



# 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: K50-54

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>KRAWĘTEK Agnieszka</b>	<b>73</b>	KS NW BEŁCHATÓW	K50-54	1			01:10:51	01:22:01	<b>02:46:35.20</b>		7:53	7.6 (100%)
2	<b>LEWANDOWSKA Aneta</b>	<b>89</b>	TRITON KONIN	K50-54	2			01:10:41	01:21:57	<b>02:47:32.05</b>	+00:00:56 (0.6%)	7:56	7.6 (100%)
3	<b>KNAPCZYK-KANIA Gabriela</b>	<b>62</b>	NORDIC SPORT 2021	K50-54	3			01:10:16	01:21:43	<b>02:47:59.70</b>	+00:01:24 (0.8%)	7:57	7.5 (98.7%)
4	<b>SAWICKA Marta</b>	<b>159</b>	DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE	K50-54	4			01:10:09	01:21:24	<b>02:48:41.05</b>	+00:02:05 (1.2%)	7:59	7.5 (98.7%)
5	<b>MAŚLANKA Iwona</b>	<b>102</b>	NORDIC SPORT 2021	K50-54	5			01:10:56	01:22:05	<b>02:50:21.35</b>	+00:03:46 (2.2%)	8:04	7.4 (97.4%)
6	<b>SPYCHAŁA Marzena</b>	<b>169</b>	POLIPACK TEAM GWE	K50-54	6			01:12:31	01:24:07	<b>02:52:48.00</b>	+00:06:12 (3.6%)	8:11	7.3 (96.1%)
7	<b>PIŁAT Joanna</b>	<b>133</b>	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	7			01:13:19	01:24:47	<b>02:54:42.20</b>	+00:08:07 (4.6%)	8:16	7.2 (94.7%)
8	<b>JUZOF Iwona</b>	<b>54</b>		K50-54	8			01:15:23	01:27:10	<b>02:58:54.55</b>	+00:12:19 (6.9%)	8:28	7.1 (93.4%)
9	<b>DREWNOWSKA Barbara</b>	<b>25</b>	ZASAPANI HYDRO TRZCIANKA	K50-54	9			01:18:06	01:30:08	<b>03:04:07.45</b>	+00:17:32 (9.5%)	8:43	6.9 (90.8%)
10	<b>CÍCHOVÁ Jana</b>	<b>14</b>		K50-54	10			01:17:18	01:29:26	<b>03:04:33.75</b>	+00:17:58 (9.7%)	8:44	6.9 (90.8%)
11	<b>MILERT Jolanta</b>	<b>106</b>	NORDIC WALKING LYSKI	K50-54	11			01:17:10	01:29:25	<b>03:05:38.80</b>	+00:19:03 (10.3%)	8:47	6.8 (89.5%)
12	<b>PORADA Anna</b>	<b>139</b>	HARD BEANS OPOLE	K50-54	12			01:18:52	01:31:43	<b>03:09:59.20</b>	+00:23:24 (12.3%)	9:00	6.7 (88.2%)
13	<b>SKRZĄTEK Lucyna</b>	<b>162</b>	NORDIC SPORT 2021	K50-54	13			01:16:59	01:29:20	<b>03:10:20.55</b>	+00:23:45 (12.5%)	9:01	6.7 (88.2%)

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14	<b>CEGIELSKA Beata</b>	<b>10</b>	TRITON KONIN	K50-54	14			01:21:03	01:33:36	<b>03:12:03.95</b>	+00:25:28 (13.3%)	9:06	6.6 (86.8%)
15	<b>KUŹMIŃSKA Grażyna</b>	<b>86</b>	NORDIC TEAM CZĘSTOCHOWA	K50-54	15			01:18:15	01:31:07	<b>03:13:30.05</b>	+00:26:54 (13.9%)	9:10	6.5 (85.5%)
16	<b>GAJEK Halina</b>	<b>33</b>	RUNNERS TEAM NYSA	K50-54	16			01:23:33	01:36:23	<b>03:13:59.90</b>	+00:27:24 (14.1%)	9:11	6.5 (85.5%)
17	<b>WILK Iwona</b>	<b>205</b>	NORDIC SPORT 2021	K50-54	17			01:25:02	01:37:52	<b>03:19:37.70</b>	+00:33:02 (16.6%)	9:27	6.3 (82.9%)
18	<b>GWAREK Anita</b>	<b>43</b>	LEŚNE KIJE	K50-54	18			01:23:04	01:35:51	<b>03:19:46.90</b>	+00:33:11 (16.6%)	9:28	6.3 (82.9%)
19	<b>CZKALSKA Agata</b>	<b>18</b>	TRITON KONIN	K50-54	19	1		01:25:34	01:38:31	<b>03:21:47.75</b>	+00:35:12 (17.4%)	9:33	6.3 (82.9%)
20	<b>CICHOCKA Renata</b>	<b>13</b>	ESJA TEAM	K50-54	20			01:25:12	01:38:14	<b>03:24:16.05</b>	+00:37:40 (18.4%)	9:40	6.2 (81.6%)
21	<b>JIRSOVÁ Světlana</b>	<b>52</b>	NORDIC WALKING KUTNÁ HORA	K50-54	21			01:20:51	01:33:50	<b>03:25:37.70</b>	+00:39:02 (19.0%)	9:44	6.2 (81.6%)
22	<b>KORPOK Aleksandra</b>	<b>67</b>	NORDICUS STRZYBNICA	K50-54	22			01:26:44	01:39:58	<b>03:29:40.75</b>	+00:43:05 (20.6%)	9:56	6 (78.9%)
23	<b>TYLAK Lidia</b>	<b>197</b>	KB WARTKO	K50-54	23			01:30:07	01:43:38	<b>03:33:18.25</b>	+00:46:43 (21.9%)	10:06	5.9 (77.6%)
24	<b>MOSIEK Jolanta</b>	<b>109</b>		K50-54	24			01:28:18	01:42:25	<b>03:35:34.30</b>	+00:48:59 (22.7%)	10:12	5.9 (77.6%)
25	<b>WANAT Wioletta</b>	<b>200</b>	TRITON KONIN	K50-54	25			01:24:05	01:37:35	<b>03:35:53.85</b>	+00:49:18 (22.8%)	10:13	5.9 (77.6%)
26	<b>KUBICKA Małgorzata</b>	<b>76</b>		K50-54	26			01:33:45	01:48:38	<b>03:38:02.15</b>	+00:51:26 (23.6%)	10:20	5.8 (76.3%)
27	<b>SZAJDA Małgorzata</b>	<b>181</b>	KIJKOWE TRZEMESZNO	K50-54	27			01:31:37	01:45:12	<b>03:38:44.50</b>	+00:52:09 (23.8%)	10:21	5.8 (76.3%)
28	<b>GROMALA Magdalena</b>	<b>39</b>		K50-54	28			01:33:59	01:48:39	<b>03:40:20.90</b>	+00:53:45 (24.4%)	10:26	5.7 (75.0%)
29	<b>NAGODA Marzena</b>	<b>113</b>		K50-54	29			01:31:06	01:45:08	<b>03:44:34.75</b>	+00:57:59 (25.8%)	10:38	5.6 (73.7%)
30	<b>TOMCZAK Renata</b>	<b>193</b>	TRITON	K50-54	30			01:35:06	01:49:42	<b>03:54:02.10</b>	+01:07:26 (28.8%)	11:05	5.4 (71.1%)

Znaleziono 30 wynik(ów)