

# SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING 2020 - 10 KM

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** Puchar Ziemi Dobrzyńskiej Nordic Walking  
**Organizator:** Skrwilno  
**Data:** 2020-07-26  
**Miejsce:** Skrwilno  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HELWICH Stefan</b>	<b>1</b>	KS METRACO POLKOWICE	M60-69	1			00:30:37	<b>01:02:20.80</b>		6:14	9.6 (100%)
2	<b>KUŹMICZ Adam</b>	<b>38</b>	POLIPACK TEAM GWE	M30-39	1			00:30:47	<b>01:02:45.65</b>	+00:00:24 (0.7%)	6:16	9.6 (100%)
3	<b>MARCZAK Tomasz</b>	<b>5</b>		M18-29	1			00:31:34	<b>01:03:37.35</b>	+00:01:16 (2.0%)	6:21	9.4 (97.9%)
4	<b>POLKOWSKI Piotr</b>	<b>2</b>	NW CZŁAPSKI TEAM	M30-39	2	1		00:31:38	<b>01:03:50.65</b>	+00:01:29 (2.3%)	6:23	9.4 (97.9%)
5	<b>KNITTER Tomasz</b>	<b>4</b>	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:31:53	<b>01:04:05.40</b>	+00:01:44 (2.7%)	6:24	9.4 (97.9%)
6	<b>POŁUBIAK Paweł</b>	<b>3</b>		M30-39	3			00:31:48	<b>01:04:18.55</b>	+00:01:57 (3.1%)	6:25	9.3 (96.9%)
7	<b>BOGACKI Sławek</b>	<b>25</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	1			00:32:40	<b>01:05:10.95</b>	+00:02:50 (4.4%)	6:31	9.2 (95.8%)
8	<b>CZŁAPSKI Krzysztof</b>	<b>6</b>	NW CZŁAPSKI TEAM	M50-59	1			00:32:02	<b>01:05:33.95</b>	+00:03:13 (4.9%)	6:33	9.2 (95.8%)
9	<b>KUŚMIEREK Patryk</b>	<b>37</b>	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:32:56	<b>01:05:53.55</b>	+00:03:32 (5.4%)	6:35	9.1 (94.8%)
10	<b>ŚWIDEREK Marcin</b>	<b>51</b>	NW CZŁAPSKI TEAM	M40-49	2			00:33:27	<b>01:06:56.15</b>	+00:04:35 (6.9%)	6:41	9 (93.8%)
11	<b>SIWAK Piotr</b>	<b>47</b>	KS METRACO POLKOWICE	M50-59	2			00:33:10	<b>01:06:58.40</b>	+00:04:37 (6.9%)	6:41	9 (93.8%)
12	<b>RADECKI Artur</b>	<b>8</b>	CHODZĄCY BIAŁYSTOK	M50-59	3			00:33:01	<b>01:07:15.95</b>	+00:04:55 (7.3%)	6:43	8.9 (92.7%)
13	<b>JĘDRASIAK Renata</b>	<b>68</b>	KS METRACO POLKOWICE	K50-59	1			00:33:19	<b>01:07:21.65</b>	+00:05:00 (7.4%)	6:44	8.9 (92.7%)

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14	<b>SANIUK Edward</b>	<b>10</b>	FACE NORDIC WALKING TEAM	M70+	1			00:33:50	<b>01:07:59.15</b>	+00:05:38 (8.3%)	6:47	8.8 (91.7%)
15	<b>ADAMCZYK Adam</b>	<b>21</b>	PASJA NORDIC WALKING	M70+	2			00:34:17	<b>01:08:14.05</b>	+00:05:53 (8.6%)	6:49	8.8 (91.7%)
16	<b>KLIMCZAK Adam</b>	<b>7</b>	GOSADI NORDIC TEAM	M50-59	4			00:34:05	<b>01:08:26.90</b>	+00:06:06 (8.9%)	6:50	8.8 (91.7%)
17	<b>KUŚMIEREK Jan</b>	<b>9</b>	BŁĘKITNI NW DZIEMIANY	M50-59	5			00:34:22	<b>01:08:33.15</b>	+00:06:12 (9.1%)	6:51	8.8 (91.7%)
18	<b>KRÓLIKOWSKA Krystyna</b>	<b>73</b>	POLIPACK TEAM GWE	K40-49	1			00:34:29	<b>01:09:14.85</b>	+00:06:54 (10.0%)	6:55	8.7 (90.6%)
19	<b>CIESIELSKI Jan</b>	<b>28</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:34:39	<b>01:09:41.30</b>	+00:07:20 (10.5%)	6:58	8.6 (89.6%)
20	<b>SZYMAŃSKI Stefan</b>	<b>50</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	3			00:35:25	<b>01:10:46.75</b>	+00:08:25 (11.9%)	7:04	8.5 (88.5%)
21	<b>MARCZYŃSKI Adam</b>	<b>41</b>	POLIPACK TEAM GWE	M40-49	4	1		00:34:52	<b>01:11:07.75</b>	+00:08:46 (12.3%)	7:06	8.4 (87.5%)
22	<b>STECKIEWICZ Edmund</b>	<b>49</b>	KB LECH RYPIN	M40-49	5			00:35:20	<b>01:11:42.45</b>	+00:09:21 (13.1%)	7:10	8.4 (87.5%)
23	<b>JÓŻWIAK Marianna</b>	<b>13</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	2			00:35:37	<b>01:11:53.90</b>	+00:09:33 (13.3%)	7:11	8.3 (86.5%)
24	<b>CIESIELSKI Jerzy</b>	<b>29</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	4			00:36:19	<b>01:12:26.75</b>	+00:10:05 (13.9%)	7:14	8.3 (86.5%)
25	<b>SZULC Alicja</b>	<b>81</b>	NW WERWA MŁAWA	K40-49	3			00:35:51	<b>01:12:59.80</b>	+00:10:39 (14.6%)	7:18	8.2 (85.4%)
26	<b>MUSIATOWICZ Aleksandra</b>	<b>16</b>	PASJA NORDIC WALKING	K50-59	2			00:36:03	<b>01:13:03.45</b>	+00:10:42 (14.7%)	7:18	8.2 (85.4%)
27	<b>KOSECKI Marek</b>	<b>36</b>	FORMA NA PIĄTKĘ NW	M50-59	6			00:36:06	<b>01:13:03.95</b>	+00:10:43 (14.7%)	7:18	8.2 (85.4%)
28	<b>OLSZAŃSKI Karol</b>	<b>44</b>	FEAR THE RETURN	M40-49	6			00:35:59	<b>01:13:09.30</b>	+00:10:48 (14.8%)	7:19	8.2 (85.4%)
29	<b>CIACIUCH Agnieszka</b>	<b>12</b>	AKTYWNA KCYNIA	K18-29	1			00:36:28	<b>01:13:26.75</b>	+00:11:05 (15.1%)	7:20	8.2 (85.4%)
30	<b>GODZIŃSKI Paweł</b>	<b>32</b>	BAŻANT NW ELBLĄG	M40-49	7			00:35:27	<b>01:13:50.15</b>	+00:11:29 (15.6%)	7:23	8.1 (84.4%)
31	<b>KOCIMSKI Jan</b>	<b>35</b>	KM AKTYWNI SOCHACZEW	M70+	4			00:36:22	<b>01:13:52.25</b>	+00:11:31 (15.6%)	7:23	8.1 (84.4%)
32	<b>NETKOWSKI Wojciech</b>	<b>43</b>	PASJA NORDIC WALKING	M60-69	2			00:36:14	<b>01:14:02.85</b>	+00:11:42 (15.8%)	7:24	8.1 (84.4%)
33	<b>EFEMBERG Joanna</b>	<b>65</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	4			00:37:07	<b>01:14:05.05</b>	+00:11:44 (15.8%)	7:24	8.1 (84.4%)
34	<b>FRANCZAK Małgorzata</b>	<b>14</b>	NW CZŁAPSKI TEAM	K18-29	2			00:37:06	<b>01:14:27.40</b>	+00:12:06 (16.3%)	7:26	8.1 (84.4%)
35	<b>KANIEWSKA Alicja</b>	<b>17</b>	AKTYWNA KCYNIA	K30-39	1			00:37:41	<b>01:14:48.60</b>	+00:12:27 (16.7%)	7:28	8 (83.3%)
36	<b>POSIM Dariusz</b>	<b>46</b>	WATAHA	M50-59	7	1		00:37:20	<b>01:15:29.50</b>	+00:13:08 (17.4%)	7:32	7.9 (82.3%)

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37	<b>STAWNIAK Karol</b>	<b>48</b>	KS METRACO POLKOWICE	M70+	5			00:36:52	<b>01:15:33.00</b>	+00:13:12 (17.5%)	7:33	7.9 (82.3%)
38	<b>KORYCKA Mariola</b>	<b>71</b>	FORMA NA PIĄTKĘ NW	K30-39	2			00:37:33	<b>01:15:38.50</b>	+00:13:17 (17.6%)	7:33	7.9 (82.3%)
39	<b>OCYSEK Zygmunt</b>	<b>57</b>	STADION ŚLĄSKI	M70+	6			00:37:44	<b>01:15:39.15</b>	+00:13:18 (17.6%)	7:33	7.9 (82.3%)
40	<b>ŁOPIŃSKI Aleksy</b>	<b>39</b>	DAJ RADOŚĆ NIEPELNOSPRAWNYM	M70+	7			00:38:19	<b>01:15:43.80</b>	+00:13:23 (17.7%)	7:34	7.9 (82.3%)
41	<b>KURZAWSKA Jolanta</b>	<b>76</b>	KS METRACO POLKOWICE	K70+	1			00:37:12	<b>01:16:19.40</b>	+00:13:58 (18.3%)	7:37	7.9 (82.3%)
42	<b>FRANCZAK Dariusz</b>	<b>30</b>	NW CZŁĄPSKI TEAM	M50-59	8			00:37:47	<b>01:16:25.95</b>	+00:14:05 (18.4%)	7:38	7.8 (81.3%)
43	<b>BOŃCZYSZYN Bożena</b>	<b>61</b>	POLIPACK TEAM GWE	K50-59	3			00:38:04	<b>01:17:22.40</b>	+00:15:01 (19.4%)	7:44	7.8 (81.3%)
44	<b>KACZMAREK Jarek</b>	<b>34</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	9	1		00:38:36	<b>01:17:28.40</b>	+00:15:07 (19.5%)	7:44	7.7 (80.2%)
45	<b>ŁUKASIK Michał</b>	<b>40</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	3			00:38:30	<b>01:17:48.85</b>	+00:15:28 (19.9%)	7:46	7.7 (80.2%)
46	<b>WALESZKO Anna</b>	<b>54</b>	PASJA NORDIC WALKING	K40-49	5			00:38:42	<b>01:17:59.45</b>	+00:15:38 (20.1%)	7:48	7.7 (80.2%)
47	<b>BERCZYŃSKI Henryk</b>	<b>23</b>	NADLEŚNICTWO OKONEK	M60-69	4			00:39:32	<b>01:18:07.40</b>	+00:15:46 (20.2%)	7:48	7.7 (80.2%)
48	<b>PALUCH Pawel</b>	<b>45</b>	AVOCADO WELLNESS CLUB	M50-59	10			00:38:34	<b>01:18:31.40</b>	+00:16:10 (20.6%)	7:51	7.6 (79.2%)
49	<b>CIESIELSKA Renata</b>	<b>64</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:39:01	<b>01:18:36.95</b>	+00:16:16 (20.7%)	7:51	7.6 (79.2%)
50	<b>JANKOWSKA Katarzyna</b>	<b>67</b>		K50-59	4			00:39:21	<b>01:19:31.85</b>	+00:17:11 (21.6%)	7:57	7.5 (78.1%)
51	<b>KRUSZKA Arleta</b>	<b>75</b>	MARSZ PO ZDROWIE	K50-59	5			00:39:27	<b>01:19:50.55</b>	+00:17:29 (21.9%)	7:59	7.5 (78.1%)
52	<b>WALCZAK Grzegorz</b>	<b>52</b>	UKS GIMNAZJON SUCHY LAS	M40-49	8			00:39:47	<b>01:19:53.00</b>	+00:17:32 (22.0%)	7:59	7.5 (78.1%)
53	<b>KACZMAREK Zofia</b>	<b>69</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	6			00:39:57	<b>01:20:27.40</b>	+00:18:06 (22.5%)	8:02	7.5 (78.1%)
54	<b>FRANCZAK Anna</b>	<b>66</b>	NW CZŁĄPSKI TEAM	K50-59	7			00:40:14	<b>01:20:29.65</b>	+00:18:08 (22.5%)	8:03	7.5 (78.1%)
55	<b>BERENT Wioletta</b>	<b>60</b>		K40-49	7	1		00:40:22	<b>01:20:32.75</b>	+00:18:11 (22.6%)	8:03	7.4 (77.1%)
56	<b>WNEK Ewa</b>	<b>82</b>		K60-69	1			00:39:46	<b>01:21:04.80</b>	+00:18:44 (23.1%)	8:06	7.4 (77.1%)
57	<b>BACHANEK Katarzyna</b>	<b>59</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	8			00:40:09	<b>01:21:24.45</b>	+00:19:03 (23.4%)	8:08	7.4 (77.1%)
58	<b>SOROKA Teresa</b>	<b>80</b>	NORDIC WALKING PASŁĘK	K60-69	2			00:40:37	<b>01:21:46.40</b>	+00:19:25 (23.8%)	8:10	7.3 (76.0%)
59	<b>MORACZEWSKA Angelika</b>	<b>70</b>	AKTYWNA KCYNIA	K30-39	3			00:40:52	<b>01:22:49.05</b>	+00:20:28 (24.7%)	8:16	7.2 (75.0%)

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59	<b>KOZŁOWSKA Anna</b>	<b>72</b>	NORDIC WALKING PASŁĘK	K40-49	8			00:41:02	<b>01:22:49.05</b>	+00:20:28 (24.7%)	8:16	7.2 (75.0%)
61	<b>CHOLEWKA Jolanta</b>	<b>63</b>	MARSZ PO ZDROWIE	K60-69	3			00:40:46	<b>01:22:50.95</b>	+00:20:30 (24.7%)	8:17	7.2 (75.0%)
62	<b>OMARSKA Grażyna</b>	<b>77</b>	PASJA NORDIC WALKING	K60-69	4			00:41:17	<b>01:23:07.50</b>	+00:20:46 (25.0%)	8:18	7.2 (75.0%)
63	<b>CHABROS Agnieszka</b>	<b>62</b>	SERCE NORDICA WŁOCŁAWEK	K40-49	9			00:42:01	<b>01:24:17.40</b>	+00:21:56 (26.0%)	8:25	7.1 (74.0%)
64	<b>WESNER Harald</b>	<b>56</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	5			00:42:16	<b>01:24:22.50</b>	+00:22:01 (26.1%)	8:26	7.1 (74.0%)
65	<b>BŁASZCZAK Stanisław</b>	<b>24</b>		M70+	8	1		00:42:03	<b>01:25:09.65</b>	+00:22:48 (26.8%)	8:31	7 (72.9%)
66	<b>ŻBIKOWSKA Małgorzata</b>	<b>83</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:41:56	<b>01:25:15.45</b>	+00:22:54 (26.9%)	8:31	7 (72.9%)
67	<b>WĄTROBA Sebastian</b>	<b>55</b>	BEL MARE NORDIC WALKING TEAM	M40-49	9			00:42:20	<b>01:27:02.25</b>	+00:24:41 (28.4%)	8:42	6.9 (71.9%)
68	<b>CHABROS Dariusz</b>	<b>26</b>	SERCE NORDICA WŁOCŁAWEK	M40-49	10			00:43:13	<b>01:27:09.00</b>	+00:24:48 (28.5%)	8:42	6.9 (71.9%)
69	<b>LUBAŃSKI Tomasz</b>	<b>173</b>	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:43:01	<b>01:28:35.45</b>	+00:26:14 (29.6%)	8:51	6.8 (70.8%)
70	<b>POSIM Bogumiła</b>	<b>79</b>	WATAHA	K50-59	10			00:45:51	<b>01:31:38.45</b>	+00:29:17 (32.0%)	9:09	6.5 (67.7%)
71	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>74</b>	STADION ŚLĄSKI	K60-69	5			00:46:04	<b>01:33:29.50</b>	+00:31:08 (33.3%)	9:20	6.4 (66.7%)
72	<b>OWCZAREK Henryka</b>	<b>78</b>	MARSZ PO ZDROWIE	K70+	2			00:46:24	<b>01:33:48.30</b>	+00:31:27 (33.5%)	9:22	6.4 (66.7%)
73	<b>BACDORF Alicja</b>	<b>58</b>		K60-69	6			00:48:03	<b>01:37:52.20</b>	+00:35:31 (36.3%)	9:47	6.1 (63.5%)

Znaleziono 73 wynik(ów)