



# 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	<b>00:59:05.50</b>		5:54	10.2 (100%)
2	WITUCKI Jacek	50	K.S. VICTORIA POTĘGOWO	M50-59	1			00:30:00	<b>00:59:07.10</b>	+00:00:01 (0.0%)	5:54	10.1 (99.0%)
3	JAWORSKI Łukasz	306		M40-49	1			00:30:02	<b>01:00:43.60</b>	+00:01:38 (2.7%)	6:04	9.9 (97.1%)
4	KABATA Jarosław	21	NORDIC SPORT 2021	M50-59	2			00:30:02	<b>01:02:45.55</b>	+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	<b>01:05:29.30</b>	+00:06:23 (9.8%)	6:32	9.2 (90.2%)
6	BREWCZYŃSKI Marcin	7	POLIPACK TEAM GWE	M30-39	2			00:33:24	<b>01:05:52.40</b>	+00:06:46 (10.3%)	6:35	9.1 (89.2%)
7	MĘCZYŃSKI Sylwester	31		M40-49	2			00:32:55	<b>01:05:57.15</b>	+00:06:51 (10.4%)	6:35	9.1 (89.2%)
8	MISZTAŁ Grzegorz	32	OPEN SPORT TEAM	M30-39	3			00:33:23	<b>01:07:31.60</b>	+00:08:26 (12.5%)	6:45	8.9 (87.3%)
9	ŚLUSARCZYK Marcin	43	WESOŁY BORSUK TEAM	M40-49	3			00:33:16	<b>01:08:03.95</b>	+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	<b>01:08:25.60</b>	+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	<b>01:09:12.40</b>	+00:10:06 (14.6%)	6:55	8.7 (85.3%)
12	GRZECH Marcin	14		M50-59	3			00:34:44	<b>01:09:57.85</b>	+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	<b>01:10:23.50</b>	+00:11:18 (16.1%)	7:02	8.5 (83.3%)
14	REJOWSKI Maurycy	36	NOWI SIEDLCE	M40-49	4			00:34:56	<b>01:11:17.40</b>	+00:12:11 (17.1%)	7:07	8.4 (82.4%)
15	SZCZYGIEŁ Adriana	42	OPEN SPORT TEAM	K40-49	2			00:35:21	<b>01:11:23.40</b>	+00:12:17 (17.2%)	7:08	8.4 (82.4%)
16	CZMOCH Marian	9	NORDIC SPORT 2021	M70+	1			00:37:05	<b>01:14:47.50</b>	+00:15:42 (21.0%)	7:28	8 (78.4%)
17	ARTEMIUK Eugeniusz	3		M60-69	1			00:38:36	<b>01:17:42.65</b>	+00:18:37 (24.0%)	7:46	7.7 (75.5%)
18	SKUP Maciej	309	NOWI SIEDLCE	M30-39	4			00:39:04	<b>01:18:31.35</b>	+00:19:25 (24.7%)	7:51	7.6 (74.5%)
19	ROWIŃSKI Paweł	37	NW CZŁAPSKI TEAM	M30-39	5			00:38:52	<b>01:18:36.25</b>	+00:19:30 (24.8%)	7:51	7.6 (74.5%)
20	PALUCH Paweł	34	AVOCADO WELLNESS CLUB	M60-69	2			00:39:08	<b>01:18:46.35</b>	+00:19:40 (25.0%)	7:52	7.6 (74.5%)
21	ŚLUSARCZYK Andrzej	45	WESOŁY BORSUK TEAM	M70+	2			00:39:13	<b>01:19:43.20</b>	+00:20:37 (25.9%)	7:58	7.5 (73.5%)
22	ŚLUSARCZYK Grzegorz	44	WESOŁY BORSUK TEAM	M50-59	4			00:40:09	<b>01:19:46.30</b>	+00:20:40 (25.9%)	7:58	7.5 (73.5%)
23	BOBRZKA Klaudia	6		K18-29	1			00:39:55	<b>01:19:54.50</b>	+00:20:49 (26.1%)	7:59	7.5 (73.5%)
24	PAWLUCZUK Urszula	35		K18-29	2			00:40:01	<b>01:19:57.45</b>	+00:20:51 (26.1%)	7:59	7.5 (73.5%)
25	KURKIEWICZ Katarzyna	28		K18-29	3			00:39:57	<b>01:20:13.90</b>	+00:21:08 (26.3%)	8:01	7.5 (73.5%)
26	ROMAŃCZUK Agnieszka	215	NOWI SIEDLCE	K50-59	2			00:40:11	<b>01:20:56.30</b>	+00:21:50 (27.0%)	8:05	7.4 (72.5%)
27	ZACHARCZUK Zofia	52	NOWI SIEDLCE	K60-69	1			00:39:50	<b>01:21:05.60</b>	+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	<b>SAPUŁA Wiktoria</b>	<b>38</b>	K.S. VICTORIA POTĘGOWO	K18-29	4			00:40:06	<b>01:21:20.20</b>	+00:22:14 (27.3%)	8:08	7.4 (72.5%)
29	<b>WALORYSZAK Andrzej</b>	<b>46</b>	MORSY RADZYMIN	M60-69	3			00:40:20	<b>01:22:17.65</b>	+00:23:12 (28.2%)	8:13	7.3 (71.6%)
30	<b>WILK Iwona</b>	<b>49</b>	NORDIC SPORT 2021	K50-59	3			00:41:47	<b>01:22:28.55</b>	+00:23:23 (28.4%)	8:14	7.3 (71.6%)
31	<b>BERESKA Irena</b>	<b>4</b>	NORDIC SPORT 2021	K30-39	2			00:41:05	<b>01:22:33.10</b>	+00:23:27 (28.4%)	8:15	7.3 (71.6%)
32	<b>DEJDA Piotr</b>	<b>308</b>		M50-59	5			00:43:02	<b>01:23:57.00</b>	+00:24:51 (29.6%)	8:23	7.1 (69.6%)
33	<b>HAJDUK Katarzyna</b>	<b>15</b>	HAJNOWSKIE KIJANKI	K40-49	3			00:41:41	<b>01:23:59.30</b>	+00:24:53 (29.6%)	8:23	7.1 (69.6%)
34	<b>GRABARZ Urszula</b>	<b>12</b>	TKKF KRZNA BIAŁA PODLASKA	K60-69	2			00:40:46	<b>01:24:00.05</b>	+00:24:54 (29.7%)	8:24	7.1 (69.6%)
35	<b>KUREL Małgorzata</b>	<b>26</b>		K30-39	3	Tak		00:41:37	<b>01:24:08.15</b>	+00:25:02 (29.8%)	8:24	7.1 (69.6%)
36	<b>NERC Dorota</b>	<b>33</b>		K60-69	3	Tak		00:40:51	<b>01:24:11.15</b>	+00:25:05 (29.8%)	8:25	7.1 (69.6%)
37	<b>DERDA-NOWAKOWSKI Ignacy</b>	<b>10</b>		M18-29	2			00:40:30	<b>01:24:26.35</b>	+00:25:20 (30.0%)	8:26	7.1 (69.6%)
38	<b>KAMIEŃSKI Sebastian</b>	<b>22</b>		M30-39	6			00:40:30	<b>01:24:58.65</b>	+00:25:53 (30.5%)	8:29	7.1 (69.6%)
39	<b>KOŚCIUCZUK Agnieszka</b>	<b>24</b>	HAJNOWSKIE KIJANKI	K40-49	4			00:43:23	<b>01:26:56.80</b>	+00:27:51 (32.0%)	8:41	6.9 (67.6%)
40	<b>JANISZEWSKA Katarzyna</b>	<b>19</b>		K40-49	5			00:43:28	<b>01:28:31.55</b>	+00:29:26 (33.2%)	8:51	6.8 (66.7%)
41	<b>JANISZEWSKA Martyna</b>	<b>18</b>		K18-29	5			00:44:08	<b>01:29:12.75</b>	+00:30:07 (33.8%)	8:55	6.7 (65.7%)
42	<b>WEKA Krzysztof</b>	<b>310</b>		M30-39	7			00:43:54	<b>01:31:20.80</b>	+00:32:15 (35.3%)	9:08	6.6 (64.7%)
43	<b>KUREL Agnieszka</b>	<b>27</b>		K18-29	6			00:45:49	<b>01:32:54.25</b>	+00:33:48 (36.4%)	9:17	6.5 (63.7%)
44	<b>BUGWIN Marta</b>	<b>8</b>	HAJNOWSKIE KIJANKI	K40-49	6			00:45:50	<b>01:34:10.85</b>	+00:35:05 (37.3%)	9:25	6.4 (62.7%)
45	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M70+	3			00:46:29	<b>01:35:10.60</b>	+00:36:05 (37.9%)	9:31	6.3 (61.8%)
46	<b>WALORYSZAK Barbara</b>	<b>47</b>	MORSY RADZYMIN	K70+	1			00:47:27	<b>01:36:47.20</b>	+00:37:41 (38.9%)	9:40	6.2 (60.8%)
47	<b>ARTEMIUK Eugenia</b>	<b>2</b>		K60-69	4			00:47:28	<b>01:36:48.05</b>	+00:37:42 (39.0%)	9:40	6.2 (60.8%)
LIM	<b>HRYCIUK Waldemar</b>	<b>17</b>	K.S. VICTORIA POTĘGOWO	M60-69				00:40:11				(0.0%)

Total 48 results.