



KOLBUSZOWA - Puchar Polski Nordic Walking 2019 - 10 KM

B4SPORT
INTELEKTUALNE SPORTOWE

Event: Puchar Polski Nordic Walking 2019
Organiser: Polska Federacja Nordic Walking
Date: 2019-06-01
Place: Kolbuszowa
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WOJTOWICZ Tomasz	380	BIESZCZADZKI KLUB NWPL	M18-29	1			00:15:00	00:30:54	00:46:36	01:02:25.30		6:14	9.6 (100%)
2	KUŹMICZ Adam	341	POLIPACK TEAM GWE	M30-39	1			00:15:09	00:31:11	00:47:17	01:03:21.68	+00:00:56 (1.5%)	6:20	9.5 (99.0%)
3	JANOCHA Robert	322	MUKS PODKARPACIE JEDLICZE	M50-59	1			00:15:47	00:31:52	00:48:17	01:04:58.41	+00:02:33 (3.9%)	6:29	9.2 (95.8%)
4	KŁOS Maciej	330	NW WYSPA SOBIESZEWSKA	M30-39	2			00:15:57	00:32:32	00:49:07	01:05:27.64	+00:03:02 (4.6%)	6:32	9.2 (95.8%)
5	JUREK Adam	327	KS METRACO POLKOWICE	M50-59	2	1		00:15:47	00:31:51	00:48:26	01:05:42.96	+00:03:17 (5.0%)	6:34	9.1 (94.8%)
6	HELWICH Stefan	319	KS METRACO POLKOWICE	M60-69	1			00:16:04	00:32:40	00:49:30	01:06:24.99	+00:03:59 (6.0%)	6:38	9 (93.8%)
7	KLIMCZAK Adam	329	GOSADI NORDIC TEAM	M50-59	3			00:16:27	00:33:32	00:50:33	01:07:29.33	+00:05:04 (7.5%)	6:44	8.9 (92.7%)
8	WOJTASIŃSKI Daniel	377	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:25	00:33:25	00:50:32	01:07:35.34	+00:05:10 (7.6%)	6:45	8.9 (92.7%)
9	KUBISZYN Małgorzata	338	KS METRACO POLKOWICE	K30-39	1			00:16:39	00:33:34	00:50:44	01:07:50.10	+00:05:24 (8.0%)	6:47	8.8 (91.7%)
10	KUŚMIEREK Jan	384	BŁĘKITNI DZIEMIANY	M40-49	2			00:17:07	00:34:08	00:51:14	01:08:04.79	+00:05:39 (8.3%)	6:48	8.8 (91.7%)
11	PIETRZYK Jarosław	349	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:16:45	00:33:57	00:51:11	01:08:32.77	+00:06:07 (8.9%)	6:51	8.8 (91.7%)
12	KOBIELA Krzysztof	331	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:16:27	00:34:00	00:51:27	01:09:07.32	+00:06:42 (9.7%)	6:54	8.7 (90.6%)
13	WEŹZOWICZ Ewa	374	STADION ŚLĄSKI	K40-49	1			00:16:59	00:34:10	00:51:34	01:09:12.07	+00:06:46 (9.8%)	6:55	8.7 (90.6%)
14	ŚWISŁOCKI Bogdan	367	FACE NORDIC WALKING TEAM	M50-59	4			00:16:49	00:34:06	00:51:46	01:09:44.84	+00:07:19 (10.5%)	6:58	8.6 (89.6%)
15	JĘDRASIAK Renata	325	KS METRACO POLKOWICE	K50-59	1			00:17:03	00:34:38	00:52:19	01:10:07.00	+00:07:41 (11.0%)	7:00	8.6 (89.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time	Gap	Pace min/km	Pace km/h
											10km			
16	SANIUK Edward	359	FACE NORDIC WALKING TEAM	M70+	1			00:17:17	00:34:29	00:52:22	01:10:10.90	+00:07:45 (11.1%)	7:01	8.5 (88.5%)
17	RAJEK Magdalena	354	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:17:44	00:35:37	00:53:36	01:11:48.66	+00:09:23 (13.1%)	7:10	8.4 (87.5%)
18	HRYNDIO Jerzy	320	STADION ŚLĄSKI	M60-69	2			00:17:22	00:35:28	00:53:55	01:11:49.03	+00:09:23 (13.1%)	7:10	8.4 (87.5%)
19	KOŃCZEWSKA Bożena	333	MKS HALICZ KLUB BIEGACZA / BIESZCZADKI KLUB NORDIC WALKING	K50-59	2			00:17:20	00:35:18	00:53:35	01:11:54.92	+00:09:29 (13.2%)	7:11	8.3 (86.5%)
20	WEINER Jakub	373	CKZIU NYSA MECHANIK	M18-29	2	1		00:17:55	00:35:57	00:54:09	01:11:56.53	+00:09:31 (13.2%)	7:11	8.3 (86.5%)
21	SZCZĘŚNIAK Zbigniew	365	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:17:39	00:36:10	00:54:28	01:12:17.44	+00:09:52 (13.7%)	7:13	8.3 (86.5%)
22	RYKAŁA Irena	357		K30-39	2			00:17:29	00:35:28	00:54:02	01:12:20.35	+00:09:55 (13.7%)	7:14	8.3 (86.5%)
23	REJMAN Dorota	356	UKS SIEDLESZCZANY	K30-39	3			00:17:48	00:35:57	00:54:27	01:12:35.16	+00:10:09 (14.0%)	7:15	8.3 (86.5%)
24	ŚLUSARCZYK Andrzej	366	WESOŁY BORSUK TEAM	M60-69	3			00:17:35	00:35:45	00:54:23	01:12:47.43	+00:10:22 (14.2%)	7:16	8.2 (85.4%)
25	RASZEWSKA Izabela	355	FORMA NA PIĄTKĘ NW	K40-49	3			00:17:38	00:35:45	00:54:10	01:12:53.64	+00:10:28 (14.4%)	7:17	8.2 (85.4%)
26	GODZIŃSKI Paweł	313	BAŻANT NW ELBLĄG	M40-49	4			00:17:07	00:35:05	00:53:44	01:12:57.51	+00:10:32 (14.4%)	7:17	8.2 (85.4%)
27	CZAJKA Urszula	307	FACE NORDIC WALKING TEAM	K60-69	1			00:17:27	00:35:40	00:54:09	01:13:02.60	+00:10:37 (14.5%)	7:18	8.2 (85.4%)
28	POSIM Dariusz	352	WATAHA	M50-59	6			00:17:20	00:35:20	00:54:05	01:13:07.83	+00:10:42 (14.6%)	7:18	8.2 (85.4%)
29	LATUSZEK Bogdan	343	KLUB NW 'WŁÓCZYKIJE'	M50-59	7			00:17:21	00:35:35	00:54:20	01:13:19.44	+00:10:54 (14.9%)	7:19	8.2 (85.4%)
30	USS Jola	371	LUX TORPEDA MAŁOPOLSKA	K50-59	3			00:17:19	00:35:47	00:54:40	01:13:27.32	+00:11:02 (15.0%)	7:20	8.2 (85.4%)
31	NETKOWSKI Wojciech	346	PASJA NORDIC WALKING	M60-69	4			00:17:43	00:36:28	00:55:37	01:14:36.79	+00:12:11 (16.3%)	7:27	8 (83.3%)
32	KUBISZYN Wiesława	337		K50-59	4	1		00:17:54	00:36:49	00:55:39	01:14:44.65	+00:12:19 (16.5%)	7:28	8 (83.3%)
33	WÓJCIK Barbara	378	NWPL/LUKI TEAM SIEDLCE	K60-69	2			00:18:02	00:36:53	00:55:58	01:14:52.23	+00:12:26 (16.6%)	7:29	8 (83.3%)
34	DUSIEL Ewa	311	NORDIC TEAM CZĘSTOCHOWA	K50-59	5			00:18:08	00:36:53	00:55:55	01:15:05.25	+00:12:39 (16.9%)	7:30	8 (83.3%)
35	GWAREK Anita	315	PASJA NORDIC WALKING	K40-49	4			00:18:27	00:37:15	00:56:36	01:15:41.14	+00:13:15 (17.5%)	7:34	7.9 (82.3%)
36	KOBIELA Magdalena	332	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:18:24	00:37:16	00:56:37	01:15:41.95	+00:13:16 (17.5%)	7:34	7.9 (82.3%)
37	RYKAŁA Tomasz	358		M40-49	5			00:18:20	00:37:15	00:56:47	01:16:12.50	+00:13:47 (18.1%)	7:37	7.9 (82.3%)
38	POKRYWKA Bożena	351	KLUB NW 'WŁÓCZYKIJE'	K40-49	6			00:18:47	00:37:45	00:57:04	01:16:12.82	+00:13:47 (18.1%)	7:37	7.9 (82.3%)
39	STAWNIAK Karol	363	KS METRACO POLKOWICE	M70+	2			00:18:39	00:37:35	00:56:48	01:16:21.78	+00:13:56 (18.3%)	7:38	7.9 (82.3%)

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											time 10km			
40	KORYCKA Mariola	334	FORMA NA PIĄTKĘ NW	K30-39	4			00:19:00	00:38:05	00:57:20	01:16:35.83	+00:14:10 (18.5%)	7:39	7.8 (81.3%)
41	KURZAWSKA Jolanta	340		K70+	1			00:18:45	00:37:54	00:57:31	01:17:15.63	+00:14:50 (19.2%)	7:43	7.8 (81.3%)
42	WOJDANOWSKA Małgorzata	376	LECZYMY DURŚ	K30-39	5			00:19:54	00:39:45	00:59:13	01:17:54.32	+00:15:29 (19.9%)	7:47	7.7 (80.2%)
43	CONTUCCI Ewa	306	NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:19:01	00:38:39	00:58:22	01:18:03.26	+00:15:37 (20.0%)	7:48	7.7 (80.2%)
44	CHYRA Janusz	305	UNIA MIAST	M40-49	6			00:19:19	00:38:48	00:58:20	01:18:04.34	+00:15:39 (20.0%)	7:48	7.7 (80.2%)
45	GUZOWSKI Maciek	57	WŁÓCZYKIJE	M30-39	4			00:19:38	00:39:21	00:58:54	01:18:06.03	+00:15:40 (20.1%)	7:48	7.7 (80.2%)
46	FORYŚ Katarzyna	312	WATAHA	K30-39	6			00:19:11	00:38:48	00:58:56	01:18:33.25	+00:16:07 (20.5%)	7:51	7.6 (79.2%)
47	CZEMPIK Kornelia	309	STADION ŚLĄSKI	K50-59	6	1		00:18:34	00:38:04	00:58:32	01:19:44.04	+00:17:18 (21.7%)	7:58	7.5 (78.1%)
48	WOJTALA Małgorzata	385	KLUBSPORTU.PL	K40-49	8			00:19:14	00:39:16	00:59:38	01:20:16.97	+00:17:51 (22.2%)	8:01	7.5 (78.1%)
49	MACIŃSKA Estera	345	LECZYMY DURŚ	K18-29	1			00:20:21	00:40:42	01:00:33	01:20:28.98	+00:18:03 (22.4%)	8:02	7.5 (78.1%)
50	CZEMPIK Anieli	308	STADION ŚLĄSKI	K60-69	3			00:19:38	00:39:40	01:00:04	01:20:48.30	+00:18:23 (22.8%)	8:04	7.4 (77.1%)
51	SIMKO Zbigniew	361	MCK WŁÓCZYKIJE	M60-69	5			00:19:46	00:40:24	01:01:06	01:21:17.33	+00:18:52 (23.2%)	8:07	7.4 (77.1%)
52	JURCZYŃSKA Bożena	326	NORDIC TEAM CZĘSTOCHOWA	K60-69	4			00:19:36	00:39:35	01:00:29	01:21:45.96	+00:19:20 (23.7%)	8:10	7.3 (76.0%)
53	MACIĄG Anna	106	AZS ŚUM	K18-29	2			00:20:24	00:40:42	01:01:15	01:22:01.26	+00:19:35 (23.9%)	8:12	7.3 (76.0%)
54	JANIK-TYMIŃSKA Elżbieta	321	LUBLIN CHODZI Z KIJKAMI	K50-59	7			00:20:15	00:41:20	01:02:09	01:23:20.04	+00:20:54 (25.1%)	8:20	7.2 (75.0%)
55	TRĘTOWICZ Beata	370	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	9			00:20:22	00:41:16	01:02:10	01:23:28.02	+00:21:02 (25.2%)	8:20	7.2 (75.0%)
56	PINIS Michał	350	NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:20:35	00:41:37	01:03:07	01:24:25.15	+00:21:59 (26.1%)	8:26	7.1 (74.0%)
57	THOMALLA Bogdan	368	STADION ŚLĄSKI	M70+	3			00:20:06	00:41:03	01:02:37	01:24:42.84	+00:22:17 (26.3%)	8:28	7.1 (74.0%)
58	IRYGORIERA Ludmila	256	KS METRACO POLKOWICE	K60-69	5	1		00:19:46	00:40:53	01:02:48	01:24:46.17	+00:22:20 (26.4%)	8:28	7.1 (74.0%)
59	KOSTUJ Marcin	335	AZS SUM	M18-29	3			00:20:47	00:42:21	01:03:26	01:24:47.42	+00:22:22 (26.4%)	8:28	7.1 (74.0%)
60	SĘDZIK Katarzyna	360	LECZYMY DURŚ	K40-49	10			00:20:05	00:41:11	01:03:22	01:25:26.43	+00:23:01 (26.9%)	8:32	7 (72.9%)
61	KISZKA-MAZIARCZUK Berenika	328	LECZYMY DURŚ	K30-39	7			00:21:49	00:44:04	01:05:48	01:27:00.05	+00:24:34 (28.3%)	8:42	6.9 (71.9%)
62	DROZD Stanisław	381	CIDRY LOTAJOM	M60-69	6			00:20:07	00:42:14	01:05:00	01:27:45.46	+00:25:20 (28.9%)	8:46	6.8 (70.8%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
63	DROZD Krystyna	310	CIDRY LOTAJOM	K50-59	8			00:21:30	00:43:18	01:05:33	01:27:57.15	+00:25:31 (29.0%)	8:47	6.8 (70.8%)
64	WĄTROBA Sebastian	372	VITADIET ŁÓDŹ	M40-49	7			00:21:19	00:43:37	01:06:03	01:28:05.35	+00:25:40 (29.1%)	8:48	6.8 (70.8%)
65	BEDNARZ Lucyna	302	KLUB NW 'WŁÓCZYKIJE'	K50-59	9			00:21:33	00:43:22	01:05:59	01:29:03.64	+00:26:38 (29.9%)	8:54	6.7 (69.8%)
66	POSIM Bogumiła	353	WATAHA	K50-59	10			00:21:52	00:44:08	01:06:43	01:29:53.40	+00:27:28 (30.6%)	8:59	6.7 (69.8%)
67	LATUSZEK Małgorzata	342	KLUB NW 'WŁÓCZYKIJE'	K50-59	11			00:21:51	00:45:04	01:08:33	01:30:27.72	+00:28:02 (31.0%)	9:02	6.6 (68.8%)
68	SIWCZYK Grażyna	362	LECYMY DURŚ	K60-69	6			00:22:48	00:46:09	01:09:03	01:31:45.81	+00:29:20 (32.0%)	9:10	6.5 (67.7%)
69	ZIĘBA Julia	239	STADION ŚLĄSKI	K70+	2			00:22:13	00:45:35	01:09:10	01:32:29.72	+00:30:04 (32.5%)	9:15	6.5 (67.7%)
70	OWCZAREK Henryka	135	MARSZ PO ZDROWIE	K70+	3			00:22:36	00:45:37	01:09:11	01:32:31.69	+00:30:06 (32.5%)	9:15	6.5 (67.7%)
71	KRÓLIKOWSKA-ŁOSKOT Danuta	336	STADION ŚLĄSKI	K60-69	7			00:23:07	00:46:42	01:10:19	01:34:24.92	+00:31:59 (33.9%)	9:26	6.4 (66.7%)
72	WŁOCHOWICZ Olga	375	LECYMY DURŚ	K30-39	8			00:24:09	00:49:00	01:14:51	01:39:59.13	+00:37:33 (37.6%)	9:59	6 (62.5%)
73	CHRAPEK Urszula	304	NORDUM	K30-39	9			00:24:09	00:49:02	01:14:52	01:40:00.44	+00:37:35 (37.6%)	10:00	6 (62.5%)
74	JÓŹWIAK Dominik	71	SERCE NORDICA WŁOCLAWEK	M18-29	4			00:25:12	00:50:49	01:15:58	01:40:05.52	+00:37:40 (37.6%)	10:00	6 (62.5%)
	GORYCKA Agata	314	KLUB SCB	K40-49				00:21:42 DNF	00:44:21 DNF	01:07:08 DNF	DNF	-	- (0.0%)	
	BŁAZIK Ewa	386		K50-59				00:29:22 DNF	01:01:40 DNF	DNF	DNF	-	- (0.0%)	

Total 76 results.