

# 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	<b>ROSAK Marcin</b>	<b>259</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:06	00:32:04	00:48:00	<b>01:03:51.85</b>		6:23	9.4 (100%)
2	<b>KUŹMICZ Adam</b>	<b>241</b>	POLIPACK TEAM GWE	M30-39	1			00:15:48	00:32:10	00:48:54	<b>01:05:26.60</b>	+00:01:34 (2.4%)	6:32	9.2 (97.9%)
3	<b>KŁOS Maciej</b>	<b>228</b>	NW WYSPA SOBIESZEWSKA	M30-39	2	2		00:15:59	00:32:38	00:49:52	<b>01:07:31.85</b>	+00:03:40 (5.4%)	6:45	8.9 (94.7%)
4	<b>SIWAK Piotr</b>	<b>272</b>	KS METRACO POLKOWICE	M50-59	1			00:16:13	00:33:08	00:50:20	<b>01:07:57.40</b>	+00:04:05 (6.0%)	6:47	8.8 (93.6%)
5	<b>ZACZYŃSKA Anna</b>	<b>282</b>	MSPORT TEAM	K40-49	1	1		00:16:55	00:34:00	00:51:10	<b>01:08:34.15</b>	+00:04:42 (6.9%)	6:51	8.8 (93.6%)
6	<b>WOJTASIŃSKI Daniel</b>	<b>280</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:50	00:33:56	00:51:22	<b>01:08:45.95</b>	+00:04:54 (7.1%)	6:52	8.7 (92.6%)
7	<b>KUŚMIEREC Jan</b>	<b>240</b>	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:17:11	00:34:33	00:51:53	<b>01:09:10.30</b>	+00:05:18 (7.7%)	6:55	8.7 (92.6%)
8	<b>KLIMCZAK Adam</b>	<b>227</b>	GOSADI NORDIC TEAM	M50-59	2			00:17:04	00:34:34	00:51:45	<b>01:09:17.70</b>	+00:05:25 (7.8%)	6:55	8.7 (92.6%)
9	<b>KUBISZYN Małgorzata</b>	<b>287</b>	KS METRACO POLKOWICE	K30-39	1			00:17:13	00:34:35	00:52:19	<b>01:09:53.40</b>	+00:06:01 (8.6%)	6:59	8.6 (91.5%)
10	<b>HELWICH Stefan</b>	<b>218</b>	KS METRACO POLKOWICE	M60-69	1	1		00:16:41	00:34:22	00:52:33	<b>01:10:16.30</b>	+00:06:24 (9.1%)	7:01	8.5 (90.4%)
11	<b>JĘDRASIAK Renata</b>	<b>220</b>	KS METRACO POLKOWICE	K50-59	1			00:17:17	00:35:01	00:53:02	<b>01:11:09.15</b>	+00:07:17 (10.2%)	7:06	8.4 (89.4%)
12	<b>KOBIELA Krzysztof</b>	<b>229</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:17:24	00:35:18	00:53:04	<b>01:11:12.70</b>	+00:07:20 (10.3%)	7:07	8.4 (89.4%)
13	<b>POŁUBIAK Paweł</b>	<b>254</b>		M30-39	3	2		00:17:26	00:35:23	00:53:13	<b>01:11:21.70</b>	+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	<b>DREWA Marian</b>	<b>211</b>	POLIPACK TEAM GWE	M60-69	2			00:17:05	00:35:06	00:53:12	<b>01:11:37.95</b>	+00:07:46 (10.8%)	7:09	8.4 (89.4%)
15	<b>SANIUK Edward</b>	<b>260</b>	FACE NORDIC WALKING TEAM	M70+	1			00:18:30	00:37:08	00:55:06	<b>01:11:57.30</b>	+00:08:05 (11.2%)	7:11	8.3 (88.3%)
16	<b>KOŃCZEWSKA Bożena</b>	<b>231</b>	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	2			00:17:24	00:35:25	00:53:42	<b>01:12:00.45</b>	+00:08:08 (11.3%)	7:12	8.3 (88.3%)
17	<b>MĄDRY Grzegorz</b>	<b>244</b>	KIJKOWE TRZEMESZNO	M60-69	3	1		00:17:36	00:35:44	00:54:10	<b>01:12:56.90</b>	+00:09:05 (12.5%)	7:17	8.2 (87.2%)
18	<b>ŚWISŁOCKI Bogdan</b>	<b>269</b>	FACE NORDIC WALKING TEAM	M50-59	3	1		00:17:39	00:35:43	00:54:07	<b>01:12:58.60</b>	+00:09:06 (12.5%)	7:17	8.2 (87.2%)
19	<b>ADAMCZYK Adam</b>	<b>201</b>	PASJA NORDIC WALKING	M70+	2	1		00:18:31	00:37:09	00:55:11	<b>01:13:06.00</b>	+00:09:14 (12.6%)	7:18	8.2 (87.2%)
20	<b>GRYGOROWICZ Marcin</b>	<b>216</b>	KS METRACO POLKOWICE	M30-39	4	2		00:17:32	00:35:25	00:53:48	<b>01:13:06.80</b>	+00:09:14 (12.7%)	7:18	8.2 (87.2%)
21	<b>WEINER Jakub</b>	<b>274</b>	CKZIU MECHANIK NYSA	M18-29	1	2		00:19:01	00:37:33	00:55:38	<b>01:13:36.50</b>	+00:09:44 (13.2%)	7:21	8.2 (87.2%)
22	<b>HRYNDIO Jerzy</b>	<b>219</b>	STADION ŚLĄSKI	M60-69	4			00:17:38	00:36:15	00:55:09	<b>01:13:50.55</b>	+00:09:58 (13.5%)	7:23	8.1 (86.2%)
23	<b>OSTROCHALSKA Aleksandra</b>	<b>249</b>	POLIPACK TEAM GWE	K40-49	2			00:18:06	00:36:33	00:55:08	<b>01:13:52.05</b>	+00:10:00 (13.5%)	7:23	8.1 (86.2%)
24	<b>RASZEWSKA Izabela</b>	<b>258</b>	FORMA NA PIĄTKĘNW	K40-49	3			00:18:06	00:36:49	00:55:30	<b>01:14:30.60</b>	+00:10:38 (14.3%)	7:27	8.1 (86.2%)
25	<b>NETKOWSKI Wojciech</b>	<b>246</b>	PASJA NORDIC WALKING	M60-69	5			00:17:53	00:36:17	00:55:24	<b>01:14:42.95</b>	+00:10:51 (14.5%)	7:28	8 (85.1%)
26	<b>STAWNIAK Karol</b>	<b>264</b>	KS METRACO POLKOWICE	M70+	3	1		00:18:33	00:37:21	00:56:36	<b>01:15:49.40</b>	+00:11:57 (15.8%)	7:34	7.9 (84.0%)
27	<b>NIEWODNICZAŃSKI Tomasz</b>	<b>247</b>		M70+	4			00:18:33	00:37:38	00:57:05	<b>01:15:51.70</b>	+00:11:59 (15.8%)	7:35	7.9 (84.0%)
28	<b>BADOCHA-DUDA Małgorzata</b>	<b>203</b>	ELITE TEAM	K50-59	3	1		00:17:52	00:36:56	00:56:23	<b>01:15:56.20</b>	+00:12:04 (15.9%)	7:35	7.9 (84.0%)
29	<b>SZCZEŚNIAK Zbigniew</b>	<b>266</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	4			00:18:35	00:37:25	00:56:26	<b>01:16:03.60</b>	+00:12:11 (16.0%)	7:36	7.9 (84.0%)
30	<b>DUSIEL Ewa</b>	<b>213</b>	NORDIC TEAM CZĘSTOCHOWA	K50-59	4			00:18:32	00:37:31	00:57:09	<b>01:16:45.45</b>	+00:12:53 (16.8%)	7:40	7.8 (83.0%)
31	<b>STANIEC Stanisław</b>	<b>263</b>	AMATOR	M60-69	6	2		00:18:00	00:37:05	00:56:49	<b>01:16:57.50</b>	+00:13:05 (17.0%)	7:41	7.8 (83.0%)
32	<b>CZAJKA Urszula</b>	<b>208</b>	FACE NORDIC WALKING TEAM	K60-69	1	1		00:18:40	00:37:51	00:57:21	<b>01:17:04.45</b>	+00:13:12 (17.1%)	7:42	7.8 (83.0%)
33	<b>LENARCIK Kazimierz</b>	<b>290</b>	KS METRACO POLKOWICE	M60-69	7			00:18:36	00:37:44	00:57:17	<b>01:17:15.15</b>	+00:13:23 (17.3%)	7:43	7.8 (83.0%)
34	<b>POSIM Dariusz</b>	<b>256</b>	WATAHA	M50-59	5			00:18:10	00:37:09	00:56:48	<b>01:17:16.55</b>	+00:13:24 (17.4%)	7:43	7.8 (83.0%)
35	<b>WOJDANOWSKA Małgorzata</b>	<b>278</b>	LECYMY DURŚ	K30-39	2	1		00:19:37	00:39:27	00:58:27	<b>01:17:27.00</b>	+00:13:35 (17.5%)	7:44	7.7 (81.9%)
36	<b>GWAREK Anita</b>	<b>217</b>	PASJA NORDIC WALKING	K40-49	4			00:19:06	00:38:49	00:58:37	<b>01:18:11.05</b>	+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	<b>PODOLAK Monika</b>	<b>253</b>	KS METRACO POLKOWICE	K40-49	5			00:19:16	00:38:54	00:58:42	<b>01:18:14.65</b>	+00:14:22 (18.4%)	7:49	7.7 (81.9%)
38	<b>CHORABIK Stanisław</b>	<b>205</b>	WESOŁY BORSUK TEAM	M60-69	8			00:18:53	00:38:33	00:58:23	<b>01:18:20.15</b>	+00:14:28 (18.5%)	7:50	7.7 (81.9%)
39	<b>KORYCKA Mariola</b>	<b>288</b>	FORMA NA PIĄTKĘ NW	K30-39	3			00:19:01	00:38:32	00:58:26	<b>01:18:21.35</b>	+00:14:29 (18.5%)	7:50	7.7 (81.9%)
40	<b>KACZMAREK Maja</b>	<b>222</b>	POLIPACK TEAM GWE	K30-39	4	2		00:18:47	00:38:39	00:58:50	<b>01:19:01.90</b>	+00:15:10 (19.2%)	7:54	7.6 (80.9%)
41	<b>CONTUCCI Ewa</b>	<b>207</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:51	00:39:56	00:59:55	<b>01:19:48.05</b>	+00:15:56 (20.0%)	7:58	7.5 (79.8%)
42	<b>DUDA Aleksandra</b>	<b>285</b>		K18-29	1	1		00:18:51	00:38:28	00:58:40	<b>01:19:53.50</b>	+00:16:01 (20.1%)	7:59	7.5 (79.8%)
43	<b>CHYRA Janusz</b>	<b>206</b>	UNIA MIAST	M40-49	5			00:19:46	00:39:30	00:59:45	<b>01:19:56.85</b>	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
44	<b>KURZAWSKA Jolanta</b>	<b>239</b>	KS METRACO POLKOWICE	K70+	1			00:19:29	00:39:13	00:59:25	<b>01:19:57.50</b>	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
45	<b>PONKA Radosław</b>	<b>255</b>	POLIPACK TEAM GWE	M40-49	6	2		00:19:31	00:40:07	01:00:14	<b>01:19:57.70</b>	+00:16:05 (20.1%)	7:59	7.5 (79.8%)
46	<b>CZEMPIK Kornelia</b>	<b>210</b>	STADION ŚLĄSKI	K50-59	5			00:18:51	00:39:06	00:59:51	<b>01:20:15.80</b>	+00:16:23 (20.4%)	8:01	7.5 (79.8%)
47	<b>FRYDRYCH Krzysztof</b>	<b>215</b>	WESOŁY BORSUK TEAM	M40-49	7	1		00:19:39	00:39:41	01:00:03	<b>01:20:39.40</b>	+00:16:47 (20.8%)	8:04	7.4 (78.7%)
48	<b>SĘDZIK Katarzyna</b>	<b>261</b>	LECYMY DURŚ	K40-49	7			00:19:33	00:39:51	01:00:36	<b>01:21:33.90</b>	+00:17:42 (21.7%)	8:09	7.4 (78.7%)
49	<b>FORYŚ Katarzyna</b>	<b>214</b>	WATAHA	K30-39	5			00:18:58	00:38:41	01:00:02	<b>01:21:46.10</b>	+00:17:54 (21.9%)	8:10	7.3 (77.7%)
50	<b>TARCZEWSKA Anna</b>	<b>270</b>		K30-39	6	1		00:19:42	00:40:04	01:00:58	<b>01:22:01.85</b>	+00:18:10 (22.1%)	8:12	7.3 (77.7%)
51	<b>CZEMPIK Aniela</b>	<b>209</b>	STADION ŚLĄSKI	K60-69	2			00:20:13	00:40:42	01:01:27	<b>01:22:31.90</b>	+00:18:40 (22.6%)	8:15	7.3 (77.7%)
52	<b>MACIŃSKA Estera</b>	<b>243</b>	LECYMY DURŚ	K18-29	2			00:20:20	00:41:07	01:01:49	<b>01:22:38.15</b>	+00:18:46 (22.7%)	8:15	7.3 (77.7%)
53	<b>JURCZYŃSKA Bożena</b>	<b>221</b>	NORDIC TEAM CZĘSTOCHOWA	K60-69	3	1		00:19:59	00:40:32	01:01:46	<b>01:23:17.20</b>	+00:19:25 (23.3%)	8:19	7.2 (76.6%)
54	<b>WOJTALA Małgorzata</b>	<b>279</b>	KLUBSPORTU.PL	K40-49	8			00:19:54	00:40:45	01:01:56	<b>01:23:17.75</b>	+00:19:25 (23.3%)	8:19	7.2 (76.6%)
55	<b>MACIĄG Anna</b>	<b>286</b>	AZS ŚUM	K18-29	3			00:20:37	00:41:41	01:02:26	<b>01:23:30.55</b>	+00:19:38 (23.5%)	8:21	7.2 (76.6%)
56	<b>KIDAWA Bożena</b>	<b>224</b>	SANTANDER CONSUMER BANK	K60-69	4			00:20:17	00:41:11	01:02:19	<b>01:23:33.05</b>	+00:19:41 (23.6%)	8:21	7.2 (76.6%)
57	<b>KIEDROWSKA Anna</b>	<b>292</b>	MT-SPORT	K30-39	7	1		00:20:02	00:41:03	01:02:44	<b>01:23:50.20</b>	+00:19:58 (23.8%)	8:23	7.2 (76.6%)
58	<b>PINIS Michał</b>	<b>252</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:19:56	00:41:01	01:02:20	<b>01:24:08.85</b>	+00:20:17 (24.1%)	8:24	7.1 (75.5%)
59	<b>STANKOWSKA Marzena</b>	<b>289</b>	KIJKOWE TRZEMESZNO	K40-49	9			00:20:20	00:42:27	01:03:53	<b>01:24:57.80</b>	+00:21:05 (24.8%)	8:29	7.1 (75.5%)

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

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

Znaleziono 85 wynik(ów)