

# III MISTRZOSTWA KASZUB W NORDIC WALKING - 5KM

B4SPORT

**Wydarzenie:** III Mistrzostwa Kaszub w Nordic Walking  
**Organizator:** Stowarzyszenie Lokalna Grupa Działania LGD Stołem  
**Data:** 2017-10-07  
**Miejsce:** Grabówko (Gmina Nowa Karczma)  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żółte	Czerw	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>RAJEWSKI Sebastian</b>	<b>30</b>		M-40	1			<b>00:29:54.20</b>		5:58	10 (100%)
2	<b>WIŚNIEWSKI Maciej</b>	<b>40</b>	GRUPA MALBORK	M-40	2			<b>00:32:20.85</b>	+00:02:26 (7.6%)	6:28	9.3 (93.0%)
3	<b>GIERSZEWSKI Arkadiusz</b>	<b>51</b>		M-30	1			<b>00:32:54.10</b>	+00:02:59 (9.1%)	6:34	9.1 (91.0%)
4	<b>ŚWISŁOCKI Bogdan</b>	<b>35</b>	FACE NORDIC WALKING TEAM	M-50	1			<b>00:33:09.15</b>	+00:03:14 (9.8%)	6:37	9 (90.0%)
5	<b>JANECKI Dariusz</b>	<b>8</b>		M-50	2			<b>00:34:22.50</b>	+00:04:28 (13.0%)	6:52	8.7 (87.0%)
6	<b>KUŚMIEREK Mateusz</b>	<b>20</b>	BŁĘKITNI NW DZIEMIANY	M-jun	1			<b>00:34:24.60</b>	+00:04:30 (13.1%)	6:53	8.7 (87.0%)
7	<b>STOLTMANN Helena</b>	<b>32</b>	BŁĘKITNI NW DZIEMIANY	K-50	1			<b>00:35:24.55</b>	+00:05:30 (15.5%)	7:05	8.5 (85.0%)
8	<b>RAKOWIECKI Zbigniew</b>	<b>58</b>		M-50	3			<b>00:35:29.90</b>	+00:05:35 (15.8%)	7:06	8.5 (85.0%)
9	<b>WAWRZYNIAK Anna</b>	<b>36</b>	FACE NORDIC WALKING TEAM	K-40	1			<b>00:35:35.60</b>	+00:05:41 (16.0%)	7:07	8.4 (84.0%)
10	<b>DOLNA Ewelina</b>	<b>5</b>	KSK KOŁCZYGŁOWY	K-30	1			<b>00:35:54.75</b>	+00:06:00 (16.7%)	7:11	8.4 (84.0%)
11	<b>KOP Wiesław</b>	<b>13</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-50	4			<b>00:36:11.30</b>	+00:06:17 (17.4%)	7:14	8.3 (83.0%)
12	<b>STOLC Anna</b>	<b>48</b>		K-18	1			<b>00:36:12.15</b>	+00:06:17 (17.4%)	7:14	8.3 (83.0%)
13	<b>JANECKA Agnieszka</b>	<b>7</b>		K-40	2			<b>00:36:21.65</b>	+00:06:27 (17.8%)	7:16	8.3 (83.0%)
14	<b>WIADERSKI Wojciech</b>	<b>39</b>		M-60+	1			<b>00:36:38.25</b>	+00:06:44 (18.4%)	7:19	8.2 (82.0%)
15	<b>DARGAS Sandra</b>	<b>3</b>	BŁĘKITNI NW DZIEMIANY	K-dzieci	1			<b>00:36:38.40</b>	+00:06:44 (18.4%)	7:19	8.2 (82.0%)
16	<b>STOLC Michalina</b>	<b>47</b>		K-30	2			<b>00:36:49.35</b>	+00:06:55 (18.8%)	7:22	8.1 (81.0%)
17	<b>KŁOSKA Kazimierz</b>	<b>12</b>		M-60+	2			<b>00:37:02.20</b>	+00:07:08 (19.3%)	7:24	8.1 (81.0%)
18	<b>KUSIAK Włodzimierz</b>	<b>18</b>		M-60+	3			<b>00:37:03.05</b>	+00:07:08 (19.3%)	7:24	8.1 (81.0%)
19	<b>MALKIEWICZ Małgorzata</b>	<b>22</b>	ŻYJ AKTYWNIE	K-50	2			<b>00:37:07.40</b>	+00:07:13 (19.4%)	7:25	8.1 (81.0%)
20	<b>ZBLEWSKA Anna</b>	<b>44</b>		K-30	3			<b>00:37:09.65</b>	+00:07:15 (19.5%)	7:26	8.1 (81.0%)
21	<b>JASOŃ Grażyna</b>	<b>9</b>	DYNAMIC	K-50	3			<b>00:37:24.75</b>	+00:07:30 (20.1%)	7:29	8 (80.0%)
22	<b>GIERSZEWSKA Magdalena</b>	<b>6</b>	ŻYJ AKTYWNIE	K-40	3			<b>00:37:37.80</b>	+00:07:43 (20.5%)	7:31	8 (80.0%)
23	<b>OLECH Marcin</b>	<b>25</b>	CHODZE Z KIJAMI ELITE TEAM	M-40	3			<b>00:37:40.20</b>	+00:07:46 (20.6%)	7:32	8 (80.0%)
24	<b>OLECH Mateusz</b>	<b>57</b>		M-dzieci	1			<b>00:37:56.35</b>	+00:08:02 (21.2%)	7:35	7.9 (79.0%)
25	<b>JEZERSKI Adam</b>	<b>11</b>	DWA KIJE BEZ NART	M-40	4			<b>00:38:01.65</b>	+00:08:07 (21.4%)	7:36	7.9 (79.0%)
26	<b>WAWRZYNIAK Igor</b>	<b>37</b>	FACE NORDIC WALKING TEAM	M-dzieci	2			<b>00:38:08.15</b>	+00:08:13 (21.6%)	7:37	7.9 (79.0%)
27	<b>PANKIEWICZ Bartosz</b>	<b>54</b>		M-dzieci	3			<b>00:38:31.10</b>	+00:08:36 (22.4%)	7:42	7.8 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żółte	Czerw	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>WROŃSKA Wiesława</b>	<b>41</b>	BŁĘKITNI NW DZIEMIANY	K-40	4			<b>00:38:50.70</b>	+00:08:56 (23.0%)	7:46	7.7 (77.0%)
29	<b>OKRASZEWSKI Tomasz</b>	<b>56</b>		M-dzieci	4			<b>00:39:25.50</b>	+00:09:31 (24.2%)	7:53	7.6 (76.0%)
30	<b>ZERMEK Jarosław</b>	<b>46</b>		M-50	5			<b>00:39:47.90</b>	+00:09:53 (24.9%)	7:57	7.5 (75.0%)
31	<b>STACHYRA Alfred</b>	<b>31</b>	BŁĘKITNI NW DZIEMIANY	M-60+	4			<b>00:39:55.30</b>	+00:10:01 (25.1%)	7:59	7.5 (75.0%)
32	<b>ZIENTKIEWICZ Witold</b>	<b>45</b>	DRUŻYNA SŁONECZNEGO PORANKA	M-40	5			<b>00:39:56.05</b>	+00:10:01 (25.1%)	7:59	7.5 (75.0%)
33	<b>RAJEWSKA Beata</b>	<b>29</b>		K-40	5			<b>00:40:03.20</b>	+00:10:09 (25.3%)	8:00	7.5 (75.0%)
34	<b>ZARZYCKI Mariusz</b>	<b>43</b>	SPOŁECZNOŚĆ ROWERZYSTÓW	M-50	6			<b>00:40:22.80</b>	+00:10:28 (25.9%)	8:04	7.4 (74.0%)
35	<b>KOSTENCKA Aga</b>	<b>4</b>	DRUŻYNA SŁONECZNEGO PORANKA	K-40	6			<b>00:40:25.00</b>	+00:10:30 (26.0%)	8:05	7.4 (74.0%)
36	<b>BRUSKA Mariola</b>	<b>1</b>	BŁĘKITNI NW DZIEMIANY	K-50	4			<b>00:40:35.85</b>	+00:10:41 (26.3%)	8:07	7.4 (74.0%)
37	<b>CYRA Grażyna</b>	<b>2</b>		K-60+	1			<b>00:40:38.85</b>	+00:10:44 (26.4%)	8:07	7.4 (74.0%)
38	<b>KOSMOWSKA Barbara</b>	<b>14</b>		K-50	5			<b>00:40:39.45</b>	+00:10:45 (26.5%)	8:07	7.4 (74.0%)
39	<b>PIASKOWSKA Aneta</b>	<b>50</b>		K-30	4			<b>00:40:49.10</b>	+00:10:54 (26.7%)	8:09	7.3 (73.0%)
40	<b>MIGIEL Andżelika</b>	<b>55</b>		K-30	5			<b>00:40:49.90</b>	+00:10:55 (26.8%)	8:10	7.3 (73.0%)
41	<b>KUCHLIN Jakub</b>	<b>49</b>		M-dzieci	5			<b>00:40:57.20</b>	+00:11:03 (27.0%)	8:11	7.3 (73.0%)
42	<b>KULCZYCKI Jan</b>	<b>17</b>		M-60+	5			<b>00:42:05.55</b>	+00:12:11 (29.0%)	8:25	7.1 (71.0%)
43	<b>WYCISŁO Romuald</b>	<b>42</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-50	7			<b>00:42:34.45</b>	+00:12:40 (29.8%)	8:30	7 (70.0%)
44	<b>PANKIEWICZ-DMOWSKA Cecylia</b>	<b>26</b>		K-60+	2			<b>00:43:37.45</b>	+00:13:43 (31.5%)	8:43	6.9 (69.0%)
45	<b>KOŁODZIEJ Magdalena</b>	<b>53</b>		K-40	7			<b>00:43:40.00</b>	+00:13:45 (31.5%)	8:44	6.9 (69.0%)
46	<b>EBERTOWSKA Ewa</b>	<b>52</b>		K-40	8			<b>00:43:40.15</b>	+00:13:45 (31.5%)	8:44	6.9 (69.0%)
47	<b>KOWALCZUK Maria</b>	<b>15</b>		K-40	9			<b>00:43:41.20</b>	+00:13:47 (31.6%)	8:44	6.9 (69.0%)
48	<b>KUSIAK Maria</b>	<b>19</b>		K-60+	3			<b>00:43:50.10</b>	+00:13:55 (31.8%)	8:46	6.8 (68.0%)
49	<b>PRZYPOLSKA Anna</b>	<b>28</b>	KIJOWE SIOSTRY	K-30	6			<b>00:44:05.70</b>	+00:14:11 (32.2%)	8:49	6.8 (68.0%)
50	<b>KOWALCZUK Aleksandra</b>	<b>16</b>		K-dzieci	2			<b>00:44:19.00</b>	+00:14:24 (32.5%)	8:51	6.8 (68.0%)
51	<b>WIADERSKA Grażyna</b>	<b>38</b>		K-60+	4			<b>00:44:27.70</b>	+00:14:33 (32.7%)	8:53	6.7 (67.0%)
52	<b>JEZIERSKA Jolanta</b>	<b>10</b>	DWA KIJE BEZ NART	K-50	6			<b>00:45:47.05</b>	+00:15:52 (34.7%)	9:09	6.6 (66.0%)
53	<b>ŚWISŁOCKA Ewa</b>	<b>34</b>	FACE NORDIC WALKING TEAM	K-50	7			<b>00:55:30.50</b>	+00:25:36 (46.1%)	11:06	5.4 (54.0%)

Znaleziono 53 wynik(ów)