



OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - Koszalin 2021
Organizator: Fundacja Herkules All Sports
Data: 2021-06-05
Miejsce: Koszalin
Dystans: 10 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Laps_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			00:15:19	00:31:06	00:47:16	01:03:44.70		6:22	9.4 (100%)
2	POLKOWSKI Piotr	67	NW CZŁAPSKI TEAM	M30-39	1			00:15:16	00:31:18	00:47:52	01:04:43.75	+00:00:59 (1.5%)	6:28	9.3 (98.9%)
3	POŁUBIAK Paweł	41		M30-39	2			00:15:53	00:32:13	00:48:37	01:05:16.45	+00:01:31 (2.3%)	6:31	9.2 (97.9%)
4	ŚWIDEREK Marcin	56	NW CZŁAPSKI TEAM	M40-49	1			00:16:05	00:32:42	00:49:18	01:05:48.80	+00:02:04 (3.1%)	6:34	9.1 (96.8%)
5	KNITTER Tomasz	27	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:45	00:32:12	00:49:18	01:05:59.05	+00:02:14 (3.4%)	6:35	9.1 (96.8%)
6	PUSZKIEL Leszek	43		M60-69	1	1		00:15:49	00:32:16	00:49:09	01:06:06.15	+00:02:21 (3.6%)	6:36	9.1 (96.8%)
7	JUREK Adam	22	KGHM METRACO RUDNA	M60-69	2	1		00:15:46	00:32:19	00:49:10	01:06:14.45	+00:02:29 (3.8%)	6:37	9.1 (96.8%)
8	SIWAK Piotr	46	KGHM METRACO RUDNA	M60-69	3	1		00:15:56	00:32:39	00:49:43	01:07:14.00	+00:03:29 (5.2%)	6:43	8.9 (94.7%)
9	CZŁAPSKI Krzysztof	10	NW CZŁAPSKI TEAM	M50-59	1			00:16:00	00:32:45	00:50:02	01:07:34.35	+00:03:49 (5.7%)	6:45	8.9 (94.7%)
10	CHOJNACKI Paweł	5	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2	1		00:16:18	00:33:18	00:50:52	01:07:59.60	+00:04:14 (6.2%)	6:47	8.8 (93.6%)
11	KUŚMIEREK Jan	31	BŁĘKITNI DZIEMIANY	M50-59	3			00:16:57	00:33:59	00:51:06	01:08:04.65	+00:04:19 (6.4%)	6:48	8.8 (93.6%)
12	RADECKI Artur	44	CHODZĄCY BIAŁYSTOK	M50-59	4			00:16:23	00:33:40	00:51:03	01:08:51.30	+00:05:06 (7.4%)	6:53	8.7 (92.6%)
13	KLIMCZAK Adam	26	GOSADI NORDIC TEAM	M50-59	5			00:16:54	00:34:20	00:52:00	01:09:42.05	+00:05:57 (8.5%)	6:58	8.6 (91.5%)
14	JĘDRASIAK Renata	66	KGHM METRACO RUDNA	K50-59	1			00:17:03	00:34:31	00:51:59	01:09:46.25	+00:06:01 (8.6%)	6:58	8.6 (91.5%)

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								2.5km	5km					
15	CHYRA Janusz	7		M40-49	2			00:17:06	00:34:37	00:52:33	01:10:25.80	+00:06:41 (9.5%)	7:02	8.5 (90.4%)
16	WIŚNIEWSKI Sławomir	61	FLUGGER	M40-49	3			00:16:58	00:34:52	00:52:59	01:11:13.35	+00:07:28 (10.5%)	7:07	8.4 (89.4%)
17	SZCZUDLIK Małgorzata	51	KIJKOWE TRZEMESZNO	K40-49	1	1		00:17:37	00:35:31	00:53:19	01:11:19.50	+00:07:34 (10.6%)	7:07	8.4 (89.4%)
18	MĄDRY Grzegorz	36	KIJKOWE TRZEMESZNO	M60-69	4			00:17:29	00:35:16	00:53:25	01:11:22.40	+00:07:37 (10.7%)	7:08	8.4 (89.4%)
19	LUDWICZAK Andżelika	34	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2	1		00:17:26	00:35:20	00:53:21	01:11:29.00	+00:07:44 (10.8%)	7:08	8.4 (89.4%)
20	SZYMAŃSKI Stefan	52	SERCE NORDICA WŁOCŁAWEK	M70+	1	1		00:17:20	00:35:02	00:53:11	01:12:04.55	+00:08:19 (11.6%)	7:12	8.3 (88.3%)
21	KACZMAREK Eugeniusz	23		M70+	2	2		00:17:17	00:35:02	00:53:20	01:12:48.00	+00:09:03 (12.4%)	7:16	8.2 (87.2%)
22	GODZIŃSKI Paweł	16	BAŻANT NW ELBLĄG	M40-49	4			00:17:58	00:36:29	00:54:58	01:13:39.50	+00:09:54 (13.5%)	7:21	8.1 (86.2%)
23	WIECZORKOWSKA Dagmara	60	WYCHODZĘ Z KIJAMI	K40-49	3			00:17:52	00:36:22	00:55:10	01:13:53.60	+00:10:08 (13.7%)	7:23	8.1 (86.2%)
24	FRANCZAK Małgorzata	12	NW CZŁAPSKI TEAM	K18-29	1			00:18:09	00:36:53	00:55:38	01:14:14.80	+00:10:30 (14.1%)	7:25	8.1 (86.2%)
25	KUŁAKOWSKA Halina	30	KATOWICKI NORDIC WALKING	K40-49	4	1		00:18:15	00:37:05	00:55:47	01:14:36.65	+00:10:51 (14.6%)	7:27	8 (85.1%)
26	ŚLUSARCZYK Andrzej	55	WESOŁY BORSUK TEAM	M70+	3	1		00:17:54	00:36:30	00:55:53	01:14:56.35	+00:11:11 (14.9%)	7:29	8 (85.1%)
27	STACHOWICZ Joanna	48	BŁĘKITNI DZIEMIANY	K30-39	1			00:18:36	00:37:25	00:56:30	01:15:26.80	+00:11:42 (15.5%)	7:32	8 (85.1%)
28	FRAĆKOWIAK Mateusz	115	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:17:23	00:36:26	00:55:41	01:15:36.20	+00:11:51 (15.7%)	7:33	7.9 (84.0%)
29	JANKOWSKI Grzegorz	18	STĘSZEW TEAM	M60-69	5			00:18:21	00:37:16	00:56:40	01:15:44.25	+00:11:59 (15.8%)	7:34	7.9 (84.0%)
30	BENZA Ewa	4	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:37:18	00:56:30	01:15:48.80	+00:12:04 (15.9%)	7:34	7.9 (84.0%)
31	KRIGER Roman	29	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:18:21	00:37:29	00:56:40	01:15:50.55	+00:12:05 (16.0%)	7:35	7.9 (84.0%)
32	JANUR Wiesława	19		K40-49	5			00:18:24	00:37:33	00:56:55	01:16:01.95	+00:12:17 (16.2%)	7:36	7.9 (84.0%)
33	CZAJKA Urszula	8		K60-69	1	1		00:18:14	00:37:04	00:56:27	01:16:18.75	+00:12:34 (16.5%)	7:37	7.9 (84.0%)
34	KĘPA Andrzej	25	FAMILY TEAM KĘPA SPORT	M70+	4			00:18:30	00:37:59	00:57:25	01:16:23.90	+00:12:39 (16.6%)	7:38	7.9 (84.0%)
35	KREFT Barbara	28		K50-59	2			00:18:40	00:37:38	00:56:56	01:16:31.45	+00:12:46 (16.7%)	7:39	7.8 (83.0%)
36	BERESZKO Waldemar	103	MOSIR TKKF SATURN CZELADŹ	M60-69	7	1		00:18:24	00:37:39	00:57:12	01:16:34.35	+00:12:49 (16.8%)	7:39	7.8 (83.0%)
37	FRANCZAK Dariusz	14	NW CZŁAPSKI TEAM	M50-59	6			00:18:35	00:37:46	00:57:21	01:16:56.50	+00:13:11 (17.2%)	7:41	7.8 (83.0%)

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38	PALIWODA Kasia	39	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:18:17	00:37:30	00:57:16	01:17:27.05	+00:13:42 (17.7%)	7:44	7.7 (81.9%)
39	PALUCH Paweł	40	AVOCADO WELLNESS CLUB	M50-59	7			00:18:51	00:38:16	00:57:54	01:17:30.75	+00:13:46 (17.8%)	7:45	7.7 (81.9%)
40	NOWACZYK Tomasz	38	MARSZ PO ZDROWIE	M40-49	5			00:18:23	00:38:02	00:57:45	01:17:38.50	+00:13:53 (17.9%)	7:45	7.7 (81.9%)
41	MIŚKOWICZ Anna	37	NESSI TIME BIAŁA	K60-69	2			00:18:46	00:38:16	00:58:03	01:17:47.15	+00:14:02 (18.1%)	7:46	7.7 (81.9%)
42	KNITTER Monika	140		K30-39	2			00:19:20	00:39:21	00:59:07	01:18:43.60	+00:14:58 (19.0%)	7:52	7.6 (80.9%)
43	BROŻYNA Agata	104	NW CZŁAPSKI TEAM	K30-39	3			00:19:23	00:39:36	00:59:29	01:19:12.00	+00:15:27 (19.5%)	7:55	7.6 (80.9%)
44	KASZUBA Adriana	24		K40-49	7			00:20:00	00:40:00	00:59:49	01:19:42.30	+00:15:57 (20.0%)	7:58	7.5 (79.8%)
45	STOLTMANN Helena	196	BŁĘKITNI DZIEMIANY	K60-69	3			00:18:21	00:37:46	00:58:38	01:20:21.60	+00:16:36 (20.7%)	8:02	7.5 (79.8%)
46	ŻAMOJCIN Marek	65	NORDICLUB SZCZECIN	M60-69	8			00:18:48	00:38:45	00:59:32	01:20:29.85	+00:16:45 (20.8%)	8:02	7.5 (79.8%)
47	POSTEK Danuta	42	MARSZ PO ZDROWIE	K50-59	3			00:20:08	00:40:30	01:01:02	01:21:36.10	+00:17:51 (21.9%)	8:09	7.4 (78.7%)
48	ŚLUSARCZYK Marcin	53	WESOŁY BORSUK TEAM	M40-49	6			00:19:25	00:42:34	01:03:14	01:22:24.20	+00:18:39 (22.6%)	8:14	7.3 (77.7%)
49	JÓŹWIAK Łukasz	20	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:20:31	00:41:20	01:02:21	01:23:13.35	+00:19:28 (23.4%)	8:19	7.2 (76.6%)
50	FRANCZAK Anna	13	NW CZŁAPSKI TEAM	K50-59	4			00:21:12	00:42:40	01:03:51	01:24:21.10	+00:20:36 (24.4%)	8:26	7.1 (75.5%)
51	DUSZA Anna	11		K50-59	5			00:20:18	00:41:46	01:03:26	01:24:35.50	+00:20:50 (24.6%)	8:27	7.1 (75.5%)
52	WYSOCKA Bernadeta	62	BŁĘKITNI DZIEMIANY	K40-49	8			00:20:08	00:41:15	01:02:48	01:24:37.10	+00:20:52 (24.7%)	8:27	7.1 (75.5%)
53	JUREK Kamila	21	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4			00:19:55	00:41:30	01:03:44	01:25:35.00	+00:21:50 (25.5%)	8:33	7 (74.5%)
54	ZIÓŁKOWSKA Ewa	63	SERCE NORDICA WŁOCŁAWEK	K50-59	6	1		00:21:01	00:42:37	01:04:39	01:27:08.40	+00:23:23 (26.8%)	8:42	6.9 (73.4%)
55	CHOLEWKA Jolanta	6	MARSZ PO ZDROWIE	K60-69	4	1		00:20:53	00:42:55	01:05:00	01:27:53.75	+00:24:09 (27.5%)	8:47	6.8 (72.3%)
56	IGNASIAK Anna	17	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	5	1		00:21:23	00:43:21	01:05:29	01:28:16.95	+00:24:32 (27.8%)	8:49	6.8 (72.3%)
57	TYLKA Edyta	58	CIDRY LOTAJOM	K18-29	3			00:22:06	00:44:45	01:07:23	01:29:45.95	+00:26:01 (29.0%)	8:58	6.7 (71.3%)
58	BECHLER Zofia	2	GWIAZDY PÓŁNOCY	K40-49	9			00:22:08	00:44:44	01:07:31	01:30:33.90	+00:26:49 (29.6%)	9:03	6.6 (70.2%)
59	CZEKRYSZEW Małgorzata	9	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:23:32	00:47:55	01:12:42	01:37:28.15	+00:33:43 (34.6%)	9:44	6.2 (66.0%)