



MISTRZOSTWA POLSKI / PUCHAR POLSKI NW 2024 - BYDGOSZCZ- 10KM - 2/6

B4SPORT

Wydarzenie: IV Otwarte Mistrzostwa Polski Nordic Walking - 5km i 10km
Organizator: Polskie Zrzeszenie Nordic Walking
Data: 2024-06-22
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km 2.5km	Laps_3.36km 5km	Laps_5.04km 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	193	K.S. VICTORIA POTĘGOWO	M18-29	1	00:14:35	00:29:13	00:43:48	00:58:45.54		5:52	10.2 (100%)
2	WITUCKI Jacek	221	K.S. VICTORIA POTĘGOWO	M50-59	1	00:14:22	00:29:09	00:44:00	00:58:53.46	+00:00:07 (0.2%)	5:53	10.2 (100%)
3	ROMANOWSKI Daniel	209	KATOWICKI NORDIC WALKING	M18-29	2	00:14:22	00:29:09	00:44:04	00:59:26.63	+00:00:41 (1.2%)	5:56	10.1 (99.0%)
4	KABATA Jarosław	175	NORDIC SPORT 2021	M50-59	2	00:14:24	00:29:49	00:46:13	01:02:49.84	+00:04:04 (6.5%)	6:16	9.6 (94.1%)
5	KŁOS Maciej	177	POLIPACK TEAM GWE	M40-49	1	00:15:25	00:31:15	00:47:37	01:04:12.39	+00:05:26 (8.5%)	6:25	9.3 (91.2%)
6	JAWORSKI Łukasz	230	ERYK TEAM WYSOKA	M40-49	2	00:15:14	00:31:25	00:48:16	01:04:48.90	+00:06:03 (9.3%)	6:28	9.3 (91.2%)
7	MICHALSKI Andrzej	195	POLIPACK TEAM GWE	M60-69	1	00:15:38	00:31:59	00:48:28	01:04:50.04	+00:06:04 (9.4%)	6:29	9.3 (91.2%)
8	KUBISZYN Małgorzata	235	K.S. VICTORIA POTĘGOWO	K30-39	1	00:16:35	00:33:29	00:50:27	01:06:47.41	+00:08:01 (12.0%)	6:40	9 (88.2%)
9	KOŁODZIEJ Joanna	179	OPEN SPORT TEAM	K50-59	1	00:16:35	00:33:30	00:50:27	01:06:51.80	+00:08:06 (12.1%)	6:41	9 (88.2%)
10	BIELECKA Zuzanna	156	K.S. VICTORIA POTĘGOWO	K40-49	1	00:16:37	00:33:32	00:50:29	01:06:57.23	+00:08:11 (12.2%)	6:41	9 (88.2%)
11	FILIPOWICZ Barbara	165	K.S. VICTORIA POTĘGOWO	K40-49	2	00:16:41	00:33:36	00:50:29	01:07:08.15	+00:08:22 (12.5%)	6:42	8.9 (87.3%)
12	PRZYBORKIEWICZ Kriss	204	PIERNIKI TORUŃ	M50-59	3	00:16:07	00:32:50	00:50:01	01:07:17.49	+00:08:31 (12.7%)	6:43	8.9 (87.3%)
13	ŚLUSARCZYK Marcin	217	WESOŁY BORSUK TEAM	M40-49	3	00:15:37	00:32:47	00:50:10	01:07:37.03	+00:08:51 (13.1%)	6:45	8.9 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km	Laps_3.36km	Laps_5.04km	Czas netto	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	10km			
14	JĘDRASIAK Renata	173	KGHM METRACO	K60-69	1	00:16:56	00:34:09	00:51:30	01:08:45.80	+00:10:00 (14.5%)	6:52	8.7 (85.3%)
15	LABUS Marzena	189	NORDIC SPORT 2021	K30-39	2	00:16:36	00:33:41	00:51:13	01:08:47.79	+00:10:02 (14.6%)	6:52	8.7 (85.3%)
16	BREW CZYŃSKI Marcin	159	POLIPACK TEAM GWE	M30-39	1	00:17:19	00:34:34	00:52:03	01:08:57.21	+00:10:11 (14.8%)	6:53	8.7 (85.3%)
17	ZEMŁA Marcin	226	CIAP CIAP ZEMŁA TEAM	M30-39	2	00:17:34	00:35:03	00:52:16	01:09:01.45	+00:10:15 (14.9%)	6:54	8.7 (85.3%)
18	JAKSINA Dariusz	172	MAZURSKI DZIK	M50-59	4	00:17:01	00:34:22	00:51:51	01:09:12.62	+00:10:27 (15.1%)	6:55	8.7 (85.3%)
19	CHYRA Janusz	163	NORDIC SPORT 2021	M40-49	4	00:17:17	00:34:45	00:52:20	01:09:56.53	+00:11:10 (16.0%)	6:59	8.6 (84.3%)
20	KNAPCZYK-KANIA Gabriela	178	NORDIC SPORT 2021	K50-59	2	00:16:53	00:34:23	00:52:14	01:10:11.54	+00:11:25 (16.3%)	7:01	8.5 (83.3%)
21	MIHELAC Juraj	196	NWC SPALATUM	M40-49	5	00:17:21	00:34:56	00:52:45	01:10:36.83	+00:11:51 (16.8%)	7:03	8.5 (83.3%)
22	SIWAK Piotr	213	KGHM METRACO	M60-69	2	00:17:17	00:34:56	00:52:55	01:10:36.87	+00:11:51 (16.8%)	7:03	8.5 (83.3%)
23	STACHOWIAK Tomasz	216	STĘSZEW TEAM	M40-49	6	00:17:50	00:35:54	00:53:48	01:11:46.16	+00:13:00 (18.1%)	7:10	8.4 (82.4%)
24	ROCHNA Piotr	208	WŁÓCZYKIJE GDYNIA	M40-49	7	00:17:34	00:35:27	00:53:49	01:11:55.09	+00:13:09 (18.3%)	7:11	8.3 (81.4%)
25	HRYCIUK Waldemar	170	VICTORIA POTĘGOWO	M60-69	3	00:17:18	00:35:05	00:53:20	01:11:56.73	+00:13:11 (18.3%)	7:11	8.3 (81.4%)
26	KRAJNIK Jacek	182	LIFE BALANCE PLACE	M50-59	5	00:17:03	00:35:13	00:53:43	01:12:38.66	+00:13:53 (19.1%)	7:15	8.3 (81.4%)
27	OLEJNIK Przemek	201		M50-59	6	00:18:09	00:37:01	00:55:24	01:13:20.52	+00:14:34 (19.9%)	7:20	8.2 (80.4%)
28	BURZAWA Krzysztof	161	WŁÓCZYKIJE GDYNIA	M50-59	7	00:18:08	00:36:43	00:55:15	01:13:59.04	+00:15:13 (20.6%)	7:23	8.1 (79.4%)
29	POLAK Paweł	203	TORUŃ NORDIC TEAM	M30-39	3	00:18:24	00:37:23	00:56:07	01:14:24.24	+00:15:38 (21.0%)	7:26	8.1 (79.4%)
30	ZAWADZKI Zygmunt	224	CIDRY Z KIJAMI	M70+	1	00:18:03	00:36:33	00:55:26	01:14:46.04	+00:16:00 (21.4%)	7:28	8 (78.4%)
31	HRYCIUK Teresa	171	K.S. VICTORIA POTĘGOWO	K60-69	2	00:17:25	00:36:11	00:55:20	01:14:49.85	+00:16:04 (21.5%)	7:28	8 (78.4%)
32	CZMOCH Marian	164	NORDIC SPORT 2021	M70+	2	00:18:27	00:37:20	00:56:28	01:15:44.67	+00:16:59 (22.4%)	7:34	7.9 (77.5%)
33	ŻYGENDA Robert	228	WŁÓCZYKIJE GDYNIA	M50-59	8	00:18:41	00:37:42	00:56:47	01:15:50.51	+00:17:04 (22.5%)	7:35	7.9 (77.5%)
34	ZDRZAŁEK Alicja	225	NORDIC SPORT 2021	K40-49	3	00:18:26	00:37:32	00:56:49	01:16:09.91	+00:17:24 (22.9%)	7:36	7.9 (77.5%)
35	OLEJNIK Marzena	200		K50-59	3	00:18:58	00:38:17	00:57:18	01:16:23.65	+00:17:38 (23.1%)	7:38	7.9 (77.5%)
36	KUZHYLNYI Oleksii	188	BASZTA BYTÓW	M30-39	4	00:18:29	00:37:47	00:57:00	01:16:24.99	+00:17:39 (23.1%)	7:38	7.9 (77.5%)

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						2.5km	5km	7.5km	10km			
37	NEUMANN Kamila	199	WŁÓCZYKIJE GDYNIA	K40-49	4	00:18:47	00:37:45	00:57:04	01:16:37.53	+00:17:51 (23.3%)	7:39	7.8 (76.5%)
38	LEWANDOWSKA Renata	190	LIFE BALANCE BYDGOSZCZ	K50-59	4	00:18:58	00:38:18	00:57:35	01:16:39.85	+00:17:54 (23.4%)	7:39	7.8 (76.5%)
39	LEMAŃCZYK Katarzyna	232	BASZTA BYTÓW	K50-59	5	00:19:22	00:38:49	00:57:52	01:16:41.06	+00:17:55 (23.4%)	7:40	7.8 (76.5%)
40	MADALIŃSKA Joanna	191	K.S. VICTORIA POTĘGOWO	K40-49	5	00:18:50	00:38:02	00:57:25	01:16:49.54	+00:18:03 (23.5%)	7:40	7.8 (76.5%)
41	BALCERZYK Agnieszka	153	NORDIC WALKING KIEKRZ POLAND	K40-49	6	00:18:37	00:37:53	00:57:31	01:17:04.49	+00:18:18 (23.8%)	7:42	7.8 (76.5%)
42	BARTOSIEWICZ Włodzimierz	154	LUKI TEAM POLSKA	M70+	3	00:18:34	00:37:44	00:57:21	01:17:14.65	+00:18:29 (23.9%)	7:43	7.8 (76.5%)
43	NASTAŁY Michał	197	WŁÓCZYKIJE GDYNIA	M40-49	8	00:18:56	00:38:24	00:57:59	01:17:40.06	+00:18:54 (24.3%)	7:46	7.7 (75.5%)
44	KRAWIEC Jacek	185	JACK NORDIC TEAM ELBLĄG	M50-59	9	00:19:15	00:38:55	00:58:33	01:17:47.70	+00:19:02 (24.5%)	7:46	7.7 (75.5%)
45	SKRZĄTEK Lucyna	214	NORDIC SPORT 2021	K50-59	6	00:19:07	00:38:40	00:58:45	01:18:47.04	+00:20:01 (25.4%)	7:52	7.6 (74.5%)
46	PALUCH Paweł	202	AVOCADO WELLNESS CLUB	M60-69	4	00:18:29	00:38:06	00:58:09	01:18:47.14	+00:20:01 (25.4%)	7:52	7.6 (74.5%)
47	BACHANEK Katarzyna	151	TORUŃ - IDZIEMY BEZ RYZYKA	K60-69	3	00:19:52	00:39:40	00:59:32	01:18:57.19	+00:20:11 (25.6%)	7:53	7.6 (74.5%)
48	POSTEK Danuta	229	ZIELONE GROSZKI POZNAN	K60-69	4	00:19:49	00:39:33	00:59:26	01:18:58.07	+00:20:12 (25.6%)	7:53	7.6 (74.5%)
49	GAJEK Halina	167	WESOŁY BORSUK TEAM	K50-59	7	00:19:30	00:39:13	00:59:10	01:19:18.90	+00:20:33 (25.9%)	7:55	7.6 (74.5%)
50	ŚLUSARCZYK Karolina	219	WESOŁY BORSUK TEAM	K18-29	1	00:19:01	00:38:57	00:59:09	01:19:20.28	+00:20:34 (25.9%)	7:56	7.6 (74.5%)
51	SAPUŁA Wiktoria	212	K.S. VICTORIA POTĘGOWO	K18-29	2	00:19:45	00:39:53	00:59:43	01:19:45.73	+00:21:00 (26.3%)	7:58	7.5 (73.5%)
52	ŚLUSARCZYK Andrzej	218	WESOŁY BORSUK TEAM	M70+	4	00:19:18	00:39:05	00:59:19	01:19:59.12	+00:21:13 (26.5%)	7:59	7.5 (73.5%)
53	BILINIEWICZ Dorota	157	WŁÓCZYKIJE GDYNIA	K50-59	8	00:19:32	00:39:39	01:00:00	01:20:16.40	+00:21:30 (26.8%)	8:01	7.5 (73.5%)
54	KUSA Karolina	187	LIFE BALANCE PLACE	K40-49	7	00:19:52	00:40:23	01:00:34	01:20:44.95	+00:21:59 (27.2%)	8:04	7.4 (72.5%)
55	JURCZAK-TOCZKO Anna	174		K50-59	9	00:19:40	00:40:10	01:00:51	01:21:08.26	+00:22:22 (27.6%)	8:06	7.4 (72.5%)
56	FRYŻEWSKI Andrzej	166		M50-59	10	00:20:12	00:40:14	01:00:41	01:21:20.05	+00:22:34 (27.8%)	8:08	7.4 (72.5%)
57	SOKOŁOWSKI Adam	231	WŁÓCZYKIJE GDYNIA	M50-59	11	00:20:10	00:40:29	01:01:22	01:21:27.49	+00:22:41 (27.9%)	8:08	7.4 (72.5%)
58	CEMPA Wojciech	162	WŁÓCZYKIJE GDYNIA	M40-49	9	00:19:41	00:40:10	01:01:05	01:22:16.97	+00:23:31 (28.6%)	8:13	7.3 (71.6%)
59	BĄDZ Wojciech	155	WŁÓCZYKIJE GDYNIA	M50-59	12	00:20:30	00:41:30	01:02:36	01:23:35.63	+00:24:50 (29.7%)	8:21	7.2 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_1.68km	Laps_3.36km	Laps_5.04km	Czas netto	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	10km			
60	WILK Iwona	220	NORDIC SPORT 2021	K50-59	10	00:21:26	00:42:29	01:03:35	01:24:41.09	+00:25:55 (30.6%)	8:28	7.1 (69.6%)
61	BADOWSKA-STEFAŃSKA Barbara	152	BASZTA BYTÓW	K60-69	5	00:20:22	00:41:45	01:03:32	01:25:20.33	+00:26:34 (31.1%)	8:32	7 (68.6%)
62	KOŻYKOWSKA Aniela	181	BASZTA BYTÓW	K60-69	6	00:20:23	00:41:46	01:03:33	01:25:21.42	+00:26:35 (31.2%)	8:32	7 (68.6%)
63	GÓRSKA Agnieszka	168		K40-49	8	00:21:28	00:43:48	01:05:59	01:26:22.36	+00:27:36 (32.0%)	8:38	6.9 (67.6%)
64	MATULEWICZ Dorota	194	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	11	00:20:51	00:42:26	01:04:40	01:26:45.55	+00:28:00 (32.3%)	8:40	6.9 (67.6%)
65	GRYGOROWICZ Teresa	169	KGHM METRACO	K70+	1	00:21:16	00:42:49	01:05:07	01:27:07.40	+00:28:21 (32.6%)	8:42	6.9 (67.6%)
66	ŻYGENDA Anna	227	WŁÓCZYK IJA GDYNIA	K50-59	12	00:22:28	00:44:23	01:06:35	01:28:55.66	+00:30:10 (33.9%)	8:53	6.7 (65.7%)
67	BREW CZYŃSKA Milena	158	POLIPACK TEAM GWE	K30-39	3	00:22:00	00:44:33	01:06:50	01:28:59.00	+00:30:13 (34.0%)	8:53	6.7 (65.7%)
68	BURLIŃSKA Anna	160	BASZTA BYTÓW	K30-39	4	00:22:39	00:45:12	01:07:42	01:30:05.18	+00:31:19 (34.8%)	9:00	6.7 (65.7%)
69	KRAJNIK Emilia	183	LIFE BALANCE PLACE	K50-59	13	00:20:40	00:42:53	01:08:33	01:31:06.23	+00:32:20 (35.5%)	9:06	6.6 (64.7%)
70	KOWALSKA Izabela	180	LIFE BALANCE PLACE	K60-69	7	00:22:24	00:45:35	01:09:14	01:33:01.12	+00:34:15 (36.8%)	9:18	6.5 (63.7%)
71	RICHERT Teresa	207	CCH TEAM	K40-49	9	00:23:12	00:48:08	01:12:37	01:33:54.08	+00:35:08 (37.4%)	9:23	6.4 (62.7%)
72	KRZYŻANOWSKI Mariusz	186		M50-59	13	00:22:40	00:46:29	01:11:14	01:35:48.56	+00:37:03 (38.7%)	9:34	6.3 (61.8%)
73	RÓŻAŃSKA Agnieszka	210	CCH TEAM	K40-49	10	00:23:26	00:48:28	01:13:18	01:37:37.98	+00:38:52 (39.8%)	9:45	6.1 (59.8%)
	MADALIŃSKI Marcin	192	K.S. VICTORIA POTĘGOWO	M40-49		00:14:50 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 74 wynik(ów)