



# PUCHAR POLSKI NW 2024 - WĄGROWIEC - 10KM - 4/6

B4SPORT

**Wydarzenie:** Puchar Polski Nordic Walking 2024 -  
Wągrowiec - 4/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Gmina Miasto  
Wągrowiec  
**Data:** 2024-07-20  
**Miejsce:** Wągrowiec  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_1.68km 2.5km	Laps_5.04km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	181	K.S. VICTORIA POTĘGOWO	M18-29	1			00:14:10	00:28:31	00:42:42	<b>00:57:16.45</b>		5:43	10.5 (100%)
2	WITUCKI Jacek	205	K.S. VICTORIA POTĘGOWO	M50-59	1			00:14:03	00:28:27	00:42:52	<b>00:57:34.50</b>	+00:00:18 (0.5%)	5:45	10.4 (99.0%)
3	JAWORSKI Łukasz	138		M40-49	1			00:14:13	00:28:57	00:44:22	<b>00:59:37.35</b>	+00:02:20 (3.9%)	5:57	10.1 (96.2%)
4	KABATA Jarosław	172	NORDIC SPORT 2021	M50-59	2			00:14:48	00:30:49	00:47:10	<b>01:03:19.95</b>	+00:06:03 (9.6%)	6:19	9.5 (90.5%)
5	SŁOTWIŃSKI Mariusz	198		M40-49	2			00:15:18	00:31:14	00:47:30	<b>01:03:56.10</b>	+00:06:39 (10.4%)	6:23	9.4 (89.5%)
6	MICHALSKI Andrzej	136		M60-69	1			00:15:27	00:31:22	00:47:46	<b>01:04:20.40</b>	+00:07:03 (11.0%)	6:26	9.3 (88.6%)
7	PIETRAKOWSKI Marcin	187	K.S. VICTORIA POTĘGOWO	M40-49	3			00:15:52	00:32:11	00:48:33	<b>01:04:48.90</b>	+00:07:32 (11.6%)	6:28	9.3 (88.6%)
8	MISZTAL Grzegorz	140	OPEN SPORT TEAM	M30-39	1			00:15:53	00:32:23	00:49:14	<b>01:06:03.15</b>	+00:08:46 (13.3%)	6:36	9.1 (86.7%)
9	FILIPOWICZ Barbara	160	K.S. VICTORIA POTĘGOWO	K40-49	1			00:16:35	00:33:31	00:50:17	<b>01:06:29.45</b>	+00:09:13 (13.9%)	6:38	9 (85.7%)
10	JĘDRASIAK Renata	170	KGHM METRACO	K60-69	1			00:16:23	00:33:08	00:50:05	<b>01:07:14.25</b>	+00:09:57 (14.8%)	6:43	8.9 (84.8%)
11	JUREK Adam	171	KGHM METRACO	M60-69	2			00:16:27	00:33:08	00:50:13	<b>01:07:14.35</b>	+00:09:57 (14.8%)	6:43	8.9 (84.8%)
12	SIWAK Piotr	196	KGHM METRACO	M60-69	3			00:16:27	00:33:08	00:50:16	<b>01:07:32.10</b>	+00:10:15 (15.2%)	6:45	8.9 (84.8%)
13	RADZIMSKI Karol	191	NORDIC WALKING KIEKRZ POLAND	M70+	1			00:16:51	00:33:44	00:51:00	<b>01:07:49.75</b>	+00:10:33 (15.6%)	6:46	8.8 (83.8%)
14	WODKOWSKI Lukasz	207	FUNDACJA SODA	M30-39	2			00:16:31	00:33:32	00:50:35	<b>01:08:12.85</b>	+00:10:56 (16.0%)	6:49	8.8 (83.8%)

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											Czas netto 10km	Różn		
15	<b>OLEJNIK Przemek</b>	<b>185</b>		M50-59	3			00:16:41	00:34:10	00:51:43	<b>01:08:32.05</b>	+00:11:15 (16.4%)	6:51	8.8 (83.8%)
16	<b>CHYRA Janusz</b>	<b>156</b>	NORDIC SPORT 2021	M40-49	4			00:16:45	00:33:38	00:50:42	<b>01:08:51.75</b>	+00:11:35 (16.8%)	6:53	8.7 (82.9%)
17	<b>MĄDRY Grzegorz</b>	<b>182</b>	NORDIC SPORT 2021	M60-69	4			00:16:45	00:34:07	00:51:28	<b>01:08:58.70</b>	+00:11:42 (17.0%)	6:53	8.7 (82.9%)
18	<b>ŚLĘZAK Ewa</b>	<b>139</b>	NORDIC WALKING KIEKRZ POLAND	K40-49	2			00:16:33	00:33:57	00:51:48	<b>01:09:28.55</b>	+00:12:12 (17.6%)	6:56	8.6 (81.9%)
19	<b>KNAPCZYK-KANIA Gabriela</b>	<b>173</b>	NORDIC SPORT 2021	K50-59	1			00:16:45	00:34:15	00:52:04	<b>01:09:40.50</b>	+00:12:24 (17.8%)	6:58	8.6 (81.9%)
20	<b>KURATNIK Olga</b>	<b>176</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K30-39	1			00:17:18	00:35:12	00:52:58	<b>01:10:22.85</b>	+00:13:06 (18.6%)	7:02	8.5 (81.0%)
21	<b>SZCZYGIEŁ Adriana</b>	<b>201</b>	OPEN SPORT TEAM	K40-49	3			00:17:02	00:34:52	00:52:44	<b>01:10:32.90</b>	+00:13:16 (18.8%)	7:03	8.5 (81.0%)
22	<b>BOJANOWSKI Marcin</b>	<b>155</b>	NORDIC WALKING KIEKRZ POLAND	M40-49	5			00:17:09	00:34:57	00:53:02	<b>01:11:25.75</b>	+00:14:09 (19.8%)	7:08	8.4 (80.0%)
23	<b>SZCZUDLIK Małgorzata</b>	<b>200</b>	SZALENI BIEGACZE GNIEZNO	K40-49	4			00:17:05	00:35:01	00:53:10	<b>01:11:45.65</b>	+00:14:29 (20.2%)	7:10	8.4 (80.0%)
24	<b>WAŁOWSKI Tomasz</b>	<b>204</b>	ESG W PUNKT	M50-59	4			00:17:25	00:35:33	00:53:48	<b>01:11:57.50</b>	+00:14:41 (20.4%)	7:11	8.3 (79.0%)
25	<b>POLAK Paweł</b>	<b>188</b>	TORUŃ NORDIC TEAM	M30-39	3			00:17:58	00:35:49	00:54:15	<b>01:12:07.80</b>	+00:14:51 (20.6%)	7:12	8.3 (79.0%)
26	<b>KUSA Piotr</b>	<b>52</b>	LIFE BALANCE PLACE	M40-49	6			00:17:38	00:35:45	00:54:13	<b>01:12:25.90</b>	+00:15:09 (20.9%)	7:14	8.3 (79.0%)
27	<b>JASKIEWICZ Kazimierz</b>	<b>168</b>	CHEŁKOWO :)	M60-69	5			00:17:29	00:35:33	00:53:57	<b>01:12:47.95</b>	+00:15:31 (21.3%)	7:16	8.2 (78.1%)
28	<b>SAWICKA Marta</b>	<b>195</b>	K.S. VICTORIA POTĘGOWO	K50-59	2			00:17:25	00:35:32	00:54:09	<b>01:12:59.45</b>	+00:15:43 (21.5%)	7:17	8.2 (78.1%)
29	<b>LEWANDOWSKI Bartłomiej</b>	<b>180</b>		M18-29	2			00:17:41	00:35:50	00:54:26	<b>01:13:05.85</b>	+00:15:49 (21.6%)	7:18	8.2 (78.1%)
30	<b>PRASK Dariusz</b>	<b>190</b>		M50-59	5			00:17:34	00:36:16	00:55:03	<b>01:13:34.95</b>	+00:16:18 (22.2%)	7:21	8.2 (78.1%)
31	<b>RUNOWSKI Jarosław</b>	<b>193</b>	TEAM JANINA	M60-69	6			00:17:33	00:35:51	00:54:35	<b>01:13:41.15</b>	+00:16:24 (22.3%)	7:22	8.1 (77.1%)
32	<b>KONTOWSKA Izabella</b>	<b>174</b>	NORDIC TEAM OBORNIKI	K40-49	5			00:17:42	00:36:17	00:55:23	<b>01:14:14.55</b>	+00:16:58 (22.9%)	7:25	8.1 (77.1%)
33	<b>CZMOCH Marian</b>	<b>157</b>	NORDIC SPORT 2021	M70+	2			00:18:08	00:36:36	00:55:35	<b>01:14:31.60</b>	+00:17:15 (23.1%)	7:27	8.1 (77.1%)
34	<b>DREWNOWSKA Barbara</b>	<b>159</b>	ZASAPANI HYDRO TRZCIANKA	K50-59	3			00:18:12	00:37:09	00:56:18	<b>01:15:22.80</b>	+00:18:06 (24.0%)	7:32	8 (76.2%)
35	<b>OLEJNIK Marzena</b>	<b>184</b>		K50-59	4			00:18:15	00:37:17	00:56:39	<b>01:16:39.50</b>	+00:19:23 (25.3%)	7:39	7.8 (74.3%)
36	<b>BACHANEK Katarzyna</b>	<b>151</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K60-69	2			00:18:54	00:38:05	00:57:37	<b>01:17:26.15</b>	+00:20:09 (26.0%)	7:44	7.7 (73.3%)
37	<b>KRAWIEC Jacek</b>	<b>175</b>	JACK NORDIC TEAM ELBLĄG	M50-59	6			00:19:01	00:38:37	00:58:05	<b>01:17:31.65</b>	+00:20:15 (26.1%)	7:45	7.7 (73.3%)

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38	<b>LEWANDOWSKA Renata</b>	<b>179</b>	LIFE BALANCE PLACE	K50-59	5			00:19:08	00:38:45	00:58:21	<b>01:17:49.70</b>	+00:20:33 (26.4%)	7:46	7.7 (73.3%)
39	<b>FRYŻEWSKI Andrzej</b>	<b>162</b>		M50-59	7			00:19:12	00:38:49	00:58:50	<b>01:18:11.05</b>	+00:20:54 (26.7%)	7:49	7.7 (73.3%)
40	<b>JANKOWSKI Grzegorz</b>	<b>167</b>	TEAM STĘSZEW	M60-69	7			00:19:16	00:39:07	00:58:43	<b>01:18:13.80</b>	+00:20:57 (26.8%)	7:49	7.7 (73.3%)
41	<b>SKRZĄTEK Lucyna</b>	<b>197</b>	NORDIC SPORT 2021	K50-59	6			00:18:48	00:38:28	00:58:17	<b>01:18:33.25</b>	+00:21:16 (27.1%)	7:51	7.6 (72.4%)
42	<b>PALUCH Paweł</b>	<b>186</b>	AVOCADO WELLNESS CLUB	M60-69	8			00:18:20	00:37:46	00:57:50	<b>01:18:36.30</b>	+00:21:19 (27.1%)	7:51	7.6 (72.4%)
43	<b>ŚLUSARCZYK Andrzej</b>	<b>202</b>	WESOŁY BORSUK TEAM	M70+	3			00:18:58	00:38:33	00:58:46	<b>01:19:10.15</b>	+00:21:53 (27.7%)	7:55	7.6 (72.4%)
44	<b>POSTEK Danuta</b>	<b>189</b>	ZIELONE GROSZKI	K60-69	3			00:19:16	00:38:57	00:58:52	<b>01:19:11.60</b>	+00:21:55 (27.7%)	7:55	7.6 (72.4%)
45	<b>SAPUŁA Wiktoria</b>	<b>194</b>	K.S. VICTORIA POTĘGOWO	K18-29	1			00:20:30	00:40:38	01:00:26	<b>01:19:52.45</b>	+00:22:36 (28.3%)	7:59	7.5 (71.4%)
46	<b>LALIK-WAŁOWSKA Agnieszka</b>	<b>178</b>	ESG W PUNKT	K40-49	6			00:19:56	00:39:52	01:00:05	<b>01:20:39.15</b>	+00:23:22 (29.0%)	8:03	7.4 (70.5%)
47	<b>RUNOWSKA Dorota</b>	<b>192</b>	TIM JANINA	K60-69	4			00:19:34	00:40:16	01:00:56	<b>01:21:41.75</b>	+00:24:25 (29.9%)	8:10	7.3 (69.5%)
48	<b>BERESKA Irena</b>	<b>152</b>	NORDIC SPORT 2021	K30-39	2			00:20:28	00:40:36	01:01:28	<b>01:22:21.20</b>	+00:25:04 (30.5%)	8:14	7.3 (69.5%)
49	<b>DALKA Hanna</b>	<b>158</b>		K40-49	7			00:19:29	00:40:06	01:01:28	<b>01:22:38.20</b>	+00:25:21 (30.7%)	8:15	7.3 (69.5%)
50	<b>KUSA Karolina</b>	<b>177</b>	LIFE BALANCE PLACE	K40-49	8			00:20:39	00:42:05	01:02:48	<b>01:22:48.10</b>	+00:25:31 (30.8%)	8:16	7.2 (68.6%)
51	<b>NERC Dorota</b>	<b>183</b>		K60-69	5			00:19:43	00:40:21	01:01:41	<b>01:23:11.90</b>	+00:25:55 (31.2%)	8:19	7.2 (68.6%)
52	<b>GRYGOROWICZ Teresa</b>	<b>164</b>	KGHM METRACO	K70+	1			00:20:16	00:41:19	01:02:43	<b>01:24:33.80</b>	+00:27:17 (32.3%)	8:27	7.1 (67.6%)
53	<b>ZAWADZKA Maria</b>	<b>208</b>	KGHM METRACO	K70+	2			00:21:11	00:42:37	01:04:07	<b>01:25:31.85</b>	+00:28:15 (33.0%)	8:33	7 (66.7%)
54	<b>SZCZECIŃSKA Renata</b>	<b>199</b>	MARSZ PO ZDROWIE	K50-59	7			00:20:31	00:41:51	01:03:45	<b>01:25:51.30</b>	+00:28:34 (33.3%)	8:35	7 (66.7%)
55	<b>GÓRSKA Agnieszka</b>	<b>163</b>		K40-49	9			00:21:01	00:42:32	01:04:38	<b>01:26:48.75</b>	+00:29:32 (34.0%)	8:40	6.9 (65.7%)
	<b>BIELECKA Zuzanna</b>	<b>153</b>	K.S. VICTORIA POTĘGOWO	K40-49				00:15:41 DNF	00:32:09 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 56 wynik(ów)