



# WIOSENNY NORDIC WALKING LEŚNĄ ŚCIEŻKĄ

B4SPORT

**Wydarzenie:** Wiosenny Bieg Leśną Ścieżką  
**Organizator:** LKS Tarnowia Tarnówka  
**Data:** 2021-06-19  
**Miejsce:** Tarnówka  
**Dystans:** 5 km

 **HERKULES**  
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DEJA Wojciech	13		OPEN -M	1	00:00:05	00:35:18.50	00:35:23.60		7:03	8.5 (100%)
2	LENARTOWICZ Stanisław	43		OPEN -M	2	00:00:05	00:37:27.70	00:37:33.25	+00:02:09 (5.7%)	7:29	8 (94.1%)
3	GUZEK Jacek	25		OPEN -M	3	00:00:04	00:38:03.75	00:38:08.40	+00:02:45 (7.2%)	7:36	7.9 (92.9%)
4	STAWNIAK Karol	80		OPEN -M	4	00:00:04	00:42:02.95	00:42:07.85	+00:06:44 (16.0%)	8:24	7.1 (83.5%)
5	PAŃCZYNIAK Sylwia	59		OPEN -K	1	00:00:07	00:42:03.60	00:42:11.00	+00:06:45 (16.1%)	8:24	7.1 (83.5%)
6	DRĄG Maria	17		OPEN -K	2	00:00:05	00:43:04.90	00:43:10.85	+00:07:46 (18.0%)	8:36	7 (82.4%)
7	BUCZKOWSKI Jerzy	9		OPEN -M	5	00:00:06	00:43:13.65	00:43:20.20	+00:07:55 (18.3%)	8:38	6.9 (81.2%)
8	RAJEWSKI Sebastian	68	KS IDMAR RACING TEAM	OPEN -M	6	00:00:06	00:44:13.30	00:44:19.70	+00:08:54 (20.2%)	8:50	6.8 (80.0%)
9	NAJBERG Kamila	53		OPEN -K	3	00:00:07	00:44:23.95	00:44:31.60	+00:09:05 (20.5%)	8:52	6.8 (80.0%)
10	BANACZYK Piotr	4	LILLSPORT	OPEN -M	7	00:00:06	00:44:24.60	00:44:31.40	+00:09:06 (20.5%)	8:52	6.8 (80.0%)
11	PRZYPOLSKI Miłosz	65	KIJOWE SIOSTRY I BRAT	OPEN -M	8	00:00:10	00:44:26.15	00:44:36.90	+00:09:07 (20.5%)	8:53	6.8 (80.0%)
12	WIŚNIK Asia	91	POZYTYWNI Z PASJĄ	OPEN -K	4	00:00:09	00:46:21.45	00:46:30.95	+00:11:02 (23.8%)	9:16	6.5 (76.5%)
13	KACZMAREK Jolanta	29	OSP ŁUGI	OPEN -K	5	00:00:08	00:46:31.65	00:46:40.10	+00:11:13 (24.1%)	9:18	6.4 (75.3%)
14	ŁUGOWSKA Anna	46	KIJOWE SIOSTRY I BRAT	OPEN -K	6	00:00:11	00:47:10.90	00:47:22.40	+00:11:52 (25.2%)	9:26	6.4 (75.3%)
15	ABRAMOWICZ Ewa	1	KIJOWE SIOSTRY I BRAT	OPEN -K	7	00:00:12	00:47:17.10	00:47:29.60	+00:11:58 (25.3%)	9:27	6.3 (74.1%)
16	HAWETO Janina	26	KIJOWE SIOSTRY I BRAT	OPEN -K	8	00:00:13	00:47:38.55	00:47:51.60	+00:12:20 (25.9%)	9:31	6.3 (74.1%)
17	ŁABĘDŹ Katarzyna	44	LILL-SPORT	OPEN -K	9	00:00:10	00:47:57.50	00:48:07.95	+00:12:39 (26.4%)	9:35	6.3 (74.1%)
18	BRODECKA Alina	8		OPEN -K	10	00:00:07	00:48:04.25	00:48:11.60	+00:12:45 (26.5%)	9:36	6.2 (72.9%)
19	ŁÓJ Aleksandra	45		OPEN -K	11	00:00:07	00:48:04.60	00:48:12.05	+00:12:46 (26.6%)	9:36	6.2 (72.9%)
20	RAJEWSKA Beata	67	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	OPEN -K	12	00:00:09	00:48:29.95	00:48:39.75	+00:13:11 (27.2%)	9:41	6.2 (72.9%)
21	WOJCIECHOWSKA Julia	92	TARNÓWKA	OPEN -K	13	00:00:05	00:48:32.00	00:48:37.10	+00:13:13 (27.2%)	9:42	6.2 (72.9%)
22	DUBISZ Joanna	18	LILLSPORT	OPEN -K	14	00:00:09	00:49:00.50	00:49:09.85	+00:13:42 (28.0%)	9:48	6.1 (71.8%)
23	WRONA Ryszard	94	LILLSPORT	OPEN -M	9	00:00:08	00:49:02.60	00:49:11.25	+00:13:44 (28.0%)	9:48	6.1 (71.8%)
24	KUICH Anna	40	LILL-SPORT	OPEN -K	15	00:00:12	00:49:08.70	00:49:20.75	+00:13:50 (28.2%)	9:49	6.1 (71.8%)
25	KUICH Piotr	76		OPEN -K	16	00:00:11	00:49:09.55	00:49:21.05	+00:13:51 (28.2%)	9:49	6.1 (71.8%)

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26	<b>KOWALCZUK Maria</b>	<b>37</b>	KIJOWE SIOSTRY I BRAT	OPEN -K	17	00:00:13	<b>00:50:23.00</b>	<b>00:50:36.05</b>	+00:15:04 (29.9%)	10:04	6 (70.6%)
27	<b>AUGUSTYNIAK Renata</b>	<b>2</b>		OPEN -K	18	00:00:05	<b>00:50:49.80</b>	<b>00:50:55.75</b>	+00:15:31 (30.5%)	10:09	5.9 (69.4%)
28	<b>SZKODA Agnieszka</b>	<b>82</b>		OPEN -K	19	00:00:07	<b>00:51:52.05</b>	<b>00:51:59.50</b>	+00:16:33 (31.9%)	10:22	5.8 (68.2%)
29	<b>BEDNAREK Marta</b>	<b>5</b>		OPEN -K	20	00:00:08	<b>00:53:09.45</b>	<b>00:53:18.15</b>	+00:17:50 (33.6%)	10:37	5.6 (65.9%)
30	<b>ZIÓŁKOWSKA Marlena</b>	<b>99</b>	OSP ŁUGI	OPEN -K	21	00:00:11	<b>00:54:22.85</b>	<b>00:54:34.05</b>	+00:19:04 (35.1%)	10:52	5.5 (64.7%)
31	<b>KASZUBA Danuta</b>	<b>30</b>	OSP ŁUGI	OPEN -K	22	00:00:11	<b>00:54:23.65</b>	<b>00:54:34.65</b>	+00:19:05 (35.1%)	10:52	5.5 (64.7%)
32	<b>SPYCHAŁA Anna</b>	<b>78</b>	OSP ŁUGI	OPEN -K	23	00:00:10	<b>00:54:24.25</b>	<b>00:54:34.45</b>	+00:19:05 (35.1%)	10:52	5.5 (64.7%)
33	<b>RYBARCZYK Halina</b>	<b>71</b>		OPEN -K	24	00:00:06	<b>00:58:10.55</b>	<b>00:58:17.10</b>	+00:22:52 (39.3%)	11:38	5.2 (61.2%)
34	<b>GREENDA Janina</b>	<b>23</b>		OPEN -K	25	00:00:05	<b>01:01:28.65</b>	<b>01:01:34.35</b>	+00:26:10 (42.6%)	12:17	4.9 (57.6%)

Znaleziono 34 wynik(ów)