



# INWA NORDIC WALKING WORLD CUP - 10KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

INWA NORDIC WALKING WORLD CUP 2022  
Polskie Zrzeszenie Nordic Walking, Urząd Gminy

**Data:**  
**Miejsce:**  
**Dystans:**

Kolbuszowa  
Koszalin  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEDIEWICZ Andrzej</b>	<b>41</b>	NW CZŁAPSKI TEAM	M40-49	1			00:14:04	00:28:55	00:44:03	<b>00:59:20.01</b>		5:56	10.1 (100%)
2	<b>MARCZAK Tomasz</b>	<b>53</b>		M18-29	1			00:14:18	00:29:35	00:45:17	<b>01:01:06.38</b>	+00:01:46 (2.9%)	6:06	9.8 (97.0%)
3	<b>BARCZYK Bogdan</b>	<b>32</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:15:40	00:31:37	00:47:37	<b>01:03:12.66</b>	+00:03:52 (6.1%)	6:19	9.5 (94.1%)
4	<b>JANOCHA Robert</b>	<b>43</b>	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:15:40	00:31:31	00:47:32	<b>01:03:19.97</b>	+00:03:59 (6.3%)	6:19	9.5 (94.1%)
5	<b>POLKOWSKI Piotr</b>	<b>59</b>		M30-39	1			00:15:31	00:31:31	00:47:53	<b>01:04:03.15</b>	+00:04:43 (7.4%)	6:24	9.4 (93.1%)
6	<b>KUBISZYN Małgorzata</b>	<b>48</b>		K30-39	1			00:15:37	00:31:50	00:48:09	<b>01:04:32.36</b>	+00:05:12 (8.1%)	6:27	9.3 (92.1%)
7	<b>ŚWIDEREK Marcin</b>	<b>72</b>	NW CZŁAPSKI TEAM	M40-49	2			00:15:47	00:32:06	00:48:29	<b>01:04:32.87</b>	+00:05:12 (8.1%)	6:27	9.3 (92.1%)
8	<b>BIELECKA Zuzanna</b>	<b>33</b>	NW CZŁAPSKI TEAM	K40-49	1	1		00:16:00	00:32:28	00:48:52	<b>01:04:45.00</b>	+00:05:24 (8.4%)	6:28	9.3 (92.1%)
9	<b>KRAJEWSKA Hanna</b>	<b>29</b>	NORDIC WALKING NEW FOR YOU PIŁA/ LUKI TEAM POLAND	K18-29	1			00:15:36	00:32:07	00:49:05	<b>01:05:13.97</b>	+00:05:53 (9.0%)	6:31	9.2 (91.1%)
10	<b>CZŁAPSKI Krzysztof</b>	<b>38</b>	NW CZŁAPSKI TEAM	M50-59	3			00:16:19	00:33:09	00:50:08	<b>01:06:38.60</b>	+00:07:18 (11.0%)	6:39	9 (89.1%)
11	<b>KRAWCZYK Małgorzata</b>	<b>146</b>	JEST LEPIEJ CZĘSTOCHOWA	K30-39	2	1		00:16:21	00:33:17	00:50:13	<b>01:06:53.97</b>	+00:07:33 (11.3%)	6:41	9 (89.1%)
12	<b>SIWAK Piotr</b>	<b>30</b>	KGHM METRACO RUDNA	M60-69	1			00:16:28	00:33:12	00:50:15	<b>01:07:41.66</b>	+00:08:21 (12.4%)	6:46	8.9 (88.1%)
13	<b>ŠEMETA Algirdas</b>	<b>64</b>		M60-69	2			00:16:41	00:33:49	00:51:08	<b>01:08:28.96</b>	+00:09:08 (13.4%)	6:50	8.8 (87.1%)
14	<b>JĘDRASIAK Renata</b>	<b>45</b>	KGHM METRACO RUDNA	K50-59	1			00:16:53	00:34:03	00:51:31	<b>01:08:49.45</b>	+00:09:29 (13.8%)	6:52	8.7 (86.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	<b>SITTEK Agnieszka</b>	<b>66</b>		K40-49	2			00:17:11	00:34:41	00:52:20	<b>01:09:43.43</b>	+00:10:23 (14.9%)	6:58	8.6 (85.1%)
16	<b>ADAMCZYK Adam</b>	<b>31</b>	PASJA NORDIC WALKING	M70+	1			00:17:25	00:35:11	00:52:43	<b>01:09:47.87</b>	+00:10:27 (15.0%)	6:58	8.6 (85.1%)
17	<b>RAJEK Magdalena</b>	<b>63</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:17:10	00:34:42	00:52:22	<b>01:10:02.19</b>	+00:10:42 (15.3%)	7:00	8.6 (85.1%)
18	<b>KOŃCZEWSKA Bożena</b>	<b>46</b>	NIESZCZADZKI KLUB NW	K60-69	1	1		00:17:13	00:35:05	00:53:05	<b>01:10:59.30</b>	+00:11:39 (16.4%)	7:05	8.5 (84.2%)
19	<b>DOMARADZKI Tomasz</b>	<b>39</b>	ACTIVE TEAM KOZŁÓW	M40-49	3			00:17:53	00:36:06	00:54:24	<b>01:12:10.88</b>	+00:12:50 (17.8%)	7:13	8.3 (82.2%)
20	<b>YAKUYSHYN Borys</b>	<b>77</b>	KKNW	M60-69	3			00:17:11	00:35:25	00:53:50	<b>01:12:42.16</b>	+00:13:22 (18.4%)	7:16	8.3 (82.2%)
21	<b>FURMAN Marian</b>	<b>292</b>	ZDROWY ODLOT NW TEAM	M60-69	4			00:17:26	00:35:35	00:54:02	<b>01:12:42.29</b>	+00:13:22 (18.4%)	7:16	8.3 (82.2%)
22	<b>POSIKATA Joanna</b>	<b>61</b>		K40-49	4			00:17:45	00:35:49	00:54:22	<b>01:13:08.79</b>	+00:13:48 (18.9%)	7:18	8.2 (81.2%)
23	<b>KUKHAR Ganna</b>	<b>49</b>		K30-39	3	1		00:18:01	00:36:38	00:55:08	<b>01:13:25.23</b>	+00:14:05 (19.2%)	7:20	8.2 (81.2%)
24	<b>CZAJKA Urszula</b>	<b>37</b>		K60-69	2			00:17:40	00:36:14	00:55:10	<b>01:14:05.49</b>	+00:14:45 (19.9%)	7:24	8.1 (80.2%)
25	<b>ZIELIŃSKI Marcin</b>	<b>79</b>		M40-49	4			00:18:09	00:36:33	00:55:05	<b>01:14:22.34</b>	+00:15:02 (20.2%)	7:26	8.1 (80.2%)
26	<b>SHVED Olena</b>	<b>65</b>		K50-59	2			00:17:57	00:36:39	00:55:22	<b>01:14:28.51</b>	+00:15:08 (20.3%)	7:26	8.1 (80.2%)
27	<b>PONAHAJBA Dominika</b>	<b>60</b>		K40-49	5			00:17:51	00:36:48	00:55:44	<b>01:14:38.10</b>	+00:15:18 (20.5%)	7:27	8 (79.2%)
28	<b>WITALEC Anna</b>	<b>75</b>		K30-39	4	1		00:18:09	00:37:06	00:56:12	<b>01:14:38.86</b>	+00:15:18 (20.5%)	7:27	8 (79.2%)
29	<b>TOPOLEWICZ Grzegorz</b>	<b>74</b>		M40-49	5			00:18:45	00:37:36	00:56:21	<b>01:14:46.10</b>	+00:15:26 (20.6%)	7:28	8 (79.2%)
30	<b>SZCZĘŚNIAK Zbigniew</b>	<b>68</b>	NORDIC TEAM CZĘSTOCHOWA	M60-69	5			00:18:01	00:36:51	00:56:02	<b>01:14:54.63</b>	+00:15:34 (20.8%)	7:29	8 (79.2%)
31	<b>SZUKAŁA Rafal</b>	<b>69</b>	ACTIVE TEAM KOZŁÓW	M40-49	6			00:18:28	00:37:16	00:56:17	<b>01:15:06.27</b>	+00:15:46 (21.0%)	7:30	8 (79.2%)
32	<b>LOSKA Romuald</b>	<b>51</b>		M60-69	6			00:18:00	00:36:42	00:55:52	<b>01:15:35.85</b>	+00:16:15 (21.5%)	7:33	7.9 (78.2%)
33	<b>ZAWADZKI Zygmunt</b>	<b>78</b>	CIDRY LOTAJOM	M60-69	7			00:18:40	00:37:33	00:56:42	<b>01:16:23.23</b>	+00:17:03 (22.3%)	7:38	7.9 (78.2%)
34	<b>MUSIAŁ Ola</b>	<b>80</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:18:24	00:37:43	00:57:17	<b>01:17:20.41</b>	+00:18:00 (23.3%)	7:44	7.8 (77.2%)
35	<b>WYSOCKI Andrzej</b>	<b>76</b>		M40-49	7			00:18:40	00:37:55	00:57:26	<b>01:17:25.28</b>	+00:18:05 (23.4%)	7:44	7.8 (77.2%)
36	<b>STUDNICKI Ryszard</b>	<b>228</b>	KKNW KOLBUSZOWA	M70+	2			00:27:09	00:31:46	00:43:38	<b>01:17:44.09</b>	+00:18:24 (23.7%)	7:46	7.7 (76.2%)
37	<b>KORPOK Aleksandra</b>	<b>47</b>	NORDICUS STRZYBNICA	K40-49	7			00:19:06	00:39:06	00:58:38	<b>01:17:56.39</b>	+00:18:36 (23.9%)	7:47	7.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5 2.5km	5 km 5km	7.5 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>MULARSKA Maria</b>	<b>56</b>	-	K50-59	3			00:19:43	00:39:37	00:59:27	<b>01:19:03.34</b>	+00:19:43 (24.9%)	7:54	7.6 (75.2%)
39	<b>SONDEJ Wiesław</b>	<b>67</b>		M60-69	8			00:19:13	00:39:11	00:59:18	<b>01:19:26.93</b>	+00:20:06 (25.3%)	7:56	7.6 (75.2%)
40	<b>TOMCZYK Edward</b>	<b>73</b>	MARSZ PO ZDROWIE	M70+	3			00:18:06	00:37:23	00:58:00	<b>01:20:20.44</b>	+00:21:00 (26.1%)	8:02	7.5 (74.3%)
41	<b>CECERSKI Joachim</b>	<b>35</b>		M18-29	2			00:20:20	00:40:29	01:00:29	<b>01:20:38.10</b>	+00:21:18 (26.4%)	8:03	7.4 (73.3%)
42	<b>SIMKO Zbigniew</b>	<b>28</b>	KLUB NW WŁÓCZYKIJE LEŻAJSK	M70+	4			00:19:37	00:40:12	01:01:01	<b>01:22:00.80</b>	+00:22:40 (27.7%)	8:12	7.3 (72.3%)
43	<b>ŚLĘZAK Jakub</b>	<b>71</b>		M18-29	3			00:20:19	00:40:28	01:00:43	<b>01:22:04.72</b>	+00:22:44 (27.7%)	8:12	7.3 (72.3%)
44	<b>TOPÓR Małgorzata</b>	<b>293</b>	ZDROWY ODLOT NW TEAM	K60-69	3			00:20:09	00:41:10	01:02:33	<b>01:24:11.07</b>	+00:24:51 (29.5%)	8:25	7.1 (70.3%)
45	<b>PREDKO Grażyna</b>	<b>62</b>		K40-49	8			00:20:32	00:41:50	01:02:45	<b>01:24:36.43</b>	+00:25:16 (29.9%)	8:27	7.1 (70.3%)
46	<b>MICEK Magdalena</b>	<b>54</b>	BEZ KLUBU	K40-49	9			00:20:40	00:42:06	01:03:35	<b>01:25:20.91</b>	+00:26:00 (30.5%)	8:32	7 (69.3%)
47	<b>PAWIŁOWSKA Bożena</b>	<b>57</b>	SST LUBCZA	K60-69	4			00:21:06	00:43:00	01:04:53	<b>01:27:36.47</b>	+00:28:16 (32.3%)	8:45	6.8 (67.3%)
48	<b>JAŻWA Magdalena</b>	<b>44</b>		K50-59	4			00:22:00	00:44:55	01:07:41	<b>01:29:35.85</b>	+00:30:15 (33.8%)	8:57	6.7 (66.3%)
49	<b>PAWIŁOWSKI Henryk</b>	<b>58</b>	SST LUBCZA	M60-69	9			00:23:16	00:45:06	01:06:58	<b>01:29:46.56</b>	+00:30:26 (33.9%)	8:58	6.7 (66.3%)
50	<b>GAWROŃSKA Agnieszka</b>	<b>42</b>		K40-49	10			00:22:21	00:45:19	01:08:04	<b>01:30:03.43</b>	+00:30:43 (34.1%)	9:00	6.7 (66.3%)
51	<b>CECERSKA Julia</b>	<b>34</b>		K18-29	2			00:22:08	00:45:56	01:08:17	<b>01:31:50.77</b>	+00:32:30 (35.4%)	9:11	6.5 (64.4%)
52	<b>ŚLĘZAK Marta</b>	<b>70</b>		K18-29	3			00:22:10	00:45:58	01:08:19	<b>01:31:51.24</b>	+00:32:31 (35.4%)	9:11	6.5 (64.4%)
53	<b>MAŁKOWSKA Zofia</b>	<b>52</b>		K70+	1			00:21:45	00:44:50	01:08:13	<b>01:31:54.95</b>	+00:32:34 (35.4%)	9:11	6.5 (64.4%)
54	<b>OWCZAREK Henryka</b>	<b>186</b>	MARSZ PO ZDROWIE	K70+	2			00:24:19	00:49:02	01:14:10	<b>01:38:56.43</b>	+00:39:36 (40.0%)	9:53	6.1 (60.4%)
DNC	<b>DRYNDĄ Franciszek</b>	<b>40</b>	NORDICUS STRZYBNICA	M70+				00:22:33	00:47:58	01:14:51	<b>17184:00:00</b>		0:00	0 (0.0%)

Znaleziono 55 wynik(ów)