



OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 5 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking 2021
Organiser: Olimpia Osowa
Date: 2021-09-12
Place: Gdańsk
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	188	KS IDMAR RACING TEAM	M50-54	1				00:14:15	00:29:08.70		5:49	10.3 (100%)
2	MARCZAK Tomasz	141	KS IDMAR RACING TEAM	M18-29	1				00:15:04	00:30:49.50	+00:01:40 (5.5%)	6:09	9.7 (94.2%)
3	BRZOZOWSKI Piotr	77	AKTYWNI POSTOMINO	M30-39	1				00:15:07	00:31:17.75	+00:02:09 (6.9%)	6:15	9.6 (93.2%)
4	WOROCH Roman	190	KGHM METRACO RUDNA	M60-64	1				00:15:33	00:31:36.50	+00:02:27 (7.8%)	6:19	9.5 (92.2%)
5	KNITTER Michał	119	BŁĘKITNI DZIEMIANY	M18-29	2				00:15:47	00:32:02.30	+00:02:53 (9.0%)	6:24	9.4 (91.3%)
6	KOPCZEWSKI Dariusz	121	WYCHODZĘ Z KIJAMI	M55-59	1	2			00:15:55	00:32:06.90	+00:02:58 (9.2%)	6:25	9.3 (90.3%)
7	PARZYBUT Jan	152	POSTĘP PNIEWY TEAM	M55-59	2	1			00:15:56	00:32:14.70	+00:03:06 (9.6%)	6:26	9.3 (90.3%)
8	GAJEWSKI Eugeniusz	90	KGHM METRACO RUDNA	M60-64	2				00:15:52	00:32:21.50	+00:03:12 (9.9%)	6:28	9.3 (90.3%)
9	HELWICH Stefan	107	KGHM METRACO RUDNA	M65-69	1				00:15:53	00:32:22.20	+00:03:13 (10.0%)	6:28	9.3 (90.3%)
10	FRĄCKOWIAK Roman	89	EKSPEDYCJA NORDIC TEAMSZCZECIN	M50-54	2				00:15:59	00:32:22.30	+00:03:13 (10.0%)	6:28	9.3 (90.3%)
11	TOPOREK Rafał	180	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1	B			00:16:33	00:32:54.40	+00:03:45 (11.4%)	6:34	9.1 (88.3%)
12	PRZYBORKIEWICZ Kriss	156	PIERNIKI TORUŃ	M45-49	1				00:16:21	00:32:58.40	+00:03:49 (11.6%)	6:35	9.1 (88.3%)
13	ŚWISŁOCKI Bogdan	177	FACE NORDIC WALKING TEAM	M55-59	3	1			00:16:17	00:33:01.55	+00:03:52 (11.8%)	6:36	9.1 (88.3%)
14	MAŚLANKA Jacek	142		M55-59	4				00:16:29	00:33:23.95	+00:04:15 (12.7%)	6:40	9 (87.4%)

Place	Participant	Number	Club	Category	MCat	NS	Żół. kartki	Czer. kartki	2.5km	Net time		Pace min/km	Pace km/h
										5km	Gap		
15	KLAWCZYŃSKI Marcin	118	AKTYWNIE W PNIEWACH	M18-29	3				00:16:29	00:33:41.30	+00:04:32 (13.5%)	6:44	8.9 (86.4%)
16	SANIUK Edward	162	FACE NORDIC WALKING TEAM	M70-74	1				00:16:49	00:33:49.05	+00:04:40 (13.8%)	6:45	8.9 (86.4%)
17	CZŁAPSKI Krzysztof	82	NW CZŁAPSKI TEAM	M55-59	5				00:16:24	00:33:56.75	+00:04:48 (14.1%)	6:47	8.8 (85.4%)
18	KUŚMIEREK Mateusz	135	BŁĘKITNI DZIEMIANY	M18-29	4	1			00:16:39	00:34:03.20	+00:04:54 (14.4%)	6:48	8.8 (85.4%)
19	KRUGIOŁKA Grzegorz	127	AKTYWNIE W PNIEWACH	M30-39	2				00:16:53	00:34:21.25	+00:05:12 (15.2%)	6:52	8.7 (84.5%)
20	GIERSZEWSKI Arkadiusz	95		M40-44	1				00:17:02	00:34:23.50	+00:05:14 (15.3%)	6:52	8.7 (84.5%)
21	KOWNACKI Bartłomiej	125		M40-44	2	1			00:17:00	00:34:36.70	+00:05:28 (15.8%)	6:55	8.7 (84.5%)
22	GĄGÓŁ Krzysztof	92	KGHM METRACO RUDNA	M40-44	3				00:17:00	00:34:49.90	+00:05:41 (16.3%)	6:57	8.6 (83.5%)
23	WALCZAK Ryszard	183		M70-74	2				00:17:16	00:35:16.15	+00:06:07 (17.4%)	7:03	8.5 (82.5%)
24	SZYMAŃSKI Stefan	172	SERCE NORDICA WŁOCŁAWEK	M70-74	3				00:17:29	00:35:34.95	+00:06:26 (18.1%)	7:06	8.4 (81.6%)
25	KASPRZAK Tadeusz	114	BRAK	M-Niepełnosprawni(A)	1	A			00:17:40	00:35:47.20	+00:06:38 (18.6%)	7:09	8.4 (81.6%)
26	PARCHEM Jarosław	212	OLIMPIA OSOWA	M45-49	2	2			00:17:14	00:35:48.15	+00:06:39 (18.6%)	7:09	8.4 (81.6%)
27	RYCĄBEL Bogdan	161		M50-54	3				00:17:53	00:36:02.20	+00:06:53 (19.1%)	7:12	8.3 (80.6%)
28	ZAWADZKI Krzysztof	194	WETERAN	M65-69	2				00:17:59	00:36:24.05	+00:07:15 (19.9%)	7:16	8.2 (79.6%)
29	TOMCZYK Edward	179	MARSZ PO ZDROWIE	M70-74	4				00:17:45	00:36:34.00	+00:07:25 (20.3%)	7:18	8.2 (79.6%)
30	GUJDA Janusz	104	JAROSŁAWSKIE WŁÓCZYKIJE	M45-49	3				00:17:55	00:36:38.70	+00:07:30 (20.5%)	7:19	8.2 (79.6%)
31	STACHOWICZ Marcin	164	BŁĘKITNI DZIEMIANY	M30-39	3				00:18:06	00:36:44.15	+00:07:35 (20.7%)	7:20	8.2 (79.6%)
32	GÓRAL Andrzej	100	KGHM METRACO RUDNA	M-Niepełnosprawni(A)	2	A			00:18:03	00:36:52.70	+00:07:44 (21.0%)	7:22	8.1 (78.6%)
33	PAWLAK Sebastian	209	OLIMPIA OSOWA	M45-49	4				00:18:19	00:36:55.60	+00:07:46 (21.1%)	7:23	8.1 (78.6%)
34	GRYGOROWICZ Bogdan	102	KGHM METRACO RUDNA	M-Niepełnosprawni(B)	2	B			00:18:34	00:37:16.35	+00:08:07 (21.8%)	7:27	8.1 (78.6%)
35	BARTOSIEWICZ Włodzimierz	73	FACE NORDIC WALKING TEAM	M65-69	3				00:18:32	00:37:30.10	+00:08:21 (22.3%)	7:30	8 (77.7%)
36	CIESIELSKI Krzysztof	79	FAST WALKER	M65-69	4				00:18:32	00:37:33.10	+00:08:24 (22.4%)	7:30	8 (77.7%)
37	WALCZAK Grzegorz	184	NORDIC WALKING KIEKRZ POLAND	M45-49	5				00:18:30	00:37:46.30	+00:08:37 (22.8%)	7:33	7.9 (76.7%)

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38	FRANCZAK Dariusz	88	NW CZŁAPSKI TEAM	M55-59	6				00:18:52	00:37:54.30	+00:08:45 (23.1%)	7:34	7.9 (76.7%)
39	KĘPA Andrzej	116	FAMILY TEAM KĘPA SPORT	M70-74	5				00:18:45	00:38:04.45	+00:08:55 (23.5%)	7:36	7.9 (76.7%)
40	GIBAS Sławek	94	BAŻANT NW ELBLĄG	M40-44	4		1		00:18:58	00:38:06.20	+00:08:57 (23.5%)	7:37	7.9 (76.7%)
41	RUSINOWICZ Andrzej	160	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75-79	1				00:19:05	00:38:19.80	+00:09:11 (24.0%)	7:39	7.8 (75.7%)
42	KUSIAK Włodzimierz	133	SERCE NORDICA WŁOCŁAWEK	M70-74	6				00:18:54	00:38:21.55	+00:09:12 (24.0%)	7:40	7.8 (75.7%)
43	PALUCH Paweł	150	AVOCADO WELLNESS CLUB	M55-59	7				00:18:53	00:38:28.30	+00:09:19 (24.2%)	7:41	7.8 (75.7%)
44	ŚLUSARCZYK Grzegorz	175	WESOŁY BORSUK TEAM	M45-49	6				00:19:02	00:38:56.05	+00:09:47 (25.1%)	7:47	7.7 (74.8%)
45	KIERSNOWSKI Henryk	117	DZIADKOWY KLUB SPORTOWY	M75-79	2				00:19:14	00:39:00.85	+00:09:52 (25.3%)	7:48	7.7 (74.8%)
46	FORC Mikołaj	208	OLIMPIA OSOWA	M-Dzieci	1				00:19:17	00:39:19.40	+00:10:10 (25.9%)	7:51	7.6 (73.8%)
47	BRZEZIŃSKI Jan	199	OLIMPIA OSOWA	M-Dzieci	2				00:19:20	00:39:23.60	+00:10:14 (26.0%)	7:52	7.6 (73.8%)
48	MACKO Michał	138	WYCHODZĘ Z KIJAMI	M-Dzieci	3				00:19:22	00:39:50.10	+00:10:41 (26.8%)	7:58	7.5 (72.8%)
49	PIĄTKOWSKI Józef	197	KGHM METRACO RUDNA	M75-79	3				00:19:53	00:39:56.80	+00:10:48 (27.0%)	7:59	7.5 (72.8%)
50	GUTOWSKI Paweł	106	PAUL TEAM	M-Niepełnosprawni(A)	3	A			00:19:41	00:40:07.20	+00:10:58 (27.4%)	8:01	7.5 (72.8%)
51	ADAMOWICZ Andrzej	71		M75-79	4				00:20:05	00:40:19.15	+00:11:10 (27.7%)	8:03	7.4 (71.8%)
52	BIEGAJŁO Piotr	74	ZDROWOPIJ	M50-54	4				00:20:10	00:40:37.15	+00:11:28 (28.2%)	8:07	7.4 (71.8%)
53	JÓZWIAK Łukasz	111	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(B)	3	B			00:20:40	00:41:00.00	+00:11:51 (28.9%)	8:12	7.3 (70.9%)
54	GONIA Krzysztof	98	TO MY!	M55-59	8				00:20:07	00:41:11.75	+00:12:03 (29.3%)	8:14	7.3 (70.9%)
55	KOSTRZEWA Maciek	27	NW CZŁAPSKI TEAM	M50-54	5				00:20:20	00:41:21.85	+00:12:13 (29.5%)	8:16	7.3 (70.9%)
56	CZAJA Wiesław	80	GDAŃSKIE WODY AKTYWUJĄ	M55-59	9				00:20:41	00:41:27.30	+00:12:18 (29.7%)	8:17	7.2 (69.9%)
57	KALSKI Eugeniusz	198		M70-74	7				00:20:55	00:42:13.25	+00:13:04 (31.0%)	8:26	7.1 (68.9%)
58	ZIELIŃSKI Jacek	195	GDAŃSKIE WODY AKTYWUJĄ	M65-69	5				00:21:19	00:42:50.65	+00:13:41 (32.0%)	8:34	7 (68.0%)
59	REHLIS Aleksander	211	WYCHODZĘ Z KIJAMI	M30-39	4				00:21:22	00:42:54.65	+00:13:45 (32.1%)	8:34	7 (68.0%)
60	LUBAŃSKI Tomasz	137	SERCE NORDICA WŁOCŁAWEK	M60-64	3				00:21:53	00:43:31.55	+00:14:22 (33.0%)	8:42	6.9 (67.0%)

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61	PAJĘCKI Adam	149	PARAKULOS KOWAL	M- Niepełnosprawni(B)	4	B			00:23:56	00:47:15.35	+00:18:06 (38.3%)	9:27	6.3 (61.2%)
62	WALCZAK Henryk	185	NORDIC WALKING KIEKRZ POLAND	M80+	1				00:23:23	00:47:26.20	+00:18:17 (38.6%)	9:29	6.3 (61.2%)
63	KULCZYCKI Jan	130	SERCE NORDICA WŁOCŁAWEK	M70-74	8				00:23:58	00:48:06.30	+00:18:57 (39.4%)	9:37	6.2 (60.2%)
64	ŚLUSARCZYK Błażej	176	WESOŁY BORSUK TEAM	M-Dzieci	4				00:24:43	00:50:01.90	+00:20:53 (41.7%)	10:00	6 (58.3%)
65	JÓŹWIAK Dominik	110	SERCE NORDICA WŁOCŁAWEK	M18-29	5				00:24:56	00:50:48.20	+00:21:39 (42.6%)	10:09	5.9 (57.3%)
66	GONIA Karol	216	EKG EDYTA KĘDZIERSKA	M18-29	6				00:26:43	00:54:05.30	+00:24:56 (46.1%)	10:49	5.5 (53.4%)

Total 66 results.