



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 | WITUCKI Jacek | 43 | K.S. VICTORIA POTĘGOWO | M50-59 | 1 | | | 00:14:36 | 00:29:36 | 00:44:54 | 01:00:16.90 | | 6:01 | 10 (100%) |
| 2 | MARCZAK Tomasz | 20 | K.S. VICTORIA POTĘGOWO | M18-29 | 1 | | | 00:15:49 | 00:31:19 | 00:46:32 | 01:01:43.80 | +00:01:26 (2.3%) | 6:10 | 9.7 (97.0%) |
| 3 | DZIADZEVICH Anzhei | 8 | K.S. VICTORIA POTĘGOWO | M40-49 | 1 | | | 00:15:01 | 00:30:50 | 00:46:31 | 01:01:58.20 | +00:01:41 (2.7%) | 6:11 | 9.7 (97.0%) |
| 4 | JAWORSKI Łukasz | 14 | OPEN SPORT TEAM | M40-49 | 2 | | | 00:15:03 | 00:30:52 | 00:46:34 | 01:02:00.05 | +00:01:43 (2.8%) | 6:12 | 9.7 (97.0%) |
| 5 | KABATA Jarosław | 16 | NORDIC SPORT 2021 | M50-59 | 2 | | | 00:15:01 | 00:30:51 | 00:46:43 | 01:03:11.20 | +00:02:54 (4.6%) | 6:19 | 9.5 (95.0%) |
| 6 | MICHALSKI Andrzej | 21 | POLIPACK TEAM GWE | M60-69 | 1 | | | 00:16:04 | 00:32:20 | 00:48:49 | 01:04:52.05 | +00:04:35 (7.1%) | 6:29 | 9.2 (92.0%) |
| 7 | JUREK Adam | 33 | KGHM METRACO | M60-69 | 2 | | | 00:16:05 | 00:32:21 | 00:48:50 | 01:05:03.65 | +00:04:46 (7.3%) | 6:30 | 9.2 (92.0%) |
| 8 | PIETRAKOWSKI Marcin | 29 | K.S. VICTORIA POTĘGOWO | M40-49 | 3 | | | 00:16:16 | 00:32:40 | 00:49:00 | 01:05:03.85 | +00:04:46 (7.4%) | 6:30 | 9.2 (92.0%) |
| 9 | BREW CZYŃSKI Marcin | 4 | POLIPACK TEAM GWE | M30-39 | 1 | | | 00:16:11 | 00:32:42 | 00:49:26 | 01:06:03.85 | +00:05:46 (8.8%) | 6:36 | 9.1 (91.0%) |
| 10 | KUBISZYN Małgorzata | 18 | K.S. VICTORIA POTĘGOWO | K30-39 | 1 | | | 00:16:46 | 00:33:30 | 00:50:01 | 01:06:28.00 | +00:06:11 (9.3%) | 6:38 | 9 (90.0%) |
| 11 | MISZTAŁ Grzegorz | 22 | OPEN SPORT TEAM | M30-39 | 2 | | | 00:16:28 | 00:33:06 | 00:49:54 | 01:06:47.25 | +00:06:30 (9.7%) | 6:40 | 9 (90.0%) |
| 12 | FILIPOWICZ Barbara | 9 | K.S. VICTORIA POTĘGOWO | K40-49 | 1 | | | 00:16:59 | 00:33:57 | 00:50:31 | 01:07:07.15 | +00:06:50 (10.2%) | 6:42 | 8.9 (89.0%) |
| 13 | BIELECKA Zuzanna | 3 | K.S. VICTORIA POTĘGOWO | K40-49 | 2 | | | 00:16:55 | 00:34:04 | 00:51:10 | 01:08:24.15 | +00:08:07 (11.9%) | 6:50 | 8.8 (88.0%) |
| 14 | ŚLUSARCZYK Marcin | 37 | WESOŁY BORSUK TEAM | M40-49 | 4 | | | 00:16:27 | 00:33:56 | 00:51:09 | 01:08:24.35 | +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 | RADZIMSKI Karol | 31 | NORDIC WALKING KIEKRZ POLAND | M70+ | 1 | | | 00:17:22 | 00:34:41 | 00:51:47 | 01:09:01.20 | +00:08:44 (12.7%) | 6:54 | 8.7 (87.0%) |
| 16 | KNAPCZYK-KANIA Gabriela | 17 | NORDIC SPORT 2021 | K50-59 | 1 | | | 00:17:11 | 00:34:34 | 00:51:53 | 01:09:05.40 | +00:08:48 (12.7%) | 6:54 | 8.7 (87.0%) |
| 17 | OLEJNIK Przemek | 26 | | M50-59 | 3 | | | 00:17:17 | 00:34:59 | 00:52:26 | 01:09:30.15 | +00:09:13 (13.3%) | 6:57 | 8.6 (86.0%) |
| 18 | SZCZYGIEŁ Adriana | 36 | OPEN SPORT TEAM | K40-49 | 3 | | | 00:17:16 | 00:34:51 | 00:52:34 | 01:10:12.45 | +00:09:55 (14.1%) | 7:01 | 8.5 (85.0%) |
| 19 | SAWICKA Marta | 220 | K.S. VICTORIA POTĘGOWO | K50-59 | 2 | | | 00:17:46 | 00:35:50 | 00:54:02 | 01:11:48.60 | +00:11:31 (16.1%) | 7:10 | 8.4 (84.0%) |
| 20 | ZAWADZKI Zygmunt | 44 | CIDRY Z KIJAMI | M70+ | 2 | | | 00:17:55 | 00:35:55 | 00:54:12 | 01:12:29.20 | +00:12:12 (16.8%) | 7:14 | 8.3 (83.0%) |
| 21 | CZMOCH Marian | 5 | NORDIC SPORT 2021 | M70+ | 3 | | | 00:18:11 | 00:36:31 | 00:54:52 | 01:13:08.05 | +00:12:51 (17.6%) | 7:18 | 8.2 (82.0%) |
| 22 | PUKSZTA Krzysztof | 30 | WESOŁY BORSUK TEAM | M40-49 | 5 | | | 00:18:18 | 00:36:43 | 00:55:04 | 01:13:41.55 | +00:13:24 (18.2%) | 7:22 | 8.1 (81.0%) |
| 23 | KRAWCZYK Alicja | 230 | BASZTA BYTÓW | K40-49 | 4 | | | 00:19:34 | 00:38:34 | 00:58:32 | 01:15:32.00 | +00:15:15 (20.2%) | 7:33 | 7.9 (79.0%) |
| 24 | ŚLUSARCZYK Andrzej | 39 | WESOŁY BORSUK TEAM | M70+ | 4 | | | 00:19:17 | 00:38:30 | 00:57:48 | 01:17:09.45 | +00:16:52 (21.9%) | 7:42 | 7.8 (78.0%) |
| 25 | TWARDOŃ Luiza | 41 | K.S. VICTORIA POTĘGOWO | K40-49 | 5 | | | 00:19:22 | 00:38:54 | 00:58:16 | 01:17:34.00 | +00:17:17 (22.3%) | 7:45 | 7.7 (77.0%) |
| 26 | SKRZĄTEK Lucyna | 35 | NORDIC SPORT 2021 | K50-59 | 3 | | | 00:18:55 | 00:38:12 | 00:57:51 | 01:17:37.15 | +00:17:20 (22.3%) | 7:45 | 7.7 (77.0%) |
| 27 | ADAMCZYK Bogdan | 227 | BASZTA BYTÓW | M50-59 | 4 | | | 00:18:46 | 00:38:47 | 00:58:44 | 01:18:10.35 | +00:17:53 (22.9%) | 7:49 | 7.7 (77.0%) |
| 28 | ŚLUSARCZYK Grzegorz | 38 | WESOŁY BORSUK TEAM | M50-59 | 5 | | | 00:19:45 | 00:39:45 | 00:59:05 | 01:18:19.25 | +00:18:02 (23.0%) | 7:49 | 7.7 (77.0%) |
| 29 | ŚLUSARCZYK Karolina | 40 | WESOŁY BORSUK TEAM | K18-29 | 1 | | | 00:19:05 | 00:38:56 | 00:58:47 | 01:18:36.20 | +00:18:19 (23.3%) | 7:51 | 7.6 (76.0%) |
| 30 | PALUCH Paweł | 28 | AVOCADO WELLNESS CLUB | M60-69 | 3 | | | 00:19:24 | 00:39:19 | 00:59:15 | 01:18:41.70 | +00:18:24 (23.4%) | 7:52 | 7.6 (76.0%) |
| 31 | SAPUŁA Wiktoria | 32 | K.S. VICTORIA POTĘGOWO | K18-29 | 2 | | | 00:19:34 | 00:39:18 | 00:59:12 | 01:18:53.90 | +00:18:37 (23.6%) | 7:53 | 7.6 (76.0%) |
| 32 | NERC Dorota | 23 | | K60-69 | 1 | | | 00:19:34 | 00:39:34 | 00:54:18 | 01:19:30.00 | +00:19:13 (24.2%) | 7:57 | 7.5 (75.0%) |
| 33 | DAWIDOWSKI Marcin | 7 | | M40-49 | 6 | | | 00:20:07 | 00:40:04 | 00:59:55 | 01:19:34.70 | +00:19:17 (24.2%) | 7:57 | 7.5 (75.0%) |
| 34 | BERESKA Irena | 2 | NORDIC SPORT 2021 | K30-39 | 2 | | | 00:19:51 | 00:40:03 | 01:00:11 | 01:20:16.50 | +00:19:59 (24.9%) | 8:01 | 7.5 (75.0%) |
| 35 | GÓRSKA Agnieszka | 10 | | K40-49 | 6 | | | 00:20:28 | 00:40:54 | 01:00:56 | 01:20:43.70 | +00:20:26 (25.3%) | 8:04 | 7.4 (74.0%) |
| 36 | BADOWSKA-STEFAŃSKA Barbara | 222 | BASZTA BYTÓW | K60-69 | 2 | | | 00:19:35 | 00:39:39 | 01:00:41 | 01:22:06.90 | +00:21:50 (26.6%) | 8:12 | 7.3 (73.0%) |
| 37 | WILK Iwona | 42 | NORDIC SPORT 2021 | K50-59 | 4 | | | 00:20:50 | 00:41:38 | 01:02:23 | 01:22:56.75 | +00:22:39 (27.3%) | 8:17 | 7.2 (72.0%) |

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

Znaleziono 44 wynik(ów)