



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking 2021  
**Organizator:** Olimpia Osowa  
**Data:** 2021-09-12  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MARCZAK Tomasz</b>	<b>35</b>	KS IDMAR RACING TEAM	M18-29	1				00:14:49	00:30:26	00:45:58	<b>01:01:22.85</b>		6:08	9.8 (100%)
2	<b>POŁUBIAK Paweł</b>	<b>44</b>		M30-39	1				00:15:16	00:31:10	00:47:11	<b>01:02:57.05</b>	+00:01:34 (2.5%)	6:17	9.5 (96.9%)
3	<b>POLKOWSKI Piotr</b>	<b>43</b>	NW CZŁAPSKI TEAM	M30-39	2				00:15:11	00:31:08	00:47:13	<b>01:03:26.90</b>	+00:02:04 (3.3%)	6:20	9.5 (96.9%)
4	<b>KŁOS Maciej</b>	<b>24</b>	NW WYSPA SOBIESZEWSKA	M30-39	3	1			00:15:14	00:30:58	00:47:51	<b>01:03:59.55</b>	+00:02:36 (4.1%)	6:23	9.4 (95.9%)
5	<b>HELWICH Stefan</b>	<b>17</b>	KGHM METRACO RUDNA	M60-69	1				00:15:45	00:32:09	00:48:41	<b>01:05:21.70</b>	+00:03:58 (6.1%)	6:32	9.2 (93.9%)
6	<b>KNITTER Tomasz</b>	<b>25</b>	BŁĘKITNI DZIEMIANY	M18-29	2				00:16:01	00:32:55	00:49:49	<b>01:06:14.55</b>	+00:04:51 (7.3%)	6:37	9.1 (92.9%)
7	<b>JUREK Adam</b>	<b>21</b>	KGHM METRACO RUDNA	M60-69	2				00:16:05	00:32:52	00:49:49	<b>01:06:15.85</b>	+00:04:53 (7.4%)	6:37	9.1 (92.9%)
8	<b>SIWAK Piotr</b>	<b>48</b>	KGHM METRACO RUDNA	M60-69	3				00:16:05	00:32:50	00:49:49	<b>01:06:17.90</b>	+00:04:55 (7.4%)	6:37	9.1 (92.9%)
9	<b>CZŁAPSKI Krzysztof</b>	<b>11</b>	NW CZŁAPSKI TEAM	M50-59	1				00:16:07	00:32:53	00:49:50	<b>01:06:50.35</b>	+00:05:27 (8.2%)	6:41	9 (91.8%)
10	<b>CHOJNACKI Paweł</b>	<b>4</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2	1			00:16:15	00:33:10	00:50:08	<b>01:07:07.90</b>	+00:05:45 (8.6%)	6:42	8.9 (90.8%)
11	<b>KUŚMIEREC Jan</b>	<b>32</b>	BŁĘKITNI DZIEMIANY	M50-59	3				00:16:25	00:33:19	00:50:25	<b>01:07:31.10</b>	+00:06:08 (9.1%)	6:45	8.9 (90.8%)
12	<b>MĄDRY Grzegorz</b>	<b>36</b>	KIJKOWE TRZEMESZNO	M60-69	4	1			00:16:27	00:33:43	00:50:58	<b>01:08:16.95</b>	+00:06:54 (10.1%)	6:49	8.8 (89.8%)
13	<b>WIŚNIEWSKI Sławomir</b>	<b>60</b>	FLUGGER	M40-49	1				00:16:24	00:33:26	00:50:56	<b>01:08:17.30</b>	+00:06:54 (10.1%)	6:49	8.8 (89.8%)
14	<b>LUDWICZAK Andżelika</b>	<b>34</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1				00:17:04	00:34:05	00:51:18	<b>01:08:41.20</b>	+00:07:18 (10.6%)	6:52	8.7 (88.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Różn	Tempo min/km	Tempo km/h			
						Żół. kartki	Czer. kartki	Mundurowi							
15	<b>CHYRA Janusz</b>	<b>7</b>		M40-49	2	2			00:16:54	00:34:13	00:51:45	<b>01:09:15.40</b>	+00:07:52 (11.4%)	6:55	8.7 (88.8%)
16	<b>NIETUPSKI Dariusz</b>	<b>65</b>	WŁÓCZYKIJE GDYNIA	M50-59	4	2			00:16:55	00:34:22	00:52:05	<b>01:10:05.90</b>	+00:08:43 (12.4%)	7:00	8.6 (87.8%)
17	<b>SZCZUDLIK Małgorzata</b>	<b>52</b>	KIJKOWE TRZEMESZNO	K40-49	2				00:17:24	00:34:58	00:52:29	<b>01:10:07.05</b>	+00:08:44 (12.5%)	7:00	8.6 (87.8%)
18	<b>JĘDRASIAK Renata</b>	<b>18</b>	KGHM METRACO RUDNA	K50-59	1				00:17:25	00:35:00	00:52:35	<b>01:10:30.80</b>	+00:09:07 (13.0%)	7:03	8.5 (86.7%)
19	<b>SKWERES Adriana</b>	<b>49</b>	KLUB SPORTOWY GMINY PELPLIN SPRINT KULICE	K30-39	1				00:17:38	00:35:35	00:53:19	<b>01:10:38.70</b>	+00:09:15 (13.1%)	7:03	8.5 (86.7%)
20	<b>SZYMAŃSKI Stefan</b>	<b>55</b>	SERCE NORDICA WŁOCLAWEK	M70+	1				00:17:43	00:35:29	00:53:33	<b>01:10:50.65</b>	+00:09:27 (13.4%)	7:05	8.5 (86.7%)
21	<b>KACZMAREK Eugeniusz</b>	<b>22</b>		M70+	2	1			00:17:43	00:35:31	00:53:33	<b>01:10:59.85</b>	+00:09:37 (13.5%)	7:05	8.5 (86.7%)
22	<b>STACHOWICZ Joanna</b>	<b>50</b>	BŁĘKITNI DZIEMIANY	K30-39	2	1			00:17:30	00:35:14	00:53:13	<b>01:11:32.70</b>	+00:10:09 (14.2%)	7:09	8.4 (85.7%)
23	<b>ŚLUSARCZYK Marcin</b>	<b>56</b>	WESOŁY BORSUK TEAM	M40-49	3				00:17:34	00:35:49	00:54:23	<b>01:13:03.75</b>	+00:11:40 (16.0%)	7:18	8.2 (83.7%)
24	<b>ŚLUSARCZYK Andrzej</b>	<b>57</b>	WESOŁY BORSUK TEAM	M70+	3				00:17:49	00:36:07	00:54:36	<b>01:13:20.20</b>	+00:11:57 (16.3%)	7:20	8.2 (83.7%)
25	<b>ROWIŃSKI Paweł</b>	<b>46</b>	NW CZŁAPSKI TEAM	M30-39	4	2			00:18:04	00:36:20	00:54:52	<b>01:13:28.00</b>	+00:12:05 (16.5%)	7:20	8.2 (83.7%)
26	<b>GODZIŃSKI Paweł</b>	<b>16</b>	BAŻANT NW ELBLĄG	M40-49	4	1			00:17:46	00:36:15	00:55:01	<b>01:13:41.40</b>	+00:12:18 (16.7%)	7:22	8.1 (82.7%)
27	<b>SZYMAŃSKA Monika</b>	<b>54</b>		K40-49	3				00:18:24	00:36:59	00:55:32	<b>01:13:49.15</b>	+00:12:26 (16.8%)	7:22	8.1 (82.7%)
28	<b>KRIGER Roman</b>	<b>29</b>	SERCE NORDICA WŁOCLAWEK	M60-69	5		Tak		00:18:14	00:36:37	00:55:11	<b>01:14:01.15</b>	+00:12:38 (17.1%)	7:24	8.1 (82.7%)
29	<b>FRANCZAK Dariusz</b>	<b>14</b>	NW CZŁAPSKI TEAM	M50-59	5				00:18:28	00:37:01	00:55:31	<b>01:14:12.55</b>	+00:12:49 (17.3%)	7:25	8.1 (82.7%)
30	<b>KUŁAKOWSKA Halina</b>	<b>30</b>	KATOWICKI NORDIC WALKING	K40-49	4	1			00:17:55	00:36:22	00:55:09	<b>01:14:15.65</b>	+00:12:52 (17.3%)	7:25	8.1 (82.7%)
31	<b>CZAJKA Urszula</b>	<b>8</b>		K60-69	1				00:17:56	00:36:24	00:55:12	<b>01:14:19.35</b>	+00:12:56 (17.4%)	7:25	8.1 (82.7%)
32	<b>KĘPA Andrzej</b>	<b>23</b>	FAMILY TEAM KĘPA SPORT	M70+	4		Tak		00:18:20	00:37:08	00:55:57	<b>01:15:26.65</b>	+00:14:03 (18.6%)	7:32	8 (81.6%)
33	<b>KREFT Barbara</b>	<b>28</b>		K50-59	2				00:18:44	00:37:46	00:56:42	<b>01:15:39.60</b>	+00:14:16 (18.9%)	7:33	7.9 (80.6%)
34	<b>KURZAWSKA Jolanta</b>	<b>31</b>	KGHM METRACO RUDNA	K70+	1				00:18:36	00:37:31	00:56:46	<b>01:16:05.75</b>	+00:14:42 (19.3%)	7:36	7.9 (80.6%)
35	<b>LATOSIŃSKA Kamila</b>	<b>33</b>	OSOWA BIEGA	K30-39	3				00:18:25	00:37:43	00:57:03	<b>01:16:20.50</b>	+00:14:57 (19.6%)	7:38	7.9 (80.6%)
36	<b>ŻYGENDA Robert</b>	<b>62</b>	WŁÓCZYKIJE GDYNIA	M50-59	6				00:18:39	00:37:33	00:56:55	<b>01:16:31.35</b>	+00:15:08 (19.8%)	7:39	7.8 (79.6%)
37	<b>POSTEK Danuta</b>	<b>45</b>	MARSZ PO ZDROWIE	K50-59	3				00:19:04	00:38:14	00:57:42	<b>01:17:11.95</b>	+00:15:49 (20.5%)	7:43	7.8 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h
												10km	Różn		
38	<b>PALUCH Paweł</b>	<b>41</b>	AVOCADO WELLNESS CLUB	M50-59	7				00:18:43	00:38:18	00:58:09	<b>01:17:44.50</b>	+00:16:21 (21.0%)	7:46	7.7 (78.6%)
39	<b>OLECH Anna</b>	<b>40</b>		K40-49	5				00:19:01	00:38:32	00:58:14	<b>01:18:23.70</b>	+00:17:00 (21.7%)	7:50	7.7 (78.6%)
40	<b>REJMAK Marek</b>	<b>64</b>	WŁÓCZYKIJE GDYNIA	M60-69	6				00:19:57	00:39:53	00:59:28	<b>01:19:04.95</b>	+00:17:42 (22.4%)	7:54	7.6 (77.6%)
41	<b>CZERWIŃSKI Mateusz</b>	<b>10</b>		M18-29	3				00:18:58	00:38:38	00:58:46	<b>01:19:12.55</b>	+00:17:49 (22.5%)	7:55	7.6 (77.6%)
42	<b>BIAŁK Roman</b>	<b>2</b>		M70+	5				00:19:28	00:39:32	00:59:36	<b>01:19:37.85</b>	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
43	<b>OLECH Marcin</b>	<b>39</b>		M40-49	5	1			00:20:20	00:40:37	01:00:11	<b>01:19:37.90</b>	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
44	<b>STANKOWSKA Marzena</b>	<b>51</b>	KIJKOWE TRZEMESZNO	K40-49	6				00:19:53	00:40:11	01:00:06	<b>01:20:02.70</b>	+00:18:39 (23.3%)	8:00	7.5 (76.5%)
45	<b>JÓŹWIAK Łukasz</b>	<b>19</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	8			Tak	00:19:47	00:40:06	01:00:12	<b>01:20:08.65</b>	+00:18:45 (23.4%)	8:00	7.5 (76.5%)
46	<b>JUCHNIEWICZ Marcin</b>	<b>20</b>		M40-49	6				00:20:48	00:41:15	01:01:19	<b>01:20:14.60</b>	+00:18:51 (23.5%)	8:01	7.5 (76.5%)
47	<b>BUCZKOWSKA Wiesława</b>	<b>3</b>	ESJA TEAM	K60-69	2				00:19:01	00:38:50	00:59:43	<b>01:20:23.35</b>	+00:19:00 (23.6%)	8:02	7.5 (76.5%)
48	<b>DZIEMIAN-PACZKOWSKA Małgorzata</b>	<b>12</b>	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	<b>01:20:30.45</b>	+00:19:07 (23.8%)	8:03	7.5 (76.5%)
49	<b>SZULC Beata</b>	<b>53</b>	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	<b>01:20:41.40</b>	+00:19:18 (23.9%)	8:04	7.4 (75.5%)
50	<b>FRANCZAK Anna</b>	<b>13</b>	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	<b>01:20:48.05</b>	+00:19:25 (24.0%)	8:04	7.4 (75.5%)
51	<b>ŻYGENDA Anna</b>	<b>61</b>	WŁÓCZYKIJE GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	<b>01:21:49.60</b>	+00:20:26 (25.0%)	8:10	7.3 (74.5%)
52	<b>KNITTER Agata</b>	<b>26</b>	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	<b>01:21:58.85</b>	+00:20:36 (25.1%)	8:11	7.3 (74.5%)
53	<b>BEKISZ Małgorzata</b>	<b>1</b>		K40-49	9				00:19:32	00:40:14	01:01:29	<b>01:23:00.95</b>	+00:21:38 (26.1%)	8:18	7.2 (73.5%)
54	<b>CHUDOWICZ Sylwia</b>	<b>6</b>		K40-49	10				00:20:37	00:41:56	01:03:10	<b>01:24:19.05</b>	+00:22:56 (27.2%)	8:25	7.1 (72.4%)
55	<b>SAPUŁA Wiktoria</b>	<b>47</b>		K18-29	2				00:21:23	00:42:47	01:04:06	<b>01:24:48.95</b>	+00:23:26 (27.6%)	8:28	7.1 (72.4%)
56	<b>PACYGA-GRAJEWSKA Joanna</b>	<b>63</b>		K40-49	11				00:20:47	00:42:19	01:04:08	<b>01:26:07.25</b>	+00:24:44 (28.7%)	8:36	7 (71.4%)
57	<b>CHOLEWKA Jolanta</b>	<b>5</b>	MARSZ PO ZDROWIE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	<b>01:26:25.80</b>	+00:25:02 (29.0%)	8:38	6.9 (70.4%)
58	<b>GIEREJ Urszula</b>	<b>15</b>		K40-49	12				00:21:37	00:44:04	01:06:27	<b>01:29:31.85</b>	+00:28:09 (31.4%)	8:57	6.7 (68.4%)
59	<b>NIEWIADOMSKA Zofia</b>	<b>37</b>	SERCE NORDICA WŁOCŁAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	<b>01:31:26.75</b>	+00:30:03 (32.9%)	9:08	6.6 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
60	<b>NOWAK Katarzyna</b>	<b>38</b>		K40-49	13				00:22:32	00:45:33	01:08:29	<b>01:31:30.05</b>	+00:30:07 (32.9%)	9:09	6.6 (67.3%)
61	<b>WASIŁA Kinga</b>	<b>59</b>		K50-59	6				00:22:55	00:45:51	01:09:15	<b>01:34:03.25</b>	+00:32:40 (34.7%)	9:24	6.4 (65.3%)
62	<b>CZEKRYSZEW Małgorzata</b>	<b>9</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	<b>01:34:17.05</b>	+00:32:54 (34.9%)	9:25	6.4 (65.3%)

Znaleziono 62 wynik(ów)