



# PUCHAR POLSKI NW 2024 - WASILKÓW- 10KM - 1/6

B4SPORT  
INTELEKTUALNE DANE SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2024 - WASILKÓW - 1/6  
**Organizator:** Polskie Zrzeszenie Nordic Walking, Miasto i Gmina Wasilków  
**Data:** 2024-05-11  
**Miejsce:** Wasilków  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_1.68km 1.68km	Laps_3.36km 3.36km	Laps_5.04km 5.04km	Laps_6.72km 6.72km	Laps_8.4km 8.4km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MARZAK Tomasz</b>	<b>19</b>	K.S VICTORIA POTĘGOWO	M18-29	1			00:09:26	00:19:11	00:28:59	00:38:50	00:48:30	<b>00:58:12.52</b>		5:49	10.3 (100%)
2	<b>WITUCKI Jacek</b>	<b>34</b>	K.S VICTORIA POTĘGOWO	M50-59	1			00:09:27	00:19:11	00:29:00	00:38:52	00:48:37	<b>00:58:21.75</b>	+00:00:09 (0.3%)	5:50	10.3 (100%)
3	<b>DZIEDZIEWICZ Andrzej</b>	<b>143</b>	K.S VICTORIA POTĘGOWO	M40-49	1			00:09:31	00:19:41	00:29:59	00:40:16	00:50:34	<b>01:00:57.23</b>	+00:02:44 (4.5%)	6:05	9.8 (95.1%)
4	<b>JAWORSKI Łukasz</b>	<b>142</b>	ERYK TEAM WYSOKA	M40-49	2	1		00:09:46	00:19:51	00:30:10	00:40:42	00:51:18	<b>01:01:29.87</b>	+00:03:17 (5.3%)	6:08	9.8 (95.1%)
5	<b>KABATA Jarosław</b>	<b>13</b>	NORDIC SPORT 2021	M50-59	2	1		00:09:46	00:19:51	00:30:11	00:40:44	00:51:19	<b>01:01:30.90</b>	+00:03:18 (5.4%)	6:09	9.8 (95.1%)
6	<b>KUŹMICZ Adam</b>	<b>15</b>		M40-49	3			00:09:47	00:19:54	00:30:13	00:40:46	00:51:20	<b>01:01:31.60</b>	+00:03:19 (5.4%)	6:09	9.8 (95.1%)
7	<b>MAŁKA Marian</b>	<b>17</b>	NORDIC SPORT 2021	M60-69	1			00:10:28	00:21:18	00:32:06	00:42:51	00:53:35	<b>01:04:14.07</b>	+00:06:01 (9.4%)	6:25	9.3 (90.3%)
8	<b>MISZTAL Grzegorz</b>	<b>21</b>	OPEN SPORT TEAM	M30-39	1			00:10:28	00:21:22	00:32:20	00:43:23	00:54:39	<b>01:05:49.77</b>	+00:07:37 (11.6%)	6:34	9.1 (88.3%)
9	<b>BIELECKA Zuzanna</b>	<b>2</b>	K.S VICTORIA POTĘGOWO	K40-49	1			00:10:35	00:21:28	00:32:24	00:43:30	00:54:45	<b>01:06:17.76</b>	+00:08:05 (12.2%)	6:37	9.1 (88.3%)
10	<b>ŚLUSARCZYK Marcin</b>	<b>28</b>	WESOŁY BORSUK TEAM	M40-49	4			00:10:28	00:21:32	00:32:52	00:43:57	00:55:12	<b>01:06:25.43</b>	+00:08:12 (12.4%)	6:38	9 (87.4%)
11	<b>LABUS Marzena</b>	<b>16</b>	NORDIC SPORT 2021	K30-39	1			00:10:45	00:21:44	00:32:44	00:43:59	00:55:15	<b>01:06:36.38</b>	+00:08:23 (12.6%)	6:39	9 (87.4%)
12	<b>DANIELSKI Waldemar</b>	<b>8</b>	K.S VICTORIA POTĘGOWO	M60-69	2	2		00:11:10	00:22:24	00:33:42	00:45:02	00:56:23	<b>01:07:37.54</b>	+00:09:25 (13.9%)	6:45	8.9 (86.4%)
13	<b>JAKSINA Dariusz</b>	<b>12</b>	MAZURSKI DZIK	M50-59	3			00:11:26	00:22:54	00:34:23	00:45:37	00:56:45	<b>01:07:50.62</b>	+00:09:38 (14.2%)	6:47	8.8 (85.4%)
14	<b>BREW CZYŃSKI Marcin</b>	<b>5</b>	POLIPACK TEAM GWE	M30-39	2			00:11:23	00:22:57	00:34:25	00:45:38	00:56:53	<b>01:08:06.19</b>	+00:09:53 (14.5%)	6:48	8.8 (85.4%)
15	<b>KNAPCZYK-KANIA Gabriela</b>	<b>14</b>	NORDIC SPORT 2021	K50-59	1	1		00:11:01	00:22:21	00:33:53	00:45:30	00:57:07	<b>01:08:41.12</b>	+00:10:28 (15.3%)	6:52	8.7 (84.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_1.68km	Laps_3.36km	Laps_5.04km	Laps_6.72km	Laps_8.4km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
								1.68km	3.36km	5.04km	6.72km	8.4km				
16	<b>CHYRA Janusz</b>	<b>6</b>	NORDIC SPORT 2021	M40-49	5			00:11:26	00:22:58	00:34:34	00:46:06	00:57:29	<b>01:08:52.99</b>	+00:10:40 (15.5%)	6:53	8.7 (84.5%)
17	<b>HRYCIUK Waldemar</b>	<b>10</b>	K.S VICTORIA POTĘGOWO	M60-69	3	1		00:11:23	00:22:56	00:34:40	00:46:24	00:58:18	<b>01:10:04.29</b>	+00:11:51 (16.9%)	7:00	8.6 (83.5%)
18	<b>SZCZYGIEŁ Adriana</b>	<b>26</b>	OPEN SPORT TEAM	K40-49	2			00:11:30	00:23:12	00:34:56	00:46:43	00:58:31	<b>01:10:16.43</b>	+00:12:03 (17.2%)	7:01	8.5 (82.5%)
19	<b>WIŚNIEWSKI Mariusz</b>	<b>33</b>	NW CZŁAPSKI TEAM	M50-59	4			00:11:41	00:23:41	00:35:52	00:47:59	00:59:58	<b>01:11:33.34</b>	+00:13:20 (18.7%)	7:09	8.4 (81.6%)
20	<b>HRYCIUK Teresa</b>	<b>11</b>	K.S VICTORIA POTĘGOWO	K60-69	1			00:12:07	00:24:25	00:36:30	00:48:29	01:00:40	<b>01:12:48.71</b>	+00:14:36 (20.1%)	7:16	8.2 (79.6%)
21	<b>BIERĆ Jarosław</b>	<b>3</b>	PĘDZIWIATR BIAŁYSTOK	M50-59	5	1		00:12:22	00:24:24	00:36:32	00:48:51	01:01:10	<b>01:13:28.22</b>	+00:15:15 (20.8%)	7:20	8.2 (79.6%)
22	<b>CZMOCH Marian</b>	<b>7</b>	NORDIC SPORT 2021	M70+	1	2		00:12:16	00:24:40	00:37:08	00:49:33	01:02:00	<b>01:14:27.39</b>	+00:16:14 (21.8%)	7:26	8.1 (78.6%)
23	<b>ŚLUSARCZYK Andrzej</b>	<b>29</b>	WESOŁY BORSUK TEAM	M70+	2	1		00:12:26	00:24:57	00:37:33	00:50:15	01:02:58	<b>01:15:49.07</b>	+00:17:36 (23.2%)	7:34	7.9 (76.7%)
24	<b>SKRZĄTEK Lucyna</b>	<b>25</b>	NORDIC SPORT 2021	K50-59	2			00:12:08	00:24:31	00:37:04	00:49:52	01:02:52	<b>01:15:51.86</b>	+00:17:39 (23.3%)	7:35	7.9 (76.7%)
25	<b>ŚLUSARCZYK Grzegorz</b>	<b>30</b>	WESOŁY BORSUK TEAM	M50-59	6			00:12:43	00:25:43	00:38:33	00:51:22	01:03:58	<b>01:16:38.12</b>	+00:18:25 (24.0%)	7:39	7.8 (75.7%)
26	<b>PALUCH Paweł</b>	<b>23</b>	AVOCADO WELLNESS CLUB	M60-69	4			00:12:17	00:25:11	00:38:13	00:51:12	01:04:10	<b>01:17:21.17</b>	+00:19:08 (24.7%)	7:44	7.8 (75.7%)
27	<b>BERESKA Irena</b>	<b>1</b>	NORDIC SPORT 2021	K30-39	2			00:13:06	00:26:28	00:39:57	00:53:23	01:06:41	<b>01:19:59.33</b>	+00:21:46 (27.2%)	7:59	7.5 (72.8%)
28	<b>SZYMCZUK Grzegorz</b>	<b>27</b>	JUVENIA	M60-69	5	2		00:12:58	00:26:12	00:39:27	00:52:41	01:06:19	<b>01:19:59.75</b>	+00:21:47 (27.2%)	7:59	7.5 (72.8%)
29	<b>SAPUŁA Wiktoria</b>	<b>24</b>	K.S VICTORIA POTĘGOWO	K18-29	1			00:13:23	00:26:56	00:40:18	00:53:34	01:07:15	<b>01:20:20.89</b>	+00:22:08 (27.6%)	8:02	7.5 (72.8%)
30	<b>GAJEK Halina</b>	<b>9</b>	WESOŁY BORSUK TEAM	K50-59	3	2		00:13:32	00:27:07	00:40:34	00:54:06	01:07:32	<b>01:21:06.35</b>	+00:22:53 (28.2%)	8:06	7.4 (71.8%)
31	<b>WILK Iwona</b>	<b>32</b>	NORDIC SPORT 2021	K50-59	4			00:13:48	00:27:55	00:41:44	00:55:18	01:08:54	<b>01:22:20.45</b>	+00:24:07 (29.3%)	8:14	7.3 (70.9%)
32	<b>BIERYŁO Dariusz</b>	<b>4</b>		M60-69	6			00:13:22	00:27:07	00:41:11	00:55:09	01:09:21	<b>01:23:37.59</b>	+00:25:25 (30.4%)	8:21	7.2 (69.9%)
33	<b>WYSZYŃSKI Zbigniew</b>	<b>35</b>	I O TO CHODZI	M60-69	7	2		00:13:12	00:26:55	00:40:55	00:55:29	01:09:55	<b>01:23:52.11</b>	+00:25:39 (30.6%)	8:23	7.2 (69.9%)
34	<b>WEKA Krzysztof</b>	<b>31</b>	CHODZĘ BO LUBIĘ	M30-39	3			00:13:25	00:27:25	00:41:41	00:56:00	01:09:57	<b>01:24:39.71</b>	+00:26:27 (31.2%)	8:27	7.1 (68.9%)
35	<b>MAŁKA Irena</b>	<b>18</b>	NORDIC SPORT 2021	K60-69	2			00:14:01	00:28:25	00:42:52	00:57:20	01:11:49	<b>01:26:36.82</b>	+00:28:24 (32.8%)	8:39	6.9 (67.0%)

Znaleziono 35 wynik(ów)