



OGÓLNOPOLSKI PUCHAR NORDIC WALKING SŁUPSK - 10 KM

B4SPORT

Event: Ogólnopolski Puchar Nordic Walking - Słupsk 2021
Organiser: Fundacja Herkules All Sports
Date: 2021-06-12
Place: Słupsk
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	2.7km	Laps_5km 5.4km	8.1km	Net time 10.8km	Gap	Pace min/km	Pace km/h
1	KŁOS Maciej	155	NW WYSPA SOBIESZEWSKA	M30-39	1			00:15:29	00:31:03	00:46:56	01:02:44.60		5:48	10.3 (100%)
2	MARCZAK Tomasz	124	KS IDMAR RACING TEAM	M18-29	1			00:15:37	00:31:32	00:47:18	01:03:01.15	+00:00:16 (0.4%)	5:50	10.3 (100%)
3	KNITTER Tomasz	122	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:37	00:31:36	00:47:25	01:03:14.85	+00:00:30 (0.8%)	5:51	10.2 (99.0%)
4	POLKOWSKI Piotr	121	NW CZŁAPSKI TEAM	M30-39	2			00:15:37	00:31:35	00:47:42	01:04:08.90	+00:01:24 (2.2%)	5:56	10.1 (98.1%)
5	CZŁAPSKI Krzysztof	126	NW CZŁAPSKI TEAM	M50-59	1			00:16:02	00:32:40	00:49:40	01:06:51.95	+00:04:07 (6.2%)	6:11	9.7 (94.2%)
6	CHOJNACKI Paweł	125	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2			00:16:32	00:33:32	00:50:19	01:07:12.25	+00:04:27 (6.6%)	6:13	9.6 (93.2%)
7	KUŚMIEREK Jan	123	BŁĘKITNI DZIEMIANY	M50-59	3			00:16:46	00:33:42	00:50:42	01:07:24.25	+00:04:39 (6.9%)	6:14	9.6 (93.2%)
8	KLIMCZAK Adam	154	GOSADI NORDIC TEAM	M50-59	4			00:17:00	00:34:39	00:51:59	01:09:18.55	+00:06:33 (9.5%)	6:25	9.4 (91.3%)
9	FRAĆKOWIAK Mateusz	146	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:17:01	00:34:30	00:52:20	01:10:14.55	+00:07:29 (10.7%)	6:30	9.2 (89.3%)
10	SZCZUDLIK Małgorzata	127	KIJKOWE TRZEMESZNO	K40-49	1			00:17:32	00:35:03	00:52:39	01:10:20.75	+00:07:36 (10.8%)	6:30	9.2 (89.3%)
11	MĄDRY Grzegorz	159	KIJKOWE TRZEMESZNO	M60-69	1			00:17:32	00:35:21	00:52:59	01:10:24.95	+00:07:40 (10.9%)	6:31	9.2 (89.3%)
12	WIŚNIEWSKI Sławomir	167	FLUGGER	M40-49	1			00:17:30	00:35:23	00:53:09	01:10:39.10	+00:07:54 (11.2%)	6:32	9.2 (89.3%)
13	CHYRA Janusz	141		M40-49	2			00:17:30	00:35:23	00:53:09	01:10:39.70	+00:07:55 (11.2%)	6:32	9.2 (89.3%)
14	LUDWICZAK Andżelika	130	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2			00:17:33	00:35:12	00:53:04	01:10:58.95	+00:08:14 (11.6%)	6:34	9.1 (88.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km			Net time	Pace min/km	Pace km/h	
								2.7km	5.4km	8.1km	10.8km			Gap
15	KUŁAKOWSKA Halina	129	KATOWICKI NORDIC WALKING	K40-49	3			00:17:41	00:35:32	00:53:29	01:11:38.20	+00:08:53 (12.4%)	6:37	9 (87.4%)
16	WIECZORKOWSKA Dagmara	136	WYCHODZĘ Z KIJAMI	K40-49	4			00:17:39	00:35:32	00:53:45	01:12:46.30	+00:10:01 (13.8%)	6:44	8.9 (86.4%)
17	FRANCZAK Małgorzata	131	NW CZŁAPSKI TEAM	K18-29	1			00:17:54	00:36:17	00:54:44	01:13:10.75	+00:10:26 (14.3%)	6:46	8.9 (86.4%)
18	STACHOWICZ Joanna	128	BŁĘKITNI DZIEMIANY	K30-39	1			00:18:06	00:36:22	00:54:59	01:13:15.80	+00:10:31 (14.4%)	6:46	8.8 (85.4%)
19	KRIGER Roman	156	SERCE NORDICA WŁOCŁAWEK	M60-69	2			00:17:53	00:36:29	00:55:11	01:14:22.65	+00:11:38 (15.6%)	6:53	8.7 (84.5%)
20	CZAJKA Urszula	133		K60-69	1			00:18:08	00:36:39	00:55:25	01:14:30.55	+00:11:45 (15.8%)	6:53	8.7 (84.5%)
21	JANKOWSKI Grzegorz	150	STĘSZEW TEAM	M60-69	3			00:18:04	00:36:36	00:55:54	01:15:07.25	+00:12:22 (16.5%)	6:57	8.6 (83.5%)
22	SZYMAŃSKI Stefan	165	SERCE NORDICA WŁOCŁAWEK	M70+	1			00:18:06	00:36:59	00:56:05	01:15:16.20	+00:12:31 (16.6%)	6:58	8.6 (83.5%)
23	KREFT Barbara	132		K50-59	1			00:18:33	00:37:23	00:56:18	01:15:22.80	+00:12:38 (16.8%)	6:58	8.6 (83.5%)
24	ŻAMOJCIN Marek	171	NORDICLUB SZCZECIN	M60-69	4			00:18:28	00:37:45	00:57:06	01:16:13.85	+00:13:29 (17.7%)	7:03	8.5 (82.5%)
25	KĘPA Andrzej	152	FAMILY TEAM KĘPA SPORT	M70+	2			00:18:46	00:38:19	00:57:29	01:16:21.40	+00:13:36 (17.8%)	7:04	8.5 (82.5%)
26	MÍSKOWICZ Anna	134	NESSI TIME BIAŁA	K60-69	2			00:18:52	00:38:07	00:57:39	01:17:04.25	+00:14:19 (18.6%)	7:08	8.4 (81.6%)
27	BROŻYNA Agata	135	NW CZŁAPSKI TEAM	K30-39	2			00:18:56	00:38:14	00:57:46	01:17:04.55	+00:14:19 (18.6%)	7:08	8.4 (81.6%)
28	FRANCZAK Dariusz	145	NW CZŁAPSKI TEAM	M50-59	5			00:18:51	00:38:40	00:58:12	01:17:07.20	+00:14:22 (18.6%)	7:08	8.4 (81.6%)
29	PALUCH Paweł	161	AVOCADO WELLNESS CLUB	M50-59	6			00:18:23	00:37:42	00:57:09	01:17:09.80	+00:14:25 (18.7%)	7:08	8.4 (81.6%)
30	SERÓWKA Lidia	162	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-49	5			00:19:15	00:38:32	00:57:50	01:17:12.30	+00:14:27 (18.7%)	7:08	8.4 (81.6%)
31	STOLTMANN Helena	91	BŁĘKITNI DZIEMIANY	K60-69	3			00:18:59	00:38:19	00:57:46	01:17:21.95	+00:14:37 (18.9%)	7:09	8.4 (81.6%)
32	PALIWODA Kasia	160	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:19:22	00:38:51	00:58:20	01:17:51.20	+00:15:06 (19.4%)	7:12	8.3 (80.6%)
33	KNITTER Monika	48		K30-39	3			00:19:51	00:39:54	00:59:56	01:19:40.85	+00:16:56 (21.3%)	7:22	8.1 (78.6%)
34	POSTEK Danuta	173	MARSZ PO ZDROWIE	K50-59	2			00:19:38	00:39:54	01:00:24	01:20:53.55	+00:18:08 (22.4%)	7:29	8 (77.7%)
35	WITCZAK Aleksandra	168	SERCE NORDICA WŁOCŁAWEK	K40-49	7			00:20:15	00:40:53	01:01:26	01:21:21.15	+00:18:36 (22.9%)	7:31	8 (77.7%)
36	FRANCZAK Anna	144	NW CZŁAPSKI TEAM	K50-59	3			00:20:16	00:40:44	01:01:19	01:21:51.40	+00:19:06 (23.3%)	7:34	7.9 (76.7%)
37	STANKOWSKA Marzena	163	KIJKOWE TRZEMESZNO	K40-49	8			00:20:33	00:41:01	01:01:33	01:22:07.80	+00:19:23 (23.6%)	7:36	7.9 (76.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps_5km			Net time	Gap	Pace min/km	Pace km/h
								2.7km	5.4km	8.1km	10.8km			
38	JÓŹWIAK Łukasz	40	SERCE NORDICA WŁOCŁAWEK	M50-59	7			00:20:09	00:40:37	01:01:26	01:22:24.30	+00:19:39 (23.9%)	7:37	7.9 (76.7%)
39	IGNASIAK Anna	149	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4			00:20:40	00:41:40	01:02:29	01:23:28.20	+00:20:43 (24.8%)	7:43	7.8 (75.7%)
40	WYSOCKA Bernadeta	169	BŁĘKITNI DZIEMIANY	K40-49	9			00:20:33	00:41:47	01:03:29	01:26:54.05	+00:24:09 (27.8%)	8:02	7.5 (72.8%)
41	CHOLEWKA Jolanta	140	MARSZ PO ZDROWIE	K60-69	4			00:20:58	00:42:31	01:04:38	01:27:25.30	+00:24:40 (28.2%)	8:05	7.4 (71.8%)
42	ŻAMOJCIN Małgorzata	172	NORDICLUB SZCZECIN	K60-69	5			00:21:02	00:42:40	01:05:14	01:28:51.25	+00:26:06 (29.4%)	8:13	7.3 (70.9%)
43	DUSZA Anna	143		K50-59	4			00:20:10	00:40:50	01:05:33	01:29:08.95	+00:26:24 (29.6%)	8:15	7.3 (70.9%)
44	CZEKRYSEW Małgorzata	142	SERCE NORDICA WŁOCŁAWEK	K50-59	5			00:22:57	00:45:58	01:08:30	01:31:18.25	+00:28:33 (31.3%)	8:27	7.1 (68.9%)
45	BECHLER Zofia	138	GWIAZDY PÓŁNOCY	K40-49	10			00:23:13	00:46:31	01:08:52	01:31:18.60	+00:28:34 (31.3%)	8:27	7.1 (68.9%)

Total 45 results.