



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - 2021
Organizator: Gmina Potęgowo
Data: 2021-09-18
Miejsce: Potęgowo
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	51	BACHUS NORDICUS ZIELONA GÓRA	M40-49	1	1		00:15:35	00:31:12	00:46:41	01:01:38.70		6:09	9.7 (100%)
2	MARCZAK Tomasz	41	KS IDMAR RACING TEAM	M18-29	1			00:16:00	00:31:14	00:46:43	01:01:46.80	+00:00:08 (0.2%)	6:10	9.7 (100%)
3	KUŹMICZ Adam	39	POLIPACK TEAM GWE	M30-39	1	1		00:15:35	00:31:13	00:46:41	01:02:27.45	+00:00:48 (1.3%)	6:14	9.6 (99.0%)
4	KŁOS Maciej	27	NW WYSPA SOBIESZEWSKA	M30-39	2	1		00:15:35	00:31:16	00:46:57	01:03:05.30	+00:01:26 (2.3%)	6:18	9.5 (97.9%)
5	KNITTER Tomasz	30	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:45	00:31:41	00:47:41	01:03:31.45	+00:01:52 (3.0%)	6:21	9.4 (96.9%)
6	POŁUBIAK Paweł	49		M30-39	3			00:16:00	00:31:44	00:47:43	01:03:32.70	+00:01:54 (3.0%)	6:21	9.4 (96.9%)
7	POLKOWSKI Piotr	48	NW CZŁAPSKI TEAM	M30-39	4	1		00:16:00	00:31:55	00:47:39	01:03:33.00	+00:01:54 (3.0%)	6:21	9.4 (96.9%)
8	BARCZYK Bogdan	5	ZABIEGANI CZĘSTOCHOWA	M50-59	1			00:16:36	00:32:49	00:49:09	01:05:14.80	+00:03:36 (5.5%)	6:31	9.2 (94.8%)
9	HELWICH Stefan	20	KGHM METRACO RUDNA	M60-69	1			00:16:00	00:32:30	00:49:14	01:05:45.80	+00:04:07 (6.3%)	6:34	9.1 (93.8%)
10	CZŁAPSKI Krzysztof	15	NW CZŁAPSKI TEAM	M50-59	2			00:16:00	00:32:29	00:49:13	01:05:48.65	+00:04:09 (6.3%)	6:34	9.1 (93.8%)
11	JUREK Adam	23	KGHM METRACO RUDNA	M60-69	2	2		00:16:00	00:32:29	00:49:14	01:06:30.70	+00:04:52 (7.3%)	6:39	9 (92.8%)
12	SIWAK Piotr	53	KGHM METRACO RUDNA	M60-69	3			00:16:33	00:33:18	00:50:06	01:06:50.10	+00:05:11 (7.8%)	6:41	9 (92.8%)
13	CHOJNACKI Paweł	69	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3			00:16:22	00:33:12	00:50:10	01:06:56.95	+00:05:18 (7.9%)	6:41	9 (92.8%)
14	KUŚMIEREK Jan	38	BŁĘKITNI DZIEMIANY	M50-59	4			00:16:34	00:33:23	00:50:19	01:07:06.15	+00:05:27 (8.1%)	6:42	8.9 (91.8%)

											Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km				
15	NAKONIECZNY Grzegorz	67	EKSPEDYCJA NORDIC TEAM SZCZECIN	Drużynowa	1			00:16:33	00:33:15	00:50:14	01:07:22.65	+00:05:43 (8.5%)	6:44	8.9 (91.8%)
16	MIELECKA Agnieszka	43	KS IDMAR RACING TEAM	K50-59	1	2		00:16:56	00:33:38	00:50:32	01:07:48.50	+00:06:09 (9.1%)	6:46	8.8 (90.7%)
17	LUDWICZAK Andżelika	68	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1			00:16:59	00:33:51	00:50:51	01:08:00.75	+00:06:22 (9.4%)	6:48	8.8 (90.7%)
18	BIBKO Martin	9	SPEEDBAR	M40-49	2			00:17:03	00:34:18	00:51:27	01:08:02.85	+00:06:24 (9.4%)	6:48	8.8 (90.7%)
19	WIŚNIEWSKI Sławomir	62	FLUGGER	M40-49	3			00:17:04	00:34:19	00:51:28	01:08:13.85	+00:06:35 (9.7%)	6:49	8.8 (90.7%)
20	JĘDRASIAK Renata	21	KGHM METRACO RUDNA	K50-59	2			00:17:01	00:34:08	00:51:11	01:08:20.40	+00:06:41 (9.8%)	6:50	8.8 (90.7%)
21	KRÓLIKOWSKA Krystyna	35	POLIPACK TEAM GWE	K40-49	2	2		00:17:24	00:34:35	00:51:44	01:08:46.00	+00:07:07 (10.4%)	6:52	8.7 (89.7%)
22	KOLBERG Kamila	31	KIJKOWE TRZEMESZNO	K40-49	3	1		00:17:22	00:34:37	00:51:47	01:08:46.60	+00:07:07 (10.4%)	6:52	8.7 (89.7%)
23	MĄDRY Grzegorz	42	KIJKOWE TRZEMESZNO	M60-69	4			00:17:25	00:34:41	00:51:38	01:08:57.90	+00:07:19 (10.6%)	6:53	8.7 (89.7%)
24	SZCZUDLIK Małgorzata	57	KIJKOWE TRZEMESZNO	K40-49	4	1		00:16:49	00:34:26	00:51:51	01:09:16.20	+00:07:37 (11.0%)	6:55	8.7 (89.7%)
25	BALON Marek	2		M50-59	5			00:17:35	00:35:07	00:52:34	01:10:00.10	+00:08:21 (11.9%)	7:00	8.6 (88.7%)
26	STACHOWICZ Joanna	55	BŁĘKITNI DZIEMIANY	K30-39	1			00:17:38	00:35:15	00:52:51	01:10:12.75	+00:08:34 (12.2%)	7:01	8.5 (87.6%)
27	CHYRA Janusz	12		M40-49	4			00:17:58	00:35:33	00:52:43	01:10:14.30	+00:08:35 (12.2%)	7:01	8.5 (87.6%)
28	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M70+	1			00:17:42	00:35:24	00:53:19	01:10:33.45	+00:08:54 (12.6%)	7:03	8.5 (87.6%)
29	KACZMAREK Eugeniusz	24		M70+	2	2		00:17:41	00:35:23	00:53:18	01:11:08.10	+00:09:29 (13.3%)	7:06	8.4 (86.6%)
30	BARTOSIEWICZ Łukasz	6	PSISKO & KOCISKO TEAM	M30-39	5			00:18:42	00:36:52	00:54:23	01:11:43.65	+00:10:04 (14.1%)	7:10	8.4 (86.6%)
31	KONKOL Andrzej	65	KREATIXSPORT	M60-69	5			00:17:52	00:35:57	00:53:49	01:11:45.25	+00:10:06 (14.1%)	7:10	8.4 (86.6%)
32	KUŁAKOWSKA Halina	36	KATOWICKI NORDIC WALKING	K40-49	5	2		00:17:51	00:35:51	00:54:07	01:12:30.80	+00:10:52 (15.0%)	7:15	8.3 (85.6%)
33	SZYMAŃSKI Stefan	59	SERCE NORDICA WŁOCŁAWEK	M70+	3	1		00:18:02	00:36:30	00:54:53	01:13:09.10	+00:11:30 (15.7%)	7:18	8.2 (84.5%)
34	ŚLUSARCZYK Andrzej	61	WESOŁY BORSUK TEAM	M70+	4			00:18:03	00:36:32	00:54:51	01:13:21.10	+00:11:42 (16.0%)	7:20	8.2 (84.5%)
35	FRANCZAK Małgorzata	18	NW CZŁAPSKI TEAM	K18-29	1			00:17:57	00:36:19	00:54:56	01:13:31.10	+00:11:52 (16.2%)	7:21	8.2 (84.5%)
36	SZYMAŃSKA Monika	58		K40-49	6			00:20:06	00:38:15	00:56:01	01:13:50.25	+00:12:11 (16.5%)	7:23	8.1 (83.5%)
37	KRIGER Roman	34	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:18:25	00:37:03	00:55:27	01:13:55.00	+00:12:16 (16.6%)	7:23	8.1 (83.5%)

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38	CZAJKA Urszula	13		K60-69	1	2		00:18:00	00:36:21	00:55:09	01:14:06.40	+00:12:27 (16.8%)	7:24	8.1 (83.5%)
39	KOWACZ Agata	32	SPEEDBAR	K30-39	2			00:19:53	00:37:57	00:56:12	01:14:41.70	+00:13:03 (17.5%)	7:28	8 (82.5%)
40	KREFT Barbara	33		K50-59	3			00:18:42	00:37:24	00:56:04	01:15:02.25	+00:13:23 (17.8%)	7:30	8 (82.5%)
41	KĘPA Andrzej	25	FAMILY TEAM KĘPA SPORT	M70+	5			00:18:31	00:37:17	00:56:11	01:15:11.20	+00:13:32 (18.0%)	7:31	8 (82.5%)
42	MIŚKOWICZ Anna	44	NESSI TIME BIAŁA	K60-69	2			00:18:46	00:37:30	00:56:28	01:15:38.45	+00:13:59 (18.5%)	7:33	7.9 (81.4%)
43	ROWIŃSKI Paweł	52	NW CZŁĄPSKI TEAM	M30-39	6			00:19:39	00:38:54	00:57:43	01:16:16.15	+00:14:37 (19.2%)	7:37	7.9 (81.4%)
44	FRANCZAK Dariusz	19	NW CZŁĄPSKI TEAM	M50-59	6			00:19:09	00:38:20	00:57:26	01:16:29.85	+00:14:51 (19.4%)	7:38	7.8 (80.4%)
45	POSTEK Danuta	50	MARSZ PO ZDROWIE	K50-59	4	1		00:19:04	00:38:16	00:57:39	01:17:30.95	+00:15:52 (20.5%)	7:45	7.7 (79.4%)
46	KURZAWSKA Jolanta	37	KGHM METRACO RUDNA	K70+	1			00:21:02	00:39:58	00:59:01	01:18:12.50	+00:16:33 (21.2%)	7:49	7.7 (79.4%)
47	PALUCH Paweł	47	AVOCADO WELLNESS WELLNESS	M50-59	7			00:19:15	00:39:11	00:59:00	01:18:37.25	+00:16:58 (21.6%)	7:51	7.6 (78.4%)
48	ŁOPIŃSKI Aleksy	40	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	6	1		00:20:16	00:39:51	00:59:17	01:18:42.10	+00:17:03 (21.7%)	7:52	7.6 (78.4%)
49	BARTOSIEWICZ Włodzimierz	7	FACE NORDIC WALKING TEAM	M60-69	7			00:19:33	00:39:24	00:59:22	01:19:24.35	+00:17:45 (22.4%)	7:56	7.6 (78.4%)
50	KNITTER Monika	66		K30-39	3			00:21:49	00:41:54	01:01:30	01:20:40.65	+00:19:01 (23.6%)	8:04	7.4 (76.3%)
51	JÓŻWIAK Łukasz	22	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:20:31	00:40:40	01:00:52	01:21:05.70	+00:19:27 (24.0%)	8:06	7.4 (76.3%)
52	BIAŁK Roman	8		M70+	7	1		00:20:20	00:40:57	01:01:26	01:22:08.65	+00:20:29 (25.0%)	8:12	7.3 (75.3%)
53	STANKOWSKA Marzena	56	KIJKOWE TRZEMESZNO	K40-49	7			00:22:15	00:42:20	01:02:33	01:22:46.10	+00:21:07 (25.5%)	8:16	7.2 (74.2%)
54	SOSNOWSKA Magdalena	54	KIJKOWE TRZEMESZNO	K40-49	8			00:22:16	00:42:21	01:02:35	01:22:58.30	+00:21:19 (25.7%)	8:17	7.2 (74.2%)
55	WOWK Adrian	63		M30-39	7			00:21:08	00:41:47	01:02:23	01:22:59.25	+00:21:20 (25.7%)	8:17	7.2 (74.2%)
56	DYLEWICZ Weronika	16	EKSTREMUM	K18-29	2			00:22:18	00:42:39	01:02:48	01:23:22.10	+00:21:43 (26.1%)	8:20	7.2 (74.2%)
57	CHUDOWICZ Sylwia	11		K40-49	9			00:22:47	00:43:40	01:04:31	01:25:24.85	+00:23:46 (27.8%)	8:32	7 (72.2%)
58	ŚLUSARCZYK Marcin	60	WESOŁY BORSUK TEAM	M40-49	5			00:20:17	00:41:14	01:01:52	01:25:29.05	+00:23:50 (27.9%)	8:32	7 (72.2%)
59	FRANCZAK Anna	17	NW CZŁĄPSKI TEAM	K50-59	5			00:23:20	00:44:37	01:05:21	01:25:35.60	+00:23:56 (28.0%)	8:33	7 (72.2%)
60	BARCZYK Jolanta	4	ZABIEGANI CZĘSTOCHOWA	K60-69	3			00:22:53	00:43:39	01:04:40	01:25:36.50	+00:23:57 (28.0%)	8:33	7 (72.2%)

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61	WYSOCKA Bernadeta	64	BŁĘKITNI DZIEMIANY	K40-49	10			00:22:23	00:43:00	01:04:17	01:26:19.90	+00:24:41 (28.6%)	8:37	7 (72.2%)
62	KNIGA Zbigniew	28	WŁÓCZYKIJE GDYNIA	M60-69	8			00:21:26	00:43:52	01:06:43	01:29:33.40	+00:27:54 (31.2%)	8:57	6.7 (69.1%)
63	CHOLEWKA Jolanta	10	MARSZ PO ZDROWIE	K60-69	4			00:22:51	00:44:21	01:06:42	01:29:41.40	+00:28:02 (31.3%)	8:58	6.7 (69.1%)
64	NIETUPSKI Dariusz	45	WŁÓCZYKIJE GDYNIA	M50-59	9			00:21:55	00:44:13	01:07:09	01:30:08.00	+00:28:29 (31.6%)	9:00	6.7 (69.1%)
65	NIEWIADOMSKA Zofia	46	SERCE NORDICA WŁOCŁAWEK	K60-69	5	1		00:24:14	00:46:53	01:09:10	01:31:18.30	+00:29:39 (32.5%)	9:07	6.6 (68.0%)
66	BARABACH Danuta	3		K60-69	6			00:24:13	00:46:52	01:09:11	01:31:24.05	+00:29:45 (32.6%)	9:08	6.6 (68.0%)
67	CZEKRYSZEW Małgorzata	14	SERCE NORDICA WŁOCŁAWEK	K50-59	6			00:24:54	00:47:52	01:11:12	01:34:49.60	+00:33:10 (35.0%)	9:28	6.3 (64.9%)

Znaleziono 67 wynik(ów)