



XII OTWARTE SZTAFETOWE MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT

Event: Mistrzostwa Polski Nordic Walking w Maratonie
Organiser: Urząd Gminy Biały Bór
Date: 2023-04-15
Place: Biały Bór
Distance: 42.2 km



Classification: 2 okrążenia -K

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | 3 okr. | 2 okr. | 4.2km | Net time 12.6km | Gap | Pace min/km | Pace km/h |
|-------|----------------------|--------|--------------------------------|-------------------|------|----------------|-----------------|-----------|-----------|----------|-----------------------|---------------------|----------------|-----------------|
| 1 | JUSZCZAK Marta | 22/4 | NORDIC SPORT 2021 | SZTAFETA K | 1 | | | | 2 | 00:28:53 | 00:58:55.30 | | 4:40 | 12.8 (100%) |
| 2 | LEJKOWSKA Mirela | 16/4 | POLIPACK TEAM GWE 1 | SZTAFETA K | 2 | | | | 2 | 00:30:18 | 01:01:05.20 | +00:02:09 (3.5%) | 4:50 | 12.4 (96.9%) |
| 3 | PANKIEWICZ Ewelina | 22/3 | NORDIC SPORT 2021 | SZTAFETA K | 3 | | | | 2 | 00:30:40 | 01:01:13.55 | +00:02:18 (3.8%) | 4:51 | 12.3 (96.1%) |
| 4 | NACZK Wiktoria | 16/3 | POLIPACK TEAM GWE 1 | SZTAFETA K | 4 | | | | 2 | 00:31:19 | 01:01:38.70 | +00:02:43 (4.4%) | 4:53 | 12.3 (96.1%) |
| 5 | SPYCHAŁA Marzena | 17/4 | POLIPACK TEAM GWE 2 | SZTAFETA K | 5 | | | | 2 | 00:31:20 | 01:02:03.55 | +00:03:08 (5.1%) | 4:55 | 12.2 (95.3%) |
| 6 | SAWICKA Marta | 25/4 | K.S. VICTORIA POTĘGOWO 2 | SZTAFETA MIESZANA | 1 | | | | 2 | 00:31:01 | 01:02:14.60 | +00:03:19 (5.3%) | 4:56 | 12.1 (94.5%) |
| 7 | JANAS Marta | 20/4 | 20 | SZTAFETA K | 6 | | | | 2 | 00:30:49 | 01:02:16.35 | +00:03:21 (5.4%) | 4:56 | 12.1 (94.5%) |
| 8 | OPACZEWSKA Maria | 20/3 | 20 | SZTAFETA K | 7 | | | | 2 | 00:31:47 | 01:03:53.80 | +00:04:58 (7.8%) | 5:04 | 11.8 (92.2%) |
| 9 | NOWAK Agata | 28/4 | NORDIC WALKING KIEKRZ POLAND 2 | SZTAFETA MIESZANA | 2 | | | | 2 | 00:30:59 | 01:03:54.90 | +00:04:59 (7.8%) | 5:04 | 11.8 (92.2%) |
| 10 | ŻBIKOWSKA Małgorzata | 14/3 | TORUŃ IDZIEMY BEZ RYZYKA 2 | SZTAFETA K | 8 | | | | 2 | 00:31:35 | 01:03:55.00 | +00:04:59 (7.8%) | 5:04 | 11.8 (92.2%) |
| 11 | KALICIŃSKA Agnieszka | 19/4 | KS NW BEŁCHATÓW | SZTAFETA K | 9 | | | | 2 | 00:32:00 | 01:04:44.55 | +00:05:49 (9.0%) | 5:08 | 11.7 (91.4%) |
| 12 | WITUCKA Renata | 26/3 | NORDIC WALKING KIEKRZ POLAND | SZTAFETA MIESZANA | 3 | | | | 2 | 00:32:07 | 01:05:13.80 | +00:06:18 (9.7%) | 5:10 | 11.6 (90.6%) |
| 13 | MARCZYŃSKA Marta | 17/3 | POLIPACK TEAM GWE 2 | SZTAFETA K | 10 | | | | 2 | 00:33:08 | 01:05:16.35 | +00:06:21 (9.7%) | 5:10 | 11.6 (90.6%) |

| Place | Participant | Number | Club | Category | MCat | Żół. kartki | Czer. kartki | 3 okr. | 2 okr. | 4.2km | Net time 12.6km | Gap | Pace min/km | Pace km/h |
|-------|----------------------------|-------------|--------------------------------|--------------------------|------|----------------|-----------------|-----------|-----------|----------|-----------------------|----------------------|----------------|-----------------|
| 14 | WITKOWSKA Anna | 27/3 | NORDIC WALKING KIEKRZ POLAND 1 | SZTAFETA MIESZANA | 4 | | | | 2 | 00:32:58 | 01:05:47.95 | +00:06:52 (10.5%) | 5:13 | 11.5 (89.8%) |
| 15 | ROGOWSKA Marta | 28/3 | NORDIC WALKING KIEKRZ POLAND 2 | SZTAFETA MIESZANA | 5 | | | | 2 | 00:32:58 | 01:05:49.75 | +00:06:54 (10.5%) | 5:13 | 11.5 (89.8%) |
| 16 | SAPUŁA Wiktoria | 25/3 | K.S. VICTORIA POTĘGOWO 2 | SZTAFETA MIESZANA | 6 | | | | 2 | 00:33:19 | 01:06:28.10 | +00:07:32 (11.4%) | 5:16 | 11.4 (89.1%) |
| 17 | EWERTOWSKA Ewa | 26/4 | NORDIC WALKING KIEKRZ POLAND | SZTAFETA MIESZANA | 7 | | | | 2 | 00:32:49 | 01:06:48.05 | +00:07:52 (11.8%) | 5:18 | 11.3 (88.3%) |
| 18 | ŻYGENDA Anna | 13/4 | WŁÓCZYKIJE GDYNIA 5 | SZTAFETA K | 11 | | | | 2 | 00:33:31 | 01:07:04.30 | +00:08:09 (12.2%) | 5:19 | 11.3 (88.3%) |
| 19 | NAWROCKA Ewelina | 11/4 | WŁÓCZYKIJE GDYNIA 3 | SZTAFETA K | 12 | | | | 2 | 00:33:49 | 01:07:10.35 | +00:08:15 (12.3%) | 5:19 | 11.3 (88.3%) |
| 20 | OLCZYK Jolanta | 19/3 | KS NW BEŁCHATÓW | SZTAFETA K | 13 | | | | 2 | 00:33:57 | 01:07:31.80 | +00:08:36 (12.7%) | 5:21 | 11.2 (87.5%) |
| 21 | PIETRZAK Dorota | 27/4 | NORDIC WALKING KIEKRZ POLAND 1 | SZTAFETA MIESZANA | 8 | | | | 2 | 00:33:32 | 01:07:57.50 | +00:09:02 (13.3%) | 5:23 | 11.1 (86.7%) |
| 22 | BOŻEK Magda | 15/4 | WŁÓCZYKIJE GDYNIA 6 | SZTAFETA K | 14 | | | | 2 | 00:33:56 | 01:08:09.40 | +00:09:14 (13.5%) | 5:24 | 11.1 (86.7%) |
| 23 | KĘDZIA Jolanta | 32/4 | NORDIC WALKING KIEKRZ POLAND 3 | SZTAFETA MIESZANA 60+ | 3 | | | | 2 | 00:34:03 | 01:08:12.75 | +00:09:17 (13.6%) | 5:24 | 11.1 (86.7%) |
| 24 | KASZUBOWSKA Luiza | 15/3 | WŁÓCZYKIJE GDYNIA 6 | SZTAFETA K | 15 | | | | 2 | 00:34:35 | 01:08:51.45 | +00:09:56 (14.4%) | 5:27 | 11 (85.9%) |
| 25 | SZCZEPKOWSKA Beata | 13/3 | WŁÓCZYKIJE GDYNIA 5 | SZTAFETA K | 16 | | | | 2 | 00:35:29 | 01:10:28.10 | +00:11:32 (16.4%) | 5:35 | 10.7 (83.6%) |
| 26 | WONS Małgorzata | 12/3 | WŁÓCZYKIJE GDYNIA 4 | SZTAFETA K | 17 | | | | 2 | 00:35:01 | 01:10:39.35 | +00:11:44 (16.6%) | 5:36 | 10.7 (83.6%) |
| 27 | MALESIŃSKA Elżbieta | 11/3 | WŁÓCZYKIJE GDYNIA 3 | SZTAFETA K | 18 | | | | 2 | 00:35:49 | 01:10:47.30 | +00:11:52 (16.8%) | 5:37 | 10.7 (83.6%) |
| 28 | BACHANEK Katarzyna | 14/4 | TORUŃ IDZIEMY BEZ RYZYKA 2 | SZTAFETA K | 19 | | | | 2 | 00:34:58 | 01:11:06.95 | +00:12:11 (17.1%) | 5:38 | 10.6 (82.8%) |
| 29 | BOGUSŁAW Anna | 12/4 | WŁÓCZYKIJE GDYNIA 4 | SZTAFETA K | 20 | | | | 2 | 00:35:25 | 01:12:16.10 | +00:13:20 (18.5%) | 5:44 | 10.5 (82.0%) |
| 30 | DANOWSKA Alicja | 23/4 | TORUŃ IDZIEMY BEZ RYZYKA 3 | SZTAFETA MIESZANA | 9 | | | | 2 | 00:36:24 | 01:14:29.80 | +00:15:34 (20.9%) | 5:54 | 10.1 (78.9%) |
| 31 | WESNER Harald | 23/3 | TORUŃ IDZIEMY BEZ RYZYKA 3 | SZTAFETA MIESZANA | 10 | | | | 2 | 00:37:17 | 01:15:28.90 | +00:16:33 (21.9%) | 5:59 | 10 (78.1%) |
| 32 | KNIGA Zbigniew | 29/4 | WŁÓCZYKIJE GDYNIA 7 | SZTAFETA MIESZANA 60+ | 6 | | | | 2 | 00:37:46 | 01:18:01.25 | +00:19:05 (24.5%) | 6:11 | 9.7 (75.8%) |

Total 32 results.