



# OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM

B4SPORT

**Wydarzenie:** Ogólnopolski Puchar Nordic Walking - Koszalin 2021  
**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-06-05  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
								2.5km	5km	7.5km				
1	MARCZAK Tomasz	35	KS IDMAR RACING TEAM	M18-29	1			00:15:19	00:31:06	00:47:16	<b>01:03:44.70</b>		6:22	9.4 (100%)
2	POLKOWSKI Piotr	67	NW CZŁAPSKI TEAM	M30-39	1			00:15:16	00:31:18	00:47:52	<b>01:04:43.75</b>	+00:00:59 (1.5%)	6:28	9.3 (98.9%)
3	POŁUBIAK Paweł	41		M30-39	2			00:15:53	00:32:13	00:48:37	<b>01:05:16.45</b>	+00:01:31 (2.3%)	6:31	9.2 (97.9%)
4	ŚWIDEREK Marcin	56	NW CZŁAPSKI TEAM	M40-49	1			00:16:05	00:32:42	00:49:18	<b>01:05:48.80</b>	+00:02:04 (3.1%)	6:34	9.1 (96.8%)
5	KNITTER Tomasz	27	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:45	00:32:12	00:49:18	<b>01:05:59.05</b>	+00:02:14 (3.4%)	6:35	9.1 (96.8%)
6	PUSZKIEL Leszek	43		M60-69	1	1		00:15:49	00:32:16	00:49:09	<b>01:06:06.15</b>	+00:02:21 (3.6%)	6:36	9.1 (96.8%)
7	JUREK Adam	22	KGHM METRACO RUDNA	M60-69	2	1		00:15:46	00:32:19	00:49:10	<b>01:06:14.45</b>	+00:02:29 (3.8%)	6:37	9.1 (96.8%)
8	SIWAK Piotr	46	KGHM METRACO RUDNA	M60-69	3	1		00:15:56	00:32:39	00:49:43	<b>01:07:14.00</b>	+00:03:29 (5.2%)	6:43	8.9 (94.7%)
9	CZŁAPSKI Krzysztof	10	NW CZŁAPSKI TEAM	M50-59	1			00:16:00	00:32:45	00:50:02	<b>01:07:34.35</b>	+00:03:49 (5.7%)	6:45	8.9 (94.7%)
10	CHOJNACKI Paweł	5	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2	1		00:16:18	00:33:18	00:50:52	<b>01:07:59.60</b>	+00:04:14 (6.2%)	6:47	8.8 (93.6%)
11	KUŚMIEREK Jan	31	BŁĘKITNI DZIEMIANY	M50-59	3			00:16:57	00:33:59	00:51:06	<b>01:08:04.65</b>	+00:04:19 (6.4%)	6:48	8.8 (93.6%)
12	RADECKI Artur	44	CHODZĄCY BIAŁYSTOK	M50-59	4			00:16:23	00:33:40	00:51:03	<b>01:08:51.30</b>	+00:05:06 (7.4%)	6:53	8.7 (92.6%)
13	KLIMCZAK Adam	26	GOSADI NORDIC TEAM	M50-59	5			00:16:54	00:34:20	00:52:00	<b>01:09:42.05</b>	+00:05:57 (8.5%)	6:58	8.6 (91.5%)
14	JĘDRASIAK Renata	66	KGHM METRACO RUDNA	K50-59	1			00:17:03	00:34:31	00:51:59	<b>01:09:46.25</b>	+00:06:01 (8.6%)	6:58	8.6 (91.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
								2.5km	5km	7.5km				
15	<b>CHYRA Janusz</b>	<b>7</b>		M40-49	2			00:17:06	00:34:37	00:52:33	<b>01:10:25.80</b>	+00:06:41 (9.5%)	7:02	8.5 (90.4%)
16	<b>WIŚNIEWSKI Sławomir</b>	<b>61</b>	FLUGGER	M40-49	3			00:16:58	00:34:52	00:52:59	<b>01:11:13.35</b>	+00:07:28 (10.5%)	7:07	8.4 (89.4%)
17	<b>SZCZUDLIK Małgorzata</b>	<b>51</b>	KIJKOWE TRZEMESZNO	K40-49	1	1		00:17:37	00:35:31	00:53:19	<b>01:11:19.50</b>	+00:07:34 (10.6%)	7:07	8.4 (89.4%)
18	<b>MĄDRY Grzegorz</b>	<b>36</b>	KIJKOWE TRZEMESZNO	M60-69	4			00:17:29	00:35:16	00:53:25	<b>01:11:22.40</b>	+00:07:37 (10.7%)	7:08	8.4 (89.4%)
19	<b>LUDWICZAK Andżelika</b>	<b>34</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2	1		00:17:26	00:35:20	00:53:21	<b>01:11:29.00</b>	+00:07:44 (10.8%)	7:08	8.4 (89.4%)
20	<b>SZYMAŃSKI Stefan</b>	<b>52</b>	SERCE NORDICA WŁOCŁAWEK	M70+	1	1		00:17:20	00:35:02	00:53:11	<b>01:12:04.55</b>	+00:08:19 (11.6%)	7:12	8.3 (88.3%)
21	<b>KACZMAREK Eugeniusz</b>	<b>23</b>		M70+	2	2		00:17:17	00:35:02	00:53:20	<b>01:12:48.00</b>	+00:09:03 (12.4%)	7:16	8.2 (87.2%)
22	<b>GODZIŃSKI Paweł</b>	<b>16</b>	BAŻANT NW ELBLĄG	M40-49	4			00:17:58	00:36:29	00:54:58	<b>01:13:39.50</b>	+00:09:54 (13.5%)	7:21	8.1 (86.2%)
23	<b>WIECZORKOWSKA Dagmara</b>	<b>60</b>	WYCHODZĘ Z KIJAMI	K40-49	3			00:17:52	00:36:22	00:55:10	<b>01:13:53.60</b>	+00:10:08 (13.7%)	7:23	8.1 (86.2%)
24	<b>FRANCZAK Małgorzata</b>	<b>12</b>	NW CZŁAPSKI TEAM	K18-29	1			00:18:09	00:36:53	00:55:38	<b>01:14:14.80</b>	+00:10:30 (14.1%)	7:25	8.1 (86.2%)
25	<b>KUŁAKOWSKA Halina</b>	<b>30</b>	KATOWICKI NORDIC WALKING	K40-49	4	1		00:18:15	00:37:05	00:55:47	<b>01:14:36.65</b>	+00:10:51 (14.6%)	7:27	8 (85.1%)
26	<b>ŚLUSARCZYK Andrzej</b>	<b>55</b>	WESOŁY BORSUK TEAM	M70+	3	1		00:17:54	00:36:30	00:55:53	<b>01:14:56.35</b>	+00:11:11 (14.9%)	7:29	8 (85.1%)
27	<b>STACHOWICZ Joanna</b>	<b>48</b>	BŁĘKITNI DZIEMIANY	K30-39	1			00:18:36	00:37:25	00:56:30	<b>01:15:26.80</b>	+00:11:42 (15.5%)	7:32	8 (85.1%)
28	<b>FRAĆKOWIAK Mateusz</b>	<b>115</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:17:23	00:36:26	00:55:41	<b>01:15:36.20</b>	+00:11:51 (15.7%)	7:33	7.9 (84.0%)
29	<b>JANKOWSKI Grzegorz</b>	<b>18</b>	STĘSZEW TEAM	M60-69	5			00:18:21	00:37:16	00:56:40	<b>01:15:44.25</b>	+00:11:59 (15.8%)	7:34	7.9 (84.0%)
30	<b>BENZA Ewa</b>	<b>4</b>	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:37:18	00:56:30	<b>01:15:48.80</b>	+00:12:04 (15.9%)	7:34	7.9 (84.0%)
31	<b>KRIGER Roman</b>	<b>29</b>	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:18:21	00:37:29	00:56:40	<b>01:15:50.55</b>	+00:12:05 (16.0%)	7:35	7.9 (84.0%)
32	<b>JANUR Wiesława</b>	<b>19</b>		K40-49	5			00:18:24	00:37:33	00:56:55	<b>01:16:01.95</b>	+00:12:17 (16.2%)	7:36	7.9 (84.0%)
33	<b>CZAJKA Urszula</b>	<b>8</b>		K60-69	1	1		00:18:14	00:37:04	00:56:27	<b>01:16:18.75</b>	+00:12:34 (16.5%)	7:37	7.9 (84.0%)
34	<b>KĘPA Andrzej</b>	<b>25</b>	FAMILY TEAM KĘPA SPORT	M70+	4			00:18:30	00:37:59	00:57:25	<b>01:16:23.90</b>	+00:12:39 (16.6%)	7:38	7.9 (84.0%)
35	<b>KREFT Barbara</b>	<b>28</b>		K50-59	2			00:18:40	00:37:38	00:56:56	<b>01:16:31.45</b>	+00:12:46 (16.7%)	7:39	7.8 (83.0%)
36	<b>BERESZKO Waldemar</b>	<b>103</b>	MOSIR TKKF SATURN CZELADŹ	M60-69	7	1		00:18:24	00:37:39	00:57:12	<b>01:16:34.35</b>	+00:12:49 (16.8%)	7:39	7.8 (83.0%)
37	<b>FRANCZAK Dariusz</b>	<b>14</b>	NW CZŁAPSKI TEAM	M50-59	6			00:18:35	00:37:46	00:57:21	<b>01:16:56.50</b>	+00:13:11 (17.2%)	7:41	7.8 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
								2.5km	5km	7.5km				
38	<b>PALIWODA Kasia</b>	<b>39</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:18:17	00:37:30	00:57:16	<b>01:17:27.05</b>	+00:13:42 (17.7%)	7:44	7.7 (81.9%)
39	<b>PALUCH Paweł</b>	<b>40</b>	AVOCADO WELLNESS CLUB	M50-59	7			00:18:51	00:38:16	00:57:54	<b>01:17:30.75</b>	+00:13:46 (17.8%)	7:45	7.7 (81.9%)
40	<b>NOWACZYK Tomasz</b>	<b>38</b>	MARSZ PO ZDROWIE	M40-49	5			00:18:23	00:38:02	00:57:45	<b>01:17:38.50</b>	+00:13:53 (17.9%)	7:45	7.7 (81.9%)
41	<b>MIŚKOWICZ Anna</b>	<b>37</b>	NESSI TIME BIAŁA	K60-69	2			00:18:46	00:38:16	00:58:03	<b>01:17:47.15</b>	+00:14:02 (18.1%)	7:46	7.7 (81.9%)
42	<b>KNITTER Monika</b>	<b>140</b>		K30-39	2			00:19:20	00:39:21	00:59:07	<b>01:18:43.60</b>	+00:14:58 (19.0%)	7:52	7.6 (80.9%)
43	<b>BROŻYNA Agata</b>	<b>104</b>	NW CZŁAPSKI TEAM	K30-39	3			00:19:23	00:39:36	00:59:29	<b>01:19:12.00</b>	+00:15:27 (19.5%)	7:55	7.6 (80.9%)
44	<b>KASZUBA Adriana</b>	<b>24</b>		K40-49	7			00:20:00	00:40:00	00:59:49	<b>01:19:42.30</b>	+00:15:57 (20.0%)	7:58	7.5 (79.8%)
45	<b>STOLTMANN Helena</b>	<b>196</b>	BŁĘKITNI DZIEMIANY	K60-69	3			00:18:21	00:37:46	00:58:38	<b>01:20:21.60</b>	+00:16:36 (20.7%)	8:02	7.5 (79.8%)
46	<b>ŻAMOJCIN Marek</b>	<b>65</b>	NORDICLUB SZCZECIN	M60-69	8			00:18:48	00:38:45	00:59:32	<b>01:20:29.85</b>	+00:16:45 (20.8%)	8:02	7.5 (79.8%)
47	<b>POSTEK Danuta</b>	<b>42</b>	MARSZ PO ZDROWIE	K50-59	3			00:20:08	00:40:30	01:01:02	<b>01:21:36.10</b>	+00:17:51 (21.9%)	8:09	7.4 (78.7%)
48	<b>ŚLUSARCZYK Marcin</b>	<b>53</b>	WESOŁY BORSUK TEAM	M40-49	6			00:19:25	00:42:34	01:03:14	<b>01:22:24.20</b>	+00:18:39 (22.6%)	8:14	7.3 (77.7%)
49	<b>JÓŹWIAK Łukasz</b>	<b>20</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:20:31	00:41:20	01:02:21	<b>01:23:13.35</b>	+00:19:28 (23.4%)	8:19	7.2 (76.6%)
50	<b>FRANCZAK Anna</b>	<b>13</b>	NW CZŁAPSKI TEAM	K50-59	4			00:21:12	00:42:40	01:03:51	<b>01:24:21.10</b>	+00:20:36 (24.4%)	8:26	7.1 (75.5%)
51	<b>DUSZA Anna</b>	<b>11</b>		K50-59	5			00:20:18	00:41:46	01:03:26	<b>01:24:35.50</b>	+00:20:50 (24.6%)	8:27	7.1 (75.5%)
52	<b>WYSOCKA Bernadeta</b>	<b>62</b>	BŁĘKITNI DZIEMIANY	K40-49	8			00:20:08	00:41:15	01:02:48	<b>01:24:37.10</b>	+00:20:52 (24.7%)	8:27	7.1 (75.5%)
53	<b>JUREK Kamila</b>	<b>21</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4			00:19:55	00:41:30	01:03:44	<b>01:25:35.00</b>	+00:21:50 (25.5%)	8:33	7 (74.5%)
54	<b>ZIÓŁKOWSKA Ewa</b>	<b>63</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	6	1		00:21:01	00:42:37	01:04:39	<b>01:27:08.40</b>	+00:23:23 (26.8%)	8:42	6.9 (73.4%)
55	<b>CHOLEWKA Jolanta</b>	<b>6</b>	MARSZ PO ZDROWIE	K60-69	4	1		00:20:53	00:42:55	01:05:00	<b>01:27:53.75</b>	+00:24:09 (27.5%)	8:47	6.8 (72.3%)
56	<b>IGNASIAK Anna</b>	<b>17</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	5	1		00:21:23	00:43:21	01:05:29	<b>01:28:16.95</b>	+00:24:32 (27.8%)	8:49	6.8 (72.3%)
57	<b>TYLKA Edyta</b>	<b>58</b>	CIDRY LOTAJOM	K18-29	3			00:22:06	00:44:45	01:07:23	<b>01:29:45.95</b>	+00:26:01 (29.0%)	8:58	6.7 (71.3%)
58	<b>BECHLER Zofia</b>	<b>2</b>	GWIAZDY PÓŁNOCY	K40-49	9			00:22:08	00:44:44	01:07:31	<b>01:30:33.90</b>	+00:26:49 (29.6%)	9:03	6.6 (70.2%)
59	<b>CZEKRYSEW Małgorzata</b>	<b>9</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:23:32	00:47:55	01:12:42	<b>01:37:28.15</b>	+00:33:43 (34.6%)	9:44	6.2 (66.0%)