

# OSIELSKO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Osielsko  
**Data:** 2019-08-10  
**Miejsce:** Osielsko  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 1.1km	Herk_All 6.1km	Herk_All 11.1km	Herk_All 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALEC Marcin</b>	<b>360</b>	KKG MOSIR KROSNO	M30-39	1			00:06:11	00:36:06	01:05:58	01:36:38	<b>02:07:43.00</b>		6:03	9.9 (100%)
2	<b>ROSAK Marcin</b>	<b>216</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:06:23	00:36:37	01:06:57	01:37:44	<b>02:08:34.80</b>	+00:00:51 (0.7%)	6:05	9.8 (99.0%)
3	<b>WOŁOSZKA Artur</b>	<b>359</b>	NWPL / LUKI TEAM GDAŃSK	M18-29	1			00:06:24	00:36:12	01:06:59	01:38:34	<b>02:11:34.45</b>	+00:03:51 (2.9%)	6:14	9.6 (97.0%)
4	<b>CZŁONKOWSKI Krzysztof</b>	<b>530</b>	OLIMPIJCZYK SZCZEKOCINY	M40-49	2			00:06:33	00:38:30	01:09:54	01:41:43	<b>02:13:03.30</b>	+00:05:20 (4.0%)	6:18	9.5 (96.0%)
5	<b>KORDOWSKI Piotr</b>	<b>547</b>	LUX TORPEDA MAŁOPOLSKA	M40-49	3			00:06:24	00:37:53	01:10:10	01:42:34	<b>02:15:26.50</b>	+00:07:43 (5.7%)	6:25	9.3 (93.9%)
6	<b>PIOTROWSKI Michał</b>	<b>568</b>	FACE NORDIC WALKING TEAM	M30-39	2	1		00:07:00	00:39:32	01:11:51	01:44:26	<b>02:16:53.45</b>	+00:09:10 (6.7%)	6:29	9.2 (92.9%)
7	<b>WOJCIECHOWSKA Elżbieta</b>	<b>590</b>	KS METRACO POLKOWICE	K30-39	1			00:06:38	00:38:31	01:10:51	01:44:01	<b>02:18:17.80</b>	+00:10:34 (7.7%)	6:33	9.2 (92.9%)
8	<b>MICHALSKI Andrzej</b>	<b>559</b>	NORDIC WALKING SANOK	M60+	1			00:07:03	00:39:24	01:11:48	01:45:07	<b>02:19:23.65</b>	+00:11:40 (8.4%)	6:36	9.1 (91.9%)
9	<b>HAŁAS Marcin</b>	<b>538</b>	UNIA MIAST	M30-39	3			00:06:59	00:39:54	01:13:08	01:46:26	<b>02:19:43.80</b>	+00:12:00 (8.6%)	6:37	9.1 (91.9%)
10	<b>WETOSZKA Piotr</b>	<b>587</b>	TKKF KRZNA BIAŁA PODLASKA	M30-39	4			00:07:01	00:40:02	01:13:11	01:46:51	<b>02:21:37.45</b>	+00:13:54 (9.8%)	6:42	8.9 (89.9%)
11	<b>KLIMSIAK Sebastian</b>	<b>543</b>	KS METRACO POLKOWICE	M40-49	4			00:07:03	00:40:10	01:13:11	01:47:04	<b>02:21:50.90</b>	+00:14:07 (10.0%)	6:43	8.9 (89.9%)
12	<b>KNITTER Tomasz</b>	<b>344</b>	KLUB BŁĘKITNI NW DZIEMIANY	M18-29	2			00:06:50	00:39:44	01:12:48	01:46:36	<b>02:22:26.30</b>	+00:14:43 (10.3%)	6:45	8.9 (89.9%)
13	<b>BARCZYK Bogdan</b>	<b>523</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:06:57	00:39:53	01:13:08	01:47:08	<b>02:22:49.20</b>	+00:15:06 (10.6%)	6:46	8.9 (89.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 1.1km	Herk_All 6.1km	Herk_All 11.1km	Herk_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
14	<b>KOŁODZIEJ Joanna</b>	<b>545</b>	STADION ŚLĄSKI	K50-59	1			00:07:00	00:41:35	01:16:23	01:52:12	<b>02:22:52.55</b>	+00:15:09 (10.6%)	6:46	8.9 (89.9%)
15	<b>ŻYDACZEWSKI Ryszard</b>	<b>595</b>	KS METRACO POLKOWICE	M50-59	2			00:07:01	00:40:32	01:14:39	01:48:57	<b>02:23:30.45</b>	+00:15:47 (11.0%)	6:48	8.8 (88.9%)
16	<b>LASKOWSKI Mirosław</b>	<b>456</b>	LKS MILANÓW	M50-59	3			00:07:10	00:40:37	01:14:24	01:49:00	<b>02:23:31.25</b>	+00:15:48 (11.0%)	6:48	8.8 (88.9%)
17	<b>CZERSKI Krzysztof</b>	<b>529</b>	EPOKA NORDICA ŁÓDŹ	M30-39	5			00:06:39	00:39:46	01:13:23	01:48:24	<b>02:23:39.35</b>	+00:15:56 (11.1%)	6:48	8.8 (88.9%)
18	<b>BOGACKI Sławek</b>	<b>525</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	5			00:07:01	00:40:18	01:14:18	01:48:57	<b>02:24:23.75</b>	+00:16:40 (11.6%)	6:50	8.8 (88.9%)
19	<b>KUŚMIEREK Patryk</b>	<b>343</b>	KLUB BŁĘKITNI NW DZIEMIANY	M18-29	3			00:07:21	00:42:49	01:16:45	01:50:01	<b>02:24:45.30</b>	+00:17:02 (11.8%)	6:51	8.7 (87.9%)
20	<b>ADAMSKI Robert</b>	<b>521</b>	DRUŻYNA SZPIKU	M50-59	4			00:07:06	00:41:17	01:15:49	01:51:36	<b>02:28:25.20</b>	+00:20:42 (13.9%)	7:02	8.5 (85.9%)
21	<b>MARCZAK Krzysztof</b>	<b>460</b>	NWPL/NW BEŁCHATÓW	M60+	2			00:07:11	00:41:16	01:15:44	01:51:30	<b>02:28:41.70</b>	+00:20:58 (14.1%)	7:02	8.5 (85.9%)
22	<b>POSŁUSZNY Przemek</b>	<b>570</b>	WALK & RUN TEAM OBORNIKI	M40-49	6			00:07:29	00:42:46	01:18:17	01:53:46	<b>02:28:45.05</b>	+00:21:02 (14.1%)	7:02	8.5 (85.9%)
23	<b>KUBISZYN Mirosław</b>	<b>551</b>	KS METRACO POLKOWICE	M30-39	6			00:07:03	00:40:43	01:15:52	01:51:38	<b>02:29:05.40</b>	+00:21:22 (14.3%)	7:03	8.5 (85.9%)
24	<b>MĄDRY Grzegorz</b>	<b>462</b>	KIJKOWE TRZEMESZNO	M60+	3			00:07:11	00:41:16	01:15:47	01:52:03	<b>02:30:22.90</b>	+00:22:39 (15.1%)	7:07	8.4 (84.8%)
25	<b>ROMAN Krzysztof</b>	<b>574</b>	KS METRACO POLKOWICE	M60+	4	1		00:07:47	00:42:57	01:18:44	01:54:34	<b>02:30:53.00</b>	+00:23:10 (15.4%)	7:09	8.4 (84.8%)
26	<b>MARCZAK Tomasz</b>	<b>557</b>		M18-29	4			00:06:39	00:38:33	01:11:17	01:48:13	<b>02:31:10.60</b>	+00:23:27 (15.5%)	7:09	8.4 (84.8%)
27	<b>KOWALSKI Marek</b>	<b>550</b>	UNIA MIAST	M50-59	5			00:07:29	00:43:05	01:18:37	01:54:41	<b>02:31:12.15</b>	+00:23:29 (15.5%)	7:09	8.4 (84.8%)
28	<b>SPYCHAŁA Marzena</b>	<b>577</b>	CKZIU NYSA MECHANIK	K40-49	1			00:07:17	00:41:56	01:17:27	01:54:10	<b>02:31:26.10</b>	+00:23:43 (15.7%)	7:10	8.4 (84.8%)
29	<b>CIESIELSKI Jan</b>	<b>527</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	7			00:07:14	00:42:10	01:18:10	01:55:45	<b>02:33:10.45</b>	+00:25:27 (16.6%)	7:15	8.3 (83.8%)
30	<b>LENZ Andrzej</b>	<b>552</b>	MUSZKIETEROWIE	M50-59	6			00:07:40	00:43:57	01:20:21	01:57:10	<b>02:33:39.20</b>	+00:25:56 (16.9%)	7:16	8.2 (82.8%)
31	<b>ZAGAJA Janusz</b>	<b>600</b>	WESOŁY BORSUK TEAM	M60+	5	1		00:07:33	00:43:13	01:19:04	01:55:21	<b>02:33:56.85</b>	+00:26:13 (17.0%)	7:17	8.2 (82.8%)
32	<b>SZULC Alicja</b>	<b>580</b>		K40-49	2			00:07:11	00:41:55	01:18:14	01:55:54	<b>02:35:21.85</b>	+00:27:38 (17.8%)	7:21	8.1 (81.8%)
33	<b>KOLMETZ Katarzyna</b>	<b>544</b>	POLIPACK TEAM GWE	K40-49	3			00:07:44	00:43:08	01:19:30	01:57:35	<b>02:36:09.70</b>	+00:28:26 (18.2%)	7:24	8.1 (81.8%)
34	<b>STANISŁAWSKI Jan</b>	<b>599</b>	MARSZ PO ZDROWIE	M60+	6			00:07:21	00:42:34	01:19:15	01:57:08	<b>02:36:44.75</b>	+00:29:01 (18.5%)	7:25	8.1 (81.8%)
35	<b>ŻAMOJCIN Marek</b>	<b>593</b>	NORDICLUB SZCZECIN	M50-59	7			00:07:31	00:44:02	01:20:58	01:58:33	<b>02:36:54.20</b>	+00:29:11 (18.6%)	7:26	8.1 (81.8%)
36	<b>EFEMBERG Joanna</b>	<b>533</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	4			00:07:48	00:44:40	01:21:58	01:59:39	<b>02:37:16.45</b>	+00:29:33 (18.8%)	7:27	8 (80.8%)

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												netto 21.1km	Różn		
37	<b>FRANKIEWICZ Mirosław</b>	<b>361</b>	FORMA NA PIĄTKĘ NW	M40-49	8			00:07:28	00:43:44	01:20:45	01:58:30	<b>02:37:17.70</b>	+00:29:34 (18.8%)	7:27	8 (80.8%)
38	<b>SZYMAŃSKI Jacek</b>	<b>581</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	8			00:07:31	00:44:28	01:21:33	01:59:16	<b>02:37:28.95</b>	+00:29:45 (18.9%)	7:27	8 (80.8%)
39	<b>RAKOWIECKI Zbigniew</b>	<b>572</b>	FACE NORDIC WALKING TEAM	M50-59	9			00:07:46	00:44:23	01:21:42	01:59:18	<b>02:37:29.50</b>	+00:29:46 (18.9%)	7:27	8 (80.8%)
40	<b>GOŁĘBIOWSKI Krzysztof</b>	<b>536</b>	ZAWSZE MŁODZI NORDIC WALKING	M50-59	10			00:07:32	00:44:06	01:21:01	01:58:40	<b>02:37:46.45</b>	+00:30:03 (19.1%)	7:28	8 (80.8%)
41	<b>CIESIELSKI Jerzy</b>	<b>528</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	5			00:07:44	00:36:38	01:21:23	01:58:14	<b>02:37:54.00</b>	+00:30:11 (19.1%)	7:29	8 (80.8%)
42	<b>FOLWARSKI Andrzej</b>	<b>534</b>	FACE NORDIC WALKING TEAM	M60+	7			00:07:50	00:44:39	01:21:56	01:59:50	<b>02:38:24.95</b>	+00:30:41 (19.4%)	7:30	8 (80.8%)
43	<b>NOWICZ Mariusz</b>	<b>563</b>	CIDRY LOTAJOM	M18-29	6			00:07:24	00:44:26	01:22:32	02:00:59	<b>02:39:34.50</b>	+00:31:51 (20.0%)	7:33	7.9 (79.8%)
44	<b>STĘPIEŃ Lucyna</b>	<b>578</b>	KS METRACO POLKOWICE	K60+	1			00:07:47	00:44:49	01:22:38	02:00:58	<b>02:39:46.25</b>	+00:32:03 (20.1%)	7:34	7.9 (79.8%)
45	<b>MANDZIUK Marek</b>	<b>556</b>	TKKF KRZNA BIAŁA PODLASKA	M40-49	9			00:07:30	00:44:56	01:22:08	01:59:49	<b>02:39:57.00</b>	+00:32:14 (20.2%)	7:34	7.9 (79.8%)
46	<b>RESEMAN Sylwia</b>	<b>573</b>	FACE NORDIC WALKING TEAM	K50-59	2			00:07:55	00:45:07	01:22:46	02:01:25	<b>02:40:21.30</b>	+00:32:38 (20.4%)	7:35	7.9 (79.8%)
47	<b>ŚCIBUT Ania</b>	<b>583</b>	FORMA NA PIĄTKĘ NW	K40-49	5			00:07:23	00:43:56	01:21:30	02:00:42	<b>02:41:02.00</b>	+00:33:19 (20.7%)	7:37	7.9 (79.8%)
48	<b>STACHOWICZ Joanna</b>	<b>341</b>	KLUB BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:59	00:46:19	01:24:58	02:03:10	<b>02:41:27.35</b>	+00:33:44 (20.9%)	7:39	7.8 (78.8%)
49	<b>GODAWA Ireneusz</b>	<b>535</b>	STADION ŚLĄSKI	M50-59	11			00:07:50	00:45:17	01:22:56	02:01:36	<b>02:41:37.75</b>	+00:33:54 (21.0%)	7:39	7.8 (78.8%)
50	<b>ŁOPATKIEWICZ Beata</b>	<b>598</b>		K50-59	3			00:07:49	00:45:35	01:23:49	02:02:30	<b>02:41:56.25</b>	+00:34:13 (21.1%)	7:40	7.8 (78.8%)
51	<b>PARUCKI Zbigniew</b>	<b>567</b>		M60+	8			00:08:00	00:45:20	01:23:11	02:02:15	<b>02:42:35.80</b>	+00:34:52 (21.5%)	7:42	7.8 (78.8%)
52	<b>GROS Agnieszka</b>	<b>537</b>	STADION ŚLĄSKI	K40-49	6			00:07:41	00:44:22	01:22:29	02:02:14	<b>02:42:41.20</b>	+00:34:58 (21.5%)	7:42	7.8 (78.8%)
53	<b>JANOSZKA Irena</b>	<b>539</b>	CIDRY LOTAJOM	K50-59	4			00:07:45	00:45:13	01:23:24	02:03:06	<b>02:44:06.70</b>	+00:36:23 (22.2%)	7:46	7.7 (77.8%)
54	<b>WESOŁOWSKI Wojciech</b>	<b>597</b>	MUSZKIETEROWIE	M60+	9	1		00:07:36	00:43:52	01:21:19	02:02:04	<b>02:44:29.40</b>	+00:36:46 (22.4%)	7:47	7.7 (77.8%)
55	<b>SŁOMIŃSKA Marta</b>	<b>342</b>	KLUB BŁĘKITNI NW DZIEMIANY	K18-29	2			00:08:00	00:46:19	01:24:58	02:04:24	<b>02:45:45.70</b>	+00:38:02 (23.0%)	7:51	7.6 (76.8%)
56	<b>BUCZKOWSKA Wiesława</b>	<b>526</b>	FACE NORDIC WALKING TEAM	K60+	2			00:07:52	00:45:13	01:23:59	02:04:29	<b>02:46:27.85</b>	+00:38:44 (23.3%)	7:53	7.6 (76.8%)
57	<b>WIEŃSKO Ryszard</b>	<b>588</b>		M60+	10			00:08:07	00:46:30	01:25:39	02:05:33	<b>02:46:47.90</b>	+00:39:04 (23.4%)	7:54	7.6 (76.8%)
58	<b>PAPROTNA Agnieszka</b>	<b>566</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39	2	1		00:07:47	00:45:52	01:25:20	02:05:56	<b>02:47:00.00</b>	+00:39:17 (23.5%)	7:54	7.6 (76.8%)
59	<b>KORYCKA Mariola</b>	<b>548</b>	FORMA NA PIĄTKĘ NW	K30-39	3			00:08:12	00:47:44	01:27:13	02:07:33	<b>02:48:05.55</b>	+00:40:22 (24.0%)	7:57	7.5 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 1.1km	Herk_All 6.1km	Herk_All 11.1km	Herk_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
60	<b>POŚLUSZNA Gosia</b>	<b>569</b>	WALK & RUN TEAM OBORNIKI	K40-49	7			00:08:36	00:47:43	01:27:05	02:07:30	<b>02:48:22.45</b>	+00:40:39 (24.1%)	7:58	7.5 (75.8%)
61	<b>DUSZA Anna</b>	<b>532</b>	NORDICLUB SZCZECIN	K50-59	5			00:08:09	00:47:03	01:26:59	02:08:11	<b>02:51:03.65</b>	+00:43:20 (25.3%)	8:06	7.4 (74.7%)
62	<b>DANKIEWICZ Barbara</b>	<b>531</b>	ZAWSZE MŁODZI NORDIC WALKING	K40-49	8			00:08:28	00:48:02	01:27:46	02:08:25	<b>02:51:07.00</b>	+00:43:24 (25.4%)	8:06	7.4 (74.7%)
63	<b>SOBAŃSKA Grażyna</b>	<b>576</b>		K60+	3			00:08:32	00:48:19	01:28:53	02:09:54	<b>02:51:09.75</b>	+00:43:26 (25.4%)	8:06	7.4 (74.7%)
64	<b>KACZMAREK Jarosław</b>	<b>541</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	12			00:08:49	00:49:26	01:29:45	02:10:15	<b>02:52:06.00</b>	+00:44:23 (25.8%)	8:09	7.4 (74.7%)
65	<b>MAŁKIEWICZ Jacek</b>	<b>555</b>	TBKM WILK	M50-59	13			00:08:51	00:49:27	01:29:44	02:10:12	<b>02:52:08.00</b>	+00:44:25 (25.8%)	8:09	7.4 (74.7%)
66	<b>SZYMCZYK Magdalena</b>	<b>582</b>	NOWI SIEDLCE	K30-39	4			00:09:07	00:48:28	01:28:51	02:10:57	<b>02:52:57.10</b>	+00:45:14 (26.2%)	8:11	7.3 (73.7%)
67	<b>PALUCH Paweł</b>	<b>564</b>	AVOCADO WELLNESS CLUB	M50-59	14			00:08:13	00:49:38	01:29:20	02:10:50	<b>02:53:42.80</b>	+00:45:59 (26.5%)	8:13	7.3 (73.7%)
68	<b>TERESIŃSKA Jolanta</b>	<b>503</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	9			00:08:23	00:48:24	01:29:10	02:10:40	<b>02:54:22.40</b>	+00:46:39 (26.8%)	8:15	7.3 (73.7%)
69	<b>NOWAK Aleksandra</b>	<b>562</b>	SERCE NORDICA WŁOCŁAWEK	K30-39	5			00:08:26	00:48:27	01:29:13	02:10:42	<b>02:54:25.10</b>	+00:46:42 (26.8%)	8:15	7.3 (73.7%)
70	<b>MALINOWSKA Katarzyna</b>	<b>554</b>	LECYMY DURŚ	K30-39	6			00:08:34	00:49:31	01:29:38	02:11:22	<b>02:55:28.40</b>	+00:47:45 (27.2%)	8:18	7.2 (72.7%)
71	<b>KACZMAREK Zofia</b>	<b>540</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	6			00:08:38	00:49:20	01:30:39	02:12:36	<b>02:56:04.45</b>	+00:48:21 (27.5%)	8:20	7.2 (72.7%)
72	<b>NIETRZEBKA Paweł</b>	<b>561</b>	MIĘDZYBORÓW	M30-39	7			00:08:10	00:48:19	01:29:25	02:12:00	<b>02:56:32.75</b>	+00:48:49 (27.7%)	8:21	7.2 (72.7%)
73	<b>WENDT Jarosław</b>	<b>585</b>	POLIPACK TEAM GWE	M50-59	15	1		00:08:23	00:49:16	01:30:30	02:13:34	<b>02:56:41.35</b>	+00:48:58 (27.7%)	8:22	7.2 (72.7%)
74	<b>BERSZTOLC Agnieszka</b>	<b>524</b>	NOWI SIEDLCE	K50-59	7			00:08:12	00:47:56	01:28:51	02:11:57	<b>02:56:58.05</b>	+00:49:15 (27.8%)	8:23	7.2 (72.7%)
75	<b>POSTEK Danuta</b>	<b>571</b>	MARSZ PO ZDROWIE	K50-59	8			00:08:24	00:48:47	01:30:20	02:13:11	<b>03:00:36.40</b>	+00:52:53 (29.3%)	8:33	7 (70.7%)
76	<b>ZAWADZKA Maria</b>	<b>592</b>	KS METRACO POLKOWICE	K60+	4			00:09:00	00:52:52	01:35:00	02:17:57	<b>03:02:16.10</b>	+00:54:33 (29.9%)	8:38	6.9 (69.7%)
77	<b>MARCZYK Jerzy Paweł</b>	<b>558</b>	FACE NORDIC WALKING TEAM	M60+	11			00:08:50	00:50:32	01:33:14	02:17:19	<b>03:04:34.60</b>	+00:56:51 (30.8%)	8:44	6.9 (69.7%)
78	<b>PILECKI Gustaw</b>	<b>596</b>	GOSIR OSIELSKO	M60+	12			00:09:06	00:53:14	01:35:58	02:21:31	<b>03:13:41.90</b>	+01:05:58 (34.1%)	9:10	6.5 (65.7%)
79	<b>ŻEBROWSKI Radosław</b>	<b>594</b>	AV O	M40-49	10	1		00:09:22	00:53:33	01:36:57	02:23:12	<b>03:14:45.75</b>	+01:07:02 (34.4%)	9:13	6.5 (65.7%)
80	<b>KARASIEWICZ Iwona</b>	<b>542</b>	NORDICLUB SZCZECIN	K30-39	7			00:09:30	00:58:50	01:45:38	02:32:51	<b>03:22:10.90</b>	+01:14:27 (36.8%)	9:34	6.3 (63.6%)
81	<b>MÓRAWSKI Sławomir</b>	<b>560</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	16			00:09:37	00:57:41	01:45:09	02:36:10	<b>03:29:55.85</b>	+01:22:12 (39.2%)	9:56	6 (60.6%)