

# SKRWILNO - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Skrwilno  
**Data:** 2019-07-28  
**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>SZARSZUNOWICZ Mariusz</b>	<b>258</b>	KRAM TEAM	M40-49	1			00:15:33	00:31:55	00:48:48	<b>01:05:42.20</b>		6:34	9.1 (100%)
2	<b>KŁOS Maciej</b>	<b>226</b>	NW WYSPA SOBIESZEWSKA	M30-39	1			00:16:33	00:33:41	00:50:34	<b>01:07:28.60</b>	+00:01:46 (2.6%)	6:44	8.9 (97.8%)
3	<b>WOJTASIŃSKI Daniel</b>	<b>282</b>	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:35	00:33:54	00:51:41	<b>01:09:38.77</b>	+00:03:56 (5.7%)	6:57	8.6 (94.5%)
4	<b>CZERSKI Krzysztof</b>	<b>212</b>	EPOKA NORDICA ŁÓDŹ	M30-39	2			00:16:42	00:34:11	00:52:07	<b>01:10:18.36</b>	+00:04:36 (6.5%)	7:01	8.5 (93.4%)
5	<b>BOGACKI Sławek</b>	<b>206</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:16:50	00:34:47	00:52:44	<b>01:10:26.41</b>	+00:04:44 (6.7%)	7:02	8.5 (93.4%)
6	<b>ROMANOWICZ Piotr</b>	<b>250</b>	RUNGRYF GRYFICE	M40-49	4	2		00:16:40	00:34:25	00:52:39	<b>01:10:43.64</b>	+00:05:01 (7.1%)	7:04	8.5 (93.4%)
7	<b>BARCZYK Bogdan</b>	<b>204</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:16:53	00:34:33	00:52:37	<b>01:10:57.30</b>	+00:05:15 (7.4%)	7:05	8.5 (93.4%)
8	<b>KLIMCZAK Adam</b>	<b>225</b>	GOSADI NORDIC TEAM	M50-59	2			00:17:13	00:35:28	00:53:53	<b>01:11:52.65</b>	+00:06:10 (8.6%)	7:11	8.3 (91.2%)
9	<b>KOZAKOWSKA Małgorzata</b>	<b>288</b>	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	1			00:17:51	00:35:59	00:54:26	<b>01:13:09.89</b>	+00:07:27 (10.2%)	7:19	8.2 (90.1%)
10	<b>ŚWISŁOCKI Bogdan</b>	<b>266</b>	FACE NORDIC WALKING TEAM	M50-59	3			00:17:21	00:35:54	00:54:53	<b>01:13:57.16</b>	+00:08:14 (11.2%)	7:23	8.1 (89.0%)
11	<b>CIESIELSKI Jerzy</b>	<b>209</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	1			00:18:20	00:36:54	00:55:47	<b>01:14:03.95</b>	+00:08:21 (11.3%)	7:24	8.1 (89.0%)
12	<b>CIESIELSKI Jan</b>	<b>210</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	5			00:18:07	00:36:38	00:55:26	<b>01:14:05.26</b>	+00:08:23 (11.3%)	7:24	8.1 (89.0%)
13	<b>GRABOWSKI Krzysztof</b>	<b>221</b>	4 WOG GLIWICE	M40-49	6			00:18:20	00:36:57	00:55:39	<b>01:14:25.31</b>	+00:08:43 (11.7%)	7:26	8.1 (89.0%)

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>ADAMCZYK Adam</b>	<b>201</b>	PASJA NORDIC WALKING	M70+	1			00:18:20	00:37:03	00:56:01	<b>01:14:39.56</b>	+00:08:57 (12.0%)	7:28	8 (87.9%)
15	<b>JAREK Sergiusz</b>	<b>223</b>	FORMA NA PIĄTKĘ NW	M40-49	7			00:17:53	00:36:30	00:55:36	<b>01:15:03.12</b>	+00:09:20 (12.5%)	7:30	8 (87.9%)
16	<b>MĄDRY Grzegorz</b>	<b>239</b>	KIJKOWE TRZEMESZNO	M60-69	1			00:18:10	00:37:04	00:55:59	<b>01:15:05.48</b>	+00:09:23 (12.5%)	7:30	8 (87.9%)
17	<b>STECKIEWICZ Edmund</b>	<b>256</b>		M40-49	8	1		00:17:52	00:36:26	00:55:54	<b>01:15:36.58</b>	+00:09:54 (13.1%)	7:33	7.9 (86.8%)
18	<b>SZULC Alicja</b>	<b>264</b>	NW WERWA MŁAWA	K40-49	2			00:18:13	00:37:03	00:56:27	<b>01:16:10.81</b>	+00:10:28 (13.8%)	7:37	7.9 (86.8%)
19	<b>ŚCIBUT Ania</b>	<b>265</b>	FORMA NA PIĄTKĘ NW	K40-49	3			00:18:19	00:37:31	00:57:08	<b>01:16:26.00</b>	+00:10:43 (14.0%)	7:38	7.8 (85.7%)
20	<b>KOSECKI Marek</b>	<b>229</b>	FORMA NA PIĄTKĘ NW	M50-59	4			00:18:03	00:37:29	00:56:57	<b>01:16:33.78</b>	+00:10:51 (14.2%)	7:39	7.8 (85.7%)
21	<b>RASZEWSKA Izabela</b>	<b>249</b>	FORMA NA PIĄTKĘ NW	K40-49	4			00:18:33	00:37:58	00:57:25	<b>01:16:42.44</b>	+00:11:00 (14.3%)	7:40	7.8 (85.7%)
22	<b>FRANKIEWICZ Mirosław</b>	<b>215</b>	FORMA NA PIĄTKĘ NW	M40-49	9			00:18:17	00:37:23	00:57:04	<b>01:16:49.04</b>	+00:11:06 (14.5%)	7:40	7.8 (85.7%)
23	<b>EFEMBERG Joanna</b>	<b>214</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	5			00:18:51	00:38:11	00:57:40	<b>01:16:52.10</b>	+00:11:09 (14.5%)	7:41	7.8 (85.7%)
24	<b>CZAJKA Urszula</b>	<b>211</b>	FACE NORDIC WALKING TEAM	K60-69	1			00:18:26	00:37:31	00:57:03	<b>01:16:52.99</b>	+00:11:10 (14.5%)	7:41	7.8 (85.7%)
25	<b>NETKOWSKI Wojciech</b>	<b>242</b>	PASJA NORDIC WALKING	M60-69	2			00:18:16	00:37:35	00:57:24	<b>01:17:17.05</b>	+00:11:34 (15.0%)	7:43	7.8 (85.7%)
26	<b>SZCZĘŚNIAK Zbigniew</b>	<b>260</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:19:02	00:38:37	00:58:09	<b>01:17:25.41</b>	+00:11:43 (15.1%)	7:44	7.7 (84.6%)
27	<b>MARZEC Beata</b>	<b>217</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:18:45	00:38:05	00:57:32	<b>01:17:28.83</b>	+00:11:46 (15.2%)	7:44	7.7 (84.6%)
28	<b>KOCIMSKI Jan</b>	<b>227</b>	KM AKTYWNI SOCHACZEW	M70+	2			00:18:24	00:37:41	00:57:33	<b>01:17:40.76</b>	+00:11:58 (15.4%)	7:46	7.7 (84.6%)
29	<b>SARGALSKI Robert</b>	<b>287</b>		M50-59	6			00:18:47	00:38:05	00:58:07	<b>01:18:07.46</b>	+00:12:25 (15.9%)	7:48	7.7 (84.6%)
30	<b>GODZIŃSKI Paweł</b>	<b>277</b>	BAŻANT NW ELBLĄG	M40-49	10			00:18:19	00:37:43	00:58:02	<b>01:18:32.89</b>	+00:12:50 (16.4%)	7:51	7.6 (83.5%)
31	<b>STAWNIAK Karol</b>	<b>255</b>	KS METRACO POLKOWICE	M70+	3			00:19:20	00:38:59	00:58:52	<b>01:18:39.13</b>	+00:12:56 (16.5%)	7:51	7.6 (83.5%)
32	<b>MUSIATOWICZ Aleksandra</b>	<b>241</b>	PASJA NORDIC WALKING	K40-49	7			00:18:55	00:38:35	00:58:40	<b>01:18:48.37</b>	+00:13:06 (16.6%)	7:52	7.6 (83.5%)
33	<b>KULIG Henryk</b>	<b>235</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	3			00:18:57	00:38:57	00:59:00	<b>01:18:53.55</b>	+00:13:11 (16.7%)	7:53	7.6 (83.5%)
34	<b>PIÓRKOWSKI Stanisław</b>	<b>247</b>	TKKF KUBUŚ SIERPC	M60-69	4			00:19:24	00:39:31	00:59:26	<b>01:19:11.35</b>	+00:13:29 (17.0%)	7:55	7.6 (83.5%)
35	<b>KOSICKI Dariusz</b>	<b>230</b>	ROXKIJE ROKIETNICA	M50-59	7			00:20:01	00:40:03	00:59:56	<b>01:19:41.35</b>	+00:13:59 (17.6%)	7:58	7.5 (82.4%)
36	<b>GOLUS Agnieszka</b>	<b>219</b>	FORMA NA PIĄTKĘ NW	K40-49	8			00:19:12	00:39:09	00:59:26	<b>01:19:52.70</b>	+00:14:10 (17.7%)	7:59	7.5 (82.4%)

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		
37	<b>STANECKI Marcin</b>	<b>254</b>	BIEGAM W SFETSZE	M40-49	11			00:19:32	00:39:34	00:59:50	<b>01:20:25.61</b>	+00:14:43 (18.3%)	8:02	7.5 (82.4%)
38	<b>ŁOPIŃSKI Aleksy</b>	<b>237</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	4			00:19:33	00:39:30	00:59:47	<b>01:20:53.56</b>	+00:15:11 (18.8%)	8:05	7.4 (81.3%)
39	<b>BORCZAK Małgorzata</b>	<b>207</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K40-49	9			00:19:52	00:40:21	01:00:59	<b>01:21:21.62</b>	+00:15:39 (19.2%)	8:08	7.4 (81.3%)
40	<b>SZEPczyński Kamil</b>	<b>262</b>	WŁOCŁAWSKIE TOWARZYSTWO WIOŚLARSKIE	M30-39	3			00:20:22	00:41:04	01:01:25	<b>01:21:29.34</b>	+00:15:47 (19.4%)	8:09	7.4 (81.3%)
41	<b>KORYCKA Mariola</b>	<b>228</b>	FORMA NA PIĄTKĘ NW	K30-39	1			00:19:46	00:40:18	01:00:59	<b>01:21:36.97</b>	+00:15:54 (19.5%)	8:09	7.4 (81.3%)
42	<b>GWAREK Anita</b>	<b>222</b>	PASJA NORDIC WALKING	K40-49	10			00:19:38	00:40:05	01:00:56	<b>01:21:52.59</b>	+00:16:10 (19.8%)	8:11	7.3 (80.2%)
43	<b>STANECKA Małgorzata</b>	<b>253</b>		K40-49	11			00:19:58	00:40:27	01:00:56	<b>01:21:53.52</b>	+00:16:11 (19.8%)	8:11	7.3 (80.2%)
44	<b>PACIORKOWSKI Paweł</b>	<b>244</b>	FUNDACJA SWD	M40-49	12			00:18:40	00:39:01	01:00:03	<b>01:22:22.99</b>	+00:16:40 (20.2%)	8:14	7.3 (80.2%)
45	<b>KRIGER Roman</b>	<b>231</b>	ROMKI	M50-59	8			00:20:29	00:41:14	01:02:15	<b>01:22:54.94</b>	+00:17:12 (20.8%)	8:17	7.2 (79.1%)
46	<b>WIŚNIEWSKI Włodzimierz</b>	<b>270</b>		M50-59	9			00:20:12	00:40:27	01:02:23	<b>01:23:00.06</b>	+00:17:17 (20.8%)	8:18	7.2 (79.1%)
47	<b>WEGIERA Grzegorz</b>	<b>268</b>	ROXKIJE ROKIETNICA	M40-49	13			00:19:52	00:40:41	01:02:02	<b>01:23:56.77</b>	+00:18:14 (21.7%)	8:23	7.1 (78.0%)
48	<b>WIŚNIEWSKI Ryszard</b>	<b>269</b>	TTKF KUBUŚ	M70+	5			00:20:34	00:41:23	01:02:42	<b>01:24:14.99</b>	+00:18:32 (22.0%)	8:25	7.1 (78.0%)
49	<b>ZIELIŃSKA Iwona</b>	<b>273</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:21:06	00:41:51	01:03:15	<b>01:24:38.17</b>	+00:18:55 (22.4%)	8:27	7.1 (78.0%)
50	<b>GOLUS Grzegorz</b>	<b>220</b>	FORMA NA PIĄTKĘ NW	M50-59	10			00:21:37	00:42:46	01:03:33	<b>01:24:45.99</b>	+00:19:03 (22.5%)	8:28	7.1 (78.0%)
51	<b>KACZOROWSKA Magdalena</b>	<b>224</b>		K30-39	2			00:20:16	00:41:31	01:03:08	<b>01:24:46.52</b>	+00:19:04 (22.5%)	8:28	7.1 (78.0%)
52	<b>ŻBIKOWSKI Ryszard</b>	<b>276</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	5			00:20:15	00:41:17	01:02:54	<b>01:25:06.89</b>	+00:19:24 (22.8%)	8:30	7 (76.9%)
53	<b>WOŹNIAK Iwona</b>	<b>271</b>	RUNGRYF GRYFICE	K40-49	12			00:21:57	00:43:16	01:04:43	<b>01:25:58.69</b>	+00:20:16 (23.6%)	8:35	7 (76.9%)
54	<b>CIESIELSKA Renata</b>	<b>208</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13			00:21:36	00:42:31	01:04:19	<b>01:26:10.44</b>	+00:20:28 (23.8%)	8:37	7 (76.9%)
55	<b>POSTEK Danuta</b>	<b>248</b>	MARSZ PO ZDROWIE	K50-59	2			00:21:26	00:42:52	01:04:47	<b>01:26:20.86</b>	+00:20:38 (23.9%)	8:38	6.9 (75.8%)
56	<b>BACHANEK Katarzyna</b>	<b>203</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	3			00:21:16	00:42:36	01:04:28	<b>01:26:33.53</b>	+00:20:51 (24.1%)	8:39	6.9 (75.8%)
57	<b>GAŁEK Iwona</b>	<b>216</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	14			00:21:59	00:43:27	01:05:11	<b>01:27:00.64</b>	+00:21:18 (24.5%)	8:42	6.9 (75.8%)
58	<b>WRZEŚNIAK Barbara</b>	<b>272</b>	PARAKULOS KOWAL	K50-59	4			00:21:38	00:43:56	01:05:37	<b>01:27:26.25</b>	+00:21:44 (24.9%)	8:44	6.9 (75.8%)
59	<b>GDAŃSKA Aneta</b>	<b>218</b>	PARAKULOS KOWAL	K40-49	15			00:22:02	00:44:13	01:05:56	<b>01:27:45.29</b>	+00:22:03 (25.1%)	8:46	6.8 (74.7%)

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60	<b>CZEMPIK Kornelia</b>	<b>289</b>	STADION ŚLĄSKI	K50-59	5			00:21:52	00:44:18	01:08:22	<b>01:29:33.80</b>	+00:23:51 (26.6%)	8:57	6.7 (73.6%)
61	<b>ŻBIKOWSKA Małgorzata</b>	<b>275</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6			00:21:48	00:44:05	01:07:05	<b>01:29:51.30</b>	+00:24:09 (26.9%)	8:59	6.7 (73.6%)
62	<b>OMARSKA Grażyna</b>	<b>243</b>	PASJA NORDIC WALKING	K60-69	2			00:22:07	00:44:55	01:07:49	<b>01:30:43.26</b>	+00:25:01 (27.6%)	9:04	6.6 (72.5%)
63	<b>LABUDDA Katarzyna</b>	<b>236</b>	FACE NORDIC WALKING TEAM	K30-39	3			00:20:56	00:44:11	01:07:34	<b>01:31:12.19</b>	+00:25:29 (28.0%)	9:07	6.6 (72.5%)
64	<b>SZELIGA Justyna</b>	<b>261</b>	LIDER GRODZISK MAZOWIECKI	K40-49	16			00:22:38	00:45:37	01:08:34	<b>01:31:29.59</b>	+00:25:47 (28.2%)	9:09	6.6 (72.5%)
65	<b>BŁASZCZAK Stanisław</b>	<b>205</b>		M70+	6			00:21:19	00:44:31	01:08:31	<b>01:32:44.45</b>	+00:27:02 (29.2%)	9:16	6.5 (71.4%)
66	<b>PACZKOWSKI Andrzej</b>	<b>290</b>		M70+	7			00:21:19	00:44:31	01:08:32	<b>01:32:45.35</b>	+00:27:03 (29.2%)	9:16	6.5 (71.4%)
67	<b>RZEPECKI Sławomir</b>	<b>251</b>		M40-49	14			00:21:15	00:44:24	01:09:06	<b>01:33:27.03</b>	+00:27:44 (29.7%)	9:20	6.4 (70.3%)
68	<b>PRACKA Katarzyna</b>	<b>122</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:23:57	00:47:27	01:11:30	<b>01:35:37.55</b>	+00:29:55 (31.3%)	9:33	6.3 (69.2%)
69	<b>MÓRAWSKI Sławomir</b>	<b>240</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	11			00:24:00	00:48:15	01:12:29	<b>01:36:14.59</b>	+00:30:32 (31.7%)	9:37	6.2 (68.1%)
70	<b>KRYGIEL Maria</b>	<b>234</b>		K50-59	8			00:23:09	00:47:30	01:11:58	<b>01:36:17.44</b>	+00:30:35 (31.8%)	9:37	6.2 (68.1%)
71	<b>KOSIN Irena</b>	<b>291</b>		K50-59	9			00:23:53	00:47:53	01:12:04	<b>01:36:23.53</b>	+00:30:41 (31.8%)	9:38	6.2 (68.1%)
72	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>232</b>	STADION ŚLĄSKI	K60-69	3			00:23:36	00:47:53	01:12:37	<b>01:37:32.45</b>	+00:31:50 (32.6%)	9:45	6.2 (68.1%)
73	<b>PLUTA Bożena</b>	<b>246</b>	CHODZEBOLUBIE	K60-69	4			00:22:58	00:48:09	01:13:05	<b>01:38:13.16</b>	+00:32:30 (33.1%)	9:49	6.1 (67.0%)
74	<b>BACDORF Alicja</b>	<b>202</b>	LIDER GRODZISK MAZOWIECKI	K60-69	5			00:23:49	00:48:10	01:13:11	<b>01:38:17.49</b>	+00:32:35 (33.2%)	9:49	6.1 (67.0%)
75	<b>JÓŹWIAK Dominik</b>	<b>60</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:24:36	00:49:09	01:14:22	<b>01:39:03.49</b>	+00:33:21 (33.7%)	9:54	6.1 (67.0%)
76	<b>SEKUŁA Karolina</b>	<b>252</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K30-39	4			00:24:51	00:50:22	01:15:54	<b>01:41:43.32</b>	+00:36:01 (35.4%)	10:10	5.9 (64.8%)
77	<b>KRYGIEL Irena</b>	<b>233</b>	GOSIR OSIELSKO	K50-59	10			00:25:23	00:52:36	01:21:08	<b>01:49:23.88</b>	+00:43:41 (39.9%)	10:56	5.5 (60.4%)

Znaleziono 77 wynik(ów)