



# V BIEG PRZEŁAJOWY MARYNARSKA DYCHA - NORDIC WALKING - 5 KM

B4SPORT

**Event:** V BIEG PRZEŁAJOWY MARYNARSKA DYCHA im. admirała floty Andrzeja KARWETY  
**Organiser:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Date:** 2020-09-26  
**Place:** Ustka  
**Distance:** 5 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>289</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-OPEN	1	<b>00:26:33.45</b>		5:18	11.3 (100%)
2	<b>RUDNIK Janina</b>	<b>260</b>	SP8 SŁUPSK	K-OPEN	2	<b>00:26:50.00</b>	+00:00:16 (1.0%)	5:22	11.2 (99.1%)
3	<b>GÓRSKA Iwona</b>	<b>237</b>		K-OPEN	3	<b>00:27:46.45</b>	+00:01:13 (4.4%)	5:33	10.8 (95.6%)
4	<b>RODZIEWICZ Wioletta</b>	<b>257</b>	NZ	K-OPEN	4	<b>00:29:26.45</b>	+00:02:53 (9.8%)	5:53	10.2 (90.3%)
5	<b>JARCZEWSKA Renata</b>	<b>239</b>	-	K-OPEN	5	<b>00:29:32.45</b>	+00:02:59 (10.1%)	5:54	10.2 (90.3%)
6	<b>WOŹNIEWSKA Grażyna</b>	<b>266</b>	NORDICOWELOVE POLICE	K-OPEN	6	<b>00:30:33.00</b>	+00:03:59 (13.1%)	6:06	9.8 (86.7%)
7	<b>PRZYBYLSKA Aleksandra</b>	<b>256</b>	ELITE TEAM	K-OPEN	7	<b>00:30:33.70</b>	+00:04:00 (13.1%)	6:06	9.8 (86.7%)
8	<b>GÓRSKA Agnieszka</b>	<b>236</b>		K-OPEN	8	<b>00:31:40.60</b>	+00:05:07 (16.2%)	6:20	9.5 (84.1%)
9	<b>OSTROWSKA Katarzyna</b>	<b>250</b>		K-OPEN	9	<b>00:32:29.70</b>	+00:05:56 (18.3%)	6:29	9.2 (81.4%)
10	<b>RUDEK Małgorzata</b>	<b>259</b>		K-OPEN	10	<b>00:35:10.65</b>	+00:08:37 (24.5%)	7:02	8.5 (75.2%)
11	<b>RUBAJ Anna</b>	<b>258</b>		K-OPEN	11	<b>00:37:47.10</b>	+00:11:13 (29.7%)	7:33	7.9 (69.9%)
12	<b>LEDZION Dagmara</b>	<b>244</b>		K-OPEN	12	<b>00:37:47.45</b>	+00:11:14 (29.7%)	7:33	7.9 (69.9%)
13	<b>PIĄTEK Władysława</b>	<b>253</b>		K-OPEN	13	<b>00:37:47.90</b>	+00:11:14 (29.7%)	7:33	7.9 (69.9%)

Total 13 results.