



PUCHAR POLSKI NW - WASILKÓW - 5KM - 1/6

B4SPORT

Wydarzenie: Puchar Polski Nordic Walking 2024 -
WASILKÓW - 1/6
Organizator: Polskie Zrzeszenie Nordic Walking, Miasto Gmina
Wasilków
Data: 2024-05-11
Miejsce: Wasilków
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	1.68km	3.36km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	97	K.S VICTORIA POTĘGOWO	M18-29	1			00:09:28	00:19:08	00:28:37.73		5:43	10.5 (100%)
2	STĘPAK Piotr	156	K.S VICTORIA POTĘGOWO	M30-39	1			00:09:29	00:19:09	00:28:38.00	+00:00:00 (0.0%)	5:43	10.5 (100%)
3	WITUCKI Jacek	137	K.S VICTORIA POTĘGOWO	M50-54	1			00:09:28	00:19:08	00:28:51.48	+00:00:13 (0.8%)	5:46	10.4 (99.0%)
4	ZDANOWICZ Arkadiusz	141	K.S VICTORIA POTĘGOWO	M45-49	1			00:09:29	00:19:16	00:29:21.17	+00:00:43 (2.5%)	5:52	10.2 (97.1%)
5	CYRUS Bogdan	58		M50-54	2			00:09:29	00:20:20	00:31:18.27	+00:02:40 (8.5%)	6:15	9.6 (91.4%)
6	MROZIŃSKI Tadeusz	22	NORDIC SPORT 2021	M55-59	1			00:10:10	00:20:41	00:31:23.54	+00:02:45 (8.8%)	6:16	9.6 (91.4%)
7	MAŁKA Marian	96	NORDIC SPORT 2021	M65-69	1			00:10:16	00:20:54	00:31:35.16	+00:02:57 (9.4%)	6:19	9.5 (90.5%)
8	FRAĆKOWIAK Roman	67	NORDIC SPORT 2021	M55-59	2			00:10:12	00:20:54	00:31:51.69	+00:03:13 (10.1%)	6:22	9.4 (89.5%)
9	ŚLUSARCZYK Marcin	129	WESOŁY BORSUK TEAM	M45-49	2			00:10:35	00:21:17	00:31:51.98	+00:03:14 (10.2%)	6:22	9.4 (89.5%)
10	SOKOŁOWSKI Marek	117		M55-59	3			00:10:54	00:22:01	00:33:11.14	+00:04:33 (13.7%)	6:38	9 (85.7%)
11	BIELECKA Zuzanna	53	K.S VICTORIA POTĘGOWO	K40-44	1			00:10:52	00:22:06	00:33:13.91	+00:04:36 (13.9%)	6:38	9 (85.7%)
12	PASIERB Marek	105	K.S VICTORIA POTĘGOWO	M70-74	1			00:11:08	00:22:18	00:33:25.24	+00:04:47 (14.3%)	6:41	9 (85.7%)
13	MAŚLANKA Iwona	98	NORDIC SPORT 2021	K50-54	1			00:10:51	00:22:05	00:33:29.23	+00:04:51 (14.5%)	6:41	9 (85.7%)
14	JAKSINA Dariusz	77	MAZURSKI DZIK	M55-59	4			00:11:03	00:22:19	00:33:35.34	+00:04:57 (14.8%)	6:43	8.9 (84.8%)

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								1.68km	3.36km				
15	STEFANIAK Krzysztof	118	KATOWICKI NORDIC WALKING	M65-69	2			00:11:13	00:22:27	00:33:50.44	+00:05:12 (15.4%)	6:46	8.9 (84.8%)
16	WIŚNIEWSKI Mariusz	136	NW CZŁAPSKI TEAM	M50-54	3			00:11:09	00:22:33	00:33:50.61	+00:05:12 (15.4%)	6:46	8.9 (84.8%)
17	OKRZESIK-FRĄCKOWIAK Izabela	102	NORDIC SPORT 2021	K55-59	1			00:11:07	00:22:30	00:33:57.95	+00:05:20 (15.7%)	6:47	8.8 (83.8%)
18	FRANCZAK Małgorzata	64	K.S VICTORIA POTĘGOWO	K18-29	1			00:11:03	00:22:39	00:34:14.76	+00:05:37 (16.4%)	6:50	8.8 (83.8%)
19	BREWCZYŃSKI Marcin	55	POLIPACK TEAM GWE	M30-39	2			00:11:06	00:22:40	00:34:15.94	+00:05:38 (16.5%)	6:51	8.8 (83.8%)
20	HRYCIUK Waldemar	75	K.S VICTORIA POTĘGOWO	M65-69	3			00:11:14	00:23:02	00:34:57.48	+00:06:19 (18.1%)	6:59	8.6 (81.9%)
21	PUKSZTA Krzysztof	109	WESOŁY BORSUK TEAM	M40-44	1			00:11:13	00:23:18	00:35:05.61	+00:06:27 (18.4%)	7:01	8.6 (81.9%)
22	SZCZYGIEŁ Adriana	122	OPEN SPORT TEAM	K40-44	2			00:11:30	00:23:15	00:35:05.73	+00:06:28 (18.4%)	7:01	8.6 (81.9%)
23	KOWALCZYK Tadeusz	89	NORDIC SPORT 2021	M70-74	2			00:11:36	00:23:28	00:35:21.02	+00:06:43 (19.0%)	7:04	8.5 (81.0%)
24	ADAMCZYK Adam	51	K.S VICTORIA POTĘGOWO	M75-79	1			00:11:54	00:23:45	00:35:23.83	+00:06:46 (19.1%)	7:04	8.5 (81.0%)
25	MATECKI Ryszard	145		M75-79	2			00:11:55	00:23:45	00:35:24.13	+00:06:46 (19.1%)	7:04	8.5 (81.0%)
26	KACPERSKI Jarosław	82	NIEZESZONY	M- Niepełnosprawni(A)	1			00:11:41	00:23:28	00:35:25.93	+00:06:48 (19.2%)	7:05	8.5 (81.0%)
27	PASIŃSKA-SKOWRON Sylwia	106	OPEN SPORT TEAM	K45-49	1			00:11:51	00:23:43	00:35:42.77	+00:07:05 (19.8%)	7:08	8.4 (80.0%)
28	OLSZAŃSKI Karol	103	OPEN SPORT TEAM	M45-49	3			00:11:35	00:23:38	00:35:45.89	+00:07:08 (20.0%)	7:09	8.4 (80.0%)
29	GRUSZKA Michał	72	NORDIC SPORT 2021	M45-49	4			00:10:54	00:22:59	00:35:48.00	+00:07:10 (20.0%)	7:09	8.4 (80.0%)
30	KARPOWICZ Janusz	85	JUWENIA	M70-74	3			00:11:31	00:23:38	00:35:50.67	+00:07:12 (20.1%)	7:10	8.4 (80.0%)
31	ŻYTKOWSKI Andrzej	140	TKKF KRZNA BIAŁA PODLASKA	M60-64	1			00:11:59	00:24:12	00:36:12.87	+00:07:35 (20.9%)	7:14	8.3 (79.0%)
32	HRYCIUK Teresa	76	K.S VICTORIA POTĘGOWO	K60-64	1			00:11:48	00:23:55	00:36:13.91	+00:07:36 (21.0%)	7:14	8.3 (79.0%)
33	CZEKAŃSKI Damian	60	WESOŁY BORSUK TEAM	M30-39	3			00:11:52	00:24:06	00:36:14.72	+00:07:36 (21.0%)	7:14	8.3 (79.0%)
34	PODSIADŁY Stanisław	108	K.S VICTORIA POTĘGOWO	M65-69	4			00:11:57	00:24:12	00:36:24.77	+00:07:47 (21.4%)	7:16	8.2 (78.1%)
35	FRANCZAK Dariusz	66	NW CZŁAPSKI TEAM	M60-64	2			00:11:59	00:24:10	00:36:24.97	+00:07:47 (21.4%)	7:16	8.2 (78.1%)
36	KUŹMICZ Dominik	94		M-Jun.	1			00:11:55	00:24:09	00:36:29.99	+00:07:52 (21.6%)	7:17	8.2 (78.1%)
37	WIŚNIEWSKI Julian	135	NW CZŁAPSKI TEAM	M-Jun.	2			00:11:53	00:24:27	00:36:35.76	+00:07:58 (21.8%)	7:19	8.2 (78.1%)

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								1.68km	3.36km				
38	CZMOCH Marian	61	NORDIC SPORT 2021	M70-74	4			00:12:01	00:24:15	00:36:37.95	+00:08:00 (21.8%)	7:19	8.2 (78.1%)
39	KUŁAKOWSKA Halina	91	DRUŻYNA SMA	K45-49	2			00:12:06	00:24:23	00:36:41.52	+00:08:03 (22.0%)	7:20	8.2 (78.1%)
40	CZAJKA Urszula	59		K70-74	1			00:12:09	00:24:44	00:37:26.06	+00:08:48 (23.5%)	7:29	8 (76.2%)
41	JAKUBOWSKI Zbigniew	78		M75-79	3			00:12:19	00:24:59	00:37:47.63	+00:09:09 (24.2%)	7:33	7.9 (75.2%)
42	SZYBUT Weronika	127	POTĘGA NORDICA	K50-54	2			00:12:26	00:25:22	00:37:48.79	+00:09:11 (24.3%)	7:33	7.9 (75.2%)
43	ŚLUSARCZYK Andrzej	131	WESOŁY BORSUK TEAM	M70-74	5			00:12:38	00:25:29	00:38:15.71	+00:09:37 (25.2%)	7:39	7.8 (74.3%)
44	STYPUŁKOWSKI Marian	121	JUVENIA	M65-69	5			00:10:53	00:25:38	00:38:19.00	+00:09:41 (25.3%)	7:39	7.8 (74.3%)
45	RZEPECKI Sławomir	112		M50-54	4			00:12:28	00:25:16	00:38:30.88	+00:09:53 (25.7%)	7:42	7.8 (74.3%)
46	SZENDZIELORZ Ilona	123	OPEN SPORT TEAM	K65-69	1			00:12:46	00:25:39	00:38:31.40	+00:09:53 (25.7%)	7:42	7.8 (74.3%)
47	JAŚKOWSKI Patryk	80	NORDIC SPORT 2021	M40-44	2			00:12:42	00:25:44	00:38:36.09	+00:09:58 (25.8%)	7:43	7.8 (74.3%)
48	KUŹMICZ Magdalena	93		K40-44	3			00:12:38	00:25:35	00:38:39.10	+00:10:01 (25.9%)	7:43	7.8 (74.3%)
49	PALUCH Paweł	104	AVOCADO WELLNESS CLUB	M60-64	3			00:12:23	00:25:25	00:38:41.40	+00:10:03 (26.0%)	7:44	7.8 (74.3%)
50	GRABARZ Uszula	70	TKKF KRZNA BIAŁA PODLASKA	K60-64	2			00:12:49	00:25:43	00:38:42.11	+00:10:04 (26.0%)	7:44	7.8 (74.3%)
51	KURZA Zuzanna	92		K-Dzieci	1			00:13:05	00:25:55	00:38:45.12	+00:10:07 (26.1%)	7:45	7.7 (73.3%)
52	SIEŃKOW Urszula	114	MARSZOMANIACY BIELSK PODLASKI	K40-44	4			00:12:41	00:25:48	00:38:50.20	+00:10:12 (26.3%)	7:46	7.7 (73.3%)
53	JAWORSKA Edyta	81	K.S VICTORIA POTĘGOWO	K45-49	3			00:12:36	00:25:43	00:38:53.68	+00:10:15 (26.4%)	7:46	7.7 (73.3%)
54	CHILKIEWICZ Malgorzata	57	MARSZOMANIACY BIELSK PODLASKI	K40-44	5			00:12:49	00:25:52	00:38:59.60	+00:10:21 (26.6%)	7:47	7.7 (73.3%)
55	TRAPSIA Hania	146		K-Dzieci	2			00:12:29	00:25:43	00:39:08.23	+00:10:30 (26.9%)	7:49	7.7 (73.3%)
56	ZDANOWICZ Marta	37	K.S VICTORIA POTĘGOWO	K45-49	4			00:12:42	00:26:17	00:39:17.34	+00:10:39 (27.1%)	7:51	7.6 (72.4%)
57	PAWEŁKIEWICZ Edyta	107	MARSZOMANIACY BIELSK PODLASKI	K45-49	5			00:12:54	00:26:16	00:39:19.34	+00:10:41 (27.2%)	7:51	7.6 (72.4%)
58	KOWALCZYK Joanna	90	NORDIC SPORT 2021	K50-54	3			00:13:09	00:26:16	00:39:26.80	+00:10:49 (27.4%)	7:53	7.6 (72.4%)
59	WOŁOWICZ Dariusz	139		M60-64	4			00:13:07	00:26:35	00:39:31.79	+00:10:54 (27.6%)	7:54	7.6 (72.4%)
60	GRYGOROWICZ Bogdan	74	KGHM METRACO LUBIN	M- Niepełnosprawni(B)	1			00:13:00	00:26:10	00:39:32.02	+00:10:54 (27.6%)	7:54	7.6 (72.4%)

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								1.68km	3.36km				
61	KIJAS Karolina	86		K-Dzieci	3			00:13:29	00:26:31	00:39:40.98	+00:11:03 (27.9%)	7:56	7.6 (72.4%)
62	TOKARSKA Julia	132	KYOKUSHIN TEAM WASILKÓW	K-Dzieci	4			00:13:17	00:26:30	00:39:46.26	+00:11:08 (28.0%)	7:57	7.5 (71.4%)
63	KOTOWICZ Joanna	88	MARSZOMANIACY BIELSK PODLASKI	K45-49	6			00:13:02	00:26:41	00:40:10.50	+00:11:32 (28.7%)	8:02	7.5 (71.4%)
64	NOWICKA Ewa	100	MARSZOMANIACY BIELSK PODLASKI	K50-54	4			00:13:17	00:26:46	00:40:11.56	+00:11:33 (28.8%)	8:02	7.5 (71.4%)
65	LESNER Anna	154	MARSZOMANIACY BIELSK PODLASKI	K45-49	7			00:13:21	00:26:54	00:40:15.06	+00:11:37 (28.9%)	8:03	7.5 (71.4%)
66	BREW CZYŃSKA Milena	54		K30-39	1			00:13:18	00:27:06	00:40:51.27	+00:12:13 (29.9%)	8:10	7.3 (69.5%)
67	GALICKA Marta	68		K30-39	2			00:13:41	00:27:30	00:41:21.93	+00:12:44 (30.8%)	8:16	7.3 (69.5%)
68	GRECZAN Izabela	71	MARSZOMANIACY BIELSK PODLASKI	K40-44	6			00:13:30	00:27:24	00:41:25.04	+00:12:47 (30.9%)	8:17	7.2 (68.6%)
69	KUŹMICZ Szymon	95		M-Jun.	3			00:13:42	00:27:28	00:41:34.88	+00:12:57 (31.1%)	8:18	7.2 (68.6%)
70	MIODUSZEWSKA Agata	20		K30-39	3			00:13:42	00:28:06	00:41:35.76	+00:12:58 (31.2%)	8:19	7.2 (68.6%)
71	SZNAJDER Zenon	124	NORDIC SPORT 2021	M70-74	6			00:13:06	00:27:12	00:41:38.12	+00:13:00 (31.2%)	8:19	7.2 (68.6%)
72	LESNER Nikodem	153	MARSZOMANIACY BIELSK PODLASKI	M-Dzieci	1			00:13:23	00:27:42	00:41:38.64	+00:13:00 (31.3%)	8:19	7.2 (68.6%)
73	MYDLARZ Jerzy	99	JUVENIA	M70-74	7			00:13:53	00:27:56	00:42:00.24	+00:13:22 (31.8%)	8:24	7.1 (67.6%)
74	SMOLINSKA Małgorzata	116		K- Niepełnosprawni(A)	1			00:13:24	00:27:39	00:42:01.32	+00:13:23 (31.9%)	8:24	7.1 (67.6%)
75	FRANCZAK Anna	65	NW CZŁAPSKI TEAM	K55-59	2			00:13:50	00:28:12	00:42:05.50	+00:13:27 (32.0%)	8:25	7.1 (67.6%)
76	EJDYS Jolanta	167		K50-54	5			00:22:14	00:31:14	00:42:08.00	+00:13:30 (32.1%)	8:25	7.1 (67.6%)
77	SZNAJDER Teresa	125	NORDIC SPORT 2021	K70-74	2			00:14:02	00:28:17	00:42:24.97	+00:13:47 (32.5%)	8:28	7.1 (67.6%)
78	GRUSZKA Ilona	73	NORDIC SPORT 2021	K- Niepełnosprawni(A)	2			00:13:57	00:28:16	00:42:25.32	+00:13:47 (32.5%)	8:29	7.1 (67.6%)
79	WOIŃSKA Dorota	138	MOSIR BIELSK PODLASKI	K45-49	8			00:14:07	00:28:38	00:42:57.46	+00:14:19 (33.4%)	8:35	7 (66.7%)
80	KACZMARCZYK Franciszek	84	RUMIA	M80+	1			00:14:03	00:28:34	00:43:07.05	+00:14:29 (33.6%)	8:37	7 (66.7%)
81	STEPANIUK Katarzyna	119	MARSZOMANIACY BIELSK PODLASKI	K45-49	9			00:14:29	00:28:58	00:43:13.54	+00:14:35 (33.8%)	8:38	6.9 (65.7%)
82	JANUSZEWSKA Julita	79	MARSZOMANIACY BIELSK PODLASKI	K40-44	7			00:14:17	00:29:05	00:43:33.58	+00:14:55 (34.3%)	8:42	6.9 (65.7%)
83	ZELLER Milena	148		K-Dzieci	5			00:20:10	00:37:57	00:44:02.00	+00:15:24 (35.0%)	8:48	6.8 (64.8%)

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84	BREWZYŃSKA Nikola	155		K-Dzieci	6			00:13:54	00:29:19	00:44:04.31	+00:15:26 (35.0%)	8:48	6.8 (64.8%)
85	GÓRSKA Anna	69	MARSZOMANIACY BIELSK PODLASKI	K40-44	8			00:14:46	00:29:47	00:45:07.03	+00:16:29 (36.5%)	9:01	6.6 (62.9%)
86	SŁOJEWSKA Ilona	147		K50-54	6			00:14:53	00:30:13	00:45:26.23	+00:16:48 (37.0%)	9:05	6.6 (62.9%)
87	ŚLUSARCZYK Błażej	130	WESOŁY BORSUK TEAM	M-Dzieci	2			00:15:14	00:30:30	00:45:48.97	+00:17:11 (37.5%)	9:09	6.6 (62.9%)
88	TRUSZKOWSKA Katarzyna	133	MARSZOMANIACY BIELSK PODLASKI	K45-49	10			00:14:57	00:30:34	00:46:02.41	+00:17:24 (37.8%)	9:12	6.5 (61.9%)
89	KACZANOWSKA Katarzyna	83	MARSZOMANIACY BIELSK PODLASKI	K40-44	9			00:15:04	00:30:51	00:46:19.27	+00:17:41 (38.2%)	9:15	6.5 (61.9%)
90	JAROMIN Antoni	149		M-Dzieci	3			00:15:52	00:31:29	00:46:30.85	+00:17:53 (38.5%)	9:18	6.5 (61.9%)
91	GORALEWSKI Franciszek	151		M-Dzieci	4			00:15:53	00:31:30	00:46:31.76	+00:17:54 (38.5%)	9:18	6.4 (61.0%)
92	ZELLER Natan	150		M-Dzieci	5			00:15:53	00:31:30	00:46:37.92	+00:18:00 (38.6%)	9:19	6.4 (61.0%)
93	SZYBUT Roma	126	POTĘGA NORDICA	K50-54	7			00:15:20	00:30:57	00:47:01.44	+00:18:23 (39.1%)	9:24	6.4 (61.0%)
94	SAWCZYŃSKA Elżbieta	113	MARSZOMANIACY BIELSK PODLASKI	K55-59	3			00:15:23	00:31:32	00:47:53.33	+00:19:15 (40.2%)	9:34	6.3 (60.0%)
95	SKOWROŃSKA - GIZIEWICZ Edyta	115	JUVENIA	K50-54	8			00:16:40	00:34:05	00:50:45.28	+00:22:07 (43.6%)	10:09	5.9 (56.2%)
96	SZYBUT Milena	128	POTĘGA NORDICA	K50-54	9			00:17:50	00:36:43	00:56:31.69	+00:27:53 (49.4%)	11:18	5.3 (50.5%)

Znaleziono 96 wynik(ów)