

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

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

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

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

Znaleziono 73 wynik(ów)