



# 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: K55-59

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>KOŁODZIEJ Joanna</b>	<b>63</b>	MALINOWE GWIAZDY	K55-59	1	1		01:06:52	01:17:35	02:28:24	<b>02:39:32.90</b>		7:33	7.9 (100%)
2	<b>LUMPEOVÁ Lenka</b>	<b>90</b>		K55-59	2	1		01:09:30	01:20:21	02:33:31	<b>02:44:35.85</b>	+00:05:02 (3.1%)	7:48	7.7 (97.5%)
3	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>120</b>		K55-59	3			01:11:00	01:22:13	02:37:04	<b>02:48:46.50</b>	+00:09:13 (5.5%)	7:59	7.5 (94.9%)
4	<b>HASIAK Katarzyna</b>	<b>45</b>		K55-59	4			01:21:25	01:34:19	03:04:16	<b>03:17:42.10</b>	+00:38:09 (19.3%)	9:22	6.4 (81.0%)
5	<b>POHL Anna</b>	<b>134</b>	KNW	K55-59	5			01:23:28	01:36:40	03:06:48	<b>03:20:54.90</b>	+00:41:22 (20.6%)	9:31	6.3 (79.7%)
6	<b>DROZD Maria</b>	<b>35</b>		K55-59	6	1		01:23:46	01:36:42	03:09:01	<b>03:22:32.75</b>	+00:42:59 (21.2%)	9:35	6.3 (79.7%)
7	<b>SARZYŃSKA Iwona</b>	<b>155</b>		K55-59	7			01:29:31	01:43:48	03:22:16	<b>03:37:00.15</b>	+00:57:27 (26.5%)	10:17	5.8 (73.4%)
DNC	<b>BARTYZEL Dorota</b>	<b>8</b>	NORDIKI	K55-59				01:25:55	01:40:40					(0.0%)

Total 8 results.