

# POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT  
INTEGRALNE ZDROWIE

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2019-06-02  
**Miejsce:** Polańczyk  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.7km	Start_All 3.4km	Start_All 5km	Start_All 6.7km	Start_All 8.4km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KUŹMICZ Adam</b>	<b>163</b>	POLIPACK TEAM GWE	M30-39	1			00:11:13	00:22:45	00:34:18	00:45:57	00:57:45	<b>01:09:23.09</b>		6:56	8.6 (100%)
2	<b>KŁOS Maciej</b>	<b>160</b>		M30-39	2			00:11:56	00:23:49	00:35:29	00:47:12	00:59:10	<b>01:10:26.55</b>	+00:01:03 (1.5%)	7:02	8.5 (98.8%)
3	<b>JANOCHA Robert</b>	<b>157</b>	MUKS PODKARPACIE JEDLICZE	M50-59	1			00:12:03	00:23:49	00:35:34	00:47:14	00:59:00	<b>01:11:00.21</b>	+00:01:37 (2.3%)	7:06	8.5 (98.8%)
4	<b>GRZĄDZIEL Kazimierz</b>	<b>154</b>	ZKN 'SOKÓŁ' ZAGÓRZ	M50-59	2			00:12:05	00:23:49	00:35:36	00:47:17	00:59:14	<b>01:11:28.53</b>	+00:02:05 (2.9%)	7:08	8.4 (97.7%)
5	<b>WOJTASIŃSKI Daniel</b>	<b>174</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:12:03	00:24:14	00:36:39	00:49:22	01:02:23	<b>01:14:59.50</b>	+00:05:36 (7.5%)	7:29	8 (93.0%)
6	<b>KUBISZYN Małgorzata</b>	<b>183</b>	KS METRACO POLKOWICE	K30-39	1			00:11:59	00:24:22	00:37:02	00:49:44	01:02:34	<b>01:15:02.50</b>	+00:05:39 (7.5%)	7:30	8 (93.0%)
7	<b>ZYCH Witold</b>	<b>177</b>		M40-49	2			00:12:22	00:24:49	00:37:32	00:50:23	01:03:21	<b>01:16:05.39</b>	+00:06:42 (8.8%)	7:36	7.9 (91.9%)
8	<b>KLIMCZAK Adam</b>	<b>159</b>	GOSADI NORDIC TEAM	M50-59	3			00:12:18	00:25:07	00:38:11	00:51:13	01:04:09	<b>01:16:58.05</b>	+00:07:34 (9.9%)	7:41	7.8 (90.7%)
9	<b>PASIEKA Agnieszka</b>	<b>178</b>		K40-49	1			00:12:37	00:25:42	00:38:53	00:51:55	01:04:53	<b>01:17:58.89</b>	+00:08:35 (11.0%)	7:47	7.7 (89.5%)
10	<b>WEINER Jakub</b>	<b>172</b>	CKZIU MECHANIK NYSA	M18-29	1			00:13:15	00:26:34	00:39:48	00:52:43	01:05:27	<b>01:18:15.99</b>	+00:08:52 (11.3%)	7:49	7.7 (89.5%)
11	<b>GIERLASIŃSKI Krzysztof</b>	<b>17</b>	NWG PRZYSZŁOŚĆ	M50-59	4			00:12:49	00:26:03	00:39:25	00:52:30	01:05:32	<b>01:18:26.36</b>	+00:09:03 (11.5%)	7:50	7.6 (88.4%)
12	<b>KOŃCZEWSKA Bożena</b>	<b>162</b>	MKS HALICZ KLUB BIEGACZA BIESZCZADZKI KLUB NORDIC WALKING	K50-59	1			00:13:01	00:26:09	00:39:28	00:52:51	01:06:26	<b>01:19:54.28</b>	+00:10:31 (13.2%)	7:59	7.5 (87.2%)
13	<b>KUBISZYN Wiesława</b>	<b>182</b>		K50-59	2			00:13:07	00:26:21	00:39:46	00:53:17	01:06:57	<b>01:20:36.12</b>	+00:11:13 (13.9%)	8:03	7.4 (86.0%)
14	<b>KONIK Katarzyna</b>	<b>161</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	2			00:13:18	00:26:50	00:40:27	00:54:13	01:08:00	<b>01:21:06.92</b>	+00:11:43 (14.5%)	8:06	7.4 (86.0%)
15	<b>RAJEK Magdalena</b>	<b>167</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:13:15	00:26:39	00:40:09	00:53:49	01:07:38	<b>01:21:33.67</b>	+00:12:10 (14.9%)	8:09	7.4 (86.0%)
16	<b>SZCZĘŚNIAK Zbigniew</b>	<b>169</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:13:20	00:27:13	00:41:26	00:55:33	01:09:43	<b>01:23:50.39</b>	+00:14:27 (17.2%)	8:23	7.2 (83.7%)
17	<b>DUSIEL Ewa</b>	<b>152</b>	NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:13:24	00:27:20	00:41:28	00:55:28	01:09:41	<b>01:24:19.22</b>	+00:14:56 (17.7%)	8:25	7.1 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.7km	Start_All 3.4km	Start_All 5km	Start_All 6.7km	Start_All 8.4km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
18	<b>HRYNDIO Jerzy</b>	<b>155</b>	STADION ŚLĄSKI	M60-69	1			00:13:40	00:27:39	00:42:02	00:56:46	01:11:10	<b>01:25:17.88</b>	+00:15:54 (18.7%)	8:31	7 (81.4%)
19	<b>ADAMCZYK Adam</b>	<b>151</b>	PASJA NORDIC WALKING	M70+	1			00:14:19	00:28:48	00:43:13	00:57:29	01:11:28	<b>01:25:45.90</b>	+00:16:22 (19.1%)	8:34	7 (81.4%)
20	<b>STAWNIAK Karol</b>	<b>168</b>	KS METRACO POLKOWICE	M70+	2			00:14:21	00:28:50	00:43:17	00:57:34	01:11:42	<b>01:25:57.66</b>	+00:16:34 (19.3%)	8:35	7 (81.4%)
21	<b>SZULC Alicja</b>	<b>170</b>	NW WERWA MŁAWA	K40-49	3			00:14:10	00:29:03	00:43:49	00:58:59	01:14:25	<b>01:29:54.09</b>	+00:20:30 (22.8%)	8:59	6.7 (77.9%)
22	<b>OLEŚ-TERFECKA Edyta</b>	<b>180</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	1			00:15:07	00:30:48	00:46:13	01:01:30	01:16:55	<b>01:32:25.44</b>	+00:23:02 (24.9%)	9:14	6.5 (75.6%)
23	<b>JURCZYŃSKA Bożena</b>	<b>158</b>	NORDIC TEAM CZĘSTOCHOWA	K60-69	1			00:14:43	00:29:52	00:45:20	01:01:06	01:17:05	<b>01:33:31.16</b>	+00:24:08 (25.8%)	9:21	6.4 (74.4%)
24	<b>DROZD Stanisław</b>	<b>135</b>	CIDRY LOTAJOM	M60-69	2			00:14:47	00:31:12	00:47:41	01:05:05	01:21:37	<b>01:38:38.17</b>	+00:29:15 (29.7%)	9:51	6.1 (70.9%)
25	<b>IRYGORIEVA Ludmila</b>	<b>181</b>	KARPATIYA	K60-69	2			00:15:27	00:31:35	00:47:56	01:04:36	01:21:16	<b>01:38:43.27</b>	+00:29:20 (29.7%)	9:52	6.1 (70.9%)
26	<b>THOMALLA Bogdan</b>	<b>171</b>	STADION ŚLĄSKI	M70+	3			00:15:59	00:32:12	00:48:58	01:06:16	01:23:30	<b>01:40:04.03</b>	+00:30:40 (30.7%)	10:00	6 (69.8%)
27	<b>PINIS Michał</b>	<b>166</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:16:26	00:33:24	00:50:39	01:07:27	01:23:56	<b>01:40:20.00</b>	+00:30:56 (30.8%)	10:02	6 (69.8%)
28	<b>DROZD Krystyna</b>	<b>136</b>	CIDRY LOTAJOM	K50-59	4			00:16:09	00:32:43	00:49:19	01:06:32	01:24:12	<b>01:41:56.91</b>	+00:32:33 (31.9%)	10:11	5.9 (68.6%)
29	<b>MĄDRY Julita</b>	<b>164</b>		K50-59	5			00:16:12	00:32:45	00:50:05	01:07:35	01:25:02	<b>01:43:15.49</b>	+00:33:52 (32.8%)	10:19	5.8 (67.4%)
30	<b>KOBIĄŁKA Janina</b>	<b>184</b>		K60-69	3	1		00:16:13	00:33:21	00:50:44	01:09:08	01:28:12	<b>01:48:11.05</b>	+00:38:47 (35.9%)	10:49	5.5 (64.0%)
31	<b>JÓŹWIAK Dominik</b>	<b>27</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:18:32	00:37:19	00:56:06	01:14:32	01:32:18	<b>01:50:05.33</b>	+00:40:42 (37.0%)	11:00	5.5 (64.0%)
32	<b>MOCHNAL Ewa</b>	<b>179</b>		K50-59	6			00:16:31	00:34:29	00:52:47	01:11:47	01:31:41	<b>01:52:43.59</b>	+00:43:20 (38.4%)	11:16	5.3 (61.6%)

Znaleziono 32 wynik(ów)