

# PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 10 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Laps_5km 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>POLKOWSKI Piotr</b>	<b>264</b>	NW CZŁAPSKI TEAM	M30-39	1			00:30:49	<b>01:02:13.45</b>		6:13	9.6 (100%)
2	<b>HELWICH Stefan</b>	<b>219</b>	KS METRACO POLKOWICE	M60-69	1			00:31:00	<b>01:02:25.95</b>	+00:00:12 (0.3%)	6:14	9.6 (100%)
3	<b>MARCZAK Tomasz</b>	<b>244</b>		M18-29	1			00:31:04	<b>01:02:47.00</b>	+00:00:33 (0.9%)	6:16	9.6 (100%)
4	<b>KUŹMICZ Adam</b>	<b>238</b>	POLIPACK TEAM GWE	M30-39	2			00:31:19	<b>01:03:06.30</b>	+00:00:52 (1.4%)	6:18	9.5 (99.0%)
5	<b>KNITTER Tomasz</b>	<b>228</b>	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:31:30	<b>01:03:24.80</b>	+00:01:11 (1.9%)	6:20	9.5 (99.0%)
6	<b>KUŚMIEREK Patryk</b>	<b>237</b>	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:32:08	<b>01:03:57.30</b>	+00:01:43 (2.7%)	6:23	9.4 (97.9%)
7	<b>POŁUBIAK Paweł</b>	<b>265</b>		M30-39	3			00:31:36	<b>01:04:08.40</b>	+00:01:54 (3.0%)	6:24	9.4 (97.9%)
8	<b>SANIUK Edward</b>	<b>271</b>	FACE NORDIC WALKING TEAM	M70+	1			00:33:18	<b>01:06:40.30</b>	+00:04:26 (6.7%)	6:40	9 (93.8%)
9	<b>CZŁAPSKI Krzysztof</b>	<b>212</b>	NW CZŁAPSKI TEAM	M50-59	1			00:32:45	<b>01:06:42.55</b>	+00:04:29 (6.7%)	6:40	9 (93.8%)
10	<b>PIASZCZYŃSKI Maciej</b>	<b>262</b>	BIAŁY BÓR	M30-39	4	1		00:33:20	<b>01:07:24.50</b>	+00:05:11 (7.7%)	6:44	8.9 (92.7%)
11	<b>RADECKI Artur</b>	<b>268</b>	CHODZĄCY BIAŁYSTOK	M50-59	2			00:33:13	<b>01:08:06.75</b>	+00:05:53 (8.6%)	6:48	8.8 (91.7%)
12	<b>KLIMCZAK Adam</b>	<b>227</b>	GOSADI NORDIC TEAM	M50-59	3			00:33:26	<b>01:08:17.60</b>	+00:06:04 (8.9%)	6:49	8.8 (91.7%)
13	<b>KUŚMIEREK Jan</b>	<b>236</b>	BŁĘKITNI NW DZIEMIANY	M50-59	4			00:34:21	<b>01:08:38.00</b>	+00:06:24 (9.3%)	6:51	8.7 (90.6%)

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14	<b>GOŁĘBIEWSKI Edward</b>	<b>218</b>	MARSZ PO ZDROWIE	M70+	2			00:34:21	<b>01:09:42.30</b>	+00:07:28 (10.7%)	6:58	8.6 (89.6%)
15	<b>ŚWISŁOCKI Bogdan</b>	<b>279</b>	FACE NORDIC WALKING TEAM	M50-59	5			00:34:32	<b>01:09:51.30</b>	+00:07:37 (10.9%)	6:59	8.6 (89.6%)
16	<b>SZYMAŃSKI Stefan</b>	<b>278</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	3			00:34:45	<b>01:10:21.55</b>	+00:08:08 (11.6%)	7:02	8.5 (88.5%)
17	<b>CIESIELSKI Jan</b>	<b>210</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	1			00:35:18	<b>01:11:06.90</b>	+00:08:53 (12.5%)	7:06	8.4 (87.5%)
18	<b>KROMSKI Paweł</b>	<b>232</b>	NORDIC WALKING KIEKRZ POLAND	M50-59	6			00:35:27	<b>01:11:24.30</b>	+00:09:10 (12.9%)	7:08	8.4 (87.5%)
19	<b>WALESZKO Andrzej</b>	<b>283</b>	PASJA NORDIC WALKING	M40-49	2			00:35:32	<b>01:11:54.10</b>	+00:09:40 (13.5%)	7:11	8.3 (86.5%)
20	<b>TRZCIŃSKI Mariusz</b>	<b>164</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	3			00:36:34	<b>01:12:30.60</b>	+00:10:17 (14.2%)	7:15	8.3 (86.5%)
21	<b>OLSZAŃSKI Karol</b>	<b>256</b>	FEAR THE RETURN	M40-49	4			00:35:26	<b>01:12:51.75</b>	+00:10:38 (14.6%)	7:17	8.2 (85.4%)
22	<b>NETKOWSKI Wojciech</b>	<b>253</b>	PASJA NORDIC WALKING	M60-69	2			00:36:15	<b>01:13:19.05</b>	+00:11:05 (15.1%)	7:19	8.2 (85.4%)
23	<b>OCYSEK Zygmunt</b>	<b>255</b>	STADION ŚLĄSKI	M70+	4			00:36:29	<b>01:13:20.50</b>	+00:11:07 (15.2%)	7:20	8.2 (85.4%)
24	<b>KANIEWSKI Łukasz</b>	<b>292</b>	AKTYWNA KCYNIA	M30-39	5			00:36:52	<b>01:13:45.85</b>	+00:11:32 (15.6%)	7:22	8.1 (84.4%)
25	<b>RUDAWSKI Maciej</b>	<b>270</b>	MARSZ PO ZDROWIE	M30-39	6			00:36:32	<b>01:14:26.95</b>	+00:12:13 (16.4%)	7:26	8.1 (84.4%)
26	<b>FRANCZAK Dariusz</b>	<b>217</b>	NW CZŁAPSKI TEAM	M50-59	7			00:36:40	<b>01:14:28.30</b>	+00:12:14 (16.4%)	7:26	8.1 (84.4%)
27	<b>HRYNDIO Jerzy</b>	<b>294</b>	STADION ŚLĄSKI	M60-69	3			00:37:33	<b>01:15:35.40</b>	+00:13:21 (17.7%)	7:33	7.9 (82.3%)
28	<b>STAWNIAK Karol</b>	<b>272</b>	KS METRACO POLKOWICE	M70+	5			00:37:48	<b>01:16:18.30</b>	+00:14:04 (18.5%)	7:37	7.9 (82.3%)
29	<b>ŁUKASIK Michał</b>	<b>242</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	4			00:37:24	<b>01:16:20.70</b>	+00:14:07 (18.5%)	7:38	7.9 (82.3%)
30	<b>KRIGER Roman</b>	<b>231</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:38:33	<b>01:16:52.15</b>	+00:14:38 (19.1%)	7:41	7.8 (81.3%)
31	<b>PONKA Radosław</b>	<b>266</b>	POLIPACK TEAM GWE	M40-49	5			00:38:38	<b>01:17:04.00</b>	+00:14:50 (19.3%)	7:42	7.8 (81.3%)
32	<b>SZMYT Marcin</b>	<b>276</b>	SZWAGRY BIEGAJĄ	M30-39	7			00:38:10	<b>01:17:06.35</b>	+00:14:52 (19.3%)	7:42	7.8 (81.3%)
33	<b>KACZMAREK Jarek</b>	<b>222</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	9			00:38:47	<b>01:17:17.30</b>	+00:15:03 (19.5%)	7:43	7.8 (81.3%)
34	<b>ANDRUSZKIEWICZ Paweł</b>	<b>202</b>		M40-49	6			00:40:17	<b>01:21:05.45</b>	+00:18:52 (23.3%)	8:06	7.4 (77.1%)
35	<b>PALUCH Paweł</b>	<b>261</b>	AVOCADO WELLNESS CLUB	M50-59	10			00:40:29	<b>01:21:53.45</b>	+00:19:40 (24.0%)	8:11	7.3 (76.0%)
36	<b>WALCZAK Grzegorz</b>	<b>282</b>	UKS GIMNA2 JON	M40-49	7			00:41:27	<b>01:22:22.45</b>	+00:20:09 (24.5%)	8:14	7.3 (76.0%)

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37	<b>WESNER Harald</b>	<b>286</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	5			00:43:20	<b>01:24:50.80</b>	+00:22:37 (26.7%)	8:29	7.1 (74.0%)
38	<b>WĄTROBA Sebastian</b>	<b>285</b>	BEL MARE	M40-49	8			00:41:38	<b>01:25:18.30</b>	+00:23:04 (27.1%)	8:31	7 (72.9%)
39	<b>LUBAŃSKI Tomasz</b>	<b>240</b>	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:43:10	<b>01:26:57.40</b>	+00:24:43 (28.4%)	8:41	6.9 (71.9%)
40	<b>MIKUSZEWSKI Arkadiusz</b>	<b>247</b>		M40-49	9			00:45:49	<b>01:28:42.95</b>	+00:26:29 (29.9%)	8:52	6.8 (70.8%)
41	<b>CHABROS Dariusz</b>	<b>207</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	10			00:45:05	<b>01:29:33.80</b>	+00:27:20 (30.5%)	8:57	6.7 (69.8%)
42	<b>MÓRAWSKI Sławomir</b>	<b>250</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	11			00:46:46	<b>01:35:28.15</b>	+00:33:14 (34.8%)	9:32	6.3 (65.6%)

Znaleziono 42 wynik(ów)