

# BIEG PO ZDROWIE - JANCZEWSKA DZIESIĄTKA - NORDIC WALKING

Data: 09.10.2022

Dystans: 5 km

Miejscowość: Janczewo



| Lp. | Nr  | Nazwisko i Imię         | Rok ur. | Płeć | Kat. | M-ce w |                     |                                  | Tempo  | Prędkość | Czas netto | Czas brutto | M  | K  |
|-----|-----|-------------------------|---------|------|------|--------|---------------------|----------------------------------|--------|----------|------------|-------------|----|----|
|     |     |                         |         |      |      | kat.   | Miejscowość         | Klub                             | min/km | km/h     |            |             |    |    |
| 1   | 59  | GRODZKI IREK            | 1972    | M    | M50  | 1      | Gorzów Wlkp.        | MIASTO GORZÓW WLKP.              | 06:31  | 9,20     | 00:32:25   | 00:32:36    | 1  |    |
| 2   | 50  | GAJEWSKI EUGENIUSZ      | 1957    | M    | M60  | 1      | Gorzów Wielkopolski |                                  | 06:34  | 9,13     | 00:32:35   | 00:32:52    | 2  |    |
| 3   | 148 | OLESZCZUK TERESA        | 1965    | K    | K50  | 1      | Barlinek            | BARLINEK TO MNIE RUSZA           | 06:58  | 8,62     | 00:34:38   | 00:34:48    |    | 1  |
| 4   | 64  | GUZEK JACEK             | 1976    | M    | M40  | 1      | NOWY TOMYSL         |                                  | 07:05  | 8,47     | 00:35:17   | 00:35:25    | 3  |    |
| 5   | 29  | CZEKAJLO FRANCISZEK     | 1951    | M    | M60  | 2      | Drezdenko           | REMI                             | 07:25  | 8,09     | 00:36:48   | 00:37:04    | 4  |    |
| 6   | 8   | BIESZKE PAWEL           | 1963    | M    | M50  | 2      | Wojcieszycze        | NIEZRZESZONY                     | 07:37  | 7,88     | 00:37:40   | 00:38:03    | 5  |    |
| 7   | 218 | OLBIŃSKI GERARD         | 1979    | M    | M40  | 2      | Janczewo            |                                  | 07:42  | 7,80     | 00:38:18   | 00:38:29    | 6  |    |
| 8   | 112 | LASOTA KAROLINA         | 1992    | K    | K30  | 1      | Gorzow Wielkopolski |                                  | 07:44  | 7,76     | 00:38:30   | 00:38:40    |    | 2  |
| 9   | 32  | NOSKIEWICZ RYSZARD      | 1953    | M    | M60  | 3      | Gorzów Wlkp.        | NORDC WOCING                     | 07:52  | 7,62     | 00:39:11   | 00:39:21    | 7  |    |
| 10  | 216 | OLBIŃSKA WIOLETTA       | 1975    | K    | K40  | 1      | Janczewo            |                                  | 08:02  | 7,47     | 00:39:54   | 00:40:09    |    | 3  |
| 11  | 152 | OSIADACZ WOJCIECH       | 1983    | M    | M30  | 1      | Janczewo            |                                  | 08:08  | 7,37     | 00:40:25   | 00:40:42    | 8  |    |
| 12  | 115 | LEDZION ROBERT          | 1970    | M    | M50  | 3      | Szczecin            |                                  | 08:15  | 7,28     | 00:40:58   | 00:41:13    | 9  |    |
| 13  | 137 | MIGDALCZYK JAROSŁAW     | 1969    | M    | M50  | 4      | Gorzów Wielkopolski | WATAHA BOGDANIEC                 | 08:17  | 7,25     | 00:41:14   | 00:41:23    | 10 |    |
| 14  | 3   | MACIEJEWSKA-SUDUŁ BEATA | 1947    | K    | K60  | 1      | Janczewo            |                                  | 08:19  | 7,22     | 00:41:14   | 00:41:33    |    | 4  |
| 15  | 113 | LATUSKA KASIA           | 1971    | K    | K50  | 2      | Gorzów              |                                  | 08:24  | 7,15     | 00:41:40   | 00:41:59    | 5  |    |
| 16  | 66  | HARWAT KATARZYNA        | 1971    | K    | K50  | 3      | Szczecin            | PARKRUN SZCZECIN                 | 08:26  | 7,11     | 00:41:55   | 00:42:11    | 6  |    |
| 17  | 48  | FRAŃCZAK IRENA          | 1964    | K    | K50  | 4      | Sosny               |                                  | 08:33  | 7,02     | 00:42:33   | 00:42:43    | 7  |    |
| 18  | 11  | BOHDZIUN AGNIESZKA      | 1978    | K    | K40  | 2      | GORZÓW WLKP         |                                  | 08:36  | 6,98     | 00:42:41   | 00:43:00    | 8  |    |
| 19  | 192 | STASIAK BARBARA         | 1965    | K    | K50  | 5      | Gorzów Wielkopolski |                                  | 08:38  | 6,95     | 00:42:50   | 00:43:10    | 9  |    |
| 20  | 226 | URBANOWICZ MAGDALENA    | 1990    | K    | K30  | 2      | Gorzów Wlkp.        | WATAHA BOGDANIEC                 | 08:43  | 6,88     | 00:43:25   | 00:43:35    |    | 10 |
| 21  | 73  | JAKUBOWSKA SYLWIA       | 1973    | K    | K40  | 3      | Santok              |                                  | 08:45  | 6,86     | 00:43:24   | 00:43:45    |    | 11 |
| 22  | 146 | BEDNARSKA STANISŁAWA    | 1954    | K    | K60  | 2      | Bogdaniec           |                                  | 08:47  | 6,84     | 00:43:41   | 00:43:53    |    | 12 |
| 23  | 155 | PAWLAK BEATA            | 1972    | K    | K50  | 6      | Gorzów Wlkp         | DREAM TEAM NORDIC WALKING WAWRÓW | 08:50  | 6,80     | 00:43:51   | 00:44:09    |    | 13 |
| 24  | 71  | HUSAK MARIA             | 1995    | K    | K20  | 1      | Gralewo             |                                  | 08:52  | 6,77     | 00:44:00   | 00:44:19    |    | 14 |
| 25  | 208 | SZCZERBIŃSKA BARBARA    | 1956    | K    | K60  | 3      | Gryfino             |                                  | 08:52  | 6,77     | 00:44:02   | 00:44:20    |    | 15 |
| 26  | 68  | HETMAN BARBARA          | 1981    | K    | K40  | 4      | Gorzów Wlkp.        |                                  | 08:58  | 6,70     | 00:44:29   | 00:44:48    |    | 16 |
| 27  | 145 | NIZIOŁ MARZANNA         | 1972    | K    | K50  | 7      | Wawrów              | DREAM TEAM NORDIC WALKING WAWRÓW | 09:31  | 6,30     | 00:47:20   | 00:47:37    |    | 17 |
| 28  | 126 | MAJCHRZAK RÓŻA          | 1976    | K    | K40  | 5      | Janczewo            |                                  | 09:38  | 6,23     | 00:47:53   | 00:48:11    |    | 18 |
| 29  | 114 | LEDZION DAGMARA         | 1973    | K    | K40  | 6      | Szczecin            |                                  | 09:41  | 6,20     | 00:48:08   | 00:48:25    |    | 19 |
| 30  | 194 | STAŃCZUK MONIKA         | 1976    | K    | K40  | 7      | Gorzów Wielkopolski |                                  | 09:44  | 6,16     | 00:48:25   | 00:48:41    |    | 20 |

# BIEG PO ZDROWIE - JANCZEWSKA DZIESIĄTKA - NORDIC WALKING

Data: 09.10.2022

Dystans: 5 km

Miejscowość: Janczewo



| Lp. | Nr  | Nazwisko i Imię          | Rok ur. | Płeć | Kat. | M-ce w |                     |                                  | Tempo<br>min/km | Prędkość<br>km/h | Czas netto | Czas brutto | M | K  |
|-----|-----|--------------------------|---------|------|------|--------|---------------------|----------------------------------|-----------------|------------------|------------|-------------|---|----|
|     |     |                          |         |      |      | kat.   | Miejscowość         | Klub                             |                 |                  |            |             |   |    |
| 31  | 87  | KLUK KAROLINA            | 1978    | K    | K40  | 8      | Wawrów              | DREAM TEAM NORDIC WALKING WAWRÓW | 09:44           | 6,16             | 00:48:24   | 00:48:41    |   | 21 |
| 32  | 177 | SIEG-SZYMAŃSKA AGNIESZKA | 1972    | K    | K50  | 8      | Gorzów Wlkp.        |                                  | 09:48           | 6,12             | 00:48:39   | 00:48:59    |   | 22 |
| 33  | 157 | PIETRZAK MARTA           | 1983    | K    | K30  | 3      | Janczewo            |                                  | 09:53           | 6,07             | 00:49:11   | 00:49:24    |   | 23 |
| 34  | 200 | STRÓŻCZYK AGATA          | 1989    | K    | K30  | 4      | Janczewo            |                                  | 09:53           | 6,07             | 00:49:11   | 00:49:24    |   | 24 |
| 35  | 125 | ŁOWKIS JADWIGA           | 1953    | K    | K60  | 4      | Gorzów Wlkp         | -                                | 10:00           | 6,00             | 00:49:40   | 00:50:00    |   | 25 |
| 36  | 154 | PASTOR ANNA              | 1978    | K    | K40  | 9      | Gorzów Wielkopolski |                                  | 10:08           | 5,92             | 00:50:23   | 00:50:41    |   | 26 |
| 37  | 67  | HARWAT WIOLETTA          | 1972    | K    | K50  | 9      | Gorzów              |                                  | 10:15           | 5,85             | 00:51:00   | 00:51:17    |   | 27 |
| 38  | 100 | KRYGER ANETA             | 1974    | K    | K40  | 10     | Poznań              |                                  | 10:54           | 5,50             | 00:54:14   | 00:54:31    |   | 28 |
| 39  | 30  | CZEKAŁA RÓŻA             | 1951    | K    | K60  | 5      | Gorzów Wielkopolski | PARKRUN GORZÓW WIELKOPOLSKI      | 11:03           | 5,43             | 00:54:56   | 00:55:14    |   | 29 |

## Klasyfikacja: Open M

| Lp. | Nr | Nazwisko i Imię    | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość         | Klub                | min/km | km/h | Czas netto | Czas brutto | M | K |
|-----|----|--------------------|---------|------|------|-------------|---------------------|---------------------|--------|------|------------|-------------|---|---|
| 1   | 59 | GRODZKI IREK       | 1972    | M    | M50  | 1           | Gorzów Wlkp.        | MIASTO GORZÓW WLKP. | 06:31  | 9,20 | 00:32:25   | 00:32:36    | 1 |   |
| 2   | 50 | GAJEWSKI EUGENIUSZ | 1957    | M    | M60  | 1           | Gorzów Wielkopolski |                     | 06:34  | 9,13 | 00:32:35   | 00:32:52    | 2 |   |
| 3   | 64 | GUZEK JACEK        | 1976    | M    | M40  | 1           | NOWY TOMYSL         |                     | 07:05  | 8,47 | 00:35:17   | 00:35:25    | 3 |   |

## Klasyfikacja: Open K

| Lp. | Nr  | Nazwisko i Imię   | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość         | Klub                   | min/km | km/h | Czas netto | Czas brutto | M | K |
|-----|-----|-------------------|---------|------|------|-------------|---------------------|------------------------|--------|------|------------|-------------|---|---|
| 1   | 148 | OLESZCZUK TERESA  | 1965    | K    | K50  | 1           | Barlinek            | BARLINEK TO MNIE RUSZA | 06:58  | 8,62 | 00:34:38   | 00:34:48    |   | 1 |
| 2   | 112 | LASOTA KAROLINA   | 1992    | K    | K30  | 1           | Gorzów Wielkopolski |                        | 07:44  | 7,76 | 00:38:30   | 00:38:40    |   | 2 |
| 3   | 216 | OLBIŃSKA WIOLETTA | 1975    | K    | K40  | 1           | Janczewo            |                        | 08:02  | 7,47 | 00:39:54   | 00:40:09    |   | 3 |