



MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-05-04
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	KUŹMICZ Adam	247	POLIPACK TEAM GWE	M30-39	1			00:16:26	00:33:34	00:50:51	01:07:53.26		6:47	8.8 (100%)
2	NIECHWIEJCZYK Piotr	251	UNIA MIAST	M40-49	1			00:16:57	00:34:10	00:51:20	01:08:46.53	+00:00:53 (1.3%)	6:52	8.7 (98.9%)
3	HELWICH Stefan	291	KS METRACO POLKOWICE	M60-69	1			00:17:23	00:34:38	00:51:58	01:09:10.85	+00:01:17 (1.9%)	6:55	8.7 (98.9%)
4	JUREK Adam	293	KS METRACO POLKOWICE	M50-59	1	1		00:17:02	00:34:17	00:52:04	01:09:34.21	+00:01:40 (2.4%)	6:57	8.6 (97.7%)
5	JAKIMIEC Tadeusz	236	HUSARIA RACTIM	M50-59	2	1		00:17:54	00:35:19	00:52:37	01:09:55.76	+00:02:02 (2.9%)	6:59	8.6 (97.7%)
6	GRODZKI Ireneusz	232		M40-49	2			00:17:31	00:35:06	00:52:51	01:10:53.77	+00:03:00 (4.2%)	7:05	8.5 (96.6%)
7	KUŚMIEREK Jan	389	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:17:58	00:36:00	00:53:58	01:12:01.23	+00:04:07 (5.7%)	7:12	8.3 (94.3%)
8	KOZŁOWSKI Piotr	382	TR STARRBLADE	M40-49	4			00:17:47	00:35:54	00:54:20	01:13:12.15	+00:05:18 (7.3%)	7:19	8.2 (93.2%)
9	PIETRZYK Jarosław	256	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:18:02	00:36:23	00:54:58	01:13:22.17	+00:05:28 (7.5%)	7:20	8.2 (93.2%)
10	KLIMCZAK Adam	240	GOSADI NORDIC TEAM	M50-59	3			00:17:52	00:36:17	00:54:53	01:13:55.45	+00:06:02 (8.2%)	7:23	8.1 (92.0%)
11	KORZEŃ Grzegorz	244		M40-49	5	2		00:17:54	00:36:26	00:55:20	01:14:06.82	+00:06:13 (8.4%)	7:24	8.1 (92.0%)
12	SANIUK Edward	264	FACE NORDIC WALKING TEAM	M70+	1			00:18:56	00:37:34	00:56:20	01:14:52.11	+00:06:58 (9.3%)	7:29	8 (90.9%)
13	DREWA Marian	226	POLIPACK TEAM GWE	M60-69	2	1		00:18:11	00:36:55	00:56:17	01:15:25.39	+00:07:32 (10.0%)	7:32	8 (90.9%)
14	GIERSZEWSKI Arkadiusz	229		M40-49	6			00:18:42	00:37:38	00:57:02	01:15:35.27	+00:07:42 (10.2%)	7:33	7.9 (89.8%)

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	JĘDRASIAK Renata	292	KS METRACO POLKOWICE	K50-59	1			00:18:54	00:38:03	00:56:59	01:15:53.51	+00:08:00 (10.5%)	7:35	7.9 (89.8%)
16	ADAMCZYK Adam	211	PASJA NORDIC WALKING	M70+	2	2		00:19:04	00:38:02	00:56:59	01:16:06.33	+00:08:13 (10.8%)	7:36	7.9 (89.8%)
17	SMARSZCZ Wiesław	271	LĘBORSKIE LWY	M60-69	3			00:18:58	00:38:08	00:57:08	01:16:12.10	+00:08:18 (10.9%)	7:37	7.9 (89.8%)
18	KOZAKOWSKA Małgorzata	245	KS SOKÓŁ GAŚAWA	K40-49	1			00:18:43	00:37:59	00:57:09	01:16:12.33	+00:08:19 (10.9%)	7:37	7.9 (89.8%)
19	ŚWISŁOCKI Bogdan	279	FACE NORDIC WALKING TEAM	M50-59	4			00:18:43	00:37:43	00:57:05	01:16:16.92	+00:08:23 (11.0%)	7:37	7.9 (89.8%)
20	HRYNDIO Jerzy	235	STADION ŚLĄSKI	M60-69	4			00:18:57	00:38:07	00:57:32	01:17:15.78	+00:09:22 (12.1%)	7:43	7.8 (88.6%)
21	WEINER Jakub	283	CKZIU NYSA MECHANIK	M18-29	1	1		00:19:10	00:38:21	00:57:58	01:17:20.69	+00:09:27 (12.2%)	7:44	7.8 (88.6%)
22	GODZIŃSKI Paweł	230	BAŻANT NW ELBLĄG	M40-49	7			00:19:02	00:38:30	00:58:01	01:17:44.63	+00:09:51 (12.7%)	7:46	7.7 (87.5%)
23	RAJEK Magdalena	261	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:19:23	00:38:59	00:58:35	01:18:13.57	+00:10:20 (13.2%)	7:49	7.7 (87.5%)
24	SZCZĘŚNIAK Zbigniew	274	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:19:18	00:39:00	00:58:57	01:18:44.16	+00:10:50 (13.8%)	7:52	7.6 (86.4%)
25	BADOCHA-DUDA Małgorzata	214	ELITE TEAM	K50-59	2			00:19:04	00:38:41	00:58:43	01:18:45.21	+00:10:51 (13.8%)	7:52	7.6 (86.4%)
26	DUDA Barbara	227	POLITECHNIKA GDAŃSKA	K18-29	1			00:19:45	00:39:35	00:59:36	01:19:32.07	+00:11:38 (14.6%)	7:57	7.5 (85.2%)
27	ŚLUSARCZYK Andrzej	278	WESOŁY BORSUK TEAM	M60-69	5			00:19:17	00:39:21	00:59:14	01:19:39.26	+00:11:45 (14.8%)	7:57	7.5 (85.2%)
28	POSIM Dariusz	259	WATAHA	M50-59	6	1		00:19:28	00:39:15	00:59:29	01:19:47.20	+00:11:53 (14.9%)	7:58	7.5 (85.2%)
29	PRZYBYŁEK Marysia	260	NWPL/MARSZ PO ZDROWIE	K40-49	3			00:19:18	00:40:04	01:00:24	01:19:59.04	+00:12:05 (15.1%)	7:59	7.5 (85.2%)
30	RASZEWSKA Izabela	262	FORMA NA PIĄTKĘ NW	K40-49	4			00:19:34	00:39:38	00:59:55	01:20:15.33	+00:12:22 (15.4%)	8:01	7.5 (85.2%)
31	POŁUBIAK Paweł	125		M30-39	3	2		00:19:09	00:39:40	01:00:11	01:20:17.72	+00:12:24 (15.5%)	8:01	7.5 (85.2%)
32	CZAJKA Urszula	220		K60-69	1			00:19:32	00:39:30	00:59:49	01:20:18.34	+00:12:25 (15.5%)	8:01	7.5 (85.2%)
33	GÓRSKA Iwona	231	LĘBORSKIE LWY	K40-49	5			00:20:29	00:41:12	01:01:25	01:21:42.01	+00:13:48 (16.9%)	8:10	7.3 (83.0%)
34	KOLASA Katarzyna	242	FORMA NA PIĄTKĘ NW	K30-39	1			00:19:40	00:39:55	01:00:46	01:21:49.51	+00:13:56 (17.0%)	8:11	7.3 (83.0%)
35	CZEMPIK Kornelia	222	STADION ŚLĄSKI	K50-59	3			00:20:25	00:40:40	01:01:17	01:22:11.85	+00:14:18 (17.4%)	8:13	7.3 (83.0%)
36	TOKARZ Joanna	281	LECYMY DURŚ	K30-39	2			00:20:45	00:41:23	01:01:47	01:22:27.93	+00:14:34 (17.7%)	8:14	7.3 (83.0%)
37	ZWOLENKIEWICZ Joanna	289	KS SOKÓŁ GAŚAWA	K40-49	6			00:20:41	00:41:19	01:01:52	01:22:39.28	+00:14:46 (17.9%)	8:15	7.3 (83.0%)

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											netto 10km	Różn		
38	STAWNIAK Karol	273	KS METRACO POLKOWICE	M70+	3			00:20:32	00:41:07	01:01:49	01:22:42.61	+00:14:49 (17.9%)	8:16	7.3 (83.0%)
39	GWAREK Anita	233	PASJA NORDIC WALKING	K40-49	7			00:20:35	00:41:09	01:02:08	01:23:06.06	+00:15:12 (18.3%)	8:18	7.2 (81.8%)
40	SKAWIŃSKA Ewa	269	NAKIJEZAPRASZAMY	K40-49	8			00:20:27	00:41:54	01:02:55	01:23:21.17	+00:15:27 (18.6%)	8:20	7.2 (81.8%)
41	CONTUCCI Ewa	219	NORDIC TEAM CZĘSTOCHOWA	K40-49	9			00:20:44	00:41:48	01:02:52	01:23:58.78	+00:16:05 (19.2%)	8:23	7.1 (80.7%)
42	KURZAWSKA Jolanta	294	KS METRACO POLKOWICE	K70+	1			00:21:09	00:42:10	01:03:14	01:24:18.73	+00:16:25 (19.5%)	8:25	7.1 (80.7%)
43	PARCHIMOWICZ Janusz	255		M60-69	6	1		00:20:49	00:42:16	01:03:35	01:24:42.14	+00:16:48 (19.9%)	8:28	7.1 (80.7%)
44	WOJDANOWSKA Małgorzata	286	LECYMY DURŚ	K30-39	3			00:21:33	00:43:05	01:04:09	01:25:13.54	+00:17:20 (20.3%)	8:31	7 (79.5%)
45	PONKA Radosław	258	POLIPACK TEAM GWE	M40-49	8	1		00:20:57	00:42:34	01:04:18	01:25:27.75	+00:17:34 (20.6%)	8:32	7 (79.5%)
46	KOTULA Jakub	50	UNIA MIAST	M30-39	4			00:21:22	00:43:06	01:04:40	01:26:00.97	+00:18:07 (21.1%)	8:36	7 (79.5%)
47	RATKA Michał	299	E-FIZJA TEAM	M30-39	5			00:21:15	00:42:58	01:04:51	01:26:05.48	+00:18:12 (21.1%)	8:36	7 (79.5%)
48	PINIS Michał	257	NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:21:42	00:43:14	01:04:57	01:26:35.94	+00:18:42 (21.6%)	8:39	6.9 (78.4%)
49	CHYRA Janusz	217	UNIA MIAST	M40-49	9			00:21:45	00:43:18	01:05:08	01:26:48.77	+00:18:55 (21.8%)	8:40	6.9 (78.4%)
50	PANEK Elwira	254	LĘBORSKIE LWY	K50-59	4			00:21:45	00:43:29	01:05:07	01:26:53.99	+00:19:00 (21.9%)	8:41	6.9 (78.4%)
51	CIESIELSKA Renata	218	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	10	1		00:21:55	00:43:51	01:05:31	01:27:13.49	+00:19:20 (22.2%)	8:43	6.9 (78.4%)
52	WIETRZAK Tomasz	284	ZDROWO PIJ.PL	M40-49	10			00:21:27	00:43:31	01:05:48	01:27:40.52	+00:19:47 (22.6%)	8:46	6.8 (77.3%)
53	WOJTALA Małgorzata	287		K40-49	11			00:21:31	00:43:55	01:05:45	01:27:47.60	+00:19:54 (22.7%)	8:46	6.8 (77.3%)
54	ANDRUSZKIEWICZ Paweł	212		M40-49	11			00:22:06	00:44:23	01:06:08	01:28:13.92	+00:20:20 (23.1%)	8:49	6.8 (77.3%)
55	MACIŃSKA Estera	298	LECYMY DURŚ	K18-29	2			00:21:34	00:43:56	01:06:08	01:28:26.51	+00:20:33 (23.2%)	8:50	6.8 (77.3%)
56	WOSS Anna	288	LĘBORSKIE LWY	K40-49	12	1		00:21:39	00:44:07	01:06:26	01:28:36.16	+00:20:42 (23.4%)	8:51	6.8 (77.3%)
57	CZEMPIK Aniela	223	STADION ŚLĄSKI	K60-69	2			00:22:12	00:44:23	01:06:25	01:28:37.63	+00:20:44 (23.4%)	8:51	6.8 (77.3%)
58	STANKOWSKA Marzena	272	KIJKOWE TRZEMESZNO	K40-49	13			00:22:06	00:44:34	01:07:19	01:29:29.73	+00:21:36 (24.1%)	8:57	6.7 (76.1%)
59	SĘDZIK Katarzyna	266	LECYMY DURŚ	K40-49	14			00:21:58	00:44:18	01:06:52	01:29:43.58	+00:21:50 (24.3%)	8:58	6.7 (76.1%)
60	SŁUPIANEK Sonia	270	STADION ŚLĄSKI	K30-39	4			00:21:35	00:43:40	01:06:41	01:29:54.25	+00:22:00 (24.5%)	8:59	6.7 (76.1%)

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		
61	TURZYŃSKA-STOPA Maria	391	BŁĘKITNI NW DZIEMIANY	K60-69	3			00:22:17	00:44:44	01:07:30	01:30:55.28	+00:23:02 (25.3%)	9:05	6.6 (75.0%)
62	OMARSKA Grażyna	253	PASJA NORDIC WALKING	K60-69	4			00:22:20	00:44:53	01:07:58	01:31:07.83	+00:23:14 (25.5%)	9:06	6.6 (75.0%)
63	CHOLEWKA Jolanta	215	MARSZ PO ZDROWIE	K60-69	5			00:22:24	00:45:05	01:08:03	01:31:22.97	+00:23:29 (25.7%)	9:08	6.6 (75.0%)
64	KIDAWA Bożena	300	SANTANDER CONSUMER BANK	K60-69	6	1		00:22:45	00:45:13	01:08:05	01:31:33.08	+00:23:39 (25.8%)	9:09	6.6 (75.0%)
65	KIDAWA Danuta	221	SANTANDER CONSUMER BANK	K40-49	15			00:22:26	00:45:19	01:08:29	01:31:34.46	+00:23:41 (25.9%)	9:09	6.6 (75.0%)
66	WYSOCKA Bernadeta	390	BŁĘKITNI NW DZIEMIANY	K40-49	16			00:22:13	00:45:12	01:08:35	01:32:55.46	+00:25:02 (26.9%)	9:17	6.5 (73.9%)
67	LIGĘZA Elżbieta	296		K50-59	5			00:23:37	00:47:23	01:10:19	01:33:08.72	+00:25:15 (27.1%)	9:18	6.4 (72.7%)
68	THOMALLA Bogdan	280	STADION ŚLĄSKI	M70+	4			00:22:38	00:45:55	01:09:33	01:33:43.43	+00:25:50 (27.6%)	9:22	6.4 (72.7%)
69	SIKORRA Janina	267	'ORŁY WICKO'	K70+	2			00:23:22	00:47:05	01:10:52	01:34:50.14	+00:26:56 (28.4%)	9:29	6.3 (71.6%)
70	KISZKA-MAZIARCZUK Berenika	239	LECYMY DURŚ	K30-39	5			00:24:26	00:48:58	01:12:26	01:35:32.44	+00:27:39 (28.9%)	9:33	6.3 (71.6%)
71	SCHWANN Mirosław	265		M50-59	7			00:23:13	00:47:02	01:11:22	01:35:53.37	+00:28:00 (29.2%)	9:35	6.3 (71.6%)
72	JANIK Maciej	237	HYDRO ZASAPANI	M30-39	7			00:23:35	00:47:33	01:11:52	01:36:06.76	+00:28:13 (29.4%)	9:36	6.2 (70.5%)
73	DROZD Krystyna	297	CIDRY LOTAJOM	K50-59	6			00:24:16	00:48:28	01:12:22	01:36:25.37	+00:28:32 (29.6%)	9:38	6.2 (70.5%)
74	KRÓLIKOWSKA-ŁOSKOT Danuta	246	STADION ŚLĄSKI	K60-69	7			00:24:39	00:49:22	01:14:16	01:39:20.16	+00:31:26 (31.7%)	9:56	6 (68.2%)
75	KIDAWA Marian	345	SANTANDER CONSUMER BANK	M60-69	7			00:23:26	00:48:05	01:13:05	01:39:40.13	+00:31:46 (31.9%)	9:58	6 (68.2%)
76	OLSZYŃSKA Marzena	252	WILKI KOSZALIN	K50-59	7			00:25:10	00:49:28	01:14:18	01:39:46.07	+00:31:52 (32.0%)	9:58	6 (68.2%)
77	WŁOCHOWICZ Olga	285	LECYMY DURŚ	K30-39	6			00:24:26	00:49:07	01:14:15	01:40:47.20	+00:32:53 (32.6%)	10:04	6 (68.2%)
78	FAHRENHOLZ Rafał	228		M60-69	8			00:24:04	00:50:02	01:15:34	01:41:05.75	+00:33:12 (32.8%)	10:06	5.9 (67.0%)
79	CHRAPEK Urszula	216	NORDUM	K30-39	7			00:25:14	00:51:02	01:17:13	01:42:46.26	+00:34:52 (33.9%)	10:16	5.8 (65.9%)
80	CZETYRKOWSKA Katarzyna	224		K30-39	8			00:24:37	00:49:54	01:15:48	01:43:09.33	+00:35:16 (34.2%)	10:19	5.8 (65.9%)
81	SIWCZYK Grażyna	268	LECYMY DURŚ	K60-69	8			00:25:48	00:52:32	01:20:37	01:47:15.18	+00:39:21 (36.7%)	10:43	5.6 (63.6%)
82	JÓŹWIAK Dominik	59	SERCE NORDICA WŁOCLAWEK	M18-29	2			00:26:12	00:52:57	01:20:27	01:47:20.51	+00:39:27 (36.8%)	10:44	5.6 (63.6%)
83	ŻAMOJCIN Małgorzata	290	NORDICLUB SZCZECIN	K50-59	8									(0.0%)
DQ	SIWAK Piotr	295	KS METRACO POLKOWICE	M50-59			1	00:17:12 DQ	00:34:47 DQ	00:52:22 DQ	01:10:15.80 DQ		-	- (0.0%)

Znaleziono 84 wynik(ów)