



# OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-08-10  
**Miejsce:** Osielsko  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas				Różn	Tempo min/km	Tempo km/h	
								Herk All 1.1km	Herk All 6.1km	Herk All 11.1km	Herk All 16.1km				
1	MICHALEC Marcin	360	KKG MOSIR KROSNO	M30-39	1			00:06:11	00:36:06	01:05:58	01:36:38	<b>02:07:43.00</b>	6:03	9.9	
2	ROSAK Marcin	216	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:06:23	00:36:37	01:06:57	01:37:44	<b>02:08:34.80</b>	+00:00:51	6:05	9.8
3	WOŁOSZKA Artur	359	NWPL / LUKI TEAM GDAŃSK	M18-29	1			00:06:24	00:36:12	01:06:59	01:38:34	<b>02:11:34.45</b>	+00:03:51	6:14	9.6
4	CZŁONKOWSKI Krzysztof	530	OLIMPIJCZYK SZCZEKOCINY	M40-49	2			00:06:33	00:38:30	01:09:54	01:41:43	<b>02:13:03.30</b>	+00:05:20	6:18	9.5
5	KORDOWSKI Piotr	547	LUX TORPEDA MAŁOPOLSKA	M40-49	3			00:06:24	00:37:53	01:10:10	01:42:34	<b>02:15:26.50</b>	+00:07:43	6:25	9.3
6	PIOTROWSKI Michał	568	FACE NORDIC WALKING TEAM	M30-39	2	1		00:07:00	00:39:32	01:11:51	01:44:26	<b>02:16:53.45</b>	+00:09:10	6:29	9.2
7	WOJCIECHOWSKA Elżbieta	590	KS METRACO POLKOWICE	K30-39	1			00:06:38	00:38:31	01:10:51	01:44:01	<b>02:18:17.80</b>	+00:10:34	6:33	9.2
8	MICHALSKI Andrzej	559	NORDIC WALKING SANOK	M60+	1			00:07:03	00:39:24	01:11:48	01:45:07	<b>02:19:23.65</b>	+00:11:40	6:36	9.1
9	HAŁAS Marcin	538	UNIA MIAST	M30-39	3			00:06:59	00:39:54	01:13:08	01:46:26	<b>02:19:43.80</b>	+00:12:00	6:37	9.1
10	WETOSZKA Piotr	587	TKKF KRZNA BIAŁA PODLASKA	M30-39	4			00:07:01	00:40:02	01:13:11	01:46:51	<b>02:21:37.45</b>	+00:13:54	6:42	8.9
11	KLIMSIAK Sebastian	543	KS METRACO POLKOWICE	M40-49	4			00:07:03	00:40:10	01:13:11	01:47:04	<b>02:21:50.90</b>	+00:14:07	6:43	8.9
12	KNITTER Tomasz	344	KLUB BŁĘKITNI NW DZIEMIANY	M18-29	2			00:06:50	00:39:44	01:12:48	01:46:36	<b>02:22:26.30</b>	+00:14:43	6:45	8.9
13	BARCZYK Bogdan	523	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:06:57	00:39:53	01:13:08	01:47:08	<b>02:22:49.20</b>	+00:15:06	6:46	8.9
14	KOŁODZIEJ Joanna	545	STADION ŚLĄSKI	K50-59	1			00:07:00	00:41:35	01:16:23	01:52:12	<b>02:22:52.55</b>	+00:15:09	6:46	8.9
15	ŻYDACZEWSKI Ryszard	595	KS METRACO POLKOWICE	M50-59	2			00:07:01	00:40:32	01:14:39	01:48:57	<b>02:23:30.45</b>	+00:15:47	6:48	8.8
16	LASKOWSKI Mirosław	456	LKS MILANÓW	M50-59	3			00:07:10	00:40:37	01:14:24	01:49:00	<b>02:23:31.25</b>	+00:15:48	6:48	8.8
17	CZERSKI Krzysztof	529	EPOKA NORDICA ŁÓDŹ	M30-39	5			00:06:39	00:39:46	01:13:23	01:48:24	<b>02:23:39.35</b>	+00:15:56	6:48	8.8
18	BOGACKI Sławek	525	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	5			00:07:01	00:40:18	01:14:18	01:48:57	<b>02:24:23.75</b>	+00:16:40	6:50	8.8
19	KUŚMIEREK Patryk	343	KLUB BŁĘKITNI NW DZIEMIANY	M18-29	3			00:07:21	00:42:49	01:16:45	01:50:01	<b>02:24:45.30</b>	+00:17:02	6:51	8.7
20	ADAMSKI Robert	521	DRUŻYNA SZPIKU	M50-59	4			00:07:06	00:41:17	01:15:49	01:51:36	<b>02:28:25.20</b>	+00:20:42	7:02	8.5
21	MARCZAK Krzysztof	460	NWPL/NW BEŁCHATÓW	M60+	2			00:07:11	00:41:16	01:15:44	01:51:30	<b>02:28:41.70</b>	+00:20:58	7:02	8.5
22	POSŁUSZNY Przemek	570	WALK & RUN TEAM OBORNIKI	M40-49	6			00:07:29	00:42:46	01:18:17	01:53:46	<b>02:28:45.05</b>	+00:21:02	7:02	8.5
23	KUBISZYN Mirosław	551	KS METRACO POLKOWICE	M30-39	6			00:07:03	00:40:43	01:15:52	01:51:38	<b>02:29:05.40</b>	+00:21:22	7:03	8.5
24	MĄDRY Grzegorz	462	KIJKOWE TRZEMESZNO	M60+	3			00:07:11	00:41:16	01:15:47	01:52:03	<b>02:30:22.90</b>	+00:22:39	7:07	8.4
25	ROMAN Krzysztof	574	KS METRACO POLKOWICE	M60+	4	1		00:07:47	00:42:57	01:18:44	01:54:34	<b>02:30:53.00</b>	+00:23:10	7:09	8.4
26	MARCZAK Tomasz	557		M18-29	4			00:06:39	00:38:33	01:11:17	01:48:13	<b>02:31:10.60</b>	+00:23:27	7:09	8.4
27	KOWALSKI Marek	550	UNIA MIAST	M50-59	5			00:07:29	00:43:05	01:18:37	01:54:41	<b>02:31:12.15</b>	+00:23:29	7:09	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas							
								Herk_All 1.1km	Herk_All 6.1km	Herk_All 11.1km	Herk_All 16.1km	netto 21.1km	Różn	Tempo min/km	Tempo km/h
28	SPYCHAŁA Marzena	577	CKZIU NYSA MECHANIK	K40-49	1			00:07:17	00:41:56	01:17:27	01:54:10	<b>02:31:26.10</b>	+00:23:43	7:10	8.4
29	CIESIELSKI Jan	527	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	7			00:07:14	00:42:10	01:18:10	01:55:45	<b>02:33:10.45</b>	+00:25:27	7:15	8.3
30	LENZ Andrzej	552	MUSZKIETEROWIE	M50-59	6			00:07:40	00:43:57	01:20:21	01:57:10	<b>02:33:39.20</b>	+00:25:56	7:16	8.2
31	ZAGAJA Janusz	600	WESOŁY BORSUK TEAM	M60+	5	1		00:07:33	00:43:13	01:19:04	01:55:21	<b>02:33:56.85</b>	+00:26:13	7:17	8.2
32	SZULC Alicja	580		K40-49	2			00:07:11	00:41:55	01:18:14	01:55:54	<b>02:35:21.85</b>	+00:27:38	7:21	8.1
33	KOLMETZ Katarzyna	544	POLIPACK TEAM GWE	K40-49	3			00:07:44	00:43:08	01:19:30	01:57:35	<b>02:36:09.70</b>	+00:28:26	7:24	8.1
34	STANISŁAWSKI Jan	599	MARSZ PO ZDROWIE	M60+	6			00:07:21	00:42:34	01:19:15	01:57:08	<b>02:36:44.75</b>	+00:29:01	7:25	8.1
35	ŻAMOJCIN Marek	593	NORDICLUB SZCZECIN	M50-59	7			00:07:31	00:44:02	01:20:58	01:58:33	<b>02:36:54.20</b>	+00:29:11	7:26	8.1
36	EFEMBERG Joanna	533	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	4			00:07:48	00:44:40	01:21:58	01:59:39	<b>02:37:16.45</b>	+00:29:33	7:27	8
37	FRANKIEWICZ Mirosław	361	FORMA NA PIĄTKĘ NW	M40-49	8			00:07:28	00:43:44	01:20:45	01:58:30	<b>02:37:17.70</b>	+00:29:34	7:27	8
38	SZYMAŃSKI Jacek	581	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	8			00:07:31	00:44:28	01:21:33	01:59:16	<b>02:37:28.95</b>	+00:29:45	7:27	8
39	RAKOWIECKI Zbigniew	572	FACE NORDIC WALKING TEAM	M50-59	9			00:07:46	00:44:23	01:21:42	01:59:18	<b>02:37:29.50</b>	+00:29:46	7:27	8
40	GOŁĘBIEWSKI Krzysztof	536	ZAWSZE MŁODZI NORDIC WALKING	M50-59	10			00:07:32	00:44:06	01:21:01	01:58:40	<b>02:37:46.45</b>	+00:30:03	7:28	8
41	CIESIELSKI Jerzy	528	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	5			00:07:44	00:36:38	01:21:23	01:58:14	<b>02:37:54.00</b>	+00:30:11	7:29	8
42	FOLWARSKI Andrzej	534	FACE NORDIC WALKING TEAM	M60+	7			00:07:50	00:44:39	01:21:56	01:59:50	<b>02:38:24.95</b>	+00:30:41	7:30	8
43	NOWICZ Mariusz	563	CIDRY LOTAJOM	M18-29	6			00:07:24	00:44:26	01:22:32	02:00:59	<b>02:39:34.50</b>	+00:31:51	7:33	7.9
44	STĘPIEŃ Lucyna	578	KS METRACO POLKOWICE	K60+	1			00:07:47	00:44:49	01:22:38	02:00:58	<b>02:39:46.25</b>	+00:32:03	7:34	7.9
45	MANDZIUK Marek	556	TKKF KRZNA BIAŁA PODLASKA	M40-49	9			00:07:30	00:44:56	01:22:08	01:59:49	<b>02:39:57.00</b>	+00:32:14	7:34	7.9
46	RESEMAN Sylwia	573	FACE NORDIC WALKING TEAM	K50-59	2			00:07:55	00:45:07	01:22:46	02:01:25	<b>02:40:21.30</b>	+00:32:38	7:35	7.9
47	ŚCIBUT Ania	583	FORMA NA PIĄTKĘ NW	K40-49	5			00:07:23	00:43:56	01:21:30	02:00:42	<b>02:41:02.00</b>	+00:33:19	7:37	7.9
48	STACHOWICZ Joanna	341	KLUB BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:59	00:46:19	01:24:58	02:03:10	<b>02:41:27.35</b>	+00:33:44	7:39	7.8
49	GODAWA Ireneusz	535	STADION ŚLĄSKI	M50-59	11			00:07:50	00:45:17	01:22:56	02:01:36	<b>02:41:37.75</b>	+00:33:54	7:39	7.8
50	ŁOPATKIEWICZ Beata	598		K50-59	3			00:07:49	00:45:35	01:23:49	02:02:30	<b>02:41:56.25</b>	+00:34:13	7:40	7.8
51	PARUCKI Zbigniew	567		M60+	8			00:08:00	00:45:20	01:23:11	02:02:15	<b>02:42:35.80</b>	+00:34:52	7:42	7.8
52	GROS Agnieszka	537	STADION ŚLĄSKI	K40-49	6			00:07:41	00:44:22	01:22:29	02:02:14	<b>02:42:41.20</b>	+00:34:58	7:42	7.8
53	JANOSZKA Irena	539	CIDRY LOTAJOM	K50-59	4			00:07:45	00:45:13	01:23:24	02:03:06	<b>02:44:06.70</b>	+00:36:23	7:46	7.7
54	WESOŁOWSKI Wojciech	597	MUSZKIETEROWIE	M60+	9	1		00:07:36	00:43:52	01:21:19	02:02:04	<b>02:44:29.40</b>	+00:36:46	7:47	7.7
55	SŁOMIŃSKA Marta	342	KLUB BŁĘKITNI NW DZIEMIANY	K18-29	2			00:08:00	00:46:19	01:24:58	02:04:24	<b>02:45:45.70</b>	+00:38:02	7:51	7.6
56	BUCZKOWSKA Wiesława	526	FACE NORDIC WALKING TEAM	K60+	2			00:07:52	00:45:13	01:23:59	02:04:29	<b>02:46:27.85</b>	+00:38:44	7:53	7.6
57	WIEŃSKO Ryszard	588		M60+	10			00:08:07	00:46:30	01:25:39	02:05:33	<b>02:46:47.90</b>	+00:39:04	7:54	7.6
58	PAPROTNA Agnieszka	566	NORDIC TEAM CZĘSTOCHOWA	K30-39	2	1		00:07:47	00:45:52	01:25:20	02:05:56	<b>02:47:00.00</b>	+00:39:17	7:54	7.6
59	KORYCKA Mariola	548	FORMA NA PIĄTKĘ NW	K30-39	3			00:08:12	00:47:44	01:27:13	02:07:33	<b>02:48:05.55</b>	+00:40:22	7:57	7.5
60	POSŁUSZNA Gosia	569	WALK & RUN TEAM OBORNIKI	K40-49	7			00:08:36	00:47:43	01:27:05	02:07:30	<b>02:48:22.45</b>	+00:40:39	7:58	7.5
61	DUSZA Anna	532	NORDICLUB SZCZECIN	K50-59	5			00:08:09	00:47:03	01:26:59	02:08:11	<b>02:51:03.65</b>	+00:43:20	8:06	7.4
62	DANKIEWICZ Barbara	531	ZAWSZE MŁODZI NORDIC WALKING	K40-49	8			00:08:28	00:48:02	01:27:46	02:08:25	<b>02:51:07.00</b>	+00:43:24	8:06	7.4
63	SOBAŃSKA Grażyna	576		K60+	3			00:08:32	00:48:19	01:28:53	02:09:54	<b>02:51:09.75</b>	+00:43:26	8:06	7.4
64	KACZMAREK Jarosław	541	SERCE NORDICA WŁOCLAWEK	M50-59	12			00:08:49	00:49:26	01:29:45	02:10:15	<b>02:52:06.00</b>	+00:44:23	8:09	7.4
65	MAŁKIEWICZ Jacek	555	TBKM WILK	M50-59	13			00:08:51	00:49:27	01:29:44	02:10:12	<b>02:52:08.00</b>	+00:44:25	8:09	7.4
66	SZYMCZYK Magdalena	582	NOWI SIEDLCE	K30-39	4			00:09:07	00:48:28	01:28:51	02:10:57	<b>02:52:57.10</b>	+00:45:14	8:11	7.3
67	PALUCH Paweł	564	AVOCADO WELLNESS CLUB	M50-59	14			00:08:13	00:49:38	01:29:20	02:10:50	<b>02:53:42.80</b>	+00:45:59	8:13	7.3
68	TERESIŃSKA Jolanta	503	NORDIC TEAM CZĘSTOCHOWA	K40-49	9			00:08:23	00:48:24	01:29:10	02:10:40	<b>02:54:22.40</b>	+00:46:39	8:15	7.3
69	NOWAK Aleksandra	562	SERCE NORDICA WŁOCLAWEK	K30-39	5			00:08:26	00:48:27	01:29:13	02:10:42	<b>02:54:25.10</b>	+00:46:42	8:15	7.3
70	MALINOWSKA Katarzyna	554	LECYMY DURŚ	K30-39	6			00:08:34	00:49:31	01:29:38	02:11:22	<b>02:55:28.40</b>	+00:47:45	8:18	7.2
71	KACZMAREK Zofia	540	SERCE NORDICA WŁOCLAWEK	K50-59	6			00:08:38	00:49:20	01:30:39	02:12:36	<b>02:56:04.45</b>	+00:48:21	8:20	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk				Czas		Tempo min/km	Tempo km/h
								1.1km	6.1km	11.1km	16.1km	21.1km	Różn		
72	<b>NIETRZEBKA Paweł</b>	<b>561</b>	MIĘDZYBORÓW	M30-39	7			00:08:10	00:48:19	01:29:25	02:12:00	<b>02:56:32.75</b>	+00:48:49	8:21	7.2
73	<b>WENDT Jarosław</b>	<b>585</b>	POLIPACK TEAM GWE	M50-59	15	1		00:08:23	00:49:16	01:30:30	02:13:34	<b>02:56:41.35</b>	+00:48:58	8:22	7.2
74	<b>BERSZTOLC Agnieszka</b>	<b>524</b>	NOWI SIEDLCE	K50-59	7			00:08:12	00:47:56	01:28:51	02:11:57	<b>02:56:58.05</b>	+00:49:15	8:23	7.2
75	<b>POSTEK Danuta</b>	<b>571</b>	MARSZ PO ZDROWIE	K50-59	8			00:08:24	00:48:47	01:30:20	02:13:11	<b>03:00:36.40</b>	+00:52:53	8:33	7
76	<b>ZAWADZKA Maria</b>	<b>592</b>	KS METRACO POLKOWICE	K60+	4			00:09:00	00:52:52	01:35:00	02:17:57	<b>03:02:16.10</b>	+00:54:33	8:38	6.9
77	<b>MARCZYK Jerzy Paweł</b>	<b>558</b>	FACE NORDIC WALKING TEAM	M60+	11			00:08:50	00:50:32	01:33:14	02:17:19	<b>03:04:34.60</b>	+00:56:51	8:44	6.9
78	<b>PILECKI Gustaw</b>	<b>596</b>	GOSIR OSIELSKO	M60+	12			00:09:06	00:53:14	01:35:58	02:21:31	<b>03:13:41.90</b>	+01:05:58	9:10	6.5
79	<b>ŻEBROWSKI Radosław</b>	<b>594</b>	AV O	M40-49	10	1		00:09:22	00:53:33	01:36:57	02:23:12	<b>03:14:45.75</b>	+01:07:02	9:13	6.5
80	<b>KARASIEWICZ Iwona</b>	<b>542</b>	NORDICLUB SZCZECIN	K30-39	7			00:09:30	00:58:50	01:45:38	02:32:51	<b>03:22:10.90</b>	+01:14:27	9:34	6.3
81	<b>MÓRAWSKI Sławomir</b>	<b>560</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	16			00:09:37	00:57:41	01:45:09	02:36:10	<b>03:29:55.85</b>	+01:22:12	9:56	6

Znaleziono 81 wynik(ów)