



**Wydarzenie:** 8 Bieg i Rajd Nordic Walking na Mount Everest - Piękno Natury  
**Organizator:** Klub Biegacza „GOCH” Bytów  
**Data:** 2019-04-28  
**Miejsce:** Rzepnica  
**Dystans:** 8.85 km

## VIII RAJD NORDIC WALKING NA MOUNT EVEREST

B4SPORT



Klasyfikacja: K-Open

| Msc | Zawodnik                           | Numer      | Klub                     | Kategoria | Mkat | Meta_All<br>1.5km | Meta_All<br>3.6km | Czas<br>netto<br>8.85km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------------|------------|--------------------------|-----------|------|-------------------|-------------------|-------------------------|-------------------|-----------------|---------------|
| 1   | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>208</b> | KS METRACO POLKOWICE     | K-50      | 1    | 00:10:28          | 00:28:23          | <b>01:02:52.30</b>      |                   | 7:06            | 8.4 (100%)    |
| 2   | <b>KRÓLIKOWSKA Krystyna</b>        | <b>189</b> | LĘBORSKIE LWY            | K-40      | 1    | 00:10:31          | 00:28:33          | <b>01:03:14.75</b>      | +00:00:22 (0.6%)  | 7:08            | 8.4 (100%)    |
| 3   | <b>KOZAKOWSKA Małgorzata</b>       | <b>186</b> | KS SOKÓŁ GAŚAWA          | K-40      | 2    | 00:10:51          | 00:29:03          | <b>01:03:46.65</b>      | +00:00:54 (1.4%)  | 7:12            | 8.3 (98.8%)   |
| 4   | <b>BOCZAR Beata</b>                | <b>149</b> | GREEN TEAM ZIELONA GÓRA  | K-50      | 2    | 00:11:23          | 00:29:46          | <b>01:05:22.85</b>      | +00:02:30 (3.8%)  | 7:23            | 8.1 (96.4%)   |
| 5   | <b>ŁUKASZEWICZ Joanna</b>          | <b>199</b> | GREEN TEAM ZIELONA GÓRA  | K-40      | 3    | 00:11:22          | 00:29:49          | <b>01:05:46.00</b>      | +00:02:53 (4.4%)  | 7:25            | 8.1 (96.4%)   |
| 6   | <b>WOJTACHNIO Edyta</b>            | <b>256</b> | FACE NORDIC WALKING TEAM | K-40      | 4    | 00:11:30          | 00:29:51          | <b>01:05:47.00</b>      | +00:02:54 (4.4%)  | 7:25            | 8.1 (96.4%)   |
| 7   | <b>KOMAR Beata</b>                 | <b>180</b> | FACE NORDIC WALKING TEAM | K-40      | 5    | 00:11:26          | 00:29:44          | <b>01:06:10.60</b>      | +00:03:18 (5.0%)  | 7:28            | 8 (95.2%)     |
| 8   | <b>GÓRSKA Iwona</b>                | <b>165</b> | LĘBORSKIE LWY            | K-40      | 6    | 00:11:18          | 00:30:14          | <b>01:07:02.05</b>      | +00:04:09 (6.2%)  | 7:34            | 7.9 (94.0%)   |
| 9   | <b>STOLTMANN Helena</b>            | <b>234</b> | BŁĘKITNI DZIEMIANY       | K-50      | 3    | 00:11:19          | 00:30:17          | <b>01:07:30.25</b>      | +00:04:37 (6.9%)  | 7:37            | 7.9 (94.0%)   |
| 10  | <b>STRZELECKA Małgorzata</b>       | <b>236</b> | SAILING TEAM FERAJNA     | K-40      | 7    | 00:11:35          | 00:30:59          | <b>01:08:09.80</b>      | +00:05:17 (7.8%)  | 7:42            | 7.8 (92.9%)   |
| 11  | <b>PANEK Aneta</b>                 | <b>211</b> | STEP BY STEP             | K-40      | 8    | 00:11:45          | 00:30:43          | <b>01:08:29.05</b>      | +00:05:36 (8.2%)  | 7:44            | 7.8 (92.9%)   |
| 12  | <b>KWIDZIŃSKA Anna</b>             | <b>196</b> | 'ORŁY WICKO'             | K-30      | 1    | 00:12:00          | 00:31:58          | <b>01:09:12.45</b>      | +00:06:20 (9.2%)  | 7:49            | 7.7 (91.7%)   |
| 13  | <b>KREFFT Barbara</b>              | <b>188</b> |                          | K-50      | 4    | 00:11:53          | 00:31:22          | <b>01:09:14.85</b>      | +00:06:22 (9.2%)  | 7:49            | 7.7 (91.7%)   |
| 14  | <b>ZIELIŃSKA Jolanta</b>           | <b>261</b> |                          | K-50      | 5    | 00:11:29          | 00:30:57          | <b>01:09:57.20</b>      | +00:07:04 (10.1%) | 7:54            | 7.6 (90.5%)   |
| 15  | <b>SMARSZCZ Grażyna</b>            | <b>231</b> | LĘBORSKIE LWY            | K-60      | 1    | 00:11:36          | 00:31:10          | <b>01:09:58.70</b>      | +00:07:06 (10.2%) | 7:54            | 7.6 (90.5%)   |
| 16  | <b>JASIŁEK Kama</b>                | <b>172</b> |                          | K-30      | 2    | 00:12:14          | 00:31:50          | <b>01:10:01.40</b>      | +00:07:09 (10.2%) | 7:54            | 7.6 (90.5%)   |
| 17  | <b>WOSS Anna</b>                   | <b>257</b> | LĘBORSKIE LWY            | K-40      | 9    | 00:12:23          | 00:31:45          | <b>01:10:07.35</b>      | +00:07:15 (10.3%) | 7:55            | 7.6 (90.5%)   |
| 18  | <b>NOWAK Aleksandra</b>            | <b>204</b> |                          | K-30      | 3    | 00:12:32          | 00:32:01          | <b>01:10:44.30</b>      | +00:07:52 (11.1%) | 7:59            | 7.5 (89.3%)   |
| 19  | <b>SYLDATK Beata</b>               | <b>105</b> | ORŁY WICKO               | K-40      | 10   | 00:13:16          | 00:32:58          | <b>01:11:23.50</b>      | +00:08:31 (11.9%) | 8:03            | 7.4 (88.1%)   |
| 20  | <b>YANKOVSKAYA Aleksandra</b>      | <b>259</b> | KLUB SPORTOWY DED        | K-30      | 4    | 00:12:14          | 00:32:04          | <b>01:11:33.75</b>      | +00:08:41 (12.1%) | 8:05            | 7.4 (88.1%)   |
| 21  | <b>POLIS Marzena</b>               | <b>214</b> | STEP BY STEP             | K-50      | 6    | 00:12:12          | 00:32:20          | <b>01:12:11.90</b>      | +00:09:19 (12.9%) | 8:09            | 7.4 (88.1%)   |
| 22  | <b>FISZER Justyna</b>              | <b>159</b> | FACE NORDIC WALKING TEAM | K-30      | 5    | 00:12:39          | 00:32:41          | <b>01:12:37.10</b>      | +00:09:44 (13.4%) | 8:12            | 7.3 (86.9%)   |
| 23  | <b>BIKOWSKA Gabriela</b>           | <b>148</b> | LĘBORSKIE LWY            | K-50      | 7    | 00:12:24          | 00:32:36          | <b>01:12:50.50</b>      | +00:09:58 (13.7%) | 8:13            | 7.3 (86.9%)   |
| 24  | <b>MALKIEWICZ Małgorzata</b>       | <b>200</b> | ŻYJ AKTYWNI              | K-50      | 8    | 00:12:29          | 00:32:55          | <b>01:13:00.45</b>      | +00:10:08 (13.9%) | 8:14            | 7.3 (86.9%)   |
| 25  | <b>KOZŁOWSKA Barbara</b>           | <b>187</b> | LĘBORSKIE LWY            | K-40      | 11   | 00:12:26          | 00:32:36          | <b>01:13:19.00</b>      | +00:10:26 (14.2%) | 8:17            | 7.2 (85.7%)   |
| 26  | <b>NIEUWAŻNA Katarzyna</b>         | <b>203</b> | FACE NORDIC WALKING TEAM | K-40      | 12   | 00:12:36          | 00:33:27          | <b>01:14:05.75</b>      | +00:11:13 (15.1%) | 8:22            | 7.2 (85.7%)   |
| 27  | <b>KACZMAREK Zofia</b>             | <b>174</b> |                          | K-50      | 9    | 00:12:51          | 00:33:36          | <b>01:14:07.20</b>      | +00:11:14 (15.2%) | 8:22            | 7.2 (85.7%)   |

| Msc | Zawodnik                          | Numer      | Klub                           | Kategoria | Mkat | Meta_All |          | Czas               |                   | Tempo min/km | Tempo km/h  |
|-----|-----------------------------------|------------|--------------------------------|-----------|------|----------|----------|--------------------|-------------------|--------------|-------------|
|     |                                   |            |                                |           |      | 1.5km    | 3.6km    | netto              | Różn              |              |             |
| 28  | <b>POSTEK Danuta</b>              | <b>215</b> | MARSZ PO ZDROWIE               | K-50      | 10   | 00:12:39 | 00:33:45 | <b>01:14:35.50</b> | +00:11:43 (15.7%) | 8:25         | 7.1 (84.5%) |
| 29  | <b>LAANE Elena</b>                | <b>197</b> | KLUB SPORTOWY DED              | K-18      | 1    | 00:12:53 | 00:33:44 | <b>01:15:00.40</b> | +00:12:08 (16.2%) | 8:28         | 7.1 (84.5%) |
| 30  | <b>KONKOL Karolina</b>            | <b>181</b> | KIJOWA RODZINA                 | K-18      | 2    | 00:13:09 | 00:34:33 | <b>01:15:20.00</b> | +00:12:27 (16.5%) | 8:30         | 7 (83.3%)   |
| 31  | <b>WALCZYK Anna</b>               | <b>250</b> | KIJOWA RODZINA                 | K-30      | 6    | 00:13:09 | 00:34:33 | <b>01:15:20.90</b> | +00:12:28 (16.6%) | 8:30         | 7 (83.3%)   |
| 32  | <b>LEWAŃCZYK Sylwia</b>           | <b>198</b> | METROŻERCY                     | K-30      | 7    | 00:12:45 | 00:34:03 | <b>01:15:39.15</b> | +00:12:46 (16.9%) | 8:32         | 7 (83.3%)   |
| 33  | <b>KUKLINSKA Joanna</b>           | <b>191</b> | METROŻERCY                     | K-30      | 8    | 00:13:44 | 00:35:41 | <b>01:15:39.35</b> | +00:12:47 (16.9%) | 8:32         | 7 (83.3%)   |
| 34  | <b>CHOLEWKA Jolanta</b>           | <b>156</b> | MARSZ PO ZDROWIE               | K-60      | 2    | 00:12:44 | 00:34:01 | <b>01:15:46.50</b> | +00:12:54 (17.0%) | 8:33         | 7 (83.3%)   |
| 35  | <b>NOWAK Beata</b>                | <b>205</b> | STEP BY STEP                   | K-40      | 13   | 00:12:53 | 00:33:59 | <b>01:16:17.75</b> | +00:13:25 (17.6%) | 8:37         | 7 (83.3%)   |
| 36  | <b>ZWOLENKIEWICZ Joanna</b>       | <b>262</b> | KS SOKÓŁ GAŚAWA                | K-40      | 14   | 00:13:32 | 00:35:03 | <b>01:16:38.20</b> | +00:13:45 (18.0%) | 8:39         | 6.9 (82.1%) |
| 36  | <b>SZYBCZYŃSKA Katarzyna</b>      | <b>243</b> | KS SOKÓŁ GAŚAWA                | K-50      | 11   | 00:13:19 | 00:35:07 | <b>01:16:38.20</b> | +00:13:45 (18.0%) | 8:39         | 6.9 (82.1%) |
| 38  | <b>BRESZKA Karolina</b>           | <b>151</b> |                                | K-18      | 3    | 00:12:54 | 00:34:05 | <b>01:17:02.60</b> | +00:14:10 (18.4%) | 8:42         | 6.9 (82.1%) |
| 39  | <b>KARABASZ Ewa</b>               | <b>175</b> | WATAHA WAŁCZ                   | K-40      | 15   | 00:12:48 | 00:33:49 | <b>01:17:15.95</b> | +00:14:23 (18.6%) | 8:43         | 6.9 (82.1%) |
| 40  | <b>SIKORRA Janina</b>             | <b>227</b> | 'ORŁY WICKO'                   | K-70+     | 1    | 00:13:15 | 00:34:54 | <b>01:17:28.30</b> | +00:14:36 (18.8%) | 8:45         | 6.9 (82.1%) |
| 41  | <b>KORONA-BRACISZEWSKA Beata</b>  | <b>182</b> | KS SOKÓŁ GAŚAWA                | K-30      | 9    | 00:13:00 | 00:35:13 | <b>01:17:31.25</b> | +00:14:38 (18.9%) | 8:45         | 6.9 (82.1%) |
| 42  | <b>WICHERT Gabriela</b>           | <b>255</b> | K.B. GOCH BYTÓW                | K-40      | 16   | 00:13:40 | 00:35:29 | <b>01:17:32.90</b> | +00:14:40 (18.9%) | 8:45         | 6.8 (81.0%) |
| 43  | <b>BADOWSKA-STEFAŃSKA Barbara</b> | <b>142</b> |                                | K-60      | 3    | 00:12:55 | 00:34:13 | <b>01:17:49.80</b> | +00:14:57 (19.2%) | 8:47         | 6.8 (81.0%) |
| 44  | <b>KWAPISIEWICZ Joanna</b>        | <b>195</b> | FACE NORDIC WALKING TEAM       | K-40      | 17   | 00:13:27 | 00:35:03 | <b>01:17:58.55</b> | +00:15:06 (19.4%) | 8:48         | 6.8 (81.0%) |
| 45  | <b>GÓRA Beata</b>                 | <b>164</b> | STEP BY STEP                   | K-40      | 18   | 00:14:01 | 00:35:59 | <b>01:18:25.35</b> | +00:15:33 (19.8%) | 8:51         | 6.8 (81.0%) |
| 46  | <b>RADOMSKA Joanna</b>            | <b>217</b> | STEP BY STEP                   | K-40      | 19   | 00:13:42 | 00:36:11 | <b>01:19:44.35</b> | +00:16:52 (21.2%) | 9:00         | 6.7 (79.8%) |
| 47  | <b>SZYMANSKA Halina</b>           | <b>244</b> |                                | K-50      | 12   | 00:13:11 | 00:35:33 | <b>01:19:47.20</b> | +00:16:54 (21.2%) | 9:00         | 6.7 (79.8%) |
| 48  | <b>GOMÓŁKA-BIGUS Monika</b>       | <b>163</b> | STEP BY STEP                   | K-40      | 20   | 00:14:05 | 00:36:15 | <b>01:19:53.75</b> | +00:17:01 (21.3%) | 9:01         | 6.6 (78.6%) |
| 49  | <b>GRYGIEL Teresa</b>             | <b>166</b> | MARSZ PO ZDROWIE               | K-60      | 4    | 00:13:59 | 00:36:23 | <b>01:20:13.45</b> | +00:17:21 (21.6%) | 9:03         | 6.6 (78.6%) |
| 50  | <b>SZOT Krystyna</b>              | <b>240</b> |                                | K-50      | 13   | 00:13:18 | 00:35:31 | <b>01:20:37.20</b> | +00:17:44 (22.0%) | 9:06         | 6.6 (78.6%) |
| 51  | <b>SKIEPKO Dorota</b>             | <b>228</b> |                                | K-50      | 14   | 00:13:01 | 00:35:31 | <b>01:20:45.55</b> | +00:17:53 (22.1%) | 9:07         | 6.6 (78.6%) |
| 52  | <b>ANGIELCZYK Małgorzata</b>      | <b>141</b> | MARSZ PO ZDROWIE               | K-60      | 5    | 00:12:42 | 00:34:16 | <b>01:21:02.50</b> | +00:18:10 (22.4%) | 9:09         | 6.6 (78.6%) |
| 53  | <b>RADZIKOWSKA Krystyna</b>       | <b>218</b> |                                | K-50      | 15   | 00:14:18 | 00:37:25 | <b>01:21:29.50</b> | +00:18:37 (22.8%) | 9:12         | 6.5 (77.4%) |
| 54  | <b>PIEPIÓRKA Ewa</b>              | <b>212</b> |                                | K-40      | 21   | 00:14:18 | 00:37:27 | <b>01:21:30.80</b> | +00:18:38 (22.9%) | 9:12         | 6.5 (77.4%) |
| 55  | <b>CIACHERA Marzena</b>           | <b>158</b> | INDYWIDUALNIE                  | K-50      | 16   | 00:15:00 | 00:39:50 | <b>01:23:06.00</b> | +00:20:13 (24.3%) | 9:23         | 6.4 (76.2%) |
| 56  | <b>CEPIŃSKA Anna</b>              | <b>153</b> | AC&AC                          | K-40      | 22   | 00:13:43 | 00:37:54 | <b>01:23:33.55</b> | +00:20:41 (24.8%) | 9:26         | 6.4 (76.2%) |
| 57  | <b>KOŁACZ Iwona</b>               | <b>179</b> | AC&AC                          | K-40      | 23   | 00:13:58 | 00:37:53 | <b>01:23:34.90</b> | +00:20:42 (24.8%) | 9:26         | 6.4 (76.2%) |
| 58  | <b>STRZELECKA Antonina</b>        | <b>235</b> | SAILING TEAM FERAJNA           | K-18      | 4    | 00:14:14 | 00:37:51 | <b>01:23:43.80</b> | +00:20:51 (24.9%) | 9:27         | 6.3 (75.0%) |
| 59  | <b>BENTKOWSKA Lidia</b>           | <b>145</b> | KP BYTÓW                       | K-40      | 24   | 00:13:59 | 00:37:54 | <b>01:23:47.95</b> | +00:20:55 (25.0%) | 9:28         | 6.3 (75.0%) |
| 60  | <b>OWCZAREK Henryka</b>           | <b>209</b> | MARSZ PO ZDROWIE               | K-70+     | 2    | 00:14:46 | 00:38:23 | <b>01:24:19.30</b> | +00:21:27 (25.4%) | 9:31         | 6.3 (75.0%) |
| 61  | <b>SMARUJ-SADOWSKA Janina</b>     | <b>232</b> |                                | K-60      | 6    | 00:14:33 | 00:38:03 | <b>01:24:50.70</b> | +00:21:58 (25.9%) | 9:35         | 6.3 (75.0%) |
| 62  | <b>JANISZEWSKIA Teresa</b>        | <b>169</b> |                                | K-60      | 7    | 00:15:02 | 00:38:51 | <b>01:25:27.80</b> | +00:22:35 (26.4%) | 9:39         | 6.2 (73.8%) |
| 63  | <b>RAMUTKOWSKA Dominika</b>       | <b>219</b> |                                | K-30      | 10   | 00:14:22 | 00:38:16 | <b>01:25:34.05</b> | +00:22:41 (26.5%) | 9:40         | 6.2 (73.8%) |
| 64  | <b>SAPA Stefania</b>              | <b>225</b> | BYDGOSKIE ŻÓŁWIE               | K-50      | 17   | 00:14:53 | 00:38:46 | <b>01:25:59.85</b> | +00:23:07 (26.9%) | 9:42         | 6.2 (73.8%) |
| 65  | <b>MOTOCZYŃSKA Aleksandra</b>     | <b>201</b> | GOSIR OSIELSKO                 | K-60      | 8    | 00:14:34 | 00:38:27 | <b>01:26:27.15</b> | +00:23:34 (27.3%) | 9:46         | 6.1 (72.6%) |
| 66  | <b>WICHER Anna</b>                | <b>254</b> |                                | K-50      | 18   | 00:14:51 | 00:39:33 | <b>01:27:41.10</b> | +00:24:48 (28.3%) | 9:54         | 6.1 (72.6%) |
| 67  | <b>RUDNIK Ewa</b>                 | <b>220</b> |                                | K-50      | 19   | 00:14:52 | 00:39:33 | <b>01:27:41.15</b> | +00:24:48 (28.3%) | 9:54         | 6.1 (72.6%) |
| 68  | <b>ŚWISŁOCKA Ewa</b>              | <b>246</b> | FACE NORDIC WALKING TEAM       | K-50      | 20   | 00:15:29 | 00:39:55 | <b>01:28:02.00</b> | +00:25:09 (28.6%) | 9:56         | 6 (71.4%)   |
| 69  | <b>SZEWCZYK Agnieszka</b>         | <b>238</b> | FACE NORDIC WALKING TEAM       | K-40      | 25   | 00:15:27 | 00:39:56 | <b>01:28:02.10</b> | +00:25:09 (28.6%) | 9:56         | 6 (71.4%)   |
| 70  | <b>KUSIAK Maria</b>               | <b>194</b> |                                | K-60      | 9    | 00:15:34 | 00:40:14 | <b>01:29:27.85</b> | +00:26:35 (29.7%) | 10:06        | 5.9 (70.2%) |
| 71  | <b>KOSZOWSKA Anna</b>             | <b>183</b> | 1 POMORSKA BRYGADA LOGISTYCZNA | K-30      | 11   | 00:15:56 | 00:41:56 | <b>01:29:53.55</b> | +00:27:01 (30.1%) | 10:09        | 5.9 (70.2%) |

| Msc | Zawodnik                  | Numer      | Klub                           | Kategoria | Mkat | Meta_All<br>1.5km | Meta_All<br>3.6km | Czas               |                   | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|------------|--------------------------------|-----------|------|-------------------|-------------------|--------------------|-------------------|-----------------|---------------|
|     |                           |            |                                |           |      |                   |                   | netto<br>8.85km    | Różn              |                 |               |
| 72  | <b>SKIERKA Ewelina</b>    | <b>229</b> |                                | K-30      | 12   | 00:15:56          | 00:41:55          | <b>01:30:17.20</b> | +00:27:24 (30.4%) | 10:12           | 5.9 (70.2%)   |
| 73  | <b>PODSIEDLIK Zuzanna</b> | <b>213</b> | 1 POMORSKA BRYGADA LOGISTYCZNA | K-40      | 26   | 00:15:57          | 00:41:55          | <b>01:30:17.65</b> | +00:27:25 (30.4%) | 10:12           | 5.9 (70.2%)   |
| 74  | <b>FRISCHKE Agnieszka</b> | <b>161</b> |                                | K-30      | 13   | 00:15:57          | 00:41:55          | <b>01:30:18.30</b> | +00:27:26 (30.4%) | 10:12           | 5.9 (70.2%)   |
| 75  | <b>JARZEMBIŃSKA Beata</b> | <b>170</b> | K.B. GOCH BYTÓW                | K-50      | 21   | 00:14:36          | 00:39:27          | <b>01:31:40.95</b> | +00:28:48 (31.4%) | 10:21           | 5.8 (69.0%)   |
| 76  | <b>SZTANKIER Joanna</b>   | <b>242</b> | AC&AC                          | K-50      | 22   | 00:15:55          | 00:42:00          | <b>01:34:26.50</b> | +00:31:34 (33.4%) | 10:40           | 5.6 (66.7%)   |
| 77  | <b>GNYBA Ewelina</b>      | <b>162</b> | METROŻERCY                     | K-30      | 14   | 00:15:38          | 00:42:49          | <b>01:34:44.10</b> | +00:31:51 (33.6%) | 10:42           | 5.6 (66.7%)   |
| 78  | <b>WIADERSKA Grażyna</b>  | <b>252</b> |                                | K-60      | 10   | 00:15:28          | 00:41:52          | <b>01:35:01.20</b> | +00:32:08 (33.8%) | 10:44           | 5.6 (66.7%)   |

Znaleziono 78 wynik(ów)