



# VI OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

**Wydarzenie:** VI Międzynarodowe Mistrzostwa Polski Nordic Walking  
**Organizator:** Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-04-06  
**Miejsce:** Prudnik  
**Dystans:** 21.1 km



Klasyfikacja: K45-49

| Msc | Zawodnik                | Numer | Klub                     | Kategoria | Mkat | Żół.<br>kartki | Czer.<br>kartki | Premia<br>Górska<br>9km | 10.7km   | Czas<br>netto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|--------------------------|-----------|------|----------------|-----------------|-------------------------|----------|-------------------------|----------------------|-----------------|----------------|
| 1   | KOZŁOWSKA Małgorzata    | 71    | ESJA TEAM                | K45-49    | 1    |                |                 | 01:12:37                | 01:23:48 | <b>02:48:46.55</b>      |                      | 7:59            | 7.5<br>(100%)  |
| 2   | SITTEK Agnieszka        | 161   | CHODZĘ W KATO            | K45-49    | 2    |                |                 | 01:12:38                | 01:23:52 | <b>02:49:48.70</b>      | +00:01:02 (0.6%)     | 8:02            | 7.5<br>(100%)  |
| 3   | RAJEK Magdalena         | 146   | NORDIC TEAM CZĘSTOCHOWA  | K45-49    | 3    |                |                 | 01:12:28                | 01:23:43 | <b>02:50:47.50</b>      | +00:02:00 (1.2%)     | 8:05            | 7.4<br>(98.7%) |
| 4   | ZDRZAŁEK Alicja         | 216   | NORDIC SPORT 2021        | K45-49    | 4    |                |                 | 01:13:13                | 01:24:44 | <b>02:55:52.50</b>      | +00:07:05 (4.0%)     | 8:20            | 7.2<br>(96.0%) |
| 5   | POSIKATA Joanna         | 140   |                          | K45-49    | 5    |                |                 | 01:11:46                | 01:23:40 | <b>02:56:14.35</b>      | +00:07:27 (4.2%)     | 8:21            | 7.2<br>(96.0%) |
| 6   | WIELĄDEK Anna           | 202   | ESJA TEAM                | K45-49    | 6    |                |                 | 01:16:41                | 01:28:40 | <b>03:00:57.20</b>      | +00:12:10 (6.7%)     | 8:34            | 7 (93.3%)      |
| 7   | WOJCIECHOWSKA Katarzyna | 209   | KIJKOMANIACY PPL         | K45-49    | 7    |                |                 | 01:21:59                | 01:35:05 | <b>03:13:41.20</b>      | +00:24:54<br>(12.9%) | 9:10            | 6.5<br>(86.7%) |
| 8   | SOSNOWSKA Magdalena     | 167   | KIJKOWE TRZEMESZNO       | K45-49    | 8    |                |                 | 01:27:31                | 01:40:23 | <b>03:18:34.45</b>      | +00:29:47<br>(15.0%) | 9:24            | 6.4<br>(85.3%) |
| 9   | ROPELEWSKA Edyta        | 153   | KATOWICKI NORDIC WALKING | K45-49    | 9    |                |                 | 01:26:08                | 01:39:28 | <b>03:23:04.55</b>      | +00:34:18<br>(16.9%) | 9:37            | 6.2<br>(82.7%) |
| 10  | BUDKA Aga               | 9     | TRITON KONIN             | K45-49    | 10   |                |                 | 01:27:16                | 01:39:59 | <b>03:29:11.75</b>      | +00:40:25<br>(19.3%) | 9:54            | 6.1<br>(81.3%) |
| 11  | STEFANÓW Magdalena      | 177   |                          | K45-49    | 11   |                |                 | 01:26:49                | 01:41:01 | <b>03:31:08.50</b>      | +00:42:21<br>(20.1%) | 10:00           | 6 (80.0%)      |
| 12  | STANKOWSKA Marzena      | 172   | KIJKOWE TRZEMESZNO       | K45-49    | 12   |                |                 | 01:31:35                | 01:44:52 | <b>03:32:42.95</b>      | +00:43:56<br>(20.7%) | 10:04           | 6 (80.0%)      |
| 13  | GÓRSKA Agnieszka        | 38    |                          | K45-49    | 13   |                |                 | 01:31:51                | 01:45:50 | <b>03:34:58.65</b>      | +00:46:12<br>(21.5%) | 10:11           | 5.9<br>(78.7%) |
| 14  | ROŻKO Ela               | 154   | LEŚNE KIJE               | K45-49    | 14   |                |                 | 01:32:17                | 01:47:27 | <b>03:47:06.10</b>      | +00:58:19<br>(25.7%) | 10:45           | 5.6<br>(74.7%) |

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|-----|---------------------|-----------|--------------------|-----------|------|----------------|-----------------|-------------------------|----------|-------------------------|----------------------|-----------------|----------------|
| 15  | <b>JARONEK Anna</b> | <b>50</b> | NORDIC WALKING EKG | K45-49    | 15   |                |                 | 01:36:30                | 01:51:07 | <b>03:55:26.75</b>      | +01:06:40<br>(28.3%) | 11:09           | 5.4<br>(72.0%) |

Znaleziono 15 wynik(ów)