

# OGÓLNOPOLSKI PUCHAR NORDIC WALKING MIELNO - 10 KM

B4SPORT

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.7km	Laps_5km 5.4km	8.1km	Czas netto 10.8km	Różn	Tempo min/km	Tempo km/h
1	<b>POLKOWSKI Piotr</b>	<b>64</b>	NW CZŁAPSKI TEAM	M30-39	1	1		00:20:59	00:43:05	01:05:03	<b>01:26:31.00</b>		8:00	7.5 (100%)
2	<b>KNITTER Tomasz</b>	<b>25</b>	BŁĘKITNI DZIEMIANY	M18-29	1			00:20:59	00:43:05	01:05:02	<b>01:26:34.45</b>	+00:00:03 (0.1%)	8:00	7.5 (100%)
3	<b>KUŚMIEREC Jan</b>	<b>29</b>	BŁĘKITNI DZIEMIANY	M50-59	1			00:21:22	00:43:09	01:05:17	<b>01:27:12.45</b>	+00:00:41 (0.8%)	8:04	7.4 (98.7%)
4	<b>JUREK Adam</b>	<b>20</b>	KGHM METRACO RUDNA	M60-69	1	1		00:21:24	00:43:39	01:06:06	<b>01:28:02.45</b>	+00:01:31 (1.7%)	8:09	7.4 (98.7%)
5	<b>HELWICH Stefan</b>	<b>15</b>	KGHM METRACO RUDNA	M60-69	2			00:21:25	00:43:42	01:06:07	<b>01:28:24.55</b>	+00:01:53 (2.1%)	8:11	7.3 (97.3%)
6	<b>SIWAK Piotr</b>	<b>44</b>	KGHM METRACO RUDNA	M60-69	3			00:21:25	00:43:39	01:06:25	<b>01:29:42.90</b>	+00:03:11 (3.6%)	8:18	7.2 (96.0%)
7	<b>POŁUBIAK Paweł</b>	<b>39</b>		M30-39	2			00:20:58	00:42:44	01:05:42	<b>01:30:16.50</b>	+00:03:45 (4.2%)	8:21	7.2 (96.0%)
8	<b>NAKONIECZNY Grzegorz</b>	<b>35</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	1			00:20:42	00:43:08	01:06:03	<b>01:30:16.65</b>	+00:03:45 (4.2%)	8:21	7.2 (96.0%)
9	<b>PUSZKIEL Leszek</b>	<b>41</b>	GREEN TAEM	M60-69	4			00:21:38	00:44:31	01:07:08	<b>01:30:35.25</b>	+00:04:04 (4.5%)	8:23	7.2 (96.0%)
10	<b>CHOJNACKI Paweł</b>	<b>3</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2			00:22:25	00:45:40	01:08:27	<b>01:31:08.60</b>	+00:04:37 (5.1%)	8:26	7.1 (94.7%)
11	<b>CZŁAPSKI Krzysztof</b>	<b>8</b>	NW CZŁAPSKI TEAM	M50-59	3			00:21:38	00:44:34	01:08:03	<b>01:31:12.30</b>	+00:04:41 (5.1%)	8:26	7.1 (94.7%)
12	<b>RADECKI Artur</b>	<b>42</b>	CHODZĄCY BIAŁYSTOK	M50-59	4			00:21:39	00:44:34	01:09:26	<b>01:33:08.00</b>	+00:06:37 (7.1%)	8:37	7 (93.3%)
13	<b>SZCZUDLIK Małgorzata</b>	<b>50</b>	KIJKOWE TRZEMESZNO	K40-49	1			00:23:11	00:46:07	01:09:30	<b>01:33:08.30</b>	+00:06:37 (7.1%)	8:37	7 (93.3%)
14	<b>CHYRA Janusz</b>	<b>5</b>		M40-49	2			00:22:45	00:46:01	01:09:45	<b>01:34:07.30</b>	+00:07:36 (8.1%)	8:42	6.9 (92.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.7km	Laps_5km		Czas netto 10.8km	Różn	Tempo min/km	Tempo km/h
									5.4km	8.1km				
15	<b>WIŚNIEWSKI Sławomir</b>	<b>58</b>		M40-49	3			00:22:28	00:46:05	01:10:02	<b>01:34:37.65</b>	+00:08:06 (8.6%)	8:45	6.8 (90.7%)
16	<b>JĘDRASIAK Renata</b>	<b>63</b>	KGHM METRACO RUDNA	K50-59	1			00:22:55	00:46:53	01:11:40	<b>01:37:28.85</b>	+00:10:57 (11.2%)	9:01	6.6 (88.0%)
17	<b>STACHOWICZ Joanna</b>	<b>47</b>	BŁĘKITNI DZIEMIANY	K30-39	1			00:23:47	00:48:27	01:13:42	<b>01:38:58.65</b>	+00:12:27 (12.6%)	9:09	6.5 (86.7%)
18	<b>KUŁAKOWSKA Halina</b>	<b>28</b>	KATOWICKI NORDIC WALKING	K40-49	2			00:24:07	00:49:01	01:14:07	<b>01:39:04.20</b>	+00:12:33 (12.7%)	9:10	6.5 (86.7%)
19	<b>KREFT Barbara</b>	<b>67</b>		K50-59	2			00:23:59	00:49:12	01:14:14	<b>01:39:05.00</b>	+00:12:34 (12.7%)	9:10	6.5 (86.7%)
20	<b>MARCZAK Tomasz</b>	<b>32</b>	KS IDMAR RACING TEAM	M18-29	2	1		00:22:15	00:47:09	01:13:02	<b>01:39:05.60</b>	+00:12:34 (12.7%)	9:10	6.5 (86.7%)
21	<b>KLIMCZAK Adam</b>	<b>23</b>	GOSADI NORDIC TEAM	M50-59	5			00:23:19	00:48:01	01:13:27	<b>01:39:15.90</b>	+00:12:44 (12.8%)	9:11	6.5 (86.7%)
22	<b>FRANCZAK Małgorzata</b>	<b>10</b>	NW CZŁAPSKI TEAM	K18-29	1	1		00:24:35	00:49:47	01:14:40	<b>01:39:38.65</b>	+00:13:07 (13.2%)	9:13	6.5 (86.7%)
23	<b>BERESZKO Waldemar</b>	<b>2</b>	MOSIR TKKF SATURN CZELADŹ	M60-69	5			00:24:05	00:48:52	01:14:32	<b>01:39:44.00</b>	+00:13:13 (13.3%)	9:14	6.5 (86.7%)
24	<b>SZYMAŃSKI Stefan</b>	<b>51</b>	SERCE NORDICA WŁOCŁAWEK	M70+	1	1		00:24:20	00:48:56	01:14:15	<b>01:39:56.50</b>	+00:13:25 (13.4%)	9:15	6.5 (86.7%)
25	<b>MĄDRY Grzegorz</b>	<b>33</b>	KIJKOWE TRZEMESZNO	M60-69	6			00:23:58	00:49:03	01:15:03	<b>01:39:58.70</b>	+00:13:27 (13.5%)	9:15	6.5 (86.7%)
26	<b>KĘPA Andrzej</b>	<b>22</b>	FAMILY TEAM KĘPA SPORT	M70+	2			00:24:29	00:49:33	01:15:08	<b>01:40:21.20</b>	+00:13:50 (13.8%)	9:17	6.5 (86.7%)
27	<b>CZAJKA Urszula</b>	<b>6</b>	KGHM METRACO RUDNA	K60-69	1			00:24:32	00:49:42	01:15:31	<b>01:41:37.95</b>	+00:15:06 (14.9%)	9:24	6.4 (85.3%)
28	<b>LUDWICZAK Andżelika</b>	<b>31</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3			00:24:12	00:50:22	01:16:31	<b>01:42:15.80</b>	+00:15:44 (15.4%)	9:28	6.3 (84.0%)
29	<b>ŚLUSARCZYK Andrzej</b>	<b>54</b>	WESOŁY BORSUK TEAM	M70+	3			00:25:30	00:49:34	01:16:34	<b>01:43:34.00</b>	+00:17:03 (16.5%)	9:35	6.3 (84.0%)
30	<b>ŚLUSARCZYK Marcin</b>	<b>52</b>	WESOŁY BORSUK TEAM	M40-49	4			00:25:53	00:52:34	01:18:25	<b>01:43:57.20</b>	+00:17:26 (16.8%)	9:37	6.2 (82.7%)
31	<b>FRAĆKOWIAK Mateusz</b>	<b>117</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:23:52	00:49:13	01:16:18	<b>01:44:33.65</b>	+00:18:02 (17.3%)	9:40	6.2 (82.7%)
32	<b>FRANCZAK Dariusz</b>	<b>12</b>	NW CZŁAPSKI TEAM	M50-59	6			00:24:40	00:51:09	01:18:09	<b>01:45:07.10</b>	+00:18:36 (17.7%)	9:43	6.2 (82.7%)
33	<b>JANUR Wiesława</b>	<b>17</b>		K40-49	4			00:24:53	00:51:26	01:18:28	<b>01:46:03.30</b>	+00:19:32 (18.4%)	9:49	6.1 (81.3%)
34	<b>MIŚKOWICZ Anna</b>	<b>34</b>	NESSI TIME BIAŁA	K60-69	2			00:25:07	00:51:50	01:19:13	<b>01:46:08.00</b>	+00:19:37 (18.5%)	9:49	6.1 (81.3%)
35	<b>BROŻYNA Agata</b>	<b>105</b>	NW CZŁAPSKI TEAM	K30-39	2			00:26:10	00:53:39	01:20:43	<b>01:47:01.40</b>	+00:20:30 (19.2%)	9:54	6.1 (81.3%)
36	<b>KNITTER Monika</b>	<b>146</b>		K30-39	3	1		00:26:08	00:53:39	01:20:42	<b>01:47:01.60</b>	+00:20:30 (19.2%)	9:54	6.1 (81.3%)
37	<b>JANKOWSKI Grzegorz</b>	<b>16</b>	STĘSZEW TEAM	M60-69	7			00:25:04	00:52:05	01:19:40	<b>01:47:10.65</b>	+00:20:39 (19.3%)	9:55	6 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.7km	Laps_5km 5.4km	8.1km	Czas netto 10.8km	Różn	Tempo min/km	Tempo km/h
38	<b>PALUCH Paweł</b>	<b>38</b>	AVOCADO WELLNESS CLUB	M50-59	7			00:25:46	00:52:33	01:20:23	<b>01:49:12.70</b>	+00:22:41 (20.8%)	10:06	5.9 (78.7%)
39	<b>JÓŹWIAK Łukasz</b>	<b>18</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:27:13	00:54:46	01:22:23	<b>01:50:35.90</b>	+00:24:04 (21.8%)	10:14	5.9 (78.7%)
40	<b>POSTEK Danuta</b>	<b>40</b>	MARSZ PO ZDROWIE	K50-59	3			00:27:34	00:55:21	01:22:59	<b>01:50:43.95</b>	+00:24:12 (21.9%)	10:15	5.9 (78.7%)
41	<b>ŻAMOJCIN Marek</b>	<b>61</b>	NORDICLUB SZCZECIN	M60-69	8			00:26:13	00:54:11	01:22:26	<b>01:51:12.10</b>	+00:24:41 (22.2%)	10:17	5.8 (77.3%)
42	<b>STOLTMANN Helena</b>	<b>210</b>	BŁĘKITNI DZIEMIANY	K60-69	3			00:25:22	00:52:44	01:21:50	<b>01:51:39.20</b>	+00:25:08 (22.5%)	10:20	5.8 (77.3%)
43	<b>PALIWODA Kasia</b>	<b>37</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	5			00:26:24	00:54:18	01:23:29	<b>01:53:47.20</b>	+00:27:16 (24.0%)	10:32	5.7 (76.0%)
44	<b>DUSZA Anna</b>	<b>9</b>		K50-59	4			00:28:45	00:59:26	01:30:40	<b>02:01:38.15</b>	+00:35:07 (28.9%)	11:15	5.3 (70.7%)
45	<b>FRANCZAK Anna</b>	<b>11</b>	NW CZŁAPSKI TEAM	K50-59	5			00:29:00	00:59:51	01:30:55	<b>02:02:02.30</b>	+00:35:31 (29.1%)	11:17	5.3 (70.7%)
46	<b>BECHLER Zofia</b>	<b>62</b>	GWIAZDY PÓŁNOCY	K40-49	6			00:29:12	01:00:13	01:33:13	<b>02:05:13.00</b>	+00:38:42 (30.9%)	11:35	5.2 (69.3%)
47	<b>CHOLEWKA Jolanta</b>	<b>4</b>	MARSZ PO ZDROWIE	K60-69	4			00:29:39	01:00:57	01:33:49	<b>02:07:55.75</b>	+00:41:24 (32.4%)	11:50	5.1 (68.0%)
48	<b>KNAP Edyta</b>	<b>24</b>		K40-49	7			00:31:01	01:06:01	01:43:01	<b>02:17:44.00</b>	+00:51:13 (37.2%)	12:45	4.7 (62.7%)
49	<b>CZEKRYSZEW Małgorzata</b>	<b>7</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	6			00:33:58	01:08:43	01:44:03	<b>02:20:27.40</b>	+00:53:56 (38.4%)	13:00	4.6 (61.3%)
50		<b>90</b>		Drużynowa	1			00:24:39	00:50:09			+00:07:04	9:17	6.5 (86.7%)
	<b>GODZIŃSKI Paweł</b>	<b>14</b>	BAŻANT NW ELBLĄG	M40-49				00:22:45 DNF	00:46:43 DNF	01:15:20 DNF	<b>DNF</b>		-	- (0.0%)
	<b>NOWACZYK Tomasz</b>	<b>36</b>	MARSZ PO ZDROWIE	M40-49				00:25:40 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 52 wynik(ów)