

# MIELNO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT  
INTEGRATING SPORTS ENTHUSIASM

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Polska Federacja Nordic Walking  
**Date:** 2019-05-04  
**Place:** Mielno  
**Distance:** 21.1 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	<b>KORDOWSKI Piotr</b>	<b>318</b>	LUX TORPEDA MAŁOPOLSKA	M40-49	1			00:24:11	00:42:05	01:00:10	01:17:52	01:35:37	01:53:40	02:11:59	<b>02:29:55.93</b>		7:06	8.4 (100%)
2	<b>KNITTER Tomasz</b>	<b>378</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:24:35	00:42:13	01:00:14	01:17:53	01:35:43	01:53:41	02:12:12	<b>02:31:26.71</b>	+00:01:30 (1.0%)	7:10	8.4 (100%)
3	<b>STACHOWIAK Sebastian</b>	<b>332</b>	UNIA MIAST	M40-49	2			00:24:33	00:42:07	01:00:08	01:17:55	01:35:55	01:54:12	02:13:02	<b>02:32:35.19</b>	+00:02:39 (1.7%)	7:13	8.3 (98.8%)
4	<b>SŁUPIANEK Paweł</b>	<b>329</b>	LECYMY DURŚ	M40-49	3			00:24:35	00:42:07	01:00:10	01:17:55	01:36:02	01:54:40	02:14:00	<b>02:34:07.00</b>	+00:04:11 (2.7%)	7:18	8.2 (97.6%)
5	<b>BARCZYK Bogdan</b>	<b>301</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:25:19	00:43:37	01:02:07	01:20:41	01:39:12	01:58:09	02:17:41	<b>02:37:20.30</b>	+00:07:24 (4.7%)	7:27	8 (95.2%)
6	<b>HAŁAS Marcin</b>	<b>312</b>	UNIA MIAST	M30-39	1			00:25:20	00:43:41	01:02:08	01:20:41	01:39:13	01:58:10	02:17:37	<b>02:37:20.58</b>	+00:07:24 (4.7%)	7:27	8 (95.2%)
7	<b>ŻYDACZEWSKI Ryszard</b>	<b>342</b>	KS METRACO POLKOWICE	M50-59	2			00:25:23	00:43:50	01:02:32	01:21:23	01:40:23	01:59:10	02:18:25	<b>02:37:29.62</b>	+00:07:33 (4.8%)	7:27	8 (95.2%)
8	<b>KUŚMIEREK Patryk</b>	<b>379</b>	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:25:58	00:44:51	01:03:52	01:22:41	01:42:04	02:00:53	02:20:08	<b>02:39:58.34</b>	+00:10:02 (6.3%)	7:34	7.9 (94.0%)
9	<b>KOŁODZIEJ Joanna</b>	<b>316</b>	STADION ŚLĄSKI	K50-59	1			00:26:35	00:45:52	01:05:33	01:25:05	01:44:31	02:03:32	02:22:47	<b>02:42:47.77</b>	+00:12:51 (7.9%)	7:42	7.8 (92.9%)
10	<b>LENZ Andrzej</b>	<b>321</b>	MUSZKIETEROWIE	M50-59	3			00:26:53	00:46:16	01:05:43	01:25:20	01:44:37	02:03:41	02:22:58	<b>02:42:53.98</b>	+00:12:58 (8.0%)	7:43	7.8 (92.9%)
11	<b>KOWALSKI Marek</b>	<b>320</b>	UNIA MIAST	M50-59	4			00:27:14	00:46:58	01:06:47	01:26:40	01:46:39	02:06:51	02:27:21	<b>02:47:36.50</b>	+00:17:40 (10.5%)	7:56	7.6 (90.5%)
12	<b>CIESIELSKI Jan</b>	<b>305</b>	TORUŃ-IDZIEMY BEZ RYZYKA	M40-49	4			00:27:28	00:47:26	01:07:10	01:27:12	01:47:24	02:07:47	02:27:51	<b>02:47:43.99</b>	+00:17:48 (10.6%)	7:56	7.5 (89.3%)
13	<b>CIESIELSKI Jerzy</b>	<b>304</b>	TORUŃ-IDZIEMY BEZ RYZYKA	M18-29	3	2		00:26:39	00:46:45	01:06:27	01:26:02	01:46:30	02:06:46	02:27:12	<b>02:47:45.59</b>	+00:17:49 (10.6%)	7:57	7.5 (89.3%)
14	<b>SZULC Alicja</b>	<b>333</b>	NW WERWA MŁAWA	K40-49	1			00:26:53	00:46:31	01:06:14	01:26:15	01:46:23	02:06:58	02:28:01	<b>02:49:56.70</b>	+00:20:00 (11.8%)	8:03	7.4 (88.1%)
15	<b>NOWICZ Mariusz</b>	<b>325</b>	CIDRY LOTAJOM	M18-29	4			00:27:17	00:47:09	01:06:56	01:26:48	01:46:36	02:06:56	02:28:24	<b>02:50:17.15</b>	+00:20:21 (12.0%)	8:04	7.4 (88.1%)
16	<b>ŻAMOJCIN Marek</b>	<b>338</b>	NORDICLUB SZCZECIN	M50-59	5			00:27:24	00:47:42	01:07:55	01:28:13	01:48:43	02:09:26	02:30:27	<b>02:51:31.47</b>	+00:21:35 (12.6%)	8:07	7.4 (88.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Net time		Pace min/km	Pace km/h
															21.1km	Gap		
17	<b>RAKOWIECKI Zbigniew</b>	<b>344</b>	FACE NORDIC WALKING TEAM	M50-59	6			00:27:31	00:47:44	01:08:13	01:28:40	01:48:53	02:09:23	02:30:23	<b>02:51:35.58</b>	+00:21:39 (12.6%)	8:07	7.4 (88.1%)
18	<b>SPYCHAŁA Marzena</b>	<b>331</b>	CKZIU NYSA MECHANIK	K40-49	2			00:27:26	00:47:22	01:07:43	01:28:28	01:49:19	02:09:58	02:31:00	<b>02:51:54.19</b>	+00:21:58 (12.8%)	8:08	7.4 (88.1%)
19	<b>STĘPIEŃ Lucyna</b>	<b>340</b>	KS METRACO POLKOWICE	K60+	1			00:27:19	00:47:30	01:08:09	01:28:44	01:49:27	02:10:16	02:31:25	<b>02:52:17.76</b>	+00:22:21 (13.0%)	8:09	7.3 (86.9%)
20	<b>PAPROTNA Agnieszka</b>	<b>326</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:28:06	00:48:21	01:08:43	01:29:24	01:50:01	02:10:54	02:32:00	<b>02:53:27.00</b>	+00:23:31 (13.6%)	8:13	7.3 (86.9%)
21	<b>LIGĘZA Janusz</b>	<b>343</b>		M50-59	7	1		00:27:53	00:48:48	01:09:19	01:29:55	01:50:33	02:11:28	02:32:45	<b>02:54:00.42</b>	+00:24:04 (13.8%)	8:14	7.3 (86.9%)
22	<b>BADECKI Ryszard</b>	<b>213</b>	KS METRACO POLKOWICE	M50-59	8			00:27:30	00:47:36	01:07:45	01:28:03	01:48:36	02:09:41	02:32:06	<b>02:55:17.44</b>	+00:25:21 (14.5%)	8:18	7.2 (85.7%)
23	<b>JANOSZKA Irena</b>	<b>313</b>	CIDRY LOTAJOM	K50-59	2			00:27:51	00:48:25	01:09:07	01:30:06	01:51:26	02:12:29	02:34:06	<b>02:55:52.50</b>	+00:25:56 (14.8%)	8:20	7.2 (85.7%)
24	<b>ŚCIBUT Ania</b>	<b>334</b>	FORMA NA PIĄTKĘ NW	K40-49	3			00:27:55	00:48:35	01:09:26	01:30:26	01:51:32	02:12:58	02:35:25	<b>02:57:38.80</b>	+00:27:42 (15.6%)	8:25	7.1 (84.5%)
25	<b>KORDOWSKA Bogusława</b>	<b>317</b>	LUX TORPEDA MAŁOPOLSKA	K40-49	4			00:28:47	00:49:31	01:10:23	01:31:43	01:52:59	02:14:18	02:36:08	<b>02:58:02.60</b>	+00:28:06 (15.8%)	8:26	7.1 (84.5%)
26	<b>WESOŁOWSKI Wojciech</b>	<b>337</b>	MUSZKIETEROWIE	M60+	1			00:28:54	00:50:49	01:12:52	01:34:29	01:55:39	02:17:19	02:38:22	<b>02:59:50.22</b>	+00:29:54 (16.6%)	8:31	7 (83.3%)
27	<b>KĘPA Andrzej</b>	<b>315</b>	FACE NORDIC WALKING TEAM	M60+	2			00:28:55	00:50:48	01:12:51	01:34:27	01:55:38	02:17:22	02:39:10	<b>03:00:45.29</b>	+00:30:49 (17.1%)	8:33	7 (83.3%)
28	<b>GROS Agnieszka</b>	<b>311</b>	STADION ŚLĄSKI	K40-49	5	1		00:28:50	00:49:45	01:11:24	01:33:03	01:54:42	02:16:16	02:38:28	<b>03:00:45.68</b>	+00:30:49 (17.1%)	8:34	7 (83.3%)
29	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>310</b>	ZAWSZE MŁODZI	M50-59	9			00:28:10	00:48:44	01:09:15	01:30:11	01:51:50	02:14:17	02:37:31	<b>03:00:47.12</b>	+00:30:51 (17.1%)	8:34	7 (83.3%)
30	<b>SŁOMIŃSKA Marta</b>	<b>377</b>	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:29:35	00:50:34	01:11:38	01:32:49	01:54:13	02:16:34	02:40:25	<b>03:02:38.30</b>	+00:32:42 (17.9%)	8:39	6.9 (82.1%)
31	<b>STACHOWICZ Joanna</b>	<b>376</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:29:33	00:50:33	01:11:36	01:32:48	01:54:12	02:16:32	02:40:24	<b>03:02:38.76</b>	+00:32:42 (17.9%)	8:39	6.9 (82.1%)
32	<b>DUSZA Anna</b>	<b>308</b>	NORDICLUB SZCZECIN	K50-59	3			00:28:38	00:49:29	01:10:54	01:32:35	01:54:37	02:17:10	02:40:10	<b>03:03:20.85</b>	+00:33:24 (18.2%)	8:41	6.9 (82.1%)
33	<b>BUCZKOWSKA Wiesława</b>	<b>303</b>	FACE NORDIC WALKING TEAM	K60+	2			00:29:01	00:50:21	01:11:42	01:33:36	01:55:42	02:17:59	02:40:54	<b>03:03:44.39</b>	+00:33:48 (18.4%)	8:42	6.9 (82.1%)
34	<b>ŻUCHOWICZ Elżbieta</b>	<b>339</b>	KS METRACO POLKOWICE	K60+	3			00:29:08	00:50:36	01:12:46	01:35:11	01:57:26	02:20:03	02:43:04	<b>03:06:30.78</b>	+00:36:34 (19.6%)	8:50	6.8 (81.0%)
35	<b>KORYTOWSKA Agnieszka</b>	<b>319</b>	NW WERWA MŁAWA	K30-39	2			00:29:04	00:50:05	01:11:46	01:33:18	01:55:52	02:18:58	02:43:19	<b>03:07:52.22</b>	+00:37:56 (20.2%)	8:54	6.7 (79.8%)
36	<b>MALKIEWICZ Małgorzata</b>	<b>250</b>	ŻYJ AKTYWNI	K50-59	4			00:29:48	00:51:49	01:13:57	01:36:10	01:58:41	02:21:42	02:44:56	<b>03:08:14.72</b>	+00:38:18 (20.4%)	8:55	6.7 (79.8%)
37	<b>DANKIEWICZ Barbara</b>	<b>306</b>	ZAWSZE MŁODZI	K40-49	6			00:31:04	00:53:52	01:16:06	01:38:16	02:00:36	02:23:26	02:46:47	<b>03:09:58.98</b>	+00:40:03 (21.1%)	9:00	6.7 (79.8%)
38	<b>SOBAŃSKA Grażyna</b>	<b>330</b>		K60+	4			00:31:01	00:53:46	01:16:33	01:38:48	02:01:12	02:23:48	02:46:48	<b>03:10:14.42</b>	+00:40:18 (21.2%)	9:00	6.7 (79.8%)
39	<b>MALINOWSKA Katarzyna</b>	<b>323</b>	LECYMY DURŚ	K30-39	3			00:31:02	00:54:05	01:16:34	01:38:56	02:02:02	02:25:10	02:48:51	<b>03:12:42.95</b>	+00:42:47 (22.2%)	9:08	6.6 (78.6%)
40	<b>POSTEK Danuta</b>	<b>327</b>	MARSZ PO ZDROWIE	K50-59	5			00:31:14	00:54:22	01:17:23	01:40:20	02:03:44	02:27:35	02:52:15	<b>03:17:19.99</b>	+00:47:24 (24.0%)	9:21	6.4 (76.2%)
41	<b>DYWELSKI Marek</b>	<b>309</b>		M50-59	10			00:29:39	00:51:29	01:13:23	01:36:31	02:00:24	02:25:28	02:51:52	<b>03:18:49.15</b>	+00:48:53 (24.6%)	9:25	6.4 (76.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Net	Pace min/km	Pace km/h	
															time 21.1km			Gap
42	<b>KARASIEWICZ Irena</b>	<b>375</b>	FACE NORDIC WALKING TEAM	K50-59	6			00:30:03	00:52:38	01:15:46	01:39:11	02:03:16	02:28:14	02:53:57	<b>03:20:13.54</b>	+00:50:17 (25.1%)	9:29	6.3 (75.0%)
43	<b>NIETRZEBKA Paweł</b>	<b>324</b>	MIĘDZYBORÓW	M30-39	2			00:32:25	00:56:19	01:20:06	01:43:28	02:07:04	02:31:16	02:56:26	<b>03:22:03.64</b>	+00:52:07 (25.8%)	9:34	6.3 (75.0%)
44	<b>ROZMUS Jolanta</b>	<b>328</b>	FACE NORDIC WALKING TEAM	K60+	5			00:32:04	00:55:57	01:19:43	01:43:39	02:08:37	02:33:59	02:59:02	<b>03:23:39.78</b>	+00:53:43 (26.4%)	9:39	6.2 (73.8%)
45	<b>BIELSKA Anna</b>	<b>302</b>	UWOLNIONE ENDORFINY	K50-59	7			00:31:54	00:56:18	01:20:27	01:45:05	02:10:08	02:34:52	02:59:44	<b>03:24:34.84</b>	+00:54:38 (26.7%)	9:41	6.2 (73.8%)
46	<b>ZAWADZKA Maria</b>	<b>341</b>	KS METRACO POLKOWICE	K60+	6			00:32:09	00:55:57	01:19:28	01:43:35	02:07:46	02:32:54	02:58:44	<b>03:24:45.70</b>	+00:54:49 (26.8%)	9:42	6.2 (73.8%)
47	<b>TOMCZAK Danuta</b>	<b>336</b>		K50-59	8	1		00:33:01	00:58:04	01:23:34	01:50:07	02:17:43	02:45:35	03:13:25	<b>03:42:05.34</b>	+01:12:09 (32.5%)	10:31	5.7 (67.9%)
48	<b>KARASIEWICZ Iwona</b>	<b>314</b>	NORDICLUB SZCZECIN	K30-39	4			00:35:47	01:02:10	01:27:53	01:53:55	02:20:04	02:47:42	03:17:32	<b>03:46:20.84</b>	+01:16:24 (33.8%)	10:43	5.6 (66.7%)
49	<b>DŁUGOŁĘCKI Krzysztof</b>	<b>307</b>	TEAM NW CIECHANÓW	M60+	3			00:33:49	01:00:40	01:28:05	01:54:52	02:22:10	02:51:22	03:20:58	<b>03:54:07.36</b>	+01:24:11 (36.0%)	11:05	5.4 (64.3%)
50	<b>WIŚNIEWSKA Sylwia</b>	<b>350</b>	EDUWIS	K40-49	7	1		00:31:27	00:56:53	01:23:02	01:49:35	02:18:19				+00:42:41	10:14	5.9 (70.2%)

Total 50 results.