



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT  
INTELLIGENT SPORTS

**Organiser:** PFNW  
**Date:** 2016-08-21  
**Place:** Śrem  
**Distance:** 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>KLICZKA Kamil</b>	<b>523</b>	PUSZCZYK BUKOWY	M40-49	1			00:02:04	00:16:36	00:33:15	00:49:58	<b>01:06:48.05</b>	<b>01:08:52.35</b>		6:40	9 (100%)
2	<b>SIWAK Piotr</b>	<b>561</b>	KS METRACO POLKOWICE	M50-59	1			00:02:52	00:17:05	00:33:49	00:50:32	<b>01:07:15.85</b>	<b>01:10:08.65</b>	+00:00:27 (0.7%)	6:43	8.9 (98.9%)
3	<b>LUBIATOWSKI Ireneusz</b>	<b>532</b>	KS METRACO POLKOWICE	M50-59	2			00:02:50	00:17:08	00:33:50	00:50:35	<b>01:07:17.50</b>	<b>01:10:07.95</b>	+00:00:29 (0.7%)	6:43	8.9 (98.9%)
4	<b>HELWICH Stefan</b>	<b>515</b>	KS METRACO POLKOWICE	M60-69	1			00:02:53	00:17:05	00:33:51	00:50:39	<b>01:07:54.15</b>	<b>01:10:48.10</b>	+00:01:06 (1.6%)	6:47	8.8 (97.8%)
5	<b>PUSZKIEL Adrian</b>	<b>569</b>	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:02:01	00:16:49	00:34:21	00:51:21	<b>01:08:13.10</b>	<b>01:10:14.55</b>	+00:01:25 (2.1%)	6:49	8.8 (97.8%)
6	<b>RECZULSKI Mariusz</b>	<b>575</b>	VIKING NORDIC TAEM CZĘSTOCHOWA	M50-59	3			00:02:52	00:17:07	00:33:51	00:51:04	<b>01:08:47.30</b>	<b>01:11:40.10</b>	+00:01:59 (2.9%)	6:52	8.7 (96.7%)
7	<b>NIECHWIEJCZYK Piotr</b>	<b>537</b>	UNIA MIAST	M40-49	2			00:02:03	00:16:56	00:34:20	00:51:34	<b>01:09:01.70</b>	<b>01:11:05.25</b>	+00:02:13 (3.2%)	6:54	8.7 (96.7%)
8	<b>PUSZKIEL Leszek</b>	<b>545</b>	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:02:52	00:17:04	00:34:18	00:51:51	<b>01:09:26.90</b>	<b>01:12:18.95</b>	+00:02:38 (3.8%)	6:56	8.6 (95.6%)
9	<b>ADAMSKI Robert</b>	<b>573</b>	MARSZ PO ZDROWIE	M40-49	3			00:02:04	00:16:56	00:34:20	00:51:42	<b>01:09:33.80</b>	<b>01:11:38.10</b>	+00:02:45 (4.0%)	6:57	8.6 (95.6%)
10	<b>KACPRZAK Sławek</b>	<b>518</b>	LZS JUSTYNÓW	M40-49	4			00:02:05	00:17:41	00:35:50	00:54:26	<b>01:13:04.85</b>	<b>01:15:10.45</b>	+00:06:16 (8.6%)	7:18	8.2 (91.1%)
11	<b>KRZYŻANOWSKI Robert</b>	<b>571</b>	GOSIR OSIELSKO	M40-49	5			00:02:05	00:17:57	00:36:24	00:54:53	<b>01:13:39.60</b>	<b>01:15:45.20</b>	+00:06:51 (9.3%)	7:22	8.1 (90.0%)
12	<b>SPYCHAŁA Marzena</b>	<b>548</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:59	00:17:58	00:36:27	00:55:07	<b>01:14:11.05</b>	<b>01:18:10.40</b>	+00:07:23 (10.0%)	7:25	8.1 (90.0%)
13	<b>KASPRZYK Lilianna</b>	<b>522</b>	KS METRACO POLKOWICE	K50-59	1			00:04:25	00:18:14	00:36:51	00:55:55	<b>01:14:33.60</b>	<b>01:18:59.35</b>	+00:07:45 (10.4%)	7:27	8 (88.9%)
14	<b>ŁUKASZEWICZ Joanna</b>	<b>533</b>	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:58	00:18:04	00:36:47	00:55:53	<b>01:14:45.10</b>	<b>01:18:44.05</b>	+00:07:57 (10.6%)	7:28	8 (88.9%)
15	<b>LIPKO Adrianna</b>	<b>531</b>	PENDOLINO	K18-29	1			00:03:56	00:18:51	00:38:03	00:56:44	<b>01:14:46.60</b>	<b>01:18:43.15</b>	+00:07:58 (10.7%)	7:28	8 (88.9%)
16	<b>CZEKAJŁO Franciszek</b>	<b>509</b>	TEAM MEPROZET	M60-69	2			00:02:53	00:17:58	00:36:34	00:55:34	<b>01:14:50.40</b>	<b>01:17:44.10</b>	+00:08:02 (10.7%)	7:29	8 (88.9%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												10km	10km			
17	<b>FALKOWSKA Beata</b>	<b>510</b>	UKS GIMNAZJON SUCHY LAS	K50-59	2			00:04:25	00:18:20	00:37:05	00:56:05	<b>01:15:08.20</b>	<b>01:19:33.85</b>	+00:08:20 (11.1%)	7:30	8 (88.9%)
18	<b>SKRYCKA Katarzyna</b>	<b>546</b>	KS METRACO POLKOWICE	K30-39	1			00:03:56	00:18:58	00:37:52	00:56:30	<b>01:15:12.10</b>	<b>01:19:08.60</b>	+00:08:24 (11.2%)	7:31	8 (88.9%)
19	<b>KOWALCZYK Mariusz</b>	<b>525</b>	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:50	00:18:41	00:37:34	00:56:20	<b>01:15:20.40</b>	<b>01:18:10.70</b>	+00:08:32 (11.3%)	7:32	8 (88.9%)
20	<b>BOCZAR Beata</b>	<b>572</b>	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:04:24	00:18:27	00:37:15	00:56:19	<b>01:15:23.50</b>	<b>01:19:48.25</b>	+00:08:35 (11.4%)	7:32	8 (88.9%)
21	<b>SZULC Jarek</b>	<b>552</b>	MARSZ PO ZDROWIE	M50-59	6			00:02:52	00:18:47	00:37:34	00:56:28	<b>01:15:34.60</b>	<b>01:18:26.60</b>	+00:08:46 (11.6%)	7:33	7.9 (87.8%)
22	<b>ZIĘBA Krzysztof</b>	<b>559</b>		M50-59	7			00:02:50	00:18:38	00:37:36	00:56:49	<b>01:16:07.40</b>	<b>01:18:57.65</b>	+00:09:19 (12.2%)	7:36	7.9 (87.8%)
23	<b>MARCINKOWSKI Wojciech</b>	<b>535</b>	UNIA MIAST	M40-49	6			00:02:04	00:18:45	00:38:23	00:57:12	<b>01:16:33.00</b>	<b>01:18:37.00</b>	+00:09:44 (12.7%)	7:39	7.8 (86.7%)
24	<b>SULOWSKI Paweł</b>	<b>551</b>	UKS GIMNAZJON SUCHY LAS	M18-29	2			00:02:00	00:19:29	00:38:30	00:57:33	<b>01:16:43.20</b>	<b>01:18:44.15</b>	+00:09:55 (12.9%)	7:40	7.8 (86.7%)
25	<b>BANASZKIEWICZ Katarzyna</b>	<b>503</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:04:00	00:18:27	00:37:51	00:57:29	<b>01:17:00.85</b>	<b>01:21:00.85</b>	+00:10:12 (13.3%)	7:42	7.8 (86.7%)
26	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>519</b>	CZARNE PANTERY	K40-49	4			00:03:59	00:19:15	00:38:38	00:58:03	<b>01:17:18.60</b>	<b>01:21:18.45</b>	+00:10:30 (13.6%)	7:43	7.8 (86.7%)
27	<b>ANTOSZEWSKI Piotr</b>	<b>501</b>	DĄBROWA NORDIC TEAM	M40-49	7			00:02:05	00:19:30	00:39:13	00:58:35	<b>01:17:40.55</b>	<b>01:19:45.75</b>	+00:10:52 (14.0%)	7:46	7.7 (85.6%)
28	<b>BORKOWSKI Witold</b>	<b>506</b>	SAINT-GOBAIN SQUAD	M40-49	8			00:02:04	00:19:11	00:38:46	00:58:23	<b>01:18:03.75</b>	<b>01:20:08.50</b>	+00:11:15 (14.4%)	7:48	7.7 (85.6%)
29	<b>KRUSZKA Arleta</b>	<b>528</b>	MARSZ PO ZDROWIE	K50-59	4			00:04:26	00:19:17	00:39:03	00:58:49	<b>01:18:43.55</b>	<b>01:23:10.00</b>	+00:11:55 (15.1%)	7:52	7.6 (84.4%)
30	<b>ŁOPIŃSKI Aleksy</b>	<b>567</b>	CZARNE PANTERY	M60-69	3			00:02:56	00:19:35	00:39:00	00:58:35	<b>01:18:57.15</b>	<b>01:21:53.30</b>	+00:12:09 (15.4%)	7:53	7.6 (84.4%)
31	<b>NETKOWSKI Wojciech</b>	<b>536</b>	PASJA NORDIC WALKING	M50-59	8			00:02:50	00:19:00	00:38:57	00:58:59	<b>01:19:02.30</b>	<b>01:21:53.25</b>	+00:12:14 (15.5%)	7:54	7.6 (84.4%)
32	<b>KUSZA Marcelina</b>	<b>530</b>	UKS GIMNAZJON SUCHY LAS	K30-39	2			00:03:58	00:18:52	00:38:26	00:58:59	<b>01:19:14.20</b>	<b>01:23:13.05</b>	+00:12:26 (15.7%)	7:55	7.6 (84.4%)
33	<b>BANACH Joanna</b>	<b>502</b>	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:04:03	00:19:27	00:39:16	00:59:13	<b>01:19:18.95</b>	<b>01:23:22.20</b>	+00:12:30 (15.8%)	7:55	7.6 (84.4%)
34	<b>RASZEWSKA Justyna</b>	<b>565</b>		K30-39	3			00:03:57	00:19:33	00:39:20	00:59:21	<b>01:19:24.75</b>	<b>01:23:21.85</b>	+00:12:36 (15.9%)	7:56	7.6 (84.4%)
35	<b>GRZESZCZAK Andrzej</b>	<b>574</b>	KS METRACO POLKOWICE	M50-59	9			00:02:51	00:19:25	00:39:20	00:59:26	<b>01:19:25.80</b>	<b>01:22:17.20</b>	+00:12:37 (15.9%)	7:56	7.6 (84.4%)
36	<b>STASZEWSKA Katarzyna</b>	<b>549</b>	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K40-49	6			00:04:02	00:20:05	00:39:45	00:59:43	<b>01:19:59.75</b>	<b>01:24:01.80</b>	+00:13:11 (16.5%)	7:59	7.5 (83.3%)
37	<b>KALISZ Krzysztof</b>	<b>520</b>	KS METRACO POLKOWICE	M60-69	4			00:02:55	00:18:54	00:38:21	00:58:50	<b>01:20:17.15</b>	<b>01:23:13.00</b>	+00:13:29 (16.8%)	8:01	7.5 (83.3%)
38	<b>WALKOWIAK Michał</b>	<b>554</b>		M30-39	1			00:02:01	00:20:39	00:40:55	01:01:07	<b>01:21:07.20</b>	<b>01:23:09.05</b>	+00:14:19 (17.7%)	8:06	7.4 (82.2%)
39	<b>CHOLEWIŃSKA Longina</b>	<b>562</b>		K50-59	5			00:04:25	00:20:34	00:40:51	01:01:07	<b>01:21:33.25</b>	<b>01:25:58.25</b>	+00:14:45 (18.1%)	8:09	7.4 (82.2%)
40	<b>KRAKOWIAK Krzysztof</b>	<b>527</b>	UKS GIMNAZJON SUCHY LAS	M50-59	10			00:02:52	00:19:10	00:39:18	01:00:30	<b>01:21:37.20</b>	<b>01:24:29.40</b>	+00:14:49 (18.2%)	8:09	7.4 (82.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
												10km	10km			
41	<b>FOT Krzysztof</b>	<b>511</b>	MARSZ PO ZDROWIE	M50-59	11			00:02:50	00:20:55	00:41:40	01:02:02	<b>01:21:47.10</b>	<b>01:24:37.25</b>	+00:14:59 (18.3%)	8:10	7.3 (81.1%)
42	<b>PRAWUCKI Krzysztof</b>	<b>543</b>	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:02:02	00:20:29	00:41:06	01:01:28	<b>01:21:58.30</b>	<b>01:24:00.75</b>	+00:15:10 (18.5%)	8:11	7.3 (81.1%)
43	<b>KOZŁOWSKA Agnieszka</b>	<b>526</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:04:00	00:20:29	00:41:17	01:01:32	<b>01:21:58.50</b>	<b>01:25:59.05</b>	+00:15:10 (18.5%)	8:11	7.3 (81.1%)
44	<b>ZWOLENKIEWICZ Joanna</b>	<b>560</b>	KS SOKÓŁ GAŚAWA	K40-49	8			00:04:00	00:20:26	00:41:01	01:01:45	<b>01:22:39.65</b>	<b>01:26:39.95</b>	+00:15:51 (19.2%)	8:15	7.3 (81.1%)
45	<b>APPEL Jerzy</b>	<b>570</b>	GOSIR OSIELSKO	M70+	1			00:02:57	00:19:59	00:40:19	01:01:13	<b>01:22:48.05</b>	<b>01:25:45.40</b>	+00:16:00 (19.3%)	8:16	7.2 (80.0%)
46	<b>POSTEK Danuta</b>	<b>542</b>	MARSZ PO ZDROWIE	K50-59	6			00:04:24	00:20:27	00:41:05	01:02:07	<b>01:23:02.30</b>	<b>01:27:27.10</b>	+00:16:14 (19.6%)	8:18	7.2 (80.0%)
47	<b>NOWAKOWSKA Angelika</b>	<b>539</b>	JEZIORKI - AKTYWNA WIEŚ	K30-39	4			00:03:57	00:20:32	00:41:02	01:01:55	<b>01:23:03.70</b>	<b>01:27:01.10</b>	+00:16:15 (19.6%)	8:18	7.2 (80.0%)
48	<b>SOBECKA Marzena</b>	<b>547</b>		K40-49	9			00:04:01	00:20:39	00:41:21	01:02:21	<b>01:23:33.00</b>	<b>01:27:34.45</b>	+00:16:44 (20.0%)	8:21	7.2 (80.0%)
49	<b>KOSIŃSKA Maria</b>	<b>524</b>	MOSIR RYPIN	K60-69	1			00:04:26	00:19:58	00:40:33	01:01:47	<b>01:23:46.60</b>	<b>01:28:12.95</b>	+00:16:58 (20.3%)	8:22	7.2 (80.0%)
50	<b>WIŚNIEWSKI Kazimierz</b>	<b>555</b>	ZGÓRKI	M60-69	5			00:02:54	00:20:36	00:41:25	01:02:43	<b>01:23:48.45</b>	<b>01:26:43.30</b>	+00:17:00 (20.3%)	8:22	7.2 (80.0%)
51	<b>WACHOWIAK Sylwia</b>	<b>553</b>		K40-49	10			00:04:01	00:21:08	00:41:55	01:02:55	<b>01:23:51.90</b>	<b>01:27:53.35</b>	+00:17:03 (20.3%)	8:23	7.2 (80.0%)
52	<b>ROSADZIŃSKA Natalia</b>	<b>568</b>		K18-29	2			00:03:56	00:21:00	00:42:40	01:03:53	<b>01:24:48.85</b>	<b>01:28:45.35</b>	+00:18:00 (21.2%)	8:28	7.1 (78.9%)
53	<b>ZAWISŁA Stanisław</b>	<b>556</b>	MARSZ PO ZDROWIE	M60-69	6			00:02:56	00:20:20	00:41:37	01:03:19	<b>01:24:48.95</b>	<b>01:27:45.65</b>	+00:18:00 (21.2%)	8:28	7.1 (78.9%)
54	<b>ZBIELSKA Agnieszka</b>	<b>558</b>	SAILING TEAM FERAJNA	K30-39	5			00:03:58	00:21:00	00:42:13	01:03:46	<b>01:25:57.00</b>	<b>01:29:55.10</b>	+00:19:08 (22.3%)	8:35	7 (77.8%)
55	<b>CHĘCIŃSKA Krystyna</b>	<b>508</b>	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:04:27	00:20:42	00:42:19	01:04:15	<b>01:26:37.60</b>	<b>01:31:04.95</b>	+00:19:49 (22.9%)	8:39	6.9 (76.7%)
56	<b>MAĆKOWIAK Krystyna</b>	<b>534</b>	FACE NORDIC WALKING TEAM	K60-69	3			00:04:26	00:20:56	00:42:32	01:04:25	<b>01:26:51.50</b>	<b>01:31:18.45</b>	+00:20:03 (23.1%)	8:41	6.9 (76.7%)
57	<b>NOWAKOWSKI Rafał</b>	<b>540</b>	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:02:02	00:21:07	00:42:43	01:04:34	<b>01:27:05.35</b>	<b>01:29:07.90</b>	+00:20:17 (23.3%)	8:42	6.9 (76.7%)
58	<b>BOROWSKI Marcin</b>	<b>507</b>	FACE NORDIC WALKING TEAM	M30-39	4			00:02:02	00:21:39	00:43:24	01:05:37	<b>01:27:32.80</b>	<b>01:29:35.10</b>	+00:20:44 (23.7%)	8:45	6.9 (76.7%)
59	<b>HACZYK Anna</b>	<b>514</b>	UKS GIMNAZJON SUCHY LAS	K30-39	6			00:03:58	00:21:22	00:43:18	01:05:58	<b>01:28:45.70</b>	<b>01:32:44.15</b>	+00:21:57 (24.7%)	8:52	6.8 (75.6%)
59	<b>STRZELECKI Sebastian</b>	<b>566</b>	SAILING TEAM FERAJNA	M40-49	9			00:02:04	00:22:23	00:44:01	01:06:33	<b>01:28:45.70</b>	<b>01:30:50.45</b>	+00:21:57 (24.7%)	8:52	6.8 (75.6%)
61	<b>NOWAK Maciej</b>	<b>564</b>	SAILING TEAM FERAJNA	M40-49	10			00:02:03	00:22:41	00:45:24	01:07:20	<b>01:29:10.75</b>	<b>01:31:14.50</b>	+00:22:22 (25.1%)	8:55	6.7 (74.4%)
62	<b>KARDASZ Małgorzata</b>	<b>521</b>		K40-49	11			00:04:05	00:21:48	00:44:03	01:06:37	<b>01:29:11.55</b>	<b>01:33:17.30</b>	+00:22:23 (25.1%)	8:55	6.7 (74.4%)
63	<b>ZBAWIONA Hanna</b>	<b>557</b>		K30-39	7			00:03:59	00:21:57	00:44:32	01:07:58	<b>01:31:19.70</b>	<b>01:35:19.55</b>	+00:24:31 (26.9%)	9:08	6.6 (73.3%)
64	<b>GIERSZENDORF Monika</b>	<b>513</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:04:02	00:22:18	00:44:56	01:08:27	<b>01:31:38.95</b>	<b>01:35:41.40</b>	+00:24:50 (27.1%)	9:09	6.5 (72.2%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
65	<b>GACZKOWSKA-KSIAŻKIEWICZ Magdalena</b>	<b>512</b>	KS SOKÓŁ GAŚAWA	K30-39	8			00:03:57	00:22:25	00:45:01	01:08:33	<b>01:31:43.55</b>	<b>01:35:41.40</b>	+00:24:55 (27.2%)	9:10	6.5 (72.2%)
66	<b>PILECKI Gustaw</b>	<b>541</b>	GOSIR OSIELSKO	M70+	2			00:02:59	00:22:32	00:45:25	01:08:39	<b>01:32:09.85</b>	<b>01:35:09.05</b>	+00:25:21 (27.5%)	9:13	6.5 (72.2%)
67	<b>KULKA Maciej</b>	<b>529</b>	FACE NORDIC WALKING TEAM	M50-59	12			00:02:54	00:22:39	00:46:33	01:11:00	<b>01:35:08.20</b>	<b>01:38:02.55</b>	+00:28:20 (29.8%)	9:30	6.3 (70.0%)
68	<b>BAKOWSKA Maria</b>	<b>504</b>	NORDIC TEAM GNIEZNO	K60-69	4			00:04:28	00:22:39	00:46:39	01:11:23	<b>01:36:02.45</b>	<b>01:40:30.80</b>	+00:29:14 (30.4%)	9:36	6.2 (68.9%)
69	<b>JÓŻWIAK Dominik</b>	<b>517</b>	WTW.WŁOCŁAWEK	M18-29	3			00:02:01	00:23:19	00:48:26	01:13:13	<b>01:37:33.45</b>	<b>01:39:35.40</b>	+00:30:45 (31.5%)	9:45	6.1 (67.8%)
DQ	<b>STAWNIAK Karol</b>	<b>550</b>	KS METRACO POLKOWICE	M60-69			TAK	DQ	00:17:58 DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>CHOLEWIŃSKI Wojciech</b>	<b>563</b>		M50-59			TAK	DQ	00:18:04 DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Total 71 results.