



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking 2021
Organizator: Urząd Miasta i Gminy Murowana Goślina, Fundacja Herkules All Sports
Data: 2021-08-21
Miejsce: Murowana Goślina
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	Laps_5km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	39	KS IDMAR RACING TEAM	M18-29	1				00:16:35	00:33:40	00:50:48	01:07:32.22		6:45	8.9 (100%)
2	POLKOWSKI Piotr	48	NW CZŁAPSKI TEAM	M30-39	1				00:16:38	00:33:41	00:50:51	01:07:34.48	+00:00:02 (0.1%)	6:45	8.9 (100%)
3	POŁUBIAK Paweł	49		M30-39	2				00:16:32	00:33:31	00:50:43	01:07:35.08	+00:00:02 (0.1%)	6:45	8.9 (100%)
4	HELWICH Stefan	20	KS METRACO RUDNA	M60-69	1				00:16:41	00:33:50	00:51:15	01:08:49.88	+00:01:17 (1.9%)	6:52	8.7 (97.8%)
5	JUREK Adam	25	KGHM METRACO RUDNA	M60-69	2				00:17:01	00:34:35	00:52:19	01:09:52.73	+00:02:20 (3.4%)	6:59	8.6 (96.6%)
6	SIWAK Piotr	55	KGHM METRACO RUDNA	M60-69	3				00:17:03	00:34:33	00:52:20	01:10:16.79	+00:02:44 (3.9%)	7:01	8.5 (95.5%)
7	CZŁAPSKI Krzysztof	11	NW CZŁAPSKI TEAM	M50-59	1				00:16:56	00:34:33	00:52:35	01:10:31.26	+00:02:59 (4.2%)	7:03	8.5 (95.5%)
8	KLIMCZAK Adam	28	GOSADI NORDIC TEAM	M50-59	2				00:17:26	00:35:08	00:52:56	01:10:41.41	+00:03:09 (4.5%)	7:04	8.5 (95.5%)
9	WIŚNIEWSKI Sławomir	70		M40-49	1				00:17:06	00:34:53	00:53:04	01:11:32.64	+00:04:00 (5.6%)	7:09	8.4 (94.4%)
10	BIBKO Martin	2	SPEEDBAR	M40-49	2				00:17:14	00:35:10	00:53:25	01:11:55.98	+00:04:23 (6.1%)	7:11	8.3 (93.3%)
11	KUŚMIEREK Jan	35	BŁĘKITNI DZIEMIANY	M50-59	3				00:17:24	00:35:18	00:53:35	01:12:09.76	+00:04:37 (6.4%)	7:12	8.3 (93.3%)
12	MĄDRY Grzegorz	40	KIJKOWE TRZEMESZNO	M60-69	4				00:17:31	00:35:46	00:54:21	01:12:43.01	+00:05:10 (7.1%)	7:16	8.3 (93.3%)
13	CHOJNACKI Paweł	5	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	4				00:17:27	00:35:47	00:54:25	01:13:38.55	+00:06:06 (8.3%)	7:21	8.1 (91.0%)
14	JĘDRASIAK Renata	23	KGHM METRACO RUDNA	K50-59	1				00:18:26	00:36:52	00:55:23	01:14:07.49	+00:06:35 (8.9%)	7:24	8.1 (91.0%)

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									2.5km	5km	7.5km				
15	KOLBERG Kamila	30	KIJKOWE TRZEMESZNO	K40-49	1				00:18:17	00:36:56	00:55:38	01:14:09.60	+00:06:37 (8.9%)	7:24	8.1 (91.0%)
16	CHYRA Janusz	7		M40-49	3				00:18:19	00:37:00	00:56:02	01:14:54.75	+00:07:22 (9.8%)	7:29	8 (89.9%)
17	STACHOWICZ Joanna	58	BŁĘKITNI DZIEMIANY	K30-39	1				00:18:28	00:37:14	00:55:58	01:15:02.96	+00:07:30 (10.0%)	7:30	8 (89.9%)
18	GOŁĘBIEWSKI Edward	19	MARSZ PO ZDROWIE	M70+	1				00:18:00	00:36:46	00:55:34	01:15:14.90	+00:07:42 (10.2%)	7:31	8 (89.9%)
19	KNITTER Michał	29	BŁĘKITNI DZIEMIANY	M18-29	2				00:18:01	00:37:31	00:56:51	01:15:41.37	+00:08:09 (10.8%)	7:34	7.9 (88.8%)
20	SZYMAŃSKI Stefan	65	SERCE NORDICA WŁOCŁAWEK	M70+	2				00:17:58	00:36:44	00:55:47	01:15:47.71	+00:08:15 (10.9%)	7:34	7.9 (88.8%)
21	SZCZUDLIK Małgorzata	64	KIJKOWE TRZEMESZNO	K40-49	2				00:18:27	00:37:13	00:56:19	01:16:09.80	+00:08:37 (11.3%)	7:36	7.9 (88.8%)
22	KACZMAREK Eugeniusz	26		M70+	3				00:18:09	00:36:48	00:56:09	01:16:31.59	+00:08:59 (11.7%)	7:39	7.8 (87.6%)
23	GIERSZEWSKI Arkadiusz	18		M40-49	4				00:18:07	00:37:17	00:56:56	01:16:37.55	+00:09:05 (11.9%)	7:39	7.8 (87.6%)
24	LUDWICZAK Andżelika	36	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3				00:18:33	00:37:48	00:57:39	01:17:26.52	+00:09:54 (12.8%)	7:44	7.7 (86.5%)
25	TOMCZAK Jarosław	68	STĘSZEW TEAM	M50-59	5				00:18:39	00:37:35	00:57:15	01:17:27.18	+00:09:54 (12.8%)	7:44	7.7 (86.5%)
26	CZEKAJŁO Franek	9	AGROTURLOT	M70+	4				00:18:22	00:37:18	00:57:05	01:17:27.73	+00:09:55 (12.8%)	7:44	7.7 (86.5%)
27	FRANCZAK Małgorzata	15	NW CZŁAPSKI TEAM	K18-29	1				00:18:45	00:38:15	00:58:17	01:18:07.11	+00:10:34 (13.5%)	7:48	7.7 (86.5%)
28	KUŁAKOWSKA Halina	75	DUŻYNA SM	K40-49	4				00:18:44	00:38:09	00:58:15	01:18:15.68	+00:10:43 (13.7%)	7:49	7.7 (86.5%)
29	WĘKLAR Radosław	69	BTC TEAM	M40-49	5				00:18:15	00:37:40	00:58:22	01:18:53.46	+00:11:21 (14.4%)	7:53	7.6 (85.4%)
30	ŚLUSARCZYK Marcin	66	WESOŁY BORSUK TEAM	M40-49	6				00:19:14	00:38:50	00:59:04	01:19:06.46	+00:11:34 (14.6%)	7:54	7.6 (85.4%)
31	FRANCZAK Dariusz	16	NW CZŁAPSKI TEAM	M50-59	6				00:19:49	00:39:45	00:59:51	01:19:48.46	+00:12:16 (15.4%)	7:58	7.5 (84.3%)
32	ROWIŃSKI Paweł	53	NW CZŁAPSKI TEAM	M30-39	3				00:19:40	00:39:57	01:00:00	01:19:57.96	+00:12:25 (15.5%)	7:59	7.5 (84.3%)
33	KOWACZ Agata	31	SPEEDBAR	K30-39	2				00:18:56	00:38:58	00:59:30	01:20:07.44	+00:12:35 (15.7%)	8:00	7.5 (84.3%)
34	CZAJKA Urszula	8		K60-69	1				00:18:59	00:38:51	00:59:20	01:20:22.98	+00:12:50 (16.0%)	8:02	7.5 (84.3%)
35	MIŚKOWICZ Anna	41	NESSI TIME BIAŁA	K60-69	2				00:19:25	00:39:26	01:00:03	01:20:36.31	+00:13:04 (16.2%)	8:03	7.4 (83.1%)
36	NOWAK Agata	43	NORDIC WALKING KIEKRZ POLAND	K30-39	3				00:18:57	00:38:50	00:59:31	01:20:38.24	+00:13:06 (16.2%)	8:03	7.4 (83.1%)
37	SOBCZYK Barbara	56		K50-59	2				00:19:48	00:39:50	01:00:18	01:20:52.95	+00:13:20 (16.5%)	8:05	7.4 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	Laps			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
									2.5km	5km	7.5km				
38	KĘPA Andrzej	27	FAMILY TEAM KĘPA SPORT	M70+	5			Tak	00:19:17	00:39:16	01:00:03	01:21:30.26	+00:13:58 (17.1%)	8:09	7.4 (83.1%)
39	POSTEK Danuta	50	MARSZ PO ZDROWIE	K50-59	3				00:19:57	00:40:23	01:01:20	01:21:51.03	+00:14:18 (17.5%)	8:11	7.3 (82.0%)
40	ŁABENDA Lonia	37	NORDIC WALKING KIEKRZ POLAND	K50-59	4				00:19:51	00:40:13	01:01:04	01:22:03.37	+00:14:31 (17.7%)	8:12	7.3 (82.0%)
41	ŚLUSARCZYK Andrzej	67	WESOŁY BORSUK TEAM	M70+	6				00:19:46	00:40:17	01:01:32	01:22:10.11	+00:14:37 (17.8%)	8:13	7.3 (82.0%)
42	KOZŁOWSKA Karolina	32	NORDIC WALKING KIEKRZ POLAND	K30-39	4				00:19:02	00:40:06	01:01:27	01:22:35.16	+00:15:02 (18.2%)	8:15	7.3 (82.0%)
43	BROŻYNA Agata	3	NW CZŁAPSKI TEAM	K30-39	5				00:20:00	00:40:29	01:01:37	01:22:53.25	+00:15:21 (18.5%)	8:17	7.2 (80.9%)
44	PALUCH Paweł	45	AVOCADO WELLNESS CLUB	M50-59	7				00:19:59	00:40:53	01:02:12	01:23:52.85	+00:16:20 (19.5%)	8:23	7.2 (80.9%)
45	KURZAWSKA Jolanta	34	KGHM METRACO RUDNA	K70+	1				00:20:24	00:40:59	01:02:20	01:23:52.89	+00:16:20 (19.5%)	8:23	7.2 (80.9%)
46	KRIGER Roman	33	SERCE NORDICA WŁOCŁAWEK	M60-69	5			Tak	00:19:37	00:40:26	01:02:06	01:24:14.34	+00:16:42 (19.8%)	8:25	7.1 (79.8%)
47	STOLTMANN Helena	63	BŁĘKITNI DZIEMIANY	K60-69	3				00:19:49	00:40:37	01:02:23	01:24:37.47	+00:17:05 (20.2%)	8:27	7.1 (79.8%)
48	JÓŹWIAK Łukasz	24	SERCE NORDICA WŁOCŁAWEK	M50-59	8			Tak	00:20:31	00:41:44	01:03:24	01:24:52.43	+00:17:20 (20.4%)	8:29	7.1 (79.8%)
49	BRZOZOWSKI Andrzej	4	ŚREM CHODZI	M40-49	7			Tak	00:21:16	00:42:34	01:03:57	01:24:57.39	+00:17:25 (20.5%)	8:29	7.1 (79.8%)
50	ROGOWSKA Marta	51	NORDIC WALKING KIEKRZ POLAND	K50-59	5				00:20:32	00:42:02	01:03:33	01:25:15.30	+00:17:43 (20.8%)	8:31	7 (78.7%)
51	DYLEWICZ Weronika	14	EKSTREMUM	K18-29	2				00:20:32	00:41:45	01:03:22	01:25:15.67	+00:17:43 (20.8%)	8:31	7 (78.7%)
52	SERÓWKA Lidia	54	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-49	5				00:20:40	00:42:14	01:03:56	01:25:22.71	+00:17:50 (20.9%)	8:32	7 (78.7%)
53	DOROSZKIEWICZ Agnieszka	13	NORDIC WALKING KIEKRZ POLAND	K40-49	6				00:20:51	00:42:19	01:03:56	01:25:35.15	+00:18:02 (21.1%)	8:33	7 (78.7%)
54	ROMAN Jakub	52		M18-29	3				00:21:50	00:44:41	01:06:28	01:26:11.71	+00:18:39 (21.6%)	8:37	7 (78.7%)
55	ZAJĄC Kacper	72		M18-29	4				00:20:55	00:42:21	01:05:06	01:26:24.61	+00:18:52 (21.8%)	8:38	6.9 (77.5%)
56	STANKOWSKA Marzena	59	KIJKOWE TRZEMESZNO	K40-49	7				00:21:57	00:44:20	01:06:26	01:28:11.11	+00:20:38 (23.4%)	8:49	6.8 (76.4%)
57	FRANCZAK Anna	17	NW CZŁAPSKI TEAM	K50-59	6				00:21:40	00:43:30	01:05:50	01:28:16.29	+00:20:44 (23.5%)	8:49	6.8 (76.4%)
58	DALKA Hanna	12	NIEZRZESZONA	K30-39	6				00:21:08	00:43:00	01:05:28	01:28:28.79	+00:20:56 (23.7%)	8:50	6.8 (76.4%)
59	STATNIK Tomasz	60	GMINA SUCHY LAS	M60-69	6				00:21:32	00:43:39	01:06:17	01:28:56.10	+00:21:23 (24.1%)	8:53	6.7 (75.3%)
60	SOSNOWSKA Magdalena	57	KIJKOWE TRZEMESZNO	K40-49	8				00:21:56	00:43:46	01:06:09	01:29:20.18	+00:21:47 (24.4%)	8:56	6.7 (75.3%)

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									2.5km	5km	7.5km				
61	WYSOCKA Bernadeta	71	BŁĘKITNI DZIEMIANY	K40-49	9				00:20:50	00:43:02	01:06:22	01:30:55.86	+00:23:23 (25.7%)	9:05	6.6 (74.2%)
62	CHOLEWKA Jolanta	6	MARSZ PO ZDROWIE	K60-69	4			Tak	00:21:53	00:44:45	01:08:12	01:32:17.85	+00:24:45 (26.8%)	9:13	6.5 (73.0%)
63	IGNASIAK Anna	22	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	7				00:21:39	00:44:27	01:08:18	01:32:51.55	+00:25:19 (27.3%)	9:17	6.5 (73.0%)
64	STATNIK Genowefa	61	GMINA SUCHY LAS	K60-69	5				00:22:26	00:45:43	01:09:35	01:33:54.77	+00:26:22 (28.1%)	9:23	6.4 (71.9%)
65	OCIEPKA Agata	44		K18-29	3				00:22:15	00:45:01	01:09:45	01:34:09.07	+00:26:36 (28.3%)	9:24	6.4 (71.9%)
66	PIETRZAK Nikodem	47		M18-29	5				00:23:01	00:46:23	01:09:58	01:34:25.44	+00:26:53 (28.5%)	9:26	6.4 (71.9%)
67	NIEWIADOMSKA Zofia	42	SERCE NORDICA WŁOCŁAWEK	K60-69	6				00:23:33	00:47:40	01:11:57	01:35:38.05	+00:28:05 (29.4%)	9:33	6.3 (70.8%)
68	BARABACH Danuta	1		K60-69	7				00:22:57	00:47:21	01:11:59	01:35:39.16	+00:28:06 (29.4%)	9:33	6.3 (70.8%)
69	CZEKRYSZEW Małgorzata	10	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:54	00:48:01	01:13:29	01:38:55.31	+00:31:23 (31.7%)	9:53	6.1 (68.5%)
70	HENKELMAN Irena	21	GB.GEPARD MUROWANA GOŚLINA	K40-49	10				00:24:35	00:49:52	01:16:08	01:41:26.65	+00:33:54 (33.4%)	10:08	5.9 (66.3%)
DNC	ŁAWICKA- DŁUŻEWSKA Anna	38		K40-49											(0.0%)

Znaleziono 71 wynik(ów)