



# XI BIEG TRZEŹWOŚCI - NORDIC WALKING - 7 KM

B4SPORT

**Wydarzenie:** XI BIEG TRZEŹWOŚCI  
**Organizator:** Brzoza Biega, Rowerowa Brzoza  
**Data:** 2022-09-18  
**Miejsce:** Brzoza  
**Dystans:** 7 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	<b>GWIZDAŁA Zbigniew</b>	<b>129</b>	GWIZDAŁA TEAM	M 46-55	1	<b>00:42:20.55</b>	<b>00:42:20.55</b>		6:02	9.9 (100%)
2	<b>PRZYBORKIEWICZ Kriss</b>	<b>142</b>	PIERNIKI TORUŃ	M 46-55	2	<b>00:44:05.55</b>	<b>00:44:05.55</b>	+00:01:45 (4.0%)	6:17	9.5 (96.0%)
3	<b>GWIZDAŁA Mikołaj</b>	<b>130</b>	GWIZDAŁA TEAM	M 1-35	1	<b>00:45:38.00</b>	<b>00:45:38.00</b>	+00:03:17 (7.2%)	6:31	9.2 (92.9%)
4	<b>NOWAKOWSKI Dominik</b>	<b>143</b>	ZRYW PARLINEK	M 1-35	2	<b>00:45:46.50</b>	<b>00:45:46.50</b>	+00:03:25 (7.5%)	6:32	9.2 (92.9%)
5	<b>WAJCHERT Łukasz</b>	<b>137</b>	SOLANKOWI BIEGACZE	M 36-45	1	<b>00:47:08.70</b>	<b>00:47:08.70</b>	+00:04:48 (10.2%)	6:44	8.9 (89.9%)
6	<b>WYSOCKI Piotr</b>	<b>139</b>		M 1-35	3	<b>00:47:53.90</b>	<b>00:47:53.90</b>	+00:05:33 (11.6%)	6:50	8.8 (88.9%)
7	<b>KRAJNIK Jacek</b>	<b>110</b>	LIFE BALANCE PLACE	M 46-55	3	<b>00:49:21.40</b>	<b>00:49:21.40</b>	+00:07:00 (14.2%)	7:03	8.5 (85.9%)
8	<b>KUSA Piotr</b>	<b>132</b>	LIFE BALANCE PLACE	M 36-45	2	<b>00:50:44.50</b>	<b>00:50:44.50</b>	+00:08:23 (16.6%)	7:14	8.3 (83.8%)
9	<b>GWIZDAŁA Bartosz</b>	<b>128</b>	GWIZDAŁA TEAM	M 1-35	4	<b>00:50:46.40</b>	<b>00:50:46.40</b>	+00:08:25 (16.6%)	7:15	8.3 (83.8%)
10	<b>GRZESZAK Weronika</b>	<b>150</b>	NW CZŁAPSKI TEAM	K 1-35	1	<b>00:51:03.65</b>	<b>00:51:03.65</b>	+00:08:43 (17.1%)	7:17	8.2 (82.8%)
11	<b>STEMPOROWSKA Katarzyna</b>	<b>122</b>	SOLANKOWI BIEGACZE	K 36-45	1	<b>00:51:45.00</b>	<b>00:51:45.00</b>	+00:09:24 (18.2%)	7:23	8.1 (81.8%)
12	<b>ŁUKAWSKI Damian</b>	<b>138</b>	SOLANKOWI BIEGACZE	M 1-35	5	<b>00:51:46.80</b>	<b>00:51:46.80</b>	+00:09:26 (18.2%)	7:23	8.1 (81.8%)
13	<b>KACZMAREK Jarek</b>	<b>134</b>	ZOSIOA	M 56+	1	<b>00:52:12.65</b>	<b>00:52:12.65</b>	+00:09:52 (18.9%)	7:27	8 (80.8%)
14	<b>CIESIELSKI Krzysztof</b>	<b>107</b>	FAST WALKER	M 56+	2	<b>00:52:54.45</b>	<b>00:52:54.45</b>	+00:10:33 (20.0%)	7:33	7.9 (79.8%)
15	<b>MAŁKIEWICZ Jacek</b>	<b>103</b>	ZOSIA	M 56+	3	<b>00:53:24.80</b>	<b>00:53:24.80</b>	+00:11:04 (20.7%)	7:37	7.9 (79.8%)
16	<b>POLAK Paweł</b>	<b>106</b>	SOLANKOWI BIEGACZE	M 1-35	6	<b>00:53:35.15</b>	<b>00:53:35.15</b>	+00:11:14 (21.0%)	7:39	7.8 (78.8%)
17	<b>ZUZA-WITKOWSKA Anna</b>	<b>117</b>	BŁĘKITNY POKÓJ	K 46-55	1	<b>00:54:07.50</b>	<b>00:54:07.50</b>	+00:11:46 (21.8%)	7:43	7.8 (78.8%)
18	<b>POPIELARZ Karolina</b>	<b>116</b>	ŁABISZYN RUNNERS	K 36-45	2	<b>00:54:34.45</b>	<b>00:54:34.45</b>	+00:12:13 (22.4%)	7:47	7.7 (77.8%)
19	<b>SIÓDMIAK Sławomir</b>	<b>131</b>		M 36-45	3	<b>00:55:05.00</b>	<b>00:55:05.00</b>	+00:12:44 (23.1%)	7:52	7.6 (76.8%)
20	<b>KUPER Mariusz</b>	<b>120</b>		M 36-45	4	<b>00:55:18.45</b>	<b>00:55:18.45</b>	+00:12:57 (23.4%)	7:54	7.6 (76.8%)
21	<b>KACZMAREK Zofia</b>	<b>135</b>	ZOSIA	K 56+	1	<b>00:55:41.30</b>	<b>00:55:41.30</b>	+00:13:20 (24.0%)	7:57	7.5 (75.8%)
22	<b>NOWIŃSKI Jarosław</b>	<b>114</b>		M 36-45	5	<b>00:55:57.55</b>	<b>00:55:57.55</b>	+00:13:37 (24.3%)	7:59	7.5 (75.8%)
23	<b>GRZESZAK Danuta</b>	<b>151</b>	NW CZŁAPSKI TEAM	K 56+	2	<b>00:55:58.45</b>	<b>00:55:58.45</b>	+00:13:37 (24.4%)	7:59	7.5 (75.8%)
24	<b>MARTYNOWICZ Maria</b>	<b>152</b>	TRISPACE/TREK	K 46-55	2	<b>00:56:01.25</b>	<b>00:56:01.25</b>	+00:13:40 (24.4%)	8:00	7.5 (75.8%)
25	<b>KUSA Karolina</b>	<b>133</b>	LIFE BALANCE PLACE	K 36-45	3	<b>00:58:00.35</b>	<b>00:58:00.35</b>	+00:15:39 (27.0%)	8:17	7.2 (72.7%)
26	<b>JUCHACZ Tomasz</b>	<b>121</b>	SOLANKOWI BIEGACZE	M 46-55	4	<b>00:58:00.55</b>	<b>00:58:00.55</b>	+00:15:40 (27.0%)	8:17	7.2 (72.7%)
27	<b>KWIATKOWSKA Elżbieta</b>	<b>109</b>		K 46-55	3	<b>00:58:58.25</b>	<b>00:58:58.25</b>	+00:16:37 (28.2%)	8:25	7.1 (71.7%)
28	<b>BOŹEK Mariusz</b>	<b>148</b>		M 56+	4	<b>01:00:57.00</b>	<b>01:00:57.00</b>	+00:18:36 (30.5%)	8:42	6.9 (69.7%)
29	<b>WIŚNIEWSKA Elżbieta</b>	<b>100</b>	BRZOZA BIEGA	K 56+	3	<b>01:00:57.40</b>	<b>01:00:57.40</b>	+00:18:36 (30.5%)	8:42	6.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
30	<b>RUJNER Klara</b>	<b>113</b>	BŁĘKITNY POKÓJ	K 46-55	4	<b>01:00:58.75</b>	<b>01:00:58.75</b>	+00:18:38 (30.6%)	8:42	6.9 (69.7%)
31	<b>RYDELSKA Kinga</b>	<b>140</b>		K 46-55	5	<b>01:01:31.40</b>	<b>01:01:31.40</b>	+00:19:10 (31.2%)	8:47	6.8 (68.7%)
32	<b>BULIK-FRONTCZAK Katarzyna</b>	<b>108</b>	KS FIT NOWA	K 36-45	4	<b>01:01:40.95</b>	<b>01:01:40.95</b>	+00:19:20 (31.4%)	8:48	6.8 (68.7%)
33	<b>SZOTA Anna</b>	<b>127</b>	KTR MASA TURYSTYCZNA	K 36-45	5	<b>01:03:25.95</b>	<b>01:03:25.95</b>	+00:21:05 (33.2%)	9:03	6.6 (66.7%)
34	<b>POMORSKA Anna</b>	<b>154</b>		K 46-55	6	<b>01:06:22.15</b>	<b>01:06:22.15</b>	+00:24:01 (36.2%)	9:28	6.3 (63.6%)
35	<b>ADAMSKA-MARCINIAK Monika</b>	<b>136</b>		K 1-35	2	<b>01:06:24.05</b>	<b>01:06:24.05</b>	+00:24:03 (36.2%)	9:29	6.3 (63.6%)
36	<b>GILL Magdalena</b>	<b>153</b>		K 46-55	7	<b>01:08:27.90</b>	<b>01:08:27.90</b>	+00:26:07 (38.2%)	9:46	6.1 (61.6%)
37	<b>HOFMAN Sylwia</b>	<b>156</b>		K 46-55	8	<b>01:08:29.05</b>	<b>01:08:29.05</b>	+00:26:08 (38.2%)	9:47	6.1 (61.6%)
38	<b>MAZUREK Ewa</b>	<b>155</b>		K 46-55	9	<b>01:09:06.35</b>	<b>01:09:06.35</b>	+00:26:45 (38.7%)	9:52	6.1 (61.6%)
39	<b>GRABOWSKA Lucyna</b>	<b>145</b>		K 46-55	10	<b>01:09:07.25</b>	<b>01:09:07.25</b>	+00:26:46 (38.7%)	9:52	6.1 (61.6%)
40	<b>GRABOWSKI Piotr</b>	<b>144</b>		M 46-55	5	<b>01:09:09.40</b>	<b>01:09:09.40</b>	+00:26:48 (38.8%)	9:52	6.1 (61.6%)
41	<b>GLUBA Anna</b>	<b>112</b>		K 1-35	3	<b>01:09:58.70</b>	<b>01:09:58.70</b>	+00:27:38 (39.5%)	9:59	6 (60.6%)
42	<b>PIROWICZ Iwona</b>	<b>111</b>		K 36-45	6	<b>01:09:58.75</b>	<b>01:09:58.75</b>	+00:27:38 (39.5%)	9:59	6 (60.6%)
43	<b>ZALEWSKA Żaneta</b>	<b>158</b>		K 46-55	11	<b>01:09:59.75</b>	<b>01:09:59.75</b>	+00:27:39 (39.5%)	9:59	6 (60.6%)
44	<b>PIASECKI Robert</b>	<b>119</b>	KTR MASA TURYSTYCZNA	M 46-55	6	<b>01:19:02.45</b>	<b>01:19:02.45</b>	+00:36:41 (46.4%)	11:17	5.3 (53.5%)
45	<b>KOCIK Dariusz</b>	<b>125</b>	KTR MASA TURYSTYCZNA	M 56+	5	<b>01:19:03.00</b>	<b>01:19:03.00</b>	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
46	<b>WITKOWSKI Dariusz</b>	<b>118</b>		M 56+	6	<b>01:19:03.10</b>	<b>01:19:03.10</b>	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
47	<b>WOŁOSZYN Kazimierz</b>	<b>101</b>	ROWEROWA BRZOZA	M 56+	7	<b>01:19:03.35</b>	<b>01:19:03.35</b>	+00:36:42 (46.4%)	11:17	5.3 (53.5%)
48	<b>HINDERKS Lidia</b>	<b>147</b>		K 56+	4	<b>01:21:37.00</b>	<b>01:21:37.00</b>	+00:39:16 (48.1%)	11:39	5.1 (51.5%)
49	<b>KAZIMIERSKI Dariusz</b>	<b>146</b>		M 56+	8	<b>01:21:42.00</b>	<b>01:21:42.00</b>	+00:39:21 (48.2%)	11:40	5.1 (51.5%)

Znaleziono 49 wynik(ów)