



VII CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: VII CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2021-08-29
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZozowski Piotr	211	DWA KIJE SŁUPSK	M18-44	1	00:33:30.10		6:42	9 (100%)
2	FRĄCKOWIAK Roman	218	EKSPEDYCJA NORDIC TEAMSZCZECIN	M45+	1	00:35:03.90	+00:01:33 (4.5%)	7:00	8.6 (95.6%)
3	MĄDRY Grzegorz	261	KIJKOWE TRZEMESZNO	M45+	2	00:35:09.75	+00:01:39 (4.7%)	7:01	8.5 (94.4%)
4	KOPCZEWSKI Dariusz	242	WYCHODZĘ Z KIJAMI 1	M45+	3	00:35:14.50	+00:01:44 (4.9%)	7:02	8.5 (94.4%)
5	WIŚNIEWSKI Sławomir	321	FLUGGER	M45+	4	00:35:29.25	+00:01:59 (5.6%)	7:05	8.5 (94.4%)
6	SZCZUDLIK Małgorzata	298	KIJKOWE TRZEMESZNO	K18-44	1	00:36:18.20	+00:02:48 (7.7%)	7:15	8.3 (92.2%)
7	OKRZESIK-FRĄCKOWIAK Izabela	268	EKSPEDYCJA NORDIC TEAMSZCZECIN	K45+	1	00:36:32.40	+00:03:02 (8.3%)	7:18	8.2 (91.1%)
8	WOJTCZAK Urszula	323	CZAPELKI	K18-44	2	00:36:41.05	+00:03:10 (8.7%)	7:20	8.2 (91.1%)
9	WIECZOREK Krzysztof	317	NORDIC WALKING LUBASZ	M45+	5	00:36:52.75	+00:03:22 (9.2%)	7:22	8.1 (90.0%)
10	POKŁADOWSKA Joanna	274	WYCHODZĘ Z KIJAMI 1	K45+	2	00:37:11.25	+00:03:41 (9.9%)	7:26	8.1 (90.0%)
11	JÓZWIAK Marianna	231	SERCE NORDICA WŁOCŁAWEK	K45+	3	00:37:58.95	+00:04:28 (11.8%)	7:35	7.9 (87.8%)
12	WIECZORKOWSKA Dagmara	319	WYCHODZĘ Z KIJAMI 1	K45+	4	00:38:02.95	+00:04:32 (12.0%)	7:36	7.9 (87.8%)
13	SZYMAŃSKI Jacek	306	POZYTYWNI BIEGACZE	M45+	6	00:38:05.30	+00:04:35 (12.0%)	7:37	7.9 (87.8%)
14	LENARTOWICZ Stanisław	253		M45+	7	00:38:24.00	+00:04:53 (12.8%)	7:40	7.8 (86.7%)
15	WALESZKO Andrzej	312	PASJA NORDIC WALKING	M45+	8	00:38:47.05	+00:05:16 (13.6%)	7:45	7.7 (85.6%)
16	SOWIŃSKA Alicja	289	NORDIC WALKING LUBASZ	K18-44	3	00:38:47.80	+00:05:17 (13.6%)	7:45	7.7 (85.6%)
17	GRUPIŃSKA Katarzyna	223	NORDIC WALKING LUBASZ	K45+	5	00:38:49.05	+00:05:18 (13.7%)	7:45	7.7 (85.6%)
18	RYCHLEWSKA-SŁODOWA Danuta	281	NORDIC WALKING LUBASZ	K18-44	4	00:39:14.95	+00:05:44 (14.6%)	7:50	7.6 (84.4%)
19	KĘPA Andrzej	239	WYCHODZĘ Z KIJAMI 1	M45+	9	00:39:18.20	+00:05:48 (14.8%)	7:51	7.6 (84.4%)
20	SAWICKA-MENKINA Monika	284		K45+	6	00:40:19.70	+00:06:49 (16.9%)	8:03	7.4 (82.2%)
21	MACIEJEWSKI Tomasz	258	DWA KIJE SŁUPSK	M18-44	2	00:40:21.20	+00:06:51 (17.0%)	8:04	7.4 (82.2%)
22	PRUSKA Agnieszka	275	DWA KIJE SŁUPSK	K45+	7	00:40:57.75	+00:07:27 (18.2%)	8:11	7.3 (81.1%)
23	DRĄG Maria	214		K18-44	5	00:41:20.80	+00:07:50 (19.0%)	8:16	7.3 (81.1%)
24	WALESZKO Anna	313	PASJA NORDIC WALKING	K45+	8	00:41:31.85	+00:08:01 (19.3%)	8:18	7.2 (80.0%)
25	RODZIEWICZ Wioletta	278	BRAK	K45+	9	00:41:41.45	+00:08:11 (19.6%)	8:20	7.2 (80.0%)
26	WALA Jan	311	NORDIC WALKING LUBASZ	M45+	10	00:41:49.30	+00:08:19 (19.9%)	8:21	7.2 (80.0%)
27	ŚWIĘTANOWSKA Joanna	307	WYCHODZĘ Z KIJAMI 3	K45+	10	00:41:53.00	+00:08:22 (20.0%)	8:22	7.2 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	KUCZYŃSKA Anna	248	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:08:36 (20.5%)	8:25	7.1 (78.9%)
28	ROGOWSKA Marta	279	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:08:36 (20.5%)	8:25	7.1 (78.9%)
30	BERCZYŃSKI Henryk	210	NADLEŚNICTWO OKONEK	M45+	11	00:42:09.80	+00:08:39 (20.5%)	8:25	7.1 (78.9%)
31	BANACZYK Piotr	340	LILL SPORT	M45+	12	00:42:10.60	+00:08:40 (20.6%)	8:26	7.1 (78.9%)
32	JÓZWIAK Łukasz	232	SERCE NORDICA WŁOCŁAWEK	M45+	13	00:42:38.65	+00:09:08 (21.4%)	8:31	7 (77.8%)
33	KOZIOŁ Magdalena	244		K18-44	6	00:42:53.90	+00:09:23 (21.9%)	8:34	7 (77.8%)
34	PAŁUBICKA Małgorzata	269	NORDIC WALKING LUBASZ	K45+	13	00:43:11.50	+00:09:41 (22.4%)	8:38	6.9 (76.7%)
35	KOCOŃ Sylwia	241		K18-44	7	00:43:22.50	+00:09:52 (22.8%)	8:40	6.9 (76.7%)
36	WALESZKO Adam	314	PASJA NORDIC WALKING	M-jun	1	00:43:22.80	+00:09:52 (22.8%)	8:40	6.9 (76.7%)
37	PIETRZYK Anna	271		K45+	14	00:43:24.00	+00:09:53 (22.8%)	8:40	6.9 (76.7%)
38	ADAMOWICZ Renata	208	WYCHODZĘ Z KIJAMI 3	K45+	15	00:43:31.05	+00:10:00 (23.0%)	8:42	6.9 (76.7%)
39	UDZIK Sylwia	329	NORDIC WALKING LUBASZ	K18-44	8	00:43:38.85	+00:10:08 (23.2%)	8:43	6.9 (76.7%)
40	STAWIARZ-WACHOWICZ Izabela	336	KIJOWE SIOSTRY 2	K18-44	9	00:43:47.10	+00:10:17 (23.5%)	8:45	6.9 (76.7%)
41	NIETRZEBKA Paweł	266		M18-44	3	00:43:54.65	+00:10:24 (23.7%)	8:46	6.8 (75.6%)
42	PRZEDNÓWEK Mariola	276		K18-44	10	00:43:56.25	+00:10:26 (23.8%)	8:47	6.8 (75.6%)
43	JUREK Kamila	233		K18-44	11	00:43:58.75	+00:10:28 (23.8%)	8:47	6.8 (75.6%)
44	BYSTRZYŃSKA Emilia	212		K18-44	12	00:44:01.70	+00:10:31 (23.9%)	8:48	6.8 (75.6%)
45	LUBAŃSKA Leokadia	255	SERCE NORDICA WŁOCŁAWEK	K45+	16	00:44:12.65	+00:10:42 (24.2%)	8:50	6.8 (75.6%)
46	DZIKOWSKA Anna	217	NORDIC WALKING LUBASZ	K18-44	13	00:44:25.20	+00:10:55 (24.6%)	8:53	6.8 (75.6%)
47	WIŚNIK Asia	322	KIJOWE SIOSTRY 1	K45+	17	00:44:25.80	+00:10:55 (24.6%)	8:53	6.8 (75.6%)
48	GAŁKA Aleksandra	219		K18-44	14	00:44:44.05	+00:11:13 (25.1%)	8:56	6.7 (74.4%)
49	TRĘBSKA Magdalena	309		K-jun	1	00:44:44.55	+00:11:14 (25.1%)	8:56	6.7 (74.4%)
50	SZUDOBAJ Hanna	304	DWA KIJE SŁUPSK	K45+	18	00:44:53.05	+00:11:22 (25.4%)	8:58	6.7 (74.4%)
51	HOFMAN Angelika	225		K18-44	15	00:44:55.70	+00:11:25 (25.4%)	8:59	6.7 (74.4%)
52	KASZUBA Zofia	238	WYCHODZĘ Z KIJAMI 2	K-jun	2	00:45:23.50	+00:11:53 (26.2%)	9:04	6.6 (73.3%)
53	ABRAMOWICZ Ewa	207	KIJOWE SIOSTRY 1	K45+	19	00:45:27.90	+00:11:57 (26.3%)	9:05	6.6 (73.3%)
54	SAKOWICZ Barbara	283	NORDIC WALKING LUBASZ	K18-44	16	00:45:34.15	+00:12:04 (26.5%)	9:06	6.6 (73.3%)
55	WIECZOREK Aneta	318	NORDIC WALKING LUBASZ	M45+	14	00:45:36.35	+00:12:06 (26.5%)	9:07	6.6 (73.3%)
56	UŁASEWICZ Maria	310		K45+	20	00:45:39.80	+00:12:09 (26.6%)	9:07	6.6 (73.3%)
57	MRÓZ Barbara	316	NORDIC WALKING LUBASZ	K18-44	17	00:45:42.05	+00:12:11 (26.7%)	9:08	6.6 (73.3%)
58	HAWETO Janina	224	KIJOWE SIOSTRY 1	K45+	21	00:45:49.80	+00:12:19 (26.9%)	9:09	6.5 (72.2%)
59	KUC - BREJNA Anna	250		K45+	22	00:45:51.55	+00:12:21 (26.9%)	9:10	6.5 (72.2%)
60	KURCZ Barbara	252	WYCHODZĘ Z KIJAMI 3	K45+	23	00:45:57.00	+00:12:26 (27.1%)	9:11	6.5 (72.2%)
61	WROTECKA Agata	335	NORDIC WALKING KIEKRZ POLAND	K18-44	18	00:45:58.45	+00:12:28 (27.1%)	9:11	6.5 (72.2%)
62	LUBAŃSKI Tomasz	256	SERCE NORDICA WŁOCŁAWEK	M45+	15	00:45:59.70	+00:12:29 (27.2%)	9:11	6.5 (72.2%)
63	PIOTROWSKA Ewa	272	KIJOMANIACY CHODZIEŻ	K18-44	19	00:45:59.95	+00:12:29 (27.2%)	9:11	6.5 (72.2%)
64	OWCZAREK Magdalena	265		K45+	24	00:46:01.10	+00:12:31 (27.2%)	9:12	6.5 (72.2%)
65	SERÓWKA Lidia	286		K45+	25	00:46:21.95	+00:12:51 (27.7%)	9:16	6.5 (72.2%)
66	SEROWKA Zuzanna	285		K-jun	3	00:46:22.35	+00:12:52 (27.8%)	9:16	6.5 (72.2%)
67	TKACZYK Marzena	237	WYCHODZĘ Z KIJAMI 3	K45+	26	00:46:33.90	+00:13:03 (28.1%)	9:18	6.4 (71.1%)
68	KRZYWICKA Anna	246	KIJOWE SIOSTRY 2	K18-44	20	00:46:35.70	+00:13:05 (28.1%)	9:19	6.4 (71.1%)
69	WIŚNIEWSKA Iwona	320	FLUGGER	K45+	27	00:46:40.85	+00:13:10 (28.2%)	9:20	6.4 (71.1%)
70	MAŁYSZEWICZ Teresa	259		K45+	28	00:46:41.65	+00:13:11 (28.3%)	9:20	6.4 (71.1%)
71	GRODZKA Anita	222	WYCHODZĘ Z KIJAMI 2	K18-44	21	00:46:46.10	+00:13:16 (28.4%)	9:21	6.4 (71.1%)

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72	DROZDEK Sandra	215		K18-44	22	00:47:14.15	+00:13:44 (29.1%)	9:26	6.4 (71.1%)
73	DUBISZ Joanna	216	LILLSPORT	K45+	29	00:47:25.80	+00:13:55 (29.4%)	9:29	6.3 (70.0%)
74	WRONA Ryszard	325	LILLSPORT	M45+	16	00:47:27.30	+00:13:57 (29.4%)	9:29	6.3 (70.0%)
75	ŁABĘDŹ Katarzyna	257	LILLSPORT	K45+	30	00:47:28.50	+00:13:58 (29.4%)	9:29	6.3 (70.0%)
76	KUCZYŃSKI Włodzimierz	249	NORDIC WALKING KIEKRZ POLAND	M45+	17	00:47:34.90	+00:14:04 (29.6%)	9:30	6.3 (70.0%)
77	WASZAK Magdalena	315	NORDIC WALKING LUBASZ	K18-44	23	00:48:09.15	+00:14:39 (30.4%)	9:37	6.2 (68.9%)
78	SZCZERBA Dorota	297	KIJOWE SIOSTRY 2	K18-44	24	00:48:10.35	+00:14:40 (30.5%)	9:38	6.2 (68.9%)
79	STRZELEC Jan	293		M45+	18	00:48:33.65	+00:15:03 (31.0%)	9:42	6.2 (68.9%)
80	FORMALEWICZ Katarzyna	69	WYCHODZĘ Z KIJAMI 2	K45+	31	00:48:51.00	+00:15:20 (31.4%)	9:46	6.1 (67.8%)
81	SUPROŃ Marta	294	WYCHODZĘ Z KIJAMI 2	K18-44	25	00:49:02.65	+00:15:32 (31.7%)	9:48	6.1 (67.8%)
82	KLUSAK Halina	240		K45+	32	00:50:03.00	+00:16:32 (33.1%)	10:00	6 (66.7%)
83	JANIK Maciej	229	ZASAPANI HYDRO TRZCIANKA	M18-44	4	00:50:44.95	+00:17:14 (34.0%)	10:08	5.9 (65.6%)
84	KOWALCZUK Maria	243	KIJOWE SIOSTRY 1	K45+	33	00:50:46.55	+00:17:16 (34.0%)	10:09	5.9 (65.6%)
85	SZOT Krystyna	302		K45+	34	00:50:50.25	+00:17:20 (34.1%)	10:10	5.9 (65.6%)
86	GRANDA Mieczysław	221	BOSKI CIACHOROWSKI	M45+	19	00:50:52.40	+00:17:22 (34.1%)	10:10	5.9 (65.6%)
87	CHODOR Maria	213		K45+	35	00:50:54.55	+00:17:24 (34.2%)	10:10	5.9 (65.6%)
88	SMOLARSKI Andrzej	288	KIJOMANIACY CHODZIEŻ	M45+	20	00:50:55.65	+00:17:25 (34.2%)	10:11	5.9 (65.6%)
89	WOŁK Beata	324	FABRYKA NORDICA TRZCIANKA	K18-44	26	00:50:56.75	+00:17:26 (34.2%)	10:11	5.9 (65.6%)
90	PLUTA Barbara	273	KIJOMANIACY CHODZIEŻ	K45+	36	00:51:16.75	+00:17:46 (34.7%)	10:15	5.9 (65.6%)
91	SZYMAŃSKA Aneta	305		K45+	37	00:51:17.20	+00:17:47 (34.7%)	10:15	5.8 (64.4%)
92	TOMKOWIAK Magdalena	308	KIJOMANIACY CHODZIEŻ	K18-44	27	00:51:17.45	+00:17:47 (34.7%)	10:15	5.8 (64.4%)
93	MICHALAK Justyna	262	KIJOMANIACY CHODZIEŻ	K18-44	28	00:51:17.90	+00:17:47 (34.7%)	10:15	5.8 (64.4%)
93	SMARUJ - SADOWSKA Janina	287		K45+	38	00:51:17.90	+00:17:47 (34.7%)	10:15	5.8 (64.4%)
95	STEMPNIAK-LECHOWICZ Lidia	291	KIJOMANIACY CHODZIEŻ	K18-44	29	00:51:19.20	+00:17:49 (34.7%)	10:15	5.8 (64.4%)
96	IGNASIAK Anna	226		K18-44	30	00:51:53.55	+00:18:23 (35.4%)	10:22	5.8 (64.4%)
97	IGNASIAK Agata	227		K-jun	4	00:51:54.10	+00:18:24 (35.5%)	10:22	5.8 (64.4%)
98	SZAMOTUŁA-STRZELEC Maryla	296		K45+	39	00:52:12.40	+00:18:42 (35.8%)	10:26	5.7 (63.3%)
99	SZAMOTUŁA Ewa	295		K45+	40	00:52:13.40	+00:18:43 (35.8%)	10:26	5.7 (63.3%)
100	KAFKA Daria	235		K18-44	31	00:52:17.90	+00:18:47 (35.9%)	10:27	5.7 (63.3%)
100	MARTENKA Emilia	260		K18-44	31	00:52:17.90	+00:18:47 (35.9%)	10:27	5.7 (63.3%)
102	CIEKAŁA Jan	334		M45+	21	00:55:37.70	+00:22:07 (39.8%)	11:07	5.4 (60.0%)
103	KRYŚKIEWICZ Janina	245		K45+	41	00:55:37.90	+00:22:07 (39.8%)	11:07	5.4 (60.0%)
104	MILACHOWSKA Agnieszka	264		K18-44	33	00:55:38.70	+00:22:08 (39.8%)	11:07	5.4 (60.0%)
105	SZCZYTKOWSKI Marek	301		M45+	22	00:59:16.40	+00:25:46 (43.5%)	11:51	5.1 (56.7%)
106	SZCZYTKOWSKA Łucja	300		K-jun	5	00:59:16.70	+00:25:46 (43.5%)	11:51	5.1 (56.7%)
107	KULCZYCKI Jan	251		M45+	23	01:00:30.75	+00:27:00 (44.6%)	12:06	5 (55.6%)
108	PERLIK Wiesław	270		M45+	24	01:00:31.75	+00:27:01 (44.7%)	12:06	5 (55.6%)
109	LISOWSKA Urszula	254		K45+	42	01:00:38.80	+00:27:08 (44.8%)	12:07	4.9 (54.4%)
110	GÓRSKA Magdalena	220		K45+	43	01:06:50.20	+00:33:20 (49.9%)	13:22	4.5 (50.0%)
111	MIECZKOWSKA Wiesława	328		K45+	44	01:06:50.60	+00:33:20 (49.9%)	13:22	4.5 (50.0%)
	JAKIMIEC Tadeusz	228	K.S. HUSARIA SZCZECINEK	M45+		DNF		-	- (0.0%)