

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	SZARSZUNOWICZ Mariusz	258	KRAM TEAM	M40-49	1			00:15:33	00:31:55	00:48:48	01:05:42.20		6:34	9.1 (100%)
2	KŁOS Maciej	226	NW WYSPA SOBIESZEWSKA	M30-39	1			00:16:33	00:33:41	00:50:34	01:07:28.60	+00:01:46 (2.6%)	6:44	8.9 (97.8%)
3	WOJTASIŃSKI Daniel	282	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:16:35	00:33:54	00:51:41	01:09:38.77	+00:03:56 (5.7%)	6:57	8.6 (94.5%)
4	CZERSKI Krzysztof	212	EPOKA NORDICA ŁÓDŹ	M30-39	2			00:16:42	00:34:11	00:52:07	01:10:18.36	+00:04:36 (6.5%)	7:01	8.5 (93.4%)
5	BOGACKI Sławek	206	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:16:50	00:34:47	00:52:44	01:10:26.41	+00:04:44 (6.7%)	7:02	8.5 (93.4%)
6	ROMANOWICZ Piotr	250	RUNGRYF GRYFICE	M40-49	4	2		00:16:40	00:34:25	00:52:39	01:10:43.64	+00:05:01 (7.1%)	7:04	8.5 (93.4%)
7	BARCZYK Bogdan	204	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:16:53	00:34:33	00:52:37	01:10:57.30	+00:05:15 (7.4%)	7:05	8.5 (93.4%)
8	KLIMCZAK Adam	225	GOSADI NORDIC TEAM	M50-59	2			00:17:13	00:35:28	00:53:53	01:11:52.65	+00:06:10 (8.6%)	7:11	8.3 (91.2%)
9	KOZAKOWSKA Małgorzata	288	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	1			00:17:51	00:35:59	00:54:26	01:13:09.89	+00:07:27 (10.2%)	7:19	8.2 (90.1%)
10	ŚWISŁOCKI Bogdan	266	FACE NORDIC WALKING TEAM	M50-59	3			00:17:21	00:35:54	00:54:53	01:13:57.16	+00:08:14 (11.2%)	7:23	8.1 (89.0%)
11	CIESIELSKI Jerzy	209	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	1			00:18:20	00:36:54	00:55:47	01:14:03.95	+00:08:21 (11.3%)	7:24	8.1 (89.0%)
12	CIESIELSKI Jan	210	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	5			00:18:07	00:36:38	00:55:26	01:14:05.26	+00:08:23 (11.3%)	7:24	8.1 (89.0%)
13	GRABOWSKI Krzysztof	221	4 WOG GLIWICE	M40-49	6			00:18:20	00:36:57	00:55:39	01:14:25.31	+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	ADAMCZYK Adam	201	PASJA NORDIC WALKING	M70+	1			00:18:20	00:37:03	00:56:01	01:14:39.56	+00:08:57 (12.0%)	7:28	8 (87.9%)
15	JAREK Sergiusz	223	FORMA NA PIĄTKĘ NW	M40-49	7			00:17:53	00:36:30	00:55:36	01:15:03.12	+00:09:20 (12.5%)	7:30	8 (87.9%)
16	MĄDRY Grzegorz	239	KIJKOWE TRZEMESZNO	M60-69	1			00:18:10	00:37:04	00:55:59	01:15:05.48	+00:09:23 (12.5%)	7:30	8 (87.9%)
17	STECKIEWICZ Edmund	256		M40-49	8	1		00:17:52	00:36:26	00:55:54	01:15:36.58	+00:09:54 (13.1%)	7:33	7.9 (86.8%)
18	SZULC Alicja	264	NW WERWA MŁAWA	K40-49	2			00:18:13	00:37:03	00:56:27	01:16:10.81	+00:10:28 (13.8%)	7:37	7.9 (86.8%)
19	ŚCIBUT Ania	265	FORMA NA PIĄTKĘ NW	K40-49	3			00:18:19	00:37:31	00:57:08	01:16:26.00	+00:10:43 (14.0%)	7:38	7.8 (85.7%)
20	KOSECKI Marek	229	FORMA NA PIĄTKĘ NW	M50-59	4			00:18:03	00:37:29	00:56:57	01:16:33.78	+00:10:51 (14.2%)	7:39	7.8 (85.7%)
21	RASZEWSKA Izabela	249	FORMA NA PIĄTKĘ NW	K40-49	4			00:18:33	00:37:58	00:57:25	01:16:42.44	+00:11:00 (14.3%)	7:40	7.8 (85.7%)
22	FRANKIEWICZ Mirosław	215	FORMA NA PIĄTKĘ NW	M40-49	9			00:18:17	00:37:23	00:57:04	01:16:49.04	+00:11:06 (14.5%)	7:40	7.8 (85.7%)
23	EFEMBERG Joanna	214	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	5			00:18:51	00:38:11	00:57:40	01:16:52.10	+00:11:09 (14.5%)	7:41	7.8 (85.7%)
24	CZAJKA Urszula	211	FACE NORDIC WALKING TEAM	K60-69	1			00:18:26	00:37:31	00:57:03	01:16:52.99	+00:11:10 (14.5%)	7:41	7.8 (85.7%)
25	NETKOWSKI Wojciech	242	PASJA NORDIC WALKING	M60-69	2			00:18:16	00:37:35	00:57:24	01:17:17.05	+00:11:34 (15.0%)	7:43	7.8 (85.7%)
26	SZCZĘŚNIAK Zbigniew	260	NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:19:02	00:38:37	00:58:09	01:17:25.41	+00:11:43 (15.1%)	7:44	7.7 (84.6%)
27	MARZEC Beata	217	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:18:45	00:38:05	00:57:32	01:17:28.83	+00:11:46 (15.2%)	7:44	7.7 (84.6%)
28	KOCIMSKI Jan	227	KM AKTYWNI SOCHACZEW	M70+	2			00:18:24	00:37:41	00:57:33	01:17:40.76	+00:11:58 (15.4%)	7:46	7.7 (84.6%)
29	SARGALSKI Robert	287		M50-59	6			00:18:47	00:38:05	00:58:07	01:18:07.46	+00:12:25 (15.9%)	7:48	7.7 (84.6%)
30	GODZIŃSKI Paweł	277	BAŻANT NW ELBLĄG	M40-49	10			00:18:19	00:37:43	00:58:02	01:18:32.89	+00:12:50 (16.4%)	7:51	7.6 (83.5%)
31	STAWNIAK Karol	255	KS METRACO POLKOWICE	M70+	3			00:19:20	00:38:59	00:58:52	01:18:39.13	+00:12:56 (16.5%)	7:51	7.6 (83.5%)
32	MUSIATOWICZ Aleksandra	241	PASJA NORDIC WALKING	K40-49	7			00:18:55	00:38:35	00:58:40	01:18:48.37	+00:13:06 (16.6%)	7:52	7.6 (83.5%)
33	KULIG Henryk	235	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	3			00:18:57	00:38:57	00:59:00	01:18:53.55	+00:13:11 (16.7%)	7:53	7.6 (83.5%)
34	PIÓRKOWSKI Stanisław	247	TKKF KUBUŚ SIERPC	M60-69	4			00:19:24	00:39:31	00:59:26	01:19:11.35	+00:13:29 (17.0%)	7:55	7.6 (83.5%)
35	KOSICKI Dariusz	230	ROXKIJE ROKIETNICA	M50-59	7			00:20:01	00:40:03	00:59:56	01:19:41.35	+00:13:59 (17.6%)	7:58	7.5 (82.4%)
36	GOLUS Agnieszka	219	FORMA NA PIĄTKĘ NW	K40-49	8			00:19:12	00:39:09	00:59:26	01:19:52.70	+00:14:10 (17.7%)	7:59	7.5 (82.4%)

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

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

Znaleziono 77 wynik(ów)