



# 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
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	6:17	9.5
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	6:20	9.5
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	6:23	9.4
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	6:32	9.2
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	6:37	9.1
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	6:37	9.1
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	6:37	9.1
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	6:41	9
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	6:42	8.9
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	6:45	8.9
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	6:49	8.8
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	6:49	8.8
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	6:52	8.7
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	6:55	8.7
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	7:00	8.6
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	7:00	8.6
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	7:03	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. Czer.			2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	Mundurowi							
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	7:03	8.5
20	<b>SZYMAŃSKI Stefan</b>	<b>55</b>	SERCE NORDICA WŁOCŁAWEK	M70+	1				00:17:43	00:35:29	00:53:33	<b>01:10:50.65</b>	+00:09:27	7:05	8.5
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	7:05	8.5
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	7:09	8.4
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	7:18	8.2
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	7:20	8.2
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	7:20	8.2
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	7:22	8.1
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	7:22	8.1
28	<b>KRIGER Roman</b>	<b>29</b>	SERCE NORDICA WŁOCŁAWEK	M60-69	5			Tak	00:18:14	00:36:37	00:55:11	<b>01:14:01.15</b>	+00:12:38	7:24	8.1
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	7:25	8.1
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	7:25	8.1
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	7:25	8.1
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	7:32	8
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	7:33	7.9
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	7:36	7.9
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	7:38	7.9
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	7:39	7.8
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	7:43	7.8
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	7:46	7.7
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	7:50	7.7
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	7:54	7.6
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	7:55	7.6
42	<b>BIĄŁK 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	7:57	7.5
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	7:57	7.5
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	8:00	7.5
45	<b>JÓŹWIĄK 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	8:00	7.5
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	8:01	7.5
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	8:02	7.5

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
48	<b>DZIEMIAN-PACZKOWSKA Małgorzata</b>	12	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	<b>01:20:30.45</b>	+00:19:07	8:03	7.5
49	<b>SZULC Beata</b>	53	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	<b>01:20:41.40</b>	+00:19:18	8:04	7.4
50	<b>FRANCZAK Anna</b>	13	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	<b>01:20:48.05</b>	+00:19:25	8:04	7.4
51	<b>ŻYGENDA Anna</b>	61	WŁÓCZYKIJĘ GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	<b>01:21:49.60</b>	+00:20:26	8:10	7.3
52	<b>KNITTER Agata</b>	26	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	<b>01:21:58.85</b>	+00:20:36	8:11	7.3
53	<b>BEKISZ Małgorzata</b>	1		K40-49	9				00:19:32	00:40:14	01:01:29	<b>01:23:00.95</b>	+00:21:38	8:18	7.2
54	<b>CHUDOWICZ Sylwia</b>	6		K40-49	10				00:20:37	00:41:56	01:03:10	<b>01:24:19.05</b>	+00:22:56	8:25	7.1
55	<b>SAPUŁA Wiktoria</b>	47		K18-29	2				00:21:23	00:42:47	01:04:06	<b>01:24:48.95</b>	+00:23:26	8:28	7.1
56	<b>PACYGA-GRAJEWSKA Joanna</b>	63		K40-49	11				00:20:47	00:42:19	01:04:08	<b>01:26:07.25</b>	+00:24:44	8:36	7
57	<b>CHOLEWKA Jolanta</b>	5	MARSZ PO ZDROWE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	<b>01:26:25.80</b>	+00:25:02	8:38	6.9
58	<b>GIEREJ Urszula</b>	15		K40-49	12				00:21:37	00:44:04	01:06:27	<b>01:29:31.85</b>	+00:28:09	8:57	6.7
59	<b>NIEWIADOMSKA Zofia</b>	37	SERCE NORDICA WŁOCŁAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	<b>01:31:26.75</b>	+00:30:03	9:08	6.6
60	<b>NOWAK Katarzyna</b>	38		K40-49	13				00:22:32	00:45:33	01:08:29	<b>01:31:30.05</b>	+00:30:07	9:09	6.6
61	<b>WASILA Kinga</b>	59		K50-59	6				00:22:55	00:45:51	01:09:15	<b>01:34:03.25</b>	+00:32:40	9:24	6.4
62	<b>CZEKRYSEW Małgorzata</b>	9	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	<b>01:34:17.05</b>	+00:32:54	9:25	6.4

Znaleziono 62 wynik(ów)