



# VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

**Wydarzenie:** VI CROSS NA WRZOSACH  
**Organizator:** Nadleśnictwo Okonek  
**Data:** 2020-08-29  
**Miejsce:** Okonek  
**Dystans:** 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZOWSKI Piotr</b>	<b>222</b>	AKTYWNI POSTOMINO	M18-44	1	<b>00:32:21.80</b>		6:28	9.3 (100%)
2	<b>PYREK Krzysztof</b>	<b>108</b>	1 RBLOG	M18-44	2	<b>00:34:20.05</b>	+00:01:58 (5.7%)	6:52	8.7 (93.5%)
3	<b>ZMYSŁOWSKI Zygmunt</b>	<b>272</b>	NORDIC WALKING LUBASZ	M45+	1	<b>00:35:37.30</b>	+00:03:15 (9.1%)	7:07	8.4 (90.3%)
4	<b>SZYMAŃSKI Jacek</b>	<b>19</b>		M45+	2	<b>00:36:16.85</b>	+00:03:55 (10.8%)	7:15	8.3 (89.2%)
5	<b>JÓZWIAK Marianna</b>	<b>245</b>	SERCE NORDICA WŁOCŁAWEK	K45+	1	<b>00:37:00.10</b>	+00:04:38 (12.5%)	7:24	8.1 (87.1%)
6	<b>WALESZKO Andrzej</b>	<b>304</b>	PASJA NORDIC WALKING	M45+	3	<b>00:37:21.80</b>	+00:05:00 (13.4%)	7:28	8 (86.0%)
7	<b>NOWACZYK Tomasz</b>	<b>271</b>	MARSZ PO ZDROWIE	M18-44	3	<b>00:38:21.55</b>	+00:05:59 (15.6%)	7:40	7.8 (83.9%)
8	<b>BERCZYŃSKI Henryk</b>	<b>220</b>	NADLEŚNICTWO OKONEK	M45+	4	<b>00:39:11.60</b>	+00:06:49 (17.4%)	7:50	7.7 (82.8%)
9	<b>ŁOPIŃSKI Aleksy</b>	<b>263</b>		M45+	5	<b>00:39:15.50</b>	+00:06:53 (17.6%)	7:51	7.6 (81.7%)
10	<b>DAROSZEWSKA Krystyna</b>	<b>226</b>	SERCE NORDICA WŁOCŁAWEK	K45+	2	<b>00:39:24.35</b>	+00:07:02 (17.9%)	7:52	7.6 (81.7%)
11	<b>STAWNIAK Karol</b>	<b>294</b>	KS METRACO POLKOWICE	M45+	6	<b>00:39:42.80</b>	+00:07:21 (18.5%)	7:56	7.6 (81.7%)
12	<b>LENARTOWICZ Stanisław</b>	<b>258</b>		M45+	7	<b>00:39:57.15</b>	+00:07:35 (19.0%)	7:59	7.5 (80.6%)
13	<b>RYCHLEWSKA-SŁODOWA Danuta</b>	<b>247</b>	NORDIC WALKING LUBASZ	K18-44	1	<b>00:40:13.75</b>	+00:07:51 (19.6%)	8:02	7.5 (80.6%)
14	<b>BIADON Agnieszka</b>	<b>221</b>	LILL-SPORT	K18-44	2	<b>00:40:22.10</b>	+00:08:00 (19.8%)	8:04	7.4 (79.6%)
15	<b>WALESZKO Anna</b>	<b>305</b>	PASJA NORDIC WALKING	K45+	3	<b>00:40:22.25</b>	+00:08:00 (19.8%)	8:04	7.4 (79.6%)
16	<b>MACIEJEWSKI Tomasz</b>	<b>264</b>	DWA KIJE SŁUPSK	M18-44	4	<b>00:40:25.10</b>	+00:08:03 (19.9%)	8:05	7.4 (79.6%)
17	<b>LEDZION Robert</b>	<b>257</b>	KLASYFIKACJA MAŁŻEŃSTWO	M45+	8	<b>00:40:28.65</b>	+00:08:06 (20.0%)	8:05	7.4 (79.6%)
18	<b>PRUSKA Agnieszka</b>	<b>283</b>	DWA KIJE SŁUPSK	K45+	4	<b>00:40:38.75</b>	+00:08:16 (20.4%)	8:07	7.4 (79.6%)
19	<b>SZCZYTKOWSKI Marek</b>	<b>299</b>		M45+	9	<b>00:40:57.00</b>	+00:08:35 (21.0%)	8:11	7.3 (78.5%)
20	<b>PRZEDNÓWEK Mariola</b>	<b>284</b>		K18-44	3	<b>00:41:13.50</b>	+00:08:51 (21.5%)	8:14	7.3 (78.5%)
21	<b>PTAK Tomasz</b>	<b>291</b>	CZARNE PANTERY	M18-44	5	<b>00:41:15.65</b>	+00:08:53 (21.6%)	8:15	7.3 (78.5%)
22	<b>WIECZOREK Krzysztof</b>	<b>307</b>	NORDIC WALKING LUBASZ	M45+	10	<b>00:41:20.00</b>	+00:08:58 (21.7%)	8:16	7.3 (78.5%)
23	<b>KABATTEK Sylwia</b>	<b>246</b>		K18-44	4	<b>00:41:21.20</b>	+00:08:59 (21.7%)	8:16	7.3 (78.5%)
24	<b>BADZIĄG Waldemar</b>	<b>218</b>	DWA KIJE SŁUPSK	M45+	11	<b>00:41:26.10</b>	+00:09:04 (21.9%)	8:17	7.2 (77.4%)
24	<b>ŁĘCKI Jan</b>	<b>262</b>	ELITE TEAM	M18-44	6	<b>00:41:26.10</b>	+00:09:04 (21.9%)	8:17	7.2 (77.4%)
26	<b>RODZIEWICZ Wioletta</b>	<b>287</b>		K45+	5	<b>00:41:34.40</b>	+00:09:12 (22.2%)	8:18	7.2 (77.4%)
27	<b>PRACKI Zbigniew</b>	<b>282</b>	SERCE NORDICA WŁOCŁAWEK	M45+	12	<b>00:42:06.05</b>	+00:09:44 (23.1%)	8:25	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
28	WALESZKO Adam	303	PASJA NORDIC WALKING	M-jun	1	00:42:20.90	+00:09:59 (23.6%)	8:28	7.1 (76.3%)	
29	JÓZWIAK Łukasz	244	SERCE NORDICA WŁOCŁAWEK	M45+	13	00:42:33.10	+00:10:11 (23.9%)	8:30	7.1 (76.3%)	
30	SZUDOBAJ Hanna	302	DWA KIJE SŁUPSK	K45+	6	00:42:46.55	+00:10:24 (24.3%)	8:33	7 (75.3%)	
31	KOCOŃ Sylwia	250	DWA KIJE SŁUPSK	K18-44	5	00:42:52.95	+00:10:31 (24.5%)	8:34	7 (75.3%)	
32	CZEREŚNIAK Iwona	224	ŻÓŁWIKERSI	K45+	7	00:43:11.85	+00:10:50 (25.1%)	8:38	6.9 (74.2%)	
33	ABRAMOWICZ Ewa	216	KIJOWE SIOSTRY I BRAT	K45+	8	00:43:19.15	+00:10:57 (25.3%)	8:39	6.9 (74.2%)	
34	PERLIK Wiesław	274	TADMAX	M45+	14	00:43:30.75	+00:11:08 (25.6%)	8:42	6.9 (74.2%)	
35	PIETRZYK Anna	278		K45+	9	00:44:21.70	+00:11:59 (27.0%)	8:52	6.8 (73.1%)	
36	DĘBOWSKA-SZCZYTKOWSKA Izabella	228		K45+	10	00:44:22.15	+00:12:00 (27.1%)	8:52	6.8 (73.1%)	
37	SKOWROŃSKA-ŁOPIŃSKA Genowefa	288		K45+	11	00:44:28.85	+00:12:07 (27.2%)	8:53	6.7 (72.0%)	
38	KUICH Anna	254	LILL-SPORT	K45+	12	00:44:38.85	+00:12:17 (27.5%)	8:55	6.7 (72.0%)	
39	MRÓZ Barbara	268	NORDIC WALKING LUBASZ	K18-44	6	00:44:40.00	+00:12:18 (27.5%)	8:56	6.7 (72.0%)	
40	DUKIEWICZ Aneta	230	CZARNE PANTERY	K45+	13	00:44:42.90	+00:12:21 (27.6%)	8:56	6.7 (72.0%)	
41	STAWIARZ-WACHOWICZ Izabela	293		K18-44	7	00:44:50.70	+00:12:28 (27.8%)	8:58	6.7 (72.0%)	
42	GARDYGAJŁO Justyna	233		K18-44	8	00:45:06.65	+00:12:44 (28.3%)	9:01	6.7 (72.0%)	
43	LUBAŃSKI Tomasz	260	SERCE NORDICA WŁOCŁAWEK	M45+	15	00:45:21.40	+00:12:59 (28.6%)	9:04	6.6 (71.0%)	
44	DUBISZ Joanna	229	LILL-SPORT	K18-44	9	00:45:37.00	+00:13:15 (29.1%)	9:07	6.6 (71.0%)	
45	PLUTA Barbara	280	CZARNE PANTERY	K45+	14	00:45:38.30	+00:13:16 (29.1%)	9:07	6.6 (71.0%)	
46	SZCZERBA Dorota	297		K18-44	10	00:45:58.70	+00:13:36 (29.6%)	9:11	6.5 (69.9%)	
47	HAWETO Janina	237	KIJOWE SIOSTRY I BRAT	K45+	15	00:46:03.00	+00:13:41 (29.7%)	9:12	6.5 (69.9%)	
48	WIECZOREK Aneta	308	NORDIC WALKING LUBASZ	K45+	16	00:46:20.05	+00:13:58 (30.2%)	9:16	6.5 (69.9%)	
49	NIEDZIÓŁKA Małgorzata	269		K18-44	11	00:46:25.20	+00:14:03 (30.3%)	9:17	6.5 (69.9%)	
50	ŁABEDZ Katarzyna	261	LILL-SPORT	K45+	17	00:46:26.80	+00:14:05 (30.3%)	9:17	6.5 (69.9%)	
51	SMARUJ-SADOWSKA Janina	289	BYDGOSKIE ŻÓŁWIE	K45+	18	00:46:34.70	+00:14:12 (30.5%)	9:18	6.4 (68.8%)	
52	KLUCZKA Mirosława	249	FABRYKA NORDICA TRZCINKA	K45+	19	00:46:41.60	+00:14:19 (30.7%)	9:20	6.4 (68.8%)	
53	WRONA Ryszard	313	LILL-SPORT	M45+	16	00:46:45.35	+00:14:23 (30.8%)	9:21	6.4 (68.8%)	
54	RAPTA Mieczysław	285		M45+	17	00:47:03.15	+00:14:41 (31.2%)	9:24	6.4 (68.8%)	
55	PANCEK Hanna	273	TADMAX	K45+	20	00:47:30.05	+00:15:08 (31.9%)	9:30	6.3 (67.7%)	
56	PRACKA Katarzyna	281	SERCE NORDICA WŁOCŁAWEK	K45+	21	00:47:50.90	+00:15:29 (32.4%)	9:34	6.3 (67.7%)	
57	SZCZYTKOWSKA Łucja	298		K-jun	1	00:47:53.65	+00:15:31 (32.4%)	9:34	6.3 (67.7%)	
58	GASIŃSKI Janusz	234	GRUPA WILKI	M45+	18	00:48:17.55	+00:15:55 (33.0%)	9:39	6.2 (66.7%)	
59	KULCZYCKI Jan	255		M45+	19	00:48:25.80	+00:16:04 (33.2%)	9:41	6.2 (66.7%)	
60	IDZIK Ludwik	238	IDZIKI TEAM	M45+	20	00:48:38.05	+00:16:16 (33.5%)	9:43	6.2 (66.7%)	
61	IDZIK Natalia	240	IDZIKI TEAM	K-jun	2	00:49:13.30	+00:16:51 (34.2%)	9:50	6.1 (65.6%)	
62	JANIK Maciej	242	ZASAPANI HYDRO	M18-44	7	00:49:37.95	+00:17:16 (34.8%)	9:55	6 (64.5%)	
63	KOWALCZUK Maria	252	KIJOWE SIOSTRY I BRAT	K18-44	12	00:49:49.70	+00:17:27 (35.1%)	9:57	6 (64.5%)	
64	LEDZION Dagmara	256	KLASYFIKACJA MAŁŻEŃSTWO	K45+	22	00:49:51.20	+00:17:29 (35.1%)	9:58	6 (64.5%)	
65	PIĄTEK Władysława	277	STARGARD	K45+	23	00:50:14.20	+00:17:52 (35.6%)	10:02	6 (64.5%)	
66	PERLIK Ewa	275	TADMAX	K45+	24	00:50:41.20	+00:18:19 (36.2%)	10:08	5.9 (63.4%)	
67	SZOT Krystyna	301		K45+	25	00:50:41.90	+00:18:20 (36.2%)	10:08	5.9 (63.4%)	
68	JAKIEL Sabina	241	CZARNE PANTERY	K45+	26	00:51:36.90	+00:19:15 (37.3%)	10:19	5.8 (62.4%)	
69	KRYŚKIEWICZ Janina	253		K45+	27	00:52:20.50	+00:19:58 (38.2%)	10:28	5.7 (61.3%)	
70	JÓZWIAK Dominik	243	SERCE NORDICA WŁOCŁAWEK	M18-44	8	00:52:23.60	+00:20:01 (38.2%)	10:28	5.7 (61.3%)	
71	KORZENIOWSKA Karolina	251	GASKABALBINKAHDK	K18-44	13	00:52:35.00	+00:20:13 (38.5%)	10:31	5.7 (61.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>REK Justyna</b>	<b>286</b>		K18-44	14	<b>00:52:37.25</b>	+00:20:15 (38.5%)	10:31	5.7 (61.3%)
73	<b>ALWIN Małgorzata</b>	<b>217</b>		K18-44	15	<b>00:52:37.65</b>	+00:20:15 (38.5%)	10:31	5.7 (61.3%)
74	<b>WARZYŃSKA Oliwia</b>	<b>306</b>		K18-44	16	<b>00:52:40.70</b>	+00:20:18 (38.6%)	10:32	5.7 (61.3%)
75	<b>FIECEK Radosław</b>	<b>232</b>		M45+	21	<b>00:54:26.00</b>	+00:22:04 (40.5%)	10:53	5.5 (59.1%)
76	<b>WRÓBEL Agnieszka</b>	<b>314</b>		K18-44	17	<b>00:54:40.40</b>	+00:22:18 (40.8%)	10:56	5.5 (59.1%)
77	<b>GRONOWSKA Sylwia</b>	<b>235</b>	GMJ	K18-44	18	<b>00:54:49.85</b>	+00:22:28 (41.0%)	10:57	5.5 (59.1%)
78	<b>STANKIEWICZ Lidia</b>	<b>292</b>	CZARNE PANTERY	K45+	28	<b>00:54:50.15</b>	+00:22:28 (41.0%)	10:58	5.5 (59.1%)
79	<b>WOJTAŚ Jolanta</b>	<b>312</b>		K18-44	19	<b>00:54:58.05</b>	+00:22:36 (41.1%)	10:59	5.5 (59.1%)
80	<b>SOLAK Ewa</b>	<b>290</b>	CZARNE PANTERY	K45+	29	<b>00:55:02.05</b>	+00:22:40 (41.2%)	11:00	5.5 (59.1%)
81	<b>IDZIK Katarzyna</b>	<b>239</b>	IDZIKI TEAM	K45+	30	<b>00:55:28.85</b>	+00:23:07 (41.7%)	11:05	5.4 (58.1%)
82	<b>ŁODKOWSKA Teresa</b>	<b>227</b>		K45+	31	<b>00:55:47.15</b>	+00:23:25 (42.0%)	11:09	5.4 (58.1%)
83	<b>GÓRSKA Magdalena</b>	<b>225</b>		K45+	32	<b>00:56:03.70</b>	+00:23:41 (42.3%)	11:12	5.4 (58.1%)
84	<b>PISKOR Marika</b>	<b>279</b>		K18-44	20	<b>00:59:46.30</b>	+00:27:24 (45.9%)	11:57	5 (53.8%)

Znaleziono 84 wynik(ów)