

7 BIEG PO ODDECH 2022

Wyniki- Kobiety/Mężczyźni



| Msc | Nr | Zawodnik | Rok | Klub | AG/Msc | 2,5km | Czas Brutto | Czas Netto | Strata | Tempo |
|---------------------------|-----|----------------------------------|------|-------------------------|--------|-------|-------------|--------------|----------|-----------|
| Nordic Walking 5km | | | | | | | | | | |
| Kobiety | | | | | | | | | | |
| 1. | 490 | HALACZEK Anna | 1984 | Handicap Zakopane | U39 | 18:50 | 38:20 | 37:22 | - | 8.02 km/h |
| 2. | 268 | SMOLIŃSKA Antonina | 2007 | Kilometry Oddechów | U17 | 21:28 | 41:19 | 40:13 | +02:50.8 | 7.45 km/h |
| 3. | 360 | ADAMSKA Marzena | 1980 | Santander Consumer Bank | U49 | 22:25 | 43:32 | 42:36 | +05:14.2 | 7.04 km/h |
| 4. | 319 | CZARNIK Katarzyna | 1978 | Santander Consumer Bank | U49 | 21:28 | 43:41 | 43:09 | +05:46.7 | 6.95 km/h |
| 5. | 416 | PALICHLEB Marta | 2011 | | U11 | 21:04 | 43:42 | 43:13 | +05:51.3 | 6.93 km/h |
| 6. | 431 | MAŁYCHA Sylwia | 1984 | Santander Consumer Bank | U39 | 22:16 | 44:52 | 43:56 | +06:34 | 6.82 km/h |
| 7. | 138 | HETMAŃSKA Iga | 2006 | | U17 | 22:16 | 44:39 | 44:17 | +06:55.2 | 6.77 km/h |
| 8. | 381 | GALAS-MAJ Wanda | 1979 | Team Amelia | U49 | 22:57 | 45:09 | 44:37 | +07:14.7 | 6.72 km/h |
| 9. | 323 | BILSKA Agnieszka | 1978 | Santander Consumer Bank | U49 | 22:28 | 45:16 | 44:40 | +07:17.5 | 6.71 km/h |
| 10. | 307 | MACHOWSKA Joanna | 1982 | Santander Consumer Bank | U49 | 22:59 | 45:59 | 44:58 | +07:36.4 | 6.66 km/h |
| 11. | 266 | DENEGA-SMOLIŃSKA Monika | 1980 | Kilometry Oddechów | U49 | 23:04 | 46:14 | 45:03 | +07:40.9 | 6.65 km/h |
| 12. | 321 | WOŹNIAK Magdalena | 1999 | Santander Consumer Bank | U29 | 22:10 | 45:45 | 45:12 | +07:50.2 | 6.63 km/h |
| 13. | 305 | SYNOWIEC Ewelina | 1985 | Santander Consumer Bank | U39 | 24:18 | 46:25 | 45:28 | +08:06.1 | 6.59 km/h |
| 14. | 326 | CHOJNACKA Agnieszka | 1983 | Santander Consumer Bank | U39 | 24:01 | 46:25 | 45:47 | +08:25 | 6.55 km/h |
| 15. | 320 | PROKOP Agnieszka | 1983 | Santander Consumer Bank | U39 | 23:59 | 46:38 | 45:57 | +08:35.1 | 6.52 km/h |
| 16. | 279 | ROGALSKA Celina | 1958 | | U69 | 23:01 | 46:29 | 45:59 | +08:37.5 | 6.52 km/h |
| 17. | 325 | MAREK Justyna | 1985 | Santander Consumer Bank | U39 | 24:01 | 46:38 | 46:00 | +08:38.1 | 6.52 km/h |
| 18. | 127 | STYRENCZAK-SUROWKA Monika | 1975 | | U49 | 23:43 | 47:22 | 46:18 | +08:56.1 | 6.47 km/h |
| 19. | 415 | WOJCIESZCZAK Agata | 1977 | | U49 | 23:15 | 47:01 | 46:32 | +09:09.5 | 6.44 km/h |
| 20. | 456 | ŻÓŁTEK Magdalena | 1975 | | U49 | 23:16 | 47:01 | 46:32 | +09:09.5 | 6.44 km/h |
| 21. | 382 | MAJ Amelia | 2006 | Team Amelia | U17 | 24:15 | 47:21 | 46:47 | +09:25.2 | 6.41 km/h |



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| Msc | Nr | Zawodnik | Rok | Klub | AG/Msc | 2,5km | Czas Brutto | Czas Netto | Strata | Tempo |
|-----|-----|--------------------------------|------|-------------------------|--------|-------|-------------|--------------|----------|-----------|
| 22. | 241 | GNATOWICZ-OSUCH Urszula | 1955 | | U69 | 23:57 | 47:31 | 47:14 | +09:52.1 | 6.35 km/h |
| 23. | 168 | KISIEL Maria | 1973 | Team Amelia | U49 | 24:16 | 47:47 | 47:15 | +09:53.1 | 6.34 km/h |
| 24. | 228 | SIWEK Małgorzata | 1972 | Team Amelia | U59 | 24:17 | 47:47 | 47:16 | +09:54.1 | 6.34 km/h |
| 25. | 143 | KUPKA Małgorzata | 1963 | IDZIEJCZAK TEAM | U59 | 23:46 | 47:52 | 47:35 | +10:12.6 | 6.30 km/h |
| 26. | 115 | SZUMIGALSKA Aneta | 1984 | | U39 | 22:53 | 47:41 | 47:36 | +10:13.5 | 6.30 km/h |
| 27. | 140 | IDZIEJCZAK Ewa | 1977 | IDZIEJCZAK TEAM | U49 | 24:37 | 47:54 | 47:36 | +10:13.7 | 6.30 km/h |
| 28. | 283 | ŻWIRYN Julia | 2017 | Julia i ja | | 24:11 | 48:18 | 47:36 | +10:14.3 | 6.30 km/h |
| 29. | 282 | ŻEJMIS Amanda | 1982 | Julia i ja | U49 | 24:11 | 48:28 | 47:46 | +10:24.2 | 6.27 km/h |
| 30. | 332 | DZIADKOWIEC Anna | 1999 | Santander Consumer Bank | U29 | 25:31 | 48:19 | 47:48 | +10:25.8 | 6.27 km/h |
| 31. | 322 | POBOŻNIAK Małgorzata | 1989 | Santander Consumer Bank | U39 | 25:10 | 48:19 | 47:49 | +10:27.3 | 6.27 km/h |
| 32. | 186 | KĘDZIERSKA Jolanta | 1973 | Team Kędzierscy | U49 | | 47:51 | 47:51 | +10:29.3 | 6.26 km/h |
| 33. | 302 | KOZIEŁ Anna | 1981 | Santander Consumer Bank | U49 | 24:41 | 48:53 | 47:54 | +10:31.9 | 6.26 km/h |
| 34. | 303 | MRÓZ Anna | 1975 | Santander Consumer Bank | U49 | 24:18 | 48:53 | 47:54 | +10:32.3 | 6.26 km/h |
| 35. | 304 | STANIEC Beata | 1983 | Santander Consumer Bank | U39 | 24:20 | 48:52 | 47:55 | +10:33.4 | 6.25 km/h |
| 36. | 301 | KWIATKOWSKA Aneta | 1974 | Santander Consumer Bank | U49 | 24:20 | 49:08 | 48:28 | +11:05.7 | 6.18 km/h |
| 37. | 334 | WINCENCIAK Maria | 1999 | Santander Consumer Bank | U29 | 25:31 | 49:32 | 49:01 | +11:39.4 | 6.11 km/h |
| 38. | 333 | GRABOWSKA Sabina | 1992 | Santander Consumer Bank | U39 | 25:31 | 49:36 | 49:06 | +11:43.8 | 6.10 km/h |
| 39. | 328 | BIEDKA Natalia | 1996 | Santander Consumer Bank | U29 | 24:54 | 49:52 | 49:27 | +12:05.1 | 6.06 km/h |
| 40. | 329 | IZDEBSKA Anna | 1977 | Santander Consumer Bank | U49 | 24:54 | 49:52 | 49:27 | +12:05.3 | 6.06 km/h |
| 41. | 330 | ŻEBRACKA Beata | 1984 | Santander Consumer Bank | U39 | 24:55 | 49:52 | 49:28 | +12:05.8 | 6.06 km/h |
| 42. | 309 | NOWAK-BRUZDA Małgorzata | 1977 | Santander Consumer Bank | U49 | 25:30 | 51:21 | 50:19 | +12:57.3 | 5.96 km/h |
| 43. | 308 | ŚLĘCZEK Elżbieta | 1976 | Santander Consumer Bank | U49 | 25:30 | 51:22 | 50:20 | +12:57.9 | 5.95 km/h |
| 44. | 324 | MACHNIK Olga | 1988 | Santander Consumer Bank | U39 | 25:25 | 51:06 | 50:31 | +13:08.9 | 5.93 km/h |
| 45. | 339 | POLICHT Julita | 1979 | Santander Consumer Bank | U49 | 25:04 | 51:06 | 50:31 | +13:08.9 | 5.93 km/h |



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Wyniki- Kobiety/Mężczyźni



| Msc | Nr | Zawodnik | Rok | Klub | AG/Msc | 2,5km | Czas Brutto | Czas Netto | Strata | Tempo |
|-----|-----|-----------------------------------|------|-------------------------|--------|-------|-------------|----------------|----------|------------|
| 46. | 260 | OBROCHTA Aneta | 2010 | | U14 | 25:22 | 51:27 | 50:35 | +13:13.4 | 5.92 km/h |
| 47. | 352 | TRUCHAN Marzena | 1989 | | U39 | 25:22 | 51:27 | 50:36 | +13:13.8 | 5.92 km/h |
| 48. | 435 | DAWID Anna | 1977 | | U49 | 25:51 | 52:15 | 51:00 | +13:38.3 | 5.88 km/h |
| 49. | 136 | HETMAŃSKA Katarzyna | 1982 | | U49 | 28:37 | 51:36 | 51:14 | +13:52.3 | 5.85 km/h |
| 50. | 313 | SZAJNER Wioleta | 1993 | Santander Consumer Bank | U29 | 26:31 | 52:16 | 51:23 | +14:01.4 | 5.83 km/h |
| 51. | 312 | GARDYAN Paulina | 1996 | Santander Consumer Bank | U29 | 26:30 | 52:17 | 51:24 | +14:02.1 | 5.83 km/h |
| 52. | 310 | BUSZTA Monika | 1980 | Santander Consumer Bank | U49 | 26:24 | 52:18 | 51:25 | +14:02.6 | 5.83 km/h |
| 53. | 331 | PANEK Sylwia | 1986 | Santander Consumer Bank | U39 | 26:41 | 52:16 | 51:35 | +14:12.9 | 5.81 km/h |
| 54. | 24 | GUZIK Ewa | 1959 | Drużyna Franka i Zosi | U69 | | 52:14 | 51:36 | +14:13.8 | 5.81 km/h |
| 55. | 327 | CICIRKO Agnieszka | 1978 | Santander Consumer Bank | U49 | 26:41 | 52:18 | 51:37 | +14:14.9 | 5.81 km/h |
| 56. | 88 | SOLSKA Emilka | 2021 | Team Anielki | | 26:33 | 53:16 | 51:50 | +14:28 | 5.78 km/h |
| 57. | 306 | CYBULSKA Kinga | 1972 | Santander Consumer Bank | U59 | 25:42 | 53:28 | 52:27 | +15:05.3 | 5.71 km/h |
| 58. | 65 | BĘDKOWSKA Aleksandra | 1988 | Taka rumba | U39 | 27:25 | 54:41 | 53:02 | +15:40.3 | 5.65 km/h |
| 59. | 335 | FLOREK Agnieszka | 1996 | Santander Consumer Bank | U29 | 29:42 | 56:26 | 55:59 | +18:37.2 | 5.35 km/h |
| 60. | 336 | KULAK Iwona | 1985 | Santander Consumer Bank | U39 | 29:41 | 56:26 | 55:59 | +18:37.5 | 5.35 km/h |
| 61. | 315 | CHYŁEK Justyna | 1981 | Santander Consumer Bank | U49 | 28:58 | 58:28 | 57:16 | +19:54.2 | 5.23 km/h |
| 62. | 317 | DUL-KOBYLARZ Magdalena | 1984 | Santander Consumer Bank | U39 | 29:01 | 58:28 | 57:19 | +19:57 | 5.23 km/h |
| 63. | 316 | DROZDOWICZ Małgorzata | 1977 | Santander Consumer Bank | U49 | 29:01 | 58:28 | 57:19 | +19:57.3 | 5.23 km/h |
| 64. | 311 | DZIĘGŁO Agata | 1976 | Santander Consumer Bank | U49 | 29:01 | 58:28 | 57:20 | +19:57.8 | 5.23 km/h |
| 65. | 192 | OTFINOWSKA Julia | 2016 | Drużyna Julii | U7 | 30:40 | 1:00:25 | 59:04 | +21:42.4 | 5.07 km/h |
| 66. | 193 | OTFINOWSKA Natalia | 1989 | Drużyna Julii | U39 | 30:45 | 1:00:25 | 59:05 | +21:42.9 | 5.07 km/h |
| 67. | 318 | CICHOWICZ- SKAŁA Katarzyna | 1981 | Santander Consumer Bank | U49 | 32:34 | 1:05:44 | 1:04:35 | +27:12.5 | 4.64 km/h |
| 68. | 314 | BARŁOWSKA Małgorzata | 1976 | Santander Consumer Bank | U49 | 32:35 | 1:05:44 | 1:04:35 | +27:13 | 4.64 km/h |
| DSQ | 462 | SORYS Ewelina | 1987 | Drużyna Julii | U39 | | 24:19 | 22:58 | | 13.05 km/h |



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| Msc | Nr | Zawodnik | Rok | Klub | AG/Msc | 2,5km | Czas Brutto | Czas Netto | Strata | Tempo |
|------------------|-----|----------------------------|------|---------------|--------|-------|-------------|--------------|----------|------------|
| Mężczyźni | | | | | | | | | | |
| 1. | 229 | <i>SIWEK Janusz</i> | 1972 | Team Amelia | U59 | 17:48 | 34:28 | 34:00 | - | 8.82 km/h |
| 2. | 128 | <i>SURÓWKA Michał</i> | 1975 | | U49 | 19:12 | 38:50 | 37:42 | +03:41.9 | 7.95 km/h |
| 3. | 43 | <i>PARCHIMOWICZ Janusz</i> | 1955 | | U69 | 19:10 | 39:04 | 38:02 | +04:02.5 | 7.88 km/h |
| 4. | 240 | <i>OSUCH Andrzej</i> | 1963 | | U59 | 20:45 | 41:04 | 40:49 | +06:49.3 | 7.34 km/h |
| 5. | 169 | <i>KISIEL Maciej</i> | 1971 | Team Amelia | U59 | 23:47 | 44:10 | 43:36 | +09:35.9 | 6.88 km/h |
| 6. | 116 | <i>SIEMION Grzegorz</i> | 1981 | | U49 | 22:53 | 47:41 | 47:35 | +13:34.9 | 6.30 km/h |
| 7. | 366 | <i>ZOREK Dariusz</i> | 1975 | Team Amelia | U49 | 25:29 | 49:39 | 49:02 | +15:02.5 | 6.11 km/h |
| 8. | 129 | <i>SURÓWKA Maciej</i> | 2005 | | U17 | 26:22 | 52:56 | 51:49 | +17:49.4 | 5.78 km/h |
| 9. | 87 | <i>SOLSKI Krzysiek</i> | 1984 | Team Anielki | U39 | 26:33 | 53:15 | 51:49 | +17:49.4 | 5.78 km/h |
| 10. | 67 | <i>BĘDKOWSKI Michał</i> | 2018 | Taka rumba | | 27:27 | 54:15 | 52:37 | +18:37.7 | 5.69 km/h |
| 11. | 66 | <i>BĘDKOWSKI Kamil</i> | 1988 | Taka rumba | U39 | 27:27 | 54:15 | 52:38 | +18:38.4 | 5.69 km/h |
| DSQ | 463 | <i>SORYS Filip</i> | 2015 | Drużyna Julii | U7 | | 23:56 | 22:35 | | 13.27 km/h |

