OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

Wydarzenie: Ogólnopolski Puchar Nordic Walking 2021
Organizator: Olimpia Osowa
Data: 2021-09-12
Miejsce: Gdańsk
Dystans: 10 km

B4SPORT
HERKULES
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**MARCZAK Tomasz**	**35**	KS IDMAR RACING TEAM	M18-29	1				00:14:49	00:30:26	00:45:58	**01:01:22.85**		6:08	9.8 (100%)
2	**POŁUBIAK Paweł**	**44**		M30-39	1				00:15:16	00:31:10	00:47:11	**01:02:57.05**	+00:01:34 (2.5%)	6:17	9.5 (96.9%)
3	**POLKOWSKI Piotr**	**43**	NW CZŁAPSKI TEAM	M30-39	2				00:15:11	00:31:08	00:47:13	**01:03:26.90**	+00:02:04 (3.3%)	6:20	9.5 (96.9%)
4	**KŁOS Maciej**	**24**	NW WYSPA SOBIESZEWSKA	M30-39	3	1			00:15:14	00:30:58	00:47:51	**01:03:59.55**	+00:02:36 (4.1%)	6:23	9.4 (95.9%)
5	**HELWICH Stefan**	**17**	KGHM METRACO RUDNA	M60-69	1				00:15:45	00:32:09	00:48:41	**01:05:21.70**	+00:03:58 (6.1%)	6:32	9.2 (93.9%)
6	**KNITTER Tomasz**	**25**	BŁĘKITNI DZIEMIANY	M18-29	2				00:16:01	00:32:55	00:49:49	**01:06:14.55**	+00:04:51 (7.3%)	6:37	9.1 (92.9%)
7	**JUREK Adam**	**21**	KGHM METRACO RUDNA	M60-69	2				00:16:05	00:32:52	00:49:49	**01:06:15.85**	+00:04:53 (7.4%)	6:37	9.1 (92.9%)
8	**SIWAK Piotr**	**48**	KGHM METRACO RUDNA	M60-69	3				00:16:05	00:32:50	00:49:49	**01:06:17.90**	+00:04:55 (7.4%)	6:37	9.1 (92.9%)
9	**CZŁAPSKI Krzysztof**	**11**	NW CZŁAPSKI TEAM	M50-59	1				00:16:07	00:32:53	00:49:50	**01:06:50.35**	+00:05:27 (8.2%)	6:41	9 (91.8%)
10	**CHOJNACKI Paweł**	**4**	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2	1			00:16:15	00:33:10	00:50:08	**01:07:07.90**	+00:05:45 (8.6%)	6:42	8.9 (90.8%)
11	**KUŚMIEREK Jan**	**32**	BŁĘKITNI DZIEMIANY	M50-59	3				00:16:25	00:33:19	00:50:25	**01:07:31.10**	+00:06:08 (9.1%)	6:45	8.9 (90.8%)
12	**MĄDRY Grzegorz**	**36**	KIJKOWE TRZEMESZNO	M60-69	4	1			00:16:27	00:33:43	00:50:58	**01:08:16.95**	+00:06:54 (10.1%)	6:49	8.8 (89.8%)
13	**WIŚNIEWSKI Sławomir**	**60**	FLUGGER	M40-49	1				00:16:24	00:33:26	00:50:56	**01:08:17.30**	+00:06:54 (10.1%)	6:49	8.8 (89.8%)
14	**LUDWICZAK Andżelika**	**34**	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1				00:17:04	00:34:05	00:51:18	**01:08:41.20**	+00:07:18 (10.6%)	6:52	8.7 (88.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	**CHYRA Janusz**	**7**		M40-49	2	2			00:16:54	00:34:13	00:51:45	**01:09:15.40**	+00:07:52 (11.4%)	6:55	8.7 (88.8%)
16	**NIETUPSKI Dariusz**	**65**	WŁÓCZYKIJE GDYNIA	M50-59	4	2			00:16:55	00:34:22	00:52:05	**01:10:05.90**	+00:08:43 (12.4%)	7:00	8.6 (87.8%)
17	**SZCZUDLIK Małgorzata**	**52**	KIJKOWE TRZEMESZNO	K40-49	2				00:17:24	00:34:58	00:52:29	**01:10:07.05**	+00:08:44 (12.5%)	7:00	8.6 (87.8%)
18	**JĘDRASIAK Renata**	**18**	KGHM METRACO RUDNA	K50-59	1				00:17:25	00:35:00	00:52:35	**01:10:30.80**	+00:09:07 (13.0%)	7:03	8.5 (86.7%)
19	**SKWERES Adriana**	**49**	KLUB SPORTOWY GMINY PELPLIN SPRINT KULICE	K30-39	1				00:17:38	00:35:35	00:53:19	**01:10:38.70**	+00:09:15 (13.1%)	7:03	8.5 (86.7%)
20	**SZYMAŃSKI Stefan**	**55**	SERCE NORDICA WŁOCŁAWEK	M70+	1				00:17:43	00:35:29	00:53:33	**01:10:50.65**	+00:09:27 (13.4%)	7:05	8.5 (86.7%)
21	**KACZMAREK Eugeniusz**	**22**		M70+	2	1			00:17:43	00:35:31	00:53:33	**01:10:59.85**	+00:09:37 (13.5%)	7:05	8.5 (86.7%)
22	**STACHOWICZ Joanna**	**50**	BŁĘKITNI DZIEMIANY	K30-39	2	1			00:17:30	00:35:14	00:53:13	**01:11:32.70**	+00:10:09 (14.2%)	7:09	8.4 (85.7%)
23	**ŚLUSARCZYK Marcin**	**56**	WESOŁY BORSUK TEAM	M40-49	3				00:17:34	00:35:49	00:54:23	**01:13:03.75**	+00:11:40 (16.0%)	7:18	8.2 (83.7%)
24	**ŚLUSARCZYK Andrzej**	**57**	WESOŁY BORSUK TEAM	M70+	3				00:17:49	00:36:07	00:54:36	**01:13:20.20**	+00:11:57 (16.3%)	7:20	8.2 (83.7%)
25	**ROWIŃSKI Paweł**	**46**	NW CZŁAPSKI TEAM	M30-39	4	2			00:18:04	00:36:20	00:54:52	**01:13:28.00**	+00:12:05 (16.5%)	7:20	8.2 (83.7%)
26	**GODZIŃSKI Paweł**	**16**	BAŻANT NW ELBLĄG	M40-49	4	1			00:17:46	00:36:15	00:55:01	**01:13:41.40**	+00:12:18 (16.7%)	7:22	8.1 (82.7%)
27	**SZYMAŃSKA Monika**	**54**		K40-49	3				00:18:24	00:36:59	00:55:32	**01:13:49.15**	+00:12:26 (16.8%)	7:22	8.1 (82.7%)
28	**KRIGER Roman**	**29**	SERCE NORDICA WŁOCŁAWEK	M60-69	5			Tak	00:18:14	00:36:37	00:55:11	**01:14:01.15**	+00:12:38 (17.1%)	7:24	8.1 (82.7%)
29	**FRANCZAK Dariusz**	**14**	NW CZŁAPSKI TEAM	M50-59	5				00:18:28	00:37:01	00:55:31	**01:14:12.55**	+00:12:49 (17.3%)	7:25	8.1 (82.7%)
30	**KUŁAKOWSKA Halina**	**30**	KATOWICKI NORDIC WALKING	K40-49	4	1			00:17:55	00:36:22	00:55:09	**01:14:15.65**	+00:12:52 (17.3%)	7:25	8.1 (82.7%)
31	**CZAJKA Urszula**	**8**		K60-69	1				00:17:56	00:36:24	00:55:12	**01:14:19.35**	+00:12:56 (17.4%)	7:25	8.1 (82.7%)
32	**KĘPA Andrzej**	**23**	FAMILY TEAM KĘPA SPORT	M70+	4			Tak	00:18:20	00:37:08	00:55:57	**01:15:26.65**	+00:14:03 (18.6%)	7:32	8 (81.6%)
33	**KREFT Barbara**	**28**		K50-59	2				00:18:44	00:37:46	00:56:42	**01:15:39.60**	+00:14:16 (18.9%)	7:33	7.9 (80.6%)
34	**KURZAWSKA Jolanta**	**31**	KGHM METRACO RUDNA	K70+	1				00:18:36	00:37:31	00:56:46	**01:16:05.75**	+00:14:42 (19.3%)	7:36	7.9 (80.6%)
35	**LATOSINSKA Kamila**	**33**	OSOWA BIEGA	K30-39	3				00:18:25	00:37:43	00:57:03	**01:16:20.50**	+00:14:57 (19.6%)	7:38	7.9 (80.6%)
36	**ŻYGENDA Robert**	**62**	WŁÓCZYKIJE GDYNIA	M50-59	6				00:18:39	00:37:33	00:56:55	**01:16:31.35**	+00:15:08 (19.8%)	7:39	7.8 (79.6%)
37	**POSTEK Danuta**	**45**	MARSZ PO ZDROWIE	K50-59	3				00:19:04	00:38:14	00:57:42	**01:17:11.95**	+00:15:49 (20.5%)	7:43	7.8 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	**PALUCH Paweł**	**41**	AVOCADO WELLNESS CLUB	M50-59	7				00:18:43	00:38:18	00:58:09	**01:17:44.50**	+00:16:21 (21.0%)	7:46	7.7 (78.6%)
39	**OLECH Anna**	**40**		K40-49	5				00:19:01	00:38:32	00:58:14	**01:18:23.70**	+00:17:00 (21.7%)	7:50	7.7 (78.6%)
40	**REJMAK Marek**	**64**	WŁÓCZYKIJE GDYNIA	M60-69	6				00:19:57	00:39:53	00:59:28	**01:19:04.95**	+00:17:42 (22.4%)	7:54	7.6 (77.6%)
41	**CZERWIŃSKI Mateusz**	**10**		M18-29	3				00:18:58	00:38:38	00:58:46	**01:19:12.55**	+00:17:49 (22.5%)	7:55	7.6 (77.6%)
42	**BIAŁK Roman**	**2**		M70+	5				00:19:28	00:39:32	00:59:36	**01:19:37.85**	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
43	**OLECH Marcin**	**39**		M40-49	5	1			00:20:20	00:40:37	01:00:11	**01:19:37.90**	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
44	**STANKOWSKA Marzena**	**51**	KIJKOWE TRZEMESZNO	K40-49	6				00:19:53	00:40:11	01:00:06	**01:20:02.70**	+00:18:39 (23.3%)	8:00	7.5 (76.5%)
45	**JÓŹWIAK Łukasz**	**19**	SERCE NORDICA WŁOCŁAWEK	M50-59	8			Tak	00:19:47	00:40:06	01:00:12	**01:20:08.65**	+00:18:45 (23.4%)	8:00	7.5 (76.5%)
46	**JUCHNIEWICZ Marcin**	**20**		M40-49	6				00:20:48	00:41:15	01:01:19	**01:20:14.60**	+00:18:51 (23.5%)	8:01	7.5 (76.5%)
47	**BUCZKOWSKA Wiesława**	**3**	ESJA TEAM	K60-69	2				00:19:01	00:38:50	00:59:43	**01:20:23.35**	+00:19:00 (23.6%)	8:02	7.5 (76.5%)
48	**DZIEMIAN-PACZKOWSKA Małgorzata**	**12**	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	**01:20:30.45**	+00:19:07 (23.8%)	8:03	7.5 (76.5%)
49	**SZULC Beata**	**53**	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	**01:20:41.40**	+00:19:18 (23.9%)	8:04	7.4 (75.5%)
50	**FRANCZAK Anna**	**13**	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	**01:20:48.05**	+00:19:25 (24.0%)	8:04	7.4 (75.5%)
51	**ŻYGENDA Anna**	**61**	WŁÓCZYKIJE GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	**01:21:49.60**	+00:20:26 (25.0%)	8:10	7.3 (74.5%)
52	**KNITTER Agata**	**26**	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	**01:21:58.85**	+00:20:36 (25.1%)	8:11	7.3 (74.5%)
53	**BEKISZ Małgorzata**	**1**		K40-49	9				00:19:32	00:40:14	01:01:29	**01:23:00.95**	+00:21:38 (26.1%)	8:18	7.2 (73.5%)
54	**CHUDOWICZ Sylwia**	**6**		K40-49	10				00:20:37	00:41:56	01:03:10	**01:24:19.05**	+00:22:56 (27.2%)	8:25	7.1 (72.4%)
55	**SAPUŁA Wiktoria**	**47**		K18-29	2				00:21:23	00:42:47	01:04:06	**01:24:48.95**	+00:23:26 (27.6%)	8:28	7.1 (72.4%)
56	**PACYGA-GRAJEWSKA Joanna**	**63**		K40-49	11				00:20:47	00:42:19	01:04:08	**01:26:07.25**	+00:24:44 (28.7%)	8:36	7 (71.4%)
57	**CHOLEWKA Jolanta**	**5**	MARSZ PO ZDROWIE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	**01:26:25.80**	+00:25:02 (29.0%)	8:38	6.9 (70.4%)
58	**GIEREJ Urszula**	**15**		K40-49	12				00:21:37	00:44:04	01:06:27	**01:29:31.85**	+00:28:09 (31.4%)	8:57	6.7 (68.4%)
59	**NIEWIADOMSKA Zofia**	**37**	SERCE NORDICA WŁOCŁAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	**01:31:26.75**	+00:30:03 (32.9%)	9:08	6.6 (67.3%)

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60	**NOWAK Katarzyna**	**38**		K40-49	13				00:22:32	00:45:33	01:08:29	**01:31:30.05**	+00:30:07 (32.9%)	9:09	6.6 (67.3%)
61	**WASILA Kinga**	**59**		K50-59	6				00:22:55	00:45:51	01:09:15	**01:34:03.25**	+00:32:40 (34.7%)	9:24	6.4 (65.3%)
62	**CZEKRYSZEW Małgorzata**	**9**	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	**01:34:17.05**	+00:32:54 (34.9%)	9:25	6.4 (65.3%)

Znaleziono 62 wynik(ów)