

# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING 2020 - 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Puchar Wielkopolski Nordic Walking  
**Organizator:** Wągrowiec  
**Data:** 2020-07-19  
**Miejsce:** Wągrowiec  
**Dystans:** 10 km



Klasyfikacja: OPEN - K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MIELECKA Agnieszka</b>	<b>251</b>	KS IDMAR RACING TEAM	K50-59	1			00:15:52	00:32:34	00:49:33	<b>01:06:23.20</b>		6:38	9 (100%)
2	<b>CIACIUCH Agnieszka</b>	<b>219</b>	AKTYWNA KCYNIA	K18-29	1			00:18:10	00:36:45	00:55:41	<b>01:14:26.25</b>	+00:08:03 (10.8%)	7:26	8.1 (90.0%)
3	<b>JÓŹWIAK Marianna</b>	<b>233</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	1			00:18:10	00:36:51	00:55:42	<b>01:14:34.30</b>	+00:08:11 (11.0%)	7:27	8 (88.9%)
4	<b>FRANCZAK Małgorzata</b>	<b>227</b>	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:36:58	00:55:57	<b>01:14:34.80</b>	+00:08:11 (11.0%)	7:27	8 (88.9%)
5	<b>PRZYBYŁEK Marysia</b>	<b>267</b>	MARSZ PO ZDROWIE	K40-49	2			00:18:05	00:37:03	00:56:13	<b>01:14:58.65</b>	+00:08:35 (11.5%)	7:29	8 (88.9%)
6	<b>MUSIATOWICZ Aleksandra</b>	<b>253</b>	PASJA NORDIC WALKING	K50-59	2			00:18:18	00:37:09	00:56:28	<b>01:15:53.15</b>	+00:09:29 (12.5%)	7:35	7.9 (87.8%)
7	<b>KANIEWSKA Alicja</b>	<b>236</b>	AKTYWNA KCYNIA	K30-39	1			00:18:19	00:37:18	00:56:32	<b>01:16:10.85</b>	+00:09:47 (12.9%)	7:37	7.9 (87.8%)
8	<b>SIERACKA Katarzyna</b>	<b>272</b>	LESZNO :)	K50-59	3			00:17:59	00:36:57	00:56:42	<b>01:17:00.50</b>	+00:10:37 (13.8%)	7:42	7.8 (86.7%)
9	<b>GAŁOWSKA Agnieszka</b>	<b>229</b>	INPOWER	K40-49	3			00:19:01	00:38:10	00:57:45	<b>01:18:40.20</b>	+00:12:17 (15.6%)	7:52	7.6 (84.4%)
10	<b>GWAREK Anita</b>	<b>231</b>	PASJA NORDIC WALKING	K40-49	4			00:19:05	00:38:51	00:59:07	<b>01:19:16.95</b>	+00:12:53 (16.3%)	7:55	7.6 (84.4%)
11	<b>KRUSZKA Arleta</b>	<b>241</b>	MARSZ PO ZDROWIE	K50-59	4			00:19:41	00:39:55	01:00:12	<b>01:20:19.90</b>	+00:13:56 (17.4%)	8:01	7.5 (83.3%)
12	<b>FRANCZAK Anna</b>	<b>226</b>	NW CZŁAPSKI TEAM	K50-59	5			00:19:36	00:39:33	01:00:05	<b>01:20:39.30</b>	+00:14:16 (17.7%)	8:04	7.4 (82.2%)
13	<b>POSTAREMCZAK Ewelina</b>	<b>266</b>	KOŚCIAN TEAM	K30-39	2			00:19:54	00:40:25	01:00:52	<b>01:21:10.00</b>	+00:14:46 (18.2%)	8:07	7.4 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>WALESZKO Anna</b>	<b>284</b>	PASJA NORDIC WALKING	K40-49	5			00:19:32	00:40:25	01:00:55	<b>01:21:24.35</b>	+00:15:01 (18.4%)	8:08	7.4 (82.2%)
15	<b>CIESIELSKA Renata</b>	<b>220</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:19:58	00:40:25	01:01:03	<b>01:21:45.90</b>	+00:15:22 (18.8%)	8:10	7.3 (81.1%)
16	<b>STOLARSKA Danuta</b>	<b>275</b>	SERCE NORDICA WŁOCŁAWEK	K60-69	1			00:20:18	00:40:51	01:01:26	<b>01:21:48.55</b>	+00:15:25 (18.9%)	8:10	7.3 (81.1%)
17	<b>DOROTA Pietrzak</b>	<b>293</b>	NORDIC WALKING KIEKRZ POLAND	K40-49	7			00:19:43	00:40:26	01:01:19	<b>01:22:08.10</b>	+00:15:44 (19.2%)	8:12	7.3 (81.1%)
18	<b>BACHANEK Katarzyna</b>	<b>212</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6			00:20:04	00:40:47	01:02:17	<b>01:23:53.85</b>	+00:17:30 (20.9%)	8:23	7.2 (80.0%)
19	<b>WNEK Ewa</b>	<b>286</b>		K60-69	2			00:19:52	00:40:45	01:02:10	<b>01:24:04.80</b>	+00:17:41 (21.0%)	8:24	7.1 (78.9%)
20	<b>KACZMAREK Zofia</b>	<b>235</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:19:53	00:40:38	01:02:03	<b>01:24:06.05</b>	+00:17:42 (21.1%)	8:24	7.1 (78.9%)
21	<b>EWERTOWSKA Ewa</b>	<b>31</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	8			00:19:58	00:41:01	01:02:32	<b>01:24:12.85</b>	+00:17:49 (21.2%)	8:25	7.1 (78.9%)
22	<b>CHOLEWKA Jolanta</b>	<b>217</b>	MARSZ PO ZDROWIE	K60-69	3			00:20:33	00:41:46	01:03:35	<b>01:25:34.75</b>	+00:19:11 (22.4%)	8:33	7 (77.8%)
23	<b>ŻBIKOWSKA Małgorzata</b>	<b>289</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:20:58	00:42:32	01:04:01	<b>01:25:55.80</b>	+00:19:32 (22.7%)	8:35	7 (77.8%)
24	<b>OMARSKA Grażyna</b>	<b>259</b>	PASJA NORDIC WALKING	K60-69	4			00:21:02	00:42:33	01:04:23	<b>01:26:00.90</b>	+00:19:37 (22.8%)	8:36	7 (77.8%)
25	<b>TURZYŃSKA-STOPA Maria</b>	<b>280</b>	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:20:57	00:42:44	01:04:34	<b>01:26:10.90</b>	+00:19:47 (23.0%)	8:37	7 (77.8%)
26	<b>POLOWIEC Alina</b>	<b>264</b>	AKTYWNA KCYNIA	K50-59	10			00:21:41	00:44:07	01:06:55	<b>01:29:56.35</b>	+00:23:33 (26.2%)	8:59	6.7 (74.4%)
27	<b>ZAJĄC Beata</b>	<b>287</b>	FEAR THE RETURN	K18-29	3			00:21:54	00:45:02	01:08:57	<b>01:32:18.30</b>	+00:25:55 (28.1%)	9:13	6.5 (72.2%)
28	<b>SKAŁBANIA Ewelina</b>	<b>273</b>		K40-49	8			00:22:33	00:46:30	01:10:23	<b>01:34:37.40</b>	+00:28:14 (29.8%)	9:27	6.3 (70.0%)
29	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>90</b>	STADION ŚLĄSKI	K60-69	6			00:23:11	00:46:48	01:10:50	<b>01:35:14.25</b>	+00:28:51 (30.3%)	9:31	6.3 (70.0%)
30	<b>STACHOWICZ Joanna</b>	<b>164</b>	BŁĘKITNI NW DZIEMIANY	K30-39	3			00:22:57	00:46:36	01:11:17	<b>01:36:02.60</b>	+00:29:39 (30.9%)	9:36	6.2 (68.9%)
31	<b>BACDORF Alicja</b>	<b>211</b>		K60-69	7			00:23:49	00:48:31	01:13:59	<b>01:39:51.75</b>	+00:33:28 (33.5%)	9:59	6 (66.7%)
32	<b>OWCZAREK Henryka</b>	<b>260</b>	MARSZ PO ZDROWIE	K70+	1			00:24:41	00:49:36	01:15:13	<b>01:40:13.80</b>	+00:33:50 (33.8%)	10:01	6 (66.7%)
33	<b>PASZKIET Karolina</b>	<b>261</b>	KLUB BIEGAJACY WĄGROWIEC	K40-49	9	1		00:22:46	00:46:45			+00:14:11	9:21	6.4 (71.1%)
34	<b>ZIELIŃSKA Lidia</b>	<b>290</b>	KLUB BIEGAJACY WĄGROWIEC	K40-49	10	1		00:23:27	00:47:26			+00:14:52	9:29	6.3 (70.0%)

Znaleziono 34 wynik(ów)