



# V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

**Event:** V Międzynarodowe Mistrzostwa Polski Nordic Walking  
**Organiser:** Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking  
**Date:** 2023-03-25  
**Place:** Prudnik  
**Distance:** 21.1 km



Classification: K50-54

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	<b>MIELECKA Agnieszka</b>	<b>105</b>	POLIPACK TEAM GWE	K50-54	1			01:06:01	01:16:31	02:24:49	<b>02:34:51.95</b>		7:20	8.2 (100%)
2	<b>KOŁODZIEJCZAK Beata</b>	<b>62</b>	SOCHO TEAM	K50-54	2			01:08:59	01:19:50	02:30:17	<b>02:40:55.95</b>	+00:06:04 (3.8%)	7:37	7.9 (96.3%)
3	<b>KRÓLIKOWSKA Krystyna</b>	<b>75</b>	POLIPACK TEAM GWE	K50-54	3			01:09:02	01:20:07	02:34:02	<b>02:45:26.15</b>	+00:10:34 (6.4%)	7:50	7.7 (93.9%)
4	<b>PIŁAT Joanna</b>	<b>132</b>	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	4			01:09:32	01:20:53	02:34:36	<b>02:46:02.35</b>	+00:11:10 (6.7%)	7:52	7.6 (92.7%)
5	<b>KRAWĘTEK Agnieszka</b>	<b>74</b>	KS NW BEŁCHATÓW	K50-54	5	1		01:10:25	01:21:37	02:35:38	<b>02:46:40.20</b>	+00:11:48 (7.1%)	7:53	7.6 (92.7%)
6	<b>SPYCHAŁA Marzena</b>	<b>166</b>	POLIPACK TEAM GWE	K50-54	6			01:11:25	01:22:45	02:36:41	<b>02:48:02.55</b>	+00:13:10 (7.8%)	7:57	7.5 (91.5%)
7	<b>RESEMAN Sylwia</b>	<b>144</b>	POLIPACK TEAM GWE	K50-54	7			01:11:44	01:23:05	02:38:01	<b>02:48:57.45</b>	+00:14:05 (8.3%)	8:00	7.5 (91.5%)
8	<b>SAWICKA Marta</b>	<b>206</b>		K50-54	8			01:12:09	01:23:19	02:37:33	<b>02:48:59.50</b>	+00:14:07 (8.4%)	8:00	7.5 (91.5%)
9	<b>CYRULEWSKA Malgorzata</b>	<b>25</b>	PAMSO RUN TEAM	K50-54	9			01:11:45	01:23:11	02:40:56	<b>02:52:58.80</b>	+00:18:06 (10.5%)	8:11	7.3 (89.0%)
10	<b>MAŚLANKA Iwona</b>	<b>102</b>	NORDIC SPORT 2021	K50-54	10			01:12:15	01:23:49	02:44:23	<b>02:55:59.80</b>	+00:21:07 (12.0%)	8:20	7.2 (87.8%)
11	<b>JUZOF Iwona</b>	<b>53</b>		K50-54	11			01:14:24	01:26:18	02:45:55	<b>02:57:49.00</b>	+00:22:57 (12.9%)	8:25	7.1 (86.6%)
12	<b>HLAVÁČOVÁ Eva</b>	<b>47</b>		K50-54	12	1		01:18:17	01:31:03	02:52:32	<b>03:05:21.15</b>	+00:30:29 (16.4%)	8:47	6.8 (82.9%)
13	<b>MILERT Jolanta</b>	<b>106</b>	NORDIC WALKING LYSKI	K50-54	13	1		01:18:29	01:31:06	02:56:10	<b>03:08:28.95</b>	+00:33:37 (17.8%)	8:55	6.7 (81.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Net time 21.1km	Gap	Pace min/km	Pace km/h
14	<b>DIBELKA Urszula</b>	<b>33</b>		K50-54	14			01:16:48	01:29:35	02:55:21	<b>03:09:03.40</b>	+00:34:11 (18.1%)	8:57	6.7 (81.7%)
15	<b>SKRZĄTEK Lucyna</b>	<b>157</b>	NORDIC SPORT 2021	K50-54	15			01:18:43	01:31:07	02:56:54	<b>03:09:25.35</b>	+00:34:33 (18.2%)	8:58	6.7 (81.7%)
16	<b>KUZIMIŃSKA Grażyna</b>	<b>87</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	16			01:21:04	01:34:21	02:58:54	<b>03:12:49.20</b>	+00:37:57 (19.7%)	9:08	6.6 (80.5%)
17	<b>GOTTASOVA Renata</b>	<b>41</b>		K50-54	17			01:20:02	01:33:09	03:00:38	<b>03:13:55.10</b>	+00:39:03 (20.1%)	9:11	6.5 (79.3%)
18	<b>CÍCHOVÁ Jana</b>	<b>23</b>		K50-54	18			01:24:57	01:38:33	03:11:03	<b>03:25:09.45</b>	+00:50:17 (24.5%)	9:43	6.2 (75.6%)
19	<b>BIZAŃSKA Barbara</b>	<b>13</b>	KRAINA MIODEM PŁYNĄCA	K50-54	19			01:25:19	01:38:54	03:12:50	<b>03:26:45.25</b>	+00:51:53 (25.1%)	9:47	6.1 (74.4%)
20	<b>WITEK Bernadeta</b>	<b>190</b>	STAN UMYSŁU LEWIN BIEGA	K50-54	20			01:27:23	01:41:52	03:25:05	<b>03:41:14.20</b>	+01:06:22 (30.0%)	10:29	5.7 (69.5%)
21	<b>KRZYWIŃSKA Agata</b>	<b>79</b>		K50-54	21			01:38:17	01:54:35		<b>04:03:14.45</b>	+01:28:22 (36.3%)	11:31	5.2 (63.4%)

Total 21 results.