



NORDIC WALKING 21 KM

B4SPORT

Event: Bieg Zielonych Sznurowadeł
Organiser: Jak Nie My To Kto?
Date: 2025-03-15
Place: Puławy
Distance: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	5.5km	11km	16.5km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	ŚWIDEREK Marcin	NW220		M-40	1	00:00:06	00:43:41	01:27:06	02:11:13	02:52:34.85	02:52:41.25		8:13	7.3 (100%)
2	HRYCIUK Waldemar	NW224		M-60	1	00:00:04	00:44:03	01:27:50	02:11:55	02:54:41.10	02:54:45.90	+00:02:06 (1.2%)	8:19	7.2 (98.6%)
3	WIELĄDEK Anna	NW226		K-40	1	00:00:00	00:45:32	01:30:01	02:16:03	02:58:31.05	02:58:31.55	+00:05:56 (3.3%)	8:30	7.1 (97.3%)
4	STRUSKA Milena	NW227		K-40	2	00:00:07	00:45:26	01:29:59	02:16:00	02:59:01.80	02:59:09.10	+00:06:26 (3.6%)	8:31	7 (95.9%)
5	LENARTOWICZ-KALBARCZYK Luiza	NW147		K-50	1	00:00:04	00:44:16	01:28:21	02:15:19	03:00:25.00	03:00:29.80	+00:07:50 (4.3%)	8:35	7 (95.9%)
6	STRZYŻEWSKI Adam	NW202		M-40	2	00:00:06	00:47:57	01:32:26	02:19:27	03:05:27.75	03:05:34.55	+00:12:52 (6.9%)	8:49	6.8 (93.2%)
7	TUZIMEK Agata	NW210		K-40	3	00:00:06	00:47:45	01:32:26	02:21:04	03:06:01.20	03:06:07.50	+00:13:26 (7.2%)	8:51	6.8 (93.2%)
8	GAJ Rafał	NW205		M-40	3	00:00:14	00:46:22	01:32:27	02:18:56	03:06:14.30	03:06:28.95	+00:13:39 (7.3%)	8:52	6.8 (93.2%)
9	SAMOŃ Karol	NW230		M-50	1	00:00:02	00:47:43	01:35:17	02:23:35	03:11:30.40	03:11:33.35	+00:18:55 (9.9%)	9:07	6.6 (90.4%)
10	KOZŁOWSKA Małgorzata	NW214		K-40	4	00:00:07	00:46:17	01:32:33	02:21:02	03:11:50.95	03:11:58.70	+00:19:16 (10.0%)	9:08	6.6 (90.4%)
11	ŚCIBIOR Robert	NW209		M-50	2	00:00:09	00:51:31	01:41:17	02:31:27	03:21:46.05	03:21:55.10	+00:29:11 (14.5%)	9:36	6.2 (84.9%)
12	ADAMCZYK Justyna	NW229		K-40	5	00:00:07	00:51:17	01:43:03	02:35:23	03:25:26.35	03:25:34.30	+00:32:51 (16.0%)	9:46	6.1 (83.6%)
13	PETRYKA Monika	NW223		K-40	6	00:00:08	00:51:15	01:43:01	02:35:24	03:25:26.45	03:25:34.60	+00:32:51 (16.0%)	9:46	6.1 (83.6%)
14	KLIMKOWSKA Monika	NW204		K-50	2	00:00:05	00:52:46	01:44:20	02:38:10	03:28:53.05	03:28:58.95	+00:36:18 (17.4%)	9:56	6 (82.2%)
15	GISKO Marek	NW216		M-50	3	00:00:09	00:54:50	01:48:52	02:40:27	03:30:33.05	03:30:42.10	+00:37:58 (18.0%)	10:01	6 (82.2%)
16	GARGANISZ-WOJNICZ Irmína	2108		K-40	7	00:00:08	00:52:01	01:44:01	02:38:42	03:30:55.60	03:31:04.15	+00:38:20 (18.2%)	10:02	6 (82.2%)
17	LUTEK Karolina	NW212		K-50	3	00:00:10	00:50:31	01:40:35	02:32:33	03:39:39.15	03:39:49.90	+00:47:04 (21.4%)	10:27	5.7 (78.1%)
18	SUCHORA Jerzy	NW206		M-60	2	00:00:16	00:54:32	01:52:55	02:50:45	03:44:55.40	03:45:12.15	+00:52:20 (23.3%)	10:42	5.6 (76.7%)
19	GISKO Renata	NW215		K-50	4	00:00:14	01:00:18	01:57:28	03:00:34	03:50:55.50	03:51:09.95	+00:58:20 (25.3%)	10:59	5.5 (75.3%)
20	RADOMSKA MAREK Renata	NW211		K-40	8	00:00:13	01:00:14	01:57:29	03:00:33	03:50:56.25	03:51:09.30	+00:58:21 (25.3%)	10:59	5.5 (75.3%)
21	JABŁOŃSKA Monika	NW232		K-30	1	00:00:02	00:58:30	02:01:15	03:01:34	03:55:09.75	03:55:12.40	+01:02:34 (26.6%)	11:11	5.4 (74.0%)
Przekroczony limit czasu: 04:00:00														
22	DUDEK Tomasz	NW208		M-60	3	00:00:06	01:00:18	02:00:51	03:00:36	04:00:47.45	04:00:54.05	+01:08:12 (28.3%)	11:27	5.2 (71.2%)
23	CHRZAN Mariusz	NW219		M-40	4	00:00:02	01:08:05	02:09:54	03:10:56	04:12:52.05	04:12:55.00	+01:20:17 (31.8%)	12:02	5 (68.5%)
24	BOCIAŃSKA Agnieszka	NW218		K-30	2	00:00:01	01:07:59	02:09:52	03:11:05	04:12:53.50	04:12:55.30	+01:20:18 (31.8%)	12:02	5 (68.5%)
25	GROCHAL Norbert	NW207		M-50	4	00:00:04	01:08:00	02:10:01	03:11:23	04:12:54.00	04:12:58.50	+01:20:19 (31.8%)	12:02	5 (68.5%)
26	GUZEK Małgorzata	NW217		K-50	5	00:00:01	01:08:01	02:09:54	03:11:23	04:12:57.70	04:12:59.50	+01:20:22 (31.8%)	12:02	5 (68.5%)
27	RESZKA Aneta	NW225		K-30	3	00:00:06	01:11:07	02:23:27	03:33:59	04:33:41.25	04:33:47.25	+01:41:06 (36.9%)	13:01	4.6 (63.0%)
28	PACHUCKA-KUCZAIK Anna	NW222		K-30	4	00:00:05	01:11:08	02:23:28	03:33:58	04:39:16.85	04:39:22.25	+01:46:42 (38.2%)	13:17	4.5 (61.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5.5km	11km	16.5km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
29	KORDULA Marcin	NW233		M-30	1	00:00:09	01:13:47	02:35:59	03:58:05	05:08:21.55	05:08:31.00	+02:15:46 (44.0%)	14:41	4.1 (56.2%)

Total 29 results.