

# SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2018-07-22  
**Miejsce:** Skrwilno  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>STILLER Karol</b>	<b>33</b>	KABEX PODKOWA JANÓW	M30-39	1			00:16:25	00:31:59	00:47:32	<b>01:02:36.25</b>		6:15	9.6 (100%)
2	<b>MIELECKA Agnieszka</b>	<b>24</b>	KS IDMAR RACING TEAM	K40-49	1			00:16:17	00:33:04	00:50:04	<b>01:06:36.10</b>	+00:03:59 (6.0%)	6:39	9 (93.8%)
3	<b>HAŁAS Marcin</b>	<b>10</b>	UNIA MIAST	M30-39	2			00:16:35	00:33:25	00:50:16	<b>01:07:45.50</b>	+00:05:09 (7.6%)	6:46	8.9 (92.7%)
4	<b>SZARSZUNOWICZ Mariusz</b>	<b>35</b>	KS METRACO POLKOWICE	M40-49	1			00:16:35	00:33:25	00:50:19	<b>01:07:45.65</b>	+00:05:09 (7.6%)	6:46	8.9 (92.7%)
5	<b>BOGACKI Sławek</b>	<b>6</b>	ULTRA VEGE WALKER - NORDIC WALKER	M40-49	2			00:16:40	00:33:52	00:51:07	<b>01:08:28.65</b>	+00:05:52 (8.6%)	6:50	8.8 (91.7%)
6	<b>BIK Stanisław</b>	<b>4</b>	KS METRACO POLKOWICE	M50-59	1			00:17:03	00:34:31	00:52:02	<b>01:08:44.30</b>	+00:06:08 (8.9%)	6:52	8.7 (90.6%)
7	<b>SPYCHAŁA Lesław</b>	<b>31</b>	CKZIU NYSA MECHANIK	M50-59	2			00:16:33	00:33:48	00:52:03	<b>01:08:44.90</b>	+00:06:08 (8.9%)	6:52	8.7 (90.6%)
8	<b>JASIUKIEWICZ Jacek</b>	<b>12</b>	POZYTYWNI DOBRE MIASTO	M50-59	3			00:16:53	00:34:21	00:52:06	<b>01:09:31.35</b>	+00:06:55 (10.0%)	6:57	8.6 (89.6%)
9	<b>MŁYŃSKI Krzysztof</b>	<b>25</b>	POZYTYWNI DOBRE MIASTO	M40-49	3			00:17:14	00:35:01	00:52:24	<b>01:09:36.45</b>	+00:07:00 (10.1%)	6:57	8.6 (89.6%)
10	<b>ŚWISŁOCKI Bogdan</b>	<b>36</b>	FACE NORDIC WALKING TEAM	M50-59	4			00:16:58	00:34:32	00:52:18	<b>01:09:51.80</b>	+00:07:15 (10.4%)	6:59	8.6 (89.6%)
11	<b>JURCZAK Maciej</b>	<b>14</b>	POZYTYWNI DOBRE MIASTO	M18-29	1			00:17:27	00:35:07	00:53:07	<b>01:11:37.00</b>	+00:09:00 (12.6%)	7:09	8.4 (87.5%)
12	<b>BEM Małgorzata</b>	<b>3</b>	POZYTYWNI DOBRE MIASTO	K40-49	2			00:17:53	00:35:48	00:53:47	<b>01:11:41.90</b>	+00:09:05 (12.7%)	7:10	8.4 (87.5%)
13	<b>BUJNICKI Marcin</b>	<b>7</b>	NORDIC WALKING PASŁĘK	M40-49	4			00:17:48	00:36:10	00:54:31	<b>01:12:51.10</b>	+00:10:14 (14.1%)	7:17	8.2 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 2.5km	Start All 5km	Start All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
14	<b>SZARSZUNOWICZ Anna</b>	<b>34</b>	KS METRACO POLKOWICE	K30-39	1			00:17:25	00:35:28	00:53:50	<b>01:12:58.90</b>	+00:10:22 (14.2%)	7:17	8.2 (85.4%)
15	<b>PACIORKOWSKI Paweł</b>	<b>29</b>	FUNDACJA SZYBCIEJ WYZEJ DALEJ	M40-49	5			00:17:24	00:35:33	00:54:22	<b>01:13:11.15</b>	+00:10:34 (14.5%)	7:19	8.2 (85.4%)
16	<b>KOCIMSKI Jan</b>	<b>17</b>	KM AKTYWNI SOCHACZEW	M70+	1			00:17:47	00:36:00	00:54:37	<b>01:13:31.70</b>	+00:10:55 (14.9%)	7:21	8.2 (85.4%)
17	<b>BANASZKIEWICZ Kasia</b>	<b>2</b>		K50-59	1			00:17:51	00:36:09	00:55:08	<b>01:14:12.70</b>	+00:11:36 (15.6%)	7:25	8.1 (84.4%)
18	<b>KULIG Henryk</b>	<b>19</b>	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:18:14	00:37:11	00:56:16	<b>01:15:16.75</b>	+00:12:40 (16.8%)	7:31	8 (83.3%)
19	<b>LAJTER Jerzy</b>	<b>20</b>	4RUN TEAM PIŁA	M60-69	2			00:18:35	00:37:19	00:56:24	<b>01:15:23.05</b>	+00:12:46 (17.0%)	7:32	8 (83.3%)
20	<b>STAWNIAK Karol</b>	<b>32</b>	KS METRACO POLKOWICE	M70+	2			00:18:39	00:37:26	00:56:22	<b>01:15:54.75</b>	+00:13:18 (17.5%)	7:35	7.9 (82.3%)
21	<b>NOWAK Bartłomiej</b>	<b>26</b>	SAILING TEAM FERAJNA	M40-49	6			00:18:27	00:37:27	00:56:46	<b>01:16:15.65</b>	+00:13:39 (17.9%)	7:37	7.9 (82.3%)
22	<b>KOBIELA Daria</b>	<b>16</b>	KABEX PODKOWA JANÓW	K18-29	1			00:18:56	00:38:00	00:57:06	<b>01:16:17.00</b>	+00:13:40 (17.9%)	7:37	7.9 (82.3%)
23	<b>ZIELIŃSKA Jolanta</b>	<b>41</b>	GOSIR OSIELSKO	K50-59	2			00:17:45	00:36:30	00:56:15	<b>01:16:31.30</b>	+00:13:55 (18.2%)	7:39	7.8 (81.3%)
24	<b>KOŁPAK Jan</b>	<b>324</b>	LKS-ZANTYR	M70+	3			00:18:44	00:37:46	00:57:04	<b>01:16:32.75</b>	+00:13:56 (18.2%)	7:39	7.8 (81.3%)
25	<b>WIERZBA Lilla</b>	<b>39</b>	PASJA NORDIC WALKING	K50-59	3			00:18:47	00:37:45	00:57:07	<b>01:17:11.15</b>	+00:14:34 (18.9%)	7:43	7.8 (81.3%)
26	<b>KOSECKA Katarzyna</b>	<b>18</b>	FORMA NA PIĄTKĘ NW	K50-59	4			00:18:53	00:38:26	00:58:43	<b>01:19:02.65</b>	+00:16:26 (20.8%)	7:54	7.6 (79.2%)
27	<b>JEDYNAK Stanisław</b>	<b>13</b>	PASJA NORDIC WALKING	M70+	4			00:19:21	00:39:27	00:59:57	<b>01:20:18.45</b>	+00:17:42 (22.0%)	8:01	7.5 (78.1%)
28	<b>GWAREK Anita</b>	<b>9</b>	PASJA NORDIC WALKING	K40-49	3			00:18:48	00:38:17	00:59:23	<b>01:20:25.90</b>	+00:17:49 (22.2%)	8:02	7.5 (78.1%)
29	<b>TOMASZEWSKA Mariola</b>	<b>37</b>		K50-59	5			00:19:36	00:39:40	01:00:04	<b>01:20:31.40</b>	+00:17:55 (22.3%)	8:03	7.5 (78.1%)
30	<b>WEGIERA Grzegorz</b>	<b>38</b>	ROXKIJE ROKIETNICA	M40-49	7			00:19:55	00:39:59	01:00:10	<b>01:20:46.50</b>	+00:18:10 (22.5%)	8:04	7.4 (77.1%)
31	<b>ADAMOWICZ Andrzej</b>	<b>1</b>		M70+	5			00:19:55	00:40:26	01:00:57	<b>01:21:30.65</b>	+00:18:54 (23.2%)	8:09	7.4 (77.1%)
32	<b>BŁASZCZAK Stanisław</b>	<b>5</b>		M70+	6			00:20:08	00:40:45	01:01:18	<b>01:21:31.10</b>	+00:18:54 (23.2%)	8:09	7.4 (77.1%)
33	<b>MAŁKIEWICZ Jacek</b>	<b>21</b>		M50-59	5			00:19:21	00:40:06	01:00:57	<b>01:21:31.85</b>	+00:18:55 (23.2%)	8:09	7.4 (77.1%)
34	<b>WIĘCKOWSKI Janusz</b>	<b>40</b>		M40-49	8			00:19:59	00:40:08	01:01:02	<b>01:21:33.85</b>	+00:18:57 (23.2%)	8:09	7.4 (77.1%)
35	<b>CHOLEWKA Jolanta</b>	<b>8</b>	MARSZ PO ZDROWIE POZNAŃ	K60-69	1			00:20:15	00:40:49	01:01:33	<b>01:22:15.45</b>	+00:19:39 (23.9%)	8:13	7.3 (76.0%)
36	<b>POSTEK Danuta</b>	<b>30</b>	MARSZ PO ZDROWIE POZNAŃ	K50-59	6			00:20:16	00:40:51	01:01:34	<b>01:22:18.00</b>	+00:19:41 (23.9%)	8:13	7.3 (76.0%)

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37	<b>OMARSKA Grażyna</b>	<b>28</b>	PASJA NORDIC WALKING	K60-69	2			00:20:17	00:40:52	01:01:36	<b>01:22:19.60</b>	+00:19:43 (24.0%)	8:14	7.3 (76.0%)
38	<b>MARCZYK Jerzy Paweł</b>	<b>22</b>	FACE NORDIC WALKING TEAM	M60-69	3			00:20:56	00:42:39	01:04:40	<b>01:26:45.15</b>	+00:24:08 (27.8%)	8:40	6.9 (71.9%)
39	<b>TOMCZAK Ewa</b>	<b>206</b>	----	K30-39	2			00:22:15	00:44:07	01:07:14	<b>01:29:33.80</b>	+00:26:57 (30.1%)	8:57	6.7 (69.8%)
40	<b>KALENKIEWICZ Dariusz</b>	<b>15</b>	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M50-59	6			00:21:39	00:43:57	01:07:16	<b>01:31:17.45</b>	+00:28:41 (31.4%)	9:07	6.6 (68.8%)
41	<b>DŁUGOKĘCKI Krzysztof</b>	<b>89</b>		M60-69	4			00:21:52	00:43:57	01:07:17	<b>01:31:18.80</b>	+00:28:42 (31.4%)	9:07	6.6 (68.8%)

Znaleziono 41 wynik(ów)