



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: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZCZUDLIK Małgorzata	298	KIJKOWE TRZEMESZNO	K18-44	1	00:36:18.20		7:15	8.3 (100%)
2	OKRZESIK-FRĄCKOWIAK Izabela	268	EKSPEDYCJA NORDIC TEAMSZCZECIN	K45+	1	00:36:32.40	+00:00:14 (0.6%)	7:18	8.2 (98.8%)
3	WOJTCAK Urszula	323	CZAPELKI	K18-44	2	00:36:41.05	+00:00:22 (1.0%)	7:20	8.2 (98.8%)
4	POKŁADOWSKA Joanna	274	WYCHODZĘ Z KIJAMI 1	K45+	2	00:37:11.25	+00:00:53 (2.4%)	7:26	8.1 (97.6%)
5	JÓŹWIAK Marianna	231	SERCE NORDICA WŁOCŁAWEK	K45+	3	00:37:58.95	+00:01:40 (4.4%)	7:35	7.9 (95.2%)
6	WIECZORKOWSKA Dagmara	319	WYCHODZĘ Z KIJAMI 1	K45+	4	00:38:02.95	+00:01:44 (4.6%)	7:36	7.9 (95.2%)
7	SOWIŃSKA Alicja	289	NORDIC WALKING LUBASZ	K18-44	3	00:38:47.80	+00:02:29 (6.4%)	7:45	7.7 (92.8%)
8	GRUPIŃSKA Katarzyna	223	NORDIC WALKING LUBASZ	K45+	5	00:38:49.05	+00:02:30 (6.5%)	7:45	7.7 (92.8%)
9	RYCHLEWSKA-SŁODOWA Danuta	281	NORDIC WALKING LUBASZ	K18-44	4	00:39:14.95	+00:02:56 (7.5%)	7:50	7.6 (91.6%)
10	SAWICKA-MENKINA Monika	284		K45+	6	00:40:19.70	+00:04:01 (10.0%)	8:03	7.4 (89.2%)
11	PRUSKA Agnieszka	275	DWA KIJE SŁUPSK	K45+	7	00:40:57.75	+00:04:39 (11.4%)	8:11	7.3 (88.0%)
12	DRĄG Maria	214		K18-44	5	00:41:20.80	+00:05:02 (12.2%)	8:16	7.3 (88.0%)
13	WALESZKO Anna	313	PASJA NORDIC WALKING	K45+	8	00:41:31.85	+00:05:13 (12.6%)	8:18	7.2 (86.7%)
14	RODZIEWICZ Wioletta	278	BRAK	K45+	9	00:41:41.45	+00:05:23 (12.9%)	8:20	7.2 (86.7%)
15	ŚWIĘTANOWSKA Joanna	307	WYCHODZĘ Z KIJAMI 3	K45+	10	00:41:53.00	+00:05:34 (13.3%)	8:22	7.2 (86.7%)
16	KUCZYŃSKA Anna	248	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:05:48 (13.8%)	8:25	7.1 (85.5%)
16	ROGOWSKA Marta	279	NORDIC WALKING KIEKRZ POLAND	K45+	11	00:42:06.95	+00:05:48 (13.8%)	8:25	7.1 (85.5%)
18	KOZIOŁ Magdalena	244		K18-44	6	00:42:53.90	+00:06:35 (15.4%)	8:34	7 (84.3%)
19	PAŁUBICKA Małgorzata	269	NORDIC WALKING LUBASZ	K45+	13	00:43:11.50	+00:06:53 (15.9%)	8:38	6.9 (83.1%)
20	KOCOŃ Sylwia	241		K18-44	7	00:43:22.50	+00:07:04 (16.3%)	8:40	6.9 (83.1%)
21	PIETRZYK Anna	271		K45+	14	00:43:24.00	+00:07:05 (16.4%)	8:40	6.9 (83.1%)
22	ADAMOWICZ Renata	208	WYCHODZĘ Z KIJAMI 3	K45+	15	00:43:31.05	+00:07:12 (16.6%)	8:42	6.9 (83.1%)
23	UDZIK Sylwia	329	NORDIC WALKING LUBASZ	K18-44	8	00:43:38.85	+00:07:20 (16.8%)	8:43	6.9 (83.1%)
24	STAWIARZ-WACHOWICZ Izabela	336	KIJOWE SIOSTRY 2	K18-44	9	00:43:47.10	+00:07:28 (17.1%)	8:45	6.9 (83.1%)
25	PRZEDNÓWEK Mariola	276		K18-44	10	00:43:56.25	+00:07:38 (17.4%)	8:47	6.8 (81.9%)
26	JUREK Kamila	233		K18-44	11	00:43:58.75	+00:07:40 (17.5%)	8:47	6.8 (81.9%)
27	BYSTRZYŃSKA Emilia	212		K18-44	12	00:44:01.70	+00:07:43 (17.5%)	8:48	6.8 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
28	LUBAŃSKA Leokadia	255	SERCE NORDICA WŁOCŁAWEK	K45+	16	00:44:12.65	+00:07:54 (17.9%)	8:50	6.8 (81.9%)	
29	DZIKOWSKA Anna	217	NORDIC WALKING LUBASZ	K18-44	13	00:44:25.20	+00:08:07 (18.3%)	8:53	6.8 (81.9%)	
30	WIŚNIK Asia	322	KIJOWE SIOSTRY 1	K45+	17	00:44:25.80	+00:08:07 (18.3%)	8:53	6.8 (81.9%)	
31	GAŁKA Aleksandra	219		K18-44	14	00:44:44.05	+00:08:25 (18.8%)	8:56	6.7 (80.7%)	
32	TRĘBSKA Magdalena	309		K-jun	1	00:44:44.55	+00:08:26 (18.9%)	8:56	6.7 (80.7%)	
33	SZUDOBAJ Hanna	304	DWA KIJE SŁUPSK	K45+	18	00:44:53.05	+00:08:34 (19.1%)	8:58	6.7 (80.7%)	
34	HOFMAN Angelika	225		K18-44	15	00:44:55.70	+00:08:37 (19.2%)	8:59	6.7 (80.7%)	
35	KASZUBA Zofia	238	WYCHODZĘ Z KIJAMI 2	K-jun	2	00:45:23.50	+00:09:05 (20.0%)	9:04	6.6 (79.5%)	
36	ABRAMOWICZ Ewa	207	KIJOWE SIOSTRY 1	K45+	19	00:45:27.90	+00:09:09 (20.2%)	9:05	6.6 (79.5%)	
37	SAKOWICZ Barbara	283	NORDIC WALKING LUBASZ	K18-44	16	00:45:34.15	+00:09:15 (20.3%)	9:06	6.6 (79.5%)	
38	UŁASEWICZ Maria	310		K45+	20	00:45:39.80	+00:09:21 (20.5%)	9:07	6.6 (79.5%)	
39	MRÓZ Barbara	316	NORDIC WALKING LUBASZ	K18-44	17	00:45:42.05	+00:09:23 (20.6%)	9:08	6.6 (79.5%)	
40	HAWETO Janina	224	KIJOWE SIOSTRY 1	K45+	21	00:45:49.80	+00:09:31 (20.8%)	9:09	6.5 (78.3%)	
41	KUC - BREJNA Anna	250		K45+	22	00:45:51.55	+00:09:33 (20.8%)	9:10	6.5 (78.3%)	
42	KURCZ Barbara	252	WYCHODZĘ Z KIJAMI 3	K45+	23	00:45:57.00	+00:09:38 (21.0%)	9:11	6.5 (78.3%)	
43	WROTECKA Agata	335	NORDIC WALKING KIEKRZ POLAND	K18-44	18	00:45:58.45	+00:09:40 (21.0%)	9:11	6.5 (78.3%)	
44	PIOTROWSKA Ewa	272	KIJOMANIACY CHODZIEŻ	K18-44	19	00:45:59.95	+00:09:41 (21.1%)	9:11	6.5 (78.3%)	
45	OWCZAREK Magdalena	265		K45+	24	00:46:01.10	+00:09:42 (21.1%)	9:12	6.5 (78.3%)	
46	SERÓWKA Lidia	286		K45+	25	00:46:21.95	+00:10:03 (21.7%)	9:16	6.5 (78.3%)	
47	SEROWKA Zuzanna	285		K-jun	3	00:46:22.35	+00:10:04 (21.7%)	9:16	6.5 (78.3%)	
48	TKACZYK Marzena	237	WYCHODZĘ Z KIJAMI 3	K45+	26	00:46:33.90	+00:10:15 (22.0%)	9:18	6.4 (77.1%)	
49	KRZYWICKA Anna	246	KIJOWE SIOSTRY 2	K18-44	20	00:46:35.70	+00:10:17 (22.1%)	9:19	6.4 (77.1%)	
50	WIŚNIEWSKA Iwona	320	FLUGGER	K45+	27	00:46:40.85	+00:10:22 (22.2%)	9:20	6.4 (77.1%)	
51	MAŁYSZEWICZ Teresa	259		K45+	28	00:46:41.65	+00:10:23 (22.3%)	9:20	6.4 (77.1%)	
52	GRODZKA Anita	222	WYCHODZĘ Z KIJAMI 2	K18-44	21	00:46:46.10	+00:10:27 (22.4%)	9:21	6.4 (77.1%)	
53	DROZDEK Sandra	215		K18-44	22	00:47:14.15	+00:10:55 (23.1%)	9:26	6.4 (77.1%)	
54	DUBISZ Joanna	216	LILLSPORT	K45+	29	00:47:25.80	+00:11:07 (23.5%)	9:29	6.3 (75.9%)	
55	ŁABĘDŹ Katarzyna	257	LILLSPORT	K45+	30	00:47:28.50	+00:11:10 (23.5%)	9:29	6.3 (75.9%)	
56	WASZAK Magdalena	315	NORDIC WALKING LUBASZ	K18-44	23	00:48:09.15	+00:11:50 (24.6%)	9:37	6.2 (74.7%)	
57	SZCZERBA Dorota	297	KIJOWE SIOSTRY 2	K18-44	24	00:48:10.35	+00:11:52 (24.6%)	9:38	6.2 (74.7%)	
58	FORMALEWICZ Katarzyna	69	WYCHODZĘ Z KIJAMI 2	K45+	31	00:48:51.00	+00:12:32 (25.7%)	9:46	6.1 (73.5%)	
59	SUPROŃ Marta	294	WYCHODZĘ Z KIJAMI 2	K18-44	25	00:49:02.65	+00:12:44 (26.0%)	9:48	6.1 (73.5%)	
60	KLUSAK Halina	240		K45+	32	00:50:03.00	+00:13:44 (27.5%)	10:00	6 (72.3%)	
61	KOWALCZUK Maria	243	KIJOWE SIOSTRY 1	K45+	33	00:50:46.55	+00:14:28 (28.5%)	10:09	5.9 (71.1%)	
62	SZOT Krystyna	302		K45+	34	00:50:50.25	+00:14:32 (28.6%)	10:10	5.9 (71.1%)	
63	CHODOR Maria	213		K45+	35	00:50:54.55	+00:14:36 (28.7%)	10:10	5.9 (71.1%)	
64	WOŁK Beata	324	FABRYKA NORDICA TRZCIANKA	K18-44	26	00:50:56.75	+00:14:38 (28.7%)	10:11	5.9 (71.1%)	
65	PLUTA Barbara	273	KIJOMANIACY CHODZIEŻ	K45+	36	00:51:16.75	+00:14:58 (29.2%)	10:15	5.9 (71.1%)	
66	SZYMAŃSKA Aneta	305		K45+	37	00:51:17.20	+00:14:59 (29.2%)	10:15	5.8 (69.9%)	
67	TOMKOWIAK Magdalena	308	KIJOMANIACY CHODZIEŻ	K18-44	27	00:51:17.45	+00:14:59 (29.2%)	10:15	5.8 (69.9%)	
68	MICHALAK Justyna	262	KIJOMANIACY CHODZIEŻ	K18-44	28	00:51:17.90	+00:14:59 (29.2%)	10:15	5.8 (69.9%)	
68	SMARUJ - SADOWSKA Janina	287		K45+	38	00:51:17.90	+00:14:59 (29.2%)	10:15	5.8 (69.9%)	
70	STEMPNIAK-LECHOWICZ Lidia	291	KIJOMANIACY CHODZIEŻ	K18-44	29	00:51:19.20	+00:15:01 (29.3%)	10:15	5.8 (69.9%)	
71	IGNASIAK Anna	226		K18-44	30	00:51:53.55	+00:15:35 (30.0%)	10:22	5.8 (69.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	IGNASIAK Agata	227		K-jun	4	00:51:54.10	+00:15:35 (30.1%)	10:22	5.8 (69.9%)
73	SZAMOTUŁA-STRZELEC Maryla	296		K45+	39	00:52:12.40	+00:15:54 (30.5%)	10:26	5.7 (68.7%)
74	SZAMOTUŁA Ewa	295		K45+	40	00:52:13.40	+00:15:55 (30.5%)	10:26	5.7 (68.7%)
75	KAFKA Daria	235		K18-44	31	00:52:17.90	+00:15:59 (30.6%)	10:27	5.7 (68.7%)
75	MARTENKA Emilia	260		K18-44	31	00:52:17.90	+00:15:59 (30.6%)	10:27	5.7 (68.7%)
77	KRYŚKIEWICZ Janina	245		K45+	41	00:55:37.90	+00:19:19 (34.7%)	11:07	5.4 (65.1%)
78	MILACHOWSKA Agnieszka	264		K18-44	33	00:55:38.70	+00:19:20 (34.8%)	11:07	5.4 (65.1%)
79	SZCZYTKOWSKA Łucja	300		K-jun	5	00:59:16.70	+00:22:58 (38.8%)	11:51	5.1 (61.4%)
80	LISOWSKA Urszula	254		K45+	42	01:00:38.80	+00:24:20 (40.1%)	12:07	4.9 (59.0%)
81	GÓRSKA Magdalena	220		K45+	43	01:06:50.20	+00:30:32 (45.7%)	13:22	4.5 (54.2%)
82	MIECZKOWSKA Wiesława	328		K45+	44	01:06:50.60	+00:30:32 (45.7%)	13:22	4.5 (54.2%)

Znaleziono 82 wynik(ów)