

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Potęgowo
Data: 2019-08-24
Miejsce: Potęgowo
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	laps 5km	laps 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŹMICZ Adam	270	NWPL/POLIPACK TEAM GWE	M30-39	1			00:15:07	00:31:08	00:47:12	01:02:56.25		6:17	9.5 (100%)
2	JUREK Adam	251	KS METRACO POLKOWICE	M50-59	1			00:15:59	00:32:21	00:48:49	01:05:18.55	+00:02:22 (3.6%)	6:31	9.2 (96.8%)
3	WOJTASIŃSKI Daniel	315	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:13	00:32:36	00:49:04	01:05:25.40	+00:02:29 (3.8%)	6:32	9.2 (96.8%)
4	POŁUBIAK Paweł	290		M30-39	2			00:16:00	00:32:36	00:49:42	01:06:35.35	+00:03:39 (5.5%)	6:39	9 (94.7%)
5	KLIMCZAK Adam	254	GOSADI NORDIC TEAM	M50-59	2			00:16:22	00:33:22	00:50:36	01:07:42.70	+00:04:46 (7.1%)	6:46	8.9 (93.7%)
6	KUBISZYN Małgorzata	267	KS METRACO POLKOWICE	K30-39	1			00:16:42	00:33:39	00:50:49	01:08:02.00	+00:05:05 (7.5%)	6:48	8.8 (92.6%)
7	HELWICH Stefan	245	KS METRACO POLKOWICE	M60-69	1			00:16:32	00:33:45	00:51:11	01:08:03.35	+00:05:07 (7.5%)	6:48	8.8 (92.6%)
8	KUŚMIEREK Jan	269	BŁĘKITNI NW DZIEMIANY	M40-49	2			00:17:02	00:34:06	00:51:30	01:08:30.60	+00:05:34 (8.1%)	6:51	8.8 (92.6%)
9	DREWA Marian	235	POLIPACK TEAM GWE	M60-69	2			00:16:31	00:33:40	00:51:11	01:09:04.65	+00:06:08 (8.9%)	6:54	8.7 (91.6%)
10	SANIUK Edward	296	FACE NORDIC WALKING TEAM	M70+	1			00:16:46	00:33:59	00:51:26	01:09:08.15	+00:06:11 (9.0%)	6:54	8.7 (91.6%)
11	KOBIELA Krzysztof	255	NORDIC TEAM CZĘSTOCHOWA	M40-49	3			00:16:54	00:34:06	00:51:31	01:09:09.40	+00:06:13 (9.0%)	6:55	8.7 (91.6%)
12	WEŹOWICZ Ewa	312	STADION ŚLĄSKI	K40-49	1			00:16:34	00:33:39	00:51:16	01:09:14.15	+00:06:17 (9.1%)	6:55	8.7 (91.6%)
13	KOZAKOWSKA Małgorzata	263	KS SOKÓŁ GAŚAWA	K40-49	2			00:16:41	00:34:20	00:52:09	01:09:23.70	+00:06:27 (9.3%)	6:56	8.6 (90.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	laps 5km	laps 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
14	KAŚNICKA Tamara	318		K40-49	3			00:16:54	00:34:25	00:52:13	01:09:49.60	+00:06:53 (9.9%)	6:59	8.6 (90.5%)
15	PIETRZYK Jarosław	286	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:16:29	00:34:05	00:52:27	01:09:50.05	+00:06:53 (9.9%)	6:59	8.6 (90.5%)
16	ŚWISŁOCKI Bogdan	305	FACE NORDIC WALKING TEAM	M50-59	3			00:16:43	00:34:17	00:51:59	01:09:54.80	+00:06:58 (10.0%)	6:59	8.6 (90.5%)
17	MOGIŁKA Aleksander	277		M18-29	1			00:17:14	00:34:16	00:52:03	01:10:04.80	+00:07:08 (10.2%)	7:00	8.6 (90.5%)
18	ADAMCZYK Adam	221	PASJA NORDIC WALKING	M70+	2	1		00:17:18	00:34:56	00:52:45	01:10:13.80	+00:07:17 (10.4%)	7:01	8.5 (89.5%)
19	GIERSZEWSKI Arkadiusz	240		M40-49	4			00:16:55	00:34:41	00:52:59	01:11:13.00	+00:08:16 (11.6%)	7:07	8.4 (88.4%)
20	KRÓLIKOWSKA Krystyna	265	POLIPACK TEAM GWE	K40-49	4	1		00:17:23	00:35:03	00:53:20	01:11:51.05	+00:08:54 (12.4%)	7:11	8.4 (88.4%)
21	WEINER Jakub	311	CKZIU MECHANIK NYSA	M18-29	2			00:17:54	00:35:37	00:53:29	01:11:56.65	+00:09:00 (12.5%)	7:11	8.3 (87.4%)
22	RAJEK Magdalena	294	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:49	00:35:48	00:53:58	01:12:00.60	+00:09:04 (12.6%)	7:12	8.3 (87.4%)
23	GODZIŃSKI Paweł	241	BAŻANT NW ELBLĄG	M40-49	5			00:17:13	00:35:12	00:53:34	01:12:06.85	+00:09:10 (12.7%)	7:12	8.3 (87.4%)
24	OSTROCHALSKA Aleksandra	282	POLIPACK TEAM GWE	K40-49	6			00:17:31	00:35:45	00:54:06	01:12:27.15	+00:09:30 (13.1%)	7:14	8.3 (87.4%)
25	HRYNDIO Jerzy	247	STADION ŚLĄSKI	M60-69	3			00:17:15	00:35:13	00:53:47	01:12:41.90	+00:09:45 (13.4%)	7:16	8.3 (87.4%)
26	RASZEWSKA Izabela	295	FORMA NA PIĄTKĘ NW	K40-49	7			00:17:47	00:35:58	00:54:23	01:13:09.40	+00:10:13 (14.0%)	7:18	8.2 (86.3%)
27	KOŃCZEWSKA Bożena	258	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	1			00:17:45	00:35:56	00:54:24	01:13:24.65	+00:10:28 (14.3%)	7:20	8.2 (86.3%)
28	SZCZEŚNIAK Zbigniew	302	NORDIC TEAM CZĘSTOCHOWA	M50-59	4			00:17:48	00:36:10	00:54:58	01:13:43.25	+00:10:47 (14.6%)	7:22	8.1 (85.3%)
29	NETKOWSKI Wojciech	278	PASJA NORDIC WALKING	M60-69	4			00:17:37	00:36:08	00:55:24	01:14:12.00	+00:11:15 (15.2%)	7:25	8.1 (85.3%)
30	CZAJKA Urszula	230	FACE NORDIC WALKING TEAM	K60-69	1	1		00:17:57	00:36:19	00:55:03	01:14:21.50	+00:11:25 (15.4%)	7:26	8.1 (85.3%)
31	KREFFT Barbara	264		K50-59	2			00:18:21	00:36:46	00:55:26	01:14:24.15	+00:11:27 (15.4%)	7:26	8.1 (85.3%)
32	KACZMAREK Maja	252	POLIPACK TEAM GWE	K30-39	2			00:18:14	00:36:46	00:55:36	01:14:25.85	+00:11:29 (15.4%)	7:26	8.1 (85.3%)
33	JAŃCZY Gracjan	248	CKZIU NYSA MECHANIK	M18-29	3			00:17:14	00:35:26	00:54:36	01:14:31.45	+00:11:35 (15.5%)	7:27	8.1 (85.3%)
34	WOJDANOWSKA Małgorzata	314	LECYMY DURŚ	K30-39	3			00:18:16	00:37:22	00:55:54	01:14:33.55	+00:11:37 (15.6%)	7:27	8 (84.2%)
35	POSIM Dariusz	292	WATAHA	M50-59	5			00:17:51	00:36:15	00:55:31	01:14:59.75	+00:12:03 (16.1%)	7:29	8 (84.2%)
36	DUSIEL Ewa	237	NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:18:01	00:36:40	00:55:41	01:15:09.40	+00:12:13 (16.3%)	7:31	8 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 2.5km	laps 5km	laps 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
37	HINC Iwona	246	FACE NORDIC WALKING TEAM	K40-49	8			00:17:58	00:36:37	00:55:58	01:15:19.80	+00:12:23 (16.5%)	7:32	8 (84.2%)
38	KOBIELA Magdalena	256	NORDIC TEAM CZĘSTOCHOWA	K40-49	9			00:18:37	00:38:07	00:57:33	01:16:54.85	+00:13:58 (18.2%)	7:41	7.8 (82.1%)
39	KORYCKA Mariola	259	FORMA NA PIĄTKĘ NW	K30-39	4			00:18:50	00:37:53	00:57:29	01:17:13.45	+00:14:17 (18.5%)	7:43	7.8 (82.1%)
40	CHYRA Janusz	228	UNIA MIAST	M40-49	6			00:19:09	00:38:33	00:58:02	01:17:26.60	+00:14:30 (18.7%)	7:44	7.7 (81.1%)
41	CZEMPIK Kornelia	234	STADION ŚLĄSKI	K50-59	4			00:16:50	00:37:35	00:56:50	01:18:09.00	+00:15:12 (19.5%)	7:48	7.7 (81.1%)
42	BOŃCZYSZYN Bożena	224		K50-59	5			00:18:20	00:38:17	00:58:18	01:18:19.20	+00:15:22 (19.6%)	7:49	7.7 (81.1%)
43	STAWNIAK Karol	301	KS METRACO POLKOWICE	M70+	3			00:18:54	00:38:28	00:58:34	01:18:30.85	+00:15:34 (19.8%)	7:51	7.6 (80.0%)
44	BIAŁK Roman	223		M60-69	5			00:19:07	00:38:52	00:58:50	01:18:46.25	+00:15:50 (20.1%)	7:52	7.6 (80.0%)
45	GWAREK Anita	244	PASJA NORDIC WALKING	K40-49	10			00:18:35	00:38:28	00:59:00	01:18:52.20	+00:15:55 (20.2%)	7:53	7.6 (80.0%)
46	PONKA Radosław	291	POLIPACK TEAM GWE	M40-49	7			00:18:51	00:38:36	00:58:39	01:18:53.25	+00:15:57 (20.2%)	7:53	7.6 (80.0%)
47	CONTUCCI Ewa	229	NORDIC TEAM CZĘSTOCHOWA	K40-49	11			00:19:16	00:39:14	00:59:16	01:19:16.10	+00:16:19 (20.6%)	7:55	7.6 (80.0%)
48	FORYŚ Katarzyna	238	WATAHA	K30-39	5			00:19:06	00:39:00	00:59:05	01:19:33.65	+00:16:37 (20.9%)	7:57	7.5 (78.9%)
49	CZEMPIK Aniela	233	STADION ŚLĄSKI	K60-69	2			00:19:54	00:40:09	01:00:24	01:20:56.45	+00:18:00 (22.2%)	8:05	7.4 (77.9%)
50	PANEK Elwira	284	LĘBORSKIE LWY	K50-59	6			00:19:21	00:39:35	01:00:26	01:21:16.80	+00:18:20 (22.6%)	8:07	7.4 (77.9%)
51	RZESZOTKO Beata	320		K40-49	12			00:19:06	00:39:31	01:00:08	01:21:17.15	+00:18:20 (22.6%)	8:07	7.4 (77.9%)
52	KORONKA Radosław	322		M40-49	8			00:19:17	00:39:50	01:00:35	01:21:32.10	+00:18:35 (22.8%)	8:09	7.4 (77.9%)
53	PINIS Michał	287	NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:20:05	00:40:07	01:01:14	01:21:39.65	+00:18:43 (22.9%)	8:10	7.3 (76.8%)
54	JURCZYŃSKA Bożena	250	NORDIC TEAM CZĘSTOCHOWA	K60-69	3			00:19:57	00:40:20	01:00:53	01:21:46.25	+00:18:50 (23.0%)	8:10	7.3 (76.8%)
55	TURZYŃSKA-STOPA Maria	309	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:19:56	00:40:20	01:01:24	01:22:36.40	+00:19:40 (23.8%)	8:15	7.3 (76.8%)
56	OMARSKA Grażyna	281	PASJA NORDIC WALKING	K60-69	5			00:20:15	00:41:11	01:02:13	01:23:26.15	+00:20:29 (24.6%)	8:20	7.2 (75.8%)
57	POHL Anna	289	CKZIU MECHANIK NYSA	K50-59	7			00:20:13	00:41:13	01:02:32	01:23:29.55	+00:20:33 (24.6%)	8:20	7.2 (75.8%)
58	LITWIN Dominika	271		K30-39	6			00:19:45	00:40:34	01:02:08	01:23:40.30	+00:20:44 (24.8%)	8:22	7.2 (75.8%)
59	CHMIEL Beata	226	NORDIC SCYZORYKI	K40-49	13			00:19:36	00:40:23	01:02:39	01:24:08.35	+00:21:12 (25.2%)	8:24	7.1 (74.7%)

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											netto 10km	Różn		
60	TECŁAW Barbara	306		K40-49	14	1		00:21:21	00:42:49	01:03:54	01:24:30.05	+00:21:33 (25.5%)	8:27	7.1 (74.7%)
61	SĘDZIK Katarzyna	298	LECZYMY DURŚ	K40-49	15	1		00:19:20	00:40:28	01:02:39	01:24:55.40	+00:21:59 (25.9%)	8:29	7.1 (74.7%)
62	SCHWANN Mirosław	297		M50-59	6			00:20:09	00:41:10	01:03:19	01:25:40.25	+00:22:44 (26.5%)	8:34	7 (73.7%)
63	KISZKA-MAZIARCZUK Berenika	253	LECZYMY DURŚ	K30-39	7			00:21:05	00:42:44	01:04:38	01:26:05.35	+00:23:09 (26.9%)	8:36	7 (73.7%)
64	NIKODEMSKA Joanna	325		K30-39	8			00:20:37	00:42:51	01:05:44	01:26:48.30	+00:23:52 (27.5%)	8:40	6.9 (72.6%)
65	MACUŁO Ola	274		K30-39	9			00:20:37	00:42:51	01:05:44	01:26:50.85	+00:23:54 (27.5%)	8:41	6.9 (72.6%)
66	WĄTROBA Sebastian	310	VITADIET ŁÓDŹ	M40-49	9			00:20:11	00:41:56	01:04:12	01:27:02.55	+00:24:06 (27.7%)	8:42	6.9 (72.6%)
67	CZARNIEWSKI Zdzisław	231		M60-69	6			00:21:27	00:43:41	01:05:55	01:27:48.40	+00:24:52 (28.3%)	8:46	6.8 (71.6%)
68	ŁOSIAK Małgorzata	272		K40-49	16	1		00:21:35	00:43:15	01:05:20	01:28:00.05	+00:25:03 (28.5%)	8:48	6.8 (71.6%)
69	SZYBUT Roma	304		K30-39	10			00:21:09	00:43:20	01:05:32	01:28:45.25	+00:25:49 (29.1%)	8:52	6.8 (71.6%)
70	SZELIGA Justyna	303	LIDER GRODZISK MAZOWIECKI	K40-49	17			00:21:40	00:43:26	01:05:50	01:28:53.60	+00:25:57 (29.2%)	8:53	6.7 (70.5%)
71	POSIM Bogumiła	293	WATAHA	K50-59	8			00:21:20	00:43:23	01:05:57	01:29:25.15	+00:26:28 (29.6%)	8:56	6.7 (70.5%)
72	MACIŃSKA Estera	273	LECZYMY DURŚ	K18-29	1			00:21:34	00:44:26	01:07:21	01:29:31.00	+00:26:34 (29.7%)	8:57	6.7 (70.5%)
73	DROZD Krystyna	236	CIDRY LOTAJOM	K50-59	9			00:21:50	00:44:06	01:06:46	01:29:35.90	+00:26:39 (29.8%)	8:57	6.7 (70.5%)
74	KOSUCHO Dorota	261		K40-49	18			00:21:40	00:44:20	01:07:24	01:30:27.50	+00:27:31 (30.4%)	9:02	6.6 (69.5%)
75	SIWCZYK Grażyna	299	LECZYMY DURŚ	K60-69	6			00:22:33	00:45:03	01:07:57	01:30:29.55	+00:27:33 (30.5%)	9:03	6.6 (69.5%)
76	KRÓLIKOWSKA-ŁOSKOT Danuta	266	STADION ŚLĄSKI	K60-69	7			00:22:22	00:45:24	01:08:36	01:31:46.35	+00:28:50 (31.4%)	9:10	6.5 (68.4%)
77	OLSZYŃSKA Marzena	280	WYCHODZĘ Z KIJAMI KOSZALIN	K50-59	10			00:22:31	00:45:13	01:08:11	01:32:27.10	+00:29:30 (31.9%)	9:14	6.5 (68.4%)
78	DUBIEL Adela	321		M30-39	5	1		00:21:22	00:44:39	01:08:11	01:32:40.90	+00:29:44 (32.1%)	9:16	6.5 (68.4%)
79	WŁOCHOWICZ Olga	313	LECZYMY DURŚ	K30-39	11			00:22:58	00:46:05	01:09:30	01:32:55.55	+00:29:59 (32.3%)	9:17	6.5 (68.4%)
80	OWCZAREK Henryka	283	MARSZ PO ZDROWIE	K70+	1			00:22:42	00:45:50	01:09:54	01:33:03.00	+00:30:06 (32.4%)	9:18	6.4 (67.4%)
81	BACDORF Alicja	222	LIDER GRODZISK MAZOWIECKI	K60-69	8			00:22:42	00:45:42	01:09:14	01:33:15.60	+00:30:19 (32.5%)	9:19	6.4 (67.4%)
82	RZECZYCKA Jolanta	324		K50-59	11			00:21:49	00:44:43	01:08:52	01:33:19.25	+00:30:23 (32.6%)	9:19	6.4 (67.4%)

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83	JÓŹWIAK Dominik	323	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:24:06	00:47:31	01:11:54	01:35:06.00	+00:32:09 (33.8%)	9:30	6.3 (66.3%)
84	ZIĘBA Julia	316	STADION ŚLĄSKI	K70+	2			00:22:34	00:45:50	01:09:57	01:35:45.15	+00:32:48 (34.3%)	9:34	6.3 (66.3%)
85	MĘDRKIEWICZ Lidia	276		K60-69	9	1		00:24:20	00:49:13	01:14:27	01:39:04.40	+00:36:08 (36.5%)	9:54	6.1 (64.2%)
86	CZARNOWSKA Krystyna	232		K60-69	10	1		00:24:19	00:49:15	01:14:32	01:39:36.95	+00:36:40 (36.8%)	9:57	6 (63.2%)
87	PLUTA Bożena	288	CHODZĘ BO LUBIĘ	K60-69	11	1		00:22:50	00:48:46	01:15:08	01:43:44.35	+00:40:48 (39.3%)	10:22	5.8 (61.1%)

Znaleziono 87 wynik(ów)