



# BIAŁY-BÓR - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-05-26  
**Miejsce:** Biały Bór  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>RAJEWSKI Sebastian</b>	<b>63</b>	KS IDMAR RACING TEAM	M45-49	1			<b>00:30:48.79</b>		6:09	9.7 (100%)
2	<b>BRZOZOWSKI Piotr</b>	<b>108</b>	AKTYWNI POSTOMINO	M30-39	1			<b>00:30:49.75</b>	+00:00:00 (0.1%)	6:10	9.7 (100%)
3	<b>FRAĆKOWIAK Mateusz</b>	<b>20</b>	KS METRACO POLKOWICE	M-Jun.	1			<b>00:31:58.90</b>	+00:01:10 (3.7%)	6:23	9.4 (96.9%)
4	<b>KOP Wiesław</b>	<b>39</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M55-59	1			<b>00:32:14.92</b>	+00:01:26 (4.5%)	6:27	9.3 (95.9%)
5	<b>FRAĆKOWIAK Roman</b>	<b>19</b>	KS METRACO POLKOWICE	M50-54	1			<b>00:32:57.62</b>	+00:02:08 (6.5%)	6:35	9.1 (93.8%)
6	<b>MATUSZCZYK Sławomir</b>	<b>50</b>	SAILING TEAM FERAJNA PIŁA	M45-49	2			<b>00:33:29.54</b>	+00:02:40 (8.0%)	6:41	9 (92.8%)
7	<b>KUBIAK Jakub</b>	<b>95</b>	KS SOKÓŁ GAŚAWA	M-Jun.	2			<b>00:33:51.40</b>	+00:03:02 (9.0%)	6:46	8.9 (91.8%)
8	<b>ZIELIŃSKI Szczepan</b>	<b>94</b>	SERCE NORDICA WŁOCŁAWEK	M45-49	3			<b>00:34:00.80</b>	+00:03:12 (9.4%)	6:48	8.8 (90.7%)
9	<b>KACZMAREK Eugeniusz</b>	<b>32</b>		M70+	1			<b>00:34:45.84</b>	+00:03:57 (11.4%)	6:57	8.6 (88.7%)
10	<b>OKRZESIK-FRAĆKOWIAK Izabela</b>	<b>54</b>	KS METRACO POLKOWICE	K50-54	1			<b>00:35:04.93</b>	+00:04:16 (12.2%)	7:00	8.6 (88.7%)
11	<b>KOŁPAK Jan</b>	<b>37</b>	LKS ZANTYR SZTUM	M70+	2	1		<b>00:35:15.31</b>	+00:04:26 (12.6%)	7:03	8.5 (87.6%)
12	<b>GRYGOROWICZ Bogdan</b>	<b>23</b>	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			<b>00:35:32.41</b>	+00:04:43 (13.3%)	7:06	8.4 (86.6%)
13	<b>JÓŹWIAK Marianna</b>	<b>29</b>	SERCE NORDICA WŁOCŁAWEK	K45-49	1			<b>00:35:46.35</b>	+00:04:57 (13.9%)	7:09	8.4 (86.6%)
14	<b>PUSZKARSKA Małgorzata</b>	<b>62</b>	GOSADI NORDIC TEAM	K40-44	1			<b>00:35:56.74</b>	+00:05:07 (14.3%)	7:11	8.3 (85.6%)
15	<b>MROZICKI Andrzej</b>	<b>53</b>	SZCZECINECKI KLUB MORSÓW	M55-59	2			<b>00:36:01.50</b>	+00:05:12 (14.5%)	7:12	8.3 (85.6%)
16	<b>MALINOWSKA Monika</b>	<b>99</b>	LKS ZANTYR SZTUM	K30-39	1			<b>00:36:11.15</b>	+00:05:22 (14.8%)	7:14	8.3 (85.6%)
17	<b>BUCZKOWSKI Jerzy</b>	<b>7</b>	KS SOKÓŁ GAŚAWA	M65-69	1			<b>00:36:13.25</b>	+00:05:24 (14.9%)	7:14	8.3 (85.6%)
18	<b>DUDEK Edward</b>	<b>96</b>	KS METRACO POLKOWICE	M65-69	2	1		<b>00:36:25.51</b>	+00:05:36 (15.4%)	7:17	8.2 (84.5%)
19	<b>WEISTOCK Dagmara</b>	<b>84</b>		K30-39	2			<b>00:36:27.93</b>	+00:05:39 (15.5%)	7:17	8.2 (84.5%)
20	<b>SAMOJŁO Sławomir</b>	<b>64</b>		M55-59	3			<b>00:36:29.95</b>	+00:05:41 (15.6%)	7:18	8.2 (84.5%)
21	<b>WAGNER Łukasz</b>	<b>80</b>		M30-39	2			<b>00:36:32.88</b>	+00:05:44 (15.7%)	7:18	8.2 (84.5%)
22	<b>ZIELIŃSKA Jolanta</b>	<b>93</b>	GOSIR OSIELSKO	K55-59	1			<b>00:36:33.82</b>	+00:05:45 (15.7%)	7:18	8.2 (84.5%)
23	<b>STAŃCZAK Grażyna</b>	<b>69</b>	FACE NORDIC WALKING TEAM	K65-69	1			<b>00:36:38.42</b>	+00:05:49 (15.9%)	7:19	8.2 (84.5%)
24	<b>JURCZYSZYN Zyta</b>	<b>31</b>	CZAPELKI	K40-44	2			<b>00:36:42.79</b>	+00:05:54 (16.1%)	7:20	8.2 (84.5%)
25	<b>BERCZYŃSKI Henryk</b>	<b>4</b>	NADLEŚNICTWO OKONEK	M60-64	1			<b>00:36:48.01</b>	+00:05:59 (16.3%)	7:21	8.2 (84.5%)
26	<b>WOJTCZAK Urszula</b>	<b>87</b>	CZAPELKI	K40-44	3			<b>00:36:55.59</b>	+00:06:06 (16.6%)	7:23	8.1 (83.5%)
27	<b>SZYCKO Oliwia</b>	<b>77</b>		K-Dzieci	1			<b>00:36:56.80</b>	+00:06:08 (16.6%)	7:23	8.1 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>CIESIELSKI Krzysztof</b>	<b>9</b>	FAST WALKER	M60-64	2			<b>00:37:12.85</b>	+00:06:24 (17.2%)	7:26	8.1 (83.5%)
29	<b>SULECKA Gabriela</b>	<b>73</b>		K-Niepełnosprawni(A)	1			<b>00:37:21.49</b>	+00:06:32 (17.5%)	7:28	8 (82.5%)
30	<b>KŁOS Lidia</b>	<b>33</b>	SPORT I REKREACJA START (CHEŁMNO)	K45-49	2			<b>00:37:23.63</b>	+00:06:34 (17.6%)	7:28	8 (82.5%)
31	<b>STAŃCZAK Ryszard</b>	<b>70</b>	FACE NORDIC WALKING TEAM	M70+	3	1		<b>00:37:38.37</b>	+00:06:49 (18.1%)	7:31	8 (82.5%)
32	<b>KOCZOROWSKA Patrycja</b>	<b>35</b>	KS SOKÓŁ GAŚAWA	K-Jun.	1			<b>00:38:03.00</b>	+00:07:14 (19.0%)	7:36	7.9 (81.4%)
33	<b>ŻUCHLIŃSKI Bogdan</b>	<b>107</b>		M40-44	1			<b>00:38:07.03</b>	+00:07:18 (19.2%)	7:37	7.9 (81.4%)
34	<b>GRYGOROWICZ Teresa</b>	<b>22</b>	KS METRACO POLKOWICE	K65-69	2			<b>00:38:07.28</b>	+00:07:18 (19.2%)	7:37	7.9 (81.4%)
34	<b>SZYCKO Radosław</b>	<b>78</b>		M40-44	2			<b>00:38:07.28</b>	+00:07:18 (19.2%)	7:37	7.9 (81.4%)
36	<b>KRIGER Roman</b>	<b>46</b>	ROMKI	M55-59	4			<b>00:38:08.60</b>	+00:07:19 (19.2%)	7:37	7.9 (81.4%)
37	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>2</b>		M40-44	3	2		<b>00:38:16.53</b>	+00:07:27 (19.5%)	7:39	7.8 (80.4%)
38	<b>SOŁDECKA Anna</b>	<b>68</b>		K45-49	3			<b>00:38:26.10</b>	+00:07:37 (19.8%)	7:41	7.8 (80.4%)
39	<b>SUCHECKA Anna</b>	<b>72</b>		K45-49	4			<b>00:38:31.41</b>	+00:07:42 (20.0%)	7:42	7.8 (80.4%)
40	<b>PRACKI Zbigniew</b>	<b>61</b>	SERCE NORDICA WŁOCLAWEK	M50-54	2			<b>00:38:33.41</b>	+00:07:44 (20.1%)	7:42	7.8 (80.4%)
41	<b>KOCZOROWSKA Monika</b>	<b>34</b>	KS SOKÓŁ GAŚAWA	K30-39	3			<b>00:38:37.53</b>	+00:07:48 (20.2%)	7:43	7.8 (80.4%)
42	<b>DAROSZEWSKA Krystyna</b>	<b>10</b>	SERCE NORDICA WŁOCLAWEK	K60-64	1			<b>00:38:49.30</b>	+00:08:00 (20.6%)	7:45	7.7 (79.4%)
43	<b>JÓŻWIAK Łukasz</b>	<b>28</b>	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(A)	1			<b>00:38:58.29</b>	+00:08:09 (20.9%)	7:47	7.7 (79.4%)
44	<b>MARCINIAK Hanna</b>	<b>48</b>	SERCE NORDICA WŁOCLAWEK	K55-59	2			<b>00:39:14.12</b>	+00:08:25 (21.5%)	7:50	7.6 (78.4%)
45	<b>ANDRUSZKIEWICZ Paweł</b>	<b>1</b>		M40-44	4			<b>00:39:22.37</b>	+00:08:33 (21.7%)	7:52	7.6 (78.4%)
46	<b>BADZIĄG Waldemar</b>	<b>3</b>	ELITE TEAM	M50-54	3			<b>00:39:36.02</b>	+00:08:47 (22.2%)	7:55	7.6 (78.4%)
47	<b>MARTYNA Ewa</b>	<b>49</b>		K60-64	2			<b>00:39:39.52</b>	+00:08:50 (22.3%)	7:55	7.6 (78.4%)
48	<b>STAŚ Adrianna</b>	<b>109</b>		K18-29	1			<b>00:39:52.61</b>	+00:09:03 (22.7%)	7:58	7.5 (77.3%)
49	<b>SEROWSKA Monika</b>	<b>65</b>		K40-44	4			<b>00:40:07.38</b>	+00:09:18 (23.2%)	8:01	7.5 (77.3%)
50	<b>WYCISŁO Agata</b>	<b>92</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K18-29	2			<b>00:40:27.95</b>	+00:09:39 (23.9%)	8:05	7.4 (76.3%)
51	<b>KOWALIK Renata</b>	<b>44</b>		K45-49	5			<b>00:40:33.84</b>	+00:09:45 (24.0%)	8:06	7.4 (76.3%)
52	<b>DENESZEWSKA Elżbieta</b>	<b>13</b>		K30-39	4			<b>00:40:38.16</b>	+00:09:49 (24.2%)	8:07	7.4 (76.3%)
53	<b>KOWALSKA Katarzyna</b>	<b>45</b>		K30-39	5			<b>00:41:06.24</b>	+00:10:17 (25.0%)	8:13	7.3 (75.3%)
54	<b>KUBIAK Wojciech</b>	<b>166</b>	KS SOKÓŁ GAŚAWA	M55-59	5			<b>00:41:18.56</b>	+00:10:29 (25.4%)	8:15	7.3 (75.3%)
55	<b>DENESZEWSKA Halina</b>	<b>12</b>		K60-64	3			<b>00:41:37.09</b>	+00:10:48 (26.0%)	8:19	7.2 (74.2%)
56	<b>KOMOREK Irena</b>	<b>38</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K60-64	4			<b>00:41:45.04</b>	+00:10:56 (26.2%)	8:21	7.2 (74.2%)
57	<b>KOCZOROWSKI Kacper</b>	<b>36</b>	KS SOKÓŁ GAŚAWA	M-Dzieci	1			<b>00:41:47.88</b>	+00:10:59 (26.3%)	8:21	7.2 (74.2%)
58	<b>METKOWSKA Beata</b>	<b>51</b>		K50-54	2			<b>00:41:54.92</b>	+00:11:06 (26.5%)	8:23	7.2 (74.2%)
59	<b>OLEKSY Natalia</b>	<b>104</b>		K30-39	6			<b>00:41:55.18</b>	+00:11:06 (26.5%)	8:23	7.2 (74.2%)
60	<b>WALTER Monika</b>	<b>83</b>		K-Niepełnosprawni(B)	1			<b>00:43:03.05</b>	+00:12:14 (28.4%)	8:36	7 (72.2%)
61	<b>WAJDA Izabela</b>	<b>81</b>		K45-49	6			<b>00:43:05.41</b>	+00:12:16 (28.5%)	8:37	7 (72.2%)
62	<b>ŻUCHLIŃSKA Magdalena</b>	<b>105</b>		K40-44	5			<b>00:43:17.47</b>	+00:12:28 (28.8%)	8:39	6.9 (71.1%)
63	<b>DENESZEWSKI Jakub</b>	<b>15</b>		M-Dzieci	2			<b>00:43:37.50</b>	+00:12:48 (29.4%)	8:43	6.9 (71.1%)
64	<b>DENESZEWSKI Tomasz</b>	<b>14</b>		M30-39	3			<b>00:43:54.04</b>	+00:13:05 (29.8%)	8:46	6.8 (70.1%)
65	<b>SZOPIŃSKA Elżbieta</b>	<b>76</b>		K50-54	3			<b>00:44:26.82</b>	+00:13:38 (30.7%)	8:53	6.7 (69.1%)
66	<b>PAWLICZUK Teresa</b>	<b>57</b>		K60-64	5			<b>00:44:28.99</b>	+00:13:40 (30.7%)	8:53	6.7 (69.1%)
67	<b>MALINOWSKA Grażyna</b>	<b>98</b>	LKS ZANTYR SZTUM	K70+	1			<b>00:44:52.09</b>	+00:14:03 (31.3%)	8:58	6.7 (69.1%)
68	<b>CHILLA Maciej</b>	<b>8</b>		M-Niepełnosprawni(A)	2			<b>00:45:05.60</b>	+00:14:16 (31.7%)	9:01	6.7 (69.1%)
69	<b>WŁOCH-SKOCZYLAS Mariola</b>	<b>86</b>		K30-39	7			<b>00:45:29.15</b>	+00:14:40 (32.3%)	9:05	6.6 (68.0%)
70	<b>SUPROŃ Janina</b>	<b>74</b>		K65-69	3	2		<b>00:45:35.18</b>	+00:14:46 (32.4%)	9:07	6.6 (68.0%)
71	<b>HINEBORG Bogumiła</b>	<b>24</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	4			<b>00:45:35.77</b>	+00:14:46 (32.4%)	9:07	6.6 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>AMBRYSEWSKA Agnieszka</b>	<b>103</b>		K30-39	8			<b>00:47:06.79</b>	+00:16:17 (34.6%)	9:25	6.4 (66.0%)
73	<b>OGONOWSKA Edyta</b>	<b>100</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	3			<b>00:47:18.56</b>	+00:16:29 (34.9%)	9:27	6.3 (64.9%)
74	<b>SUSIAK Ewelina</b>	<b>75</b>	NORDIC WALKING LUBASZ	K30-39	9			<b>00:47:23.83</b>	+00:16:35 (35.0%)	9:28	6.3 (64.9%)
75	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>56</b>	FACE NORDIC WALKING TEAM	K70+	2			<b>00:47:38.14</b>	+00:16:49 (35.3%)	9:31	6.3 (64.9%)
76	<b>SOBCZAK-BRUSKA Justyna</b>	<b>67</b>		K30-39	10			<b>00:47:38.16</b>	+00:16:49 (35.3%)	9:31	6.3 (64.9%)
77	<b>KULCZYCKI Jan</b>	<b>47</b>		M65-69	3			<b>00:47:48.15</b>	+00:16:59 (35.5%)	9:33	6.3 (64.9%)
78	<b>GROBELNA Jadwiga</b>	<b>21</b>	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			<b>00:47:50.13</b>	+00:17:01 (35.6%)	9:34	6.3 (64.9%)
79	<b>KORDOWSKA Renata</b>	<b>40</b>		K30-39	11			<b>00:48:42.87</b>	+00:17:54 (36.7%)	9:44	6.2 (63.9%)
80	<b>WOLAŃSKI Marcin</b>	<b>88</b>		M-Niepełnosprawni(B)	2			<b>00:48:55.72</b>	+00:18:06 (37.0%)	9:47	6.1 (62.9%)
81	<b>SOWISŁO Maria</b>	<b>101</b>		K40-44	6			<b>00:49:34.36</b>	+00:18:45 (37.8%)	9:54	6.1 (62.9%)
82	<b>WYCISŁO Romuald</b>	<b>91</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Niepełnosprawni(B)	3			<b>00:50:30.53</b>	+00:19:41 (39.0%)	10:06	5.9 (60.8%)
83	<b>STAŚ Halina</b>	<b>71</b>		K45-49	7			<b>00:50:48.83</b>	+00:20:00 (39.4%)	10:09	5.9 (60.8%)
84	<b>KWIATKOWSKA Katarzyna</b>	<b>102</b>		K18-29	3	1		<b>00:51:16.48</b>	+00:20:27 (39.9%)	10:15	5.8 (59.8%)
85	<b>PLUTA Bożena</b>	<b>59</b>		K-Niepełnosprawni(B)	3			<b>00:52:03.44</b>	+00:21:14 (40.8%)	10:24	5.8 (59.8%)
86	<b>DROP Mieczysław</b>	<b>16</b>	KS SOKÓŁ GAŚAWA	M70+	4			<b>00:54:39.06</b>	+00:23:50 (43.6%)	10:56	5.5 (56.7%)
87	<b>FIURST Marcin</b>	<b>17</b>		M40-44	5			<b>00:54:54.22</b>	+00:24:05 (43.9%)	10:58	5.5 (56.7%)
88	<b>FIURST Piotr</b>	<b>18</b>	TUPTAJĄCE HIPCIE	M-Dzieci	3			<b>00:54:56.20</b>	+00:24:07 (43.9%)	10:59	5.5 (56.7%)
89	<b>WŁOCH-BIELSKA Beata</b>	<b>85</b>		K30-39	12			<b>00:55:25.38</b>	+00:24:36 (44.4%)	11:05	5.4 (55.7%)
90	<b>FIURST-STECENKO Irena</b>	<b>106</b>	TUPTAJĄCE HIPCIE	K30-39	13			<b>00:55:25.55</b>	+00:24:36 (44.4%)	11:05	5.4 (55.7%)
91	<b>MIKOŁAJEWSKI Paweł</b>	<b>52</b>		M40-44	6			<b>00:55:28.76</b>	+00:24:39 (44.5%)	11:05	5.4 (55.7%)
92	<b>BOLEWICZ Urszula</b>	<b>5</b>	STOWARZYSZENIE FILAR	K30-39	14			<b>01:07:23.76</b>	+00:36:34 (54.3%)	13:28	4.5 (46.4%)
93	<b>WÓJCICKA Anna</b>	<b>90</b>		K-Niepełnosprawni(A)	2			<b>01:09:22.34</b>	+00:38:33 (55.6%)	13:52	4.3 (44.3%)
94	<b>KOWALCZYK Piotr</b>	<b>43</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M50-54	4			<b>01:10:06.00</b>	+00:39:17 (56.0%)	14:01	4.3 (44.3%)

Znaleziono 94 wynik(ów)