



V OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Wydarzenie: V Międzynarodowe Mistrzostwa Polski Nordic Walking
Organizator: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Data: 2023-03-25
Miejsce: Prudnik
Dystans: 21.1 km



Klasyfikacja: Premia Górska - K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 5.7km	10.7km	16.2km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOJCIECHOWSKA Elżbieta	1	POLIPACK TEAM GWE	K40-44	1	1		00:59:58	01:09:26	02:11:28	02:21:09.80	+00:00:00 (-359,900.0%)	6:41	9 (100%)
2	SOSNOWSKA Agnieszka	163	K.S. VICTORIA POTĘGOWO	K35-39	1	1		01:00:16	01:09:55	02:13:52	02:24:02.40	+00:00:18 (-358,098.5%)	6:49	8.8 (97.8%)
3	KUBISZYN Małgorzata	210	K.S. VICTORIA POTĘGOWO	K35-39	2			01:03:09	01:13:35	02:20:22	02:30:43.95	+00:03:10 (-341,770.3%)	7:08	8.4 (93.3%)
4	BIELECKA Zuzanna	12	K.S. VICTORIA POTĘGOWO	K40-44	2			01:05:02	01:15:21	02:24:51	02:35:11.45	+00:05:04 (-331,859.0%)	7:21	8.2 (91.1%)
5	MIELECKA Agnieszka	105	POLIPACK TEAM GWE	K50-54	1			01:06:01	01:16:31	02:24:49	02:34:51.95	+00:06:02 (-326,960.8%)	7:20	8.2 (91.1%)
6	KOŁODZIEJ Joanna	63	MALINOWE GWIAZDY	K55-59	1	1		01:06:52	01:17:35	02:28:24	02:39:32.90	+00:06:53 (-322,787.5%)	7:33	7.9 (87.8%)
7	KOŁODZIEJCZAK Beata	62	SOCHO TEAM	K50-54	2			01:08:59	01:19:50	02:30:17	02:40:55.95	+00:09:00 (-312,873.7%)	7:37	7.9 (87.8%)
8	KRÓLIKOWSKA Krystyna	75	POLIPACK TEAM GWE	K50-54	3			01:09:02	01:20:07	02:34:02	02:45:26.15	+00:09:03 (-312,632.0%)	7:50	7.7 (85.6%)
9	RAJEK Magdalena	142	NORDIC TEAM CZĘSTOCHOWA	K45-49	1			01:09:25	01:20:06	02:32:48	02:43:56.95	+00:09:26 (-310,909.1%)	7:46	7.7 (85.6%)
10	LUMPEOVÁ Lenka	90		K55-59	2	1		01:09:30	01:20:21	02:33:31	02:44:35.85	+00:09:32 (-310,525.0%)	7:48	7.7 (85.6%)
11	PIŁAT Joanna	132	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	4			01:09:32	01:20:53	02:34:36	02:46:02.35	+00:09:33 (-310,394.8%)	7:52	7.6 (84.4%)
12	DEMBOWSKA Zofia	31	KATOWICKI NORDIC WALKING	K35-39	3			01:09:56	01:20:45	02:35:22	02:46:19.95	+00:09:57 (-308,611.7%)	7:52	7.6 (84.4%)
13	KRAWĘTEK Agnieszka	74	KS NW BĘŁCHATÓW	K50-54	5	1		01:10:25	01:21:37	02:35:38	02:46:40.20	+00:10:26 (-306,522.2%)	7:53	7.6 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska			Czas netto		Tempo min/km	Tempo km/h
								5.7km	10.7km	16.2km	21.1km	Różn		
14	CIEŚLAR Barbara	24		K40-44	3			01:10:27	01:21:38	02:36:21	02:47:30.70	+00:10:28 (-306,369.9%)	7:56	7.6 (84.4%)
15	OKRZESIK-FRAĆKOWIAK Izabela	120		K55-59	3			01:11:00	01:22:13	02:37:04	02:48:46.50	+00:11:01 (-304,028.2%)	7:59	7.5 (83.3%)
16	SPYCHAŁA Marzena	166	POLIPACK TEAM GWE	K50-54	6			01:11:25	01:22:45	02:36:41	02:48:02.55	+00:11:27 (-302,186.8%)	7:57	7.5 (83.3%)
17	ZDRZAŁEK Alicja	201	NORDIC SPORT 2021	K40-44	4	1		01:11:28	01:22:42	02:39:45	02:51:35.15	+00:11:29 (-302,035.2%)	8:07	7.4 (82.2%)
18	KOŃCZEWSKA Bożena	64	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			01:11:30	01:23:09	02:40:42	02:52:18.80	+00:11:31 (-301,887.3%)	8:09	7.3 (81.1%)
19	KNAPCZYK-KANIA Gabriela	61	WŁÓCZYKIJKI BESKIDU MAKOWSKIEGO	K45-49	2			01:11:40	01:23:10	02:38:17	02:49:23.10	+00:11:41 (-301,181.6%)	8:01	7.5 (83.3%)
20	RESEMAN Sylwia	144	POLIPACK TEAM GWE	K50-54	7			01:11:44	01:23:05	02:38:01	02:48:57.45	+00:11:45 (-300,873.6%)	8:00	7.5 (83.3%)
21	NACZK Wiktoria	113	POLIPACK TEAM GWE	K18-34	1			01:11:45	01:23:04	02:38:03	02:49:26.65	+00:11:46 (-300,845.6%)	8:01	7.5 (83.3%)
22	CYRULEWSKA Małgorzata	25	PAMSO RUN TEAM	K50-54	9			01:11:45	01:23:11	02:40:56	02:52:58.80	+00:11:46 (-300,845.6%)	8:11	7.3 (81.1%)
23	SAWICKA Marta	206		K50-54	8			01:12:09	01:23:19	02:37:33	02:48:59.50	+00:12:10 (-299,146.1%)	8:00	7.5 (83.3%)
24	MAŚLANKA Iwona	102	NORDIC SPORT 2021	K50-54	10			01:12:15	01:23:49	02:44:23	02:55:59.80	+00:12:16 (-298,732.0%)	8:20	7.2 (80.0%)
25	FLISEK Blanka	36	UNLIMITED SPORT 2.0	K35-39	4	1		01:12:36	01:24:14	02:41:55	02:53:47.30	+00:12:37 (-297,298.3%)	8:14	7.3 (81.1%)
26	SZCZUDLIK Małgorzata	173	NORDIC SPORT 2021	K40-44	5			01:12:46	01:24:10	02:42:03	02:53:28.10	+00:12:47 (-296,607.0%)	8:13	7.3 (81.1%)
27	KUŁAKOWSKA Halina	84	NORDIC SPORT 2021	K45-49	4			01:13:19	01:25:07	02:44:59	02:57:04.55	+00:13:20 (-294,408.3%)	8:23	7.1 (78.9%)
28	MUSIAŁ Ola	111	NORDIC TEAM CZĘSTOCHOWA	K40-44	6			01:13:36	01:25:35	02:43:18	02:55:23.80	+00:13:37 (-293,284.5%)	8:18	7.2 (80.0%)
29	CHRZANOWSKA Daria	20	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K35-39	6			01:13:41	01:25:40	02:44:51	02:56:55.35	+00:13:43 (-292,893.1%)	8:23	7.2 (80.0%)
30	JANICKA Alicja	50	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	5	1		01:13:44	01:25:48	02:42:48	02:55:22.80	+00:13:45 (-292,717.6%)	8:18	7.2 (80.0%)
31	PANKIEWICZ Ewelina	125	NORDIC SPORT 2021	K18-34	2			01:14:11	01:26:25	02:51:42	03:04:17.05	+00:14:12 (-290,928.5%)	8:44	6.9 (76.7%)
32	JARUGA Beata	52		K45-49	3			01:14:23	01:26:16	02:43:59	02:55:32.30	+00:14:24 (-290,155.8%)	8:19	7.2 (80.0%)
33	JUZOF Iwona	53		K50-54	11			01:14:24	01:26:18	02:45:55	02:57:49.00	+00:14:25 (-290,103.8%)	8:25	7.1 (78.9%)
34	KOZŁOWSKA Małgorzata	72	ESJA TEAM	K40-44	7			01:14:29	01:26:35	02:46:38	02:58:30.20	+00:14:30 (-289,753.2%)	8:27	7.1 (78.9%)
35	BAR Patrycja	5	ŻĄDŁO NORDIC WALKING KLUCZBORK	K18-34	3			01:16:10	01:28:47	02:54:23	03:07:17.25	+00:16:11 (-283,385.6%)	8:52	6.8 (75.6%)
36	DIBELKA Urszula	33		K50-54	14			01:16:48	01:29:35	02:55:21	03:09:03.40	+00:16:50 (-281,008.3%)	8:57	6.7 (74.4%)

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								Górska 5.7km	10.7km	16.2km	21.1km	Różn		
37	LEWANDOWSKA Aneta	89	TRITON KONIN	K45-49	6			01:17:06	01:29:41	02:56:58	03:09:57.30	+00:17:07 (-279,951.0%)	9:00	6.7 (74.4%)
38	POSTEK Danuta	138		K60-64	2			01:17:12	01:29:33	02:49:41	03:02:23.25	+00:17:14 (-279,552.1%)	8:38	6.9 (76.7%)
39	NACHAJEWSKA Krystyna	112	PTTK ACTIV BRZEG	K60-64	3			01:17:17	01:29:32	02:52:23	03:05:50.00	+00:17:18 (-279,265.6%)	8:48	6.8 (75.6%)
40	MIŚKOWICZ Anna	108		K65-69	1			01:17:17	01:29:18	02:49:40	03:01:48.85	+00:17:18 (-279,265.6%)	8:36	7 (77.8%)
41	OLSZEWSKA Dorota	122	WŁÓCZNO TEAM	K40-44	8			01:17:25	01:29:44	02:52:22	03:04:43.20	+00:17:26 (-278,781.5%)	8:45	6.9 (76.7%)
42	BUCZKO Agnieszka	16	KOLOSEUM ŚWIDNICA	K45-49	5			01:17:30	01:30:05	02:52:11	03:04:33.55	+00:17:31 (-278,496.7%)	8:44	6.9 (76.7%)
43	CETERA Ewelina	17	BOROSZÓW CHODZI	K40-44	9	2		01:17:52	01:30:27	02:52:39	03:04:55.85	+00:17:53 (-277,181.9%)	8:45	6.8 (75.6%)
44	HLAVÁČOVÁ Eva	47		K50-54	12	1		01:18:17	01:31:03	02:52:32	03:05:21.15	+00:18:19 (-275,682.8%)	8:47	6.8 (75.6%)
45	MILERT Jolanta	106	NORDIC WALKING LYSKI	K50-54	13	1		01:18:29	01:31:06	02:56:10	03:08:28.95	+00:18:30 (-275,000.5%)	8:55	6.7 (74.4%)
46	SKRZĄTEK Lucyna	157	NORDIC SPORT 2021	K50-54	15			01:18:43	01:31:07	02:56:54	03:09:25.35	+00:18:44 (-274,179.4%)	8:58	6.7 (74.4%)
47	NIEDŹWIECKA Małgorzata	116	NORDIC TEAM CZĘSTOCHOWA	K65-69	2			01:19:36	01:31:52	02:56:16	03:08:58.00	+00:19:37 (-271,136.0%)	8:57	6.7 (74.4%)
48	KUCHARCZYK Katarzyna	81		K40-44	14			01:19:48	01:32:46	03:04:25	03:18:27.75	+00:19:49 (-270,462.0%)	9:24	6.4 (71.1%)
49	GOTTASOVA Renata	41		K50-54	17			01:20:02	01:33:09	03:00:38	03:13:55.10	+00:20:03 (-269,676.1%)	9:11	6.5 (72.2%)
50	POLAŃSKA Agnieszka	136	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	10			01:20:29	01:33:45	02:59:10	03:12:31.10	+00:20:30 (-268,165.0%)	9:07	6.6 (73.3%)
51	KRUSZYŃIAK Katarzyna	77	FN5	K40-44	12			01:20:41	01:33:48	03:03:21	03:17:09.20	+00:20:42 (-267,483.5%)	9:20	6.4 (71.1%)
52	MARINKOVÁ Alena	100	ZLATÉ HORY	K40-44	11			01:20:50	01:34:06	03:01:28	03:14:30.90	+00:20:51 (-266,987.1%)	9:13	6.5 (72.2%)
53	ANDRZEJEWSKA Maria	3	PARTYZANCI KONIN	K45-49	8			01:20:54	01:34:22	03:01:18	03:14:33.65	+00:20:55 (-266,802.8%)	9:13	6.5 (72.2%)
54	KUZIMIŃSKA Grażyna	87	NORDIC TEAM CZĘSTOCHOWA	K50-54	16			01:21:04	01:34:21	02:58:54	03:12:49.20	+00:21:05 (-266,254.0%)	9:08	6.6 (73.3%)
55	HASIAK Katarzyna	45		K55-59	4			01:21:25	01:34:19	03:04:16	03:17:42.10	+00:21:26 (-265,095.5%)	9:22	6.4 (71.1%)
56	PADOWICZ Anna	124	ESJA TEAM	K40-44	13			01:21:30	01:34:47	03:05:46	03:18:16.15	+00:21:31 (-264,835.2%)	9:23	6.4 (71.1%)
57	MICHALSKA Beata	104	STAN UMYŚŁU LEWIN BIEGA	K45-49	9			01:21:43	01:34:45	03:02:37	03:16:10.60	+00:21:44 (-264,103.1%)	9:17	6.5 (72.2%)
58	WILK Iwona	186	NORDIC SPORT 2021	K45-49	7			01:21:44	01:34:54	02:58:33	03:11:44.85	+00:21:45 (-264,086.9%)	9:05	6.6 (73.3%)
59	TERESIŃSKA Jolanta	178	NORDIC TEAM CZĘSTOCHOWA	K45-49	10			01:21:50	01:34:55	03:05:10	03:18:25.40	+00:21:51 (-263,758.7%)	9:24	6.4 (71.1%)

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								5.7km	10.7km	16.2km	21.1km	Różn		
60	GARBACZ Joanna	213		K40-44	16			01:22:28	01:36:14	03:06:23	03:20:07.00	+00:22:30 (-261,695.4%)	9:29	6.3 (70.0%)
61	ZAWADZKA Maria	198	KGHM METRACO	K70-74	1			01:22:38	01:35:40	03:02:20	03:15:53.30	+00:22:39 (-261,199.0%)	9:17	6.5 (72.2%)
62	BERESKA Irena	9	NORDIC SPORT 2021	K35-39	7			01:22:51	01:35:44	03:05:46	03:19:06.00	+00:22:52 (-260,500.0%)	9:26	6.4 (71.1%)
63	SCHEJBALOVÁ Kristina	156	ZELENÁ TĚLOCVIČNA	K65-69	3			01:23:01	01:35:52	03:05:44	03:19:30.90	+00:23:02 (-259,979.5%)	9:27	6.3 (70.0%)
64	POHL Anna	134	KNW	K55-59	5			01:23:28	01:36:40	03:06:48	03:20:54.90	+00:23:30 (-258,559.4%)	9:31	6.3 (70.0%)
65	FRANKIEWICZ - KAPUSCINSKA Ewa	37	FN5	K40-44	15			01:23:43	01:36:40	03:05:43	03:18:43.35	+00:23:44 (-257,812.7%)	9:25	6.4 (71.1%)
66	DROZD Maria	35		K55-59	6	1		01:23:46	01:36:42	03:09:01	03:22:32.75	+00:23:47 (-257,635.7%)	9:35	6.3 (70.0%)
67	CÍCHOVÁ Jana	23		K50-54	18			01:24:57	01:38:33	03:11:03	03:25:09.45	+00:24:59 (-254,041.1%)	9:43	6.2 (68.9%)
68	PAŤORKOVÁ Sabina	128		K45-49	11			01:25:19	01:39:03	03:10:51	03:25:31.05	+00:25:20 (-252,966.4%)	9:44	6.2 (68.9%)
69	BIZAŃSKA Barbara	13	KRAINA MIODEM PŁYNAĆA	K50-54	19			01:25:19	01:38:54	03:12:50	03:26:45.25	+00:25:20 (-252,956.5%)	9:47	6.1 (67.8%)
70	SOŚNIAK Ilona	164	NORDIC TEAM CZĘSTOCHOWA	K45-49	12	1		01:25:33	01:39:15	03:12:10	03:26:00.15	+00:25:34 (-252,300.8%)	9:45	6.1 (67.8%)
71	STEFANÓW Magdalena	169	MJM	K45-49	13			01:25:46	01:39:17	03:18:56	03:34:12.85	+00:25:47 (-251,648.5%)	10:09	5.9 (65.6%)
72	BIAŁAS Ewa	10	STAN UMYSŁU-LEWIN BIEGA	K60-64	4			01:25:48	01:39:13	03:16:46	03:30:45.80	+00:25:50 (-251,521.4%)	9:59	6 (66.7%)
73	ZAWADZKA Aleksandra	199	TREKILEJDIS SOPOT	K40-44	17	1		01:26:23	01:40:23	03:15:12	03:29:23.55	+00:26:24 (-249,858.7%)	9:55	6 (66.7%)
74	KABATA Agnieszka	55	NORDIC SPORT 2021	K45-49	14			01:26:33	01:40:05	03:21:06	03:36:29.10	+00:26:34 (-249,348.6%)	10:15	5.8 (64.4%)
75	NICIEJEWSKA Joanna	115	WROCŁAWSKIE STOWARZYSZENIE NORDIC WALKING	K40-44	19			01:26:39	01:41:17	03:20:16	03:36:07.75	+00:26:40 (-249,094.3%)	10:14	5.9 (65.6%)
76	WITEK Bernadeta	190	STAN UMYSŁU LEWIN BIEGA	K50-54	20			01:27:23	01:41:52	03:25:05	03:41:14.20	+00:27:24 (-246,972.4%)	10:29	5.7 (63.3%)
77	ROLBIECKA-MICZKA Magdalena	145		K40-44	18			01:28:55	01:42:57	03:20:04	03:34:35.75	+00:28:56 (-242,732.8%)	10:10	5.9 (65.6%)
78	CHOMICZ Lila	18	TREKLEJDIS	K60-64	5			01:29:18	01:43:36	03:19:45	03:35:10.90	+00:29:19 (-241,667.9%)	10:11	5.9 (65.6%)
79	SARZYŃSKA Iwona	155		K55-59	7			01:29:31	01:43:48	03:22:16	03:37:00.15	+00:29:32 (-241,091.8%)	10:17	5.8 (64.4%)
80	ANGIELCZYK Małgorzata	4	ZIELONE GROSZKI	K70-74	2			01:35:14	01:50:10		04:00:45.85	+00:35:15 (-226,615.1%)	11:24	5.3 (58.9%)
81	KRZYWIŃSKA Agata	79		K50-54	21			01:38:17	01:54:35		04:03:14.45	+00:38:18 (-219,591.4%)	11:31	5.2 (57.8%)
82	STUDZIŃSKA Monika	171	TEKLEJDIS	K45-49	15			01:40:23	01:55:36		04:00:35.00	+00:40:24 (-214,997.5%)	11:24	5.3 (58.9%)

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								Górska 5.7km	10.7km	16.2km				
DQ	ROMANII Hanna	147		K40-44		3	1	01:17:25 DQ	01:30:14 DQ	02:50:37 DQ	03:02:44.30 DQ		0:00	6.9 (76.7%)
DNC	BARTYZEL Dorota	8	NORDIKI	K55-59				01:25:55	01:40:40					(0.0%)

Znaleziono 84 wynik(ów)