



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking - 2021
Organiser: Gmina Potęgowo
Date: 2021-09-18
Place: Potęgowo
Distance: 10 km



Classification: OPEN -M

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	ROSAK Marcin	51	BACHUS NORDICUS ZIELONA GÓRA	M40-49	1	1		00:15:35	00:31:12	00:46:41	01:01:38.70		6:09	9.7 (100%)
2	MARCZAK Tomasz	41	KS IDMAR RACING TEAM	M18-29	1			00:16:00	00:31:14	00:46:43	01:01:46.80	+00:00:08 (0.2%)	6:10	9.7 (100%)
3	KUŹMICZ Adam	39	POLIPACK TEAM GWE	M30-39	1	1		00:15:35	00:31:13	00:46:41	01:02:27.45	+00:00:48 (1.3%)	6:14	9.6 (99.0%)
4	KŁOS Maciej	27	NW WYSPA SOBIESZEWSKA	M30-39	2	1		00:15:35	00:31:16	00:46:57	01:03:05.30	+00:01:26 (2.3%)	6:18	9.5 (97.9%)
5	KNITTER Tomasz	30	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:45	00:31:41	00:47:41	01:03:31.45	+00:01:52 (3.0%)	6:21	9.4 (96.9%)
6	POŁUBIAK Paweł	49		M30-39	3			00:16:00	00:31:44	00:47:43	01:03:32.70	+00:01:54 (3.0%)	6:21	9.4 (96.9%)
7	POLKOWSKI Piotr	48	NW CZŁAPSKI TEAM	M30-39	4	1		00:16:00	00:31:55	00:47:39	01:03:33.00	+00:01:54 (3.0%)	6:21	9.4 (96.9%)
8	BARCZYK Bogdan	5	ZABIEGANI CZĘSTOCHOWA	M50-59	1			00:16:36	00:32:49	00:49:09	01:05:14.80	+00:03:36 (5.5%)	6:31	9.2 (94.8%)
9	HELWICH Stefan	20	KGHM METRACO RUDNA	M60-69	1			00:16:00	00:32:30	00:49:14	01:05:45.80	+00:04:07 (6.3%)	6:34	9.1 (93.8%)
10	CZŁAPSKI Krzysztof	15	NW CZŁAPSKI TEAM	M50-59	2			00:16:00	00:32:29	00:49:13	01:05:48.65	+00:04:09 (6.3%)	6:34	9.1 (93.8%)
11	JUREK Adam	23	KGHM METRACO RUDNA	M60-69	2	2		00:16:00	00:32:29	00:49:14	01:06:30.70	+00:04:52 (7.3%)	6:39	9 (92.8%)
12	SIWAK Piotr	53	KGHM METRACO RUDNA	M60-69	3			00:16:33	00:33:18	00:50:06	01:06:50.10	+00:05:11 (7.8%)	6:41	9 (92.8%)
13	CHOJNACKI Paweł	69	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3			00:16:22	00:33:12	00:50:10	01:06:56.95	+00:05:18 (7.9%)	6:41	9 (92.8%)
14	KUŚMIEREK Jan	38	BŁĘKITNI DZIEMIANY	M50-59	4			00:16:34	00:33:23	00:50:19	01:07:06.15	+00:05:27 (8.1%)	6:42	8.9 (91.8%)

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15	BIBKO Martin	9	SPEEDBAR	M40-49	2			00:17:03	00:34:18	00:51:27	01:08:02.85	+00:06:24 (9.4%)	6:48	8.8 (90.7%)
16	WIŚNIEWSKI Sławomir	62	FLUGGER	M40-49	3			00:17:04	00:34:19	00:51:28	01:08:13.85	+00:06:35 (9.7%)	6:49	8.8 (90.7%)
17	MĄDRY Grzegorz	42	KIJKOWE TRZEMESZNO	M60-69	4			00:17:25	00:34:41	00:51:38	01:08:57.90	+00:07:19 (10.6%)	6:53	8.7 (89.7%)
18	BALON Marek	2		M50-59	5			00:17:35	00:35:07	00:52:34	01:10:00.10	+00:08:21 (11.9%)	7:00	8.6 (88.7%)
19	CHYRA Janusz	12		M40-49	4			00:17:58	00:35:33	00:52:43	01:10:14.30	+00:08:35 (12.2%)	7:01	8.5 (87.6%)
20	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M70+	1			00:17:42	00:35:24	00:53:19	01:10:33.45	+00:08:54 (12.6%)	7:03	8.5 (87.6%)
21	KACZMAREK Eugeniusz	24		M70+	2	2		00:17:41	00:35:23	00:53:18	01:11:08.10	+00:09:29 (13.3%)	7:06	8.4 (86.6%)
22	BARTOSIEWICZ Łukasz	6	PSISKO & KOCISKO TEAM	M30-39	5			00:18:42	00:36:52	00:54:23	01:11:43.65	+00:10:04 (14.1%)	7:10	8.4 (86.6%)
23	KONKOL Andrzej	65	KREATIXSPORT	M60-69	5			00:17:52	00:35:57	00:53:49	01:11:45.25	+00:10:06 (14.1%)	7:10	8.4 (86.6%)
24	SZYMAŃSKI Stefan	59	SERCE NORDICA WŁOCŁAWEK	M70+	3	1		00:18:02	00:36:30	00:54:53	01:13:09.10	+00:11:30 (15.7%)	7:18	8.2 (84.5%)
25	ŚLUSARCZYK Andrzej	61	WESOŁY BORSUK TEAM	M70+	4			00:18:03	00:36:32	00:54:51	01:13:21.10	+00:11:42 (16.0%)	7:20	8.2 (84.5%)
26	KRIGER Roman	34	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:18:25	00:37:03	00:55:27	01:13:55.00	+00:12:16 (16.6%)	7:23	8.1 (83.5%)
27	KĘPA Andrzej	25	FAMILY TEAM KĘPA SPORT	M70+	5			00:18:31	00:37:17	00:56:11	01:15:11.20	+00:13:32 (18.0%)	7:31	8 (82.5%)
28	ROWIŃSKI Paweł	52	NW CZŁAPSKI TEAM	M30-39	6			00:19:39	00:38:54	00:57:43	01:16:16.15	+00:14:37 (19.2%)	7:37	7.9 (81.4%)
29	FRANCZAK Dariusz	19	NW CZŁAPSKI TEAM	M50-59	6			00:19:09	00:38:20	00:57:26	01:16:29.85	+00:14:51 (19.4%)	7:38	7.8 (80.4%)
30	PALUCH Paweł	47	AVOCADO WELLNESS WELLNESS	M50-59	7			00:19:15	00:39:11	00:59:00	01:18:37.25	+00:16:58 (21.6%)	7:51	7.6 (78.4%)
31	ŁOPIŃSKI Aleksy	40	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	6	1		00:20:16	00:39:51	00:59:17	01:18:42.10	+00:17:03 (21.7%)	7:52	7.6 (78.4%)
32	BARTOSIEWICZ Włodzimierz	7	FACE NORDIC WALKING TEAM	M60-69	7			00:19:33	00:39:24	00:59:22	01:19:24.35	+00:17:45 (22.4%)	7:56	7.6 (78.4%)
33	JÓZWIAK Łukasz	22	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:20:31	00:40:40	01:00:52	01:21:05.70	+00:19:27 (24.0%)	8:06	7.4 (76.3%)
34	BIĄŁK Roman	8		M70+	7	1		00:20:20	00:40:57	01:01:26	01:22:08.65	+00:20:29 (25.0%)	8:12	7.3 (75.3%)
35	WOWK Adrian	63		M30-39	7			00:21:08	00:41:47	01:02:23	01:22:59.25	+00:21:20 (25.7%)	8:17	7.2 (74.2%)
36	ŚLUSARCZYK Marcin	60	WESOŁY BORSUK TEAM	M40-49	5			00:20:17	00:41:14	01:01:52	01:25:29.05	+00:23:50 (27.9%)	8:32	7 (72.2%)
37	KNIGA Zbigniew	28	WŁÓCZYKIJEGDYNIA	M60-69	8			00:21:26	00:43:52	01:06:43	01:29:33.40	+00:27:54 (31.2%)	8:57	6.7 (69.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
38	NIETUPSKI Dariusz	45	WŁÓCZYKIJE GDYNIA	M50-59	9			00:21:55	00:44:13	01:07:09	01:30:08.00	+00:28:29 (31.6%)	9:00	6.7 (69.1%)

Total 38 results.