

PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Puchar Regionalny Nordic Walking - Biały Bór 2020
Organizator: Biały Bór
Data: 2020-09-20
Miejsce: Biały Bór
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	POLKOWSKI Piotr	264	NW CZŁAPSKI TEAM	M30-39	1			00:30:49	01:02:13.45		6:13	9.6 (100%)
2	HELWICH Stefan	219	KS METRACO POLKOWICE	M60-69	1			00:31:00	01:02:25.95	+00:00:12 (0.3%)	6:14	9.6 (100%)
3	MARCZAK Tomasz	244		M18-29	1			00:31:04	01:02:47.00	+00:00:33 (0.9%)	6:16	9.6 (100%)
4	KUŹMICZ Adam	238	POLIPACK TEAM GWE	M30-39	2			00:31:19	01:03:06.30	+00:00:52 (1.4%)	6:18	9.5 (99.0%)
5	KNITTER Tomasz	228	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:31:30	01:03:24.80	+00:01:11 (1.9%)	6:20	9.5 (99.0%)
6	KUŚMIEREK Patryk	237	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:32:08	01:03:57.30	+00:01:43 (2.7%)	6:23	9.4 (97.9%)
7	POŁUBIAK Paweł	265		M30-39	3			00:31:36	01:04:08.40	+00:01:54 (3.0%)	6:24	9.4 (97.9%)
8	SANIUK Edward	271	FACE NORDIC WALKING TEAM	M70+	1			00:33:18	01:06:40.30	+00:04:26 (6.7%)	6:40	9 (93.8%)
9	CZŁAPSKI Krzysztof	212	NW CZŁAPSKI TEAM	M50-59	1			00:32:45	01:06:42.55	+00:04:29 (6.7%)	6:40	9 (93.8%)
10	KOŁODZIEJ Joanna	229	MALINOWE GWIAZDY	K50-59	1			00:33:22	01:07:17.45	+00:05:04 (7.5%)	6:43	8.9 (92.7%)
11	PIASZCZYŃSKI Maciej	262	BIAŁY BÓR	M30-39	4	1		00:33:20	01:07:24.50	+00:05:11 (7.7%)	6:44	8.9 (92.7%)
12	RADECKI Artur	268	CHODZĄCY BIAŁYSTOK	M50-59	2			00:33:13	01:08:06.75	+00:05:53 (8.6%)	6:48	8.8 (91.7%)
13	KLIMCZAK Adam	227	GOSADI NORDIC TEAM	M50-59	3			00:33:26	01:08:17.60	+00:06:04 (8.9%)	6:49	8.8 (91.7%)

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14	OSTROCHALSKA Aleksandra	259	POLIPACK TEAM GWE	K40-49	1			00:34:03	01:08:34.25	+00:06:20 (9.3%)	6:51	8.7 (90.6%)
15	KUŚMIEREK Jan	236	BŁĘKITNI NW DZIEMIANY	M50-59	4			00:34:21	01:08:38.00	+00:06:24 (9.3%)	6:51	8.7 (90.6%)
16	KRÓLIKOWSKA Krystyna	295	POLIPACK TEAM GWE	K40-49	2			00:35:06	01:09:25.20	+00:07:11 (10.4%)	6:56	8.6 (89.6%)
17	GOŁĘBIEWSKI Edward	218	MARSZ PO ZDROWIE	M70+	2			00:34:21	01:09:42.30	+00:07:28 (10.7%)	6:58	8.6 (89.6%)
18	ŚWISŁOCKI Bogdan	279	FACE NORDIC WALKING TEAM	M50-59	5			00:34:32	01:09:51.30	+00:07:37 (10.9%)	6:59	8.6 (89.6%)
19	SZYMAŃSKI Stefan	278	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	3			00:34:45	01:10:21.55	+00:08:08 (11.6%)	7:02	8.5 (88.5%)
20	CIESIELSKI Jan	210	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	1			00:35:18	01:11:06.90	+00:08:53 (12.5%)	7:06	8.4 (87.5%)
21	KROMSKI Paweł	232	NORDIC WALKING KIEKRZ POLAND	M50-59	6			00:35:27	01:11:24.30	+00:09:10 (12.9%)	7:08	8.4 (87.5%)
22	WALESZKO Andrzej	283	PASJA NORDIC WALKING	M40-49	2			00:35:32	01:11:54.10	+00:09:40 (13.5%)	7:11	8.3 (86.5%)
23	MUSIATOWICZ Aleksandra	251	PASJA NORDIC WALKING	K50-59	2			00:35:34	01:12:05.95	+00:09:52 (13.7%)	7:12	8.3 (86.5%)
24	TRZCIŃSKI Mariusz	164	SERCE NORDICA WŁOCŁAWEK	M40-49	3			00:36:34	01:12:30.60	+00:10:17 (14.2%)	7:15	8.3 (86.5%)
25	NACZK Wiktoria	252	POLIPACK TEAM GWE	K18-29	1			00:34:42	01:12:33.10	+00:10:19 (14.2%)	7:15	8.3 (86.5%)
26	FRANCZAK Małgorzata	216	NW CZŁAPSKI TEAM	K18-29	2			00:36:02	01:12:46.65	+00:10:33 (14.5%)	7:16	8.2 (85.4%)
27	OLSZAŃSKI Karol	256	FEAR THE RETURN	M40-49	4			00:35:26	01:12:51.75	+00:10:38 (14.6%)	7:17	8.2 (85.4%)
28	NETKOWSKI Wojciech	253	PASJA NORDIC WALKING	M60-69	2			00:36:15	01:13:19.05	+00:11:05 (15.1%)	7:19	8.2 (85.4%)
29	OCYSEK Zygmunt	255	STADION ŚLĄSKI	M70+	4			00:36:29	01:13:20.50	+00:11:07 (15.2%)	7:20	8.2 (85.4%)
30	JÓŻWIAK Marianna	221	SERCE NORDICA WŁOCŁAWEK	K40-49	3			00:36:09	01:13:36.85	+00:11:23 (15.5%)	7:21	8.2 (85.4%)
31	KANIEWSKI Łukasz	292	AKTYWNA KCYNIA	M30-39	5			00:36:52	01:13:45.85	+00:11:32 (15.6%)	7:22	8.1 (84.4%)
32	RUDAWSKI Maciej	270	MARSZ PO ZDROWIE	M30-39	6			00:36:32	01:14:26.95	+00:12:13 (16.4%)	7:26	8.1 (84.4%)
33	WIECZORKOWSKA Dagmara	287	WYCHODZĘ Z KIJAMI	K40-49	4			00:36:43	01:14:27.25	+00:12:13 (16.4%)	7:26	8.1 (84.4%)
34	FRANCZAK Dariusz	217	NW CZŁAPSKI TEAM	M50-59	7			00:36:40	01:14:28.30	+00:12:14 (16.4%)	7:26	8.1 (84.4%)
35	LEJKOWSKA Mirela	239	POLIPACK GWETEAM	K30-39	1			00:37:18	01:14:31.85	+00:12:18 (16.5%)	7:27	8.1 (84.4%)
36	HRYNDIO Jerzy	294	STADION ŚLĄSKI	M60-69	3			00:37:33	01:15:35.40	+00:13:21 (17.7%)	7:33	7.9 (82.3%)

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37	SZYDEŁKO Mariola	277	AKTYWNA KCYNIA	K40-49	5			00:38:06	01:15:39.05	+00:13:25 (17.7%)	7:33	7.9 (82.3%)
38	KANIEWSKA Alicja	293	AKTYWNA KCYNIA	K30-39	2			00:37:44	01:15:48.70	+00:13:35 (17.9%)	7:34	7.9 (82.3%)
39	BOŃCZYSZYN Bożena	205	POLIPACK TEAM GWE	K50-59	3			00:38:08	01:16:11.95	+00:13:58 (18.3%)	7:37	7.9 (82.3%)
40	STAWNIAK Karol	272	KS METRACO POLKOWICE	M70+	5			00:37:48	01:16:18.30	+00:14:04 (18.5%)	7:37	7.9 (82.3%)
41	ŁUKASIK Michał	242	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	4			00:37:24	01:16:20.70	+00:14:07 (18.5%)	7:38	7.9 (82.3%)
42	KACZMAREK Maja	224	POLIPACK TEAM GWE	K40-49	6			00:37:49	01:16:44.10	+00:14:30 (18.9%)	7:40	7.8 (81.3%)
43	KRIGER Roman	231	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:38:33	01:16:52.15	+00:14:38 (19.1%)	7:41	7.8 (81.3%)
44	PONKA Radosław	266	POLIPACK TEAM GWE	M40-49	5			00:38:38	01:17:04.00	+00:14:50 (19.3%)	7:42	7.8 (81.3%)
45	SZMYT Marcin	276	SZWAGRY BIEGAJĄ	M30-39	7			00:38:10	01:17:06.35	+00:14:52 (19.3%)	7:42	7.8 (81.3%)
46	KACZMAREK Jarek	222	SERCE NORDICA WŁOCŁAWEK	M50-59	9			00:38:47	01:17:17.30	+00:15:03 (19.5%)	7:43	7.8 (81.3%)
47	POKŁADOWSKA Joanna	263	WYCHODZĘ Z KIJAMI	K40-49	7			00:38:39	01:17:26.30	+00:15:12 (19.6%)	7:44	7.7 (80.2%)
48	FRANCZAK Anna	215	NW CZŁAPSKI TEAM	K50-59	4			00:38:48	01:17:59.40	+00:15:45 (20.2%)	7:47	7.7 (80.2%)
49	WALESZKO Anna	284	PASJA NORDIC WALKING	K40-49	8			00:39:20	01:18:11.40	+00:15:57 (20.4%)	7:49	7.7 (80.2%)
50	PRYBIŃSKA-MARCINIAK Anna	267	AKTYWNA KCYNIA	K40-49	9			00:38:53	01:18:13.70	+00:16:00 (20.5%)	7:49	7.7 (80.2%)
51	KASZUBA Adriana	225		K40-49	10			00:39:32	01:18:41.20	+00:16:27 (20.9%)	7:52	7.6 (79.2%)
52	STOLARSKA Danuta	273	SERCE NORDICA WŁOCŁAWEK	K60-69	1			00:39:11	01:18:54.55	+00:16:41 (21.1%)	7:53	7.6 (79.2%)
53	CIESIELSKA Renata	209	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	11			00:39:40	01:19:57.35	+00:17:43 (22.2%)	7:59	7.5 (78.1%)
54	SUPROŃ Izabela	274	KS METRACO POLKOWICE	K30-39	3	1		00:39:33	01:20:27.05	+00:18:13 (22.7%)	8:02	7.5 (78.1%)
55	MORACZEWSKA Angelika	248	AKTYWNA KCYNIA	K30-39	4			00:40:13	01:20:55.55	+00:18:42 (23.1%)	8:05	7.4 (77.1%)
56	CZEMPIK Aniela	254		K60-69	2			00:39:54	01:21:01.25	+00:18:47 (23.2%)	8:06	7.4 (77.1%)
57	ANDRUSZKIEWICZ Pawel	202		M40-49	6			00:40:17	01:21:05.45	+00:18:52 (23.3%)	8:06	7.4 (77.1%)
58	ADAMOWICZ Renata	201	WYCHODZĘ Z KIJAMI	K40-49	12			00:40:40	01:21:18.90	+00:19:05 (23.5%)	8:07	7.4 (77.1%)
59	KACZMAREK Zofia	223		K50-59	5			00:40:39	01:21:23.85	+00:19:10 (23.6%)	8:08	7.4 (77.1%)

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60	CZEMPIK Kornelia	211	MALINOWE GWIAZDY	K50-59	6			00:39:47	01:21:43.10	+00:19:29 (23.9%)	8:10	7.3 (76.0%)
61	PALUCH Pawel	261	AVOCADO WELLNESS CLUB	M50-59	10			00:40:29	01:21:53.45	+00:19:40 (24.0%)	8:11	7.3 (76.0%)
62	WNEK Ewa	289		K60-69	3			00:40:09	01:21:57.40	+00:19:43 (24.1%)	8:11	7.3 (76.0%)
63	BACHANEK Katarzyna	203	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	7			00:40:31	01:22:17.90	+00:20:04 (24.4%)	8:13	7.3 (76.0%)
64	WALCZAK Grzegorz	282	UKS GIMNA2 JON	M40-49	7			00:41:27	01:22:22.45	+00:20:09 (24.5%)	8:14	7.3 (76.0%)
65	MACUŁO Ola	243		K30-39	5			00:40:54	01:22:41.45	+00:20:28 (24.8%)	8:16	7.3 (76.0%)
66	OMARSKA Grażyna	258	PASJA NORDIC WALKING	K60-69	4			00:41:19	01:22:55.65	+00:20:42 (25.0%)	8:17	7.2 (75.0%)
67	CHABROS Agnieszka	206	SERCE NORDICA WŁOCŁAWEK	K40-49	13			00:42:13	01:23:43.90	+00:21:30 (25.7%)	8:22	7.2 (75.0%)
68	EWERTOWSKA Ewa	213	NORDIC WALKING KIEKRZ POLAND	K50-59	8			00:41:01	01:24:07.00	+00:21:53 (26.0%)	8:24	7.1 (74.0%)
69	SZCZYPIOR Kinga	275	POLIPACK TEAM GWE	K30-39	6			00:41:38	01:24:19.35	+00:22:05 (26.2%)	8:25	7.1 (74.0%)
70	ŻBIKOWSKA Małgorzata	291	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:41:39	01:24:29.50	+00:22:16 (26.4%)	8:26	7.1 (74.0%)
71	WESNER Harald	286	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	5			00:43:20	01:24:50.80	+00:22:37 (26.7%)	8:29	7.1 (74.0%)
72	WĄTROBA Sebastian	285	BEL MARE	M40-49	8			00:41:38	01:25:18.30	+00:23:04 (27.1%)	8:31	7 (72.9%)
73	TURZYŃSKA-STOPA Maria	280	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:42:51	01:26:49.40	+00:24:35 (28.3%)	8:41	6.9 (71.9%)
74	LUBAŃSKI Tomasz	240	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:43:10	01:26:57.40	+00:24:43 (28.4%)	8:41	6.9 (71.9%)
75	MIKUSZEWSKI Arkadiusz	247		M40-49	9			00:45:49	01:28:42.95	+00:26:29 (29.9%)	8:52	6.8 (70.8%)
76	WAJDA Izabela	281		K40-49	14			00:43:39	01:29:29.35	+00:27:15 (30.5%)	8:56	6.7 (69.8%)
77	CHABROS Dariusz	207	SERCE NORDICA WŁOCŁAWEK	M40-49	10			00:45:05	01:29:33.80	+00:27:20 (30.5%)	8:57	6.7 (69.8%)
78	OLSZYŃSKA Marzena	257	WYCHODZĘ Z KIJAMI	K50-59	10			00:46:25	01:32:35.20	+00:30:21 (32.8%)	9:15	6.5 (67.7%)
79	KOWALSKA Katarzyna	296		K30-39	7			00:46:42	01:33:45.75	+00:31:32 (33.6%)	9:22	6.4 (66.7%)
80	MÓRAWSKI Sławomir	250	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	11			00:46:46	01:35:28.15	+00:33:14 (34.8%)	9:32	6.3 (65.6%)
81	OWCZAREK Henryka	260	MARSZ PO ZDROWIE	K70+	1			00:47:35	01:36:11.10	+00:33:57 (35.3%)	9:37	6.2 (64.6%)
82	MIKUSZEWSKA Barbara	246	KS METRACO POLKOWICE	K60-69	6	1		00:50:05	01:39:53.80	+00:37:40 (37.7%)	9:59	6 (62.5%)

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83	KRUKOWSKA Magdalena	234	KS METRACO POLKOWICE	K30-39	8			00:50:52	01:45:12.40	+00:42:58 (40.9%)	10:31	5.7 (59.4%)
84	KRUKOWSKA Anna	233		K60-69	7			00:50:56	01:45:16.70	+00:43:03 (40.9%)	10:31	5.7 (59.4%)

Znaleziono 84 wynik(ów)