



## PUCHAR NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Puchar Nordic Walking w Sercu Podhala  
Gmina Szaflary  
2021-10-16  
Szaflary  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.67km	3.3km	5km	6.67km	8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HAŁAS Marcin</b>	<b>5</b>		M30-39	1	00:10:30	00:21:44	00:33:09	00:44:31	00:55:48	<b>01:06:53.65</b>		6:41	9 (100%)
2	<b>NIEDBAŁ Adam</b>	<b>17</b>	SILESIA NORDIC TEAM	M40-49	1	00:10:31	00:21:45	00:33:10	00:44:30	00:55:49	<b>01:06:54.10</b>	+00:00:00 (0.0%)	6:41	9 (100%)
3	<b>KORDOWSKI Piotr</b>	<b>12</b>	LABORELL	M50-59	1	00:10:32	00:21:46	00:33:12	00:44:34	00:56:28	<b>01:08:33.15</b>	+00:01:39 (2.4%)	6:51	8.8 (97.8%)
4	<b>KABATA Jarosław</b>	<b>6</b>	NORDIC SPORT 2021	M50-59	2	00:10:29	00:22:10	00:34:38	00:47:20	01:00:11	<b>01:12:46.60</b>	+00:05:52 (8.1%)	7:16	8.2 (91.1%)
5	<b>LABUS Marzena</b>	<b>13</b>	NORDIC SPORT 2021	K30-39	1	00:12:30	00:24:35	00:36:51	00:49:20	01:01:59	<b>01:14:22.60</b>	+00:07:28 (10.1%)	7:26	8.1 (90.0%)
6	<b>KOŃCZEWSKA Bożena</b>	<b>10</b>	BIESZCZADZKI KLUB NORDIC WALKING	K60-69	1	00:12:29	00:24:39	00:36:54	00:49:18	01:01:58	<b>01:14:23.05</b>	+00:07:29 (10.1%)	7:26	8.1 (90.0%)
7	<b>KĘDZIERSKA Karolina</b>	<b>9</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1	00:12:53	00:26:10	00:39:28	00:52:50	01:06:20	<b>01:19:46.15</b>	+00:12:52 (16.1%)	7:58	7.5 (83.3%)
8	<b>URBAN Robert</b>	<b>22</b>	KKNW	M40-49	2	00:12:18	00:25:43	00:39:30	00:53:16	01:07:04	<b>01:20:42.10</b>	+00:13:48 (17.1%)	8:04	7.4 (82.2%)
9	<b>GIERMEK Lucjan</b>	<b>4</b>		M40-49	3	00:12:19	00:25:43	00:39:31	00:53:17	01:07:06	<b>01:20:43.00</b>	+00:13:49 (17.1%)	8:04	7.4 (82.2%)
10	<b>KOŁODZIEJCZYK Roman</b>	<b>59</b>		M70+	1	00:12:24	00:25:48	00:39:34	00:53:13	01:07:06	<b>01:20:43.45</b>	+00:13:49 (17.1%)	8:04	7.4 (82.2%)
11	<b>TRYBUŁA Stanisław</b>	<b>20</b>	STF - ZP ORZEŁ TEAM SPYTKOWICE	M50-59	3	00:12:29	00:26:03	00:39:59	00:53:52	01:07:40	<b>01:21:28.40</b>	+00:14:34 (17.9%)	8:08	7.4 (82.2%)
12	<b>MACHOLC Piotr</b>	<b>14</b>	ŻÓŁWIK	M60-69	1	00:12:34	00:26:12	00:40:01	00:54:03	01:07:56	<b>01:21:37.40</b>	+00:14:43 (18.0%)	8:09	7.4 (82.2%)
13	<b>KAMIANOWSKI Jan</b>	<b>8</b>	NW CZŁAPSKI TEAM	M70+	2	00:12:34	00:26:15	00:40:05	00:54:02	01:07:55	<b>01:22:04.30</b>	+00:15:10 (18.5%)	8:12	7.3 (81.1%)
14	<b>MARKS Adrian</b>	<b>16</b>	LECZYMY DURŚ	M50-59	4	00:12:38	00:26:34	00:41:01	00:55:36	01:10:22	<b>01:25:36.00</b>	+00:18:42 (21.9%)	8:33	7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.67km	3.3km	5km	6.67km	8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>PYTLAK Adam</b>	<b>21</b>	KKNW	M50-59	5	00:12:37	00:26:44	00:40:58	00:55:40	01:10:57	<b>01:26:34.95</b>	+00:19:41 (22.7%)	8:39	6.9 (76.7%)
16	<b>BALIŚ Andrzej</b>	<b>1</b>		M30-39	2	00:13:16	00:27:41	00:42:30	00:57:20	01:12:16	<b>01:26:46.90</b>	+00:19:53 (22.9%)	8:40	6.9 (76.7%)
17	<b>KORDOWSKA Bogusława</b>	<b>11</b>	LUX TORPEDA	K40-49	2	00:14:04	00:28:36	00:43:15	00:58:04	01:12:54	<b>01:27:32.05</b>	+00:20:38 (23.6%)	8:45	6.9 (76.7%)
18	<b>MARKS Dorota</b>	<b>15</b>	LECYMY DURŚ	K50-59	1	00:14:31	00:29:12	00:44:48	00:59:56	01:15:31	<b>01:31:14.30</b>	+00:24:20 (26.7%)	9:07	6.6 (73.3%)
19	<b>SONDEJ Wiesław</b>	<b>19</b>	SDEY YOGA	M50-59	6	00:13:15	00:28:34	00:44:21	01:00:58	01:17:01	<b>01:33:29.30</b>	+00:26:35 (28.4%)	9:20	6.4 (71.1%)
20	<b>KALATA Ewa</b>	<b>7</b>		K40-49	3	00:15:40	00:30:56	00:46:21	01:02:48	01:18:54	<b>01:34:34.70</b>	+00:27:41 (29.3%)	9:27	6.3 (70.0%)
21	<b>BEDNARZ Bożena</b>	<b>23</b>		K30-39	2	00:15:08	00:30:53	00:46:58	01:02:55	01:18:51	<b>01:35:07.80</b>	+00:28:14 (29.7%)	9:30	6.3 (70.0%)
22	<b>GEMBUŚ Ewa</b>	<b>3</b>		K50-59	2	00:14:58	00:30:36	00:46:36	01:02:44	01:19:00	<b>01:35:27.55</b>	+00:28:33 (29.9%)	9:32	6.3 (70.0%)
23	<b>ROGALSKA Celina</b>	<b>18</b>		K60-69	2	00:17:02	00:34:27	00:52:08	01:09:55	01:27:57	<b>01:46:10.20</b>	+00:39:16 (37.0%)	10:37	5.7 (63.3%)
24	<b>BARABACH Danuta</b>	<b>2</b>		K60-69	3	00:17:38	00:36:32	00:56:14	01:15:43	01:35:00	<b>01:53:43.10</b>	+00:46:49 (41.2%)	11:22	5.3 (58.9%)
25	<b>FRANIK Aneta</b>	<b>46</b>	ŚLIMAKI	K40-49	4	00:18:05	00:37:44	00:57:48	01:18:21	01:38:51	<b>01:58:12.00</b>	+00:51:18 (43.4%)	11:49	5.1 (56.7%)

Znaleziono 25 wynik(ów)