



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: OPEN -M

| 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 | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Mundurowi | Laps_5km | | | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-----------|-------------------------|-----------|------|----------------|-----------------|-----------|----------|----------|----------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | | | | 2.5km | 5km | 7.5km | | | | |
| 15 | 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%) |
| 16 | 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%) |
| 17 | SZYMAŃSKI Stefan | 65 | SERCE NORDICA WŁOCLAWEK | 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%) |
| 18 | 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%) |
| 19 | 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%) |
| 20 | 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%) |
| 21 | 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%) |
| 22 | WEKŁAR 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%) |
| 23 | 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%) |
| 24 | 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%) |
| 25 | 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%) |
| 26 | 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%) |
| 27 | 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%) |
| 28 | 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%) |
| 29 | KRIGER Roman | 33 | SERCE NORDICA WŁOCLAWEK | 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%) |
| 30 | JÓŹWIAK Łukasz | 24 | SERCE NORDICA WŁOCLAWEK | 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%) |
| 31 | 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%) |
| 32 | 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%) |
| 33 | 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%) |
| 34 | 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%) |
| 35 | 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%) |

Znaleziono 35 wynik(ów)