



MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-05-04
Miejsce: Mielno
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŹMICZ Adam	247	POLIPACK TEAM GWE	M30-39	1			00:16:26	00:33:34	00:50:51	01:07:53.26		6:47	8.8
2	NIECHWIEJCZYK Piotr	251	UNIA MIAST	M40-49	1			00:16:57	00:34:10	00:51:20	01:08:46.53	+00:00:53	6:52	8.7
3	HELWICH Stefan	291	KS METRACO POLKOWICE	M60-69	1			00:17:23	00:34:38	00:51:58	01:09:10.85	+00:01:17	6:55	8.7
4	JUREK Adam	293	KS METRACO POLKOWICE	M50-59	1	1		00:17:02	00:34:17	00:52:04	01:09:34.21	+00:01:40	6:57	8.6
5	JAKIMIEC Tadeusz	236	HUSARIA RACTIM	M50-59	2	1		00:17:54	00:35:19	00:52:37	01:09:55.76	+00:02:02	6:59	8.6
6	GRODZKI Ireneusz	232		M40-49	2			00:17:31	00:35:06	00:52:51	01:10:53.77	+00:03:00	7:05	8.5
7	KUŚMIEREK Jan	389	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:17:58	00:36:00	00:53:58	01:12:01.23	+00:04:07	7:12	8.3
8	KOZŁOWSKI Piotr	382	TR STARRBLADE	M40-49	4			00:17:47	00:35:54	00:54:20	01:13:12.15	+00:05:18	7:19	8.2
9	PIETRZYK Jarosław	256	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:18:02	00:36:23	00:54:58	01:13:22.17	+00:05:28	7:20	8.2
10	KLIMCZAK Adam	240	GOSADI NORDIC TEAM	M50-59	3			00:17:52	00:36:17	00:54:53	01:13:55.45	+00:06:02	7:23	8.1
11	KORZEŃ Grzegorz	244		M40-49	5	2		00:17:54	00:36:26	00:55:20	01:14:06.82	+00:06:13	7:24	8.1
12	SANIUK Edward	264	FACE NORDIC WALKING TEAM	M70+	1			00:18:56	00:37:34	00:56:20	01:14:52.11	+00:06:58	7:29	8
13	DREWA Marian	226	POLIPACK TEAM GWE	M60-69	2	1		00:18:11	00:36:55	00:56:17	01:15:25.39	+00:07:32	7:32	8
14	GIERSZEWSKI Arkadiusz	229		M40-49	6			00:18:42	00:37:38	00:57:02	01:15:35.27	+00:07:42	7:33	7.9
15	JĘDRASIAK Renata	292	KS METRACO POLKOWICE	K50-59	1			00:18:54	00:38:03	00:56:59	01:15:53.51	+00:08:00	7:35	7.9
16	ADAMCZYK Adam	211	PASJA NORDIC WALKING	M70+	2	2		00:19:04	00:38:02	00:56:59	01:16:06.33	+00:08:13	7:36	7.9
17	SMARSZCZ Wiesław	271	ŁĘBORSKIE LWY	M60-69	3			00:18:58	00:38:08	00:57:08	01:16:12.10	+00:08:18	7:37	7.9
18	KOZAKOWSKA Małgorzata	245	KS SOKÓŁ GAŚAWA	K40-49	1			00:18:43	00:37:59	00:57:09	01:16:12.33	+00:08:19	7:37	7.9
19	ŚWISŁOCKI Bogdan	279	FACE NORDIC WALKING TEAM	M50-59	4			00:18:43	00:37:43	00:57:05	01:16:16.92	+00:08:23	7:37	7.9
20	HRYNDIO Jerzy	235	STADION ŚLĄSKI	M60-69	4			00:18:57	00:38:07	00:57:32	01:17:15.78	+00:09:22	7:43	7.8
21	WEINER Jakub	283	CKZIU NYSZA MECHANIK	M18-29	1	1		00:19:10	00:38:21	00:57:58	01:17:20.69	+00:09:27	7:44	7.8
22	GODZIŃSKI Paweł	230	BAŻANT NW ELBLĄG	M40-49	7			00:19:02	00:38:30	00:58:01	01:17:44.63	+00:09:51	7:46	7.7
23	RAJEK Magdalena	261	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:19:23	00:38:59	00:58:35	01:18:13.57	+00:10:20	7:49	7.7
24	SZCZĘŚNIAK Zbigniew	274	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:19:18	00:39:00	00:58:57	01:18:44.16	+00:10:50	7:52	7.6
25	BADOCHA-DUDA Małgorzata	214	ELITE TEAM	K50-59	2			00:19:04	00:38:41	00:58:43	01:18:45.21	+00:10:51	7:52	7.6
26	DUDA Barbara	227	POLITECHNIKA GDAŃSKA	K18-29	1			00:19:45	00:39:35	00:59:36	01:19:32.07	+00:11:38	7:57	7.5
27	ŚLUSARCZYK Andrzej	278	WESOŁY BORSUK TEAM	M60-69	5			00:19:17	00:39:21	00:59:14	01:19:39.26	+00:11:45	7:57	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
28	POSIM Dariusz	259	WATAHA	M50-59	6	1		00:19:28	00:39:15	00:59:29	01:19:47.20	+00:11:53	7:58	7.5
29	PRZYBYŁEK Marysia	260	NWPL/MARSZ PO ZDROWIE	K40-49	3			00:19:18	00:40:04	01:00:24	01:19:59.04	+00:12:05	7:59	7.5
30	RASZEWSKA Izabela	262	FORMA NA PIĄTKĘ NW	K40-49	4			00:19:34	00:39:38	00:59:55	01:20:15.33	+00:12:22	8:01	7.5
31	POŁUBIAK Paweł	125		M30-39	3	2		00:19:09	00:39:40	01:00:11	01:20:17.72	+00:12:24	8:01	7.5
32	CZAJKA Urszula	220		K60-69	1			00:19:32	00:39:30	00:59:49	01:20:18.34	+00:12:25	8:01	7.5
33	GÓRSKA Iwona	231	ŁĘBORSKIE LWY	K40-49	5			00:20:29	00:41:12	01:01:25	01:21:42.01	+00:13:48	8:10	7.3
34	KOLASA Katarzyna	242	FORMA NA PIĄTKĘ NW	K30-39	1			00:19:40	00:39:55	01:00:46	01:21:49.51	+00:13:56	8:11	7.3
35	CZEMPIK Kornelia	222	STADION ŚLĄSKI	K50-59	3			00:20:25	00:40:40	01:01:17	01:22:11.85	+00:14:18	8:13	7.3
36	TOKARZ Joanna	281	LECYMY DURŚ	K30-39	2			00:20:45	00:41:23	01:01:47	01:22:27.93	+00:14:34	8:14	7.3
37	ZWOLENKIEWICZ Joanna	289	KS SOKÓŁ GAŚAWA	K40-49	6			00:20:41	00:41:19	01:01:52	01:22:39.28	+00:14:46	8:15	7.3
38	STAWNIAK Karol	273	KS METRACO POLKOWICE	M70+	3			00:20:32	00:41:07	01:01:49	01:22:42.61	+00:14:49	8:16	7.3
39	GWAREK Anita	233	PASJA NORDIC WALKING	K40-49	7			00:20:35	00:41:09	01:02:08	01:23:06.06	+00:15:12	8:18	7.2
40	SKAWIŃSKA Ewa	269	NAKIJEZAPRASZAMY	K40-49	8			00:20:27	00:41:54	01:02:55	01:23:21.17	+00:15:27	8:20	7.2
41	CONTUCCI Ewa	219	NORDIC TEAM CZĘSTOCHOWA	K40-49	9			00:20:44	00:41:48	01:02:52	01:23:58.78	+00:16:05	8:23	7.1
42	KURZAWSKA Jolanta	294	KS METRACO POLKOWICE	K70+	1			00:21:09	00:42:10	01:03:14	01:24:18.73	+00:16:25	8:25	7.1
43	PARCHIMOWICZ Janusz	255		M60-69	6	1		00:20:49	00:42:16	01:03:35	01:24:42.14	+00:16:48	8:28	7.1
44	WOJDANOWSKA Małgorzata	286	LECYMY DURŚ	K30-39	3			00:21:33	00:43:05	01:04:09	01:25:13.54	+00:17:20	8:31	7
45	PONKA Radosław	258	POLIPACK TEAM GWE	M40-49	8	1		00:20:57	00:42:34	01:04:18	01:25:27.75	+00:17:34	8:32	7
46	KOTULA Jakub	50	UNIA MIAST	M30-39	4			00:21:22	00:43:06	01:04:40	01:26:00.97	+00:18:07	8:36	7
47	RATKA Michał	299	E-FIZJA TEAM	M30-39	5			00:21:15	00:42:58	01:04:51	01:26:05.48	+00:18:12	8:36	7
48	PINIS Michał	257	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:21:42	00:43:14	01:04:57	01:26:35.94	+00:18:42	8:39	6.9
49	CHYRA Janusz	217	UNIA MIAST	M40-49	9			00:21:45	00:43:18	01:05:08	01:26:48.77	+00:18:55	8:40	6.9
50	PANEK Elwira	254	ŁĘBORSKIE LWY	K50-59	4			00:21:45	00:43:29	01:05:07	01:26:53.99	+00:19:00	8:41	6.9
51	CIESIELSKA Renata	218	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	10	1		00:21:55	00:43:51	01:05:31	01:27:13.49	+00:19:20	8:43	6.9
52	WIETRZAK Tomasz	284	ZDROWO PIJ.PL	M40-49	10			00:21:27	00:43:31	01:05:48	01:27:40.52	+00:19:47	8:46	6.8
53	WOJTALA Małgorzata	287		K40-49	11			00:21:31	00:43:55	01:05:45	01:27:47.60	+00:19:54	8:46	6.8
54	ANDRUSZKIEWICZ Paweł	212		M40-49	11			00:22:06	00:44:23	01:06:08	01:28:13.92	+00:20:20	8:49	6.8
55	MACIŃSKA Estera	298	LECYMY DURŚ	K18-29	2			00:21:34	00:43:56	01:06:08	01:28:26.51	+00:20:33	8:50	6.8
56	WOSS Anna	288	ŁĘBORSKIE LWY	K40-49	12	1		00:21:39	00:44:07	01:06:26	01:28:36.16	+00:20:42	8:51	6.8
57	CZEMPIK Aniela	223	STADION ŚLĄSKI	K60-69	2			00:22:12	00:44:23	01:06:25	01:28:37.63	+00:20:44	8:51	6.8
58	STANKOWSKA Marzena	272	KIJKOWE TRZEMESZNO	K40-49	13			00:22:06	00:44:34	01:07:19	01:29:29.73	+00:21:36	8:57	6.7
59	SĘDZIK Katarzyna	266	LECYMY DURŚ	K40-49	14			00:21:58	00:44:18	01:06:52	01:29:43.58	+00:21:50	8:58	6.7
60	SŁUPIANEK Sonia	270	STADION ŚLĄSKI	K30-39	4			00:21:35	00:43:40	01:06:41	01:29:54.25	+00:22:00	8:59	6.7
61	TURZYŃSKA-STOPA Maria	391	BŁĘKITNI NW DZIEMIANY	K60-69	3			00:22:17	00:44:44	01:07:30	01:30:55.28	+00:23:02	9:05	6.6
62	OMARSKA Grażyna	253	PASJA NORDIC WALKING	K60-69	4			00:22:20	00:44:53	01:07:58	01:31:07.83	+00:23:14	9:06	6.6
63	CHOLEWKA Jolanta	215	MARSZ PO ZDROWIE	K60-69	5			00:22:24	00:45:05	01:08:03	01:31:22.97	+00:23:29	9:08	6.6
64	KIDAWA Bożena	300	SANTANDER CONSUMER BANK	K60-69	6	1		00:22:45	00:45:13	01:08:05	01:31:33.08	+00:23:39	9:09	6.6
65	KIDAWA Danuta	221	SANTANDER CONSUMER BANK	K40-49	15			00:22:26	00:45:19	01:08:29	01:31:34.46	+00:23:41	9:09	6.6
66	WYSOCKA Bernadeta	390	BŁĘKITNI NW DZIEMIANY	K40-49	16			00:22:13	00:45:12	01:08:35	01:32:55.46	+00:25:02	9:17	6.5
67	LIGĘZA Elżbieta	296		K50-59	5			00:23:37	00:47:23	01:10:19	01:33:08.72	+00:25:15	9:18	6.4
68	THOMALLA Bogdan	280	STADION ŚLĄSKI	M70+	4			00:22:38	00:45:55	01:09:33	01:33:43.43	+00:25:50	9:22	6.4
69	SIKORRA Janina	267	'ORŁY WICKO'	K70+	2			00:23:22	00:47:05	01:10:52	01:34:50.14	+00:26:56	9:29	6.3
70	KISZKA-MAZIARCZUK Berenika	239	LECYMY DURŚ	K30-39	5			00:24:26	00:48:58	01:12:26	01:35:32.44	+00:27:39	9:33	6.3
71	SCHWANN Mirosław	265		M50-59	7			00:23:13	00:47:02	01:11:22	01:35:53.37	+00:28:00	9:35	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	JANIK Maciej	237	HYDRO ZASAPANI	M30-39	7			00:23:35	00:47:33	01:11:52	01:36:06.76	+00:28:13	9:36	6.2
73	DROZD Krystyna	297	CIDRY LOTAJOM	K50-59	6			00:24:16	00:48:28	01:12:22	01:36:25.37	+00:28:32	9:38	6.2
74	KRÓLIKOWSKA-ŁOSKOT Danuta	246	STADION ŚLĄSKI	K60-69	7			00:24:39	00:49:22	01:14:16	01:39:20.16	+00:31:26	9:56	6
75	KIDAWA Marian	345	SANTANDER CONSUMER BANK	M60-69	7			00:23:26	00:48:05	01:13:05	01:39:40.13	+00:31:46	9:58	6
76	OLSZYŃSKA Marzena	252	WILKI KOSZALIN	K50-59	7			00:25:10	00:49:28	01:14:18	01:39:46.07	+00:31:52	9:58	6
77	WŁOCHOWICZ Olga	285	LECYMY DURŚ	K30-39	6			00:24:26	00:49:07	01:14:15	01:40:47.20	+00:32:53	10:04	6
78	FAHRENHOLZ Rafał	228		M60-69	8			00:24:04	00:50:02	01:15:34	01:41:05.75	+00:33:12	10:06	5.9
79	CHRAPEK Urszula	216	NORDUM	K30-39	7			00:25:14	00:51:02	01:17:13	01:42:46.26	+00:34:52	10:16	5.8
80	CZETYRKOWSKA Katarzyna	224		K30-39	8			00:24:37	00:49:54	01:15:48	01:43:09.33	+00:35:16	10:19	5.8
81	SIWCZYK Grażyna	268	LECYMY DURŚ	K60-69	8			00:25:48	00:52:32	01:20:37	01:47:15.18	+00:39:21	10:43	5.6
82	JÓŹWIAK Dominik	59	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:26:12	00:52:57	01:20:27	01:47:20.51	+00:39:27	10:44	5.6
83	ŻAMOJCIN Małgorzata	290	NORDICLUB SZCZECIN	K50-59	8									
DQ	SIWAK Piotr	295	KS METRACO POLKOWICE	M50-59			1	00:17:12 DQ	00:34:47 DQ	00:52:22 DQ	01:10:15.80 DQ	-	-	-

Znaleziono 84 wynik(ów)