

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Event: PUCHAR POLSKI NORDIC WALKING 2018
Organiser: Polska Federacja Nordic Walking
Date: 2018-07-07
Place: Polanica
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	NIECHWIEJCZYK Piotr	305	UNIA MIAST	M40-49	1			00:15:29	00:31:39	00:47:50	01:03:43.65		6:22	9.4 (100%)
2	HELWICH Stefan	274	KS METRACO POLKOWICE	M60-69	1			00:15:49	00:32:03	00:48:35	01:05:08.15	+00:01:24 (2.2%)	6:30	9.2 (97.9%)
3	SIWAK Piotr	322	KS METRACO POLKOWICE	M50-59	1			00:16:07	00:32:22	00:48:46	01:05:19.25	+00:01:35 (2.4%)	6:31	9.2 (97.9%)
4	JANOCHA Robert	277	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:16:09	00:32:24	00:48:49	01:05:21.40	+00:01:37 (2.5%)	6:32	9.2 (97.9%)
5	HAŁAS Marcin	273	UNIA MIAST	M30-39	1			00:16:22	00:33:07	00:49:47	01:06:12.05	+00:02:28 (3.7%)	6:37	9.1 (96.8%)
6	RYCHLIK Grzegorz	318	FUNDACJA 'W TE PĘDY'	M30-39	2	1		00:16:25	00:33:08	00:49:54	01:06:58.70	+00:03:15 (4.9%)	6:41	9 (95.7%)
7	JUREK Adam	282	KS METRACO POLKOWICE	M50-59	3			00:16:16	00:33:14	00:50:39	01:08:04.10	+00:04:20 (6.4%)	6:48	8.8 (93.6%)
8	HOŁUBKA Mariusz	275	SALLER NORDIC WALKING TEAM LEGNICA	M40-49	2			00:16:39	00:33:46	00:51:15	01:08:47.90	+00:05:04 (7.4%)	6:52	8.7 (92.6%)
9	KUBIAK Przemysław	291	KS IDMAR RACING TEAM	M40-49	3			00:16:35	00:33:59	00:51:34	01:08:57.35	+00:05:13 (7.6%)	6:53	8.7 (92.6%)
10	KUSTAL Marcin	293	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:16:24	00:33:49	00:51:38	01:09:09.20	+00:05:25 (7.8%)	6:54	8.7 (92.6%)
11	KUBISZYN Mirosław	351		M30-39	4	2		00:17:16	00:34:28	00:52:06	01:09:28.60	+00:05:44 (8.3%)	6:56	8.6 (91.5%)
12	KUBISZYN Małgorzata	350		K30-39	1			00:16:52	00:34:24	00:52:08	01:09:44.90	+00:06:01 (8.6%)	6:58	8.6 (91.5%)
13	PASIKOWSKA Mariola	311	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:16:54	00:34:38	00:52:34	01:10:18.05	+00:06:34 (9.4%)	7:01	8.5 (90.4%)
14	SPYCHAŁA Lesław	327		M50-59	4			00:16:34	00:34:09	00:52:26	01:10:43.80	+00:07:00 (9.9%)	7:04	8.5 (90.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Start All 5km	Start All 7.5km	Net		Pace min/km	Pace km/h
											time 10km	Gap		
15	ZAGAJA Janusz	346	WESOŁY BORSUK TEAM	M60-69	2			00:17:01	00:34:44	00:53:02	01:11:08.70	+00:07:25 (10.4%)	7:06	8.4 (89.4%)
16	LENZ Andrzej	294	MUSZKIETEROWIE	M50-59	5			00:17:48	00:35:43	00:53:46	01:11:30.50	+00:07:46 (10.9%)	7:09	8.4 (89.4%)
17	JĘDRASIAK Renata	280	KS METRACO POLKOWICE	K50-59	1			00:17:34	00:35:38	00:53:43	01:11:50.15	+00:08:06 (11.3%)	7:11	8.4 (89.4%)
18	MIKOŁAJCZAK Jan	302	SALLER NORDIC WALKING TEAM LEGNICA	M60-69	3			00:17:05	00:35:10	00:53:45	01:12:16.00	+00:08:32 (11.8%)	7:13	8.3 (88.3%)
19	SMUL Andrzej	326	MARSZ PO ZDROWIE POZNAŃ	M60-69	4			00:17:00	00:34:59	00:53:33	01:12:19.65	+00:08:35 (11.9%)	7:14	8.3 (88.3%)
20	SIEMIŃSKA Marta	320		K30-39	3			00:17:51	00:35:58	00:54:24	01:12:21.25	+00:08:37 (11.9%)	7:14	8.3 (88.3%)
21	BUL Dariusz	260	WESOŁY BORSUK TEAM	M40-49	4			00:17:42	00:36:17	00:54:42	01:12:39.50	+00:08:55 (12.3%)	7:16	8.3 (88.3%)
22	SZARSZUNOWICZ Anna	332	KS METRACO POLKOWICE	K30-39	4			00:17:43	00:35:58	00:54:26	01:13:24.80	+00:09:41 (13.2%)	7:20	8.2 (87.2%)
23	WOLNIEWICZ Katarzyna	343	UNIA MIAST	K40-49	1			00:18:13	00:36:30	00:55:00	01:13:32.35	+00:09:48 (13.3%)	7:21	8.2 (87.2%)
24	MIKSIK Zdenek	257	MOSKT NORDIC WALKING	M50-59	6	1		00:17:37	00:36:00	00:54:48	01:13:36.85	+00:09:53 (13.4%)	7:21	8.2 (87.2%)
25	HRYNDIO Jerzy	352	UNIA MIAST	M60-69	5			00:17:53	00:36:18	00:55:23	01:13:43.05	+00:09:59 (13.6%)	7:22	8.1 (86.2%)
26	STYŚ Elżbieta	330		K50-59	2			00:17:52	00:36:20	00:54:55	01:13:52.85	+00:10:09 (13.7%)	7:23	8.1 (86.2%)
27	KRAKOWIAN Piotr	287	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	5			00:17:47	00:36:14	00:54:49	01:13:54.80	+00:10:11 (13.8%)	7:23	8.1 (86.2%)
28	BADECKI Ryszard	358		M50-59	7			00:18:02	00:36:50	00:55:29	01:14:03.55	+00:10:19 (14.0%)	7:24	8.1 (86.2%)
29	STAWNIAK Karol	329	KS METRACO POLKOWICE	M70+	1			00:18:14	00:36:48	00:55:30	01:14:04.10	+00:10:20 (14.0%)	7:24	8.1 (86.2%)
30	ŚLUSARCZYK Andrzej	337	WESOŁY BORSUK TEAM	M60-69	6			00:17:58	00:36:44	00:55:36	01:14:05.60	+00:10:21 (14.0%)	7:24	8.1 (86.2%)
31	ROGOS Henryk	317	ŚCINAWSKA GRUPA NORDIC WALKING	M70+	2	1		00:17:57	00:36:43	00:55:28	01:14:17.40	+00:10:33 (14.2%)	7:25	8.1 (86.2%)
32	ŚLUSARCZYK Marcin	335	WESOŁY BORSUK TEAM	M30-39	5			00:18:13	00:37:04	00:56:07	01:14:53.95	+00:11:10 (14.9%)	7:29	8 (85.1%)
33	TEODOROWSKI Dariusz	338	UNIA MIAST	M40-49	6			00:18:17	00:37:19	00:56:24	01:15:13.70	+00:11:30 (15.3%)	7:31	8 (85.1%)
34	BERESZKO Waldemar	254	TKKF SATURN CZELADŹ	M60-69	7	1		00:18:31	00:37:49	00:56:56	01:15:50.35	+00:12:06 (16.0%)	7:35	7.9 (84.0%)
35	WIEŃSKO Ryszard	341	NIEZRZESZONY	M60-69	8			00:18:40	00:37:39	00:56:49	01:16:04.45	+00:12:20 (16.2%)	7:36	7.9 (84.0%)
36	GARBACZEWSKA Iwona	271	SANTANDER CONSUMER BANK	K30-39	5			00:19:04	00:38:06	00:57:16	01:16:25.20	+00:12:41 (16.6%)	7:38	7.8 (83.0%)
37	SKRYCKA Katarzyna	325	SALLER NORDIC WALKING TEAM LEGNICA	K30-39	6			00:18:32	00:37:23	00:56:50	01:16:33.75	+00:12:50 (16.8%)	7:39	7.8 (83.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Start All 5km	Start All 7.5km	Net		Pace min/km	Pace km/h
											time 10km	Gap		
38	POZNAŃSKI Wiesław	314		M60-69	9			00:18:45	00:37:52	00:56:53	01:16:46.45	+00:13:02 (17.0%)	7:40	7.8 (83.0%)
39	KOŁPAK Jan	284	LKS ZANTYR SZTUM	M70+	3			00:18:38	00:37:47	00:57:16	01:16:53.95	+00:13:10 (17.1%)	7:41	7.8 (83.0%)
40	DOBROWOLSKA Anna	268		K50-59	3			00:18:46	00:38:15	00:57:57	01:17:05.10	+00:13:21 (17.3%)	7:42	7.8 (83.0%)
41	CHARCZUK Zenon	23	WESOŁY BORSUK TEAM	M60-69	10			00:18:45	00:38:17	00:57:53	01:17:13.95	+00:13:30 (17.5%)	7:43	7.8 (83.0%)
42	KURZAWSKA Jolanta	292	KS METRACO POLKOWICE	K60-69	1			00:18:55	00:37:53	00:57:25	01:17:17.75	+00:13:34 (17.6%)	7:43	7.8 (83.0%)
43	CZAJKA Urszula	264	FACE NORDIC WALKING TEAM	K60-69	2			00:18:57	00:37:54	00:57:25	01:17:23.80	+00:13:40 (17.7%)	7:44	7.8 (83.0%)
44	STANIEC Stanisław	357		M60-69	11			00:18:45	00:37:48	00:57:41	01:17:34.45	+00:13:50 (17.8%)	7:45	7.7 (81.9%)
45	SZYMCZYK Magdalena	334	NOWI SIEDLCE/NW WSCHÓD	K30-39	7			00:18:36	00:37:58	00:57:41	01:17:34.70	+00:13:51 (17.9%)	7:45	7.7 (81.9%)
46	BORKOWSKI Leszek	256	NOWI SIEDLCE/NW WSCHÓD	M50-59	8			00:18:58	00:38:42	00:58:23	01:17:40.40	+00:13:56 (18.0%)	7:46	7.7 (81.9%)
47	DOBROWOLSKA-ŚWIĄTEK Elżbieta	269		K50-59	4			00:19:05	00:38:41	00:57:59	01:17:45.35	+00:14:01 (18.0%)	7:46	7.7 (81.9%)
48	KORDOWSKA Bogusława	285		K40-49	2			00:18:57	00:38:34	00:58:20	01:18:04.70	+00:14:21 (18.4%)	7:48	7.7 (81.9%)
49	ZACHARCZUK Zofia	345	NOWI SIEDLCE/NW WSCHÓD	K60-69	3			00:19:05	00:38:37	00:58:19	01:18:11.35	+00:14:27 (18.5%)	7:49	7.7 (81.9%)
50	MALINOWSKA Katarzyna	299	LECYMY DURŚ	K30-39	8			00:18:39	00:38:31	00:58:30	01:18:14.95	+00:14:31 (18.6%)	7:49	7.7 (81.9%)
51	BUJNICKI Marcin	259	NORDIC WALKING PASŁĘK	M40-49	7			00:18:02	00:37:16	00:57:27	01:18:15.70	+00:14:32 (18.6%)	7:49	7.7 (81.9%)
52	WIERZBA Lilla	342	PASJA NORDIC WALKING	K50-59	5			00:18:56	00:38:36	00:58:26	01:18:24.05	+00:14:40 (18.7%)	7:50	7.7 (81.9%)
53	ŚLUSARCZYK Grzegorz	336	WESOŁY BORSUK TEAM	M40-49	8			00:19:39	00:39:41	00:59:30	01:19:13.45	+00:15:29 (19.6%)	7:55	7.6 (80.9%)
54	SKAWIŃSKA Ewa	324	RIGHTWAY	K40-49	3	1		00:18:51	00:38:51	00:59:11	01:19:34.80	+00:15:51 (19.9%)	7:57	7.5 (79.8%)
55	MOLENDĄ Magdalena	303	KS IDMAR RACING TEAM	K30-39	9			00:19:34	00:39:53	00:59:49	01:19:45.25	+00:16:01 (20.1%)	7:58	7.5 (79.8%)
56	SURIAK Michał	331	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:20:00	00:40:05	00:59:41	01:19:50.05	+00:16:06 (20.2%)	7:59	7.5 (79.8%)
57	GWAREK Anita	272	PASJA NORDIC WALKING	K40-49	4			00:19:21	00:39:26	00:59:45	01:20:25.10	+00:16:41 (20.8%)	8:02	7.5 (79.8%)
58	PINIS Agnieszka	312	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:19:14	00:39:25	01:00:12	01:20:58.20	+00:17:14 (21.3%)	8:05	7.4 (78.7%)
59	ZAWADA BISZCZAD Agnieszka	347		K40-49	6	1		00:19:39	00:40:10	01:00:36	01:21:00.45	+00:17:16 (21.3%)	8:06	7.4 (78.7%)
60	KOTULA Jakub	286	UNIA MIAST	M30-39	7			00:19:54	00:40:01	01:00:24	01:21:10.50	+00:17:26 (21.5%)	8:07	7.4 (78.7%)

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											time 10km			
61	OCZKOWSKA Katarzyna	308		K40-49	7			00:19:56	00:40:25	01:00:56	01:21:36.30	+00:17:52 (21.9%)	8:09	7.4 (78.7%)
62	KIEŁBIK Marek	283	M&M SKRZYDLATA	M60-69	12			00:20:07	00:40:55	01:01:45	01:22:32.15	+00:18:48 (22.8%)	8:15	7.3 (77.7%)
63	JAŁOWIECKA Emilia	276		K60-69	4	1		00:20:20	00:41:14	01:01:55	01:22:51.30	+00:19:07 (23.1%)	8:17	7.2 (76.6%)
64	CHOLEWKA Jolanta	262	MARSZ PO ZDROWIE POZNAŃ	K60-69	5			00:20:22	00:41:16	01:02:02	01:23:01.80	+00:19:18 (23.2%)	8:18	7.2 (76.6%)
65	BAJ Danuta	251	ŚCINAWSKA GRUPA NORDIC WALKING	K50-59	6			00:19:30	00:39:58	01:01:12	01:23:04.15	+00:19:20 (23.3%)	8:18	7.2 (76.6%)
66	JEDYNAK Stanisław	279	PASJA NORDIC WALKING	M70+	4			00:20:02	00:41:17	01:02:19	01:23:12.65	+00:19:28 (23.4%)	8:19	7.2 (76.6%)
67	WORONKO-ZACZYNSKA Janina	344	KS METRACO POLKOWICE	K70+	1			00:20:24	00:41:27	01:02:28	01:23:42.95	+00:19:59 (23.9%)	8:22	7.2 (76.6%)
68	SZOT Magdalena	333		K18-29	1			00:19:51	00:41:01	01:02:29	01:23:46.65	+00:20:02 (23.9%)	8:22	7.2 (76.6%)
69	MOSOŃ Marek	304	M&M SKRZYDLATA	M60-69	13	1		00:20:55	00:42:10	01:03:24	01:23:51.80	+00:20:08 (24.0%)	8:23	7.2 (76.6%)
70	POHL Anna	313		K50-59	7	1		00:20:36	00:41:34	01:02:49	01:24:09.00	+00:20:25 (24.3%)	8:24	7.1 (75.5%)
71	KURASZ Aneta	363		K30-39	10	1		00:20:32	00:41:30	01:02:45	01:24:12.90	+00:20:29 (24.3%)	8:25	7.1 (75.5%)
72	CZAKIERT Marek	265	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	9			00:19:42	00:40:56	01:02:39	01:24:30.95	+00:20:47 (24.6%)	8:27	7.1 (75.5%)
73	KROCZAK Andrea	288		K40-49	8			00:21:04	00:42:25	01:03:51	01:24:32.85	+00:20:49 (24.6%)	8:27	7.1 (75.5%)
74	OMARSKA Grażyna	309	PASJA NORDIC WALKING	K60-69	6			00:20:48	00:41:50	01:03:13	01:24:42.80	+00:20:59 (24.8%)	8:28	7.1 (75.5%)
75	KASPRZYK Elżbieta	348	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	8			00:20:08	00:41:38	01:03:25	01:24:54.30	+00:21:10 (24.9%)	8:29	7.1 (75.5%)
76	NONAS Marta	364		K30-39	11			00:20:31	00:41:42	01:03:23	01:25:03.75	+00:21:20 (25.1%)	8:30	7.1 (75.5%)
77	PATER Zbigniew	356	WKB PIAST WROCŁAW	M70+	5			00:20:40	00:42:01	01:03:28	01:25:19.35	+00:21:35 (25.3%)	8:32	7 (74.5%)
78	STONCEL Barbara	360	GRUPA BIEGOWA DZIKOWIEC	K40-49	9			00:21:00	00:42:35	01:04:04	01:25:34.05	+00:21:50 (25.5%)	8:33	7 (74.5%)
79	BARAN Marek	253	KLUBSPORTU.PL	M40-49	9			00:21:28	00:43:09	01:05:22	01:27:27.55	+00:23:43 (27.1%)	8:44	6.9 (73.4%)
80	MACIĄG Andrzej	296	ACTEAM	M50-59	10			00:20:30	00:42:36	01:05:08	01:27:41.55	+00:23:57 (27.3%)	8:46	6.8 (72.3%)
81	PRZYBYLSKA Izabela	315	JAŚMINKA	K30-39	12			00:21:20	00:43:25	01:05:47	01:27:43.15	+00:23:59 (27.4%)	8:46	6.8 (72.3%)
82	LIGĘZA Elżbieta	295		K50-59	9			00:21:41	00:43:46	01:05:49	01:27:49.45	+00:24:05 (27.4%)	8:46	6.8 (72.3%)
83	STONCEL Mieczysław	361	GRUPA BIEGOWA DZIKOWIEC	M50-59	11			00:21:15	00:43:09	01:05:58	01:28:25.05	+00:24:41 (27.9%)	8:50	6.8 (72.3%)

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84	THOMALLA Bogdan	339	SILESIA NORDIC TEAM	M70+	6			00:21:15	00:43:15	01:05:41	01:28:51.00	+00:25:07 (28.3%)	8:53	6.8 (72.3%)
85	WNEK Ewa	366		K60-69	7			00:21:15	00:43:38	01:06:28	01:29:49.40	+00:26:05 (29.1%)	8:59	6.7 (71.3%)
86	RACŁAWSKA Joanna	316	AMATORKA	K50-59	10			00:21:34	00:43:39	01:06:17	01:29:49.80	+00:26:06 (29.1%)	8:59	6.7 (71.3%)
87	KRYSZCZUK Kacper	289	NOWI SIEDLCE/NW WSCHÓD	M18-29	1			00:22:20	00:44:55	01:08:09	01:30:58.80	+00:27:15 (30.0%)	9:05	6.6 (70.2%)
88	WARZECHA Dominik	340	SANTANDER CONSUMER BANK	M18-29	2			00:22:24	00:44:56	01:08:09	01:31:00.65	+00:27:16 (30.0%)	9:06	6.6 (70.2%)
89	SIWCZYK Grażyna	323	LECYMY DURŚ	K60-69	8			00:22:17	00:45:10	01:08:03	01:31:00.95	+00:27:17 (30.0%)	9:06	6.6 (70.2%)
90	DROZD Krystyna	270	CIDRY LOTAJOM	K50-59	11			00:22:28	00:45:36	01:08:34	01:31:37.80	+00:27:54 (30.5%)	9:09	6.5 (69.1%)
91	SALAMĄDRA Jolanta	319	SANTANDER CONSUMER BANK	K40-49	10			00:23:25	00:47:23	01:11:25	01:34:09.25	+00:30:25 (32.3%)	9:24	6.4 (68.1%)
92	CZERWONAJCIO Agata	267		K50-59	12			00:23:27	00:47:23	01:11:27	01:34:10.20	+00:30:26 (32.3%)	9:25	6.4 (68.1%)
93	SIEROTNIK Maria	321		K60-69	9			00:23:29	00:47:26	01:11:29	01:34:11.00	+00:30:27 (32.3%)	9:25	6.4 (68.1%)
94	PRZYBYŁ Janina	129	CHODZĘ BO LUBIĘ	K70+	2			00:22:48	00:46:27	01:10:30	01:34:35.05	+00:30:51 (32.6%)	9:27	6.3 (67.0%)
95	MĘDRAK Alicja	300		K60-69	10			00:22:22	00:46:03	01:10:16	01:34:47.80	+00:31:04 (32.8%)	9:28	6.3 (67.0%)
96	KUNIKOWSKI Zenon	354	RIGHT WAY WROCŁAW	M60-69	14			00:22:56	00:46:26	01:11:25	01:37:35.40	+00:33:51 (34.7%)	9:45	6.1 (64.9%)
97	WINIARSKI Robert	349		M50-59	12			00:22:55	00:48:11	01:12:24	01:37:39.50	+00:33:55 (34.7%)	9:46	6.1 (64.9%)
98	BARABACH Danuta	365	AKTYWNEGO SENIORA	K60-69	11	1		00:23:25	00:47:44	01:12:59	01:38:33.85	+00:34:50 (35.3%)	9:51	6.1 (64.9%)
99	ZIĘBA Julia	353	UNIA MIAST	K70+	3			00:23:22	00:48:22	01:14:28	01:41:37.00	+00:37:53 (37.3%)	10:09	5.9 (62.8%)
	JÓZWIAK Ewa	281		K50-59				DNF	DNF	DNF	DNF		-	- (0.0%)

Total 100 results.