

# POTĘGOWO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Event:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organiser:** Potęgowo  
**Date:** 2019-08-24  
**Place:** Potęgowo  
**Distance:** 21.1 km



Classification: All

Split point: 13,6 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	laps 1.1km	laps 3.6km	laps 6.1km	laps 8.6km	laps 11.1km	laps 13.6km
1	<b>KNITTER Tomasz</b>	<b>346</b>	TOMASZ KNITTER	M18-29			00:07:20	00:23:59	00:40:50	00:57:36	01:14:28	01:31:28
2	<b>HAŁAS Marcin</b>	<b>340</b>	UNIA MIAST	M30-39			00:07:46	00:24:48	00:41:49	00:59:09	01:16:05	01:32:56
3	<b>BARCZYK Bogdan</b>	<b>331</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59			00:07:30	00:24:29	00:41:44	00:59:09	01:16:45	01:34:41
4	<b>KUBISZYN Mirosław</b>	<b>350</b>	KS METRACO POLKOWICE	M30-39			00:07:47	00:25:50	00:43:47	01:01:41	01:18:19	01:34:53
5	<b>NACZK Leonard</b>	<b>105</b>	LĘBORSKIE LWY	M40-49	1		00:07:45	00:24:53	00:42:08	00:59:37	01:17:18	01:35:11
6	<b>ŻYDACZEWSKI Ryszard</b>	<b>377</b>	KS METRACO POLKOWICE	M50-59			00:07:35	00:24:38	00:42:02	00:59:36	01:17:19	01:35:19
7	<b>KOŁODZIEJ Joanna</b>	<b>348</b>	STADION ŚLĄSKI	K50-59			00:07:38	00:24:56	00:42:32	01:00:25	01:18:14	01:36:10
8	<b>SPYCHAŁA Marzena</b>	<b>365</b>	CKZIU NYSA MECHANIK	K40-49			00:07:44	00:25:05	00:43:03	01:01:14	01:19:34	01:38:01
9	<b>LENZ Andrzej</b>	<b>352</b>	MUSZKIETEROWIE	M50-59			00:08:07	00:26:17	00:44:10	01:02:21	01:20:43	01:39:06
10	<b>KOLMETZ Katarzyna</b>	<b>347</b>	POLIPACK TEAM GWE	K40-49			00:07:57	00:25:45	00:43:43	01:02:03	01:20:40	01:39:11
11	<b>KUŚMIEREC Patryk</b>	<b>351</b>	BŁĘKITNI NW DZIEMIANY	M18-29			00:09:00	00:27:31	00:46:42	01:06:14	01:22:54	01:40:27
12	<b>SZULC Alicja</b>	<b>368</b>		K40-49			00:07:42	00:25:37	00:43:47	01:02:24	01:21:11	01:40:29
13	<b>CIESIELSKI Jan</b>	<b>333</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	1		00:08:02	00:26:01	00:44:00	01:02:34	01:21:16	01:40:40
14	<b>CIESIELSKI Jerzy</b>	<b>334</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	2		00:08:04	00:26:51	00:45:25	01:04:01	01:22:26	01:40:50
15	<b>ŻAMOJCIN Marek</b>	<b>376</b>	NORDICLUB SZCZECIN	M50-59			00:08:07	00:26:23	00:44:54	01:03:34	01:22:33	01:41:47
16	<b>MĄDRY Grzegorz</b>	<b>354</b>	KIJKOWE TRZEMESZNO	M60+			00:08:39	00:26:58	00:45:20	01:03:53	01:22:41	01:41:51
17	<b>ŚCIBUT Ania</b>	<b>369</b>	FORMA NA PIĄTKĘ NW	K40-49			00:07:57	00:26:05	00:44:53	01:04:12	01:23:46	01:43:41
18	<b>RAKOWIECKI Zbigniew</b>	<b>361</b>	FACE NORDIC WALKING TEAM	M50-59			00:08:10	00:26:33	00:45:19	01:04:29	01:24:05	01:43:50
19	<b>STACHOWICZ Joanna</b>	<b>367</b>	BŁĘKITNI NW DZIEMIANY	K18-29			00:07:48	00:26:21	00:45:31	01:05:02	01:24:24	01:43:58
20	<b>FRANKIEWICZ Mirosław</b>	<b>337</b>	FORMA NA PIĄTKĘ NW	M40-49			00:08:21	00:27:21	00:46:22	01:05:10	01:24:29	01:43:59
21	<b>STĘPIEŃ Lucyna</b>	<b>366</b>	KS METRACO POLKOWICE	K60+			00:08:16	00:27:04	00:46:08	01:05:34	01:24:58	01:44:44
22	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>338</b>	ZAWSZE MŁODZI NORDIC WALKING	M50-59			00:08:20	00:26:51	00:46:03	01:05:24	01:24:56	01:44:55
23	<b>NOWICZ Mariusz</b>	<b>357</b>	CIDRY LOTAJOM	M18-29			00:07:58	00:26:50	00:46:05	01:05:24	01:24:54	01:44:59
24	<b>GROS Agnieszka</b>	<b>339</b>	STADION ŚLĄSKI	K40-49			00:07:56	00:26:47	00:45:57	01:05:30	01:25:03	01:45:04
25	<b>PAPROTNA Agnieszka</b>	<b>358</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39			00:08:16	00:27:08	00:46:27	01:05:46	01:25:27	01:45:17
26	<b>WESOŁOWSKI Wojciech</b>	<b>372</b>	MUSZKIETEROWIE	M60+			00:08:39	00:27:30	00:46:41	01:06:12	01:25:54	01:45:33
27	<b>RESEMAN Sylwia</b>	<b>362</b>	FACE NORDIC WALKING TEAM	K50-59			00:08:26	00:27:34	00:46:46	01:06:08	01:25:53	01:46:01

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	laps 1.1km	laps 3.6km	laps 6.1km	laps 8.6km	laps 11.1km	laps 13.6km
28	<b>PLEWIŃSKI Rafał</b>	<b>359</b>		M30-39			00:07:51	00:26:33	00:46:02	01:05:41	01:25:30	01:46:17
29	<b>BUCZKOWSKA Wiesława</b>	<b>332</b>	FACE NORDIC WALKING TEAM	K60+			00:08:32	00:27:25	00:46:50	01:06:47	01:26:58	01:47:36
30	<b>JANOSZKA Irena</b>	<b>341</b>	CIDRY LOTAJOM	K50-59			00:08:19	00:27:19	00:46:57	01:07:09	01:27:50	01:48:26
31	<b>NIETRZEBKA Aleksandra</b>	<b>378</b>	MIĘDZYBORÓW	K18-29			00:08:52	00:29:26	00:50:11	01:10:24	01:30:07	01:50:20
32	<b>DANKIEWICZ Barbara</b>	<b>335</b>	ZAWSZE MŁODZI NORDIC WALKING	K40-49			00:08:56	00:29:01	00:49:08	01:09:22	01:29:58	01:51:24
33	<b>KACZMAREK Jarosław</b>	<b>342</b>	SERCE NORDICA WŁOCŁAWEK	M50-59			00:08:54	00:28:52	00:49:12	01:09:57	01:30:49	01:52:17
34	<b>NIETRZEBKA Paweł</b>	<b>356</b>	MIĘDZYBORÓW	M30-39			00:08:40	00:28:44	00:49:14	01:09:58	01:31:09	01:52:51
35	<b>DUSZA Anna</b>	<b>336</b>	NORDICLUB SZCZECIN	K50-59			00:08:46	00:29:04	00:49:53	01:10:50	01:31:44	01:53:15
36	<b>SOBAŃSKA Grażyna</b>	<b>364</b>		K60+			00:09:22	00:30:06	00:51:05	01:12:02	01:32:49	01:53:30
37	<b>POSTEK Danuta</b>	<b>360</b>	MARSZ PO ZDROWIE	K50-59			00:08:55	00:29:31	00:50:10	01:11:03	01:32:01	01:53:42
38	<b>MALINOWSKA Katarzyna</b>	<b>353</b>	LECZYMY DURŚ	K30-39			00:09:01	00:29:18	00:49:59	01:11:08	01:32:34	01:53:57
39	<b>KACZMAREK Zofia</b>	<b>343</b>	SERCE NORDICA WŁOCŁAWEK	K50-59			00:09:04	00:29:37	00:50:25	01:11:17	01:32:31	01:54:09
40	<b>WENDT Jarosław</b>	<b>371</b>	POLIPACK TEAM GWE	M50-59			00:09:30	00:31:14	00:52:17	01:13:06	01:33:50	01:54:25
41	<b>ROZMUS Jolanta</b>	<b>363</b>	FACE NORDIC WALKING TEAM	K60+			00:09:25	00:30:23	00:51:35	01:13:20	01:34:57	01:57:19
42	<b>ZAWADZKA Maria</b>	<b>375</b>	KS METRACO POLKOWICE	K60+			00:09:26	00:31:17	00:53:17	01:15:03	01:36:41	01:58:31
43	<b>MÓRAWSKI Sławomir</b>	<b>355</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59			00:10:21	00:33:52	00:57:00	01:19:52	01:43:33	02:07:56
44	<b>KARASIEWICZ Iwona</b>	<b>344</b>	NORDICLUB SZCZECIN	K30-39			00:09:52	00:33:13	00:57:07	01:21:05	01:45:09	02:10:18

Total 44 results.