 7 | M 7 | 00:43:19.97 | 8:39 | 6.9 |
| 8 | POCZEKAJŁO PIOTR | 98 | | JASTROWIE | POL | M OPEN | 8 | M 8 | 00:43:54.51 | 8:46 | 6.8 |
| 9 | BANACZYK PIOTR | 2 | LILL SPORT | ZŁOTÓW | POL | M OPEN | 9 | M 9 | 00:44:40.17 | 8:56 | 6.7 |
| 10 | MELON JACEK | 149 | | JASTROWIE | POL | M OPEN | 10 | M 10 | 00:45:45.77 | 9:09 | 6.6 |
| 11 | PAWŁOWSKI MICHAŁ | 95 | POZYTYWNI Z PASJĄ | JASTROWIE | POL | M OPEN | 11 | M 11 | 00:45:45.91 | 9:09 | 6.6 |
| 12 | SZCZYGIEŁ LESZEK | 127 | | ZŁOTÓW | POL | M OPEN | 12 | M 12 | 00:46:16.81 | 9:15 | 6.5 |
| 13 | CICHAŃSKI KRYSZTIAN | 16 | | MIĘDZYBŁOCIE | POL | M OPEN | 13 | M 13 | 00:46:49.32 | 9:21 | 6.4 |
| 14 | ROMANÓW MARIUSZ | 108 | RUNDORFINA | BROCZYNO | POL | M OPEN | 14 | M 14 | 00:50:37.06 | 10:07 | 5.9 |
| 15 | GOMUŁKIEWICZ MAREK | 146 | | WROCLAW | POL | M OPEN | 15 | M 15 | 00:51:30.82 | 10:18 | 5.8 |
| 16 | WIŚNIK MARCIN | 138 | | JASTROWIE | POL | M OPEN | 16 | M 16 | 01:02:16.49 | 12:27 | 4.8 |

NORDIC WALKING - 5 KM, K OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|----------------------------------|--------------|------|--------|--------|------|-------------|--------|------|
| 1 | SOBCZYK BARBARA | 118 | MTB RUSAŁKA | LUBOŃ | POL | K OPEN | 1 | K 1 | 00:41:20.09 | 8:16 | 7.3 |
| 2 | POCZEKAJŁO AGNIESZKA | 97 | | JASTROWIE | POL | K OPEN | 2 | K 2 | 00:41:32.88 | 8:18 | 7.2 |
| 3 | NASTALSKA KATARZYNA | 88 | | JASTROWIE | POL | K OPEN | 3 | K 3 | 00:41:34.05 | 8:18 | 7.2 |
| 4 | BRONOWICKA ANGELIKA | 9 | | GÓRZNA | POL | K OPEN | 4 | K 4 | 00:42:14.00 | 8:26 | 7.1 |
| 5 | MAZUR MILENA | 85 | RUNDORFINA CZAPLINEK | SIEMCZYNO | POL | K OPEN | 5 | K 5 | 00:44:36.91 | 8:55 | 6.7 |
| 6 | PAWŁOWSKA ANNA | 156 | | JASTROWIE | POL | K OPEN | 6 | K 6 | 00:45:41.04 | 9:08 | 6.6 |
| 7 | SZYŁAK KATARZYNA | 130 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K OPEN | 7 | K 7 | 00:45:49.43 | 9:09 | 6.5 |
| 8 | SZCZERBA DOROTA | 122 | ZAWSZE GOTOWE | JASTROWIE | POL | K OPEN | 8 | K 8 | 00:46:49.51 | 9:21 | 6.4 |
| 9 | ŻURAWSKA DOROTA | 200 | | ZŁOTÓW | POL | K OPEN | 9 | K 9 | 00:46:49.62 | 9:21 | 6.4 |
| 10 | SARNA BEATA | 112 | | JASTROWIE | POL | K OPEN | 10 | K 10 | 00:47:02.15 | 9:24 | 6.4 |
| 11 | ROMANÓW MAŁGORZATA | 107 | RUNDORFINA | BROCZYNO | POL | K OPEN | 11 | K 11 | 00:47:14.25 | 9:26 | 6.4 |
| 12 | WIECZOREK JUSTYNA | 135 | | JASTROWIE | POL | K OPEN | 12 | K 12 | 00:47:44.37 | 9:32 | 6.3 |
| 13 | REWĄJ MARIA | 106 | | JASTROWIE | POL | K OPEN | 13 | K 13 | 00:48:07.56 | 9:37 | 6.2 |
| 14 | JOPEK DOROTA | 51 | | ZŁOTÓW | POL | K OPEN | 14 | K 14 | 00:48:50.42 | 9:46 | 6.1 |
| 15 | WIŚNIK ASIA | 137 | ZAWSZE GOTOWE... | JASTROWIE | POL | K OPEN | 15 | K 15 | 00:49:29.33 | 9:53 | 6.1 |
| 16 | CICHAŃSKA ANITA | 15 | | MIĘDZYBŁOCIE | POL | K OPEN | 16 | K 16 | 00:49:29.43 | 9:53 | 6.1 |
| 17 | PACAŁA JOANNA | 94 | ZAWSZE GOTOWE... | JASTROWIE | POL | K OPEN | 17 | K 17 | 00:49:31.72 | 9:54 | 6.1 |
| 18 | ABRAMOWICZ EWA | 1 | KIJOWE SIOSTRY I BRAT | BORUCINO | POL | K OPEN | 18 | K 18 | 00:50:53.82 | 10:10 | 5.9 |
| 19 | HAWETO JANINA | 41 | KIJOWIE SIOSTRY I BRAT | JASTROWIE | POL | K OPEN | 19 | K 19 | 00:50:54.29 | 10:10 | 5.9 |
| 20 | SOMMERTAG EWA | 119 | | ZŁOTÓW | POL | K OPEN | 20 | K 20 | 00:51:12.95 | 10:14 | 5.9 |
| 21 | WIDURSKA AGNIESZKA | 134 | | JASTROWIE | POL | K OPEN | 21 | K 21 | 00:51:16.00 | 10:15 | 5.9 |
| 22 | DZIEMIAŃCZYK ALINA | 27 | | JASTROWIE | POL | K OPEN | 22 | K 22 | 00:51:51.23 | 10:22 | 5.8 |
| 23 | DZIEMIAŃCZYK URSZULA | 26 | | JASTROWIE | POL | K OPEN | 23 | K 23 | 00:51:52.54 | 10:22 | 5.8 |
| 24 | ŚLEDZ MAGDALENA | 132 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K OPEN | 24 | K 24 | 00:52:30.04 | 10:30 | 5.7 |
| 25 | SAWIŃSKA EWA | 114 | TEAM UJŚCIE | UJŚCIE | POL | K OPEN | 25 | K 25 | 00:55:49.22 | 11:09 | 5.4 |
| 26 | LUDEWICZ AGNIESZKA | 77 | | JASTROWIE | POL | K OPEN | 26 | K 26 | 00:55:49.71 | 11:09 | 5.4 |
| 27 | DYCZKOWSKA MONIKA | 24 | KLUB SPORTOWY HUSARIA SZCZECINEK | SYPNIEWO | POL | K OPEN | 27 | K 27 | 00:56:44.23 | 11:20 | 5.3 |
| 28 | BAZYLIŃSKA-NOSEK SYLWIA | 4 | | SYPNIEWO | POL | K OPEN | 28 | K 28 | 00:56:44.33 | 11:20 | 5.3 |
| 29 | ZAKRZEWSKA KRYSZYNA | 142 | RUNDORFINA | ZŁOCIENIEC | POL | K OPEN | 29 | K 29 | 00:59:36.79 | 11:55 | 5 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|---------------------|-----------|------|--------|--------|------|-------------|--------|------|
| 30 | SADOWSKA MARTA ULA | 109 | PORADY KALENDARZOWE | JASTROWIE | POL | K OPEN | 30 | K 30 | 00:59:40.11 | 11:56 | 5 |
| 31 | MAŁYSZ HANNA | 81 | | KRAJENKA | POL | K OPEN | 31 | K 31 | 01:02:27.08 | 12:29 | 4.8 |