



# PUCHAR POLSKI NW - 10KM

B4SPORT

**Wydarzenie:** Finał Pucharu Polski Nordic Walking 6/6  
**Organizator:** Powiat Hajnowski, Polskie Zrzeszenie Nordic Walking  
**Data:** 2024-09-28  
**Miejsce:** Potęgowo  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WITUCKI Jacek</b>	<b>43</b>	K.S. VICTORIA POTĘGOWO	M50-59	1			00:14:36	00:29:36	00:44:54	<b>01:00:16.90</b>		6:01	10 (100%)
2	<b>MARCZAK Tomasz</b>	<b>20</b>	K.S. VICTORIA POTĘGOWO	M18-29	1			00:15:49	00:31:19	00:46:32	<b>01:01:43.80</b>	+00:01:26 (2.3%)	6:10	9.7 (97.0%)
3	<b>DZIADZEVICH Anzhei</b>	<b>8</b>	K.S. VICTORIA POTĘGOWO	M40-49	1			00:15:01	00:30:50	00:46:31	<b>01:01:58.20</b>	+00:01:41 (2.7%)	6:11	9.7 (97.0%)
4	<b>JAWORSKI Łukasz</b>	<b>14</b>	OPEN SPORT TEAM	M40-49	2			00:15:03	00:30:52	00:46:34	<b>01:02:00.05</b>	+00:01:43 (2.8%)	6:12	9.7 (97.0%)
5	<b>KABATA Jarosław</b>	<b>16</b>	NORDIC SPORT 2021	M50-59	2			00:15:01	00:30:51	00:46:43	<b>01:03:11.20</b>	+00:02:54 (4.6%)	6:19	9.5 (95.0%)
6	<b>MICHALSKI Andrzej</b>	<b>21</b>	POLIPACK TEAM GWE	M60-69	1			00:16:04	00:32:20	00:48:49	<b>01:04:52.05</b>	+00:04:35 (7.1%)	6:29	9.2 (92.0%)
7	<b>JUREK Adam</b>	<b>33</b>	KGHM METRACO	M60-69	2			00:16:05	00:32:21	00:48:50	<b>01:05:03.65</b>	+00:04:46 (7.3%)	6:30	9.2 (92.0%)
8	<b>PIETRAKOWSKI Marcin</b>	<b>29</b>	K.S. VICTORIA POTĘGOWO	M40-49	3			00:16:16	00:32:40	00:49:00	<b>01:05:03.85</b>	+00:04:46 (7.4%)	6:30	9.2 (92.0%)
9	<b>BREW CZYŃSKI Marcin</b>	<b>4</b>	POLIPACK TEAM GWE	M30-39	1			00:16:11	00:32:42	00:49:26	<b>01:06:03.85</b>	+00:05:46 (8.8%)	6:36	9.1 (91.0%)
10	<b>KUBISZYN Małgorzata</b>	<b>18</b>	K.S. VICTORIA POTĘGOWO	K30-39	1			00:16:46	00:33:30	00:50:01	<b>01:06:28.00</b>	+00:06:11 (9.3%)	6:38	9 (90.0%)
11	<b>MISZTAL Grzegorz</b>	<b>22</b>	OPEN SPORT TEAM	M30-39	2			00:16:28	00:33:06	00:49:54	<b>01:06:47.25</b>	+00:06:30 (9.7%)	6:40	9 (90.0%)
12	<b>FILIPOWICZ Barbara</b>	<b>9</b>	K.S. VICTORIA POTĘGOWO	K40-49	1			00:16:59	00:33:57	00:50:31	<b>01:07:07.15</b>	+00:06:50 (10.2%)	6:42	8.9 (89.0%)
13	<b>BIELECKA Zuzanna</b>	<b>3</b>	K.S. VICTORIA POTĘGOWO	K40-49	2			00:16:55	00:34:04	00:51:10	<b>01:08:24.15</b>	+00:08:07 (11.9%)	6:50	8.8 (88.0%)
14	<b>ŚLUSARCZYK Marcin</b>	<b>37</b>	WESOŁY BORSUK TEAM	M40-49	4			00:16:27	00:33:56	00:51:09	<b>01:08:24.35</b>	+00:08:07 (11.9%)	6:50	8.8 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto		Tempo min/km	Tempo km/h
											10km	Różn		
15	<b>RADZIMSKI Karol</b>	<b>31</b>	NORDIC WALKING KIEKRZ POLAND	M70+	1			00:17:22	00:34:41	00:51:47	<b>01:09:01.20</b>	+00:08:44 (12.7%)	6:54	8.7 (87.0%)
16	<b>KNAPCZYK-KANIA Gabriela</b>	<b>17</b>	NORDIC SPORT 2021	K50-59	1			00:17:11	00:34:34	00:51:53	<b>01:09:05.40</b>	+00:08:48 (12.7%)	6:54	8.7 (87.0%)
17	<b>OLEJNIK Przemek</b>	<b>26</b>		M50-59	3			00:17:17	00:34:59	00:52:26	<b>01:09:30.15</b>	+00:09:13 (13.3%)	6:57	8.6 (86.0%)
18	<b>SZCZYGIEŁ Adriana</b>	<b>36</b>	OPEN SPORT TEAM	K40-49	3			00:17:16	00:34:51	00:52:34	<b>01:10:12.45</b>	+00:09:55 (14.1%)	7:01	8.5 (85.0%)
19	<b>SAWICKA Marta</b>	<b>220</b>	K.S. VICTORIA POTĘGOWO	K50-59	2			00:17:46	00:35:50	00:54:02	<b>01:11:48.60</b>	+00:11:31 (16.1%)	7:10	8.4 (84.0%)
20	<b>ZAWADZKI Zygmunt</b>	<b>44</b>	CIDRY Z KIJAMI	M70+	2			00:17:55	00:35:55	00:54:12	<b>01:12:29.20</b>	+00:12:12 (16.8%)	7:14	8.3 (83.0%)
21	<b>CZMOCH Marian</b>	<b>5</b>	NORDIC SPORT 2021	M70+	3			00:18:11	00:36:31	00:54:52	<b>01:13:08.05</b>	+00:12:51 (17.6%)	7:18	8.2 (82.0%)
22	<b>PUKSZTA Krzysztof</b>	<b>30</b>	WESOŁY BORSUK TEAM	M40-49	5			00:18:18	00:36:43	00:55:04	<b>01:13:41.55</b>	+00:13:24 (18.2%)	7:22	8.1 (81.0%)
23	<b>KRAWCZYK Alicja</b>	<b>230</b>	BASZTA BYTÓW	K40-49	4			00:19:34	00:38:34	00:58:32	<b>01:15:32.00</b>	+00:15:15 (20.2%)	7:33	7.9 (79.0%)
24	<b>ŚLUSARCZYK Andrzej</b>	<b>39</b>	WESOŁY BORSUK TEAM	M70+	4			00:19:17	00:38:30	00:57:48	<b>01:17:09.45</b>	+00:16:52 (21.9%)	7:42	7.8 (78.0%)
25	<b>TWARDOŃ Luiza</b>	<b>41</b>	K.S. VICTORIA POTĘGOWO	K40-49	5			00:19:22	00:38:54	00:58:16	<b>01:17:34.00</b>	+00:17:17 (22.3%)	7:45	7.7 (77.0%)
26	<b>SKRZĄTEK Lucyna</b>	<b>35</b>	NORDIC SPORT 2021	K50-59	3			00:18:55	00:38:12	00:57:51	<b>01:17:37.15</b>	+00:17:20 (22.3%)	7:45	7.7 (77.0%)
27	<b>ADAMCZYK Bogdan</b>	<b>227</b>	BASZTA BYTÓW	M50-59	4			00:18:46	00:38:47	00:58:44	<b>01:18:10.35</b>	+00:17:53 (22.9%)	7:49	7.7 (77.0%)
28	<b>ŚLUSARCZYK Grzegorz</b>	<b>38</b>	WESOŁY BORSUK TEAM	M50-59	5			00:19:45	00:39:45	00:59:05	<b>01:18:19.25</b>	+00:18:02 (23.0%)	7:49	7.7 (77.0%)
29	<b>ŚLUSARCZYK Karolina</b>	<b>40</b>	WESOŁY BORSUK TEAM	K18-29	1			00:19:05	00:38:56	00:58:47	<b>01:18:36.20</b>	+00:18:19 (23.3%)	7:51	7.6 (76.0%)
30	<b>PALUCH Paweł</b>	<b>28</b>	AVOCADO WELLNESS CLUB	M60-69	3			00:19:24	00:39:19	00:59:15	<b>01:18:41.70</b>	+00:18:24 (23.4%)	7:52	7.6 (76.0%)
31	<b>SAPUŁA Wiktoria</b>	<b>32</b>	K.S. VICTORIA POTĘGOWO	K18-29	2			00:19:34	00:39:18	00:59:12	<b>01:18:53.90</b>	+00:18:37 (23.6%)	7:53	7.6 (76.0%)
32	<b>NERC Dorota</b>	<b>23</b>		K60-69	1			00:19:34	00:39:34	00:54:18	<b>01:19:30.00</b>	+00:19:13 (24.2%)	7:57	7.5 (75.0%)
33	<b>DAWIDOWSKI Marcin</b>	<b>7</b>		M40-49	6			00:20:07	00:40:04	00:59:55	<b>01:19:34.70</b>	+00:19:17 (24.2%)	7:57	7.5 (75.0%)
34	<b>BERESKA Irena</b>	<b>2</b>	NORDIC SPORT 2021	K30-39	2			00:19:51	00:40:03	01:00:11	<b>01:20:16.50</b>	+00:19:59 (24.9%)	8:01	7.5 (75.0%)
35	<b>GÓRSKA Agnieszka</b>	<b>10</b>		K40-49	6			00:20:28	00:40:54	01:00:56	<b>01:20:43.70</b>	+00:20:26 (25.3%)	8:04	7.4 (74.0%)
36	<b>BADOWSKA-STEFAŃSKA Barbara</b>	<b>222</b>	BASZTA BYTÓW	K60-69	2			00:19:35	00:39:39	01:00:41	<b>01:22:06.90</b>	+00:21:50 (26.6%)	8:12	7.3 (73.0%)
37	<b>WILK Iwona</b>	<b>42</b>	NORDIC SPORT 2021	K50-59	4			00:20:50	00:41:38	01:02:23	<b>01:22:56.75</b>	+00:22:39 (27.3%)	8:17	7.2 (72.0%)

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38	<b>KOŻYŁKOWSKA Aniela</b>	<b>221</b>	BASZTA BYTÓW	K60-69	3			00:20:06	00:40:58	01:02:00	<b>01:23:24.05</b>	+00:23:07 (27.7%)	8:20	7.2 (72.0%)
39	<b>GRYGOROWICZ Teresa</b>	<b>11</b>	KGHM METRACO	K70+	1			00:20:51	00:41:49	01:02:50	<b>01:23:49.65</b>	+00:23:32 (28.1%)	8:22	7.2 (72.0%)
40	<b>FRYMUS Maciej</b>	<b>224</b>	BASZTA BYTÓW	M30-39	3			00:39:00	01:04:00	01:19:00	<b>01:24:00.00</b>	+00:23:43 (28.2%)	8:24	7.1 (71.0%)
41	<b>DAWIDOWSKA Zosia</b>	<b>6</b>		K40-49	7			00:20:30	00:41:26	01:02:44	<b>01:24:21.75</b>	+00:24:04 (28.5%)	8:26	7.1 (71.0%)
42	<b>STRZYŻEWSKI Artur</b>	<b>223</b>		M18-29	2	1		00:21:17	00:42:13	01:03:44	<b>01:24:47.00</b>	+00:24:30 (28.9%)	8:28	7.1 (71.0%)
43	<b>NOWAKOWSKA Laura</b>	<b>24</b>	UŁ	K18-29	3	1		00:19:26	00:40:47	01:03:08	<b>01:25:08.65</b>	+00:24:51 (29.2%)	8:30	7 (70.0%)
44	<b>KNIGA Zbigniew</b>	<b>45</b>	WŁÓCZYKIJE GDYNIA	M60-69	4			00:20:53	00:41:55	01:03:19	<b>01:25:24.90</b>	+00:25:08 (29.4%)	8:32	7 (70.0%)

Znaleziono 44 wynik(ów)