



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Mundurowi	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h
												netto 10km	Różn		
15	CHYRA Janusz	7		M40-49	2	2			00:16:54	00:34:13	00:51:45	01:09:15.40	+00:07:52 (11.4%)	6:55	8.7 (88.8%)
16	NIETUPSKI Dariusz	65	WŁÓCZYKIJE GDYNIA	M50-59	4	2			00:16:55	00:34:22	00:52:05	01:10:05.90	+00:08:43 (12.4%)	7:00	8.6 (87.8%)
17	SZCZUDLIK Małgorzata	52	KIJKOWE TRZEMESZNO	K40-49	2				00:17:24	00:34:58	00:52:29	01:10:07.05	+00:08:44 (12.5%)	7:00	8.6 (87.8%)
18	JĘDRASIAK Renata	18	KGHM METRACO RUDNA	K50-59	1				00:17:25	00:35:00	00:52:35	01:10:30.80	+00:09:07 (13.0%)	7:03	8.5 (86.7%)
19	SKWERES Adriana	49	KLUB SPORTOWY GMINY PELPLIN SPRINT KULICE	K30-39	1				00:17:38	00:35:35	00:53:19	01:10:38.70	+00:09:15 (13.1%)	7:03	8.5 (86.7%)
20	SZYMAŃSKI Stefan	55	SERCE NORDICA WŁOCLAWEK	M70+	1				00:17:43	00:35:29	00:53:33	01:10:50.65	+00:09:27 (13.4%)	7:05	8.5 (86.7%)
21	KACZMAREK Eugeniusz	22		M70+	2	1			00:17:43	00:35:31	00:53:33	01:10:59.85	+00:09:37 (13.5%)	7:05	8.5 (86.7%)
22	STACHOWICZ Joanna	50	BŁĘKITNI DZIEMIANY	K30-39	2	1			00:17:30	00:35:14	00:53:13	01:11:32.70	+00:10:09 (14.2%)	7:09	8.4 (85.7%)
23	ŚLUSARCZYK Marcin	56	WESOŁY BORSUK TEAM	M40-49	3				00:17:34	00:35:49	00:54:23	01:13:03.75	+00:11:40 (16.0%)	7:18	8.2 (83.7%)
24	ŚLUSARCZYK Andrzej	57	WESOŁY BORSUK TEAM	M70+	3				00:17:49	00:36:07	00:54:36	01:13:20.20	+00:11:57 (16.3%)	7:20	8.2 (83.7%)
25	ROWIŃSKI Paweł	46	NW CZŁAPSKI TEAM	M30-39	4	2			00:18:04	00:36:20	00:54:52	01:13:28.00	+00:12:05 (16.5%)	7:20	8.2 (83.7%)
26	GODZIŃSKI Paweł	16	BAŻANT NW ELBLĄG	M40-49	4	1			00:17:46	00:36:15	00:55:01	01:13:41.40	+00:12:18 (16.7%)	7:22	8.1 (82.7%)
27	SZYMAŃSKA Monika	54		K40-49	3				00:18:24	00:36:59	00:55:32	01:13:49.15	+00:12:26 (16.8%)	7:22	8.1 (82.7%)
28	KRIGER Roman	29	SERCE NORDICA WŁOCLAWEK	M60-69	5			Tak	00:18:14	00:36:37	00:55:11	01:14:01.15	+00:12:38 (17.1%)	7:24	8.1 (82.7%)
29	FRANCZAK Dariusz	14	NW CZŁAPSKI TEAM	M50-59	5				00:18:28	00:37:01	00:55:31	01:14:12.55	+00:12:49 (17.3%)	7:25	8.1 (82.7%)
30	KUŁAKOWSKA Halina	30	KATOWICKI NORDIC WALKING	K40-49	4	1			00:17:55	00:36:22	00:55:09	01:14:15.65	+00:12:52 (17.3%)	7:25	8.1 (82.7%)
31	CZAJKA Urszula	8		K60-69	1				00:17:56	00:36:24	00:55:12	01:14:19.35	+00:12:56 (17.4%)	7:25	8.1 (82.7%)
32	KĘPA Andrzej	23	FAMILY TEAM KĘPA SPORT	M70+	4			Tak	00:18:20	00:37:08	00:55:57	01:15:26.65	+00:14:03 (18.6%)	7:32	8 (81.6%)
33	KREFT Barbara	28		K50-59	2				00:18:44	00:37:46	00:56:42	01:15:39.60	+00:14:16 (18.9%)	7:33	7.9 (80.6%)
34	KURZAWSKA Jolanta	31	KGHM METRACO RUDNA	K70+	1				00:18:36	00:37:31	00:56:46	01:16:05.75	+00:14:42 (19.3%)	7:36	7.9 (80.6%)
35	LATOSIŃSKA Kamila	33	OSOWA BIEGA	K30-39	3				00:18:25	00:37:43	00:57:03	01:16:20.50	+00:14:57 (19.6%)	7:38	7.9 (80.6%)
36	ŻYGENDA Robert	62	WŁÓCZYKIJE GDYNIA	M50-59	6				00:18:39	00:37:33	00:56:55	01:16:31.35	+00:15:08 (19.8%)	7:39	7.8 (79.6%)
37	POSTEK Danuta	45	MARSZ PO ZDROWIE	K50-59	3				00:19:04	00:38:14	00:57:42	01:17:11.95	+00:15:49 (20.5%)	7:43	7.8 (79.6%)

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						kartki	kartki								
38	PALUCH Paweł	41	AVOCADO WELLNESS CLUB	M50-59	7				00:18:43	00:38:18	00:58:09	01:17:44.50	+00:16:21 (21.0%)	7:46	7.7 (78.6%)
39	OLECH Anna	40		K40-49	5				00:19:01	00:38:32	00:58:14	01:18:23.70	+00:17:00 (21.7%)	7:50	7.7 (78.6%)
40	REJMAK Marek	64	WŁÓCZYKIJE GDYNIA	M60-69	6				00:19:57	00:39:53	00:59:28	01:19:04.95	+00:17:42 (22.4%)	7:54	7.6 (77.6%)
41	CZERWIŃSKI Mateusz	10		M18-29	3				00:18:58	00:38:38	00:58:46	01:19:12.55	+00:17:49 (22.5%)	7:55	7.6 (77.6%)
42	BIAŁK Roman	2		M70+	5				00:19:28	00:39:32	00:59:36	01:19:37.85	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
43	OLECH Marcin	39		M40-49	5	1			00:20:20	00:40:37	01:00:11	01:19:37.90	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
44	STANKOWSKA Marzena	51	KIJKOWE TRZEMESZNO	K40-49	6				00:19:53	00:40:11	01:00:06	01:20:02.70	+00:18:39 (23.3%)	8:00	7.5 (76.5%)
45	JÓŹWIAK Łukasz	19	SERCE NORDICA WŁOCŁAWEK	M50-59	8			Tak	00:19:47	00:40:06	01:00:12	01:20:08.65	+00:18:45 (23.4%)	8:00	7.5 (76.5%)
46	JUCHNIEWICZ Marcin	20		M40-49	6				00:20:48	00:41:15	01:01:19	01:20:14.60	+00:18:51 (23.5%)	8:01	7.5 (76.5%)
47	BUCZKOWSKA Wiesława	3	ESJA TEAM	K60-69	2				00:19:01	00:38:50	00:59:43	01:20:23.35	+00:19:00 (23.6%)	8:02	7.5 (76.5%)
48	DZIEMIAN-PACZKOWSKA Małgorzata	12	OSOWA BIEGA	K40-49	7	1			00:19:56	00:39:53	01:00:09	01:20:30.45	+00:19:07 (23.8%)	8:03	7.5 (76.5%)
49	SZULC Beata	53	OSOWA-BIEGA	K50-59	4				00:19:45	00:39:53	01:00:13	01:20:41.40	+00:19:18 (23.9%)	8:04	7.4 (75.5%)
50	FRANCZAK Anna	13	NW CZŁAPSKI TEAM	K50-59	5				00:19:56	00:40:06	01:00:33	01:20:48.05	+00:19:25 (24.0%)	8:04	7.4 (75.5%)
51	ŻYGENDA Anna	61	WŁÓCZYKIJE GDYNIA	K40-49	8				00:21:09	00:41:55	01:02:16	01:21:49.60	+00:20:26 (25.0%)	8:10	7.3 (74.5%)
52	KNITTER Agata	26	BŁĘKITNI DZIEMIANY	K18-29	1				00:20:00	00:41:01	01:01:50	01:21:58.85	+00:20:36 (25.1%)	8:11	7.3 (74.5%)
53	BEKISZ Małgorzata	1		K40-49	9				00:19:32	00:40:14	01:01:29	01:23:00.95	+00:21:38 (26.1%)	8:18	7.2 (73.5%)
54	CHUDOWICZ Sylwia	6		K40-49	10				00:20:37	00:41:56	01:03:10	01:24:19.05	+00:22:56 (27.2%)	8:25	7.1 (72.4%)
55	SAPUŁA Wiktoria	47		K18-29	2				00:21:23	00:42:47	01:04:06	01:24:48.95	+00:23:26 (27.6%)	8:28	7.1 (72.4%)
56	PACYGA-GRAJEWSKA Joanna	63		K40-49	11				00:20:47	00:42:19	01:04:08	01:26:07.25	+00:24:44 (28.7%)	8:36	7 (71.4%)
57	CHOLEWKA Jolanta	5	MARSZ PO ZDROWIE	K60-69	3			Tak	00:20:38	00:42:14	01:04:01	01:26:25.80	+00:25:02 (29.0%)	8:38	6.9 (70.4%)
58	GIEREJ Urszula	15		K40-49	12				00:21:37	00:44:04	01:06:27	01:29:31.85	+00:28:09 (31.4%)	8:57	6.7 (68.4%)
59	NIEWIADOMSKA Zofia	37	SERCE NORDICA WŁOCŁAWEK	K60-69	4				00:22:32	00:45:21	01:08:10	01:31:26.75	+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	NOWAK Katarzyna	38		K40-49	13				00:22:32	00:45:33	01:08:29	01:31:30.05	+00:30:07 (32.9%)	9:09	6.6 (67.3%)
61	WASIŁA Kinga	59		K50-59	6				00:22:55	00:45:51	01:09:15	01:34:03.25	+00:32:40 (34.7%)	9:24	6.4 (65.3%)
62	CZEKRYSZEW Małgorzata	9	SERCE NORDICA WŁOCŁAWEK	K50-59	7				00:23:42	00:47:23	01:11:00	01:34:17.05	+00:32:54 (34.9%)	9:25	6.4 (65.3%)

Znaleziono 62 wynik(ów)