



NORDIC WALKING 10 KM

B4SPORT

Event: Bieg Zielonych Sznurowadeł
Organiser: Jak Nie My To Kto?
Date: 2025-03-15
Place: Puławy
Distance: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	5.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	MAREK Grzegorz	NW112		M-50	1	00:00:07	00:42:54	01:31:16.50	01:31:23.70		9:07	6.6 (100%)
2	GWOZDA Grzegorz	NW126		M-40	1	00:00:01	00:43:29	01:32:02.75	01:32:03.85	+00:00:46 (0.8%)	9:12	6.5 (98.5%)
3	DANIELSKI Waldemar	NW148		M-60	1	00:00:23	00:43:26	01:32:10.10	01:32:33.50	+00:00:53 (1.0%)	9:13	6.5 (98.5%)
4	HRYCIUK Teresa	NW141		K-60+	1	00:00:01	00:45:04	01:38:24.15	01:38:25.65	+00:07:07 (7.2%)	9:50	6.1 (92.4%)
5	TYRKA Piotr	NW146		M-50	2	00:00:10	00:46:28	01:38:39.20	01:38:49.60	+00:07:22 (7.5%)	9:51	6.1 (92.4%)
6	WOJCIECHOWSKA Anna	NW105		K-40	1	00:00:02	00:47:50	01:41:02.25	01:41:04.25	+00:09:45 (9.7%)	10:06	5.9 (89.4%)
7	PADOWICZ Anna	NW116		K-40	2	00:00:07	00:47:51	01:41:49.40	01:41:57.15	+00:10:32 (10.4%)	10:10	5.9 (89.4%)
8	NARAJCZYK Dariusz	NW129		M-60	2	00:00:11	00:47:39	01:42:44.65	01:42:56.15	+00:11:28 (11.2%)	10:16	5.8 (87.9%)
9	PACHOLSKA Elżbieta	NW121		K-50	1	00:00:06	00:51:30	01:47:18.90	01:47:25.20	+00:16:02 (14.9%)	10:43	5.6 (84.8%)
10	WÓJCIK Marzena	NW104		K-50	2	00:00:08	00:50:55	01:47:49.00	01:47:57.60	+00:16:32 (15.3%)	10:46	5.6 (84.8%)
11	KULIK Adam	NW113		M-60	3	00:00:03	00:50:28	01:48:36.15	01:48:40.00	+00:17:19 (16.0%)	10:51	5.5 (83.3%)
12	BIELAK Tomasz	NW128		M-40	2	00:00:07	00:48:57	01:49:17.40	01:49:24.45	+00:18:00 (16.5%)	10:55	5.5 (83.3%)
13	POMARAŃSKA Małgorzata	NW136		K-40	3	00:00:01	00:49:40	01:49:21.20	01:49:23.10	+00:18:04 (16.5%)	10:56	5.5 (83.3%)
14	GRABARZ Urszula	NW138		K-60+	2	00:00:03	00:51:37	01:49:45.85	01:49:48.90	+00:18:29 (16.8%)	10:58	5.5 (83.3%)
15	KAMIŃSKI Ryszard	NW120		M-60	4	00:00:01	00:51:15	01:51:50.65	01:51:51.75	+00:20:34 (18.4%)	11:11	5.4 (81.8%)
16	GRZYWA Marek	NW119		M-60	5	00:00:00	00:51:20	01:51:51.15	01:51:51.95	+00:20:34 (18.4%)	11:11	5.4 (81.8%)
17	TYRKA Ewa	NW111		K-50	3	00:00:06	00:52:51	01:53:29.00	01:53:35.00	+00:22:12 (19.6%)	11:20	5.3 (80.3%)
18	ZALEWSKA Alicja	NW110		K-50	4	00:00:02	00:53:24	01:53:43.65	01:53:46.60	+00:22:27 (19.7%)	11:22	5.3 (80.3%)
19	MACIĄG Alina	NW127		K-50	5	00:00:04	00:53:18	01:54:46.30	01:54:51.10	+00:23:29 (20.5%)	11:28	5.2 (78.8%)
20	BINGORAJ Magda	NW102		K-40	4	00:01:15	00:54:14	01:55:21.30	01:56:36.70	+00:24:04 (20.9%)	11:32	5.2 (78.8%)
21	DREWNIAK Elżbieta	NW145		K-50	6	00:00:04	00:53:37	01:55:22.40	01:55:27.35	+00:24:05 (20.9%)	11:32	5.2 (78.8%)
22	MILLER Jolanta	NW134		K-50	7	00:00:02	00:51:16	01:56:07.70	01:56:09.95	+00:24:51 (21.4%)	11:36	5.2 (78.8%)
23	JACNIACKA Krystyna	NW124		K-50	8	00:00:12	00:59:36	02:02:14.70	02:02:27.20	+00:30:58 (25.3%)	12:13	4.9 (74.2%)
24	ŻUROWSKA Małgorzata	NW117		K-50	9	00:00:11	00:59:36	02:02:16.40	02:02:27.50	+00:30:59 (25.4%)	12:13	4.9 (74.2%)
25	KOWALCZYK Maryla	NW139		K-40	5	00:00:03	00:57:43	02:02:34.35	02:02:38.20	+00:31:17 (25.5%)	12:15	4.9 (74.2%)
26	KLEN Marcin	1106		M-Open	1	00:00:10	00:59:32	02:03:56.05	02:04:06.40	+00:32:39 (26.4%)	12:23	4.8 (72.7%)
27	KOSTRZEWA Ela	NW135		K-50	10	00:00:10	00:59:03	02:05:18.85	02:05:29.45	+00:34:02 (27.2%)	12:31	4.8 (72.7%)
28	FITURSKI Marek	NW140		M-40	3	00:00:04	00:58:52	02:06:16.05	02:06:20.85	+00:34:59 (27.7%)	12:37	4.8 (72.7%)
29	ŁOIŃSKI-CHMIEL Monika	NW106		K-40	6	00:00:07	01:03:03	02:09:09.40	02:09:16.95	+00:37:52 (29.3%)	12:54	4.6 (69.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
30	BIRSKA Bożena	NW108		K-50	11	00:00:18	01:02:54	02:11:22.15	02:11:40.90	+00:40:05 (30.5%)	13:08	4.6 (69.7%)
31	SOCHACKA Dorota	NW130		K-60+	3	00:00:15	01:03:48	02:15:27.90	02:15:43.20	+00:44:11 (32.6%)	13:32	4.4 (66.7%)
32	ROMASZKO Lidia	NW122		K-30	1	00:00:15	01:06:00	02:17:35.05	02:17:50.95	+00:46:18 (33.7%)	13:45	4.4 (66.7%)
33	KUZIUK Beata	NW123		K-40	7	00:00:15	01:05:57	02:17:35.65	02:17:50.85	+00:46:19 (33.7%)	13:45	4.4 (66.7%)
34	STEFANIAK Nina	NW132		K-20	1	00:00:12	01:05:53	02:22:41.30	02:22:53.55	+00:51:24 (36.0%)	14:16	4.2 (63.6%)
35	STEFANIAK Edyta	NW131		K-40	8	00:00:11	01:05:54	02:22:42.65	02:22:53.85	+00:51:26 (36.0%)	14:16	4.2 (63.6%)
36	PIŁATOWICZ Anna	NW144		K-50	12	00:00:14	01:12:49	02:31:40.70	02:31:55.35	+01:00:24 (39.8%)	15:10	4 (60.6%)
37	BUŁAWA Monika	NW142		K-40	9	00:00:13	01:12:51	02:31:41.35	02:31:55.20	+01:00:24 (39.8%)	15:10	4 (60.6%)
38	BUŁAWA Michał	NW143		M-40	4	00:00:13	01:12:43	02:31:47.10	02:32:00.80	+01:00:30 (39.9%)	15:10	4 (60.6%)

Total 38 results.