

PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 5 KM - MĘŻCZYŹNI

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: Puchar Regionalny Nordic Walking - Biały Bór 2020
Organiser: Biały Bór
Date: 2020-09-20
Place: Biały Bór
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 5km	Gap	Pace min/km	Pace km/h
1	WITUCKI Jacek	177		M45-49	1			00:29:59.35		5:59	10 (100%)
2	KUŹMICZ Adam	69	POLIPACK TEAM GWE	M30-39	1			00:30:53.95	+00:00:54 (2.9%)	6:10	9.7 (97.0%)
3	TOPOREK Rafał	161	POLIPACK TEAM GWE	M- Niepełnosprawni(B)	1			00:31:19.70	+00:01:20 (4.3%)	6:15	9.6 (96.0%)
4	KUŚMIEREK Patryk	68	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:31:23.95	+00:01:24 (4.5%)	6:16	9.6 (96.0%)
5	TRZCIŃSKI Franciszek	167	WOPR/SPORT I REKREACJA START CHEŁMNO	M55-59	1			00:31:27.50	+00:01:28 (4.7%)	6:17	9.5 (95.0%)
6	HELWICH Stefan	196	KS METRACO POLKOWICE	M60-64	1			00:31:29.45	+00:01:30 (4.8%)	6:17	9.5 (95.0%)
7	ROŻYNEK Miron	130	KS METRACO POLKOWICE	M55-59	2			00:31:42.20	+00:01:42 (5.4%)	6:20	9.5 (95.0%)
8	BRZOZOWSKI Piotr	10	AKTYWNI POSTOMINO	M30-39	2			00:31:43.80	+00:01:44 (5.5%)	6:20	9.5 (95.0%)
9	KNITTER Tomasz	52	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:31:50.20	+00:01:50 (5.8%)	6:22	9.4 (94.0%)
10	MARCZAK Tomasz	76		M18-29	3			00:32:02.25	+00:02:02 (6.4%)	6:24	9.4 (94.0%)
11	FRAĆKOWIAK Roman	27	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	1			00:32:04.45	+00:02:05 (6.5%)	6:24	9.4 (94.0%)
12	WOROCH Roman	180	KS METRACO POLKOWICE	M60-64	2			00:32:13.80	+00:02:14 (7.0%)	6:26	9.3 (93.0%)
13	SZAMOTULSKI Henryk	145		M40-44	1			00:32:26.25	+00:02:26 (7.5%)	6:29	9.2 (92.0%)

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14	GRABOWSKI Jacek	35	LKS ZANTYR SZTUM	M45-49	2			00:32:33.65	+00:02:34 (7.9%)	6:30	9.2 (92.0%)
15	POLKOWSKI Piotr	134	NW CZŁAPSKI TEAM	M30-39	3			00:32:42.45	+00:02:43 (8.3%)	6:32	9.2 (92.0%)
16	FRAĆKOWIAK Mateusz	28	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	4			00:33:07.30	+00:03:07 (9.5%)	6:37	9.1 (91.0%)
17	ZMYŚŁOWSKI Zygmunt	189	NORDIC WALKING LUBASZ	M60-64	3			00:33:10.95	+00:03:11 (9.6%)	6:38	9 (90.0%)
18	SPYCHAŁA Lesław	136	CKZIU MECHANIK NYSA	M50-54	2			00:33:11.65	+00:03:12 (9.7%)	6:38	9 (90.0%)
19	CZŁAPSKI Krzysztof	14	NW CZŁAPSKI TEAM	M55-59	3			00:33:36.30	+00:03:36 (10.8%)	6:43	8.9 (89.0%)
20	KOP Wiesław	59	NORDIC WALKING LUBASZ	M55-59	4			00:33:40.85	+00:03:41 (11.0%)	6:44	8.9 (89.0%)
21	JANKOWSKI Mateusz	42	POLIPACK TEAM GWE	M18-29	5			00:33:48.70	+00:03:49 (11.3%)	6:45	8.9 (89.0%)
22	STĘPIEŃ Andrzej	139	LKS ZANTYR SZTUM	M18-29	6			00:34:05.40	+00:04:06 (12.0%)	6:49	8.8 (88.0%)
23	TRZCIŃSKI Eugeniusz	166		M60-64	4			00:34:14.10	+00:04:14 (12.4%)	6:50	8.8 (88.0%)
24	OLSZAŃSKI Karol	106	FEAR THE RETURN	M45-49	3			00:34:16.90	+00:04:17 (12.5%)	6:51	8.8 (88.0%)
25	BUŁAKOWSKI Bohdan	11	PASJA NORDIC WALKING	M70-74	1			00:34:20.35	+00:04:21 (12.7%)	6:52	8.7 (87.0%)
26	RADECKI Artur	127	CHODZĄCY BIAŁYSTOK	M55-59	5			00:34:21.45	+00:04:22 (12.7%)	6:52	8.7 (87.0%)
27	KLIMCZAK Adam	51	GOSADI NORDIC TEAM	M55-59	6			00:34:33.05	+00:04:33 (13.2%)	6:54	8.7 (87.0%)
28	GOŁĘBIEWSKI Edward	30	MARSZ PO ZDROWIE	M70-74	2			00:34:38.80	+00:04:39 (13.4%)	6:55	8.7 (87.0%)
29	ŚWISŁOCKI Bogdan	156	FACE NORDIC WALKING TEAM	M55-59	7			00:34:42.40	+00:04:43 (13.6%)	6:56	8.6 (86.0%)
30	MROZIŃSKI Tadeusz	90	NORDICUS STRZYBNICA	M50-54	3			00:35:00.35	+00:05:01 (14.3%)	7:00	8.6 (86.0%)
31	POTRZEBOWSKI Marek	121	DEAF I #B3K	M-Niepełnosprawni(B)	2			00:35:03.45	+00:05:04 (14.5%)	7:00	8.6 (86.0%)
32	CZEKAJŁO Franciszek	13	REMI	M65-69	1			00:35:06.90	+00:05:07 (14.6%)	7:01	8.5 (85.0%)
33	CZMOCH Marian	15	PUKS ŁOSICE	M65-69	2			00:35:17.75	+00:05:18 (15.0%)	7:03	8.5 (85.0%)
34	SZYMAŃSKI Michał	153	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	8			00:35:26.80	+00:05:27 (15.4%)	7:05	8.5 (85.0%)
35	KUŚMIEREK Mateusz	67	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:35:29.35	+00:05:30 (15.5%)	7:05	8.5 (85.0%)
36	TABOR Leszek	157	LKS ZANTYR SZTUM	M60-64	5			00:35:36.35	+00:05:37 (15.8%)	7:07	8.4 (84.0%)
37	WALESZKO Andrzej	171	PASJA NORDIC WALKING	M45-49	4			00:35:37.10	+00:05:37 (15.8%)	7:07	8.4 (84.0%)

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38	KOŁPAK Jan	55	LKS ZANTYR SZTUM	M70-74	3			00:35:37.60	+00:05:38 (15.8%)	7:07	8.4 (84.0%)
39	CHUDZIŃSKI Andrzej	12	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M70-74	4			00:35:46.85	+00:05:47 (16.2%)	7:09	8.4 (84.0%)
40	TOMCZYK Edward	159	MARSZ PO ZDROWIE	M70-74	5			00:35:49.50	+00:05:50 (16.3%)	7:09	8.4 (84.0%)
41	GRYGOROWICZ Bogdan	38	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	3			00:36:06.95	+00:06:07 (17.0%)	7:13	8.3 (83.0%)
42	NOWACZYK Tomasz	101	MARSZ PO ZDROWIE	M40-44	2			00:36:14.00	+00:06:14 (17.2%)	7:14	8.3 (83.0%)
43	DUDEK Leszek	21	KS METRACO POLKOWICE	M70-74	6			00:36:14.05	+00:06:14 (17.2%)	7:14	8.3 (83.0%)
44	NIEZGODA Tomasz	97		M45-49	5			00:36:16.20	+00:06:16 (17.3%)	7:15	8.3 (83.0%)
45	BOJANOWSKI Marcin	7	NORDIC WALKING KIEKRZ POLAND	M40-44	3			00:36:16.85	+00:06:17 (17.3%)	7:15	8.3 (83.0%)
46	TRZCIŃSKI Wiktor	165	SERCE NORDICA WŁOCLAWEK	M-Dzieci	1			00:36:29.30	+00:06:29 (17.8%)	7:17	8.2 (82.0%)
47	OLSZEWSKI Ryszard	107	LKS ZANTYR SZTUM	M65-69	3			00:36:29.55	+00:06:30 (17.8%)	7:17	8.2 (82.0%)
48	NETKOWSKI Wojciech	94	PASJA NORDIC WALKING	M60-64	6			00:37:01.30	+00:07:01 (19.0%)	7:24	8.1 (81.0%)
49	MROZICKI Andrzej	89		M55-59	9			00:37:09.70	+00:07:10 (19.3%)	7:25	8.1 (81.0%)
50	RUSINOWICZ Andrzej	132	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75+	1			00:37:17.35	+00:07:18 (19.6%)	7:27	8 (80.0%)
51	TUREK Grzegorz	168	KLUB NW PATYCZAKI - GRUDZIĄDZ	M55-59	10			00:37:17.40	+00:07:18 (19.6%)	7:27	8 (80.0%)
52	BERCZYŃSKI Henryk	5	NADLEŚNICTWO OKONEK	M60-64	7			00:37:31.80	+00:07:32 (20.1%)	7:30	8 (80.0%)
53	FRANCZAK Dariusz	25	NW CZŁAPSKI TEAM	M55-59	11			00:37:55.10	+00:07:55 (20.9%)	7:35	7.9 (79.0%)
54	KORPAL Cezary	60	WYCHODZĘ Z KIJAMI KOSZALIN	M55-59	12			00:38:01.25	+00:08:01 (21.1%)	7:36	7.9 (79.0%)
55	LEWANDOWSKI Roman	72	LKS ZANTYR SZTUM	M65-69	4			00:38:08.95	+00:08:09 (21.4%)	7:37	7.9 (79.0%)
56	PUSZKARSKI Adam	126	GOSADI NORDIC TEAM	M-Dzieci	2			00:38:17.30	+00:08:17 (21.7%)	7:39	7.8 (78.0%)
57	WALA Jan	169	NORDIC WALKING LUBASZ	M60-64	8			00:38:21.05	+00:08:21 (21.8%)	7:40	7.8 (78.0%)
58	MAZURKIEWICZ Antoni	82	LKS ZANTYR SZTUM	M70-74	7			00:38:27.30	+00:08:27 (22.0%)	7:41	7.8 (78.0%)
59	DROP Tomasz	20		M55-59	13			00:38:37.60	+00:08:38 (22.4%)	7:43	7.8 (78.0%)
60	POLOWIEC Krzysztof	117	AKTYWNA KCYNIA	M-Dzieci	3			00:38:38.60	+00:08:39 (22.4%)	7:43	7.8 (78.0%)

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61	WALESZKO Adam	172	PASJA NORDIC WALKING	M-Jun.	2			00:38:56.20	+00:08:56 (23.0%)	7:47	7.7 (77.0%)
62	BUCZKOWSKI Jerzy	193	KS SOKÓŁ GAŚAWA	M70-74	8			00:39:09.90	+00:09:10 (23.4%)	7:49	7.7 (77.0%)
63	BOGAJSKI Krzysztof	6		M55-59	14			00:39:11.90	+00:09:12 (23.5%)	7:50	7.7 (77.0%)
64	KACZMAREK Jarek	49	SERCE NORDICA WŁOCLAWEK	M50-54	4			00:39:21.15	+00:09:21 (23.8%)	7:52	7.6 (76.0%)
65	GOŁĘBIEWSKI Andrzej	31	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	9			00:39:26.50	+00:09:27 (24.0%)	7:53	7.6 (76.0%)
66	PRACKI Zbigniew	123	SERCE NORDICA WŁOCLAWEK	M50-54	5			00:39:34.90	+00:09:35 (24.2%)	7:54	7.6 (76.0%)
67	STRANC Jacek	142	ALUTEK	M50-54	6			00:39:36.30	+00:09:36 (24.3%)	7:55	7.6 (76.0%)
68	KOCOŃ Sławomir	249		M40-44	4			00:39:49.90	+00:09:50 (24.7%)	7:57	7.5 (75.0%)
69	PODOLSKI Mirosław	115	LKS ZANTYR SZTUM	M65-69	5			00:39:51.85	+00:09:52 (24.8%)	7:58	7.5 (75.0%)
70	ADAMOWICZ Andrzej	2		M70-74	9			00:40:04.90	+00:10:05 (25.2%)	8:00	7.5 (75.0%)
71	ANDRUSZKIEWICZ Grzegorz	3	PARKRUN SZCZECINEK	M40-44	5			00:40:18.95	+00:10:19 (25.6%)	8:03	7.4 (74.0%)
72	PALUCH Paweł	109	AVOCADO WELLNESS CLUB	M55-59	15			00:40:21.45	+00:10:22 (25.7%)	8:04	7.4 (74.0%)
73	WOLFF Michał	179	AKTYWNA KCYNIA	M30-39	4			00:40:40.20	+00:10:40 (26.3%)	8:08	7.4 (74.0%)
74	JÓZWIAK Łukasz	45	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(A)	1			00:40:52.30	+00:10:52 (26.6%)	8:10	7.3 (73.0%)
75	PIĄTKOWSKI Józef	112	KS METRACO POLKOWICE	M75+	2			00:40:52.60	+00:10:53 (26.6%)	8:10	7.3 (73.0%)
76	NIESŁONY Ryszard	95	MALINOWE GWIAZDY	M60-64	10			00:41:18.60	+00:11:19 (27.4%)	8:15	7.3 (73.0%)
77	THOMALLA Bogdan	192		M75+	3			00:41:42.45	+00:11:43 (28.1%)	8:20	7.2 (72.0%)
78	PASZKIET Philip	111	AKTYWNA KCYNIA	M-Dzieci	4			00:41:51.95	+00:11:52 (28.4%)	8:22	7.2 (72.0%)
79	ŻBIKOWSKI Ryszard	190	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	11			00:42:21.90	+00:12:22 (29.2%)	8:28	7.1 (71.0%)
80	HERNET Zdzisław	297		M55-59	16			00:42:34.30	+00:12:34 (29.6%)	8:30	7 (70.0%)
81	DUSZEŃKO Zygmunt	22	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	2			00:44:53.20	+00:14:53 (33.2%)	8:58	6.7 (67.0%)
82	PAJĘCKI Adam	108	PARAKULOS KOWAL	M-Niepełnosprawni(B)	4			00:45:37.95	+00:15:38 (34.3%)	9:07	6.6 (66.0%)
83	KULCZYCKI Jan	65		M70-74	10			00:46:05.35	+00:16:06 (34.9%)	9:13	6.5 (65.0%)

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84	KOMOROWSKI Filip	58	AKTYWNA KCYNIA	M-Dzieci	5			00:46:31.30	+00:16:31 (35.5%)	9:18	6.4 (64.0%)
85	WALCZAK Henryk	170	UKS GIMNAZJON SUCHY LAS	M75+	4			00:47:37.00	+00:17:37 (37.0%)	9:31	6.3 (63.0%)
86	JÓŹWIAK Dominik	46	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	5			00:47:57.95	+00:17:58 (37.5%)	9:35	6.3 (63.0%)
87	DROP Mieczysław	19	KS SOKÓŁ GAŚAWA	M75+	5			00:51:16.50	+00:21:17 (41.5%)	10:15	5.9 (59.0%)

Total 87 results.