

# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** PUCHAR WIELKOPOLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-07-14  
**Miejsce:** Okonek  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HELWICH Stefan</b>	<b>363</b>	KS METRACO POLKOWICE	M60-69	1			00:15:24	00:31:22	00:47:29	<b>01:03:47.95</b>		6:22	9.4 (100%)
2	<b>GWIZDAŁA Zbigniew</b>	<b>362</b>		M50-59	1			00:15:31	00:31:40	00:48:12	<b>01:04:28.90</b>	+00:00:40 (1.1%)	6:26	9.3 (98.9%)
3	<b>REMBARZ Łukasz</b>	<b>384</b>	KS IDMAR RACING TEAM	M40-49	1			00:15:31	00:31:52	00:48:33	<b>01:04:54.15</b>	+00:01:06 (1.7%)	6:29	9.2 (97.9%)
4	<b>NAKONIECZNY Grzegorz</b>	<b>408</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	2			00:15:37	00:32:01	00:48:35	<b>01:04:55.10</b>	+00:01:07 (1.7%)	6:29	9.2 (97.9%)
5	<b>SZARSZUNOWICZ Mariusz</b>	<b>394</b>	KS METRACO POLKOWICE	M40-49	3			00:15:40	00:32:02	00:48:43	<b>01:05:50.15</b>	+00:02:02 (3.1%)	6:35	9.1 (96.8%)
6	<b>NACZK Leonard</b>	<b>378</b>	DYNAMIC	M40-49	4			00:15:52	00:32:39	00:49:31	<b>01:06:04.35</b>	+00:02:16 (3.4%)	6:36	9.1 (96.8%)
7	<b>MIELECKA Agnieszka</b>	<b>376</b>	KS IDMAR RACING TEAM	K40-49	1			00:16:14	00:32:54	00:49:56	<b>01:06:22.00</b>	+00:02:34 (3.9%)	6:38	9 (95.7%)
8	<b>KUBIAK Przemysław</b>	<b>370</b>	KS IDMAR RACING TEAM	M40-49	5			00:16:19	00:33:15	00:50:25	<b>01:07:30.20</b>	+00:03:42 (5.5%)	6:45	8.9 (94.7%)
9	<b>SPYCHAŁA Lesław</b>	<b>407</b>	CKZIU NYSA MECHANIK	M50-59	2			00:16:19	00:33:16	00:50:35	<b>01:07:53.90</b>	+00:04:05 (6.0%)	6:47	8.8 (93.6%)
10	<b>BIK Stanisław</b>	<b>388</b>	KS METRACO POLKOWICE	M50-59	3			00:16:32	00:33:50	00:51:19	<b>01:08:21.00</b>	+00:04:33 (6.7%)	6:50	8.8 (93.6%)
11	<b>PRZYBYSZ Grzegorz</b>	<b>383</b>		M30-39	1			00:16:41	00:34:12	00:51:55	<b>01:10:06.15</b>	+00:06:18 (9.0%)	7:00	8.6 (91.5%)
12	<b>ROSADZIŃSKI Sławomir</b>	<b>386</b>	LESZNO :)	M40-49	6			00:16:53	00:34:10	00:51:55	<b>01:10:07.15</b>	+00:06:19 (9.0%)	7:00	8.6 (91.5%)
13	<b>ŚWISŁOCKI Bogdan</b>	<b>396</b>	FACE NORDIC WALKING TEAM	M50-59	4			00:16:49	00:34:48	00:52:51	<b>01:10:18.20</b>	+00:06:30 (9.3%)	7:01	8.5 (90.4%)
14	<b>MĄDRY Grzegorz</b>	<b>375</b>	KIJKOWE TRZEMESZNO	M50-59	5			00:17:15	00:34:55	00:52:49	<b>01:10:22.60</b>	+00:06:34 (9.3%)	7:02	8.5 (90.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	<b>PŁACHCIŃSKA Angelika</b>	<b>380</b>	KIJKOWE TRZEMESZNO	K30-39	1			00:17:12	00:34:46	00:52:27	<b>01:10:23.30</b>	+00:06:35 (9.4%)	7:02	8.5 (90.4%)
16	<b>ILOWSKA-REMBARZ Karolina</b>	<b>366</b>	LOFT TEAM EXTREME	K30-39	2			00:17:13	00:34:54	00:52:55	<b>01:11:10.40</b>	+00:07:22 (10.4%)	7:07	8.4 (89.4%)
17	<b>CZEKAJŁO Franciszek</b>	<b>356</b>	REMI	M60-69	2			00:17:14	00:34:54	00:52:52	<b>01:11:17.15</b>	+00:07:29 (10.5%)	7:07	8.4 (89.4%)
18	<b>PRZYBYŁEK Marysia</b>	<b>382</b>	MARSZ PO ZDROWIE POZNAŃ	K40-49	2			00:17:41	00:35:49	00:53:54	<b>01:11:34.05</b>	+00:07:46 (10.9%)	7:09	8.4 (89.4%)
19	<b>PALIWODA Kasia</b>	<b>409</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3			00:17:59	00:36:11	00:54:24	<b>01:12:25.20</b>	+00:08:37 (11.9%)	7:14	8.3 (88.3%)
20	<b>KOZAKOWSKA Małgorzata</b>	<b>369</b>	KS SOKÓŁ GAŚAWA	K40-49	4			00:17:55	00:36:10	00:54:30	<b>01:12:42.85</b>	+00:08:54 (12.3%)	7:16	8.3 (88.3%)
21	<b>PAŁUBICKI Marcin</b>	<b>406</b>	SPORTOWA PACZKA	M40-49	7			00:18:29	00:37:05	00:55:18	<b>01:13:04.80</b>	+00:09:16 (12.7%)	7:18	8.2 (87.2%)
22	<b>BANASZKIEWICZ Kasia</b>	<b>352</b>		K50-59	1			00:17:41	00:35:58	00:54:28	<b>01:13:14.65</b>	+00:09:26 (12.9%)	7:19	8.2 (87.2%)
23	<b>KĘPA Andrzej</b>	<b>367</b>	FACE NORDIC WALKING TEAM	M60-69	3			00:18:04	00:36:23	00:55:11	<b>01:13:45.05</b>	+00:09:57 (13.5%)	7:22	8.1 (86.2%)
24	<b>MARCHWICKI Przemysław</b>	<b>374</b>	NORDIC WALKING KIEKRZ	M60-69	4			00:18:07	00:36:28	00:55:14	<b>01:13:55.30</b>	+00:10:07 (13.7%)	7:23	8.1 (86.2%)
25	<b>BRACISZEWSKI Krzysztof</b>	<b>353</b>	KS SOKÓŁ GAŚAWA	M30-39	2			00:18:20	00:36:49	00:55:38	<b>01:14:07.15</b>	+00:10:19 (13.9%)	7:24	8.1 (86.2%)
26	<b>LAJTER Jerzy</b>	<b>371</b>	4 RUN TEAM PIŁA	M60-69	5			00:18:42	00:37:09	00:56:01	<b>01:14:33.50</b>	+00:10:45 (14.4%)	7:27	8 (85.1%)
27	<b>LENER Sławomir</b>	<b>373</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	6			00:18:05	00:36:46	00:55:59	<b>01:15:06.65</b>	+00:11:18 (15.1%)	7:30	8 (85.1%)
28	<b>LENATROWICZ Stanisław</b>	<b>372</b>		M50-59	6			00:18:23	00:36:55	00:56:06	<b>01:15:13.40</b>	+00:11:25 (15.2%)	7:31	8 (85.1%)
29	<b>ZIELIŃSKA Jolanta</b>	<b>403</b>	GOSIR OSIELSKO	K50-59	2			00:17:36	00:36:12	00:55:39	<b>01:15:24.15</b>	+00:11:36 (15.4%)	7:32	8 (85.1%)
30	<b>STAWNIAK Karol</b>	<b>390</b>	KS METRACO POLKOWICE	M70+	1			00:18:50	00:37:36	00:56:50	<b>01:16:19.60</b>	+00:12:31 (16.4%)	7:37	7.9 (84.0%)
31	<b>ZWOLENKIEWICZ Joanna</b>	<b>404</b>	KS SOKÓŁ GAŚAWA	K40-49	5			00:18:26	00:37:47	00:56:59	<b>01:16:32.95</b>	+00:12:45 (16.7%)	7:39	7.8 (83.0%)
32	<b>GWAREK Anita</b>	<b>361</b>	PASJA NORDIC WALKING	K40-49	6			00:18:55	00:38:19	00:57:44	<b>01:17:17.00</b>	+00:13:29 (17.4%)	7:43	7.8 (83.0%)
33	<b>ROSADZIŃSKA Natalia</b>	<b>385</b>	LESZNO :)	K18-29	1			00:19:04	00:38:26	00:57:54	<b>01:17:27.65</b>	+00:13:39 (17.6%)	7:44	7.7 (81.9%)
34	<b>FRYDRYCH Marcin</b>	<b>357</b>	NORDIC WALKING KIEKRZ	M40-49	8			00:18:47	00:38:10	00:57:56	<b>01:17:36.80</b>	+00:13:48 (17.8%)	7:45	7.7 (81.9%)
35	<b>GOLUS Urszula</b>	<b>360</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	1			00:19:02	00:38:19	00:57:56	<b>01:17:39.95</b>	+00:13:52 (17.9%)	7:45	7.7 (81.9%)
36	<b>CHŁODNICKI Marek</b>	<b>354</b>	MARSZ PO ZDROWIE POZNAŃ	M60-69	7			00:19:04	00:38:31	00:58:27	<b>01:18:27.55</b>	+00:14:39 (18.7%)	7:50	7.6 (80.9%)
37	<b>GABERT Beata</b>	<b>358</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	7			00:18:45	00:38:15	00:57:58	<b>01:18:59.20</b>	+00:15:11 (19.2%)	7:53	7.6 (80.9%)

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38	<b>STANKOWSKA Marzena</b>	<b>389</b>	KIJKOWE TRZEMESZNO	K40-49	8			00:20:10	00:40:42	01:00:31	<b>01:20:18.55</b>	+00:16:30 (20.6%)	8:01	7.5 (79.8%)
39	<b>WEGIERA Grzegorz</b>	<b>400</b>	ROXKIJE ROKIETNICA	M40-49	9			00:19:30	00:39:29	00:59:56	<b>01:20:57.85</b>	+00:17:09 (21.2%)	8:05	7.4 (78.7%)
40	<b>CHOLEWKA Jolanta</b>	<b>355</b>	MARSZ PO ZDROWIE POZNAŃ	K60-69	2			00:19:50	00:40:07	01:00:42	<b>01:21:08.45</b>	+00:17:20 (21.4%)	8:06	7.4 (78.7%)
41	<b>SZYBCZYŃSKA Katarzyna</b>	<b>395</b>	KS SOKÓŁ GAŚAWA	K40-49	9			00:20:13	00:40:41	01:01:06	<b>01:21:14.35</b>	+00:17:26 (21.5%)	8:07	7.4 (78.7%)
42	<b>KORONA-BRACISZEWSKA Beata</b>	<b>368</b>	KS SOKÓŁ GAŚAWA	K18-29	2			00:20:05	00:40:33	01:01:09	<b>01:21:15.70</b>	+00:17:27 (21.5%)	8:07	7.4 (78.7%)
43	<b>POSTEK Danuta</b>	<b>381</b>	MARSZ PO ZDROWIE POZNAŃ	K50-59	3			00:20:10	00:40:38	01:01:00	<b>01:21:18.40</b>	+00:17:30 (21.5%)	8:07	7.4 (78.7%)
44	<b>TOBYS Ryszard</b>	<b>397</b>		M60-69	8			00:20:15	00:40:38	01:01:00	<b>01:21:28.45</b>	+00:17:40 (21.7%)	8:08	7.4 (78.7%)
45	<b>OMARSKA Grażyna</b>	<b>379</b>	PASJA NORDIC WALKING	K60-69	3			00:20:19	00:40:48	01:01:26	<b>01:22:01.65</b>	+00:18:13 (22.2%)	8:12	7.3 (77.7%)
46	<b>URBAN Jacek</b>	<b>399</b>	LESZNO :)	M60-69	9			00:20:07	00:40:46	01:01:42	<b>01:22:21.45</b>	+00:18:33 (22.5%)	8:14	7.3 (77.7%)
47	<b>ZALESKI Marek</b>	<b>402</b>		M60-69	10			00:19:27	00:40:16	01:01:46	<b>01:23:10.00</b>	+00:19:22 (23.3%)	8:19	7.2 (76.6%)
48	<b>MOSTOWSKA Elżbieta</b>	<b>377</b>	LESZNO :)	K50-59	4			00:20:30	00:41:58	01:02:26	<b>01:23:16.95</b>	+00:19:29 (23.4%)	8:19	7.2 (76.6%)
49	<b>GOLAK-WEGIERA Katarzyna</b>	<b>359</b>	ROXKIJE ROKIETNICA	K40-49	10			00:20:49	00:42:16	01:03:59	<b>01:26:34.50</b>	+00:22:46 (26.3%)	8:39	6.9 (73.4%)
50	<b>URANTÓWKA Henryk</b>	<b>398</b>	N/Z	M70+	2			00:20:48	00:42:32	01:04:40	<b>01:26:39.90</b>	+00:22:51 (26.4%)	8:39	6.9 (73.4%)
51	<b>RUSINOWICZ Andrzej</b>	<b>387</b>	NIEZRZESZONY	M70+	3			00:20:48	00:42:32	01:04:41	<b>01:26:41.15</b>	+00:22:53 (26.4%)	8:40	6.9 (73.4%)
52	<b>HORIACZEK Ryszard</b>	<b>364</b>	UKS GIMNAZJON SUCHY LAS	M60-69	11			00:22:32	00:46:04	01:09:48	<b>01:34:01.60</b>	+00:30:13 (32.1%)	9:24	6.4 (68.1%)

Znaleziono 52 wynik(ów)