

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2019-05-04
 Miejsce: Mielno
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

**MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM, OPEN**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|--------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1 | KUŹMICH ADAM | 247 | POLIPACK TEAM GWE | MASZEWKO | POL | M30-39 | 1 | M 1 | | | 00:16:26 | 00:33:34 | 00:50:51 | 01:07:53.26 | 6:47 | 8.8 |
| 2 | NIECHWIEJCZYK PIOTR | 251 | UNIA MIAST | ŚWIĘTOCHŁOWICE | POL | M40-49 | 1 | M 2 | | | 00:16:57 | 00:34:10 | 00:51:20 | 01:08:46.53 | 6:52 | 8.7 |
| 3 | HELWICH STEFAN | 291 | KS METRACO POLKOWICE | WIELEN | POL | M60-69 | 1 | M 3 | | | 00:17:23 | 00:34:38 | 00:51:58 | 01:09:10.85 | 6:55 | 8.7 |
| 4 | JUREK ADAM | 293 | KS METRACO POLKOWICE | LUBIN | POL | M50-59 | 1 | M 4 | 1 | | 00:17:02 | 00:34:17 | 00:52:04 | 01:09:34.21 | 6:57 | 8.6 |
| 5 | JAKIMIEC TADEUSZ | 236 | HUSARIA RACTIM | SZCZECINEK | POL | M50-59 | 2 | M 5 | 1 | | 00:17:54 | 00:35:19 | 00:52:37 | 01:09:55.76 | 6:59 | 8.6 |
| 6 | GRODZKI IRENEUSZ | 232 | | GORZÓW WLKP. | POL | M40-49 | 2 | M 6 | | | 00:17:31 | 00:35:06 | 00:52:51 | 01:10:53.77 | 7:05 | 8.5 |
| 7 | KUŚMIEREK JAN | 389 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M40-49 | 3 | M 7 | | | 00:17:58 | 00:36:00 | 00:53:58 | 01:12:01.23 | 7:12 | 8.3 |
| 8 | KOZŁOWSKI PIOTR | 382 | TR STARRBLADE | STARE KUROWO | POL | M40-49 | 4 | M 8 | | | 00:17:47 | 00:35:54 | 00:54:20 | 01:13:12.15 | 7:19 | 8.2 |
| 9 | PIETRZYK JAROSŁAW | 256 | NORDIC TEAM | CZĘSTOCHOWA | POL | M30-39 | 2 | M 9 | | | 00:18:02 | 00:36:23 | 00:54:58 | 01:13:22.17 | 7:20 | 8.2 |
| 10 | KLIMCZAK ADAM | 240 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 3 | M 10 | | | 00:17:52 | 00:36:17 | 00:54:53 | 01:13:55.45 | 7:23 | 8.1 |
| 11 | KORZEŃ GRZEGORZ | 244 | | SŁUPSK | POL | M40-49 | 5 | M 11 | 2 | | 00:17:54 | 00:36:26 | 00:55:20 | 01:14:06.82 | 7:24 | 8.1 |
| 12 | SANIUK EDWARD | 264 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70+ | 1 | M 12 | | | 00:18:56 | 00:37:34 | 00:56:20 | 01:14:52.11 | 7:29 | 8 |
| 13 | DREWA MARIAN | 226 | POLIPACK TEAM GWE | GOŚCICINO | POL | M60-69 | 2 | M 13 | 1 | | 00:18:11 | 00:36:55 | 00:56:17 | 01:15:25.39 | 7:32 | 8 |
| 14 | GIERSZEWSKI ARKADIUSZ | 229 | | CHOJNICE | POL | M40-49 | 6 | M 14 | | | 00:18:42 | 00:37:38 | 00:57:02 | 01:15:35.27 | 7:33 | 7.9 |
| 15 | JĘDRASIAK RENATA | 292 | KS METRACO POLKOWICE | LUBIN | POL | K50-59 | 1 | K 1 | | | 00:18:54 | 00:38:03 | 00:56:59 | 01:15:53.51 | 7:35 | 7.9 |
| 16 | ADAMCZYK ADAM | 211 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 2 | M 15 | 2 | | 00:19:04 | 00:38:02 | 00:56:59 | 01:16:06.33 | 7:36 | 7.9 |
| 17 | SMARSZCZ WIESŁAW | 271 | LĘBORSKIE LWY | LĘBORK | POL | M60-69 | 3 | M 16 | | | 00:18:58 | 00:38:08 | 00:57:08 | 01:16:12.10 | 7:37 | 7.9 |
| 18 | KOZAKOWSKA MAŁGORZATA | 245 | KS SOKÓŁ GAŚAWA | ROGOWO | POL | K40-49 | 1 | K 2 | | | 00:18:43 | 00:37:59 | 00:57:09 | 01:16:12.33 | 7:37 | 7.9 |
| 19 | ŚWIŚŁOCKI BOGDAN | 279 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 4 | M 17 | | | 00:18:43 | 00:37:43 | 00:57:05 | 01:16:16.92 | 7:37 | 7.9 |
| 20 | HRYNDIO JERZY | 235 | STADION ŚLĄSKI | KATOWICE | POL | M60-69 | 4 | M 18 | | | 00:18:57 | 00:38:07 | 00:57:32 | 01:17:15.78 | 7:43 | 7.8 |
| 21 | WEINER JAKUB | 283 | CKZIU NYSA MECHANIK | PRUDNIK | POL | M18-29 | 1 | M 19 | 1 | | 00:19:10 | 00:38:21 | 00:57:58 | 01:17:20.69 | 7:44 | 7.8 |
| 22 | GODZIŃSKI PAWEŁ | 230 | BAŻANT NW ELBLĄG | MILEJEWO | POL | M40-49 | 7 | M 20 | | | 00:19:02 | 00:38:30 | 00:58:01 | 01:17:44.63 | 7:46 | 7.7 |
| 23 | RAJEK MAGDALENA | 261 | NORDIC TEAM | CZĘSTOCHOWA | POL | K40-49 | 2 | K 3 | | | 00:19:23 | 00:38:59 | 00:58:35 | 01:18:13.57 | 7:49 | 7.7 |
| 24 | SZCZĘŚNIAK ZBIGNIEW | 274 | NORDIC TEAM | BLACHOWNIA | POL | M50-59 | 5 | M 21 | | | 00:19:18 | 00:39:00 | 00:58:57 | 01:18:44.16 | 7:52 | 7.6 |
| 25 | BADOCHA-DUDA MAŁGORZATA | 214 | ELITE TEAM | GDAŃSK | POL | K50-59 | 2 | K 4 | | | 00:19:04 | 00:38:41 | 00:58:43 | 01:18:45.21 | 7:52 | 7.6 |
| 26 | DUDA BARBARA | 227 | POLITECHNIKA GDAŃSKA | GDAŃSK | POL | K18-29 | 1 | K 5 | | | 00:19:45 | 00:39:35 | 00:59:36 | 01:19:32.07 | 7:57 | 7.5 |
| 27 | ŚLUSARCZYK ANDRZEJ | 278 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 5 | M 22 | | | 00:19:17 | 00:39:21 | 00:59:14 | 01:19:39.26 | 7:57 | 7.5 |
| 28 | POSIM DARIUSZ | 259 | WATAHA | DUBIEL | POL | M50-59 | 6 | M 23 | 1 | | 00:19:28 | 00:39:15 | 00:59:29 | 01:19:47.20 | 7:58 | 7.5 |
| 29 | PRZYBYŁEK MARYSIA | 260 | NWPL/MARSZ PO ZDROWIE | ŚMIGIEL | POL | K40-49 | 3 | K 6 | | | 00:19:18 | 00:40:04 | 01:00:24 | 01:19:59.04 | 7:59 | 7.5 |
| 30 | RASZEWSKA IZABELA | 262 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K40-49 | 4 | K 7 | | | 00:19:34 | 00:39:38 | 00:59:55 | 01:20:15.33 | 8:01 | 7.5 |
| 31 | POŁUBIAK PAWEŁ | 125 | | SIECINO | POL | M30-39 | 3 | M 24 | 2 | | 00:19:09 | 00:39:40 | 01:00:11 | 01:20:17.72 | 8:01 | 7.5 |
| 32 | CZAJKA URSZULA | 220 | | RUMIA | POL | K60-69 | 1 | K 8 | | | 00:19:32 | 00:39:30 | 00:59:49 | 01:20:18.34 | 8:01 | 7.5 |
| 33 | GÓRSKA IWONA | 231 | LĘBORSKIE LWY | LĘBORK | POL | K40-49 | 5 | K 9 | | | 00:20:29 | 00:41:12 | 01:01:25 | 01:21:42.01 | 8:10 | 7.3 |
| 34 | KOLASA KATARZYNA | 242 | FORMA NA PIĄTKĘ NW | PABIANICE | POL | K30-39 | 1 | K 10 | | | 00:19:40 | 00:39:55 | 01:00:46 | 01:21:49.51 | 8:11 | 7.3 |
| 35 | CZEMPIK KORNELIA | 222 | STADION ŚLĄSKI | CHORZÓW | POL | K50-59 | 3 | K 11 | | | 00:20:25 | 00:40:40 | 01:01:17 | 01:22:11.85 | 8:13 | 7.3 |
| 36 | TOKARZ JOANNA | 281 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 2 | K 12 | | | 00:20:45 | 00:41:23 | 01:01:47 | 01:22:27.93 | 8:14 | 7.3 |
| 37 | ZWOLENKIEWICZ JOANNA | 289 | KS SOKÓŁ GAŚAWA | GAŚAWA | POL | K40-49 | 6 | K 13 | | | 00:20:41 | 00:41:19 | 01:01:52 | 01:22:39.28 | 8:15 | 7.3 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------------|--------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 38 | STAWNIAK KAROL | 273 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 3 | M 25 | | | 00:20:32 | 00:41:07 | 01:01:49 | 01:22:42.61 | 8:16 | 7.3 |
| 39 | GWAREK ANITA | 233 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 7 | K 14 | | | 00:20:35 | 00:41:09 | 01:02:08 | 01:23:06.06 | 8:18 | 7.2 |
| 40 | SKAWIŃSKA EWA | 269 | NAKIJEZAPRASZAMY | WILKSZYN | POL | K40-49 | 8 | K 15 | | | 00:20:27 | 00:41:54 | 01:02:55 | 01:23:21.17 | 8:20 | 7.2 |
| 41 | CONTUCCI EWA | 219 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | K40-49 | 9 | K 16 | | | 00:20:44 | 00:41:48 | 01:02:52 | 01:23:58.78 | 8:23 | 7.1 |
| 42 | KURZAWSKA JOLANTA | 294 | KS METRACO POLKOWICE | LUBIN | POL | K70+ | 1 | K 17 | | | 00:21:09 | 00:42:10 | 01:03:14 | 01:24:18.73 | 8:25 | 7.1 |
| 43 | PARCHIMOWICZ JANUSZ | 255 | | SZCZECIN | POL | M60-69 | 6 | M 26 | 1 | | 00:20:49 | 00:42:16 | 01:03:35 | 01:24:42.14 | 8:28 | 7.1 |
| 44 | WOJDANOWSKA MAŁGORZATA | 286 | LECZYMY DURŚ | TARNOWSKIE GÓRY | POL | K30-39 | 3 | K 18 | | | 00:21:33 | 00:43:05 | 01:04:09 | 01:25:13.54 | 8:31 | 7 |
| 45 | PONKA RADOSŁAW | 258 | POLIPACK TEAM GWE | WEJHEROWO | POL | M40-49 | 8 | M 27 | 1 | | 00:20:57 | 00:42:34 | 01:04:18 | 01:25:27.75 | 8:32 | 7 |
| 46 | KOTULA JAKUB | 50 | UNIA MIAST | KATOWICE | POL | M30-39 | 4 | M 28 | | | 00:21:22 | 00:43:06 | 01:04:40 | 01:26:00.97 | 8:36 | 7 |
| 47 | RATKA MICHAŁ | 299 | E-FIZJA TEAM | PIŁA | POL | M30-39 | 5 | M 29 | | | 00:21:15 | 00:42:58 | 01:04:51 | 01:26:05.48 | 8:36 | 7 |
| 48 | PINIS MICHAŁ | 257 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 6 | M 30 | | | 00:21:42 | 00:43:14 | 01:04:57 | 01:26:35.94 | 8:39 | 6.9 |
| 49 | CHYRA JANUSZ | 217 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 9 | M 31 | | | 00:21:45 | 00:43:18 | 01:05:08 | 01:26:48.77 | 8:40 | 6.9 |
| 50 | PANEK ELWIRA | 254 | ŁĘBORSKIE LWY | ŁĘBORK | POL | K50-59 | 4 | K 19 | | | 00:21:45 | 00:43:29 | 01:05:07 | 01:26:53.99 | 8:41 | 6.9 |
| 51 | CIESIELSKA RENATA | 218 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K40-49 | 10 | K 20 | 1 | | 00:21:55 | 00:43:51 | 01:05:31 | 01:27:13.49 | 8:43 | 6.9 |
| 52 | WIETRZAK TOMASZ | 284 | ZDROWO PIJ.PL | PABIANICE | POL | M40-49 | 10 | M 32 | | | 00:21:27 | 00:43:31 | 01:05:48 | 01:27:40.52 | 8:46 | 6.8 |
| 53 | WOJTALA MAŁGORZATA | 287 | | RZESZÓW | POL | K40-49 | 11 | K 21 | | | 00:21:31 | 00:43:55 | 01:05:45 | 01:27:47.60 | 8:46 | 6.8 |
| 54 | ANDRUSZKIEWICZ PAWEŁ | 212 | | SZCZECINEK | POL | M40-49 | 11 | M 33 | | | 00:22:06 | 00:44:23 | 01:06:08 | 01:28:13.92 | 8:49 | 6.8 |
| 55 | MACIŃSKA ESTERA | 298 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K18-29 | 2 | K 22 | | | 00:21:34 | 00:43:56 | 01:06:08 | 01:28:26.51 | 8:50 | 6.8 |
| 56 | WOSS ANNA | 288 | ŁĘBORSKIE LWY | ŁĘBORK | POL | K40-49 | 12 | K 23 | 1 | | 00:21:39 | 00:44:07 | 01:06:26 | 01:28:36.16 | 8:51 | 6.8 |
| 57 | CZEMPIK ANIELA | 223 | STADION ŚLĄSKI | CHORZÓW | POL | K60-69 | 2 | K 24 | | | 00:22:12 | 00:44:23 | 01:06:25 | 01:28:37.63 | 8:51 | 6.8 |
| 58 | STANKOWSKA MARZENA | 272 | KJKOWE TRZEMESZNO | TRZEMESZNO | POL | K40-49 | 13 | K 25 | | | 00:22:06 | 00:44:34 | 01:07:19 | 01:29:29.73 | 8:57 | 6.7 |
| 59 | SĘDZIK KATARZYNA | 266 | LECZYMY DURŚ | BYTOM | POL | K40-49 | 14 | K 26 | | | 00:21:58 | 00:44:18 | 01:06:52 | 01:29:43.58 | 8:58 | 6.7 |
| 60 | SŁUPIANEK SONIA | 270 | STADION ŚLĄSKI | KATOWICE | POL | K30-39 | 4 | K 27 | | | 00:21:35 | 00:43:40 | 01:06:41 | 01:29:54.25 | 8:59 | 6.7 |
| 61 | TURZYŃSKA-STOPA MARIA | 391 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | 3 | K 28 | | | 00:22:17 | 00:44:44 | 01:07:30 | 01:30:55.28 | 9:05 | 6.6 |
| 62 | OMARSKA GRAŻYNA | 253 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 4 | K 29 | | | 00:22:20 | 00:44:53 | 01:07:58 | 01:31:07.83 | 9:06 | 6.6 |
| 63 | CHOLEWKĄ JOLANTA | 215 | MARSZ PO ZDROWIE | KOSTRZYN WLKP | POL | K60-69 | 5 | K 30 | | | 00:22:24 | 00:45:05 | 01:08:03 | 01:31:22.97 | 9:08 | 6.6 |
| 64 | KIDAWA BOŻENA | 300 | SANTANDER CONSUMER BANK | GLIWICE | POL | K60-69 | 6 | K 31 | 1 | | 00:22:45 | 00:45:13 | 01:08:05 | 01:31:33.08 | 9:09 | 6.6 |
| 65 | KIDAWA DANUTA | 221 | SANTANDER CONSUMER BANK | WROCŁAW | POL | K40-49 | 15 | K 32 | | | 00:22:26 | 00:45:19 | 01:08:29 | 01:31:34.46 | 9:09 | 6.6 |
| 66 | WYSOCKA BERNADETA | 390 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K40-49 | 16 | K 33 | | | 00:22:13 | 00:45:12 | 01:08:35 | 01:32:55.46 | 9:17 | 6.5 |
| 67 | LIGEZA ELŻBIETA | 296 | | | POL | K50-59 | 5 | K 34 | | | 00:23:37 | 00:47:23 | 01:10:19 | 01:33:08.72 | 9:18 | 6.4 |
| 68 | THOMALLA BOGDAN | 280 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 4 | M 34 | | | 00:22:38 | 00:45:55 | 01:09:33 | 01:33:43.43 | 9:22 | 6.4 |
| 69 | SIKORRA JANINA | 267 | 'ORŁY WICKO' | ŁĘDZIECHOWO | POL | K70+ | 2 | K 35 | | | 00:23:22 | 00:47:05 | 01:10:52 | 01:34:50.14 | 9:29 | 6.3 |
| 70 | KISZKA-MAZIARCZUK BERENIKA | 239 | LECZYMY DURŚ | CHORZÓW | POL | K30-39 | 5 | K 36 | | | 00:24:26 | 00:48:58 | 01:12:26 | 01:35:32.44 | 9:33 | 6.3 |
| 71 | SCHWANN MIROSLAW | 265 | | WEJHEROWO | POL | M50-59 | 7 | M 35 | | | 00:23:13 | 00:47:02 | 01:11:22 | 01:35:53.37 | 9:35 | 6.3 |
| 72 | JANIK MACIEJ | 237 | HYDRO ZASAPANI | PIŁA | POL | M30-39 | 7 | M 36 | | | 00:23:35 | 00:47:33 | 01:11:52 | 01:36:06.76 | 9:36 | 6.2 |
| 73 | DROZD KRYSZYNA | 297 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 6 | K 37 | | | 00:24:16 | 00:48:28 | 01:12:22 | 01:36:25.37 | 9:38 | 6.2 |
| 74 | KRÓLIKOWSKA-ŁOSKOT DANUTA | 246 | STADION ŚLĄSKI | KATOWICE | POL | K60-69 | 7 | K 38 | | | 00:24:39 | 00:49:22 | 01:14:16 | 01:39:20.16 | 9:56 | 6 |
| 75 | KIDAWA MARIAN | 345 | SANTANDER CONSUMER BANK | GLIWICE | POL | M60-69 | 7 | M 37 | | | 00:23:26 | 00:48:05 | 01:13:05 | 01:39:40.13 | 9:58 | 6 |
| 76 | OLSZYŃSKA MARZENA | 252 | WILKI KOSZALIN | KOSZALIN | POL | K50-59 | 7 | K 39 | | | 00:25:10 | 00:49:28 | 01:14:18 | 01:39:46.07 | 9:58 | 6 |
| 77 | WŁOCHOWICZ OLGA | 285 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 6 | K 40 | | | 00:24:26 | 00:49:07 | 01:14:15 | 01:40:47.20 | 10:04 | 6 |
| 78 | FAHRENHOLZ RAFAŁ | 228 | | WARSZAWA | POL | M60-69 | 8 | M 38 | | | 00:24:04 | 00:50:02 | 01:15:34 | 01:41:05.75 | 10:06 | 5.9 |
| 79 | CHRAPEK URSZULA | 216 | NORDUM | RUDZICA | POL | K30-39 | 7 | K 41 | | | 00:25:14 | 00:51:02 | 01:17:13 | 01:42:46.26 | 10:16 | 5.8 |
| 80 | CZETYRKOWSKA KATARZYNA | 224 | | SARBINOWO | POL | K30-39 | 8 | K 42 | | | 00:24:37 | 00:49:54 | 01:15:48 | 01:43:09.33 | 10:19 | 5.8 |

MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|----------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------------|----------------|----------------|-------------------|--------|------|
| 81 | SIWCZYK GRAŻYNA | 268 | LECYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K60-69 | 8 | K 43 | | | 00:25:48 | 00:52:32 | 01:20:37 | 01:47:15.18 | 10:43 | 5.6 |
| 82 | JÓŹWIĄK DOMINIK | 59 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 2 | M 39 | | | 00:26:12 | 00:52:57 | 01:20:27 | 01:47:20.51 | 10:44 | 5.6 |
| 83 | ŻAMOJCIN MAŁGORZATA | 290 | NORDICLUB SZCZECIN | SZCZECIN | POL | K50-59 | 8 | K 44 | | | | | | | | |
| DQ | SIWAK PIOTR | 295 | KS METRACO POLKOWICE | RUDNA | POL | M50-59 | DQ | DQ | | 1 | 00:17:12 DQ | 00:34:47 DQ | 00:52:22 DQ | 01:10:15.80 DQ | - | - |