

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 – 10 KM

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020
Organizator: Urząd Miasta Tarnowskie Góry
Data: 2020-10-04
Miejsce: Tarnowskie Góry
Dystans: 10 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	156	ATHLETIC ZREĆIN	M30-39	1			00:29:22	00:59:53.50		5:59	10 (100%)
2	ROSAK Marcin	114	BACHUS NORDICUS ZIELONA GÓRA	M40-49	1			00:30:12	01:00:21.70	+00:00:28 (0.8%)	6:02	9.9 (99.0%)
3	MARCZAK Tomasz	8		M18-29	1			00:30:38	01:01:44.50	+00:01:51 (3.0%)	6:10	9.7 (97.0%)
4	KNITTER Tomasz	7	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:30:51	01:02:00.85	+00:02:07 (3.4%)	6:12	9.7 (97.0%)
5	KUŚMIEREK Patryk	3	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:31:18	01:03:12.60	+00:03:19 (5.2%)	6:19	9.5 (95.0%)
6	KUŹMICZ Adam	5	POLIPACK TEAM GWE	M30-39	2			00:31:21	01:03:37.65	+00:03:44 (5.9%)	6:21	9.4 (94.0%)
7	HELWICH Stefan	10	KS METRACO POLKOWICE	M60-69	1	1		00:31:09	01:03:47.10	+00:03:53 (6.1%)	6:22	9.4 (94.0%)
8	PIETRZYK Jarosław	106	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:31:51	01:03:49.85	+00:03:56 (6.2%)	6:22	9.4 (94.0%)
9	ROMANOWSKI Daniel	112		M18-29	4	1		00:31:44	01:03:58.85	+00:04:05 (6.4%)	6:23	9.4 (94.0%)
10	SŁUPIANEK Paweł	124	KATOWICKI NORDIC WALKING	M40-49	2			00:32:11	01:04:53.35	+00:04:59 (7.7%)	6:29	9.2 (92.0%)
11	BARCZYK Bogdan	21	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:32:16	01:05:03.70	+00:05:10 (7.9%)	6:30	9.2 (92.0%)
12	WILCZEK Krzysztof	149	CIDRY LOTAJOM	M40-49	3			00:32:25	01:05:06.30	+00:05:12 (8.0%)	6:30	9.2 (92.0%)
13	JUREK Adam	57	KS METRACO POLKOWICE	M60-69	2	2		00:32:15	01:05:30.55	+00:05:37 (8.6%)	6:33	9.2 (92.0%)

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14	MAŁKA Marian	85		M60-69	3			00:32:18	01:05:37.90	+00:05:44 (8.7%)	6:33	9.1 (91.0%)
15	ŚWIDEREK Marcin	134	NW CZŁAPSKI TEAM	M40-49	4			00:32:43	01:06:18.10	+00:06:24 (9.7%)	6:37	9 (90.0%)
16	POLKOWSKI Piotr	9	NW CZŁAPSKI TEAM	M30-39	4	1		00:31:33	01:06:19.75	+00:06:26 (9.7%)	6:37	9 (90.0%)
17	WOJTASIŃSKI Daniel	162	NORDIC TEAM CZĘSTOCHOWA	M40-49	5			00:33:02	01:06:24.40	+00:06:30 (9.8%)	6:38	9 (90.0%)
18	KLIMCZAK Adam	2	GOSADI NORDIC TEAM	M50-59	2			00:32:42	01:06:24.45	+00:06:30 (9.8%)	6:38	9 (90.0%)
19	CZŁAPSKI Krzysztof	4	NW CZŁAPSKI TEAM	M50-59	3			00:32:47	01:07:02.05	+00:07:08 (10.7%)	6:42	9 (90.0%)
20	NACZK Leonard	97	POLIPACK TEAM GWE	M40-49	6			00:33:20	01:07:24.75	+00:07:31 (11.2%)	6:44	8.9 (89.0%)
21	RADECKI Artur	1	CHODZĄCY BIAŁYSTOK	M50-59	4	1		00:33:10	01:07:47.15	+00:07:53 (11.6%)	6:46	8.9 (89.0%)
22	KABATA Jarosław	59	NORDICUS STRZYBNICA	M50-59	5			00:33:19	01:07:59.60	+00:08:06 (11.9%)	6:47	8.8 (88.0%)
23	ADAMCZYK Adam	18	PASJA NORDIC WALKING	M70+	1			00:34:10	01:08:08.60	+00:08:15 (12.1%)	6:48	8.8 (88.0%)
24	SADOWSKI Tomasz	118	W POGONI ZA DUCHEM	M40-49	7			00:33:48	01:08:12.10	+00:08:18 (12.2%)	6:49	8.8 (88.0%)
25	KUŚMIEREK Jan	73	BŁĘKITNI NW DZIEMIANY	M50-59	6			00:34:03	01:08:50.00	+00:08:56 (13.0%)	6:53	8.7 (87.0%)
26	OLSZAŃSKI Karol	101	FEAR THE RETURN	M40-49	8			00:33:34	01:08:50.30	+00:08:56 (13.0%)	6:53	8.7 (87.0%)
27	MAJAK Mateusz	83	NW CZŁAPSKI TEAM	M18-29	5			00:34:29	01:09:27.25	+00:09:33 (13.8%)	6:56	8.6 (86.0%)
28	MARCZYŃSKI Adam	89	POLIPACK TEAM GWE	M40-49	9			00:34:20	01:09:35.10	+00:09:41 (13.9%)	6:57	8.6 (86.0%)
29	KROMSKI Paweł	69	NORDIC WALKING KIEKRZ POLAND	M50-59	7			00:35:02	01:10:34.45	+00:10:40 (15.1%)	7:03	8.5 (85.0%)
30	SZYMAŃSKI Stefan	133	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	2			00:34:56	01:10:38.40	+00:10:44 (15.2%)	7:03	8.5 (85.0%)
31	DREWA Marian	29	POLIPACK TEAM GWE	M60-69	4			00:34:33	01:10:56.85	+00:11:03 (15.6%)	7:05	8.5 (85.0%)
32	TRZCIŃSKI Mariusz	140	SERCE NORDICA WŁOCŁAWEK	M40-49	10	1		00:35:35	01:10:59.05	+00:11:05 (15.6%)	7:05	8.5 (85.0%)
33	KOWALSKI Marek	68		M50-59	8			00:35:33	01:11:07.55	+00:11:14 (15.8%)	7:06	8.4 (84.0%)
34	WALESZKO Andrzej	144	PASJA NORDIC WALKING	M40-49	11	1		00:35:19	01:11:56.80	+00:12:03 (16.8%)	7:11	8.3 (83.0%)
35	NETKOWSKI Wojciech	99	PASJA NORDIC WALKING	M60-69	5	1		00:35:26	01:11:58.20	+00:12:04 (16.8%)	7:11	8.3 (83.0%)
36	RUDAWSKI Maciej	115	MARSZ PO ZDROWIE	M30-39	5			00:35:35	01:12:17.70	+00:12:24 (17.2%)	7:13	8.3 (83.0%)

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									netto 10km	Różn		
37	CHYRA Janusz	25	UNIA MIAST	M40-49	12			00:36:25	01:12:32.65	+00:12:39 (17.4%)	7:15	8.3 (83.0%)
38	PANCHYRZ Piotr	105	NORDICUS STRZYBNICA	M40-49	13			00:36:24	01:12:41.05	+00:12:47 (17.6%)	7:16	8.3 (83.0%)
39	TOMCZAK Jarosław	137	STĘSZEW TEAM	M50-59	9			00:35:41	01:12:45.90	+00:12:52 (17.7%)	7:16	8.2 (82.0%)
40	OCYSEK Zygmunt	100	STADION ŚLĄSKI	M70+	3			00:35:39	01:13:14.10	+00:13:20 (18.2%)	7:19	8.2 (82.0%)
41	SOMIAK Piotr	126	NORDICUS STRZYBNICA	M40-49	14			00:36:33	01:13:40.40	+00:13:46 (18.7%)	7:22	8.1 (81.0%)
42	SZCZĘŚNIAK Zbigniew	131	NORDIC TEAM CZĘSTOCHOWA	M50-59	10			00:36:56	01:13:47.25	+00:13:53 (18.8%)	7:22	8.1 (81.0%)
43	HRYNDIO Jerzy	54	STADION ŚLĄSKI	M60-69	6			00:36:44	01:14:00.00	+00:14:06 (19.1%)	7:24	8.1 (81.0%)
44	KAMIANOWSKI Jan	62	NW CZŁAPSKI TEAM	M60-69	7			00:36:36	01:14:19.85	+00:14:26 (19.4%)	7:25	8.1 (81.0%)
45	MADAJ Robert	82	STĘSZEW TEAM	M50-59	11			00:36:29	01:14:24.55	+00:14:31 (19.5%)	7:26	8.1 (81.0%)
46	MOL Michał	170	CIDRY LOTAJOM	M30-39	6			00:36:57	01:14:49.55	+00:14:56 (20.0%)	7:28	8 (80.0%)
47	HOLECKI Paweł	53		M30-39	7	1		00:37:16	01:14:50.15	+00:14:56 (20.0%)	7:29	8 (80.0%)
48	WOŹNIAK Bartłomiej	157		M40-49	15			00:38:24	01:14:59.90	+00:15:06 (20.1%)	7:29	8 (80.0%)
49	POLAK Łukasz	108	OBORYGENI	M30-39	8			00:38:09	01:15:22.70	+00:15:29 (20.5%)	7:32	8 (80.0%)
50	NOWICZ Mariusz	169	CIDRY LOTAJOM	M18-29	6			00:37:43	01:15:27.05	+00:15:33 (20.6%)	7:32	8 (80.0%)
51	JANKOWSKI Grzegorz	55	STĘSZEW TEAM	M60-69	8			00:37:19	01:15:52.65	+00:15:59 (21.1%)	7:35	7.9 (79.0%)
52	WENDT Jarosław	146	POLIPACK TEAM GWE	M50-59	12			00:37:46	01:15:56.90	+00:16:03 (21.1%)	7:35	7.9 (79.0%)
53	RADZIEJOWSKI Bogusław	111	NORDIC TEAM CZĘSTOCHOWA	M60-69	9			00:37:55	01:16:00.75	+00:16:07 (21.2%)	7:36	7.9 (79.0%)
54	PONKA Radosław	109	POLIPACK TEAM GWE	M40-49	16			00:37:44	01:16:17.95	+00:16:24 (21.5%)	7:37	7.9 (79.0%)
55	FRANCZAK Dariusz	40	NW CZŁAPSKI TEAM	M50-59	13			00:38:03	01:16:30.35	+00:16:36 (21.7%)	7:39	7.8 (78.0%)
56	MARCHEWKA Andrzej	88	13 ŚLĄSKA BRYGADA OT KATOWICE	M60-69	10			00:37:27	01:16:50.90	+00:16:57 (22.1%)	7:41	7.8 (78.0%)
57	STOLARSKI Janusz	129	SERCE NORDICA WŁOCŁAWEK	M60-69	11			00:37:02	01:16:53.90	+00:17:00 (22.1%)	7:41	7.8 (78.0%)
58	KLUSKA Kazimierz	64	KATOWICKI NORDIC WALKING	M70+	4			00:38:04	01:17:25.50	+00:17:32 (22.6%)	7:44	7.8 (78.0%)
59	GLISZCZYŃSKI Mirosław	45	NWPL/ GOGGLE PAE TEAM	M60-69	12			00:38:35	01:18:44.45	+00:18:50 (23.9%)	7:52	7.6 (76.0%)

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60	DUDKIEWICZ Wojciech	35	NORDICUS STRZYBNICA	M40-49	17			00:39:24	01:19:44.25	+00:19:50 (24.9%)	7:58	7.5 (75.0%)
61	MACHOLC Piotr	81	ŻÓŁWIK	M60-69	13			00:39:55	01:19:51.40	+00:19:57 (25.0%)	7:59	7.5 (75.0%)
62	RZEPKA Tomasz	117		M50-59	14			00:40:03	01:20:25.45	+00:20:31 (25.5%)	8:02	7.5 (75.0%)
63	TRAUTMANN Piotr	138	OFIARY KAMIEŃCA	M50-59	15			00:39:10	01:21:25.90	+00:21:32 (26.5%)	8:08	7.4 (74.0%)
64	ŁAZORKO Antoni	80	STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA	M60-69	14			00:41:05	01:21:27.60	+00:21:34 (26.5%)	8:08	7.4 (74.0%)
65	GAIDAS Sebastian	42		M40-49	18	1		00:40:25	01:21:45.15	+00:21:51 (26.7%)	8:10	7.3 (73.0%)
66	LUDYGA Krystian	79		M40-49	19			00:41:27	01:22:49.75	+00:22:56 (27.7%)	8:16	7.2 (72.0%)
67	ERNT Grzegorz	36	KLUB BOBRY WALKING	M50-59	16	1		00:41:13	01:23:38.70	+00:23:45 (28.4%)	8:21	7.2 (72.0%)
68	WĄTROBA Sebastian	145	BEL MARE NORDIC WALKING TEAM	M40-49	20			00:42:01	01:24:44.35	+00:24:50 (29.3%)	8:28	7.1 (71.0%)
69	LUBAŃSKI Tomasz	78	SERCE NORDICA WŁOCŁAWEK	M60-69	15			00:42:55	01:26:11.40	+00:26:17 (30.5%)	8:37	7 (70.0%)
70	DRYNDA Franciszek	32	NORDICUS STRZYBNICA	M70+	5			00:43:48	01:29:21.25	+00:29:27 (33.0%)	8:56	6.7 (67.0%)
71	WAWRZYŃCZOK Krzysztof	520	NORDICUS STRZYBNICA	M40-49	21			00:44:15	01:29:32.95	+00:29:39 (33.1%)	8:57	6.7 (67.0%)
72	SZKUDLAREK Jarosław	198		M50-59	17			00:45:32	01:30:08.60	+00:30:15 (33.6%)	9:00	6.7 (67.0%)
73	KUCZYŃSKI Włodzimierz	188	NORDIC WALKING KIEKRZ POLAND	M60-69	16			00:47:10	01:35:51.50	+00:35:58 (37.5%)	9:35	6.3 (63.0%)
DQ	SANIUK Edward	119	FACE NORDIC WALKING TEAM	M70+			1	00:33:17 DQ	01:06:53.40 DQ		0:00	9 (90.0%)
	PAWLIK Michał	165	TREKMONDO	M40-49		2		DNF	DNF		-	- (0.0%)

Znaleziono 75 wynik(ów)