

OGÓLNOPOLSKI PUCHAR NORDIC WALKING WĄGROWIEC - 10 KM

B4SPORT
INTEGRATING LEADERSHIP

Event: Ogólnopolski Puchar Nordic Walking - 2021
Organiser: Urząd Miasta Wągrowiec, Fundacja Herkules All Sports
Date: 2021-07-18
Place: Wągrowiec
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Mundurowi	Laps_5km			Net time 10km	Gap	Pace min/km	Pace km/h
									2.5km	5km	7.5km				
1	MARCZAK Tomasz	50	KS IDMAR RACING TEAM	M18-29	1				00:15:45	00:31:57	00:48:07	01:03:56.40		6:23	9.4 (100%)
2	POLKOWSKI Piotr	61	NW CZŁAPSKI TEAM	M30-39	1				00:15:43	00:31:56	00:48:07	01:04:24.20	+00:00:27 (0.7%)	6:26	9.3 (98.9%)
3	POŁUBIAK Paweł	62		M30-39	2				00:15:45	00:31:59	00:48:16	01:04:36.60	+00:00:40 (1.0%)	6:27	9.3 (98.9%)
4	KNITTER Tomasz	35	BŁĘKITNI DZIEMIANY	M18-29	2				00:15:57	00:32:50	00:49:27	01:05:54.10	+00:01:57 (3.0%)	6:35	9.1 (96.8%)
5	JUREK Adam	29	KGHM METRACO RUDNA	M60-69	1	1			00:16:02	00:32:44	00:49:40	01:06:12.00	+00:02:15 (3.4%)	6:37	9.1 (96.8%)
6	HAŁAS Marcin	21		M30-39	3				00:16:24	00:33:03	00:49:45	01:06:34.25	+00:02:37 (4.0%)	6:39	9 (95.7%)
7	HELWICH Stefan	23	KGHM METRACO RUDNA	M60-69	2				00:16:10	00:32:52	00:49:49	01:06:58.60	+00:03:02 (4.5%)	6:41	9 (95.7%)
8	CZŁAPSKI Krzysztof	10	NW CZŁAPSKI TEAM	M50-59	1				00:16:06	00:32:49	00:49:56	01:07:30.65	+00:03:34 (5.3%)	6:45	8.9 (94.7%)
9	KUŚMIEREK Jan	45	BŁĘKITNI DZIEMIANY	M50-59	2	1			00:16:31	00:33:30	00:50:48	01:08:19.15	+00:04:22 (6.4%)	6:49	8.8 (93.6%)
10	CHOJNACKI Paweł	5	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	3				00:16:33	00:34:04	00:51:24	01:08:43.85	+00:04:47 (7.0%)	6:52	8.7 (92.6%)
11	BIBKO Martin	89	SPEED BAR	M40-49	1	1			00:17:02	00:34:00	00:51:22	01:08:52.30	+00:04:55 (7.2%)	6:53	8.7 (92.6%)
12	MĄDRY Grzegorz	52	KIJKOWE TRZEMESZNO	M60-69	3				00:16:51	00:34:06	00:51:31	01:09:04.95	+00:05:08 (7.4%)	6:54	8.7 (92.6%)
13	WIŚNIEWSKI Sławomir	81	FLUGGER	M40-49	2				00:16:55	00:34:41	00:52:27	01:09:39.15	+00:05:42 (8.2%)	6:57	8.6 (91.5%)
14	KLIMCZAK Adam	33	GOSADI NORDIC TEAM	M50-59	4				00:17:11	00:34:33	00:52:06	01:09:40.10	+00:05:43 (8.2%)	6:58	8.6 (91.5%)
15	KOLBERG Kamila	36	KIJKOWE TRZEMESZNO	K40-49	1				00:17:24	00:35:07	00:52:36	01:09:51.50	+00:05:55 (8.5%)	6:59	8.6 (91.5%)

Place	Participant	Number	Club	Category	Żół. Czer.			Laps_5km			Net time	Pace min/km	Pace km/h		
					MCat	kartki	kartki	Mundurowi	2.5km	5km				7.5km	Gap
16	FRĄCKOWIAK Mateusz	17	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3				00:16:42	00:34:18	00:51:35	01:09:53.70	+00:05:57 (8.5%)	6:59	8.6 (91.5%)
17	JĘDRASIAK Renata	26	KGHM METRACO RUDNA	K50-59	1	1			00:17:04	00:34:44	00:52:45	01:10:35.00	+00:06:38 (9.4%)	7:03	8.5 (90.4%)
18	SKIERA Krzysztof	214	ŁĄCZA NAS PASJE BYDGOSZCZ/ LIFE BALANCE PLACE	M40-49	3				00:17:44	00:35:16	00:53:07	01:10:47.75	+00:06:51 (9.7%)	7:04	8.5 (90.4%)
19	BALON Marek	1		M50-59	5	2			00:16:56	00:34:44	00:52:52	01:10:49.70	+00:06:53 (9.7%)	7:04	8.5 (90.4%)
20	SZCZUDLIK Małgorzata	72	KIJKOWE TRZEMESZNO	K40-49	2				00:17:00	00:34:44	00:52:46	01:11:02.00	+00:07:05 (10.0%)	7:06	8.4 (89.4%)
21	LUDWICZAK Andżelika	47	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3				00:17:09	00:34:54	00:53:05	01:11:09.85	+00:07:13 (10.2%)	7:06	8.4 (89.4%)
22	CHYRA Janusz	7		M40-49	4				00:17:39	00:35:17	00:53:33	01:11:10.60	+00:07:14 (10.2%)	7:07	8.4 (89.4%)
23	KOWALSKI Marek	38		M50-59	6				00:17:50	00:35:44	00:53:40	01:11:38.20	+00:07:41 (10.7%)	7:09	8.4 (89.4%)
24	GOŁĘBIEWSKI Edward	19	MARSZ PO ZDROWIE	M70+	1				00:17:16	00:34:58	00:53:22	01:11:56.50	+00:08:00 (11.1%)	7:11	8.3 (88.3%)
25	STACHOWICZ Joanna	69	BŁĘKITNI DZIEMIANY	K30-39	1				00:17:44	00:35:32	00:53:35	01:12:05.70	+00:08:09 (11.3%)	7:12	8.3 (88.3%)
26	NAWROT Michał	56	NORDIC WALKING KIEKRZ POLAND	M30-39	4	1			00:16:53	00:35:03	00:53:39	01:12:13.90	+00:08:17 (11.5%)	7:13	8.3 (88.3%)
27	TOMCZAK Jarosław	86	STĘSZEW TEAM	M50-59	7				00:17:51	00:35:49	00:53:52	01:12:17.85	+00:08:21 (11.6%)	7:13	8.3 (88.3%)
28	SZYMAŃSKI Stefan	75	SERCE NORDICA WŁOCŁAWEK	M70+	2				00:17:18	00:35:27	00:53:47	01:12:34.30	+00:08:37 (11.9%)	7:15	8.3 (88.3%)
29	FRANCZAK Małgorzata	14	NW CZŁAPSKI TEAM	K18-29	1				00:17:43	00:35:51	00:54:16	01:12:39.90	+00:08:43 (12.0%)	7:15	8.3 (88.3%)
30	GIERSZEWSKI Arkadiusz	90		M40-49	5				00:17:49	00:36:02	00:54:40	01:13:02.00	+00:09:05 (12.5%)	7:18	8.2 (87.2%)
31	KUŁAKOWSKA Halina	43	KATOWICKI NORDIC WALKING	K40-49	4				00:17:47	00:36:11	00:54:29	01:13:07.00	+00:09:10 (12.6%)	7:18	8.2 (87.2%)
32	CZEKAJŁO Franciszek	9	AGROTURLLOT	M70+	3				00:17:30	00:35:45	00:54:20	01:13:14.40	+00:09:18 (12.7%)	7:19	8.2 (87.2%)
33	RUDAWSKI Maciej	64	MARSZ PO ZDROWIE	M30-39	5				00:17:33	00:35:56	00:54:43	01:13:35.80	+00:09:39 (13.1%)	7:21	8.2 (87.2%)
34	LENZ Andrzej	46	MUSZKIETEROWIE	M50-59	8	1			00:18:06	00:36:48	00:55:50	01:15:17.80	+00:11:21 (15.1%)	7:31	8 (85.1%)
35	CZAJKA Urszula	87		K60-69	1				00:18:08	00:36:46	00:55:42	01:15:18.60	+00:11:22 (15.1%)	7:31	8 (85.1%)
36	TURBAK Ewa	78	EKM LUBUSKIE MORSY	K40-49	5				00:18:39	00:37:35	00:56:34	01:15:28.35	+00:11:31 (15.3%)	7:32	8 (85.1%)
37	FRANCZAK Dariusz	16	NW CZŁAPSKI TEAM	M50-59	9				00:18:12	00:37:28	00:56:34	01:15:31.15	+00:11:34 (15.3%)	7:33	7.9 (84.0%)
38	ŚLUSARCZYK Marcin	76	WESOŁY BORSUK TEAM	M40-49	6				00:18:46	00:38:00	00:57:07	01:16:09.90	+00:12:13 (16.1%)	7:36	7.9 (84.0%)
39	ŁUKASIK Michał	49	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	4	1			00:18:02	00:37:03	00:56:28	01:16:12.30	+00:12:15 (16.1%)	7:37	7.9 (84.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Mundurowi	Laps_5km			Net time	Pace min/km	Pace km/h	
									2.5km	5km	7.5km	10km			Gap
40	KĘPA Andrzej	91	FAMILY TEAM KĘPA SPORT	M70+	4			Tak	00:18:29	00:37:31	00:56:54	01:16:20.25	+00:12:23 (16.2%)	7:38	7.9 (84.0%)
41	ŚLUSARCZYK Andrzej	77	WESOŁY BORSUK TEAM	M70+	5				00:18:44	00:37:42	00:57:17	01:16:20.35	+00:12:23 (16.2%)	7:38	7.9 (84.0%)
42	KOWACZ Agata	88		K30-39	2				00:18:26	00:37:38	00:56:58	01:16:30.45	+00:12:34 (16.4%)	7:39	7.8 (83.0%)
43	MISKOWICZ Anna	54	NESSI TIME BIAŁA	K60-69	2				00:18:30	00:37:30	00:56:55	01:16:43.85	+00:12:47 (16.7%)	7:40	7.8 (83.0%)
44	BOJANOWSKI Marcin	4	NORDIC WALKING KIEKRZ POLAND	M40-49	7				00:18:11	00:37:20	00:56:56	01:17:09.65	+00:13:13 (17.1%)	7:42	7.8 (83.0%)
45	KRIGER Roman	40	SERCE NORDICA WŁOCLAWEK	M60-69	5			Tak	00:18:14	00:37:40	00:57:19	01:17:17.60	+00:13:21 (17.3%)	7:43	7.8 (83.0%)
46	DYLEWICZ Weronika	13	EKSTREMUM	K18-29	2				00:18:52	00:38:30	00:58:27	01:17:42.45	+00:13:46 (17.7%)	7:46	7.7 (81.9%)
47	JANUR Wiesława	25		K40-49	6				00:18:53	00:38:21	00:58:04	01:17:43.55	+00:13:47 (17.7%)	7:46	7.7 (81.9%)
48	KANIEWSKI Łukasz	32	AKTYWNA KCYNIA	M40-49	8			Tak	00:18:23	00:38:07	00:58:07	01:17:45.55	+00:13:49 (17.8%)	7:46	7.7 (81.9%)
49	SKOWROŃSKA Dominika	68	MARSZ PO ZDROWIE	K18-29	3				00:18:52	00:38:30	00:58:27	01:18:06.75	+00:14:10 (18.1%)	7:48	7.7 (81.9%)
50	KURZAWSKA Jolanta	44	KGHM METRACO RUDNA	K70+	1				00:19:26	00:38:58	00:58:41	01:18:47.30	+00:14:50 (18.8%)	7:52	7.6 (80.9%)
51	STAWNIAK Karol	70	KGHM METRACO RUDNA	M70+	6				00:10:59	00:19:05	00:38:32	01:18:51.30	+00:14:54 (18.9%)	7:53	7.6 (80.9%)
52	SERÓWKA Lidia	65	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K40-49	7				00:19:27	00:39:16	00:59:04	01:18:51.90	+00:14:55 (18.9%)	7:53	7.6 (80.9%)
53	POSTEK Danuta	63	MARSZ PO ZDROWIE	K50-59	2				00:19:23	00:39:08	00:58:55	01:19:00.45	+00:15:04 (19.1%)	7:54	7.6 (80.9%)
54	NOWAK Agata	57	NORDIC WALKING KIEKRZ POLAND	K30-39	3				00:18:48	00:38:35	00:58:41	01:19:04.35	+00:15:07 (19.1%)	7:54	7.6 (80.9%)
55	WESOŁWSKI Wojciech	34		M60-69	6				00:19:05	00:38:30	00:58:45	01:19:15.10	+00:15:18 (19.3%)	7:55	7.6 (80.9%)
56	FRYDRYCH Marcin	18	NORDIC WALKING KIEKRZ POLAND	M40-49	9				00:19:11	00:39:04	00:59:24	01:19:37.90	+00:15:41 (19.7%)	7:57	7.5 (79.8%)
57	WĘKLAR Radosław	80	BTC TEAM	M40-49	10				00:19:12	00:38:47	00:59:16	01:19:42.35	+00:15:45 (19.8%)	7:58	7.5 (79.8%)
58	JÓZWIAK Łukasz	27	SERCE NORDICA WŁOCLAWEK	M50-59	10			Tak	00:19:33	00:39:30	00:59:43	01:19:48.65	+00:15:52 (19.9%)	7:58	7.5 (79.8%)
59	ZAKRZEWSKA Iwona Katarzyna	83	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	3				00:19:39	00:39:53	01:00:15	01:20:22.05	+00:16:25 (20.4%)	8:02	7.5 (79.8%)
60	ŁABENDA Lonia	48	NORDIC WALKING KIEKRZ POLAND	K50-59	4				00:19:36	00:39:34	01:00:03	01:20:47.30	+00:16:50 (20.9%)	8:04	7.4 (78.7%)
61	STOLTMANN Helena	71	BŁĘKITNI DZIEMIANY	K60-69	3	1			00:19:01	00:39:00	00:59:50	01:21:02.00	+00:17:05 (21.1%)	8:06	7.4 (78.7%)
62	KOWALAK Robert	37		M30-39	6	1			00:19:30	00:39:36	01:00:36	01:21:21.20	+00:17:24 (21.4%)	8:08	7.4 (78.7%)
63	WNEK Ewa	82		K60-69	4				00:19:33	00:39:55	01:00:39	01:21:26.00	+00:17:29 (21.5%)	8:08	7.4 (78.7%)

Place	Participant	Number	Club	Category	MCat	Żół. Czer.			Laps_5km			Net time	Gap	Pace min/km	Pace km/h
						kartki	kartki	Mundurowi	2.5km	5km	7.5km				
64	FRANCZAK Anna	15	NW CZŁAPSKI TEAM	K50-59	5				00:20:19	00:40:44	01:01:18	01:21:34.70	+00:17:38 (21.6%)	8:09	7.4 (78.7%)
65	ZAWISŁA Stanisław	84	MARSZ PO ZDROWIE	M70+	7				00:19:05	00:38:57	00:59:54	01:21:36.65	+00:17:40 (21.7%)	8:09	7.4 (78.7%)
66	CYRAN Katarzyna	8	EKM LUBUSKIE MORSY	K40-49	8				00:20:46	00:41:12	01:01:44	01:21:58.90	+00:18:02 (22.0%)	8:11	7.3 (77.7%)
67	SZEWCZYK Hanna	73	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6				00:19:51	00:40:18	01:01:14	01:22:19.25	+00:18:22 (22.3%)	8:13	7.3 (77.7%)
68	DUDEK Agnieszka	12	MARSZ PO ZDROWIE	K40-49	9	1			00:20:26	00:41:13	01:01:58	01:22:52.20	+00:18:55 (22.8%)	8:17	7.2 (76.6%)
69	KACZMAREK Zofia	30	SERCE NORDICA WŁOCLAWEK	K50-59	7				00:20:13	00:40:54	01:01:43	01:23:05.85	+00:19:09 (23.1%)	8:18	7.2 (76.6%)
70	IGNASIAK Anna	24	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K30-39	4	1			00:20:41	00:42:00	01:03:01	01:23:59.75	+00:20:03 (23.9%)	8:23	7.1 (75.5%)
71	JUREK Kamila	28		K30-39	5				00:20:17	00:41:20	01:02:15	01:24:25.65	+00:20:29 (24.3%)	8:26	7.1 (75.5%)
72	STANKOWSKA Marzena	85	KIJKOWE TRZEMESZNO	K40-49	10				00:20:25	00:41:08	01:02:22	01:24:34.40	+00:20:38 (24.4%)	8:27	7.1 (75.5%)
73	MATULEWICZ Dorota	51	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	8				00:21:07	00:42:33	01:04:03	01:25:26.50	+00:21:30 (25.2%)	8:32	7 (74.5%)
74	MRULA Ewa	55	EKM LUBUSKIE MORSY	K40-49	11				00:21:19	00:42:46	01:04:18	01:25:58.00	+00:22:01 (25.6%)	8:35	7 (74.5%)
75	SZYMAŃSKA KOZIOŁ Monika	74	EKM LUBUSKIE MORSY	K40-49	12				00:21:19	00:42:46	01:04:19	01:25:58.45	+00:22:02 (25.6%)	8:35	7 (74.5%)
76	CHOLEWKA Jolanta	6	MARSZ PO ZDROWIE	K60-69	5		Tak		00:20:52	00:42:13	01:03:58	01:26:03.40	+00:22:07 (25.7%)	8:36	7 (74.5%)
77	WESNER Harald	79	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	7				00:21:39	00:44:03	01:06:05	01:28:08.90	+00:24:12 (27.5%)	8:48	6.8 (72.3%)
78	MĘŻEŃSKA Małgorzata	53	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9				00:21:51	00:44:30	01:07:09	01:29:18.75	+00:25:22 (28.4%)	8:55	6.7 (71.3%)
79	GREGORCZYK Małgorzata	20	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13				00:22:38	00:45:25	01:07:55	01:29:51.50	+00:25:55 (28.8%)	8:59	6.7 (71.3%)
80	DANOWSKA Alicja	11	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	14				00:21:51	00:44:26	01:07:21	01:29:51.85	+00:25:55 (28.8%)	8:59	6.7 (71.3%)
81	NIEMIADOMSKA Zofia	58	SERCE NORDICA WŁOCLAWEK	K60-69	6				00:23:19	00:46:56	01:11:08	01:36:21.45	+00:32:25 (33.6%)	9:38	6.2 (66.0%)
82	BIAŁKOWSKA-GĄSIÓREK Maja	3		K40-49	15				00:29:36	00:59:36	01:16:36	01:41:12.50	+00:37:16 (36.8%)	10:07	5.9 (62.8%)
83	BARTEK Sonia	2		K30-39	6				00:25:43	00:51:37	01:17:20	01:43:22.05	+00:39:25 (38.1%)	10:20	5.8 (61.7%)
DQ	SIWAK Piotr	66	KGHM METRACO RUDNA	M60-69			1		00:16:03 DQ	00:32:46 DQ	00:49:40 DQ	01:06:12.60 DQ		0:00	9.1 (96.8%)

Total 84 results.