

# LEGNICA - PUCHAR EUROPY NORDIC WALKING - 10 KM

B4SPORT  
INTELEKTUALNE SĄDOWE SPORTOWE

**Wydarzenie:** PUCHAR EUROPY NORDIC WALKING 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-06-23  
**Miejsce:** Legnica  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ROSAK Marcin</b>	<b>194</b>	RUNNERSKI.PL	M40-49	1	1		00:15:14	00:30:34	00:46:00	<b>01:01:30.75</b>		6:09	9.8 (100%)
2	<b>SKIBA Krzysztof</b>	<b>197</b>	MSPORT TEAM	M50-59	1	2		00:15:16	00:30:54	00:46:40	<b>01:02:48.60</b>	+00:01:17 (2.1%)	6:16	9.6 (98.0%)
3	<b>KUŹMICZ Adam</b>	<b>174</b>	POLIPACK TEAM GWE	M30-39	1			00:15:33	00:31:26	00:47:52	<b>01:04:26.05</b>	+00:02:55 (4.5%)	6:26	9.3 (94.9%)
4	<b>WOROCH Roman</b>	<b>210</b>	KS METRACO POLKOWICE	M60-69	1			00:15:59	00:32:22	00:48:52	<b>01:05:51.95</b>	+00:04:21 (6.6%)	6:35	9.1 (92.9%)
5	<b>ZACZYŃSKA Anna</b>	<b>112</b>	MSPORT TEAM	K40-49	1			00:16:09	00:32:46	00:49:18	<b>01:06:09.20</b>	+00:04:38 (7.0%)	6:36	9.1 (92.9%)
6	<b>KŁOS Maciej</b>	<b>165</b>	NW WYSPA SOBIESZEWSKA	M30-39	2	1		00:15:59	00:32:36	00:49:39	<b>01:06:26.30</b>	+00:04:55 (7.4%)	6:38	9 (91.8%)
7	<b>HAŁAS Marcin</b>	<b>153</b>		M30-39	3			00:16:18	00:33:12	00:50:05	<b>01:06:40.70</b>	+00:05:09 (7.7%)	6:40	9 (91.8%)
8	<b>WOJCIECHOWSKA Elżbieta</b>	<b>225</b>		K30-39	1	1		00:16:09	00:32:50	00:49:55	<b>01:06:47.80</b>	+00:05:17 (7.9%)	6:40	9 (91.8%)
9	<b>MICHALSKI Andrzej</b>	<b>182</b>	NORDIC WALKING SANOK	M60-69	2	1		00:15:59	00:32:21	00:48:52	<b>01:06:53.30</b>	+00:05:22 (8.0%)	6:41	9 (91.8%)
10	<b>SIROTKINA Tetiana</b>	<b>196</b>	5 ELEMENT	K40-49	2	1		00:16:13	00:33:02	00:49:54	<b>01:06:59.35</b>	+00:05:28 (8.2%)	6:41	9 (91.8%)
11	<b>BRZozowski Piotr</b>	<b>226</b>	AKTYWNI POSTOMINO	M30-39	4			00:16:17	00:33:11	00:50:05	<b>01:07:09.95</b>	+00:05:39 (8.4%)	6:43	8.9 (90.8%)
12	<b>KLIMSIK Sebastian</b>	<b>164</b>		M40-49	2			00:16:03	00:32:47	00:50:04	<b>01:07:59.45</b>	+00:06:28 (9.5%)	6:48	8.8 (89.8%)
13	<b>SIWAK Piotr</b>	<b>227</b>	KS METRACO POLKOWICE	M50-59	2			00:16:27	00:33:45	00:50:48	<b>01:08:06.75</b>	+00:06:36 (9.7%)	6:48	8.8 (89.8%)
14	<b>KLIMCZAK Adam</b>	<b>163</b>	GOSADI NORDIC TEAM	M50-59	3			00:17:09	00:34:34	00:51:57	<b>01:09:05.00</b>	+00:07:34 (11.0%)	6:54	8.7 (88.8%)
15	<b>KUBISZYN Małgorzata</b>	<b>173</b>	KS METRACO POLKOWICE	K30-39	2			00:16:34	00:33:50	00:51:28	<b>01:09:07.65</b>	+00:07:36 (11.0%)	6:54	8.7 (88.8%)
16	<b>WOJTASIŃSKI Daniel</b>	<b>208</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:16:39	00:33:54	00:51:29	<b>01:09:10.65</b>	+00:07:39 (11.1%)	6:55	8.7 (88.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>PODOLAK Marius</b>	<b>190</b>		M30-39	5			00:17:03	00:34:25	00:51:56	<b>01:09:27.50</b>	+00:07:56 (11.4%)	6:56	8.6 (87.8%)
18	<b>SANIUK Edward</b>	<b>195</b>	FACE NORDIC WALKING TEAM	M70+	1	1		00:17:11	00:34:37	00:52:27	<b>01:10:20.25</b>	+00:08:49 (12.5%)	7:02	8.5 (86.7%)
19	<b>DREWA Marian</b>	<b>146</b>	POLIPACK TEAM GWE	M60-69	3			00:17:08	00:34:53	00:52:37	<b>01:10:29.50</b>	+00:08:58 (12.7%)	7:03	8.5 (86.7%)
20	<b>ADAMCZYK Adam</b>	<b>141</b>	PASJA NORDIC WALKING	M70+	2	1		00:17:28	00:35:10	00:53:04	<b>01:11:12.50</b>	+00:09:41 (13.6%)	7:07	8.4 (85.7%)
21	<b>ŚLUSARCZYK Marcin</b>	<b>205</b>	WESOŁY BORSUK TEAM	M40-49	4			00:17:10	00:35:15	00:53:24	<b>01:11:32.85</b>	+00:10:02 (14.0%)	7:09	8.4 (85.7%)
22	<b>KOŃCZEWSKA Bożena</b>	<b>167</b>	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	1	1		00:17:35	00:35:23	00:53:54	<b>01:11:36.75</b>	+00:10:06 (14.1%)	7:09	8.4 (85.7%)
23	<b>WOLNIEWICZ Katarzyna</b>	<b>209</b>	PPPP.COM.PL	K40-49	3	1		00:17:23	00:35:29	00:53:45	<b>01:11:53.30</b>	+00:10:22 (14.4%)	7:11	8.3 (84.7%)
24	<b>OLEKSYK Malgorzata</b>	<b>187</b>	BIOESZCZADZKI KLUB NW. KLUB BIEGACZA HALICZ USTRZYKI DOLNE	K50-59	2	2		00:17:35	00:35:28	00:54:02	<b>01:12:14.95</b>	+00:10:44 (14.9%)	7:13	8.3 (84.7%)
25	<b>POLISZCZUK Piotr</b>	<b>192</b>	PIERNIKI NA CHODZIE	M50-59	4			00:18:00	00:36:24	00:54:26	<b>01:12:17.75</b>	+00:10:47 (14.9%)	7:13	8.3 (84.7%)
26	<b>SZCZUDLIK Małgorzata</b>	<b>202</b>	KIJKOWE TRZEMESZNO	K30-39	3			00:17:40	00:35:40	00:53:59	<b>01:12:23.35</b>	+00:10:52 (15.0%)	7:14	8.3 (84.7%)
27	<b>MADRY Grzegorz</b>	<b>181</b>	KIJKOWE TRZEMESZNO	M60-69	4	2		00:17:35	00:35:30	00:53:37	<b>01:12:24.60</b>	+00:10:53 (15.0%)	7:14	8.3 (84.7%)
28	<b>SZYMAŃSKI Stefan</b>	<b>204</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	3	1		00:17:28	00:35:12	00:53:23	<b>01:12:28.20</b>	+00:10:57 (15.1%)	7:14	8.3 (84.7%)
29	<b>HELL Xaver</b>	<b>215</b>	REHASPORTZENTRUM XAVER HELL	M60-69	5	2		00:17:32	00:35:33	00:54:33	<b>01:12:47.15</b>	+00:11:16 (15.5%)	7:16	8.2 (83.7%)
30	<b>NIEDL Margot</b>	<b>213</b>	NW TEAM BAYERN	K50-59	3	2		00:17:37	00:35:45	00:54:11	<b>01:12:49.30</b>	+00:11:18 (15.5%)	7:16	8.2 (83.7%)
31	<b>OSTROCHALSK Aleksandra</b>	<b>188</b>	POLIPACK TEAM GWE	K40-49	4			00:17:55	00:36:09	00:54:30	<b>01:12:52.70</b>	+00:11:21 (15.6%)	7:17	8.2 (83.7%)
32	<b>SCHNEIDER Helmut</b>	<b>217</b>	NW TEAM CITY FIT&SPORTFERSTE	M70+	4	2		00:17:29	00:35:33	00:54:23	<b>01:13:31.85</b>	+00:12:01 (16.3%)	7:21	8.2 (83.7%)
33	<b>JÓŻWIAK Marianna</b>	<b>155</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	5			00:17:43	00:36:04	00:54:55	<b>01:13:41.25</b>	+00:12:10 (16.5%)	7:22	8.1 (82.7%)
34	<b>KLOSE Andrea</b>	<b>214</b>	REHASPORTZENTRUM XAVER HELL	K40-49	6	2		00:17:39	00:35:49	00:54:34	<b>01:13:41.40</b>	+00:12:10 (16.5%)	7:22	8.1 (82.7%)
35	<b>ZIELIŃSKI Szczepan</b>	<b>212</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	5			00:18:18	00:36:40	00:55:29	<b>01:13:52.10</b>	+00:12:21 (16.7%)	7:23	8.1 (82.7%)
36	<b>MIKOŁAJCZAK Jan</b>	<b>184</b>		M60-69	6			00:17:50	00:36:30	00:55:25	<b>01:14:02.45</b>	+00:12:31 (16.9%)	7:24	8.1 (82.7%)
37	<b>KOLMETZ Katarzyna</b>	<b>166</b>	POLIPACK TEAM GWE	K40-49	7			00:19:55	00:36:53	00:53:56	<b>01:14:11.00</b>	+00:12:40 (17.1%)	7:25	8.1 (82.7%)
38	<b>KOSECKI Marek</b>	<b>169</b>	FORMA NA PIĄTKĘ NW	M50-59	5			00:17:57	00:36:23	00:55:24	<b>01:14:15.30</b>	+00:12:44 (17.2%)	7:25	8.1 (82.7%)
39	<b>ŚLUSARCZYK Andrzej</b>	<b>206</b>	WESOŁY BORSUK TEAM	M60-69	7			00:18:23	00:37:19	00:56:08	<b>01:14:36.70</b>	+00:13:05 (17.6%)	7:27	8 (81.6%)
40	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>189</b>	PRUSZYŃSKI SPORT TEAM	K40-49	8			00:17:57	00:36:36	00:55:40	<b>01:14:43.45</b>	+00:13:12 (17.7%)	7:28	8 (81.6%)
41	<b>ADAMUS Marian</b>	<b>222</b>	SILESIA NORDIC TEAM	M70+	5	1		00:17:38	00:36:30	00:55:31	<b>01:14:58.30</b>	+00:13:27 (18.0%)	7:29	8 (81.6%)

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42	<b>GAPIŃSKA Janina</b>	<b>150</b>	ŁŻE TRZEBINA	K60-69	1			00:18:32	00:37:16	00:56:07	<b>01:15:17.30</b>	+00:13:46 (18.3%)	7:31	8 (81.6%)
43	<b>PODOLAK Monika</b>	<b>191</b>		K40-49	9			00:18:34	00:37:37	00:56:52	<b>01:16:19.35</b>	+00:14:48 (19.4%)	7:37	7.9 (80.6%)
44	<b>DUSIEL Ewa</b>	<b>148</b>	NORDIC TEAM CZESTOCHOWA	K50-59	4			00:18:11	00:37:16	00:56:40	<b>01:16:22.00</b>	+00:14:51 (19.5%)	7:38	7.9 (80.6%)
45	<b>SCHULZ Sigrid Renate</b>	<b>220</b>	NW TEAM CITY FIT&SPORTFERSTE	K50-59	5	1		00:18:53	00:37:47	00:57:09	<b>01:17:03.55</b>	+00:15:32 (20.2%)	7:42	7.8 (79.6%)
46	<b>MARONDEL Katarzyna</b>	<b>180</b>	SILESIA NORDIC TEAM	K30-39	4			00:18:58	00:38:15	00:57:52	<b>01:17:40.35</b>	+00:16:09 (20.8%)	7:46	7.7 (78.6%)
47	<b>WILDAUER Ingo</b>	<b>221</b>	TEAM ERDINGER ALKOHOLFREI	M50-59	6			00:18:50	00:37:58	00:57:42	<b>01:17:44.90</b>	+00:16:14 (20.9%)	7:46	7.7 (78.6%)
48	<b>BADOCHA-DUDA Małgorzata</b>	<b>142</b>	ELITE TEAM	K50-59	6			00:18:20	00:37:26	00:57:16	<b>01:17:50.45</b>	+00:16:19 (21.0%)	7:47	7.7 (78.6%)
49	<b>KORYCKA Mariola</b>	<b>168</b>	FORMA NA PIĄTKĘ NW	K30-39	5			00:19:02	00:38:23	00:58:05	<b>01:17:50.80</b>	+00:16:20 (21.0%)	7:47	7.7 (78.6%)
50	<b>LIBARDI-KŁYŚ Sylvia</b>	<b>178</b>	STADION ŚLĄSKI	K60-69	2			00:18:46	00:38:17	00:58:01	<b>01:18:09.70</b>	+00:16:38 (21.3%)	7:49	7.7 (78.6%)
51	<b>LEBIT-MIKINIK Małgorzata</b>	<b>177</b>		K40-49	10	1		00:18:53	00:38:28	00:58:40	<b>01:18:37.10</b>	+00:17:06 (21.8%)	7:51	7.6 (77.6%)
52	<b>WENSAUER Konrad</b>	<b>219</b>	NW TEAM CITY FIT&SPORTFERSTE	M50-59	7	2		00:19:13	00:38:55	00:59:23	<b>01:19:06.05</b>	+00:17:35 (22.2%)	7:54	7.6 (77.6%)
53	<b>DANA Kazimiera</b>	<b>145</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K60-69	3	2		00:19:05	00:38:55	00:59:05	<b>01:19:11.50</b>	+00:17:40 (22.3%)	7:55	7.6 (77.6%)
54	<b>GOŁĘBIEWSKI Andrzej</b>	<b>152</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	M60-69	8	1		00:20:04	00:40:04	00:59:41	<b>01:19:57.30</b>	+00:18:26 (23.1%)	7:59	7.5 (76.5%)
55	<b>PONKA Radosław</b>	<b>193</b>	POLIPACK TEAM GWE	M40-49	6			00:19:38	00:39:54	01:00:20	<b>01:20:18.25</b>	+00:18:47 (23.4%)	8:01	7.5 (76.5%)
56	<b>LADEMANN Damian</b>	<b>176</b>	POLIPACK TEAM GWE	M30-39	6	1		00:19:36	00:39:09	01:00:04	<b>01:20:37.75</b>	+00:19:07 (23.7%)	8:03	7.4 (75.5%)
57	<b>DUDA Aleksandra</b>	<b>147</b>		K20-29	1			00:18:36	00:38:04	00:59:08	<b>01:20:39.55</b>	+00:19:08 (23.7%)	8:03	7.4 (75.5%)
58	<b>ALEKSANDROWICZ Maria</b>	<b>224</b>	MKS MOS WROCŁAW	K16-19	1	1		00:20:58	00:41:23	01:00:52	<b>01:20:54.50</b>	+00:19:23 (24.0%)	8:05	7.4 (75.5%)
59	<b>SUMIŃSKI Tomasz</b>	<b>201</b>		M40-49	7	2		00:19:56	00:40:03	01:00:48	<b>01:21:39.80</b>	+00:20:09 (24.7%)	8:10	7.3 (74.5%)
60	<b>SOBAŃSKA Grażyna</b>	<b>198</b>		K60-69	4			00:20:06	00:40:32	01:01:11	<b>01:21:41.75</b>	+00:20:11 (24.7%)	8:10	7.3 (74.5%)
61	<b>FRYDRYCH Krzysztof</b>	<b>149</b>	WESOŁY BORSUK TEAM	M40-49	8			00:19:56	00:40:46	01:01:05	<b>01:21:51.10</b>	+00:20:20 (24.8%)	8:11	7.3 (74.5%)
62	<b>LACHOWSKA Ewa</b>	<b>175</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-69	5			00:19:55	00:40:51	01:01:28	<b>01:21:54.00</b>	+00:20:23 (24.9%)	8:11	7.3 (74.5%)
63	<b>KACZMAREK Maja</b>	<b>159</b>	POLIPACK TEAM GWE	K30-39	6	1		00:19:14	00:39:40	01:00:48	<b>01:22:17.25</b>	+00:20:46 (25.2%)	8:13	7.3 (74.5%)
64	<b>KOSTUJ Marcin</b>	<b>170</b>	AZS SUM	M20-29	1	2		00:20:05	00:41:39	01:02:45	<b>01:24:14.20</b>	+00:22:43 (27.0%)	8:25	7.1 (72.4%)
65	<b>MALINOWSKI Paweł</b>	<b>179</b>		M20-29	2			00:21:08	00:42:42	01:03:33	<b>01:24:47.20</b>	+00:23:16 (27.5%)	8:28	7.1 (72.4%)
66	<b>JURCZYŃSKA Bożena</b>	<b>158</b>	NORDIC TEAM CZĘSTOCHOWA	K60-69	6			00:20:24	00:41:20	01:02:55	<b>01:25:26.60</b>	+00:23:55 (28.0%)	8:32	7 (71.4%)

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67	<b>MACIĄG Anna</b>	<b>223</b>	AZS ŚUM	K20-29	2	2		00:21:29	00:42:50	01:04:58	<b>01:26:21.55</b>	+00:24:50 (28.8%)	8:38	6.9 (70.4%)
68	<b>STANKOWSKA Marzena</b>	<b>200</b>	KIJKOWE TRZEMESZNO	K40-49	11			00:22:44	00:44:04	01:05:25	<b>01:26:34.00</b>	+00:25:03 (28.9%)	8:39	6.9 (70.4%)
69	<b>CHMIELEWSKA Anna</b>	<b>143</b>		K40-49	12			00:21:47	00:43:48	01:05:57	<b>01:27:41.65</b>	+00:26:10 (29.9%)	8:46	6.8 (69.4%)
70	<b>SZELIGA Justyna</b>	<b>203</b>	LIDER GRODZISK MAZOWIECKI	K40-49	13	1		00:22:01	00:44:19	01:06:31	<b>01:28:24.15</b>	+00:26:53 (30.4%)	8:50	6.8 (69.4%)
71	<b>KAMIŃSKA Adriana</b>	<b>161</b>	NORDIC WALKING OPOLE	K30-39	7	1		00:21:20	00:43:26	01:05:54	<b>01:29:10.40</b>	+00:27:39 (31.0%)	8:55	6.7 (68.4%)
72	<b>MRÓZ Agnieszka</b>	<b>185</b>		K40-49	14	1		00:21:59	00:44:22	01:06:43	<b>01:29:42.70</b>	+00:28:11 (31.4%)	8:58	6.7 (68.4%)
73	<b>BAUER Max</b>	<b>218</b>	NW TEAM CITY FIT&SPORTFERSTE	M70+	6			00:21:46	00:44:25	01:07:15	<b>01:30:25.20</b>	+00:28:54 (32.0%)	9:02	6.6 (67.3%)
74	<b>JÓŹWIAK Łukasz</b>	<b>157</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:23:06	00:46:50	01:10:36	<b>01:34:12.60</b>	+00:32:41 (34.7%)	9:25	6.4 (65.3%)
75	<b>JÓŹWIAK Dominik</b>	<b>156</b>	SERCE NORDICA WŁOCŁAWEK	M20-29	3			00:24:50	00:48:34	01:12:20	<b>01:35:57.30</b>	+00:34:26 (35.9%)	9:35	6.3 (64.3%)
76	<b>OGONOWSKA Edyta</b>	<b>186</b>	KLUB NW PATYCZAKI - GRUDZIĄDZ	K50-59	7	1		00:23:44	00:47:48	01:12:07	<b>01:36:17.85</b>	+00:34:47 (36.1%)	9:37	6.2 (63.3%)
77	<b>SYPEK Karina</b>	<b>85</b>	AZS SUM	K20-29	3			00:23:25	00:49:02	01:13:19	<b>01:37:30.25</b>	+00:35:59 (36.9%)	9:45	6.2 (63.3%)
DQ	<b>FELDMEIER Christiane</b>	<b>216</b>	NW TEAM CITY FIT&SPORTFERSTE	K50-59		3	1	00:17:38 DQ	00:35:28 DQ	00:53:56 DQ	<b>01:12:26.05</b> <b>DQ</b>	-	-	- (0.0%)
DQ	<b>ŚWISŁOCKI Bogdan</b>	<b>207</b>	FACE NORDIC WALKING TEAM	M50-59		3	1	00:17:38 DQ	00:35:42 DQ	00:54:12 DQ	<b>01:13:13.40</b> <b>DQ</b>	-	-	- (0.0%)
DQ	<b>KONASZCZUK Agnieszka</b>	<b>229</b>		K40-49		3	1	00:18:38 DQ	00:38:11 DQ	00:57:48 DQ	<b>01:17:52.75</b> <b>DQ</b>	-	-	- (0.0%)
DQ	<b>MIERNICKI Mariusz</b>	<b>183</b>	PASJA NORDIC WALKING	M60-69		3	1	00:19:27 DQ	00:39:24 DQ	01:00:36 DQ	<b>01:21:27.05</b> <b>DQ</b>	-	-	- (0.0%)
DQ	<b>CYRUS Bogdan</b>	<b>144</b>	VICTORIA STRZEBIŃ	M40-49		3	1	00:15:46 DQ	00:32:09 DQ	00:49:08 DQ	<b>DQ</b>	-	-	- (0.0%)

Znaleziono 82 wynik(ów)