

# MIELNO - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

B4SPORT

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-05-05  
**Miejsce:** Mielno  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>NIECHWIEJCZYK Piotr</b>	<b>443</b>	UNIA MIAST	M40-49	1			00:16:19	00:33:20	00:50:12	<b>01:07:10.35</b>		6:43	8.9 (100%)
2	<b>KLICZKA Kamil</b>	<b>423</b>	SANPROBI SZCZECIN	M50-59	1			00:16:41	00:33:40	00:51:02	<b>01:08:17.75</b>	+00:01:07 (1.6%)	6:49	8.8 (98.9%)
3	<b>SIWAK Piotr</b>	<b>454</b>	KS METRACO POLKOWICE	M50-59	2			00:16:42	00:33:54	00:51:18	<b>01:08:30.80</b>	+00:01:20 (2.0%)	6:51	8.8 (98.9%)
4	<b>BIŁEK Artur</b>	<b>401</b>	UNIA MIAST	M30-39	1			00:16:59	00:34:06	00:51:31	<b>01:09:08.55</b>	+00:01:58 (2.8%)	6:54	8.7 (97.8%)
5	<b>HAŁAS Marcin</b>	<b>420</b>	UNIA MIAST	M30-39	2			00:17:07	00:34:23	00:52:07	<b>01:09:15.85</b>	+00:02:05 (3.0%)	6:55	8.7 (97.8%)
6	<b>RYCHLIK Grzegorz</b>	<b>453</b>		M30-39	3			00:17:01	00:34:19	00:52:04	<b>01:09:47.60</b>	+00:02:37 (3.8%)	6:58	8.6 (96.6%)
7	<b>MIELECKA Agnieszka</b>	<b>441</b>	KS IDMAR RACING TEAM	K40-49	1			00:17:21	00:35:08	00:52:54	<b>01:10:55.95</b>	+00:03:45 (5.3%)	7:05	8.5 (95.5%)
8	<b>JUREK Adam</b>	<b>419</b>	KS METRACO POLKOWICE	M50-59	3			00:17:32	00:35:38	00:54:03	<b>01:12:30.40</b>	+00:05:20 (7.4%)	7:15	8.3 (93.3%)
9	<b>HELWICH Stefan</b>	<b>416</b>	KS METRACO POLKOWICE	M60-69	1			00:18:00	00:36:32	00:54:57	<b>01:12:47.65</b>	+00:05:37 (7.7%)	7:16	8.2 (92.1%)
10	<b>KUŚMIEREK Jan</b>	<b>436</b>	BŁĘKITNI NW DZIEMIANY	M40-49	2			00:17:56	00:36:03	00:54:40	<b>01:13:08.45</b>	+00:05:58 (8.2%)	7:18	8.2 (92.1%)
11	<b>SPYCHAŁA Lesław</b>	<b>458</b>	WESOŁY BORSUK TEAM	M50-59	4			00:17:33	00:35:58	00:54:46	<b>01:13:39.65</b>	+00:06:29 (8.8%)	7:22	8.1 (91.0%)
12	<b>GŁOWA Michał</b>	<b>413</b>	UNIA MIAST	M18-29	1			00:17:42	00:36:15	00:55:08	<b>01:13:40.00</b>	+00:06:29 (8.8%)	7:22	8.1 (91.0%)
13	<b>KUSTAL Marcin</b>	<b>435</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:17:21	00:35:56	00:54:55	<b>01:13:52.30</b>	+00:06:41 (9.1%)	7:23	8.1 (91.0%)
14	<b>KOZŁOWSKI Piotr</b>	<b>430</b>	TR STAR-BLADE	M40-49	3			00:18:09	00:36:39	00:55:26	<b>01:13:52.60</b>	+00:06:42 (9.1%)	7:23	8.1 (91.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	<b>LENZ Andrzej</b>	<b>438</b>	MUSZKIETEROWIE	M50-59	5			00:18:22	00:37:00	00:55:34	<b>01:14:14.00</b>	+00:07:03 (9.5%)	7:25	8.1 (91.0%)
16	<b>JĘDRASIAK Ranata</b>	<b>477</b>	KS METRACO POLKOWICE	K50-59	1			00:18:17	00:37:14	00:56:08	<b>01:14:47.50</b>	+00:07:37 (10.2%)	7:28	8 (89.9%)
17	<b>PASIKOWSKA Mariola</b>	<b>450</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:18:22	00:37:20	00:56:26	<b>01:15:11.05</b>	+00:08:00 (10.7%)	7:31	8 (89.9%)
18	<b>ROMANOWICZ Piotr</b>	<b>452</b>		M40-49	4	1		00:18:52	00:38:16	00:57:29	<b>01:16:02.70</b>	+00:08:52 (11.7%)	7:36	7.9 (88.8%)
19	<b>PASIKOWSKI Marcin</b>	<b>478</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:18:57	00:38:28	00:57:41	<b>01:16:34.15</b>	+00:09:23 (12.3%)	7:39	7.8 (87.6%)
20	<b>SMUL Andrzej</b>	<b>456</b>	MARSZ PO ZDROWIE POZNAN	M60-69	2			00:18:20	00:37:48	00:57:21	<b>01:17:14.00</b>	+00:10:03 (13.0%)	7:43	7.8 (87.6%)
21	<b>DZIĘCZKOWSKI Marcin</b>	<b>484</b>		M40-49	5			00:19:52	00:39:22	00:58:34	<b>01:17:38.85</b>	+00:10:28 (13.5%)	7:45	7.7 (86.5%)
22	<b>ZIELIŃSKA Jolanta</b>	<b>480</b>	GOSIR OSIELSKO	K50-59	2			00:19:15	00:39:02	00:58:50	<b>01:18:17.90</b>	+00:11:07 (14.2%)	7:49	7.7 (86.5%)
23	<b>KWIATKOWSKA Stanisława</b>	<b>437</b>	CHODZ Z NAMI	K50-59	3			00:19:32	00:39:07	00:58:53	<b>01:18:28.20</b>	+00:11:17 (14.4%)	7:50	7.6 (85.4%)
24	<b>WOLNIEWICZ Katarzyna</b>	<b>472</b>	UNIA MIAST	K40-49	2	1		00:19:11	00:39:12	00:59:12	<b>01:18:51.85</b>	+00:11:41 (14.8%)	7:53	7.6 (85.4%)
25	<b>BUJNICKI Marcin</b>	<b>402</b>	NORDIC WALKING PASŁĘK	M40-49	6			00:19:10	00:38:54	00:58:51	<b>01:19:03.55</b>	+00:11:53 (15.0%)	7:54	7.6 (85.4%)
26	<b>SZARSZUNOWICZ Anna</b>	<b>482</b>		K30-39	2			00:19:05	00:38:38	00:58:36	<b>01:19:12.20</b>	+00:12:01 (15.2%)	7:55	7.6 (85.4%)
27	<b>PAŁUBICKI Marcin</b>	<b>449</b>	SPORTOWA PACZKA	M40-49	7			00:20:01	00:40:01	00:59:52	<b>01:19:39.00</b>	+00:12:28 (15.7%)	7:57	7.5 (84.3%)
28	<b>ŚLUSARCZYK Andrzej</b>	<b>468</b>	WESOŁY BORSUK TEAM	M60-69	3			00:19:31	00:39:40	00:59:48	<b>01:19:39.65</b>	+00:12:29 (15.7%)	7:57	7.5 (84.3%)
29	<b>ŚLUSARCZYK Marcin</b>	<b>466</b>	WESOŁY BORSUK TEAM	M30-39	6			00:19:33	00:39:40	00:59:49	<b>01:20:07.65</b>	+00:12:57 (16.2%)	8:00	7.5 (84.3%)
30	<b>KURZAWSKA Jolanta</b>	<b>434</b>	KS METRACO POLKOWICE	K60-69	1			00:19:46	00:39:28	00:59:36	<b>01:20:14.75</b>	+00:13:04 (16.3%)	8:01	7.5 (84.3%)
31	<b>STAWNIAK Karol</b>	<b>460</b>	KS METRACO POLKOWICE	M70+	1			00:19:47	00:39:30	00:59:48	<b>01:20:29.55</b>	+00:13:19 (16.5%)	8:02	7.5 (84.3%)
32	<b>POZNAŃSKI Wiesław</b>	<b>451</b>		M60-69	4	2		00:20:08	00:40:42	01:00:45	<b>01:20:37.55</b>	+00:13:27 (16.7%)	8:03	7.4 (83.1%)
33	<b>CZAJKA Urszula</b>	<b>405</b>	FACE NORDIC WALKING TEAM	K60-69	2			00:19:44	00:39:30	00:59:52	<b>01:20:40.85</b>	+00:13:30 (16.7%)	8:04	7.4 (83.1%)
34	<b>KOŁPAK Jan</b>	<b>425</b>	LKS ZANTYR SZTUM	M70+	2			00:19:49	00:39:57	01:00:32	<b>01:20:43.90</b>	+00:13:33 (16.8%)	8:04	7.4 (83.1%)
35	<b>KRAKOWIAN Piotr</b>	<b>431</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	8			00:19:34	00:39:47	01:00:11	<b>01:20:57.80</b>	+00:13:47 (17.0%)	8:05	7.4 (83.1%)
36	<b>LITWIŃCZUK Robert</b>	<b>481</b>		M40-49	9			00:19:17	00:39:21	01:00:14	<b>01:21:01.70</b>	+00:13:51 (17.1%)	8:06	7.4 (83.1%)
37	<b>CHARCZUK Zenon</b>	<b>403</b>	WESOŁY BORSUK TEAM	M60-69	5			00:20:11	00:40:57	01:01:19	<b>01:21:28.65</b>	+00:14:18 (17.6%)	8:08	7.4 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
38	<b>HRYNDIO Jerzy</b>	<b>417</b>	UNIA MIAST	M60-69	6			00:19:41	00:40:28	01:01:22	<b>01:21:31.80</b>	+00:14:21 (17.6%)	8:09	7.4 (83.1%)
39	<b>MALINOWSKA Katarzyna</b>	<b>476</b>	LECYMYDURŚ	K30-39	3			00:19:59	00:40:33	01:01:02	<b>01:21:35.30</b>	+00:14:24 (17.7%)	8:09	7.4 (83.1%)
40	<b>TEODOROWSKI Dariusz</b>	<b>469</b>	UNIA MIAST	M40-49	10			00:20:20	00:41:09	01:02:07	<b>01:22:37.75</b>	+00:15:27 (18.7%)	8:15	7.3 (82.0%)
41	<b>KORDOWSKA Bogusława</b>	<b>428</b>	NOWA HUTA TEAM	K40-49	3			00:20:30	00:41:33	01:02:24	<b>01:23:08.55</b>	+00:15:58 (19.2%)	8:18	7.2 (80.9%)
42	<b>MOLENDĄ Magdalena</b>	<b>442</b>	KS IDMAR RACING TEAM	K30-39	4			00:20:20	00:41:23	01:02:24	<b>01:23:20.30</b>	+00:16:09 (19.4%)	8:20	7.2 (80.9%)
43	<b>KOTULA Jakub</b>	<b>429</b>	UNIA MIAST	M30-39	7			00:20:32	00:41:50	01:02:36	<b>01:23:28.05</b>	+00:16:17 (19.5%)	8:20	7.2 (80.9%)
44	<b>NIETRZEBKA Aleksandra</b>	<b>444</b>	MIĘDZYBORÓW	K18-29	1			00:19:51	00:40:39	01:01:57	<b>01:23:44.65</b>	+00:16:34 (19.8%)	8:22	7.2 (80.9%)
45	<b>SOBAŃSKA Grażyna</b>	<b>457</b>		K60-69	3			00:20:36	00:41:38	01:02:57	<b>01:23:58.50</b>	+00:16:48 (20.0%)	8:23	7.1 (79.8%)
46	<b>GWAREK Anita</b>	<b>414</b>	PASJA NORDIC WALKING	K40-49	4			00:20:36	00:41:36	01:02:35	<b>01:24:29.95</b>	+00:17:19 (20.5%)	8:27	7.1 (79.8%)
47	<b>SKAWIŃSKA Ewa</b>	<b>455</b>	RIGHTWAY	K40-49	5			00:20:47	00:42:13	01:03:37	<b>01:24:37.15</b>	+00:17:26 (20.6%)	8:27	7.1 (79.8%)
48	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>410</b>		K50-59	4			00:20:52	00:42:22	01:03:48	<b>01:24:57.40</b>	+00:17:47 (20.9%)	8:29	7.1 (79.8%)
49	<b>WIERZBA Lilla</b>	<b>471</b>	PASJA NORDIC WALKING	K50-59	5			00:20:30	00:41:43	01:03:12	<b>01:25:13.90</b>	+00:18:03 (21.2%)	8:31	7 (78.7%)
50	<b>SURIAK Michał</b>	<b>461</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	8			00:21:21	00:42:35	01:03:46	<b>01:25:47.00</b>	+00:18:36 (21.7%)	8:34	7 (78.7%)
51	<b>CHYRA Janusz</b>	<b>404</b>	UNIA MIAST	M40-49	11			00:21:04	00:42:34	01:04:07	<b>01:25:48.00</b>	+00:18:37 (21.7%)	8:34	7 (78.7%)
52	<b>BIĄŁK Roman</b>	<b>487</b>		M60-69	7			00:21:06	00:42:54	01:04:31	<b>01:25:57.60</b>	+00:18:47 (21.9%)	8:35	7 (78.7%)
53	<b>JEDYNAK Stanisław</b>	<b>418</b>	PASJA NORDIC WALKING	M70+	3			00:20:49	00:42:46	01:04:46	<b>01:26:47.70</b>	+00:19:37 (22.6%)	8:40	6.9 (77.5%)
54	<b>NIETRZEBKA Paweł</b>	<b>445</b>	MIĘDZYBORÓW	M30-39	9			00:21:18	00:43:20	01:05:03	<b>01:27:01.45</b>	+00:19:51 (22.8%)	8:42	6.9 (77.5%)
55	<b>DĄBROWA Wojciech</b>	<b>407</b>	CHODZ Z NAMI	M50-59	6			00:20:04	00:42:54	01:05:58	<b>01:27:39.50</b>	+00:20:29 (23.4%)	8:45	6.8 (76.4%)
56	<b>NOWAK Beata</b>	<b>446</b>	SAILING TEAM FERAJNA	K40-49	6			00:21:35	00:43:33	01:05:53	<b>01:28:11.60</b>	+00:21:01 (23.8%)	8:49	6.8 (76.4%)
57	<b>CZAKIERT Marek</b>	<b>406</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	7			00:21:31	00:43:57	01:05:54	<b>01:28:19.35</b>	+00:21:09 (23.9%)	8:49	6.8 (76.4%)
58	<b>KASPRZYK Elżbieta</b>	<b>68</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:21:40	00:43:57	01:06:36	<b>01:28:37.80</b>	+00:21:27 (24.2%)	8:51	6.8 (76.4%)
59	<b>SURIAK Ewelina</b>	<b>462</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:21:15	00:43:37	01:06:07	<b>01:28:39.60</b>	+00:21:29 (24.2%)	8:52	6.8 (76.4%)
60	<b>GAWOR Renata</b>	<b>45</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	7			00:21:50	00:44:24	01:07:01	<b>01:29:04.40</b>	+00:21:54 (24.6%)	8:54	6.7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
61	<b>HAJNUS Wojciech</b>	<b>415</b>		M50-59	8			00:21:01	00:43:07	01:06:28	<b>01:29:12.05</b>	+00:22:01 (24.7%)	8:55	6.7 (75.3%)
62	<b>CHOLEWKA Jolanta</b>	<b>486</b>	MARSZ PO ZDROWIE POZNAN	K60-69	4			00:21:50	00:44:04	01:06:36	<b>01:29:20.10</b>	+00:22:09 (24.8%)	8:56	6.7 (75.3%)
63	<b>ŁOZIŃSKA Wioletta</b>	<b>440</b>		K50-59	8			00:21:25	00:43:40	01:06:26	<b>01:29:41.80</b>	+00:22:31 (25.1%)	8:58	6.7 (75.3%)
64	<b>ŻAMOJCIN Małgorzata</b>	<b>483</b>	NORDICLUB SZCZECIN	K50-59	9			00:21:59	00:44:40	01:07:36	<b>01:30:23.25</b>	+00:23:12 (25.7%)	9:02	6.6 (74.2%)
65	<b>KIDAWA Bożena</b>	<b>422</b>	SANTANDER CONSUMER BANK	K60-69	5			00:21:57	00:45:06	01:07:55	<b>01:30:45.85</b>	+00:23:35 (26.0%)	9:04	6.6 (74.2%)
66	<b>KIDAWA Danuta</b>	<b>421</b>	SANTANDER CONSUMER BANK	K40-49	7	1		00:22:18	00:45:06	01:07:56	<b>01:31:21.90</b>	+00:24:11 (26.5%)	9:08	6.6 (74.2%)
67	<b>THOMALLA Bogdan</b>	<b>470</b>	SILESIA NORDIC TEAM	M70+	4			00:21:08	00:43:25	01:06:45	<b>01:31:26.00</b>	+00:24:15 (26.5%)	9:08	6.6 (74.2%)
68	<b>OMARSKA Grażyna</b>	<b>447</b>	PASJA NORDIC WALKING	K60-69	6			00:22:24	00:45:21	01:09:09	<b>01:32:55.30</b>	+00:25:44 (27.7%)	9:17	6.5 (73.0%)
69	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>473</b>	KS METRACO POLKOWICE	K70+	1			00:22:24	00:45:08	01:07:59	<b>01:32:59.30</b>	+00:25:48 (27.8%)	9:17	6.5 (73.0%)
70	<b>SYNAK Leszek</b>	<b>463</b>		M50-59	9			00:21:58	00:45:23	01:09:19	<b>01:33:17.30</b>	+00:26:06 (28.0%)	9:19	6.4 (71.9%)
71	<b>WOŹNIAK Agnieszka</b>	<b>488</b>		K30-39	5			00:23:03	00:47:02	01:10:56	<b>01:33:56.20</b>	+00:26:45 (28.5%)	9:23	6.4 (71.9%)
72	<b>LIGĘZA Elżbieta</b>	<b>439</b>		K50-59	10			00:23:33	00:47:44	01:11:36	<b>01:34:54.80</b>	+00:27:44 (29.2%)	9:29	6.3 (70.8%)
73	<b>DZIUBCZYŃSKA Ewa</b>	<b>412</b>		K50-59	11			00:22:42	00:46:42	01:10:57	<b>01:35:02.40</b>	+00:27:52 (29.3%)	9:30	6.3 (70.8%)
74	<b>DERENOWSKA Stefania</b>	<b>409</b>		K50-59	12			00:24:02	00:48:17	01:12:15	<b>01:35:42.45</b>	+00:28:32 (29.8%)	9:34	6.3 (70.8%)
75	<b>OWCZAREK Magdalena</b>	<b>448</b>	MIĘDZYBORÓW	K50-59	13			00:23:16	00:47:10	01:12:01	<b>01:36:04.05</b>	+00:28:53 (30.1%)	9:36	6.2 (69.7%)
76	<b>KONOPACKA Marta</b>	<b>426</b>	BIAŁOSTOCKA SEKTA BIEGACZY	K40-49	8	1		00:23:49	00:48:23	01:13:04	<b>01:37:54.40</b>	+00:30:44 (31.4%)	9:47	6.1 (68.5%)
77	<b>KRZYŚCIN Rafał</b>	<b>433</b>	SANTANDER CONSUMER BANK	M40-49	12			00:24:01	00:48:51	01:13:59	<b>01:39:46.30</b>	+00:32:35 (32.7%)	9:58	6 (67.4%)
78	<b>SYNAK Joanna</b>	<b>464</b>		K18-29	3			00:24:08	00:49:23	01:14:43	<b>01:40:21.35</b>	+00:33:11 (33.1%)	10:02	6 (67.4%)
79	<b>SZYBUT Roma</b>	<b>465</b>		K30-39	6			00:24:39	00:49:52	01:15:18	<b>01:41:08.60</b>	+00:33:58 (33.6%)	10:06	5.9 (66.3%)
80	<b>JEZIORSKA Katarzyna</b>	<b>485</b>		K30-39	7			00:24:45	00:50:09	01:15:41	<b>01:41:31.55</b>	+00:34:21 (33.8%)	10:09	5.9 (66.3%)
81	<b>KOPYŚĆ Janina</b>	<b>427</b>		K60-69	7			00:25:07	00:50:43	01:16:16	<b>01:42:28.45</b>	+00:35:18 (34.4%)	10:14	5.9 (66.3%)
82	<b>DELIG Danuta</b>	<b>408</b>	KLUB ZDROWEGO STYLU ŻYCIA 'KRAJANKA'	K50-59	14			00:25:39	00:50:56	01:16:52	<b>01:42:50.45</b>	+00:35:40 (34.7%)	10:17	5.8 (65.2%)
83	<b>REISKE Sławomir</b>	<b>479</b>		M60-69	8	1		00:24:42	00:51:00	01:17:25	<b>01:43:19.60</b>	+00:36:09 (35.0%)	10:20	5.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
	<b>ZBYL Stefania</b>	<b>475</b>		K60-69		1		00:25:09 DNF	00:51:09 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ANACZKOWSKI Mirosław</b>	<b>489</b>	LKS ZANTYR SZTUM	M60-69				DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 85 wynik(ów)