



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

B4SPORT
INTELIGENTNE DANE I SPORT

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	MARZAK Tomasz	19	K.S. VICTORIA POTĘGOWO	M18-29	1			00:09:26	00:19:11	00:28:59	00:38:50	00:48:30	00:58:12.52		5:49	10.3 (100%)
2	WITUCKI Jacek	34	K.S. VICTORIA POTĘGOWO	M50-59	1			00:09:27	00:19:11	00:29:00	00:38:52	00:48:37	00:58:21.75	+00:00:09 (0.3%)	5:50	10.3 (100%)
3	DZIEDZIEWICZ Andrzej	143	K.S. VICTORIA POTĘGOWO	M40-49	1			00:09:31	00:19:41	00:29:59	00:40:16	00:50:34	01:00:57.23	+00:02:44 (4.5%)	6:05	9.8 (95.1%)
4	JAWORSKI Łukasz	142	ERYK TEAM WYSOKA	M40-49	2	1		00:09:46	00:19:51	00:30:10	00:40:42	00:51:18	01:01:29.87	+00:03:17 (5.3%)	6:08	9.8 (95.1%)
5	KABATA Jarosław	13	NORDIC SPORT 2021	M50-59	2	1		00:09:46	00:19:51	00:30:11	00:40:44	00:51:19	01:01:30.90	+00:03:18 (5.4%)	6:09	9.8 (95.1%)
6	KUŹMICZ Adam	15		M40-49	3			00:09:47	00:19:54	00:30:13	00:40:46	00:51:20	01:01:31.60	+00:03:19 (5.4%)	6:09	9.8 (95.1%)
7	MAŁKA Marian	17	NORDIC SPORT 2021	M60-69	1			00:10:28	00:21:18	00:32:06	00:42:51	00:53:35	01:04:14.07	+00:06:01 (9.4%)	6:25	9.3 (90.3%)
8	MISZTAL Grzegorz	21	OPEN SPORT TEAM	M30-39	1			00:10:28	00:21:22	00:32:20	00:43:23	00:54:39	01:05:49.77	+00:07:37 (11.6%)	6:34	9.1 (88.3%)
9	BIELECKA Zuzanna	2	K.S. VICTORIA POTĘGOWO	K40-49	1			00:10:35	00:21:28	00:32:24	00:43:30	00:54:45	01:06:17.76	+00:08:05 (12.2%)	6:37	9.1 (88.3%)
10	ŚLUSARCZYK Marcin	28	WESOŁY BORSUK TEAM	M40-49	4			00:10:28	00:21:32	00:32:52	00:43:57	00:55:12	01:06:25.43	+00:08:12 (12.4%)	6:38	9 (87.4%)
11	LABUS Marzena	16	NORDIC SPORT 2021	K30-39	1			00:10:45	00:21:44	00:32:44	00:43:59	00:55:15	01:06:36.38	+00:08:23 (12.6%)	6:39	9 (87.4%)
12	DANIELSKI Waldemar	8	K.S. VICTORIA POTĘGOWO	M60-69	2	2		00:11:10	00:22:24	00:33:42	00:45:02	00:56:23	01:07:37.54	+00:09:25 (13.9%)	6:45	8.9 (86.4%)
13	JAKSINA Dariusz	12	MAZURSKI DZIK	M50-59	3			00:11:26	00:22:54	00:34:23	00:45:37	00:56:45	01:07:50.62	+00:09:38 (14.2%)	6:47	8.8 (85.4%)
14	BREW CZYŃSKI Marcin	5	POLIPACK TEAM GWE	M30-39	2			00:11:23	00:22:57	00:34:25	00:45:38	00:56:53	01:08:06.19	+00:09:53 (14.5%)	6:48	8.8 (85.4%)
15	KNAPCZYK-KANIA Gabriela	14	NORDIC SPORT 2021	K50-59	1	1		00:11:01	00:22:21	00:33:53	00:45:30	00:57:07	01:08:41.12	+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	CHYRA Janusz	6	NORDIC SPORT 2021	M40-49	5			00:11:26	00:22:58	00:34:34	00:46:06	00:57:29	01:08:52.99	+00:10:40 (15.5%)	6:53	8.7 (84.5%)
17	HRYCIUK Waldemar	10	K.S. VICTORIA POTĘGOWO	M60-69	3	1		00:11:23	00:22:56	00:34:40	00:46:24	00:58:18	01:10:04.29	+00:11:51 (16.9%)	7:00	8.6 (83.5%)
18	SZCZYGIEŁ Adriana	26	OPEN SPORT TEAM	K40-49	2			00:11:30	00:23:12	00:34:56	00:46:43	00:58:31	01:10:16.43	+00:12:03 (17.2%)	7:01	8.5 (82.5%)
19	WIŚNIEWSKI Mariusz	33	NW CZŁAPSKI TEAM	M50-59	4			00:11:41	00:23:41	00:35:52	00:47:59	00:59:58	01:11:33.34	+00:13:20 (18.7%)	7:09	8.4 (81.6%)
20	HRYCIUK Teresa	11	K.S. VICTORIA POTĘGOWO	K60-69	1			00:12:07	00:24:25	00:36:30	00:48:29	01:00:40	01:12:48.71	+00:14:36 (20.1%)	7:16	8.2 (79.6%)
21	BIERĆ Jarosław	3	PĘDZIWIATR BIAŁYSTOK	M50-59	5	1		00:12:22	00:24:24	00:36:32	00:48:51	01:01:10	01:13:28.22	+00:15:15 (20.8%)	7:20	8.2 (79.6%)
22	CZMOCH Marian	7	NORDIC SPORT 2021	M70+	1	2		00:12:16	00:24:40	00:37:08	00:49:33	01:02:00	01:14:27.39	+00:16:14 (21.8%)	7:26	8.1 (78.6%)
23	ŚLUSARCZYK Andrzej	29	WESOŁY BORSUK TEAM	M70+	2	1		00:12:26	00:24:57	00:37:33	00:50:15	01:02:58	01:15:49.07	+00:17:36 (23.2%)	7:34	7.9 (76.7%)
24	SKRZĄTEK Lucyna	25	NORDIC SPORT 2021	K50-59	2			00:12:08	00:24:31	00:37:04	00:49:52	01:02:52	01:15:51.86	+00:17:39 (23.3%)	7:35	7.9 (76.7%)
25	ŚLUSARCZYK Grzegorz	30	WESOŁY BORSUK TEAM	M50-59	6			00:12:43	00:25:43	00:38:33	00:51:22	01:03:58	01:16:38.12	+00:18:25 (24.0%)	7:39	7.8 (75.7%)
26	PALUCH Paweł	23	AVOCADO WELLNESS CLUB	M60-69	4			00:12:17	00:25:11	00:38:13	00:51:12	01:04:10	01:17:21.17	+00:19:08 (24.7%)	7:44	7.8 (75.7%)
27	BERESKA Irena	1	NORDIC SPORT 2021	K30-39	2			00:13:06	00:26:28	00:39:57	00:53:23	01:06:41	01:19:59.33	+00:21:46 (27.2%)	7:59	7.5 (72.8%)
28	SZYMCZUK Grzegorz	27	JUVENIA	M60-69	5	2		00:12:58	00:26:12	00:39:27	00:52:41	01:06:19	01:19:59.75	+00:21:47 (27.2%)	7:59	7.5 (72.8%)
29	SAPUŁA Wiktoria	24	K.S. VICTORIA POTĘGOWO	K18-29	1			00:13:23	00:26:56	00:40:18	00:53:34	01:07:15	01:20:20.89	+00:22:08 (27.6%)	8:02	7.5 (72.8%)
30	GAJEK Halina	9	WESOŁY BORSUK TEAM	K50-59	3	2		00:13:32	00:27:07	00:40:34	00:54:06	01:07:32	01:21:06.35	+00:22:53 (28.2%)	8:06	7.4 (71.8%)
31	WILK Iwona	32	NORDIC SPORT 2021	K50-59	4			00:13:48	00:27:55	00:41:44	00:55:18	01:08:54	01:22:20.45	+00:24:07 (29.3%)	8:14	7.3 (70.9%)
32	BIERYŁO Dariusz	4		M60-69	6			00:13:22	00:27:07	00:41:11	00:55:09	01:09:21	01:23:37.59	+00:25:25 (30.4%)	8:21	7.2 (69.9%)
33	WYSZYŃSKI Zbigniew	35	I O TO CHODZI	M60-69	7	2		00:13:12	00:26:55	00:40:55	00:55:29	01:09:55	01:23:52.11	+00:25:39 (30.6%)	8:23	7.2 (69.9%)
34	WEKA Krzysztof	31	CHODZĘ BO LUBIĘ	M30-39	3			00:13:25	00:27:25	00:41:41	00:56:00	01:09:57	01:24:39.71	+00:26:27 (31.2%)	8:27	7.1 (68.9%)
35	MAŁKA Irena	18	NORDIC SPORT 2021	K60-69	2			00:14:01	00:28:25	00:42:52	00:57:20	01:11:49	01:26:36.82	+00:28:24 (32.8%)	8:39	6.9 (67.0%)

Znaleziono 35 wynik(ów)