



# ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-20  
**Miejsce:** Śrem  
**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>NIECHWIEJCZYK Piotr</b>	<b>231</b>	UNIA MIAST	M40-49	1			00:14:53	00:30:13	00:45:44	<b>01:00:50.25</b>		6:05	9.9 (100%)
2	<b>HELWICH Stefan</b>	<b>215</b>	KS METRACO POLKOWICE	M60-69	1			00:14:53	00:30:13	00:45:44	<b>01:00:55.40</b>	+00:00:05 (0.1%)	6:05	9.8 (99.0%)
3	<b>KACPRZAK Sławek</b>	<b>218</b>	LZS JUSTYNÓW	M40-49	2			00:14:51	00:30:12	00:45:44	<b>01:01:06.85</b>	+00:00:16 (0.5%)	6:06	9.8 (99.0%)
4	<b>MIELECKA Agnieszka</b>	<b>228</b>	KS SOKÓŁ GĄSAWA	K40-49	1			00:15:37	00:31:33	00:47:44	<b>01:03:34.25</b>	+00:02:44 (4.3%)	6:21	9.4 (94.9%)
5	<b>NOWAK Rajmund</b>	<b>232</b>	NORDIC WALKING KIEKRZ	M40-49	3			00:15:26	00:31:53	00:48:37	<b>01:04:51.45</b>	+00:04:01 (6.2%)	6:29	9.3 (93.9%)
6	<b>JĘDRASIAK Renata</b>	<b>217</b>	KS METRACO POLKOWICE	K50-59	1			00:16:03	00:32:28	00:49:14	<b>01:06:03.05</b>	+00:05:12 (7.9%)	6:36	9.1 (91.9%)
7	<b>SMUL Andrzej</b>	<b>240</b>	MARSZ PO ZDROWIE	M60-69	2			00:16:03	00:32:40	00:49:37	<b>01:06:55.35</b>	+00:06:05 (9.1%)	6:41	9 (90.9%)
8	<b>ROSADZIŃSKI Sławomir</b>	<b>239</b>	LESZNO :)	M40-49	4			00:16:21	00:33:16	00:50:27	<b>01:07:14.50</b>	+00:06:24 (9.5%)	6:43	8.9 (89.9%)
9	<b>KOWALSKI Marek</b>	<b>257</b>	UNIA MIAST	M50-59	1			00:16:49	00:33:47	00:50:34	<b>01:07:19.50</b>	+00:06:29 (9.6%)	6:44	8.9 (89.9%)
10	<b>NETKOWSKI Wojciech</b>	<b>230</b>	PASJA NORDIC WALKING	M50-59	2			00:16:48	00:33:48	00:50:37	<b>01:07:34.90</b>	+00:06:44 (10.0%)	6:45	8.9 (89.9%)
11	<b>CZEKAJŁO Franciszek</b>	<b>209</b>	REMI	M60-69	3			00:16:30	00:33:17	00:50:30	<b>01:07:48.45</b>	+00:06:58 (10.3%)	6:46	8.8 (88.9%)
12	<b>ANTOSZEWSKI Piotr</b>	<b>202</b>	NORDIC TEAM GNIEZNO	M40-49	5			00:16:57	00:34:17	00:51:27	<b>01:08:23.45</b>	+00:07:33 (11.0%)	6:50	8.8 (88.9%)
13	<b>PRZYBYSZ Grzegorz</b>	<b>236</b>		M30-39	1			00:16:50	00:34:19	00:51:29	<b>01:08:25.10</b>	+00:07:34 (11.1%)	6:50	8.8 (88.9%)
14	<b>SPYCHAŁA Marzena</b>	<b>241</b>	WESOŁY BORSUK TEAM	K40-49	2			00:16:36	00:33:33	00:50:54	<b>01:08:39.65</b>	+00:07:49 (11.4%)	6:52	8.7 (87.9%)

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
											Czas netto 10km	Różn		
15	<b>FALKOWSKA Beata</b>	<b>212</b>	UKS GIMNAZJON SUCHY LAS	K50-59	2	1		00:16:37	00:33:39	00:51:44	<b>01:09:20.80</b>	+00:08:30 (12.3%)	6:56	8.7 (87.9%)
16	<b>SKRYCKA Katarzyna</b>	<b>254</b>	KS METRACO POLKOWICE	K30-39	1			00:17:05	00:34:33	00:52:11	<b>01:09:28.90</b>	+00:08:38 (12.4%)	6:56	8.6 (86.9%)
17	<b>SULOWSKI Paweł</b>	<b>244</b>	UKS GIMNAZJON SUCHY LAS	M18-29	1			00:17:41	00:34:53	00:52:12	<b>01:09:33.85</b>	+00:08:43 (12.5%)	6:57	8.6 (86.9%)
18	<b>ŁUKASZEWICZ Joanna</b>	<b>226</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:17:09	00:34:42	00:52:45	<b>01:10:07.05</b>	+00:09:16 (13.2%)	7:00	8.6 (86.9%)
19	<b>STAWNIAK Karol</b>	<b>242</b>	KS SOKÓŁ GAŚAWA	M60-69	4			00:17:19	00:34:41	00:52:33	<b>01:10:30.50</b>	+00:09:40 (13.7%)	7:03	8.5 (85.9%)
20	<b>MIERNICKI Mariusz</b>	<b>264</b>	PASJA NORDIC WALKING	M50-59	3			00:17:21	00:35:01	00:52:52	<b>01:10:33.65</b>	+00:09:43 (13.8%)	7:03	8.5 (85.9%)
21	<b>BADECKI Ryszard</b>	<b>204</b>	NIE ZRZESZONY	M50-59	4			00:17:31	00:35:26	00:53:18	<b>01:10:36.85</b>	+00:09:46 (13.8%)	7:03	8.5 (85.9%)
22	<b>KACZMARCZYK-PASECKA Renata</b>	<b>219</b>	CZARNE PANTERY	K40-49	4			00:17:33	00:35:28	00:53:10	<b>01:10:44.20</b>	+00:09:53 (14.0%)	7:04	8.5 (85.9%)
23	<b>ROGOS Henryk</b>	<b>237</b>	LESZNO :)	M70+	1			00:17:43	00:35:31	00:53:18	<b>01:11:13.00</b>	+00:10:22 (14.6%)	7:07	8.4 (84.8%)
24	<b>KOZAKOWSKA Małgorzata</b>	<b>222</b>	KS SOKÓŁ GAŚAWA	K40-49	5			00:17:43	00:35:35	00:53:28	<b>01:11:15.75</b>	+00:10:25 (14.6%)	7:07	8.4 (84.8%)
25	<b>ZWOLENKIEWICZ Joanna</b>	<b>253</b>	KS SOKÓŁ GAŚAWA	K40-49	6			00:17:49	00:35:33	00:53:28	<b>01:11:23.80</b>	+00:10:33 (14.8%)	7:08	8.4 (84.8%)
26	<b>SZCZĘSNY Wojciech</b>	<b>245</b>	KS SOKÓŁ GAŚAWA	M40-49	6			00:17:38	00:35:20	00:53:25	<b>01:11:30.30</b>	+00:10:40 (14.9%)	7:09	8.4 (84.8%)
27	<b>STĘPCZYŃSKA Angelika</b>	<b>243</b>	GOSIR OSIELSKO	K30-39	2			00:17:23	00:35:11	00:53:15	<b>01:11:34.30</b>	+00:10:44 (15.0%)	7:09	8.4 (84.8%)
28	<b>FOT Krzysztof</b>	<b>213</b>	MARSZ PO ZDROWIE	M50-59	5			00:17:57	00:36:08	00:54:26	<b>01:12:06.80</b>	+00:11:16 (15.6%)	7:12	8.3 (83.8%)
29	<b>BAJ Stanisław</b>	<b>255</b>	LESZNO :)	M50-59	6			00:18:03	00:36:10	00:54:19	<b>01:12:20.65</b>	+00:11:30 (15.9%)	7:14	8.3 (83.8%)
30	<b>CIESIELSKI Krzysztof</b>	<b>208</b>	FAST WALKER	M60-69	5			00:17:49	00:35:52	00:54:09	<b>01:12:23.40</b>	+00:11:33 (16.0%)	7:14	8.3 (83.8%)
31	<b>SOBAŃSKA Grażyna</b>	<b>258</b>		K60-69	1			00:18:01	00:36:09	00:54:47	<b>01:12:51.50</b>	+00:12:01 (16.5%)	7:17	8.2 (82.8%)
32	<b>DĄBROWA Wojciech</b>	<b>211</b>		M50-59	7			00:17:42	00:36:05	00:54:40	<b>01:12:55.00</b>	+00:12:04 (16.6%)	7:17	8.2 (82.8%)
33	<b>KWIATKOWSKA Stanisława</b>	<b>224</b>		K50-59	3			00:18:00	00:36:09	00:54:49	<b>01:12:58.75</b>	+00:12:08 (16.6%)	7:17	8.2 (82.8%)
34	<b>WALKOWIAK Michał</b>	<b>250</b>		M30-39	2			00:18:16	00:36:35	00:54:52	<b>01:13:06.15</b>	+00:12:15 (16.8%)	7:18	8.2 (82.8%)
35	<b>KANIEWSKI Łukasz</b>	<b>220</b>	SUMMER ISLAND	M30-39	3			00:17:36	00:36:00	00:54:39	<b>01:13:20.35</b>	+00:12:30 (17.0%)	7:20	8.2 (82.8%)
36	<b>CHYRA Janusz</b>	<b>260</b>	UNIA MIAST	M40-49	7			00:17:49	00:36:20	00:55:09	<b>01:13:23.80</b>	+00:12:33 (17.1%)	7:20	8.2 (82.8%)
37	<b>MARCINKOWSKI Wojciech</b>	<b>227</b>	UNIA MIAST	M40-49	8			00:17:50	00:36:19	00:55:08	<b>01:13:24.80</b>	+00:12:34 (17.1%)	7:20	8.2 (82.8%)

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											netto 10km	Różn		
38	<b>ROSADZIŃSKA Natalia</b>	<b>238</b>	LESZNO :)	K18-29	1			00:18:28	00:36:49	00:55:15	<b>01:13:37.75</b>	+00:12:47 (17.4%)	7:21	8.1 (81.8%)
39	<b>PRZYBYŁEK Marysia</b>	<b>235</b>	LESZNO :)	K40-49	7			00:17:50	00:36:28	00:54:54	<b>01:13:38.55</b>	+00:12:48 (17.4%)	7:21	8.1 (81.8%)
40	<b>BOGUSZ Marek</b>	<b>205</b>		M50-59	8			00:18:06	00:36:53	00:55:24	<b>01:14:01.00</b>	+00:13:10 (17.8%)	7:24	8.1 (81.8%)
41	<b>THOMALLA Bogdan</b>	<b>259</b>	SILESIA NORDIC TEAM	M70+	2			00:17:48	00:36:00	00:54:58	<b>01:14:18.80</b>	+00:13:28 (18.1%)	7:25	8.1 (81.8%)
42	<b>BORUCKI Krystian</b>	<b>266</b>	BORKO.PL	M30-39	4			00:17:46	00:36:20	00:55:25	<b>01:14:26.60</b>	+00:13:36 (18.3%)	7:26	8.1 (81.8%)
43	<b>KRUSZKA Arleta</b>	<b>182</b>	MARSZ PO ZDROWIE	K50-59	4			00:18:19	00:36:56	00:55:43	<b>01:14:28.50</b>	+00:13:38 (18.3%)	7:26	8.1 (81.8%)
44	<b>PIĄTKOWSKI Józef</b>	<b>234</b>	KS METRACO POLKOWICE	M70+	3			00:18:15	00:37:01	00:55:56	<b>01:14:52.35</b>	+00:14:02 (18.7%)	7:29	8 (80.8%)
45	<b>CHŁODNICKI Marek</b>	<b>206</b>	MARSZ PO ZDROWIE	M60-69	6			00:18:11	00:36:51	00:55:56	<b>01:15:10.35</b>	+00:14:20 (19.1%)	7:31	8 (80.8%)
46	<b>RASZEWSKA Justyna</b>	<b>262</b>		K30-39	3			00:18:02	00:36:45	00:55:55	<b>01:15:29.95</b>	+00:14:39 (19.4%)	7:33	7.9 (79.8%)
47	<b>JASONŃ Grażyna</b>	<b>216</b>	DYNAMIC	K50-59	5			00:18:32	00:37:21	00:56:42	<b>01:16:01.00</b>	+00:15:10 (20.0%)	7:36	7.9 (79.8%)
48	<b>POSTEK Danuta</b>	<b>261</b>	MARSZ PO ZDROWIE	K50-59	6			00:18:44	00:38:01	00:57:24	<b>01:16:11.75</b>	+00:15:21 (20.2%)	7:37	7.9 (79.8%)
49	<b>SZYBCZYŃSKA Katarzyna</b>	<b>246</b>	KS SOKÓŁ GAŚAWA	K40-49	8			00:19:16	00:38:51	00:57:33	<b>01:16:13.00</b>	+00:15:22 (20.2%)	7:37	7.9 (79.8%)
50	<b>KOTULA Jakub</b>	<b>221</b>	UNIA MIAST	M30-39	5	1		00:18:43	00:38:01	00:57:20	<b>01:16:18.90</b>	+00:15:28 (20.3%)	7:37	7.9 (79.8%)
51	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>229</b>	LESZNO :)	K50-59	7	1		00:19:05	00:38:39	00:57:31	<b>01:16:58.35</b>	+00:16:08 (21.0%)	7:41	7.8 (78.8%)
52	<b>ADAMEK-BOBER Anna</b>	<b>201</b>	MARSZ PO ZDROWIE	K60-69	2			00:18:50	00:38:06	00:57:36	<b>01:17:00.25</b>	+00:16:10 (21.0%)	7:42	7.8 (78.8%)
53	<b>GERLE-KOTULA Anna</b>	<b>214</b>	UNIA MIAST	K30-39	4			00:19:20	00:38:56	00:58:14	<b>01:17:10.20</b>	+00:16:19 (21.2%)	7:43	7.8 (78.8%)
54	<b>APPEL Jerzy</b>	<b>203</b>	GOSIR OSIELSKO	M70+	4			00:18:37	00:37:41	00:57:25	<b>01:17:13.95</b>	+00:16:23 (21.2%)	7:43	7.8 (78.8%)
55	<b>TOBYS Ryszard</b>	<b>248</b>		M60-69	7			00:19:26	00:38:43	00:58:13	<b>01:17:17.15</b>	+00:16:26 (21.3%)	7:43	7.8 (78.8%)
56	<b>ZAKRZEWSKA Henryka</b>	<b>251</b>	NORDIC TEAM GNIEZNO	K70+	1			00:19:01	00:38:23	00:57:46	<b>01:17:28.60</b>	+00:16:38 (21.5%)	7:44	7.7 (77.8%)
57	<b>DĄBROWA Dorota</b>	<b>210</b>		K40-49	9	1		00:19:31	00:39:07	00:58:40	<b>01:18:14.00</b>	+00:17:23 (22.2%)	7:49	7.7 (77.8%)
58	<b>CHMIELEWSKA Anna</b>	<b>207</b>		K30-39	5			00:18:24	00:38:00	00:58:39	<b>01:19:23.10</b>	+00:18:32 (23.4%)	7:56	7.6 (76.8%)
59	<b>ZIEGLER Barbara</b>	<b>252</b>	LESZNO :)	K60-69	3			00:19:06	00:38:52	00:59:01	<b>01:19:36.60</b>	+00:18:46 (23.6%)	7:57	7.5 (75.8%)
60	<b>WALKOWIAK Ma</b>	<b>265</b>		M40-49	9			00:19:41	00:40:06	00:59:59	<b>01:19:52.15</b>	+00:19:01 (23.8%)	7:59	7.5 (75.8%)

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
61	<b>URBAN Jacek</b>	<b>249</b>	LESZNO :)	M60-69	8			00:19:48	00:39:42	00:59:57	<b>01:20:16.20</b>	+00:19:25 (24.2%)	8:01	7.5 (75.8%)
62	<b>KRAWCZYK Dariusz</b>	<b>223</b>		M60-69	9			00:19:47	00:39:50	00:59:56	<b>01:20:29.40</b>	+00:19:39 (24.4%)	8:02	7.5 (75.8%)
63	<b>KRZYŚCIN Rafał</b>	<b>263</b>	SANTANDER	M40-49	10			00:19:59	00:40:12	01:00:33	<b>01:20:59.15</b>	+00:20:08 (24.9%)	8:05	7.4 (74.7%)
64	<b>ŚWIĄTEK Ewa</b>	<b>247</b>		K60-69	4			00:20:55	00:42:51	01:04:28	<b>01:25:48.80</b>	+00:24:58 (29.1%)	8:34	7 (70.7%)
DQ	<b>LENARTOWICZ Stanisław</b>	<b>225</b>	DERBY STARA ŁUBIANKA	M50-59		2	1	00:17:06 DQ	00:34:50 DQ	00:52:58 DQ	<b>01:11:18.25</b> <b>DQ</b>		-	- (0.0%)

Znaleziono 65 wynik(ów)