



V CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Event: V CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2019-08-31
Place: Okonek
Distance: 5.3 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	JAKIMIEC Tadeusz	46	HUSARIIA RACE TEAM	M45+	1	00:33:37.33		6:43	8.9 (100%)
2	WOJTCZAK Urszula	201	CZAPELKI	K18-44	1	00:38:50.37	+00:05:13 (13.4%)	7:46	7.7 (86.5%)
3	STRZELECKA Małgorzata	169	SAILING TEAM FERAJNA	K45+	1	00:38:51.68	+00:05:14 (13.5%)	7:46	7.7 (86.5%)
4	LENARTOWICZ Stanisław	97		M45+	2	00:38:51.76	+00:05:14 (13.5%)	7:46	7.7 (86.5%)
5	JURCZYSZYN Zyta	54	CZAPELKI	K18-44	2	00:39:17.97	+00:05:40 (14.4%)	7:51	7.6 (85.4%)
6	BERCZYŃSKI Henryk	7	NADLEŚNICTWO OKONEK	M45+	3	00:39:20.62	+00:05:43 (14.5%)	7:52	7.6 (85.4%)
7	GRZYWOCZ Bernard	40		M45+	4	00:39:45.04	+00:06:07 (15.4%)	7:57	7.5 (84.3%)
8	WIECZOREK Krzysztof	194	NORDIC WALKING LUBASZ	M45+	5	00:39:53.29	+00:06:15 (15.7%)	7:58	7.5 (84.3%)
9	MATYJA Anna	110	ŚREMCHODZI	K45+	2	00:40:11.37	+00:06:34 (16.3%)	8:02	7.5 (84.3%)
10	PRUSKA Agnieszka	139	DWA KIJE	K45+	3	00:40:54.03	+00:07:16 (17.8%)	8:10	7.3 (82.0%)
11	PAŁUBICKA Małgorzata	128	NORDIC WALKING LUBASZ	K45+	4	00:41:17.02	+00:07:39 (18.6%)	8:15	7.3 (82.0%)
12	BADZIĄG Waldemar	1		M45+	6	00:41:26.10	+00:07:48 (18.9%)	8:17	7.2 (80.9%)
13	SZUDOBAJ Hanna	181		K45+	5	00:41:27.98	+00:07:50 (18.9%)	8:17	7.2 (80.9%)
14	JURJEWICZ Małgorzata	55		K18-44	3	00:41:33.41	+00:07:56 (19.1%)	8:18	7.2 (80.9%)
15	FURMAN Renata	31		K45+	6	00:42:25.84	+00:08:48 (20.8%)	8:29	7.1 (79.8%)
16	STRZELECKI Sebastian 'Kaszana'	171	SAILING TEAM FERAJNA	M45+	7	00:42:34.02	+00:08:56 (21.0%)	8:30	7 (78.7%)
17	KOCHANOWSKA Anna	66		K18-44	4	00:42:39.67	+00:09:02 (21.2%)	8:32	7 (78.7%)
18	NOWACKA Aleksandra	119		K18-44	5	00:42:42.06	+00:09:04 (21.3%)	8:32	7 (78.7%)
19	DZIĘCIOŁ Anna	25		K18-44	6	00:42:54.61	+00:09:17 (21.6%)	8:35	7 (78.7%)
20	WIŚNIK Agnieszka	196	ZUMBA WALKING	K18-44	7	00:43:00.59	+00:09:23 (21.8%)	8:36	7 (78.7%)
21	OLSZEWSKA Bożena	125		K18-44	8	00:43:06.85	+00:09:29 (22.0%)	8:37	7 (78.7%)
22	KRYŚKIEWICZ Janina	81		K45+	7	00:43:13.74	+00:09:36 (22.2%)	8:38	6.9 (77.5%)
23	KOWALSKA Katarzyna	76		K18-44	9	00:43:23.10	+00:09:45 (22.5%)	8:40	6.9 (77.5%)
24	GRZYWOCZ Irena	41		K45+	8	00:43:28.48	+00:09:51 (22.7%)	8:41	6.9 (77.5%)
25	TORSKA-SZABAŁOWSKA Iwona	176	ZUMBA WALKING	K45+	9	00:43:36.87	+00:09:59 (22.9%)	8:43	6.9 (77.5%)
26	BERCZYŃSKA Zofia	6		K45+	10	00:43:46.84	+00:10:09 (23.2%)	8:45	6.9 (77.5%)
27	NOWACZYK Magdalena	120	NORDIC WALKING LUBASZ	K18-44	10	00:44:57.29	+00:11:19 (25.2%)	8:59	6.7 (75.3%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	PIETRZYK Anna	135		K45+	11	00:45:15.57	+00:11:38 (25.7%)	9:03	6.6 (74.2%)
29	DELIKAT Violetta	15		K45+	12	00:45:35.20	+00:11:57 (26.2%)	9:07	6.6 (74.2%)
30	KUICH Anna	86	LILL-SPORT	K45+	13	00:45:37.56	+00:12:00 (26.3%)	9:07	6.6 (74.2%)
31	ŁABĘDŹ Katarzyna	101	LILL-SPORT	K45+	14	00:45:39.41	+00:12:02 (26.4%)	9:08	6.6 (74.2%)
32	PERLIK Wiesław	131	TADMAX	M45+	8	00:45:41.75	+00:12:04 (26.4%)	9:08	6.6 (74.2%)
33	PIASKOWIAK Karolina	132	BORNE BIEGA	K18-44	11	00:46:14.32	+00:12:36 (27.3%)	9:14	6.5 (73.0%)
34	WAWRZONKOWSKA-GRYGAS Justyna	192		K18-44	12	00:46:37.74	+00:13:00 (27.9%)	9:19	6.4 (71.9%)
35	WAJDA Izabela	190		K45+	15	00:46:45.33	+00:13:08 (28.1%)	9:21	6.4 (71.9%)
36	SMARUJ - SADOWSKA Janina	158		K45+	16	00:46:58.51	+00:13:21 (28.4%)	9:23	6.4 (71.9%)
37	WIECZOREK Aneta	195	NORDIC WALKING LUBASZ	K45+	17	00:47:03.26	+00:13:25 (28.5%)	9:24	6.4 (71.9%)
38	OBUCHOWICZ Mariola	123		K18-44	13	00:47:05.83	+00:13:28 (28.6%)	9:25	6.4 (71.9%)
39	STRZELEC Jan	168		M45+	9	00:48:21.26	+00:14:43 (30.5%)	9:40	6.2 (69.7%)
40	ZIĘBA Halina	211	PSEUDOBIEGACZKI	K45+	18	00:48:22.00	+00:14:44 (30.5%)	9:40	6.2 (69.7%)
41	STRZELECKA Tośka	170	SAILING TEAM FERAJNA	K-jun	1	00:48:57.95	+00:15:20 (31.3%)	9:47	6.1 (68.5%)
42	LAWRANZ Justyna	95		K18-44	14	00:49:00.71	+00:15:23 (31.4%)	9:48	6.1 (68.5%)
43	CZEREŚNIAK Iwona	13		K45+	19	00:49:39.71	+00:16:02 (32.3%)	9:56	6 (67.4%)
44	BORATYNSKA Monika	8		K18-44	15	00:49:41.88	+00:16:04 (32.3%)	9:56	6 (67.4%)
45	SZAMOTUŁA-STRZELEC Maryla	177		K45+	20	00:50:01.73	+00:16:24 (32.8%)	10:00	6 (67.4%)
46	GOTLIB Halina	37		K45+	21	00:50:46.24	+00:17:08 (33.8%)	10:09	5.9 (66.3%)
47	MILACHOWSKA Agnieszka	112		K18-44	16	00:57:19.77	+00:23:42 (41.4%)	11:27	5.2 (58.4%)

Total 47 results.