

HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Hajnówka
Data: 2019-09-14
Miejsce: Hajnówka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŹMICZ Adam	545	NWPL/POLIPACK TEAM GWE	M30-39	1			00:31:34	01:03:52.27		6:23	9.4 (100%)
2	HELWICH Stefan	525	KS METRACO POLKOWICE	M60-69	1			00:31:42	01:04:20.00	+00:00:27 (0.7%)	6:26	9.3 (98.9%)
3	MACKIEWICZ Dariusz	547	AKTYWNY KODEŃ	M40-49	1			00:32:05	01:04:47.69	+00:00:55 (1.4%)	6:28	9.3 (98.9%)
4	SIWAK Piotr	599	KS METRACO POLKOWICE	M50-59	1			00:32:18	01:05:20.62	+00:01:28 (2.3%)	6:32	9.2 (97.9%)
5	JUREK Adam	598	KS METRACO POLKOWICE	M50-59	2			00:32:20	01:05:21.35	+00:01:29 (2.3%)	6:32	9.2 (97.9%)
6	WOJTASIŃSKI Daniel	589	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:33:06	01:06:15.93	+00:02:23 (3.6%)	6:37	9.1 (96.8%)
7	KUBISZYN Małgorzata	542	KS METRACO POLKOWICE	K30-39	1			00:33:23	01:07:27.47	+00:03:35 (5.3%)	6:44	8.9 (94.7%)
8	WEŹOWICZ Ewa	584	STADION ŚLĄSKI	K40-49	1			00:34:15	01:08:03.65	+00:04:11 (6.2%)	6:48	8.8 (93.6%)
9	KUŚMIEREK Jan	544	BŁĘKITNI NW DZIEMIANY	M40-49	3	1		00:33:52	01:08:19.37	+00:04:27 (6.5%)	6:49	8.8 (93.6%)
10	KLIMCZAK Adam	533	GOSADI NORDIC TEAM	M50-59	3			00:33:32	01:08:22.62	+00:04:30 (6.6%)	6:50	8.8 (93.6%)
11	SANIUK Edward	567	FACE NORDIC WALKING TEAM	M70+	1			00:34:33	01:09:07.58	+00:05:15 (7.6%)	6:54	8.7 (92.6%)
12	JĘDRASIAK Renata	528	KS METRACO POLKOWICE	K50-59	1			00:34:14	01:09:22.35	+00:05:30 (7.9%)	6:56	8.6 (91.5%)
13	KOZAKOWSKA Małgorzata	730	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	2			00:35:04	01:10:08.52	+00:06:16 (8.9%)	7:00	8.6 (91.5%)
14	ADAMCZYK Adam	501	PASJA NORDIC WALKING	M70+	2			00:35:26	01:10:26.78	+00:06:34 (9.3%)	7:02	8.5 (90.4%)

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15	ŚWISŁOCKI Bogdan	575	FACE NORDIC WALKING TEAM	M50-59	4	1		00:34:55	01:10:32.98	+00:06:40 (9.5%)	7:03	8.5 (90.4%)
16	GODZIŃSKI Paweł	519	BAŻANT NW ELBLĄG	M40-49	4			00:34:57	01:10:45.78	+00:06:53 (9.7%)	7:04	8.5 (90.4%)
17	OSTROCHALSKA Aleksandra	554	POLIPACK TEAM GWE	K40-49	3			00:35:14	01:11:01.33	+00:07:09 (10.1%)	7:06	8.4 (89.4%)
18	NETKOWSKI Wojciech	551	PASJA NORDIC WALKING	M60-69	2			00:35:26	01:11:15.19	+00:07:22 (10.4%)	7:07	8.4 (89.4%)
19	HRYCIUK Waldemar	526	TKKF KRZNA BIAŁA PODLASKA	M60-69	3	1		00:35:27	01:11:17.02	+00:07:24 (10.4%)	7:07	8.4 (89.4%)
20	RAJEK Magdalena	562	NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:35:57	01:12:00.85	+00:08:08 (11.3%)	7:12	8.3 (88.3%)
21	KOSECKI Marek	539	FORMA NA PIĄTKĘ NW	M50-59	5			00:35:33	01:12:02.33	+00:08:10 (11.3%)	7:12	8.3 (88.3%)
22	KOŃCZEWSKA Bożena	537	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	2			00:36:14	01:12:30.82	+00:08:38 (11.9%)	7:15	8.3 (88.3%)
23	WEINER Jakub	595	CKZIU NYSA MECHANIK	M18-29	1			00:36:52	01:12:41.76	+00:08:49 (12.1%)	7:16	8.3 (88.3%)
24	SZCZĘSNIAK Zbigniew	577	NORDIC TEAM CZĘSTOCHOWA	M50-59	6			00:36:02	01:12:58.52	+00:09:06 (12.5%)	7:17	8.2 (87.2%)
25	GAJEWSKI Tomasz	517		M40-49	5	2		00:35:37	01:13:05.38	+00:09:13 (12.6%)	7:18	8.2 (87.2%)
26	RASZEWSKA Izabela	563	FORMA NA PIĄTKĘ NW	K40-49	5			00:36:02	01:13:13.46	+00:09:21 (12.8%)	7:19	8.2 (87.2%)
27	DOLBAK Igor	781	NORDIC BREST	M40-49	6			00:37:04	01:13:19.52	+00:09:27 (12.9%)	7:20	8.2 (87.2%)
28	KACZMAREK Maja	530	POLIPACK TEAM GWE	K30-39	2			00:37:00	01:14:01.32	+00:10:09 (13.7%)	7:24	8.1 (86.2%)
29	WOJDANOWSKA Małgorzata	587	LECYMY DURŚ	K30-39	3			00:37:13	01:14:03.49	+00:10:11 (13.8%)	7:24	8.1 (86.2%)
30	MUSIATOWICZ Aleksandra	727	PASJA NORDIC WALKING	K40-49	6			00:36:42	01:14:13.91	+00:10:21 (14.0%)	7:25	8.1 (86.2%)
31	OCYSEK Zygmunt	290	STADION ŚLĄSKI	M70+	3			00:37:50	01:14:27.95	+00:10:35 (14.2%)	7:26	8.1 (86.2%)
32	CZAJKA Urszula	510	FACE NORDIC WALKING TEAM	K60-69	1			00:36:25	01:14:28.92	+00:10:36 (14.2%)	7:26	8.1 (86.2%)
33	POSIM Dariusz	560	WATAHA	M50-59	7			00:36:40	01:14:36.46	+00:10:44 (14.4%)	7:27	8 (85.1%)
34	HRYNDIO Jerzy	527	STADION ŚLĄSKI	M60-69	4			00:37:05	01:15:01.24	+00:11:08 (14.9%)	7:30	8 (85.1%)
35	KORYCKA Mariola	538	FORMA NA PIĄTKĘ NW	K30-39	4			00:37:26	01:15:20.59	+00:11:28 (15.2%)	7:32	8 (85.1%)
36	KURZAWSKA Jolanta	543	KS METRACO POLKOWICE	K70+	1			00:37:38	01:15:25.21	+00:11:32 (15.3%)	7:32	8 (85.1%)
37	STAWNIAK Karol	570	KS METRACO POLKOWICE	M70+	4			00:37:29	01:15:28.70	+00:11:36 (15.4%)	7:32	7.9 (84.0%)

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38	PIETRZCHAŁA Aleksandra	663	NW FORMA NA PIĄTKĘ	K40-49	7			00:37:54	01:16:07.08	+00:12:14 (16.1%)	7:36	7.9 (84.0%)
39	GWAREK Anita	521	PASJA NORDIC WALKING	K40-49	8			00:37:53	01:16:09.11	+00:12:16 (16.1%)	7:36	7.9 (84.0%)
40	ŚLUSARCZYK Andrzej	574	WESOŁY BORSUK TEAM	M60-69	5			00:37:48	01:16:23.80	+00:12:31 (16.4%)	7:38	7.9 (84.0%)
41	MAZURCZAK Grażyna	548	NOWI SIEDLCE	K40-49	9			00:38:06	01:16:38.09	+00:12:45 (16.7%)	7:39	7.8 (83.0%)
42	MAZURCZAK Jakub	549	NOWI SIEDLCE	M40-49	7			00:38:02	01:16:44.90	+00:12:52 (16.8%)	7:40	7.8 (83.0%)
43	CHMIELEWSKI Antoni	505	FUNDACJA W TE PĘDY MIĘDZYRZEC PODL.	M70+	5			00:38:00	01:17:10.31	+00:13:18 (17.2%)	7:43	7.8 (83.0%)
44	CONTUCCI Ewa	509	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:38:41	01:17:24.90	+00:13:32 (17.5%)	7:44	7.8 (83.0%)
45	PONKA Radosław	559	POLIPACK TEAM GWE	M40-49	8			00:38:46	01:17:31.92	+00:13:39 (17.6%)	7:45	7.7 (81.9%)
46	CZEMPIK Kornelia	512	STADION ŚLĄSKI	K50-59	3			00:37:56	01:17:32.81	+00:13:40 (17.6%)	7:45	7.7 (81.9%)
47	BORKOWSK Ewelina	637	NOWI SIEDLCE	K18-29	1			00:38:46	01:17:35.46	+00:13:43 (17.7%)	7:45	7.7 (81.9%)
48	ZACHARCZUK Zofia	590	NOWI SIEDLCE/NW WSCHÓD	K60-69	2			00:38:24	01:17:44.53	+00:13:52 (17.8%)	7:46	7.7 (81.9%)
49	CHYRA Janusz	507	UNIA MIAST	M40-49	9			00:38:54	01:18:04.06	+00:14:11 (18.2%)	7:48	7.7 (81.9%)
50	PIETRZYK Jarosław	649	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:40:05	01:19:15.53	+00:15:23 (19.4%)	7:55	7.6 (80.9%)
51	STANKOWSKA Marzena	597	KIJKOWE TRZEMESZNO	K40-49	11			00:39:30	01:19:35.18	+00:15:42 (19.7%)	7:57	7.5 (79.8%)
52	PINIS Michał	557	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:40:10	01:19:37.65	+00:15:45 (19.8%)	7:57	7.5 (79.8%)
53	SĘDZIK Katarzyna	568	LECYMY DURŚ	K40-49	12			00:39:32	01:19:44.49	+00:15:52 (19.9%)	7:58	7.5 (79.8%)
54	BERSZTOLC Agnieszka	797	NOWI SIEDLCE	K50-59	4			00:38:43	01:19:55.97	+00:16:03 (20.1%)	7:59	7.5 (79.8%)
55	WEGIERA Grzegorz	583	ROXKIJE ROKIETNICA	M40-49	10			00:39:03	01:19:56.34	+00:16:04 (20.1%)	7:59	7.5 (79.8%)
56	CIESIELSKA Renata	508	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13			00:39:52	01:19:57.74	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
57	CZEMPIK Aniela	511	STADION ŚLĄSKI	K60-69	3			00:40:38	01:20:07.89	+00:16:15 (20.3%)	8:00	7.5 (79.8%)
58	JURCZYŃSKA Bożena	529	NORDIC TEAM CZĘSTOCHOWA	K60-69	4			00:39:45	01:20:18.09	+00:16:25 (20.5%)	8:01	7.5 (79.8%)
59	PALUCH Paweł	556	AVOCADO WELLNESS CLUB	M50-59	8			00:40:05	01:20:22.10	+00:16:29 (20.5%)	8:02	7.5 (79.8%)
60	TURZYŃSKA-STOPA Maria	579	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:40:11	01:20:54.45	+00:17:02 (21.1%)	8:05	7.4 (78.7%)

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61	WNEK Ewa	586	DOIIB	K60-69	6			00:39:24	01:21:05.17	+00:17:12 (21.2%)	8:06	7.4 (78.7%)
62	FORYŚ Katarzyna	514	WATAHA	K30-39	5			00:40:16	01:21:14.60	+00:17:22 (21.4%)	8:07	7.4 (78.7%)
63	SZCZĘSNA Małgorzata	572		K50-59	5			00:40:11	01:21:16.81	+00:17:24 (21.4%)	8:07	7.4 (78.7%)
64	RYDZEWSKI Agnieszka	564		K40-49	14			00:40:31	01:21:17.68	+00:17:25 (21.4%)	8:07	7.4 (78.7%)
65	KISIEL Aneta	531		K40-49	15			00:40:32	01:21:32.12	+00:17:39 (21.7%)	8:09	7.4 (78.7%)
66	KIDAWA Bożena	518	SANTANDER CONSUMER BANK	K60-69	7			00:40:30	01:21:57.11	+00:18:04 (22.1%)	8:11	7.3 (77.7%)
67	POHL Anna	596	CKZIU NYSA MECHANIK	K50-59	6			00:40:35	01:22:06.15	+00:18:13 (22.2%)	8:12	7.3 (77.7%)
68	WYSOCKA Bernadeta	594	BŁĘKITNI NW DZIEMIANY	K40-49	16			00:40:33	01:22:18.19	+00:18:25 (22.4%)	8:13	7.3 (77.7%)
69	ŻBIKOWSKI Ryszard	593	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	6			00:40:22	01:22:24.68	+00:18:32 (22.5%)	8:14	7.3 (77.7%)
70	NIKITIUK Anna	665		K30-39	6			00:40:59	01:22:50.41	+00:18:58 (22.9%)	8:17	7.2 (76.6%)
71	FRYDRYCH Krzysztof	516	WESOŁY BORSUK TEAM	M40-49	11			00:41:16	01:23:01.64	+00:19:09 (23.1%)	8:18	7.2 (76.6%)
72	WĄTROBA Sebastian	582	VITADIET ŁÓDŹ	M40-49	12			00:41:38	01:23:16.50	+00:19:24 (23.3%)	8:19	7.2 (76.6%)
73	OMARSKA Grażyna	552	PASJA NORDIC WALKING	K60-69	8			00:41:34	01:23:21.56	+00:19:29 (23.4%)	8:20	7.2 (76.6%)
74	GROMNICKI Mirosław	520		M30-39	4			00:41:20	01:23:24.07	+00:19:31 (23.4%)	8:20	7.2 (76.6%)
75	KONSTANCIAK Piotr	536	SANTANDER CONSUMER BANK	M40-49	13			00:41:39	01:23:30.80	+00:19:38 (23.5%)	8:21	7.2 (76.6%)
76	KIDAWA Danuta	600	SANTANDER CONSUMER BANK	K40-49	17			00:41:05	01:23:32.81	+00:19:40 (23.6%)	8:21	7.2 (76.6%)
77	KOSTUJ Marcin	664	AZS SUM	M18-29	2			00:43:01	01:24:09.49	+00:20:17 (24.1%)	8:24	7.1 (75.5%)
78	SACHA Krzysztof	565	AZS SUM	M18-29	3			00:43:03	01:24:12.37	+00:20:20 (24.1%)	8:25	7.1 (75.5%)
79	KISZKA-MAZIARCZUK Berenika	532	LECYMY DURŚ	K30-39	7			00:42:19	01:24:54.61	+00:21:02 (24.8%)	8:29	7.1 (75.5%)
80	KIDAWA Marian	741	SANTANDER CONSUMER BANK	M60-69	7			00:41:36	01:26:28.66	+00:22:36 (26.1%)	8:38	6.9 (73.4%)
81	HAJDUK Katarzyna	522	POWIAT HAJNOWSKI	K30-39	8			00:43:56	01:26:42.15	+00:22:49 (26.3%)	8:40	6.9 (73.4%)
82	SZELIGA Justyna	573	LIDER GRODZISK MAZOWIECKI	K40-49	18			00:43:36	01:26:50.86	+00:22:58 (26.5%)	8:41	6.9 (73.4%)
83	WALESIUK Elżbieta	758		K40-49	19			00:43:55	01:27:32.14	+00:23:39 (27.0%)	8:45	6.9 (73.4%)

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84	KOŚCIUCZUK Agnieszka	540		K40-49	20			00:43:56	01:28:31.13	+00:24:38 (27.8%)	8:51	6.8 (72.3%)
85	FRAĆZEK Luiza	515		K40-49	21			00:44:00	01:28:31.88	+00:24:39 (27.9%)	8:51	6.8 (72.3%)
86	DROZD Krystyna	513	CIDRY LOTAJOM	K50-59	7			00:44:30	01:28:34.33	+00:24:42 (27.9%)	8:51	6.8 (72.3%)
87	POSIM Bogumiła	561	WATAHA	K50-59	8			00:44:13	01:28:52.09	+00:24:59 (28.1%)	8:53	6.8 (72.3%)
88	MACIŃSKA Estera	546	LECYMY DURŚ	K18-29	2			00:42:26	01:29:01.89	+00:25:09 (28.3%)	8:54	6.7 (71.3%)
89	BURA Renata	504	POWIAT HAJNOWSKI	K40-49	22			00:44:43	01:30:05.15	+00:26:12 (29.1%)	9:00	6.7 (71.3%)
90	SIWCZYK Grażyna	569	LECYMY DURŚ	K60-69	9			00:45:15	01:30:09.44	+00:26:17 (29.2%)	9:01	6.7 (71.3%)
91	BRUSZEWSKA Barbara	503		K40-49	23			00:44:54	01:30:21.86	+00:26:29 (29.3%)	9:02	6.6 (70.2%)
92	BONDARUK Urszula	731		K30-39	9			00:45:27	01:30:48.75	+00:26:56 (29.7%)	9:04	6.6 (70.2%)
93	NOWICZ Mariusz	632	CIDRY LOTAJOM	M18-29	4			00:46:01	01:32:39.97	+00:28:47 (31.1%)	9:16	6.5 (69.1%)
94	ZIĘBA Julia	591	STADION ŚLĄSKI	K70+	2			00:46:33	01:32:40.09	+00:28:47 (31.1%)	9:16	6.5 (69.1%)
95	OWCZAREK Henryka	555	MARSZ PO ZDROWIE	K70+	3			00:46:36	01:32:40.71	+00:28:48 (31.1%)	9:16	6.5 (69.1%)
96	MACIEJCZUK Marta	669		K40-49	24			00:45:12	01:33:00.66	+00:29:08 (31.3%)	9:18	6.5 (69.1%)
97	WŁOCHOWICZ Olga	585	LECYMY DURŚ	K30-39	10			00:46:04	01:33:07.73	+00:29:15 (31.4%)	9:18	6.4 (68.1%)
98	OSIELSKA-FAFARA Justyna	553	TKKF KRZNA BIAŁA PODLASKA	K40-49	25			00:46:48	01:33:50.72	+00:29:58 (31.9%)	9:23	6.4 (68.1%)
99	THOMALLA Bogdan	576	STADION ŚLĄSKI	M70+	6			00:46:18	01:36:09.76	+00:32:17 (33.6%)	9:37	6.2 (66.0%)
100	BACDORF Alicja	502	LIDER GRODZISK MAZOWIECKI	K60-69	10			00:47:44	01:37:32.39	+00:33:40 (34.5%)	9:45	6.2 (66.0%)
101	URBANOWICZ Beata	580	SANTANDER CONSUMER BANK	K40-49	26			00:49:31	01:39:24.60	+00:35:32 (35.7%)	9:56	6 (63.8%)
102	TUPIEKA Urszula	578	SANTANDER CONSUMER BANK	K30-39	11			00:50:15	01:40:07.76	+00:36:15 (36.2%)	10:00	6 (63.8%)
103	JÓŹWIAK Dominik	156	SERCE NORDICA WŁOCLĄWEK	M18-29	5			00:50:24	01:42:14.69	+00:38:22 (37.5%)	10:13	5.9 (62.8%)

Znaleziono 103 wynik(ów)