



VI OTWARTE GÓRSKIE MISTRZOSTWA POLSKI NORDIC WALKING W PÓŁMARATONIE

B4SPORT

Event: VI Międzynarodowe Mistrzostwa Polski Nordic Walking
Organiser: Wesoły Borsuk Team, Polskie Zrzeszenie Nordic Walking
Date: 2024-04-06
Place: Prudnik
Distance: 21.1 km



Classification: Premia Górska - K

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia Górska 9km	10.7km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	KUBISZYN Małgorzata	78	K.S. VICTORIA POTĘGOWO	K35-39	2			01:03:49	01:14:00	02:32:24.65	+00:00:00 (-359,900.0%)	7:13	8.3 (100%)
2	SOSNOWSKA Agnieszka	168	KS VICTORIA POTĘGOWO	K35-39	1			01:03:49	01:13:45	02:26:55.45	+00:00:00 (-359,885.9%)	6:57	8.6 (103.6%)
3	KOŁODZIEJ Joanna	64	OPEN SPORT TEAM	K55-59	1			01:06:54	01:17:33	02:38:03.15	+00:03:05 (-343,270.2%)	7:29	8 (96.4%)
4	SAWICKA Marta	159	DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE	K50-54	4			01:10:09	01:21:24	02:48:41.05	+00:06:19 (-327,407.2%)	7:59	7.5 (90.4%)
5	KNAPCZYK-KANIA Gabriela	62	NORDIC SPORT 2021	K50-54	3			01:10:16	01:21:43	02:47:59.70	+00:06:27 (-326,809.1%)	7:57	7.5 (90.4%)
6	LEWANDOWSKA Aneta	89	TRITON KONIN	K50-54	2			01:10:41	01:21:57	02:47:32.05	+00:06:52 (-324,913.0%)	7:56	7.6 (91.6%)
7	KRAWĘTEK Agnieszka	73	KS NW BEŁCHATÓW	K50-54	1			01:10:51	01:22:01	02:46:35.20	+00:07:02 (-324,114.2%)	7:53	7.6 (91.6%)
8	MAŚLANKA Iwona	102	NORDIC SPORT 2021	K50-54	5			01:10:56	01:22:05	02:50:21.35	+00:07:06 (-323,790.5%)	8:04	7.4 (89.2%)
9	JANICKA Alicja	49	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K35-39	3			01:11:11	01:22:54	02:49:22.30	+00:07:22 (-322,637.8%)	8:01	7.5 (90.4%)
10	OKRZESIK-FRĄCKOWIAK Izabela	122	NORDIC SPORT 2021	K55-59	2			01:11:17	01:22:20	02:47:58.35	+00:07:28 (-322,143.7%)	7:57	7.5 (90.4%)
11	POSIKATA Joanna	140		K45-49	5			01:11:46	01:23:40	02:56:14.35	+00:07:57 (-319,977.6%)	8:21	7.2 (86.7%)
12	KOŃCZEWSKA Bożena	66	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1			01:12:10	01:23:43	02:48:51.00	+00:08:20 (-318,255.2%)	8:00	7.5 (90.4%)
13	RAJEK Magdalena	146	NORDIC TEAM CZĘSTOCHOWA	K45-49	3			01:12:28	01:23:43	02:50:47.50	+00:08:39 (-316,919.1%)	8:05	7.4 (89.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia		Net		Pace min/km	Pace km/h
								Górska 9km	10.7km	21.1km	Gap		
14	SPYCHAŁA Marzena	169	POLIPACK TEAM GWE	K50-54	6			01:12:31	01:24:07	02:52:48.00	+00:08:42 (-316,689.6%)	8:11	7.3 (88.0%)
15	KOZŁOWSKA Małgorzata	71	ESJA TEAM	K45-49	1			01:12:37	01:23:48	02:48:46.55	+00:08:48 (-316,224.3%)	7:59	7.5 (90.4%)
16	SITTEK Agnieszka	161	CHODZĘ W KATO	K45-49	2			01:12:38	01:23:52	02:49:48.70	+00:08:49 (-316,177.2%)	8:02	7.5 (90.4%)
17	ZDRZAŁEK Alicja	216	NORDIC SPORT 2021	K45-49	4			01:13:13	01:24:44	02:55:52.50	+00:09:24 (-313,639.7%)	8:20	7.2 (86.7%)
18	SZTAL Bożena	183	AUTOLIV RUN TEAM	K40-44	2			01:13:16	01:24:48	02:56:49.15	+00:09:27 (-313,454.2%)	8:22	7.2 (86.7%)
19	PIŁAT Joanna	133	ŻĄDŁO NORDIC WALKING KLUCZBORK	K50-54	7			01:13:19	01:24:47	02:54:42.20	+00:09:30 (-313,201.2%)	8:16	7.2 (86.7%)
20	PUKAS Małgorzata	144	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			01:13:20	01:25:01	02:54:07.30	+00:09:31 (-313,137.1%)	8:15	7.3 (88.0%)
21	PANKIEWICZ Ewelina	127	NORDIC SPORT 2021	K18-34	1			01:14:00	01:25:46	03:00:47.00	+00:10:11 (-310,329.7%)	8:34	7 (84.3%)
22	RESEMAN Sylwia	149	POLIPACKTEAMGWE	K55-59	3			01:14:06	01:25:38	02:54:54.10	+00:10:16 (-309,952.6%)	8:17	7.2 (86.7%)
23	KOWACZ Agata	69	NORDIC SPORT 2021	K40-44	1			01:14:18	01:25:52	02:55:18.80	+00:10:29 (-309,059.1%)	8:18	7.2 (86.7%)
24	MUSIAŁ Ola	111	NORDIC TEAM CZĘSTOCHOWA	K40-44	4			01:15:16	01:26:54	03:05:17.10	+00:11:27 (-305,116.3%)	8:46	6.8 (81.9%)
25	JUZOF Iwona	54		K50-54	8			01:15:23	01:27:10	02:58:54.55	+00:11:34 (-304,613.6%)	8:28	7.1 (85.5%)
26	WÓJCIK Barbara	211	KLUB SPORTOWY NORDIC WALKING BEŁCHATÓW	K65-69	1			01:15:58	01:28:18	03:01:47.65	+00:12:09 (-302,320.7%)	8:36	7 (84.3%)
27	WIELADEK Anna	202	ESJA TEAM	K45-49	6			01:16:41	01:28:40	03:00:57.20	+00:12:52 (-299,471.7%)	8:34	7 (84.3%)
28	MIŚKOWICZ Anna	108	NORDIC SPORT 2021	K65-69	2			01:16:44	01:28:54	03:05:32.00	+00:12:55 (-299,302.5%)	8:47	6.8 (81.9%)
29	SKRZAŃTEK Lucyna	162	NORDIC SPORT 2021	K50-54	13			01:16:59	01:29:20	03:10:20.55	+00:13:09 (-298,333.5%)	9:01	6.7 (80.7%)
30	GANSINIEC Kzimiera	34		K60-64	3			01:17:05	01:29:00	03:01:29.60	+00:13:16 (-297,898.0%)	8:36	7 (84.3%)
31	MILERT Jolanta	106	NORDIC WALKING LYSKI	K50-54	11			01:17:10	01:29:25	03:05:38.80	+00:13:21 (-297,585.9%)	8:47	6.8 (81.9%)
32	CÍCHOVÁ Jana	14		K50-54	10			01:17:18	01:29:26	03:04:33.75	+00:13:29 (-297,078.9%)	8:44	6.9 (83.1%)
33	NĚMCOVÁ Lenka	115		K40-44	3			01:17:32	01:29:43	03:05:03.40	+00:13:43 (-296,203.8%)	8:46	6.8 (81.9%)
34	DREWNOWSKA Barbara	25	ZASAPANI HYDRO TRZCIANKA	K50-54	9			01:18:06	01:30:08	03:04:07.45	+00:14:17 (-294,050.9%)	8:43	6.9 (83.1%)
35	KUŹMIŃSKA Grażyna	86	NORDIC TEAM CZĘSTOCHOWA	K50-54	15			01:18:15	01:31:07	03:13:30.05	+00:14:26 (-293,471.4%)	9:10	6.5 (78.3%)
36	OLEJNIK Marzena	124		K55-59	4			01:18:45	01:31:21	03:10:10.70	+00:14:56 (-291,610.8%)	9:00	6.7 (80.7%)

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								Górska 9km	10.7km	21.1km	Gap		
37	PORADA Anna	139	HARD BEANS OPOLE	K50-54	12			01:18:52	01:31:43	03:09:59.20	+00:15:03 (-291,197.8%)	9:00	6.7 (80.7%)
38	MADALIŃSKA Joanna	91	K.S. VICTORIA POTĘGOWO	K40-44	6			01:19:12	01:31:32	03:12:25.35	+00:15:23 (-289,962.7%)	9:07	6.6 (79.5%)
39	NOWICZ Magdalena	120	NOWICZ TEAM	K40-44	5			01:19:56	01:32:09	03:09:31.15	+00:16:07 (-287,307.8%)	8:58	6.7 (80.7%)
40	RATAJCZAK Katarzyna	147		K40-44	9			01:20:04	01:32:44	03:19:29.80	+00:16:15 (-286,832.2%)	9:27	6.3 (75.9%)
41	BERESKA Irena	4	NORDIC SPORT 2021	K35-39	4			01:20:15	01:32:31	03:12:14.60	+00:16:26 (-286,144.0%)	9:06	6.6 (79.5%)
42	MAKOWSKA Magdalena	94		K18-34	2			01:20:45	01:33:18	03:15:31.80	+00:16:56 (-284,404.2%)	9:15	6.5 (78.3%)
43	JIRSOVÁ Světlana	52	NORDIC WALKING KUTNÁ HORA	K50-54	21			01:20:51	01:33:50	03:25:37.70	+00:17:02 (-284,043.5%)	9:44	6.2 (74.7%)
44	CEGIELSKA Beata	10	TRITON KONIN	K50-54	14			01:21:03	01:33:36	03:12:03.95	+00:17:14 (-283,310.4%)	9:06	6.6 (79.5%)
45	FRANCISZCZAK Łucja	30	CIDRYLOTAJOM	K60-64	4			01:21:12	01:34:12	03:12:41.65	+00:17:23 (-282,813.1%)	9:07	6.6 (79.5%)
46	NIEDŹWIECKA Małgorzata	118	NORDIC TEAM CZĘSTOCHOWA	K65-69	3			01:21:38	01:34:03	03:12:09.60	+00:17:49 (-281,294.2%)	9:06	6.6 (79.5%)
47	WOJCIECHOWSKA Katarzyna	209	KIJKOMANIACY PPL	K45-49	7			01:21:59	01:35:05	03:13:41.20	+00:18:10 (-280,127.3%)	9:10	6.5 (78.3%)
48	DALKA Hanna	22		K40-44	11			01:22:03	01:35:21	03:20:27.90	+00:18:14 (-279,874.0%)	9:30	6.3 (75.9%)
49	KUCHARCZYK Katarzyna	79		K40-44	10			01:22:18	01:35:35	03:20:18.00	+00:18:28 (-279,060.4%)	9:29	6.3 (75.9%)
50	GWAREK Anita	43	LEŚNE KIJE	K50-54	18			01:23:04	01:35:51	03:19:46.90	+00:19:15 (-276,439.5%)	9:28	6.3 (75.9%)
51	GRZĄDZIELA Monika	41	TREKILEJDIS	K40-44	8			01:23:18	01:35:55	03:16:21.35	+00:19:29 (-275,700.8%)	9:18	6.4 (77.1%)
52	GAJEK Halina	33	RUNNERS TEAM NYSA	K50-54	16			01:23:33	01:36:23	03:13:59.90	+00:19:44 (-274,875.6%)	9:11	6.5 (78.3%)
53	PADOWICZ Anna	126	ESJA TEAM	K40-44	7			01:23:45	01:36:34	03:15:54.25	+00:19:56 (-274,175.3%)	9:17	6.5 (78.3%)
54	JURCZAK-TOCZKO Anna	53		K55-59	5			01:23:51	01:36:48	03:16:34.40	+00:20:02 (-273,859.2%)	9:18	6.4 (77.1%)
55	WANAT Wioletta	200	TRITON KONIN	K50-54	25			01:24:05	01:37:35	03:35:53.85	+00:20:16 (-273,088.2%)	10:13	5.9 (71.1%)
56	ANYŻ Maria	1	KIJE W DOBRYCH RĘKACH	K70-74	1			01:24:14	01:36:58	03:22:01.05	+00:20:25 (-272,618.0%)	9:34	6.3 (75.9%)
57	KOCIUBI Aurelia	63		K35-39	6	1		01:24:21	01:38:06	03:28:29.75	+00:20:31 (-272,273.1%)	9:52	6.1 (73.5%)
58	WILK Iwona	205	NORDIC SPORT 2021	K50-54	17			01:25:02	01:37:52	03:19:37.70	+00:21:13 (-270,079.0%)	9:27	6.3 (75.9%)
59	SLANINA Lena	163	HARPAGAN SOSNOWIEC	K40-44	12			01:25:09	01:38:30	03:23:50.45	+00:21:19 (-269,711.5%)	9:39	6.2 (74.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Premia Górska		Net time		Pace min/km	Pace km/h
								9km	10.7km	21.1km	Gap		
60	SCHEJBALOVÁ Kristina	160	ZLATÉ HORY	K65-69	4			01:25:10	01:38:19	03:24:46.95	+00:21:20 (-269,661.4%)	9:42	6.2 (74.7%)
61	CICHOCKA Renata	13	ESJA TEAM	K50-54	20			01:25:12	01:38:14	03:24:16.05	+00:21:23 (-269,524.2%)	9:40	6.2 (74.7%)
62	CZKALSKA Agata	18	TRITON KONIN	K50-54	19	1		01:25:34	01:38:31	03:21:47.75	+00:21:45 (-268,355.9%)	9:33	6.3 (75.9%)
63	POHL Anna	136	KNW BIAŁA	K55-59	6			01:25:55	01:39:19	03:25:41.65	+00:22:06 (-267,283.2%)	9:44	6.2 (74.7%)
64	ROPELEWSKA Edyta	153	KATOWICKI NORDIC WALKING	K45-49	9			01:26:08	01:39:28	03:23:04.55	+00:22:19 (-266,618.4%)	9:37	6.2 (74.7%)
65	KORPOK Aleksandra	67	NORDICUS STRZYBNICA	K50-54	22			01:26:44	01:39:58	03:29:40.75	+00:22:55 (-264,783.6%)	9:56	6 (72.3%)
66	STEFANÓW Magdalena	177		K45-49	11			01:26:49	01:41:01	03:31:08.50	+00:23:00 (-264,524.3%)	10:00	6 (72.3%)
67	BUDKA Aga	9	TRITON KONIN	K45-49	10			01:27:16	01:39:59	03:29:11.75	+00:23:27 (-263,152.2%)	9:54	6.1 (73.5%)
68	KUCHARSKA Monika	80	KATOWICKI NORDIC WALKING	K35-39	5			01:27:24	01:40:46	03:24:26.40	+00:23:34 (-262,768.2%)	9:41	6.2 (74.7%)
69	GODZWON Karolina	36	TREKILEJDIS	K35-39	7			01:27:24	01:41:16	03:28:30.45	+00:23:35 (-262,735.6%)	9:52	6.1 (73.5%)
70	SOSNOWSKA Magdalena	167	KIJKOWE TRZEMESZNO	K45-49	8			01:27:31	01:40:23	03:18:34.45	+00:23:42 (-262,402.8%)	9:24	6.4 (77.1%)
71	DRYGALSKA Aleksandra	27	KIJE W DOBRYCH RĘKACH	K70-74	3			01:28:06	01:41:42	03:34:10.55	+00:24:17 (-260,674.7%)	10:09	5.9 (71.1%)
72	MARONDEL Katarzyna	101		K35-39	8			01:28:07	01:41:38	03:28:36.55	+00:24:17 (-260,632.7%)	9:53	6.1 (73.5%)
73	MOSIEK Jolanta	109		K50-54	24			01:28:18	01:42:25	03:35:34.30	+00:24:29 (-260,064.4%)	10:12	5.9 (71.1%)
74	ZAWADZKA Maria	214	KGHM METRACO	K70-74	2			01:29:03	01:42:48	03:26:26.10	+00:25:14 (-257,863.8%)	9:47	6.1 (73.5%)
75	TYLAK Lidia	197	KB WARTKO	K50-54	23			01:30:07	01:43:38	03:33:18.25	+00:26:18 (-254,827.3%)	10:06	5.9 (71.1%)
76	NAGODA Marzena	113		K50-54	29			01:31:06	01:45:08	03:44:34.75	+00:27:17 (-252,073.5%)	10:38	5.6 (67.5%)
77	CZYŻ Emilia	20	TREKILEJDIS SOPOT	K40-44	13			01:31:13	01:45:04	03:38:39.85	+00:27:24 (-251,737.2%)	10:21	5.8 (69.9%)
78	STANKOWSKA Marzena	172	KIJKOWE TRZEMESZNO	K45-49	12			01:31:35	01:44:52	03:32:42.95	+00:27:46 (-250,738.2%)	10:04	6 (72.3%)
79	SZAJDA Małgorzata	181	KIJKOWE TRZEMESZNO	K50-54	27			01:31:37	01:45:12	03:38:44.50	+00:27:48 (-250,644.7%)	10:21	5.8 (69.9%)
80	STEFAN Alicja	174		K55-59	7			01:31:50	01:47:31	04:07:21.15	+00:28:01 (-250,073.6%)	11:43	5.1 (61.4%)
81	GÓRSKA Agnieszka	38		K45-49	13			01:31:51	01:45:50	03:34:58.65	+00:28:02 (-249,994.2%)	10:11	5.9 (71.1%)
82	ROŻKO Ela	154	LEŚNE KIJE	K45-49	14			01:32:17	01:47:27	03:47:06.10	+00:28:28 (-248,826.7%)	10:45	5.6 (67.5%)

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83	MOSIEWICZ Aleksandra	110		K18-34	3	1		01:33:03	01:47:37	03:48:08.40	+00:29:14 (-246,789.3%)	10:48	5.5 (66.3%)
84	KUBICKA Małgorzata	76		K50-54	26			01:33:45	01:48:38	03:38:02.15	+00:29:56 (-244,948.2%)	10:20	5.8 (69.9%)
85	GROMALA Magdalena	39		K50-54	28			01:33:59	01:48:39	03:40:20.90	+00:30:10 (-244,348.5%)	10:26	5.7 (68.7%)
86	TOMCZAK Renata	193	TRITON	K50-54	30			01:35:06	01:49:42	03:54:02.10	+00:31:17 (-241,480.4%)	11:05	5.4 (65.1%)
87	PIECZARA Anna	130		K40-44	14			01:35:56	01:50:39	03:42:19.70	+00:32:07 (-239,352.8%)	10:32	5.7 (68.7%)
88	JARONEK Anna	50	NORDIC WALKING EKG	K45-49	15			01:36:30	01:51:07	03:55:26.75	+00:32:41 (-237,944.9%)	11:09	5.4 (65.1%)
89	GÓRALCZYK Oksana	37	LEŚNE KIJE	K60-64	5			01:43:45	01:59:21	04:16:51.15	+00:39:56 (-221,334.1%)	12:10	4.9 (59.0%)
	GRZEBIELUCH Elżbieta	42	HARPAGAN SOSNOWIEC	K65-69				01:42:25 DNF	01:58:42 DNF	DNF		-	- (0.0%)

Total 90 results.