

SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ WALKING 2020 - 5 KM - MĘŻCZYŹNI

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Puchar Ziemi Dobrzyńskiej Nordic Walking
Organizator: Skrwilno
Data: 2020-07-26
Miejsce: Skrwilno
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|---------------------------------|----------------------|------|-------------|--------------|----------------|-------------------|--------------|-------------|
| 1 | WITUCKI Jacek | 259 | | M45-49 | 1 | | | 00:29:26.20 | | 5:53 | 10.2 (100%) |
| 2 | SZARSZUNOWICZ Mariusz | 228 | | M40-44 | 1 | | | 00:30:59.25 | +00:01:33 (5.0%) | 6:11 | 9.7 (95.1%) |
| 3 | RADOMSKI Marcin | 214 | NW CZŁAPSKI TEAM | M40-44 | 2 | | | 00:31:03.55 | +00:01:37 (5.2%) | 6:12 | 9.7 (95.1%) |
| 4 | FRAĆKOWIAK Roman | 113 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M50-54 | 1 | | | 00:31:08.00 | +00:01:41 (5.4%) | 6:13 | 9.6 (94.1%) |
| 5 | ROŻYNEK Miron | 217 | KS METRACO POLKOWICE | M55-59 | 1 | | | 00:31:10.75 | +00:01:44 (5.6%) | 6:14 | 9.6 (94.1%) |
| 6 | TOPOREK Rafał | 239 | POLIPACK TEAM GWE | M-Niepełnosprawni(B) | 1 | | | 00:31:27.45 | +00:02:01 (6.4%) | 6:17 | 9.5 (93.1%) |
| 7 | WOROCH Roman | 262 | KS METRACO POLKOWICE | M60-64 | 1 | | | 00:31:27.95 | +00:02:01 (6.4%) | 6:17 | 9.5 (93.1%) |
| 8 | TRZCIŃSKI Franciszek | 244 | WOPR - SIR START CHEŁMNO | M55-59 | 2 | | | 00:31:42.70 | +00:02:16 (7.2%) | 6:20 | 9.5 (93.1%) |
| 9 | BRZozowski Piotr | 289 | AKTYWNI POSTOMINO | M30-39 | 1 | | | 00:31:48.00 | +00:02:21 (7.4%) | 6:21 | 9.4 (92.2%) |
| 10 | HELWICH Stefan | 130 | KS METRACO POLKOWICE | M60-64 | 2 | | | 00:31:54.55 | +00:02:28 (7.7%) | 6:22 | 9.4 (92.2%) |
| 11 | POLKOWSKI Piotr | 207 | NW CZŁAPSKI TEAM | M30-39 | 2 | | | 00:32:08.95 | +00:02:42 (8.4%) | 6:25 | 9.3 (91.2%) |
| 12 | KNITTER Tomasz | 146 | BŁĘKITNI NW DZIEMIANY | M18-29 | 1 | | | 00:32:22.05 | +00:02:55 (9.1%) | 6:28 | 9.3 (91.2%) |
| 13 | GRABOWSKI Jacek | 127 | LKS ZANTYR SZTUM | M45-49 | 2 | | | 00:32:32.20 | +00:03:06 (9.5%) | 6:30 | 9.2 (90.2%) |
| 14 | SPYCHAŁA Lesław | 223 | CKZIU MECHANIK NYSA | M50-54 | 2 | | | 00:32:32.30 | +00:03:06 (9.5%) | 6:30 | 9.2 (90.2%) |
| 15 | CZŁAPSKI Krzysztof | 96 | NW CZŁAPSKI TEAM | M55-59 | 3 | | | 00:32:39.40 | +00:03:13 (9.9%) | 6:31 | 9.2 (90.2%) |
| 16 | ŚWIDEREK Marcin | 235 | NW CZŁAPSKI TEAM | M40-44 | 3 | | | 00:32:40.00 | +00:03:13 (9.9%) | 6:32 | 9.2 (90.2%) |
| 17 | KLIMCZAK Adam | 141 | GOSADI NORDIC TEAM | M55-59 | 4 | | | 00:33:27.35 | +00:04:01 (12.0%) | 6:41 | 9 (88.2%) |
| 18 | RADECKI Artur | 213 | CHODZĄCY BIAŁYSTOK | M55-59 | 5 | | | 00:33:46.45 | +00:04:20 (12.8%) | 6:45 | 8.9 (87.3%) |
| 19 | FRAĆKOWIAK Mateusz | 114 | EKSPEDYCJA NORDIC TEAM SZCZECIN | M18-29 | 2 | | | 00:33:57.50 | +00:04:31 (13.3%) | 6:47 | 8.8 (86.3%) |
| 20 | BUŁAKOWSKI Bohdan | 93 | PASJA NORDIC WALKING | M70-74 | 1 | | | 00:33:59.10 | +00:04:32 (13.4%) | 6:47 | 8.8 (86.3%) |
| 21 | KNITTER Michał | 145 | BŁĘKITNI NW DZIEMIANY | M-Jun. | 1 | | | 00:34:02.95 | +00:04:36 (13.5%) | 6:48 | 8.8 (86.3%) |
| 22 | MARCZAK Tomasz | 181 | | M18-29 | 3 | | | 00:34:09.60 | +00:04:43 (13.8%) | 6:49 | 8.8 (86.3%) |
| 23 | TRZCIŃSKI Eugeniusz | 243 | | M60-64 | 3 | | | 00:34:43.45 | +00:05:17 (15.2%) | 6:56 | 8.6 (84.3%) |
| 24 | OLSZAŃSKI Karol | 197 | FEAR THE RETURN | M45-49 | 3 | | | 00:35:03.10 | +00:05:36 (16.0%) | 7:00 | 8.6 (84.3%) |
| 25 | BUJNICKI Marcin | 92 | NORDIC WALKING PASŁĘK | M40-44 | 4 | | | 00:35:10.70 | +00:05:44 (16.3%) | 7:02 | 8.5 (83.3%) |
| 26 | DUSZEŃKO Zygmunt | 106 | KS METRACO POLKOWICE | M-Niepełnosprawni(A) | 1 | | | 00:35:14.95 | +00:05:48 (16.5%) | 7:02 | 8.5 (83.3%) |

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|-----|-----------------------------|------------|-----------------------------|----------------------|------|-------------|--------------|--------------------|-------------------|--------------|-------------|
| 27 | MROZIŃSKI Tadeusz | 187 | NORDICUS STRZYBNICA | M50-54 | 3 | | | 00:35:15.60 | +00:05:49 (16.5%) | 7:03 | 8.5 (83.3%) |
| 28 | KOŁPAK Jan | 150 | LKS ZANTYR SZTUM | M70-74 | 2 | | | 00:35:23.95 | +00:05:57 (16.8%) | 7:04 | 8.5 (83.3%) |
| 29 | DEMBKOWSKI Ryszard | 271 | OLD SNAKE | M65-69 | 1 | | | 00:35:30.35 | +00:06:04 (17.1%) | 7:06 | 8.5 (83.3%) |
| 30 | KOLCZYŃSKI Dariusz | 149 | | M45-49 | 4 | | | 00:35:48.30 | +00:06:22 (17.8%) | 7:09 | 8.4 (82.4%) |
| 31 | WALESZKO Andrzej | 249 | PASJA NORDIC WALKING | M45-49 | 5 | | | 00:35:55.75 | +00:06:29 (18.1%) | 7:11 | 8.4 (82.4%) |
| 32 | CZMOCH Marian | 97 | PUKS ŁOSICE | M65-69 | 2 | | | 00:35:59.35 | +00:06:33 (18.2%) | 7:11 | 8.3 (81.4%) |
| 33 | TOMCZYK Edward | 238 | MARSZ PO ZDROWIE | M70-74 | 3 | | | 00:36:10.65 | +00:06:44 (18.6%) | 7:14 | 8.3 (81.4%) |
| 34 | SZYMAŃSKI Michał | 232 | TORUŃ - IDZIEMY BEZ RYZYKA | M55-59 | 6 | | | 00:36:15.20 | +00:06:49 (18.8%) | 7:15 | 8.3 (81.4%) |
| 35 | WROŃSKI Włodzimierz | 263 | PASJA NORDIC WALKING | M65-69 | 3 | | | 00:36:25.85 | +00:06:59 (19.2%) | 7:17 | 8.2 (80.4%) |
| 36 | NOWACZYK Tomasz | 268 | MARSZ PO ZDROWIE | M40-44 | 5 | | | 00:36:41.95 | +00:07:15 (19.8%) | 7:20 | 8.2 (80.4%) |
| 37 | DUDEK Leszek | 104 | KS METRACO POLKOWICE | M70-74 | 4 | | | 00:36:42.15 | +00:07:15 (19.8%) | 7:20 | 8.2 (80.4%) |
| 38 | TRZCIŃSKI Wiktor | 242 | SERCE NORDICA WŁOCŁAWEK | M-Dzieci | 1 | | | 00:36:44.20 | +00:07:18 (19.9%) | 7:20 | 8.2 (80.4%) |
| 39 | WASILEWSKI Sławomir | 250 | PASJA NORDIC WALKING | M75+ | 1 | | | 00:36:46.90 | +00:07:20 (20.0%) | 7:21 | 8.2 (80.4%) |
| 40 | GRYGOROWICZ Bogdan | 129 | KS METRACO POLKOWICE | M-Niepełnosprawni(B) | 2 | | | 00:37:02.90 | +00:07:36 (20.5%) | 7:24 | 8.1 (79.4%) |
| 41 | OLSZEWSKI Ryszard | 198 | LKS ZANTYR SZTUM | M65-69 | 4 | | | 00:37:16.10 | +00:07:49 (21.0%) | 7:27 | 8.1 (79.4%) |
| 42 | GOŁĘBIEWSKI Andrzej | 123 | KLUB NW PATYCZAKI GRUDZIĄDZ | M60-64 | 4 | | | 00:37:18.20 | +00:07:52 (21.1%) | 7:27 | 8 (78.4%) |
| 43 | WAWRZYŃIAK Igor | 252 | POLIPACK TEAM GWE | M-Jun. | 2 | | | 00:37:35.25 | +00:08:09 (21.7%) | 7:31 | 8 (78.4%) |
| 44 | ORCIUCH Andrzej | 199 | NIEPEŁNOSPRAWNY | M-Niepełnosprawni(A) | 2 | | | 00:38:08.50 | +00:08:42 (22.8%) | 7:37 | 7.9 (77.5%) |
| 45 | DROP Tomasz | 102 | | M55-59 | 7 | | | 00:38:08.80 | +00:08:42 (22.8%) | 7:37 | 7.9 (77.5%) |
| 46 | PACZKOWSKI Andrzej | 200 | | M75+ | 2 | | | 00:38:10.30 | +00:08:44 (22.9%) | 7:38 | 7.9 (77.5%) |
| 47 | WESOŁOWSKI Marek | 254 | PASJA NORDIC WALKING | M50-54 | 4 | | | 00:38:13.35 | +00:08:47 (23.0%) | 7:38 | 7.8 (76.5%) |
| 48 | OLEŚ Józef | 195 | NW WERWA MŁAWA | M-Niepełnosprawni(A) | 3 | | | 00:38:25.00 | +00:08:58 (23.4%) | 7:41 | 7.8 (76.5%) |
| 49 | FRANCZAK Dariusz | 111 | NW CZŁAPSKI TEAM | M55-59 | 8 | | | 00:38:27.15 | +00:09:00 (23.4%) | 7:41 | 7.8 (76.5%) |
| 50 | RUSINOWICZ Andrzej | 220 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M75+ | 3 | | | 00:38:30.15 | +00:09:03 (23.5%) | 7:42 | 7.8 (76.5%) |
| 51 | TUREK Grzegorz | 245 | KLUB NW PATYCZAKI GRUDZIĄDZ | M55-59 | 9 | | | 00:38:35.75 | +00:09:09 (23.7%) | 7:43 | 7.8 (76.5%) |
| 52 | DŁONIAK Edmund | 100 | GNIEWKOWO | M75+ | 4 | | | 00:38:38.05 | +00:09:11 (23.8%) | 7:43 | 7.8 (76.5%) |
| 53 | KOLCZYŃSKI Jan | 148 | | M-Jun. | 3 | | | 00:38:38.25 | +00:09:12 (23.8%) | 7:43 | 7.8 (76.5%) |
| 54 | LEWANDOWSKI Roman | 170 | LKS ZANTYR SZTUM | M65-69 | 5 | | | 00:38:40.60 | +00:09:14 (23.9%) | 7:44 | 7.8 (76.5%) |
| 55 | BOGAJSKI Krzysztof | 285 | | M55-59 | 10 | | | 00:38:44.60 | +00:09:18 (24.0%) | 7:44 | 7.7 (75.5%) |
| 56 | KRIGER Roman | 161 | SERCE NORDICA WŁOCŁAWEK | M55-59 | 11 | | | 00:38:58.40 | +00:09:32 (24.5%) | 7:47 | 7.7 (75.5%) |
| 57 | KŁANIECKI Piotr | 143 | ROXKIJE ROKIETNICA | M60-64 | 5 | | | 00:38:59.30 | +00:09:33 (24.5%) | 7:47 | 7.7 (75.5%) |
| 58 | PALUCH Paweł | 202 | AVOCADO WELLNESS CLUB | M55-59 | 12 | | | 00:39:21.70 | +00:09:55 (25.2%) | 7:52 | 7.6 (74.5%) |
| 59 | WALESZKO Adam | 248 | PASJA NORDIC WALKING | M-Jun. | 4 | | | 00:39:28.05 | +00:10:01 (25.4%) | 7:53 | 7.6 (74.5%) |
| 60 | PRACKI Zbigniew | 209 | SERCE NORDICA WŁOCŁAWEK | M50-54 | 5 | | | 00:39:38.25 | +00:10:12 (25.7%) | 7:55 | 7.6 (74.5%) |
| 61 | ADAMOWICZ Andrzej | 281 | | M70-74 | 5 | | | 00:39:41.75 | +00:10:15 (25.8%) | 7:56 | 7.6 (74.5%) |
| 62 | JÓŹWIAK Łukasz | 135 | SERCE NORDICA WŁOCŁAWEK | M-Niepełnosprawni(A) | 4 | | | 00:40:03.10 | +00:10:36 (26.5%) | 8:00 | 7.5 (73.5%) |
| 63 | KOSOBUDZKI Paweł | 156 | SKRWILNO | M40-44 | 6 | | | 00:40:20.15 | +00:10:53 (27.0%) | 8:04 | 7.4 (72.5%) |
| 64 | KANIAK Zbigniew | 139 | NW PŁOŃSK | M65-69 | 6 | | | 00:40:34.45 | +00:11:08 (27.4%) | 8:06 | 7.4 (72.5%) |
| 65 | MADEJSKI Roman | 177 | ROXKIJE ROKIETNICA | M65-69 | 7 | | | 00:40:39.65 | +00:11:13 (27.6%) | 8:07 | 7.4 (72.5%) |
| 66 | THOMALLA Bogdan | 237 | STADION ŚLĄSKI | M75+ | 5 | | | 00:40:40.05 | +00:11:13 (27.6%) | 8:08 | 7.4 (72.5%) |
| 67 | KOSOBUDZKI Tymoteusz | 157 | SKRWILNO | M-Dzieci | 2 | | | 00:40:55.80 | +00:11:29 (28.1%) | 8:11 | 7.3 (71.6%) |
| 68 | NOWALIŃSKI Piotrek | 192 | FACE NORDIC WALKING TEAM | M-Niepełnosprawni(A) | 5 | | | 00:40:55.95 | +00:11:29 (28.1%) | 8:11 | 7.3 (71.6%) |
| 69 | WEGIERA Grzegorz | 253 | ROXKIJE ROKIETNICA | M45-49 | 6 | | | 00:40:58.90 | +00:11:32 (28.2%) | 8:11 | 7.3 (71.6%) |
| 70 | PIĄTKOWSKI Józef | 203 | KS METRACO POLKOWICE | M75+ | 6 | | | 00:41:10.40 | +00:11:44 (28.5%) | 8:14 | 7.3 (71.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------------|----------------------|------|-------------|--------------|--------------------|-------------------|--------------|-------------|
| 71 | WOLFF Michał | 260 | AKTYWNA KCYNIA | M30-39 | 3 | | | 00:41:17.00 | +00:11:50 (28.7%) | 8:15 | 7.3 (71.6%) |
| 72 | ŻBIKOWSKI Ryszard | 266 | TORUŃ - IDZIEMY BEZ RYZYKA | M60-64 | 6 | | | 00:41:19.30 | +00:11:53 (28.8%) | 8:15 | 7.3 (71.6%) |
| 73 | WIŚNIEWSKI Ryszard | 257 | TKKF 'KUBUŚ' SIERPC | M75+ | 7 | | | 00:41:36.75 | +00:12:10 (29.3%) | 8:19 | 7.2 (70.6%) |
| 74 | BRANCZEWSKI Rafał | 287 | NW WERWA MŁAWA | M-Dzieci | 3 | | | 00:41:42.25 | +00:12:16 (29.4%) | 8:20 | 7.2 (70.6%) |
| 75 | SZYMAŃSKI Roman | 233 | NAMORTEAM | M50-54 | 6 | | | 00:41:55.15 | +00:12:28 (29.8%) | 8:23 | 7.2 (70.6%) |
| 76 | PUSZKARSKI Adam | 212 | GOSADI NORDIC TEAM | M-Dzieci | 4 | | | 00:41:58.90 | +00:12:32 (29.9%) | 8:23 | 7.1 (69.6%) |
| 77 | WIERZCHOSŁAWSKI Marcel | 256 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | M-Jun. | 5 | | | 00:42:18.75 | +00:12:52 (30.4%) | 8:27 | 7.1 (69.6%) |
| 78 | EFEMBERG Michał | 107 | TORUŃ - IDZIEMY BEZ RYZYKA | M-Dzieci | 5 | | | 00:42:52.45 | +00:13:26 (31.3%) | 8:34 | 7 (68.6%) |
| 79 | ŁASIŃSKI Jarosław | 175 | SKRWILNO | M40-44 | 7 | | | 00:43:16.40 | +00:13:50 (32.0%) | 8:39 | 6.9 (67.6%) |
| 80 | KUŚMIEREK Patryk | 167 | BŁĘKITNI NW DZIEMIANY | M18-29 | 4 | | | 00:43:31.95 | +00:14:05 (32.4%) | 8:42 | 6.9 (67.6%) |
| 81 | PAJĘCKI Adam | 201 | PARAKULOS KOWAL | M-Niepełnosprawni(B) | 3 | | | 00:45:13.65 | +00:15:47 (34.9%) | 9:02 | 6.6 (64.7%) |
| 82 | MÓRAWSKI Sławomir | 42 | TORUŃ - IDZIEMY BEZ RYZYKA | M55-59 | 13 | | | 00:45:52.65 | +00:16:26 (35.8%) | 9:10 | 6.5 (63.7%) |
| 83 | JÓŻWIAK Dominik | 136 | SERCE NORDICA WŁOCLAWEK | M-Niepełnosprawni(B) | 4 | | | 00:47:52.25 | +00:18:26 (38.5%) | 9:34 | 6.3 (61.8%) |
| 84 | WALCZAK Henryk | 247 | UKS GIMNAZJON SUCHY LAS | M75+ | 8 | | | 00:47:56.25 | +00:18:30 (38.6%) | 9:35 | 6.3 (61.8%) |
| 85 | KULCZYCKI Jan | 162 | | M70-74 | 6 | | | 00:48:18.75 | +00:18:52 (39.1%) | 9:39 | 6.2 (60.8%) |
| 86 | RATAJCZAK Jerzy | 215 | | M75+ | 9 | | | 00:49:36.95 | +00:20:10 (40.7%) | 9:55 | 6 (58.8%) |
| 87 | DROP Mieczysław | 101 | KS SOKÓŁ GAŚAWA | M75+ | 10 | | | 00:51:59.50 | +00:22:33 (43.4%) | 10:23 | 5.8 (56.9%) |

Znaleziono 87 wynik(ów)