INWA NORDIC WALKING WORLD CUP - 10KM

Wydarzenie: INWA NORDIC WALKING WORLD CUP 2022
Organizator: Polskie Zrzeszenie Nordic Walking, Urząd Gminy Kolbuszowa
Data: 2022-05-14
Miejsce: Koszalin
Dystans: 10 km

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**DZIEDIEWICZ Andrzej**	**41**	NW CZLAPSKI TEAM	M40-49	1			00:14:04	00:28:55	00:44:03	**00:59:20.01**		5:56	10.1 (100%)
2	**MARCZAK Tomasz**	**53**		M18-29	1			00:14:18	00:29:35	00:45:17	**01:01:06.38**	+00:01:46 (2.9%)	6:06	9.8 (97.0%)
3	**BARCZYK Bogdan**	**32**	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:15:40	00:31:37	00:47:37	**01:03:12.66**	+00:03:52 (6.1%)	6:19	9.5 (94.1%)
4	**JANOCHA Robert**	**43**	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:15:40	00:31:31	00:47:32	**01:03:19.97**	+00:03:59 (6.3%)	6:19	9.5 (94.1%)
5	**POLKOWSKI Piotr**	**59**		M30-39	1			00:15:31	00:31:31	00:47:53	**01:04:03.15**	+00:04:43 (7.4%)	6:24	9.4 (93.1%)
6	**KUBISZYN Małgorzata**	**48**		K30-39	1			00:15:37	00:31:50	00:48:09	**01:04:32.36**	+00:05:12 (8.1%)	6:27	9.3 (92.1%)
7	**ŚWIDEREK Marcin**	**72**	NW CZŁAPSKI TEAM	M40-49	2			00:15:47	00:32:06	00:48:29	**01:04:32.87**	+00:05:12 (8.1%)	6:27	9.3 (92.1%)
8	**BIELECKA Zuzanna**	**33**	NW CZŁAPSKI TEAM	K40-49	1	1		00:16:00	00:32:28	00:48:52	**01:04:45.00**	+00:05:24 (8.4%)	6:28	9.3 (92.1%)
9	**KRAJEWSKA Hanna**	**29**	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:15:36	00:32:07	00:49:05	**01:05:13.97**	+00:05:53 (9.0%)	6:31	9.2 (91.1%)
10	**CZŁAPSKI Krzysztof**	**38**	NW CZŁAPSKI TEAM	M50-59	3			00:16:19	00:33:09	00:50:08	**01:06:38.60**	+00:07:18 (11.0%)	6:39	9 (89.1%)
11	**KRAWCZYK Małgorzata**	**146**	JEST LEPIEJ CZĘSTOCHOWA	K30-39	2	1		00:16:21	00:33:17	00:50:13	**01:06:53.97**	+00:07:33 (11.3%)	6:41	9 (89.1%)
12	**SIWAK Piotr**	**30**	KGHM METRACO RUDNA	M60-69	1			00:16:28	00:33:12	00:50:15	**01:07:41.66**	+00:08:21 (12.4%)	6:46	8.9 (88.1%)
13	**ŠEMETA Algirdas**	**64**		M60-69	2			00:16:41	00:33:49	00:51:08	**01:08:28.96**	+00:09:08 (13.4%)	6:50	8.8 (87.1%)
14	**JĘDRASIAK Renata**	**45**	KGHM METRACO RUDNA	K50-59	1			00:16:53	00:34:03	00:51:31	**01:08:49.45**	+00:09:29 (13.8%)	6:52	8.7 (86.1%)

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15	**SITTEK Agnieszka**	**66**		K40-49	2			00:17:11	00:34:41	00:52:20	**01:09:43.43**	+00:10:23 (14.9%)	6:58	8.6 (85.1%)
16	**ADAMCZYK Adam**	**31**	PASJA NORDIC WALKING	M70+	1			00:17:25	00:35:11	00:52:43	**01:09:47.87**	+00:10:27 (15.0%)	6:58	8.6 (85.1%)
17	**RAJEK Magdalena**	**63**	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:17:10	00:34:42	00:52:22	**01:10:02.19**	+00:10:42 (15.3%)	7:00	8.6 (85.1%)
18	**KOŃCZEWSKA Bożena**	**46**	NIESZCZADZKI KLUB NW	K60-69	1	1		00:17:13	00:35:05	00:53:05	**01:10:59.30**	+00:11:39 (16.4%)	7:05	8.5 (84.2%)
19	**DOMARADZKI Tomasz**	**39**	ACTIVE TEAM KOZŁÓW	M40-49	3			00:17:53	00:36:06	00:54:24	**01:12:10.88**	+00:12:50 (17.8%)	7:13	8.3 (82.2%)
20	**YAKUYSHYN Borys**	**77**	KKNW	M60-69	3			00:17:11	00:35:25	00:53:50	**01:12:42.16**	+00:13:22 (18.4%)	7:16	8.3 (82.2%)
21	**FURMAN Marian**	**292**	ZDROWY ODLOT NW TEAM	M60-69	4			00:17:26	00:35:35	00:54:02	**01:12:42.29**	+00:13:22 (18.4%)	7:16	8.3 (82.2%)
22	**POSIKATA Joanna**	**61**		K40-49	4			00:17:45	00:35:49	00:54:22	**01:13:08.79**	+00:13:48 (18.9%)	7:18	8.2 (81.2%)
23	**KUKHAR Ganna**	**49**		K30-39	3	1		00:18:01	00:36:38	00:55:08	**01:13:25.23**	+00:14:05 (19.2%)	7:20	8.2 (81.2%)
24	**CZAJKA Urszula**	**37**		K60-69	2			00:17:40	00:36:14	00:55:10	**01:14:05.49**	+00:14:45 (19.9%)	7:24	8.1 (80.2%)
25	**ZIELIŃSKI Marcin**	**79**		M40-49	4			00:18:09	00:36:33	00:55:05	**01:14:22.34**	+00:15:02 (20.2%)	7:26	8.1 (80.2%)
26	**SHVED Olena**	**65**		K50-59	2			00:17:57	00:36:39	00:55:22	**01:14:28.51**	+00:15:08 (20.3%)	7:26	8.1 (80.2%)
27	**PONAHAJBA Dominika**	**60**		K40-49	5			00:17:51	00:36:48	00:55:44	**01:14:38.10**	+00:15:18 (20.5%)	7:27	8 (79.2%)
28	**WITALEC Anna**	**75**		K30-39	4	1		00:18:09	00:37:06	00:56:12	**01:14:38.86**	+00:15:18 (20.5%)	7:27	8 (79.2%)
29	**TOPOLEWICZ Grzegorz**	**74**		M40-49	5			00:18:45	00:37:36	00:56:21	**01:14:46.10**	+00:15:26 (20.6%)	7:28	8 (79.2%)
30	**SZCZĘŚNIAK Zbigniew**	**68**	NORDIC TEAM CZĘSTOCHOWA	M60-69	5			00:18:01	00:36:51	00:56:02	**01:14:54.63**	+00:15:34 (20.8%)	7:29	8 (79.2%)
31	**SZUKAŁA Rafal**	**69**	ACTIVE TEAM KOZŁÓW	M40-49	6			00:18:28	00:37:16	00:56:17	**01:15:06.27**	+00:15:46 (21.0%)	7:30	8 (79.2%)
32	**LOSKA Romuald**	**51**		M60-69	6			00:18:00	00:36:42	00:55:52	**01:15:35.85**	+00:16:15 (21.5%)	7:33	7.9 (78.2%)
33	**ZAWADZKI Zygmunt**	**78**	CIDRY LOTAJOM	M60-69	7			00:18:40	00:37:33	00:56:42	**01:16:23.23**	+00:17:03 (22.3%)	7:38	7.9 (78.2%)
34	**MUSIAŁ Ola**	**80**	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:18:24	00:37:43	00:57:17	**01:17:20.41**	+00:18:00 (23.3%)	7:44	7.8 (77.2%)
35	**WYSOCKI Andrzej**	**76**		M40-49	7			00:18:40	00:37:55	00:57:26	**01:17:25.28**	+00:18:05 (23.4%)	7:44	7.8 (77.2%)
36	**STUDNICKI Ryszard**	**228**	KKNW KOLBUSZOWA	M70+	2			00:27:09	00:31:46	00:43:38	**01:17:44.09**	+00:18:24 (23.7%)	7:46	7.7 (76.2%)
37	**KORPOK Aleksandra**	**47**	NORDICUS STRZYBNICA	K40-49	7			00:19:06	00:39:06	00:58:38	**01:17:56.39**	+00:18:36 (23.9%)	7:47	7.7 (76.2%)

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38	**MULARSKA Maria**	**56**	-	K50-59	3			00:19:43	00:39:37	00:59:27	**01:19:03.34**	+00:19:43 (24.9%)	7:54	7.6 (75.2%)
39	**SONDEJ Wiesław**	**67**		M60-69	8			00:19:13	00:39:11	00:59:18	**01:19:26.93**	+00:20:06 (25.3%)	7:56	7.6 (75.2%)
40	**TOMCZYK Edward**	**73**	MARSZ PO ZDROWIE	M70+	3			00:18:06	00:37:23	00:58:00	**01:20:20.44**	+00:21:00 (26.1%)	8:02	7.5 (74.3%)
41	**CECERSKI Joachim**	**35**		M18-29	2			00:20:20	00:40:29	01:00:29	**01:20:38.10**	+00:21:18 (26.4%)	8:03	7.4 (73.3%)
42	**SIMKO Zbigniew**	**28**	KLUB NW WŁÓCZYKIJE LEŻAJSK	M70+	4			00:19:37	00:40:12	01:01:01	**01:22:00.80**	+00:22:40 (27.7%)	8:12	7.3 (72.3%)
43	**ŚLĘZAK Jakub**	**71**		M18-29	3			00:20:19	00:40:28	01:00:43	**01:22:04.72**	+00:22:44 (27.7%)	8:12	7.3 (72.3%)
44	**TOPÓR Małgorzata**	**293**	ZDROWY ODLOT NW TEAM	K60-69	3			00:20:09	00:41:10	01:02:33	**01:24:11.07**	+00:24:51 (29.5%)	8:25	7.1 (70.3%)
45	**PREDKO Grażyna**	**62**		K40-49	8			00:20:32	00:41:50	01:02:45	**01:24:36.43**	+00:25:16 (29.9%)	8:27	7.1 (70.3%)
46	**MICEK Magdalena**	**54**	BEZ KLUBU	K40-49	9			00:20:40	00:42:06	01:03:35	**01:25:20.91**	+00:26:00 (30.5%)	8:32	7 (69.3%)
47	**PAWIŁOWSKA Bożena**	**57**	SST LUBCZA	K60-69	4			00:21:06	00:43:00	01:04:53	**01:27:36.47**	+00:28:16 (32.3%)	8:45	6.8 (67.3%)
48	**JAŹWA Magdalena**	**44**		K50-59	4			00:22:00	00:44:55	01:07:41	**01:29:35.85**	+00:30:15 (33.8%)	8:57	6.7 (66.3%)
49	**PAWIŁOWSKI Henryk**	**58**	SST LUBCZA	M60-69	9			00:23:16	00:45:06	01:06:58	**01:29:46.56**	+00:30:26 (33.9%)	8:58	6.7 (66.3%)
50	**GAWROŃSKA Agnieszka**	**42**		K40-49	10			00:22:21	00:45:19	01:08:04	**01:30:03.43**	+00:30:43 (34.1%)	9:00	6.7 (66.3%)
51	**CECERSKA Julia**	**34**		K18-29	2			00:22:08	00:45:56	01:08:17	**01:31:50.77**	+00:32:30 (35.4%)	9:11	6.5 (64.4%)
52	**ŚLĘZAK Marta**	**70**		K18-29	3			00:22:10	00:45:58	01:08:19	**01:31:51.24**	+00:32:31 (35.4%)	9:11	6.5 (64.4%)
53	**MAŁKOWSKA Zofia**	**52**		K70+	1			00:21:45	00:44:50	01:08:13	**01:31:54.95**	+00:32:34 (35.4%)	9:11	6.5 (64.4%)
54	**OWCZAREK Henryka**	**186**	MARSZ PO ZDROWIE	K70+	2			00:24:19	00:49:02	01:14:10	**01:38:56.43**	+00:39:36 (40.0%)	9:53	6.1 (60.4%)
DNC	**DRYNDA Franciszek**	**40**	NORDICUS STRZYBNICA	M70+				00:22:33	00:47:58	01:14:51				(0.0%)

Znaleziono 55 wynik(ów)