



# BIAŁY-BÓR - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

**Event:** Puchary Regionalne Nordic Walking 2019  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2019-05-26  
**Place:** Biały Bór  
**Distance:** 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Finish_All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	KŁOS Maciej	158		M30-39	1			00:32:09	<b>01:05:54.63</b>		6:35	9.1 (100%)
2	ROMANOWICZ Piotr	164	RUNGRYF GRYFICE	M40-49	1			00:33:09	<b>01:06:34.71</b>	+00:00:40 (1.0%)	6:39	9 (98.9%)
3	POŁUBIAK Paweł	163		M30-39	2			00:33:38	<b>01:06:53.22</b>	+00:00:58 (1.5%)	6:41	9 (98.9%)
4	KLIMCZAK Adam	157	GOSADI NORDIC TEAM	M50-59	1			00:33:39	<b>01:07:32.85</b>	+00:01:38 (2.4%)	6:45	8.9 (97.8%)
5	SANIUK Edward	165	FACE NORDIC WALKING TEAM	M70+	1			00:34:25	<b>01:07:55.62</b>	+00:02:00 (3.0%)	6:47	8.8 (96.7%)
6	GIERSZEWSKI Arkadiusz	154		M40-49	2			00:34:05	<b>01:08:42.57</b>	+00:02:47 (4.1%)	6:52	8.7 (95.6%)
7	FOLWARSKI Andrzej	176	FACE NORDIC WALKING TEAM	M60-69	1			00:35:05	<b>01:10:01.54</b>	+00:04:06 (5.9%)	7:00	8.6 (94.5%)
8	ŚWISŁOCKI Bogdan	169	FACE NORDIC WALKING TEAM	M50-59	2			00:34:26	<b>01:10:03.66</b>	+00:04:09 (5.9%)	7:00	8.6 (94.5%)
9	SZULC Alicja	168	NW WERWA MŁAWA	K40-49	1			00:35:03	<b>01:10:50.71</b>	+00:04:56 (7.0%)	7:05	8.5 (93.4%)
10	CZAJKA Urszula	153	FACE NORDIC WALKING TEAM	K60-69	1			00:35:17	<b>01:11:52.37</b>	+00:05:57 (8.3%)	7:11	8.3 (91.2%)
11	ZIELIŃSKA Iwona	173	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:37:33	<b>01:15:31.63</b>	+00:09:36 (12.7%)	7:33	7.9 (86.8%)
12	BARANOWSKI Marek	152		M40-49	3			00:37:49	<b>01:16:10.56</b>	+00:10:15 (13.5%)	7:37	7.9 (86.8%)
13	BARAN Justyn	151	TRIPAKA	M30-39	3	1		00:37:50	<b>01:16:11.83</b>	+00:10:17 (13.5%)	7:37	7.9 (86.8%)
14	WOŹNIAK Iwona	172	RUNGRYF GRYFICE	K40-49	2			00:37:41	<b>01:17:25.73</b>	+00:11:31 (14.9%)	7:44	7.8 (85.7%)
15	SUPROŃ Izabela	167		K30-39	1			00:39:02	<b>01:20:34.11</b>	+00:14:39 (18.2%)	8:03	7.4 (81.3%)
16	LIPIŃSKA Katarzyna	161		K40-49	3			00:40:29	<b>01:23:13.70</b>	+00:17:19 (20.8%)	8:19	7.2 (79.1%)
17	FOLWARSKA Małgorzata	177	FACE NORDIC WALKING TEAM	K60-69	2			00:41:24	<b>01:23:40.85</b>	+00:17:46 (21.2%)	8:22	7.2 (79.1%)
18	MAŁYSZEWICZ Andrzej	178		M50-59	3			00:41:30	<b>01:23:57.43</b>	+00:18:02 (21.5%)	8:23	7.1 (78.0%)
19	MAŁYSZEWICZ Teresa	162		K50-59	2			00:42:19	<b>01:24:49.02</b>	+00:18:54 (22.3%)	8:28	7.1 (78.0%)
20	HNATCZAK Agnieszka	155		K40-49	4			00:43:32	<b>01:26:21.20</b>	+00:20:26 (23.7%)	8:38	6.9 (75.8%)
21	WĄTROBA Sebastian	171	VITADIET ŁÓDŹ	M40-49	4			00:42:50	<b>01:26:34.32</b>	+00:20:39 (23.9%)	8:39	6.9 (75.8%)
22	PRACKA Katarzyna	60	SERCE NORDICA WŁOCŁAWEK	K50-59	3			00:45:23	<b>01:30:30.96</b>	+00:24:36 (27.2%)	9:03	6.6 (72.5%)
23	KACPURA Joanna	156		K40-49	5			00:46:01	<b>01:32:01.88</b>	+00:26:07 (28.4%)	9:12	6.5 (71.4%)
24	KLEINSKID Marta	183		K40-49	6			00:45:51	<b>01:32:05.41</b>	+00:26:10 (28.4%)	9:12	6.5 (71.4%)
25	JÓŹWIAK Dominik	30	SERCE NORDICA WŁOCŁAWEK	M18-29	1			00:47:27	<b>01:34:05.12</b>	+00:28:10 (29.9%)	9:24	6.4 (70.3%)
26	KRUKOWSKA Magdalena	160	12 BZ	K30-39	2			00:47:09	<b>01:37:59.34</b>	+00:32:04 (32.7%)	9:47	6.1 (67.0%)
27	KRUKOWSKA Anna	159	SOŁTYS	K60-69	3			00:47:08	<b>01:37:59.54</b>	+00:32:04 (32.7%)	9:47	6.1 (67.0%)

Total 27 results.