

ŚREM - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: Puchary Regionalne Nordic Walking 2019
Organiser: Śrem
Date: 2019-08-18
Place: Śrem
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	HELWICH Stefan	193	KS METRACO POLKOWICE	M60-69	1			00:14:52	00:29:55	00:44:49	00:59:43.55		5:58	10 (100%)
2	KŁOS Maciej	202	NW WYSPA SOBIESZEWSKA	M30-39	1			00:15:01	00:30:11	00:45:32	01:00:34.70	+00:00:51 (1.4%)	6:03	9.9 (99.0%)
3	WOJTASIŃSKI Daniel	238	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:14:54	00:30:06	00:45:33	01:01:10.80	+00:01:27 (2.4%)	6:07	9.8 (98.0%)
4	ROMANOWICZ Piotr	223	RUNGRYF GRYFICE	M40-49	2			00:14:55	00:30:14	00:45:54	01:01:52.80	+00:02:09 (3.5%)	6:11	9.7 (97.0%)
5	BARCZYK Bogdan	184	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:15:14	00:31:00	00:46:51	01:02:33.45	+00:02:49 (4.5%)	6:15	9.6 (96.0%)
6	KLIMCZAK Adam	201	GOSADI NORDIC TEAM	M50-59	2			00:15:28	00:31:18	00:47:31	01:03:30.85	+00:03:47 (6.0%)	6:21	9.4 (94.0%)
7	ŻYDACZEWSKI Ryszard	242	KS METRACO POLKOWICE	M50-59	3			00:15:27	00:31:22	00:47:40	01:03:43.65	+00:04:00 (6.3%)	6:22	9.4 (94.0%)
8	POSŁUSZNY Przemek	220	WALK & RUN TEAM OBORNIKI	M40-49	3			00:15:26	00:31:37	00:47:54	01:04:04.75	+00:04:21 (6.8%)	6:24	9.4 (94.0%)
9	ŚWISŁOCKI Bogdan	233	FACE NORDIC WALKING TEAM	M50-59	4			00:15:44	00:31:58	00:48:27	01:05:05.10	+00:05:21 (8.2%)	6:30	9.2 (92.0%)
10	KOZAKOWSKA Małgorzata	204	KS SOKÓŁ GAŚAWA	K40-49	1			00:16:17	00:32:33	00:49:11	01:05:38.55	+00:05:55 (9.0%)	6:33	9.1 (91.0%)
11	MĄDRY Grzegorz	210	KIJKOWE TRZEMESZNO	M60-69	2			00:16:12	00:32:50	00:49:14	01:05:43.45	+00:05:59 (9.1%)	6:34	9.1 (91.0%)
12	ROSADZIŃSKI Sławomir	225	LESZNO :)	M50-59	5			00:15:56	00:32:14	00:48:51	01:05:48.15	+00:06:04 (9.2%)	6:34	9.1 (91.0%)
13	HRYNDIO Jerzy	194	STADION ŚLĄSKI	M60-69	3			00:16:15	00:32:52	00:49:35	01:06:10.30	+00:06:26 (9.7%)	6:37	9.1 (91.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 2.5km	Start All 5km	Start All 7.5km	Net time	Gap	Pace min/km	Pace km/h
											10km			
14	NETKOWSKI Wojciech	215	PASJA NORDIC WALKING	M60-69	4			00:16:16	00:32:53	00:49:46	01:06:13.45	+00:06:29 (9.8%)	6:37	9.1 (91.0%)
15	ADAMCZYK Adam	181	PASJA NORDIC WALKING	M70+	1			00:16:41	00:33:27	00:50:09	01:06:16.15	+00:06:32 (9.9%)	6:37	9.1 (91.0%)
16	SZULC Alicja	232	NW WERWA MŁAWA	K40-49	2			00:16:28	00:33:14	00:50:20	01:07:07.75	+00:07:24 (11.0%)	6:42	8.9 (89.0%)
17	GRABOWSKI Krzysztof	191	4 WOG GLIWICE	M40-49	4			00:16:42	00:33:38	00:50:32	01:07:23.05	+00:07:39 (11.4%)	6:44	8.9 (89.0%)
18	RAJEK Magdalena	222	NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:16:49	00:33:53	00:50:49	01:07:35.90	+00:07:52 (11.6%)	6:45	8.9 (89.0%)
19	DĄBROWA Wojciech	245	CHODŹ Z NAMI	M50-59	6			00:16:59	00:34:14	00:51:40	01:08:35.10	+00:08:51 (12.9%)	6:51	8.7 (87.0%)
20	MARCHWICKI Przemysław	209	NORDIC WALKING KIEKRZ POLAND	M60-69	5			00:16:57	00:34:09	00:51:30	01:08:45.35	+00:09:01 (13.1%)	6:52	8.7 (87.0%)
21	SKAWIŃSKA Ewa	228	NAKIJEZAPRASZAMY	K40-49	4			00:16:46	00:34:16	00:51:44	01:09:14.90	+00:09:31 (13.8%)	6:55	8.7 (87.0%)
22	CZAJKA Urszula	187	FACE NORDIC WALKING TEAM	K60-69	1			00:16:38	00:33:49	00:51:22	01:09:20.10	+00:09:36 (13.9%)	6:56	8.7 (87.0%)
23	WEINER Jakub	142	CKZIU NYSA MECHANIK	M18-29	1			00:18:37	00:36:01	00:52:54	01:09:38.85	+00:09:55 (14.2%)	6:57	8.6 (86.0%)
24	SZCZĘŚNIAK Zbigniew	230	NORDIC TEAM CZĘSTOCHOWA	M50-59	7			00:17:05	00:34:43	00:52:30	01:09:49.85	+00:10:06 (14.5%)	6:59	8.6 (86.0%)
25	KOBIELA Magdalena	243	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:24	00:35:00	00:52:44	01:10:33.90	+00:10:50 (15.4%)	7:03	8.5 (85.0%)
26	STAWNIAK Karol	229	KS METRACO POLKOWICE	M70+	2			00:17:32	00:35:13	00:52:56	01:10:38.80	+00:10:55 (15.5%)	7:03	8.5 (85.0%)
27	KOSICKI Dariusz	203	ROXKIJE ROKIETNICA	M50-59	8			00:18:07	00:35:40	00:53:23	01:11:05.85	+00:11:22 (16.0%)	7:06	8.4 (84.0%)
28	ZIELIŃSKA Iwona	248	SERCE NORDICA WŁOCLAWEK	K50-59	1			00:17:29	00:35:24	00:53:19	01:11:18.25	+00:11:34 (16.2%)	7:07	8.4 (84.0%)
29	ŁOPIŃSKI Aleksy	207	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	3			00:18:05	00:35:48	00:53:40	01:11:32.45	+00:11:48 (16.5%)	7:09	8.4 (84.0%)
30	RUDAWSKI Maciej	226	WALK & RUN TEAM OBORNIKI	M30-39	2			00:17:24	00:35:31	00:53:40	01:11:53.60	+00:12:10 (16.9%)	7:11	8.3 (83.0%)
31	CHYRA Janusz	186	UNIA MIAST	M40-49	5			00:17:38	00:35:45	00:53:59	01:11:56.90	+00:12:13 (17.0%)	7:11	8.3 (83.0%)
32	GWAREK Anita	192	PASJA NORDIC WALKING	K40-49	6			00:17:37	00:35:40	00:54:00	01:12:15.80	+00:12:32 (17.3%)	7:13	8.3 (83.0%)
33	KANIEWSKA Alicja	199	KIJKOWA KCYNIA	K30-39	1			00:17:33	00:35:47	00:54:07	01:12:20.45	+00:12:36 (17.4%)	7:14	8.3 (83.0%)
34	FRYDRYCH Marcin	190	NORDIC WALKING KIEKRZ POLAND	M40-49	6			00:17:39	00:35:38	00:53:54	01:12:28.10	+00:12:44 (17.6%)	7:14	8.3 (83.0%)
35	POSŁUSZNA Gosia	219	WALK & RUN TEAM OBORNIKI	K40-49	7			00:18:21	00:36:37	00:54:49	01:12:34.40	+00:12:50 (17.7%)	7:15	8.3 (83.0%)
36	PINIS Michał	218	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:18:03	00:36:26	00:54:34	01:13:11.50	+00:13:27 (18.4%)	7:19	8.2 (82.0%)

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											10km			
37	WEGIERA Grzegorz	237	ROXKIJE ROKIETNICA	M40-49	7			00:17:50	00:36:09	00:54:48	01:13:36.90	+00:13:53 (18.9%)	7:21	8.2 (82.0%)
38	CZEMPIK Kornelia	188	STADION ŚLĄSKI	K50-59	2			00:17:36	00:35:53	00:54:31	01:13:42.25	+00:13:58 (19.0%)	7:22	8.1 (81.0%)
39	POSTEK Danuta	221	MARSZ PO ZDROWIE	K50-59	3			00:18:05	00:36:47	00:55:38	01:14:17.90	+00:14:34 (19.6%)	7:25	8.1 (81.0%)
40	KACZMAREK Jarek	197	SERCE NORDIC WALKING WŁOCŁAWEK	M50-59	9			00:18:23	00:37:08	00:55:50	01:14:22.30	+00:14:38 (19.7%)	7:26	8.1 (81.0%)
41	WOŹNIAK Iwona	239	RUNGRYF GRYFICE	K40-49	8			00:18:18	00:36:55	00:55:48	01:14:30.40	+00:14:46 (19.8%)	7:27	8.1 (81.0%)
42	DĄBROWA Dorota	246	CHODŹ Z NAMI	K50-59	4			00:18:29	00:37:01	00:55:37	01:14:36.90	+00:14:53 (20.0%)	7:27	8 (80.0%)
43	BACHANEK Katarzyna	183	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	5			00:18:10	00:36:53	00:56:02	01:15:15.80	+00:15:32 (20.6%)	7:31	8 (80.0%)
44	NOWICKA Urszula	216	PASJA NORDIC WALKING	K40-49	9			00:18:18	00:37:21	00:56:41	01:15:59.00	+00:16:15 (21.4%)	7:35	7.9 (79.0%)
45	MALINOWSKI Paweł	244		M18-29	2			00:18:54	00:37:52	00:56:57	01:15:59.90	+00:16:16 (21.4%)	7:36	7.9 (79.0%)
46	KACZMAREK Zofia	196	SERCE NORDIC WALKING WŁOCŁAWEK	K50-59	6			00:18:31	00:37:22	00:56:39	01:16:06.40	+00:16:22 (21.5%)	7:36	7.9 (79.0%)
47	KOSIEDOWSKI Wojciech	247		M40-49	8			00:19:40	00:38:50	00:58:09	01:16:52.25	+00:17:08 (22.3%)	7:41	7.8 (78.0%)
48	ŻBIKOWSKI Ryszard	241	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	6			00:18:36	00:37:44	00:57:16	01:16:52.35	+00:17:08 (22.3%)	7:41	7.8 (78.0%)
49	JURCZYŃSKA Bożena	195	NORDIC TEAM CZĘSTOCHOWA	K60-69	2			00:19:00	00:38:11	00:57:43	01:17:21.15	+00:17:37 (22.8%)	7:44	7.8 (78.0%)
50	ROSADZIŃSKA Natalia	224	LESZNO :)	K18-29	1			00:17:37	00:37:31	00:57:44	01:18:00.55	+00:18:17 (23.4%)	7:48	7.7 (77.0%)
51	OMARSKA Grażyna	217	PASJA NORDIC WALKING	K60-69	3			00:19:30	00:39:07	00:58:53	01:18:35.15	+00:18:51 (24.0%)	7:51	7.6 (76.0%)
52	TOBYS Ryszard	235		M60-69	7			00:19:27	00:39:11	00:58:59	01:18:35.95	+00:18:52 (24.0%)	7:51	7.6 (76.0%)
53	WĄTROBA Sebastian	236	VITADIET ŁÓDŹ	M40-49	9			00:19:26	00:39:30	00:59:32	01:19:10.85	+00:19:27 (24.6%)	7:55	7.6 (76.0%)
54	LÓRYCH Krzysztof	206	LESZNO :)	M18-29	3			00:19:23	00:39:18	00:59:33	01:19:46.80	+00:20:03 (25.1%)	7:58	7.5 (75.0%)
55	MOSTOWSKA-NOWAK Elżbieta	212	LESZNO :)	K50-59	7			00:20:30	00:40:38	01:00:12	01:20:08.40	+00:20:24 (25.5%)	8:00	7.5 (75.0%)
56	SZELIGA Justyna	231	LIDER GRODZISK MAZOWIECKI	K40-49	10			00:19:55	00:40:32	01:00:42	01:20:57.45	+00:21:13 (26.2%)	8:05	7.4 (74.0%)
57	MĘDRAK Alicja	211		K60-69	4			00:19:52	00:40:27	01:01:27	01:22:49.60	+00:23:06 (27.9%)	8:16	7.2 (72.0%)
58	MÓRAWSKI Sławomir	213	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	10			00:21:09	00:41:56	01:02:31	01:22:53.45	+00:23:09 (27.9%)	8:17	7.2 (72.0%)
59	KRÓLIKOWSKA-ŁOSKOT Danuta	205	STADION ŚLĄSKI	K60-69	5			00:20:48	00:41:48	01:03:09	01:24:55.70	+00:25:12 (29.7%)	8:29	7.1 (71.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
60	PRACKA Katarzyna	92	SERCE NORDICA WŁOCŁAWEK	K50-59	8			00:21:53	00:43:33	01:04:59	01:26:08.90	+00:26:25 (30.7%)	8:36	7 (70.0%)
61	BACDORF Alicja	182	LIDER GRODZISK MAZOWIECKI	K60-69	6			00:21:16	00:43:03	01:05:19	01:27:55.15	+00:28:11 (32.1%)	8:47	6.8 (68.0%)
62	JÓŹWIAK Dominik	42	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:23:30	00:45:52	01:08:32	01:31:10.80	+00:31:27 (34.5%)	9:07	6.6 (66.0%)
	WALEŃSKI Hubert	249		M30-39				00:20:52 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 63 results.