



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: OPEN -K

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	SOSNOWSKA Agnieszka	168	KS VICTORIA POTĘGOWO	K35-39	1			01:03:49	01:13:45	02:26:55.45		6:57	8.6 (100%)
2	KUBISZYN Małgorzata	78	K.S. VICTORIA POTĘGOWO	K35-39	2			01:03:49	01:14:00	02:32:24.65	+00:05:29 (3.6%)	7:13	8.3 (96.5%)
3	KOŁODZIEJ Joanna	64	OPEN SPORT TEAM	K55-59	1			01:06:54	01:17:33	02:38:03.15	+00:11:07 (7.0%)	7:29	8 (93.0%)
4	KRAWĘTEK Agnieszka	73	KS NW BEŁCHATÓW	K50-54	1			01:10:51	01:22:01	02:46:35.20	+00:19:39 (11.8%)	7:53	7.6 (88.4%)
5	LEWANDOWSKA Aneta	89	TRITON KONIN	K50-54	2			01:10:41	01:21:57	02:47:32.05	+00:20:36 (12.3%)	7:56	7.6 (88.4%)
6	OKRZESIK-FRĄCKOWIAK Izabela	122	NORDIC SPORT 2021	K55-59	2			01:11:17	01:22:20	02:47:58.35	+00:21:02 (12.5%)	7:57	7.5 (87.2%)
7	KNAPCZYK-KANIA Gabriela	62	NORDIC SPORT 2021	K50-54	3			01:10:16	01:21:43	02:47:59.70	+00:21:04 (12.5%)	7:57	7.5 (87.2%)
8	SAWICKA Marta	159	DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE	K50-54	4			01:10:09	01:21:24	02:48:41.05	+00:21:45 (12.9%)	7:59	7.5 (87.2%)
9	KOZŁOWSKA Małgorzata	71	ESJA TEAM	K45-49	1			01:12:37	01:23:48	02:48:46.55	+00:21:51 (12.9%)	7:59	7.5 (87.2%)
10	KOŃCZEWSKA Bożena	66	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			01:12:10	01:23:43	02:48:51.00	+00:21:55 (13.0%)	8:00	7.5 (87.2%)
11	JANICKA Alicja	49	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	3			01:11:11	01:22:54	02:49:22.30	+00:22:26 (13.3%)	8:01	7.5 (87.2%)
12	SITTEK Agnieszka	161	CHODZĘ W KATO	K45-49	2			01:12:38	01:23:52	02:49:48.70	+00:22:53 (13.5%)	8:02	7.5 (87.2%)
13	MAŚLANKA Iwona	102	NORDIC SPORT 2021	K50-54	5			01:10:56	01:22:05	02:50:21.35	+00:23:25 (13.8%)	8:04	7.4 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
14	RAJEK Magdalena	146	NORDIC TEAM CZĘSTOCHOWA	K45-49	3			01:12:28	01:23:43	02:50:47.50	+00:23:52 (14.0%)	8:05	7.4 (86.0%)
15	SPYCHAŁA Marzena	169	POLIPACK TEAM GWE	K50-54	6			01:12:31	01:24:07	02:52:48.00	+00:25:52 (15.0%)	8:11	7.3 (84.9%)
16	PUKAS Małgorzata	144	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			01:13:20	01:25:01	02:54:07.30	+00:27:11 (15.6%)	8:15	7.3 (84.9%)
17	PIŁAT Joanna	133	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	7			01:13:19	01:24:47	02:54:42.20	+00:27:46 (15.9%)	8:16	7.2 (83.7%)
18	RESEMAN Sylwia	149	POLIPACKTEAMGWE	K55-59	3			01:14:06	01:25:38	02:54:54.10	+00:27:58 (16.0%)	8:17	7.2 (83.7%)
19	KOWACZ Agata	69	NORDIC SPORT 2021	K40-44	1			01:14:18	01:25:52	02:55:18.80	+00:28:23 (16.2%)	8:18	7.2 (83.7%)
20	ZDRZAŁEK Alicja	216	NORDIC SPORT 2021	K45-49	4			01:13:13	01:24:44	02:55:52.50	+00:28:57 (16.5%)	8:20	7.2 (83.7%)
21	POSIKATA Joanna	140		K45-49	5			01:11:46	01:23:40	02:56:14.35	+00:29:18 (16.6%)	8:21	7.2 (83.7%)
22	SZTAL Bożena	183	AUTOLIV RUN TEAM	K40-44	2			01:13:16	01:24:48	02:56:49.15	+00:29:53 (16.9%)	8:22	7.2 (83.7%)
23	JUZOF Iwona	54		K50-54	8			01:15:23	01:27:10	02:58:54.55	+00:31:59 (17.9%)	8:28	7.1 (82.6%)
24	PANKIEWICZ Ewelina	127	NORDIC SPORT 2021	K18-34	1			01:14:00	01:25:46	03:00:47.00	+00:33:51 (18.7%)	8:34	7 (81.4%)
25	WIELĄDEK Anna	202	ESJA TEAM	K45-49	6			01:16:41	01:28:40	03:00:57.20	+00:34:01 (18.8%)	8:34	7 (81.4%)
26	GANSINIEC Kzimiera	34		K60-64	3			01:17:05	01:29:00	03:01:29.60	+00:34:34 (19.0%)	8:36	7 (81.4%)
27	WÓJCIK Barbara	211	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	K65-69	1			01:15:58	01:28:18	03:01:47.65	+00:34:52 (19.2%)	8:36	7 (81.4%)
28	DREWNOWSKA Barbara	25	ZASAPANI HYDRO TRZCIANKA	K50-54	9			01:18:06	01:30:08	03:04:07.45	+00:37:12 (20.2%)	8:43	6.9 (80.2%)
29	CÍCHOVÁ Jana	14		K50-54	10			01:17:18	01:29:26	03:04:33.75	+00:37:38 (20.4%)	8:44	6.9 (80.2%)
30	NĚMCOVÁ Lenka	115		K40-44	3			01:17:32	01:29:43	03:05:03.40	+00:38:07 (20.6%)	8:46	6.8 (79.1%)
31	MUSIAŁ Ola	111	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			01:15:16	01:26:54	03:05:17.10	+00:38:21 (20.7%)	8:46	6.8 (79.1%)
32	MIŚKOWICZ Anna	108	NORDIC SPORT 2021	K65-69	2			01:16:44	01:28:54	03:05:32.00	+00:38:36 (20.8%)	8:47	6.8 (79.1%)
33	MILERT Jolanta	106	NORDIC WALKING LYSKI	K50-54	11			01:17:10	01:29:25	03:05:38.80	+00:38:43 (20.9%)	8:47	6.8 (79.1%)
34	NOWICZ Magdalena	120	NOWICZ TEAM	K40-44	5			01:19:56	01:32:09	03:09:31.15	+00:42:35 (22.5%)	8:58	6.7 (77.9%)
35	PORADA Anna	139	HARD BEANS OPOLE	K50-54	12			01:18:52	01:31:43	03:09:59.20	+00:43:03 (22.7%)	9:00	6.7 (77.9%)
36	OLEJNIK Marzena	124		K55-59	4			01:18:45	01:31:21	03:10:10.70	+00:43:15 (22.7%)	9:00	6.7 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
37	SKRZĄTEK Lucyna	162	NORDIC SPORT 2021	K50-54	13			01:16:59	01:29:20	03:10:20.55	+00:43:25 (22.8%)	9:01	6.7 (77.9%)
38	CEGIELSKA Beata	10	TRITON KONIN	K50-54	14			01:21:03	01:33:36	03:12:03.95	+00:45:08 (23.5%)	9:06	6.6 (76.7%)
39	NIEDŹWIECKA Małgorzata	118	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			01:21:38	01:34:03	03:12:09.60	+00:45:14 (23.5%)	9:06	6.6 (76.7%)
40	BERESKA Irena	4	NORDIC SPORT 2021	K35-39	4			01:20:15	01:32:31	03:12:14.60	+00:45:19 (23.6%)	9:06	6.6 (76.7%)
41	MADALIŃSKA Joanna	91	K.S. VICTORIA POTĘGOWO	K40-44	6			01:19:12	01:31:32	03:12:25.35	+00:45:29 (23.6%)	9:07	6.6 (76.7%)
42	FRANCISZCZAK Łucja	30	CIDRYLOTAJOM	K60-64	4			01:21:12	01:34:12	03:12:41.65	+00:45:46 (23.8%)	9:07	6.6 (76.7%)
43	KUŹMIŃSKA Grażyna	86	NORDIC TEAM CZĘSTOCHOWA	K50-54	15			01:18:15	01:31:07	03:13:30.05	+00:46:34 (24.1%)	9:10	6.5 (75.6%)
44	WOJCIECHOWSKA Katarzyna	209	KIJKOMANIACY PPL	K45-49	7			01:21:59	01:35:05	03:13:41.20	+00:46:45 (24.1%)	9:10	6.5 (75.6%)
45	GAJEK Halina	33	RUNNERS TEAM NYSA	K50-54	16			01:23:33	01:36:23	03:13:59.90	+00:47:04 (24.3%)	9:11	6.5 (75.6%)
46	MAKOWSKA Magdalena	94		K18-34	2			01:20:45	01:33:18	03:15:31.80	+00:48:36 (24.9%)	9:15	6.5 (75.6%)
47	PADOWICZ Anna	126	ESJA TEAM	K40-44	7			01:23:45	01:36:34	03:15:54.25	+00:48:58 (25.0%)	9:17	6.5 (75.6%)
48	GRZĄDZIELA Monika	41	TREKILEJDIS	K40-44	8			01:23:18	01:35:55	03:16:21.35	+00:49:25 (25.2%)	9:18	6.4 (74.4%)
49	JURCZAK-TOCZKO Anna	53		K55-59	5			01:23:51	01:36:48	03:16:34.40	+00:49:38 (25.3%)	9:18	6.4 (74.4%)
50	SOSNOWSKA Magdalena	167	KIJKOWE TRZEMESZNO	K45-49	8			01:27:31	01:40:23	03:18:34.45	+00:51:39 (26.0%)	9:24	6.4 (74.4%)
51	RATAJCZAK Katarzyna	147		K40-44	9			01:20:04	01:32:44	03:19:29.80	+00:52:34 (26.4%)	9:27	6.3 (73.3%)
52	WILK Iwona	205	NORDIC SPORT 2021	K50-54	17			01:25:02	01:37:52	03:19:37.70	+00:52:42 (26.4%)	9:27	6.3 (73.3%)
53	GWAREK Anita	43	LEŚNE KIJE	K50-54	18			01:23:04	01:35:51	03:19:46.90	+00:52:51 (26.5%)	9:28	6.3 (73.3%)
54	KUCHARCZYK Katarzyna	79		K40-44	10			01:22:18	01:35:35	03:20:18.00	+00:53:22 (26.6%)	9:29	6.3 (73.3%)
55	DALKA Hanna	22		K40-44	11			01:22:03	01:35:21	03:20:27.90	+00:53:32 (26.7%)	9:30	6.3 (73.3%)
56	CZKALSKA Agata	18	TRITON KONIN	K50-54	19	1		01:25:34	01:38:31	03:21:47.75	+00:54:52 (27.2%)	9:33	6.3 (73.3%)
57	ANYŻ Maria	1	KIJE W DOBRYCH RĘKACH	K70-74	1			01:24:14	01:36:58	03:22:01.05	+00:55:05 (27.3%)	9:34	6.3 (73.3%)
58	ROPELEWSKA Edyta	153	KATOWICKI NORDIC WALKING	K45-49	9			01:26:08	01:39:28	03:23:04.55	+00:56:09 (27.7%)	9:37	6.2 (72.1%)
59	SLANINA Lena	163	HARPAGAN SOSNOWIEC	K40-44	12			01:25:09	01:38:30	03:23:50.45	+00:56:55 (27.9%)	9:39	6.2 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Premia		Czas netto		Tempo min/km	Tempo km/h
								Górska 9km	10.7km	21.1km	Różn		
60	CICHOCKA Renata	13	ESJA TEAM	K50-54	20			01:25:12	01:38:14	03:24:16.05	+00:57:20 (28.1%)	9:40	6.2 (72.1%)
61	KUCHARSKA Monika	80	KATOWICKI NORDIC WALKING	K35-39	5			01:27:24	01:40:46	03:24:26.40	+00:57:30 (28.1%)	9:41	6.2 (72.1%)
62	SCHEJBALOVÁ Kristina	160	ZLATÉ HORY	K65-69	4			01:25:10	01:38:19	03:24:46.95	+00:57:51 (28.3%)	9:42	6.2 (72.1%)
63	JIRSOVÁ Světлана	52	NORDIC WALKING KUTNÁ HORA	K50-54	21			01:20:51	01:33:50	03:25:37.70	+00:58:42 (28.5%)	9:44	6.2 (72.1%)
64	POHL Anna	136	KNW BIAŁA	K55-59	6			01:25:55	01:39:19	03:25:41.65	+00:58:46 (28.6%)	9:44	6.2 (72.1%)
65	ZAWADZKA Maria	214	KGHM METRACO	K70-74	2			01:29:03	01:42:48	03:26:26.10	+00:59:30 (28.8%)	9:47	6.1 (70.9%)
66	KOCIUBI Aurelia	63		K35-39	6	1		01:24:21	01:38:06	03:28:29.75	+01:01:34 (29.5%)	9:52	6.1 (70.9%)
67	GODZWON Karolina	36	TREKILEJDIS	K35-39	7			01:27:24	01:41:16	03:28:30.45	+01:01:35 (29.5%)	9:52	6.1 (70.9%)
68	MARONDEL Katarzyna	101		K35-39	8			01:28:07	01:41:38	03:28:36.55	+01:01:41 (29.6%)	9:53	6.1 (70.9%)
69	BUDKA Aga	9	TRITON KONIN	K45-49	10			01:27:16	01:39:59	03:29:11.75	+01:02:16 (29.8%)	9:54	6.1 (70.9%)
70	KORPOK Aleksandra	67	NORDICUS STRZYBNICA	K50-54	22			01:26:44	01:39:58	03:29:40.75	+01:02:45 (29.9%)	9:56	6 (69.8%)
71	STEFANÓW Magdalena	177		K45-49	11			01:26:49	01:41:01	03:31:08.50	+01:04:13 (30.4%)	10:00	6 (69.8%)
72	STANKOWSKA Marzena	172	KIJKOWE TRZEMESZNO	K45-49	12			01:31:35	01:44:52	03:32:42.95	+01:05:47 (30.9%)	10:04	6 (69.8%)
73	TYLAK Lidia	197	KB WARTKO	K50-54	23			01:30:07	01:43:38	03:33:18.25	+01:06:22 (31.1%)	10:06	5.9 (68.6%)
74	DRYGALSKA Aleksandra	27	KIJE W DOBRYCH RĘKACH	K70-74	3			01:28:06	01:41:42	03:34:10.55	+01:07:15 (31.4%)	10:09	5.9 (68.6%)
75	GÓRSKA Agnieszka	38		K45-49	13			01:31:51	01:45:50	03:34:58.65	+01:08:03 (31.7%)	10:11	5.9 (68.6%)
76	MOSIEK Jolanta	109		K50-54	24			01:28:18	01:42:25	03:35:34.30	+01:08:38 (31.8%)	10:12	5.9 (68.6%)
77	WANAT Wioletta	200	TRITON KONIN	K50-54	25			01:24:05	01:37:35	03:35:53.85	+01:08:58 (31.9%)	10:13	5.9 (68.6%)
78	KUBICKA Małgorzata	76		K50-54	26			01:33:45	01:48:38	03:38:02.15	+01:11:06 (32.6%)	10:20	5.8 (67.4%)
79	CZYŻ Emilia	20	TREKILEJDIS SOPOT	K40-44	13			01:31:13	01:45:04	03:38:39.85	+01:11:44 (32.8%)	10:21	5.8 (67.4%)
80	SZAJDA Małgorzata	181	KIJKOWE TRZEMESZNO	K50-54	27			01:31:37	01:45:12	03:38:44.50	+01:11:49 (32.8%)	10:21	5.8 (67.4%)
81	GROMALA Magdalena	39		K50-54	28			01:33:59	01:48:39	03:40:20.90	+01:13:25 (33.3%)	10:26	5.7 (66.3%)
82	PIECZARA Anna	130		K40-44	14			01:35:56	01:50:39	03:42:19.70	+01:15:24 (33.9%)	10:32	5.7 (66.3%)

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
83	NAGODA Marzena	113		K50-54	29			01:31:06	01:45:08	03:44:34.75	+01:17:39 (34.6%)	10:38	5.6 (65.1%)
84	ROŻKO Ela	154	LEŚNE KIJE	K45-49	14			01:32:17	01:47:27	03:47:06.10	+01:20:10 (35.3%)	10:45	5.6 (65.1%)
85	MOSIEWICZ Aleksandra	110		K18-34	3	1		01:33:03	01:47:37	03:48:08.40	+01:21:12 (35.6%)	10:48	5.5 (64.0%)
86	TOMCZAK Renata	193	TRITON	K50-54	30			01:35:06	01:49:42	03:54:02.10	+01:27:06 (37.2%)	11:05	5.4 (62.8%)
87	JARONEK Anna	50	NORDIC WALKING EKG	K45-49	15			01:36:30	01:51:07	03:55:26.75	+01:28:31 (37.6%)	11:09	5.4 (62.8%)
88	STEFAN Alicja	174		K55-59	7			01:31:50	01:47:31	04:07:21.15	+01:40:25 (40.6%)	11:43	5.1 (59.3%)
89	GÓRALCZYK Oksana	37	LEŚNE KIJE	K60-64	5			01:43:45	01:59:21	04:16:51.15	+01:49:55 (42.8%)	12:10	4.9 (57.0%)
	GRZEBIELUCH Elżbieta	42	HARPAGAN SOSNOWIEC	K65-69				01:42:25 DNF	01:58:42 DNF	DNF		-	- (0.0%)

Znaleziono 90 wynik(ów)