



PUCHAR POLSKI NW - 10KM - 5/6

B4SPORT

Event: PUCHAR POLSKI NORDIC WALKING 2024 -
HAJNÓWKA - 5/6
Organiser: Powiat Hajnowski, Polskie Zrzeszenie Nordic
Walking
Date: 2024-09-21
Place: Hajnówka
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps 5.04km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	MARCZAK Tomasz	30	K.S. VICTORIA POTĘGOWO	M18-29	1			00:30:00	00:59:05.50		5:54	10.2 (100%)
2	WITUCKI Jacek	50	K.S. VICTORIA POTĘGOWO	M50-59	1			00:30:00	00:59:07.10	+00:00:01 (0.0%)	5:54	10.1 (99.0%)
3	JAWORSKI Łukasz	306		M40-49	1			00:30:02	01:00:43.60	+00:01:38 (2.7%)	6:04	9.9 (97.1%)
4	KABATA Jarosław	21	NORDIC SPORT 2021	M50-59	2			00:30:02	01:02:45.55	+00:03:40 (5.8%)	6:16	9.6 (94.1%)
5	ZEMŁA Marcin	54	CIAP CIAP ZEMŁA TEAM	M30-39	1			00:33:23	01:05:29.30	+00:06:23 (9.8%)	6:32	9.2 (90.2%)
6	BREWCZYŃSKI Marcin	7	POLIPACK TEAM GWE	M30-39	2			00:33:24	01:05:52.40	+00:06:46 (10.3%)	6:35	9.1 (89.2%)
7	MĘCZYŃSKI Sylwester	31		M40-49	2			00:32:55	01:05:57.15	+00:06:51 (10.4%)	6:35	9.1 (89.2%)
8	MISZTAŁ Grzegorz	32	OPEN SPORT TEAM	M30-39	3			00:33:23	01:07:31.60	+00:08:26 (12.5%)	6:45	8.9 (87.3%)
9	ŚLUSARCZYK Marcin	43	WESOŁY BORSUK TEAM	M40-49	3			00:33:16	01:08:03.95	+00:08:58 (13.2%)	6:48	8.8 (86.3%)
10	KUBISZYN Małgorzata	304	K.S. VICTORIA POTĘGOWO	K30-39	1			00:34:01	01:08:25.60	+00:09:20 (13.6%)	6:50	8.8 (86.3%)
11	BIELECKA Zuzanna	5	K.S. VICTORIA POTĘGOWO	K40-49	1			00:34:37	01:09:12.40	+00:10:06 (14.6%)	6:55	8.7 (85.3%)
12	GRZECH Marcin	14		M50-59	3			00:34:44	01:09:57.85	+00:10:52 (15.5%)	6:59	8.6 (84.3%)
13	KNAPCZYK-KANIA Gabriela	55	NORDIC SPORT 2021	K50-59	1			00:35:10	01:10:23.50	+00:11:18 (16.1%)	7:02	8.5 (83.3%)
14	REJOWSKI Maurycy	36	NOWI SIEDLCE	M40-49	4			00:34:56	01:11:17.40	+00:12:11 (17.1%)	7:07	8.4 (82.4%)
15	SZCZYGIĘŁ Adriana	42	OPEN SPORT TEAM	K40-49	2			00:35:21	01:11:23.40	+00:12:17 (17.2%)	7:08	8.4 (82.4%)
16	CZMOCH Marian	9	NORDIC SPORT 2021	M70+	1			00:37:05	01:14:47.50	+00:15:42 (21.0%)	7:28	8 (78.4%)
17	ARTEMIUK Eugeniusz	3		M60-69	1			00:38:36	01:17:42.65	+00:18:37 (24.0%)	7:46	7.7 (75.5%)
18	SKUP Maciej	309	NOWI SIEDLCE	M30-39	4			00:39:04	01:18:31.35	+00:19:25 (24.7%)	7:51	7.6 (74.5%)
19	ROWIŃSKI Paweł	37	NW CZŁAPSKI TEAM	M30-39	5			00:38:52	01:18:36.25	+00:19:30 (24.8%)	7:51	7.6 (74.5%)
20	PALUCH Paweł	34	AVOCADO WELLNESS CLUB	M60-69	2			00:39:08	01:18:46.35	+00:19:40 (25.0%)	7:52	7.6 (74.5%)
21	ŚLUSARCZYK Andrzej	45	WESOŁY BORSUK TEAM	M70+	2			00:39:13	01:19:43.20	+00:20:37 (25.9%)	7:58	7.5 (73.5%)
22	ŚLUSARCZYK Grzegorz	44	WESOŁY BORSUK TEAM	M50-59	4			00:40:09	01:19:46.30	+00:20:40 (25.9%)	7:58	7.5 (73.5%)
23	BOBRZKA Klaudia	6		K18-29	1			00:39:55	01:19:54.50	+00:20:49 (26.1%)	7:59	7.5 (73.5%)
24	PAWLUCZUK Urszula	35		K18-29	2			00:40:01	01:19:57.45	+00:20:51 (26.1%)	7:59	7.5 (73.5%)
25	KURKIEWICZ Katarzyna	28		K18-29	3			00:39:57	01:20:13.90	+00:21:08 (26.3%)	8:01	7.5 (73.5%)
26	ROMAŃCZUK Agnieszka	215	NOWI SIEDLCE	K50-59	2			00:40:11	01:20:56.30	+00:21:50 (27.0%)	8:05	7.4 (72.5%)
27	ZACHARCZUK Zofia	52	NOWI SIEDLCE	K60-69	1			00:39:50	01:21:05.60	+00:22:00 (27.1%)	8:06	7.4 (72.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Laps 5.04km 5km	Net time 10km	Gap	Pace min/km	Pace km/h
28	SAPUŁA Wiktoria	38	K.S. VICTORIA POTĘGOWO	K18-29	4			00:40:06	01:21:20.20	+00:22:14 (27.3%)	8:08	7.4 (72.5%)
29	WALORYSZAK Andrzej	46	MORSY RADZYMIN	M60-69	3			00:40:20	01:22:17.65	+00:23:12 (28.2%)	8:13	7.3 (71.6%)
30	WILK Iwona	49	NORDIC SPORT 2021	K50-59	3			00:41:47	01:22:28.55	+00:23:23 (28.4%)	8:14	7.3 (71.6%)
31	BERESKA Irena	4	NORDIC SPORT 2021	K30-39	2			00:41:05	01:22:33.10	+00:23:27 (28.4%)	8:15	7.3 (71.6%)
32	DEJDA Piotr	308		M50-59	5			00:43:02	01:23:57.00	+00:24:51 (29.6%)	8:23	7.1 (69.6%)
33	HAJDUK Katarzyna	15	HAJNOWSKIE KIJANKI	K40-49	3			00:41:41	01:23:59.30	+00:24:53 (29.6%)	8:23	7.1 (69.6%)
34	GRABARZ Urszula	12	TKKF KRZNA BIAŁA PODLASKA	K60-69	2			00:40:46	01:24:00.05	+00:24:54 (29.7%)	8:24	7.1 (69.6%)
35	KUREL Małgorzata	26		K30-39	3	Tak		00:41:37	01:24:08.15	+00:25:02 (29.8%)	8:24	7.1 (69.6%)
36	NERC Dorota	33		K60-69	3	Tak		00:40:51	01:24:11.15	+00:25:05 (29.8%)	8:25	7.1 (69.6%)
37	DERDA-NOWAKOWSKI Ignacy	10		M18-29	2			00:40:30	01:24:26.35	+00:25:20 (30.0%)	8:26	7.1 (69.6%)
38	KAMIEŃSKI Sebastian	22		M30-39	6			00:40:30	01:24:58.65	+00:25:53 (30.5%)	8:29	7.1 (69.6%)
39	KOŚCIUCZUK Agnieszka	24	HAJNOWSKIE KIJANKI	K40-49	4			00:43:23	01:26:56.80	+00:27:51 (32.0%)	8:41	6.9 (67.6%)
40	JANISZEWSKA Katarzyna	19		K40-49	5			00:43:28	01:28:31.55	+00:29:26 (33.2%)	8:51	6.8 (66.7%)
41	JANISZEWSKA Martyna	18		K18-29	5			00:44:08	01:29:12.75	+00:30:07 (33.8%)	8:55	6.7 (65.7%)
42	WEKA Krzysztof	310		M30-39	7			00:43:54	01:31:20.80	+00:32:15 (35.3%)	9:08	6.6 (64.7%)
43	KUREL Agnieszka	27		K18-29	6			00:45:49	01:32:54.25	+00:33:48 (36.4%)	9:17	6.5 (63.7%)
44	BUGWIN Marta	8	HAJNOWSKIE KIJANKI	K40-49	6			00:45:50	01:34:10.85	+00:35:05 (37.3%)	9:25	6.4 (62.7%)
45	ADAMOWICZ Andrzej	1		M70+	3			00:46:29	01:35:10.60	+00:36:05 (37.9%)	9:31	6.3 (61.8%)
46	WALORYSZAK Barbara	47	MORSY RADZYMIN	K70+	1			00:47:27	01:36:47.20	+00:37:41 (38.9%)	9:40	6.2 (60.8%)
47	ARTEMIUK Eugenia	2		K60-69	4			00:47:28	01:36:48.05	+00:37:42 (39.0%)	9:40	6.2 (60.8%)
LIM	HRYCIUK Waldemar	17	K.S. VICTORIA POTĘGOWO	M60-69				00:40:11				(0.0%)

Total 48 results.