

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Legnica
Data: 2019-06-22
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	ROSAK Marcin	259	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:06	00:32:04	00:48:00	01:03:51.85		6:23	9.4 (100%)
2	KUŹMICZ Adam	241	POLIPACK TEAM GWE	M30-39	1			00:15:48	00:32:10	00:48:54	01:05:26.60	+00:01:34 (2.4%)	6:32	9.2 (97.9%)
3	KŁOS Maciej	228	NW WYSPA SOBIESZEWSKA	M30-39	2	2		00:15:59	00:32:38	00:49:52	01:07:31.85	+00:03:40 (5.4%)	6:45	8.9 (94.7%)
4	SIWAK Piotr	272	KS METRACO POLKOWICE	M50-59	1			00:16:13	00:33:08	00:50:20	01:07:57.40	+00:04:05 (6.0%)	6:47	8.8 (93.6%)
5	ZACZYŃSKA Anna	282	MSPORT TEAM	K40-49	1	1		00:16:55	00:34:00	00:51:10	01:08:34.15	+00:04:42 (6.9%)	6:51	8.8 (93.6%)
6	WOJTASIŃSKI Daniel	280	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:50	00:33:56	00:51:22	01:08:45.95	+00:04:54 (7.1%)	6:52	8.7 (92.6%)
7	KUŚMIEREK Jan	240	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:17:11	00:34:33	00:51:53	01:09:10.30	+00:05:18 (7.7%)	6:55	8.7 (92.6%)
8	KLIMCZAK Adam	227	GOSADI NORDIC TEAM	M50-59	2			00:17:04	00:34:34	00:51:45	01:09:17.70	+00:05:25 (7.8%)	6:55	8.7 (92.6%)
9	KUBISZYN Małgorzata	287	KS METRACO POLKOWICE	K30-39	1			00:17:13	00:34:35	00:52:19	01:09:53.40	+00:06:01 (8.6%)	6:59	8.6 (91.5%)
10	HELWICH Stefan	218	KS METRACO POLKOWICE	M60-69	1	1		00:16:41	00:34:22	00:52:33	01:10:16.30	+00:06:24 (9.1%)	7:01	8.5 (90.4%)
11	JĘDRASIAK Renata	220	KS METRACO POLKOWICE	K50-59	1			00:17:17	00:35:01	00:53:02	01:11:09.15	+00:07:17 (10.2%)	7:06	8.4 (89.4%)
12	KOBIELA Krzysztof	229	NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:17:24	00:35:18	00:53:04	01:11:12.70	+00:07:20 (10.3%)	7:07	8.4 (89.4%)
13	POŁUBIAK Paweł	254		M30-39	3	2		00:17:26	00:35:23	00:53:13	01:11:21.70	+00:07:29 (10.5%)	7:08	8.4 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
14	DREWA Marian	211	POLIPACK TEAM GWE	M60-69	2			00:17:05	00:35:06	00:53:12	01:11:37.95	+00:07:46 (10.8%)	7:09	8.4 (89.4%)
15	SANIUK Edward	260	FACE NORDIC WALKING TEAM	M70+	1			00:18:30	00:37:08	00:55:06	01:11:57.30	+00:08:05 (11.2%)	7:11	8.3 (88.3%)
16	KOŃCZEWSKA Bożena	231	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	2			00:17:24	00:35:25	00:53:42	01:12:00.45	+00:08:08 (11.3%)	7:12	8.3 (88.3%)
17	MĄDRY Grzegorz	244	KIJKOWE TRZEMESZNO	M60-69	3	1		00:17:36	00:35:44	00:54:10	01:12:56.90	+00:09:05 (12.5%)	7:17	8.2 (87.2%)
18	ŚWISŁOCKI Bogdan	269	FACE NORDIC WALKING TEAM	M50-59	3	1		00:17:39	00:35:43	00:54:07	01:12:58.60	+00:09:06 (12.5%)	7:17	8.2 (87.2%)
19	ADAMCZYK Adam	201	PASJA NORDIC WALKING	M70+	2	1		00:18:31	00:37:09	00:55:11	01:13:06.00	+00:09:14 (12.6%)	7:18	8.2 (87.2%)
20	GRYGOROWICZ Marcin	216	KS METRACO POLKOWICE	M30-39	4	2		00:17:32	00:35:25	00:53:48	01:13:06.80	+00:09:14 (12.7%)	7:18	8.2 (87.2%)
21	WEINER Jakub	274	CKZIU MECHANIK NYSA	M18-29	1	2		00:19:01	00:37:33	00:55:38	01:13:36.50	+00:09:44 (13.2%)	7:21	8.2 (87.2%)
22	HRYNDIO Jerzy	219	STADION ŚLĄSKI	M60-69	4			00:17:38	00:36:15	00:55:09	01:13:50.55	+00:09:58 (13.5%)	7:23	8.1 (86.2%)
23	OSTROCHALSKA Aleksandra	249	POLIPACK TEAM GWE	K40-49	2			00:18:06	00:36:33	00:55:08	01:13:52.05	+00:10:00 (13.5%)	7:23	8.1 (86.2%)
24	RASZEWSKA Izabela	258	FORMA NA PIĄTKĘNW	K40-49	3			00:18:06	00:36:49	00:55:30	01:14:30.60	+00:10:38 (14.3%)	7:27	8.1 (86.2%)
25	NETKOWSKI Wojciech	246	PASJA NORDIC WALKING	M60-69	5			00:17:53	00:36:17	00:55:24	01:14:42.95	+00:10:51 (14.5%)	7:28	8 (85.1%)
26	STAWNIAK Karol	264	KS METRACO POLKOWICE	M70+	3	1		00:18:33	00:37:21	00:56:36	01:15:49.40	+00:11:57 (15.8%)	7:34	7.9 (84.0%)
27	NIEWODNICZAŃSKI Tomasz	247		M70+	4			00:18:33	00:37:38	00:57:05	01:15:51.70	+00:11:59 (15.8%)	7:35	7.9 (84.0%)
28	BADOCHA-DUDA Małgorzata	203	ELITE TEAM	K50-59	3	1		00:17:52	00:36:56	00:56:23	01:15:56.20	+00:12:04 (15.9%)	7:35	7.9 (84.0%)
29	SZCZĘŚNIAK Zbigniew	266	NORDIC TEAM CZĘSTOCHOWA	M50-59	4			00:18:35	00:37:25	00:56:26	01:16:03.60	+00:12:11 (16.0%)	7:36	7.9 (84.0%)
30	DUSIEL Ewa	213	NORDIC TEAM CZĘSTOCHOWA	K50-59	4			00:18:32	00:37:31	00:57:09	01:16:45.45	+00:12:53 (16.8%)	7:40	7.8 (83.0%)
31	STANIEC Stanisław	263	AMATOR	M60-69	6	2		00:18:00	00:37:05	00:56:49	01:16:57.50	+00:13:05 (17.0%)	7:41	7.8 (83.0%)
32	CZAJKA Urszula	208	FACE NORDIC WALKING TEAM	K60-69	1	1		00:18:40	00:37:51	00:57:21	01:17:04.45	+00:13:12 (17.1%)	7:42	7.8 (83.0%)
33	LENARCIK Kazimierz	290	KS METRACO POLKOWICE	M60-69	7			00:18:36	00:37:44	00:57:17	01:17:15.15	+00:13:23 (17.3%)	7:43	7.8 (83.0%)
34	POSIM Dariusz	256	WATAHA	M50-59	5			00:18:10	00:37:09	00:56:48	01:17:16.55	+00:13:24 (17.4%)	7:43	7.8 (83.0%)
35	WOJDANOWSKA Małgorzata	278	LECYMY DURŚ	K30-39	2	1		00:19:37	00:39:27	00:58:27	01:17:27.00	+00:13:35 (17.5%)	7:44	7.7 (81.9%)
36	GWAREK Anita	217	PASJA NORDIC WALKING	K40-49	4			00:19:06	00:38:49	00:58:37	01:18:11.05	+00:14:19 (18.3%)	7:49	7.7 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
37	PODOLAK Monika	253	KS METRACO POLKOWICE	K40-49	5			00:19:16	00:38:54	00:58:42	01:18:14.65	+00:14:22 (18.4%)	7:49	7.7 (81.9%)
38	CHORABIK Stanisław	205	WESOŁY BORSUK TEAM	M60-69	8			00:18:53	00:38:33	00:58:23	01:18:20.15	+00:14:28 (18.5%)	7:50	7.7 (81.9%)
39	KORYCKA Mariola	288	FORMA NA PIĄTKĘ NW	K30-39	3			00:19:01	00:38:32	00:58:26	01:18:21.35	+00:14:29 (18.5%)	7:50	7.7 (81.9%)
40	KACZMAREK Maja	222	POLIPACK TEAM GWE	K30-39	4	2		00:18:47	00:38:39	00:58:50	01:19:01.90	+00:15:10 (19.2%)	7:54	7.6 (80.9%)
41	CONTUCCI Ewa	207	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:51	00:39:56	00:59:55	01:19:48.05	+00:15:56 (20.0%)	7:58	7.5 (79.8%)
42	DUDA Aleksandra	285		K18-29	1	1		00:18:51	00:38:28	00:58:40	01:19:53.50	+00:16:01 (20.1%)	7:59	7.5 (79.8%)
43	CHYRA Janusz	206	UNIA MIAST	M40-49	5			00:19:46	00:39:30	00:59:45	01:19:56.85	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
44	KURZAWSKA Jolanta	239	KS METRACO POLKOWICE	K70+	1			00:19:29	00:39:13	00:59:25	01:19:57.50	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
45	PONKA Radosław	255	POLIPACK TEAM GWE	M40-49	6	2		00:19:31	00:40:07	01:00:14	01:19:57.70	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
46	CZEMPIK Kornelia	210	STADION ŚLĄSKI	K50-59	5			00:18:51	00:39:06	00:59:51	01:20:15.80	+00:16:23 (20.4%)	8:01	7.5 (79.8%)
47	FRYDRYCH Krzysztof	215	WESOŁY BORSUK TEAM	M40-49	7	1		00:19:39	00:39:41	01:00:03	01:20:39.40	+00:16:47 (20.8%)	8:04	7.4 (78.7%)
48	SĘDZIK Katarzyna	261	LECYMY DURŚ	K40-49	7			00:19:33	00:39:51	01:00:36	01:21:33.90	+00:17:42 (21.7%)	8:09	7.4 (78.7%)
49	FORYŚ Katarzyna	214	WATAHA	K30-39	5			00:18:58	00:38:41	01:00:02	01:21:46.10	+00:17:54 (21.9%)	8:10	7.3 (77.7%)
50	TARCZEWSKA Anna	270		K30-39	6	1		00:19:42	00:40:04	01:00:58	01:22:01.85	+00:18:10 (22.1%)	8:12	7.3 (77.7%)
51	CZEMPIK Aniela	209	STADION ŚLĄSKI	K60-69	2			00:20:13	00:40:42	01:01:27	01:22:31.90	+00:18:40 (22.6%)	8:15	7.3 (77.7%)
52	MACIŃSKA Estera	243	LECYMY DURŚ	K18-29	2			00:20:20	00:41:07	01:01:49	01:22:38.15	+00:18:46 (22.7%)	8:15	7.3 (77.7%)
53	JURCZYŃSKA Bożena	221	NORDIC TEAM CZĘSTOCHOWA	K60-69	3	1		00:19:59	00:40:32	01:01:46	01:23:17.20	+00:19:25 (23.3%)	8:19	7.2 (76.6%)
54	WOJTALA Małgorzata	279	KLUBSPORTU.PL	K40-49	8			00:19:54	00:40:45	01:01:56	01:23:17.75	+00:19:25 (23.3%)	8:19	7.2 (76.6%)
55	MACIĄG Anna	286	AZS ŚUM	K18-29	3			00:20:37	00:41:41	01:02:26	01:23:30.55	+00:19:38 (23.5%)	8:21	7.2 (76.6%)
56	KIDAWA Bożena	224	SANTANDER CONSUMER BANK	K60-69	4			00:20:17	00:41:11	01:02:19	01:23:33.05	+00:19:41 (23.6%)	8:21	7.2 (76.6%)
57	KIEDROWSKA Anna	292	MT-SPORT	K30-39	7	1		00:20:02	00:41:03	01:02:44	01:23:50.20	+00:19:58 (23.8%)	8:23	7.2 (76.6%)
58	PINIS Michał	252	NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:19:56	00:41:01	01:02:20	01:24:08.85	+00:20:17 (24.1%)	8:24	7.1 (75.5%)
59	STANKOWSKA Marzena	289	KIJKOWE TRZEMESZNO	K40-49	9			00:20:20	00:42:27	01:03:53	01:24:57.80	+00:21:05 (24.8%)	8:29	7.1 (75.5%)

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											netto 10km	Różn		
60	THOMALLA Bogdan	271	STADION ŚLĄSKI	M70+	5			00:20:36	00:41:30	01:03:17	01:25:13.05	+00:21:21 (25.1%)	8:31	7 (74.5%)
61	KISZKA-MAZIARCZUK Berenika	226	LECYMY DURŚ	K30-39	8			00:21:52	00:44:22	01:06:58	01:28:20.90	+00:24:29 (27.7%)	8:50	6.8 (72.3%)
62	WAŹROBA Sebastian	273	VITADIET ŁÓDŹ	M40-49	8			00:21:26	00:44:13	01:06:32	01:28:50.25	+00:24:58 (28.1%)	8:53	6.8 (72.3%)
63	KOSTUJ Marcin	233	AZS ŚUM	M18-29	2			00:21:34	00:44:25	01:07:00	01:29:38.20	+00:25:46 (28.8%)	8:57	6.7 (71.3%)
64	SZELIGA Justyna	267	LIDER GRODZISK MAZOWIECKI	K40-49	10			00:22:36	00:45:41	01:07:50	01:30:01.40	+00:26:09 (29.1%)	9:00	6.7 (71.3%)
65	DROZD Krystyna	212	CIDRY LOTAJOM	K50-59	6			00:22:04	00:44:30	01:07:18	01:30:14.15	+00:26:22 (29.2%)	9:01	6.6 (70.2%)
66	KIDAWA Marian	225	SANTANDER CONSUMER BANK	M60-69	9			00:20:42	00:42:46	01:06:31	01:30:36.70	+00:26:44 (29.5%)	9:03	6.6 (70.2%)
67	KOZAJDA Regina	234		K50-59	7			00:20:45	00:42:12	01:07:06	01:31:09.20	+00:27:17 (29.9%)	9:06	6.6 (70.2%)
68	POSIM Bogumiła	257	WATAHA	K50-59	8			00:22:17	00:44:44	01:07:36	01:31:15.75	+00:27:23 (30.0%)	9:07	6.6 (70.2%)
69	PIASECKI Lech	251	STADION ŚLĄSKI	M70+	6			00:21:59	00:44:52	01:08:28	01:31:43.05	+00:27:51 (30.4%)	9:10	6.5 (69.1%)
70	LIGĘZA Elżbieta	242		K50-59	9			00:22:48	00:46:02	01:09:15	01:32:33.70	+00:28:41 (31.0%)	9:15	6.5 (69.1%)
71	WOŹNY Aleksandra	281		K40-49	11			00:21:28	00:45:06	01:09:08	01:33:00.55	+00:29:08 (31.3%)	9:18	6.5 (69.1%)
72	MĘDRAK Alicja	245		K60-69	5			00:22:33	00:46:00	01:09:31	01:33:06.10	+00:29:14 (31.4%)	9:18	6.4 (68.1%)
73	ZIĘBA Julia	283	STADION ŚLĄSKI	K70+	2	1		00:22:38	00:46:18	01:09:52	01:33:10.00	+00:29:18 (31.5%)	9:19	6.4 (68.1%)
74	KAMIŃSKA Adriana	223		K30-39	9			00:22:30	00:45:55	01:09:44	01:33:11.40	+00:29:19 (31.5%)	9:19	6.4 (68.1%)
75	SIWCZYK Grażyna	262	LECYMY DURŚ	K60-69	6			00:23:13	00:46:33	01:10:12	01:33:37.75	+00:29:45 (31.8%)	9:21	6.4 (68.1%)
76	OWCZAREK Henryka	250	MARSZ PO ZDROWIE	K70+	3			00:22:54	00:46:19	01:09:58	01:33:38.55	+00:29:46 (31.8%)	9:21	6.4 (68.1%)
77	KRÓLIKOWSKA-ŁOSKOT Danuta	237	STADION ŚLĄSKI	K60-69	7			00:23:12	00:46:33	01:10:14	01:33:51.50	+00:29:59 (32.0%)	9:23	6.4 (68.1%)
78	WIĘCKIEWICZ Anna	275		K50-59	10			00:22:43	00:46:32	01:10:18	01:34:04.90	+00:30:13 (32.1%)	9:24	6.4 (68.1%)
79	WŁOCHOWICZ Olga	277	LECYMY DURŚ	K30-39	10			00:22:57	00:46:36	01:10:34	01:34:30.10	+00:30:38 (32.4%)	9:27	6.3 (67.0%)
80	STEFANIAK Bożena	265		K60-69	8			00:23:14	00:46:59	01:11:31	01:36:38.45	+00:32:46 (33.9%)	9:39	6.2 (66.0%)
81	WINIARSKI Robert	276		M50-59	6	1		00:23:14	00:47:21	01:12:04	01:37:26.70	+00:33:34 (34.5%)	9:44	6.2 (66.0%)
82	BACDORF Alicja	202	LIDER GRODZISK MAZOWIECKI	K60-69	9			00:23:45	00:48:03	01:12:40	01:37:53.55	+00:34:01 (34.8%)	9:47	6.1 (64.9%)

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83	JÓŹWIAK Dominik	55	SERCE NORDICA WŁOCŁAWEK	M18-29	3			00:25:33	00:52:38	01:20:18	01:46:41.90	+00:42:50 (40.1%)	10:40	5.6 (59.6%)
DQ	JURELL Adam	291	KS METRACO POLKOWICE	M50-59		4	1	00:16:19 DQ	00:33:14 DQ	00:50:30 DQ	01:08:35.20 DQ		-	- (0.0%)
DQ	ŚLUSARCZYK Andrzej	268	WESOŁY BORSUK TEAM	M60-69			1	00:18:02 DQ	00:36:55 DQ	00:56:21 DQ	01:16:09.55 DQ		-	- (0.0%)

Znaleziono 85 wynik(ów)