

# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2020  
**Organizator:** Polanica Zdrój  
**Data:** 2020-07-11  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ROSAK Marcin</b>	<b>135</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			<b>01:01:48.25</b>		6:10	9.7 (100%)
2	<b>WOJTOWICZ Tomasz</b>	<b>161</b>	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	1			<b>01:01:49.90</b>	+00:00:01 (0.0%)	6:11	9.7 (100%)
3	<b>KUŹMICZ Adam</b>	<b>3</b>	POLIPACK TEAM GWE	M30-39	2			<b>01:02:45.85</b>	+00:00:57 (1.5%)	6:16	9.6 (99.0%)
4	<b>STĘPAK Piotr</b>	<b>149</b>	LUX TORPEDA MAŁOPOLSKA	M18-29	1			<b>01:04:17.50</b>	+00:02:29 (3.9%)	6:25	9.3 (95.9%)
5	<b>POŁUBIAK Paweł</b>	<b>129</b>		M30-39	3			<b>01:04:18.25</b>	+00:02:30 (3.9%)	6:25	9.3 (95.9%)
6	<b>KŁOS Maciej</b>	<b>88</b>	NW WYSPA SOBIESZEWSKA	M30-39	4			<b>01:04:47.55</b>	+00:02:59 (4.6%)	6:28	9.3 (95.9%)
7	<b>HELWICH Stefan</b>	<b>79</b>	KS METRACO POLKOWICE	M60-69	1			<b>01:06:33.85</b>	+00:04:45 (7.2%)	6:39	9 (92.8%)
8	<b>WOJTASIŃSKI Daniel</b>	<b>160</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			<b>01:07:00.85</b>	+00:05:12 (7.8%)	6:42	9 (92.8%)
9	<b>MARCZAK Tomasz</b>	<b>111</b>	NORDIC TEAM CZĘSTOCHOWA	M18-29	2			<b>01:07:37.80</b>	+00:05:49 (8.6%)	6:45	8.9 (91.8%)
10	<b>MAŁKA Marian</b>	<b>109</b>		M60-69	2			<b>01:07:43.60</b>	+00:05:55 (8.7%)	6:46	8.9 (91.8%)
11	<b>KOBIELA Krzysztof</b>	<b>89</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			<b>01:07:51.30</b>	+00:06:03 (8.9%)	6:47	8.8 (90.7%)
12	<b>CZŁAPSKI Krzysztof</b>	<b>69</b>	NW CZŁAPSKI TEAM	M50-59	1			<b>01:07:56.45</b>	+00:06:08 (9.0%)	6:47	8.8 (90.7%)
13	<b>BUL Dariusz</b>	<b>60</b>		M40-49	4			<b>01:08:08.10</b>	+00:06:19 (9.3%)	6:48	8.8 (90.7%)
14	<b>KOZŁOWSKI Piotr</b>	<b>97</b>		M40-49	5			<b>01:08:10.25</b>	+00:06:22 (9.3%)	6:49	8.8 (90.7%)
15	<b>SIWAK Piotr</b>	<b>142</b>	KS METRACO POLKOWICE	M50-59	2			<b>01:08:13.70</b>	+00:06:25 (9.4%)	6:49	8.8 (90.7%)
16	<b>JUREK Adam</b>	<b>84</b>	KS METRACO POLKOWICE	M60-69	3			<b>01:08:51.30</b>	+00:07:03 (10.2%)	6:53	8.7 (89.7%)
17	<b>ZABŁOCKI Karol</b>	<b>164</b>	NW CZŁAPSKI TEAM	M30-39	5			<b>01:09:44.10</b>	+00:07:55 (11.4%)	6:58	8.6 (88.7%)
18	<b>KLIMCZAK Adam</b>	<b>87</b>	GOSADI NORDIC TEAM	M50-59	3			<b>01:09:51.20</b>	+00:08:02 (11.5%)	6:59	8.6 (88.7%)
19	<b>SANIUK Edward</b>	<b>139</b>	FACE NORDIC WALKING TEAM	M70+	1			<b>01:09:54.10</b>	+00:08:05 (11.6%)	6:59	8.6 (88.7%)
20	<b>OSTROCHALSKA Aleksandra</b>	<b>122</b>	POLIPACK TEAM GWE	K40-49	1			<b>01:10:14.65</b>	+00:08:26 (12.0%)	7:01	8.5 (87.6%)
21	<b>CHAMIELEC Bogusław</b>	<b>64</b>	A EMERYT BIEGA/LUBIN	M50-59	4			<b>01:10:17.35</b>	+00:08:29 (12.1%)	7:01	8.5 (87.6%)
22	<b>FRAĆKOWIAK Mateusz</b>	<b>74</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			<b>01:10:20.25</b>	+00:08:32 (12.1%)	7:02	8.5 (87.6%)
23	<b>ŚWIDEREK Marcin</b>	<b>156</b>	NW CZŁAPSKI TEAM	M40-49	6			<b>01:10:27.20</b>	+00:08:38 (12.3%)	7:02	8.5 (87.6%)
24	<b>RZEPKA Małgorzata</b>	<b>137</b>		K40-49	2			<b>01:10:32.70</b>	+00:08:44 (12.4%)	7:03	8.5 (87.6%)
25	<b>RADECKI Artur</b>	<b>133</b>	CHODZĄCY BIAŁYSTOK	M50-59	5			<b>01:10:41.90</b>	+00:08:53 (12.6%)	7:04	8.5 (87.6%)
26	<b>DREWA Marian</b>	<b>70</b>	POLIPACK TEAM GWE	M60-69	4			<b>01:10:51.00</b>	+00:09:02 (12.8%)	7:05	8.5 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>ADAMCZYK Adam</b>	<b>51</b>	PASJA NORDIC WALKING	M70+	2			<b>01:10:51.40</b>	+00:09:03 (12.8%)	7:05	8.5 (87.6%)
28	<b>SPYCHAŁA Lesław</b>	<b>145</b>	CKZIU MECHANIK NYSA	M50-59	6			<b>01:10:59.20</b>	+00:09:10 (12.9%)	7:06	8.5 (87.6%)
29	<b>HRYCIUK Waldemar</b>	<b>81</b>	TKKF KRZNA BIAŁA PODLASKA	M60-69	5			<b>01:11:17.75</b>	+00:09:29 (13.3%)	7:07	8.4 (86.6%)
30	<b>KRÓLIKOWSKA Krystyna</b>	<b>100</b>	POLIPACK TEAM GWE	K40-49	3			<b>01:11:28.20</b>	+00:09:39 (13.5%)	7:08	8.4 (86.6%)
31	<b>JĘDRASIAK Renata</b>	<b>83</b>	KS METRACO POLKOWICE	K50-59	1			<b>01:11:57.90</b>	+00:10:09 (14.1%)	7:11	8.3 (85.6%)
32	<b>ZIELIŃSKI Szczepan</b>	<b>166</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	7			<b>01:12:08.25</b>	+00:10:20 (14.3%)	7:12	8.3 (85.6%)
33	<b>OLEJNICZAK Piotr</b>	<b>121</b>		M50-59	7			<b>01:12:11.45</b>	+00:10:23 (14.4%)	7:13	8.3 (85.6%)
34	<b>KROMSKI Paweł</b>	<b>99</b>	NORDIC WALKING KIEKRZ POLAND	M50-59	8			<b>01:12:27.25</b>	+00:10:39 (14.7%)	7:14	8.3 (85.6%)
35	<b>MARCZYŃSKI Adam</b>	<b>112</b>	POLIPACK TEAM GWE	M40-49	8			<b>01:12:34.00</b>	+00:10:45 (14.8%)	7:15	8.3 (85.6%)
36	<b>KRAKOWIAN Piotr</b>	<b>98</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	9			<b>01:12:34.05</b>	+00:10:45 (14.8%)	7:15	8.3 (85.6%)
37	<b>SOCHACKI Waldemar</b>	<b>144</b>	KLUCZBORSKA GRUPA BIEGOWA	M50-59	9			<b>01:13:57.85</b>	+00:12:09 (16.4%)	7:23	8.1 (83.5%)
38	<b>GODZIŃSKI Paweł</b>	<b>77</b>	BAŻANT NW ELBLĄG	M40-49	10			<b>01:14:01.90</b>	+00:12:13 (16.5%)	7:24	8.1 (83.5%)
39	<b>STANISŁAWSKI Jan</b>	<b>147</b>	MARSZ PO ZDROWIE	M60-69	6			<b>01:14:20.75</b>	+00:12:32 (16.9%)	7:26	8.1 (83.5%)
40	<b>KWECZKA-JANECZEK Anna</b>	<b>105</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	4			<b>01:14:29.90</b>	+00:12:41 (17.0%)	7:27	8.1 (83.5%)
41	<b>MROZIŃSKI Tadeusz</b>	<b>116</b>	NORDICUS STRZYBNICA	M50-59	10			<b>01:15:10.35</b>	+00:13:22 (17.8%)	7:31	8 (82.5%)
42	<b>SIEMIŃSKA Marta</b>	<b>141</b>		K30-39	1			<b>01:15:14.95</b>	+00:13:26 (17.9%)	7:31	8 (82.5%)
43	<b>ROMAN Krzysztof</b>	<b>134</b>	KUDOWIANKA RUN	M60-69	7			<b>01:15:40.95</b>	+00:13:52 (18.3%)	7:34	7.9 (81.4%)
44	<b>ZIELIŃSKA Iwona</b>	<b>165</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	2			<b>01:15:41.50</b>	+00:13:53 (18.3%)	7:34	7.9 (81.4%)
45	<b>LEJKOWSKA Mirela</b>	<b>106</b>	POLIPACK TEAM GWE	K30-39	2			<b>01:15:46.65</b>	+00:13:58 (18.4%)	7:34	7.9 (81.4%)
46	<b>KOŁPAK Jan</b>	<b>91</b>	LKS ZANTYR SZTUM	M70+	3			<b>01:16:00.65</b>	+00:14:12 (18.7%)	7:36	7.9 (81.4%)
47	<b>ŚLUSARCZYK Andrzej</b>	<b>154</b>	WESOŁY BORSUK TEAM	M70+	4			<b>01:16:09.05</b>	+00:14:20 (18.8%)	7:36	7.9 (81.4%)
48	<b>WOLNIEWICZ Katarzyna</b>	<b>162</b>	POLSKIE PÓŁNOCNE PIERZE I PUCH	K50-59	3			<b>01:16:09.95</b>	+00:14:21 (18.9%)	7:37	7.9 (81.4%)
49	<b>PANCHYRZ Piotr</b>	<b>169</b>	NORDICUS STRZYBNICA	M40-49	11			<b>01:16:32.75</b>	+00:14:44 (19.3%)	7:39	7.8 (80.4%)
50	<b>POSIM Dariusz</b>	<b>132</b>	WATAHA	M50-59	11			<b>01:16:33.35</b>	+00:14:45 (19.3%)	7:39	7.8 (80.4%)
51	<b>PLEWIŃSKI Rafał</b>	<b>127</b>	CHABROWE WILKI	M30-39	6			<b>01:16:41.60</b>	+00:14:53 (19.4%)	7:40	7.8 (80.4%)
52	<b>CZEMPIK Kornelia</b>	<b>68</b>	MALINOWE GWIAZDY	K50-59	4			<b>01:17:05.65</b>	+00:15:17 (19.8%)	7:42	7.8 (80.4%)
53	<b>FRANCZAK Małgorzata</b>	<b>73</b>	NW CZŁAPSKI TEAM	K18-29	1			<b>01:17:07.85</b>	+00:15:19 (19.9%)	7:42	7.8 (80.4%)
54	<b>NETKOWSKI Wojciech</b>	<b>117</b>	PASJA NORDIC WALKING	M60-69	8			<b>01:17:11.95</b>	+00:15:23 (19.9%)	7:43	7.8 (80.4%)
55	<b>SZCZĘŚNIAK Zbigniew</b>	<b>151</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	12			<b>01:17:24.25</b>	+00:15:36 (20.2%)	7:44	7.8 (80.4%)
56	<b>OCYSEK Zygmunt</b>	<b>179</b>	STADION	M70+	5			<b>01:18:32.70</b>	+00:16:44 (21.3%)	7:51	7.6 (78.4%)
57	<b>ŚLUSARCZYK Grzegorz</b>	<b>155</b>	WESOŁY BORSUK TEAM	M40-49	12			<b>01:18:40.30</b>	+00:16:52 (21.4%)	7:52	7.6 (78.4%)
58	<b>NIETRZEBKA Aleksandra</b>	<b>118</b>		K18-29	2			<b>01:18:52.00</b>	+00:17:03 (21.6%)	7:53	7.6 (78.4%)
59	<b>POLAK Łukasz</b>	<b>128</b>	OBORYGENI	M30-39	7			<b>01:18:59.20</b>	+00:17:10 (21.8%)	7:53	7.6 (78.4%)
60	<b>KURZAWSKA Jolanta</b>	<b>103</b>	KS METRACO POLKOWICE	K70+	1			<b>01:19:32.85</b>	+00:17:44 (22.3%)	7:57	7.5 (77.3%)
61	<b>MORYS Agnieszka</b>	<b>114</b>	MALINOWE GWIAZDY	K30-39	3			<b>01:19:41.60</b>	+00:17:53 (22.4%)	7:58	7.5 (77.3%)
62	<b>KACZMAREK Maja</b>	<b>85</b>	POLIPACK TEAM GWE	K40-49	5			<b>01:19:59.10</b>	+00:18:10 (22.7%)	7:59	7.5 (77.3%)
63	<b>PONKA Radosław</b>	<b>130</b>	POLIPACK TEAM GWE	M40-49	13			<b>01:20:11.25</b>	+00:18:23 (22.9%)	8:01	7.5 (77.3%)
64	<b>RZEPKA Tomasz</b>	<b>138</b>		M50-59	13			<b>01:20:49.05</b>	+00:19:00 (23.5%)	8:04	7.4 (76.3%)
65	<b>MIŚKOWICZ Anna</b>	<b>113</b>	CKZIU MECHANIK NYSA	K60-69	1			<b>01:21:15.05</b>	+00:19:26 (23.9%)	8:07	7.4 (76.3%)
66	<b>STĘPIEŃ Lucyna</b>	<b>150</b>	KS METRACO POLKOWICE	K60-69	2			<b>01:21:33.75</b>	+00:19:45 (24.2%)	8:09	7.4 (76.3%)
67	<b>CONTUCCI Ewa</b>	<b>66</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			<b>01:21:59.15</b>	+00:20:10 (24.6%)	8:11	7.3 (75.3%)
68	<b>WITALEC Anna</b>	<b>159</b>		K30-39	4			<b>01:22:39.15</b>	+00:20:50 (25.2%)	8:15	7.3 (75.3%)
69	<b>HILGNER Katarzyna</b>	<b>80</b>	NORDICUS STRZYBNICA	K40-49	7			<b>01:22:52.00</b>	+00:21:03 (25.4%)	8:17	7.2 (74.2%)
70	<b>PIETRUSZYŃSKA Dorota</b>	<b>126</b>		K50-59	5			<b>01:23:07.15</b>	+00:21:18 (25.6%)	8:18	7.2 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>STANKOWSKA Marzena</b>	<b>148</b>	KIJKOWE TRZEMESZNO	K40-49	8			<b>01:23:44.15</b>	+00:21:55 (26.2%)	8:22	7.2 (74.2%)
72	<b>CZEMPIK Aniela</b>	<b>67</b>	MALINOWE GWIAZDY	K60-69	3			<b>01:23:51.85</b>	+00:22:03 (26.3%)	8:23	7.2 (74.2%)
73	<b>BOŃCZYSZYN Bożena</b>	<b>57</b>	POLIPACK TEAM GWE	K50-59	6			<b>01:23:59.55</b>	+00:22:11 (26.4%)	8:23	7.1 (73.2%)
74	<b>SIWIK Aldona</b>	<b>143</b>		K40-49	9			<b>01:24:41.00</b>	+00:22:52 (27.0%)	8:28	7.1 (73.2%)
75	<b>KAMIŃSKA Beata</b>	<b>86</b>	NORDIC TEAM CZĘSTOCHOWA	K50-59	7			<b>01:24:58.40</b>	+00:23:10 (27.3%)	8:29	7.1 (73.2%)
76	<b>EWERTOWSKA Ewa</b>	<b>72</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	8			<b>01:25:04.45</b>	+00:23:16 (27.4%)	8:30	7.1 (73.2%)
77	<b>MOSOŃ Marek</b>	<b>115</b>	DWAMARKI	M60-69	9			<b>01:25:26.25</b>	+00:23:38 (27.7%)	8:32	7 (72.2%)
78	<b>FRYDRYCH Krzysztof</b>	<b>75</b>	WESOŁY BORSUK TEAM	M40-49	14			<b>01:25:35.05</b>	+00:23:46 (27.8%)	8:33	7 (72.2%)
79	<b>KOTULA Jakub</b>	<b>96</b>	UNIA MIAST	M30-39	8			<b>01:25:36.30</b>	+00:23:48 (27.8%)	8:33	7 (72.2%)
80	<b>NIETRZEBKA Paweł</b>	<b>119</b>		M30-39	9			<b>01:25:40.35</b>	+00:23:52 (27.9%)	8:34	7 (72.2%)
81	<b>MALINOWSKI Paweł</b>	<b>108</b>	LUX TORPEDA MAŁOPOLSKA	M18-29	4			<b>01:26:11.75</b>	+00:24:23 (28.3%)	8:37	7 (72.2%)
82	<b>CHABROS Agnieszka</b>	<b>63</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	10			<b>01:26:27.70</b>	+00:24:39 (28.5%)	8:38	6.9 (71.1%)
83	<b>WĄTROBA Sebastian</b>	<b>157</b>	BEL MARE NORDIC WALKING TEAM	M40-49	15			<b>01:26:31.45</b>	+00:24:43 (28.6%)	8:39	6.9 (71.1%)
84	<b>SĘDZIK Katarzyna</b>	<b>140</b>	LECYMY DURŚ	K40-49	11			<b>01:26:38.50</b>	+00:24:50 (28.7%)	8:39	6.9 (71.1%)
85	<b>KOŁOWSKI Tomasz</b>	<b>90</b>		M40-49	16			<b>01:26:49.40</b>	+00:25:01 (28.8%)	8:40	6.9 (71.1%)
86	<b>GWAREK Anita</b>	<b>78</b>	PASJA NORDIC WALKING	K40-49	12			<b>01:26:50.30</b>	+00:25:02 (28.8%)	8:41	6.9 (71.1%)
87	<b>JANKOWSKA Anna</b>	<b>82</b>		K30-39	5			<b>01:27:01.55</b>	+00:25:13 (29.0%)	8:42	6.9 (71.1%)
88	<b>GĄSEWICZ-FILIPIAK Agnieszka</b>	<b>76</b>	NORDICUS STRZYBNICA	K40-49	13			<b>01:27:15.00</b>	+00:25:26 (29.2%)	8:43	6.9 (71.1%)
89	<b>BZDYRA Małgorzata</b>	<b>61</b>	TEAM DZIKI OSIOŁ	K40-49	14			<b>01:28:45.80</b>	+00:26:57 (30.4%)	8:52	6.8 (70.1%)
90	<b>SZCZYPIOR Kinga</b>	<b>153</b>	POLIPACK TEAM GWE	K30-39	6			<b>01:28:47.10</b>	+00:26:58 (30.4%)	8:52	6.8 (70.1%)
91	<b>KOŁPAK Irena</b>	<b>92</b>	LKS ZANTYR SZTUM	K60-69	4			<b>01:31:20.75</b>	+00:29:32 (32.3%)	9:08	6.6 (68.0%)
92	<b>ANGIELCZYK Małgorzata</b>	<b>52</b>	MARSZ PO ZDROWIE	K60-69	5			<b>01:31:24.05</b>	+00:29:35 (32.4%)	9:08	6.6 (68.0%)
93	<b>CHOLEWKA Jolanta</b>	<b>65</b>	MARSZ PO ZDROWIE	K60-69	6			<b>01:31:25.45</b>	+00:29:37 (32.4%)	9:08	6.6 (68.0%)
94	<b>KUCZYŃSKI Włodzimierz</b>	<b>101</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	10			<b>01:33:33.90</b>	+00:31:45 (33.9%)	9:21	6.4 (66.0%)
95	<b>CHABROS Dariusz</b>	<b>62</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	17			<b>01:34:11.60</b>	+00:32:23 (34.4%)	9:25	6.4 (66.0%)
96	<b>MAŁKA Irena</b>	<b>110</b>	1956	K60-69	7			<b>01:34:47.65</b>	+00:32:59 (34.8%)	9:28	6.3 (64.9%)
97	<b>OWCZAREK Magdalena</b>	<b>124</b>		K50-59	9			<b>01:35:35.40</b>	+00:33:47 (35.3%)	9:33	6.3 (64.9%)
98	<b>NOWAK Zofia</b>	<b>120</b>		K60-69	8			<b>01:36:56.60</b>	+00:35:08 (36.2%)	9:41	6.2 (63.9%)
99	<b>DRYNDA Franciszek</b>	<b>168</b>	NORDICUS STRZYBNICA	M70+	6			<b>01:38:28.50</b>	+00:36:40 (37.2%)	9:50	6.1 (62.9%)
100	<b>POSIM Bogumiła</b>	<b>131</b>	WATAHA	K50-59	10			<b>01:38:45.85</b>	+00:36:57 (37.4%)	9:52	6.1 (62.9%)
101	<b>DZIKI Marzena</b>	<b>71</b>	ALETEMPO	K60-69	9			<b>01:39:47.85</b>	+00:37:59 (38.1%)	9:58	6 (61.9%)
102	<b>IGNATOW Katarzyna</b>	<b>170</b>		K18-29	3			<b>01:43:40.70</b>	+00:41:52 (40.4%)	10:22	5.8 (59.8%)
103	<b>WOŹNY Aleksandra</b>	<b>163</b>		K40-49	15			<b>01:44:06.65</b>	+00:42:18 (40.6%)	10:24	5.8 (59.8%)
104	<b>BACDORF Alicja</b>	<b>53</b>		K60-69	10			<b>01:48:34.80</b>	+00:46:46 (43.1%)	10:51	5.5 (56.7%)
105	<b>PATER Zbigniew</b>	<b>125</b>	WKB PIAST WROCŁAW	M70+	7			<b>01:53:09.30</b>	+00:51:21 (45.4%)	11:18	5.3 (54.6%)
106	<b>OWCZAREK Henryka</b>	<b>123</b>	MARSZ PO ZDROWIE	K70+	2			<b>01:53:41.25</b>	+00:51:53 (45.6%)	11:22	5.3 (54.6%)

Znaleziono 106 wynik(ów)