



# X BIEGI ULICZNE - BIEG GŁÓWNY NORDIC WALKING

B4SPORT

**Wydarzenie:** X Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2024-06-09  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GWIZDAŁA Mikołaj</b>	<b>764</b>		M Open	1		00:16:14	<b>00:32:41.40</b>	<b>00:32:44.25</b>		6:32	9.2 (100%)
2	<b>POTRZEBOWSKI Marek</b>	<b>779</b>	LIFE BALANCE PLACE	M Open	2		00:16:18	<b>00:33:00.70</b>	<b>00:33:04.45</b>	+00:00:20 (1.0%)	6:36	9.1 (98.9%)
3	<b>LASOTA Tomasz</b>	<b>790</b>		M Open	3		00:16:09	<b>00:33:43.35</b>	<b>00:33:45.85</b>	+00:01:01 (3.0%)	6:44	8.9 (96.7%)
4	<b>WOJTANIS Magdalena</b>	<b>787</b>	TORUŃ NORDIC TEAM	K Open	1		00:16:33	<b>00:34:04.00</b>	<b>00:34:05.65</b>	+00:01:21 (4.0%)	6:48	8.8 (95.7%)
5	<b>POTRZEBOWSKA Agata</b>	<b>778</b>	LIFE BALANCE PLACE	K Open	2		00:17:10	<b>00:35:00.60</b>	<b>00:35:03.00</b>	+00:02:18 (6.6%)	7:00	8.6 (93.5%)
6	<b>POLAK Paweł</b>	<b>777</b>	TORUŃ NORDIC TEAM	M Open	4		00:17:23	<b>00:35:01.05</b>	<b>00:35:03.95</b>	+00:02:19 (6.6%)	7:00	8.6 (93.5%)
7	<b>TRZCIŃSKI Krzysztof</b>	<b>784</b>		M Open	5		00:17:25	<b>00:35:21.75</b>	<b>00:35:28.05</b>	+00:02:43 (7.7%)	7:04	8.5 (92.4%)
8	<b>WOLAK Monika</b>	<b>788</b>		K Open	3		00:18:07	<b>00:36:38.90</b>	<b>00:36:41.55</b>	+00:03:57 (10.8%)	7:19	8.2 (89.1%)
9	<b>OLEJNICZAK Tomasz</b>	<b>773</b>		M Open	6		00:18:48	<b>00:37:42.50</b>	<b>00:37:45.35</b>	+00:05:01 (13.3%)	7:32	8 (87.0%)
10	<b>MAŁKIEWICZ Jacek</b>	<b>769</b>		M Open	7	Męska XL	00:18:50	<b>00:38:12.40</b>	<b>00:38:16.25</b>	+00:05:32 (14.5%)	7:38	7.9 (85.9%)
11	<b>KRYSAK Anna</b>	<b>767</b>		K Open	4		00:19:06	<b>00:38:53.35</b>	<b>00:38:56.85</b>	+00:06:12 (15.9%)	7:46	7.7 (83.7%)
12	<b>CIESIELSKI Krzysztof</b>	<b>756</b>	FAST WALKER	M Open	8		00:19:24	<b>00:38:53.50</b>	<b>00:38:56.95</b>	+00:06:12 (15.9%)	7:46	7.7 (83.7%)
13	<b>FRISCHKE KAŻMIERCZAK Agnieszka</b>	<b>758</b>		K Open	5		00:23:28	<b>00:39:31.80</b>	<b>00:39:33.55</b>	+00:06:49 (17.2%)	7:54	7.6 (82.6%)
14	<b>ŚLIWIŃSKA Malwina</b>	<b>783</b>	LKS OSTROMECKO	K Open	6		00:19:55	<b>00:40:19.50</b>	<b>00:40:21.10</b>	+00:07:36 (18.9%)	8:03	7.4 (80.4%)
15	<b>OLEJNICZAK Krystyna</b>	<b>774</b>		K Open	7		00:20:06	<b>00:40:37.95</b>	<b>00:40:40.15</b>	+00:07:55 (19.5%)	8:07	7.4 (80.4%)

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16	<b>FRISCHKE - SZULC Anna</b>	<b>759</b>		K Open	8		00:23:31	<b>00:40:48.70</b>	<b>00:40:48.70</b>	+00:08:04 (19.8%)	8:09	7.4 (80.4%)
17	<b>OLĘDZKI Maciej</b>	<b>775</b>		M Open	9		00:20:34	<b>00:40:42.65</b>	<b>00:40:49.00</b>	+00:08:04 (19.8%)	8:08	7.4 (80.4%)
18	<b>ZBORACKA Katarzyna</b>	<b>789</b>		K Open	9		00:20:38	<b>00:40:55.50</b>	<b>00:40:56.95</b>	+00:08:12 (20.1%)	8:11	7.3 (79.3%)
19	<b>BŁASZAK Stanisława</b>	<b>754</b>	GLOBAL PROSPECT TEAM	K Open	10		00:20:28	<b>00:41:18.20</b>	<b>00:41:22.55</b>	+00:08:38 (20.9%)	8:15	7.3 (79.3%)
20	<b>GREMBOWSKA Katarzyna</b>	<b>762</b>	DROBEX	K Open	11		00:21:35	<b>00:43:15.05</b>	<b>00:43:19.10</b>	+00:10:34 (24.4%)	8:39	6.9 (75.0%)
21	<b>MRUK Patrycja</b>	<b>771</b>	TBKM WILK SOLEC KUJAWSKI	K Open	12		00:21:00	<b>00:43:16.15</b>	<b>00:43:19.25</b>	+00:10:35 (24.4%)	8:39	6.9 (75.0%)
22	<b>GORGOL Renata</b>	<b>760</b>	WTLENIE	K Open	13		00:21:56	<b>00:44:01.90</b>	<b>00:44:08.15</b>	+00:11:23 (25.8%)	8:48	6.8 (73.9%)
23	<b>NUNZEK Agnieszka</b>	<b>772</b>		K Open	14		00:21:56	<b>00:44:02.40</b>	<b>00:44:08.30</b>	+00:11:24 (25.8%)	8:48	6.8 (73.9%)
24	<b>KUJACIŃSKA Izabela</b>	<b>768</b>		K Open	15		00:21:59	<b>00:44:58.05</b>	<b>00:45:02.30</b>	+00:12:18 (27.3%)	8:59	6.7 (72.8%)
25	<b>ULASZEK Monika</b>	<b>785</b>	DROBEX	K Open	16		00:22:33	<b>00:46:21.50</b>	<b>00:46:25.55</b>	+00:13:41 (29.5%)	9:16	6.5 (70.7%)
26	<b>URBAŃSKI Janusz</b>	<b>786</b>		M Open	10		00:23:53	<b>00:46:45.50</b>	<b>00:46:50.00</b>	+00:14:05 (30.1%)	9:21	6.4 (69.6%)
27	<b>BIELIŃSKI Leszek</b>	<b>753</b>		M Open	11		00:23:08	<b>00:46:56.05</b>	<b>00:47:00.85</b>	+00:14:16 (30.4%)	9:23	6.4 (69.6%)
28	<b>BIELIŃSKA Edyta</b>	<b>752</b>		K Open	17		00:23:08	<b>00:46:55.25</b>	<b>00:47:00.90</b>	+00:14:16 (30.4%)	9:23	6.4 (69.6%)
29	<b>FRISCHKE Danuta</b>	<b>757</b>		K Open	18		00:23:48	<b>00:47:18.20</b>	<b>00:47:19.65</b>	+00:14:35 (30.8%)	9:27	6.3 (68.5%)
30	<b>WIERZBIAŃSKA Agnieszka</b>	<b>791</b>	PASACO	K Open	19		00:23:42	<b>00:47:14.65</b>	<b>00:47:20.55</b>	+00:14:36 (30.8%)	9:26	6.4 (69.6%)
31	<b>ROGOWSKA Beata</b>	<b>780</b>		K Open	20		00:25:12	<b>00:51:54.90</b>	<b>00:51:59.25</b>	+00:19:15 (37.0%)	10:22	5.8 (63.0%)
32	<b>MAZUR Borys</b>	<b>770</b>		M Open	12		00:24:15	<b>00:52:02.85</b>	<b>00:52:08.25</b>	+00:19:24 (37.2%)	10:24	5.8 (63.0%)
33	<b>GROCHAL Małgorzata</b>	<b>763</b>	DROBEX	K Open	21		00:25:49	<b>00:52:36.85</b>	<b>00:52:40.05</b>	+00:19:55 (37.8%)	10:31	5.7 (62.0%)
34	<b>GORZELAK Barbara</b>	<b>761</b>	DROBEX	K Open	22		00:22:07	<b>00:52:41.00</b>	<b>00:52:41.00</b>	+00:19:56 (37.9%)	10:32	5.7 (62.0%)
35	<b>SZPONIKOWSKI Michał</b>	<b>782</b>		M Open	13		00:26:40	<b>00:54:14.40</b>	<b>00:54:20.70</b>	+00:21:36 (39.8%)	10:50	5.5 (59.8%)
36	<b>BŁASZCZYK Natalia</b>	<b>755</b>		K Open	23		00:26:37	<b>00:54:15.90</b>	<b>00:54:21.15</b>	+00:21:36 (39.8%)	10:51	5.5 (59.8%)
37	<b>PIÓRKOWSKI Ariel</b>	<b>776</b>		M Open	14		00:26:39	<b>00:54:17.35</b>	<b>00:54:21.30</b>	+00:21:37 (39.8%)	10:51	5.5 (59.8%)
38	<b>KOTKOWSKA Hanna</b>	<b>765</b>		K Open	24		00:29:58	<b>01:00:31.30</b>	<b>01:00:36.70</b>	+00:27:52 (46.0%)	12:06	5 (54.3%)

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39	<b>KOTKOWSKI Krzysztof</b>	<b>766</b>		M Open	15		00:30:00	<b>01:00:32.35</b>	<b>01:00:37.80</b>	+00:27:53 (46.0%)	12:06	5 (54.3%)

Znaleziono 39 wynik(ów)