



# SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** FINAŁ PUCHARU POMORZA NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2018-09-02  
**Miejsce:** Szczecin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Start_All 5km	Start_All 6.66km	Start_All 8.32km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HELWICH Stefan</b>	<b>224</b>	METRACO POLKOWICE	M60-69	1			00:10:11	00:20:32	00:31:00	00:41:22	00:52:03	<b>01:02:42.37</b>		6:16	9.6 (100%)
2	<b>SZARSZUNOWICZ Mariusz</b>	<b>253</b>	KS METRACO POLKOWICE	M40-49	1			00:10:02	00:20:24	00:31:06	00:41:51	00:52:48	<b>01:03:49.74</b>	+00:01:07 (1.8%)	6:23	9.4 (97.9%)
3	<b>NAKONIECZNY Grzegorz</b>	<b>240</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	2			00:10:03	00:20:33	00:31:17	00:42:08	00:53:07	<b>01:04:08.70</b>	+00:01:26 (2.2%)	6:24	9.4 (97.9%)
4	<b>HAŁAS Marcin</b>	<b>223</b>	UNIA MIAST	M30-39	1			00:10:23	00:21:03	00:31:59	00:42:54	00:53:48	<b>01:04:35.87</b>	+00:01:53 (2.9%)	6:27	9.3 (96.9%)
5	<b>NACZK Leonard</b>	<b>239</b>	KREATIV-SPORT DYNAMIC	M40-49	3			00:10:36	00:21:21	00:32:19	00:43:20	00:54:21	<b>01:05:31.92</b>	+00:02:49 (4.3%)	6:33	9.2 (95.8%)
6	<b>SPYCHAŁA Lesław</b>	<b>249</b>	CKZIU NYSA MECHANIK	M50-59	1			00:10:40	00:21:44	00:32:58	00:44:17	00:55:41	<b>01:06:54.98</b>	+00:04:12 (6.3%)	6:41	9 (93.8%)
7	<b>BIK Stanisław</b>	<b>204</b>	KS METRACO POLKOWICE	M50-59	2			00:10:48	00:21:52	00:33:06	00:44:24	00:55:47	<b>01:06:58.71</b>	+00:04:16 (6.4%)	6:41	9 (93.8%)
8	<b>KUŚMIEREK Jan</b>	<b>235</b>	BŁĘKITNI NW DZIEMIANY	M40-49	4			00:11:11	00:22:27	00:33:44	00:45:05	00:56:28	<b>01:07:51.51</b>	+00:05:09 (7.6%)	6:47	8.8 (91.7%)
9	<b>SZARSZUNOWICZ Anna</b>	<b>254</b>	KS METRACO POLKOWICE	K30-39	1			00:10:52	00:22:15	00:33:43	00:45:18	00:57:06	<b>01:08:51.93</b>	+00:06:09 (8.9%)	6:53	8.7 (90.6%)
10	<b>ROSADZIŃSKI Sławomir</b>	<b>247</b>	LESZNO :)	M40-49	5			00:11:16	00:22:53	00:34:25	00:46:03	00:57:40	<b>01:09:11.30</b>	+00:06:28 (9.4%)	6:55	8.7 (90.6%)
11	<b>KOZŁOWSKA Piotr</b>	<b>291</b>	NERON1@WP.PL	M40-49	6			00:11:17	00:23:01	00:34:36	00:46:10	00:57:49	<b>01:09:20.51</b>	+00:06:38 (9.6%)	6:56	8.7 (90.6%)
12	<b>WOLNIEWICZ Katarzyna</b>	<b>262</b>	UNIA MIAST	K40-49	1			00:10:52	00:22:27	00:34:08	00:45:53	00:57:35	<b>01:09:21.63</b>	+00:06:39 (9.6%)	6:56	8.7 (90.6%)
13	<b>ŚWISŁOCKI Bogdan</b>	<b>259</b>	FACE NORDIC WALKING TEAM	M50-59	3			00:10:59	00:22:35	00:34:21	00:46:10	00:58:01	<b>01:09:29.93</b>	+00:06:47 (9.8%)	6:57	8.6 (89.6%)
14	<b>PRZYBYŁEK Marysia</b>	<b>245</b>	MARSZ PO ZDROWIE	K40-49	2			00:11:24	00:23:15	00:35:02	00:46:35	00:58:21	<b>01:09:59.27</b>	+00:07:16 (10.4%)	6:59	8.6 (89.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Start_All 5km	Start_All 6.66km	Start_All 8.32km	Czas		Tempo min/km	Tempo km/h
													netto 10km	Różn		
15	<b>KRÓLIKOWSKA Krystyna</b>	<b>233</b>		K40-49	3			00:11:51	00:23:38	00:35:20	00:47:00	00:58:42	<b>01:09:59.71</b>	+00:07:17 (10.4%)	7:00	8.6 (89.6%)
16	<b>DZIĘCZKOWSKI Marcin</b>	<b>215</b>	PRZYDAŚ I PAMPUCH	M40-49	7			00:11:52	00:23:40	00:35:16	00:46:58	00:58:38	<b>01:10:00.69</b>	+00:07:18 (10.4%)	7:00	8.6 (89.6%)
17	<b>KOZAKOWSKA Małgorzata</b>	<b>232</b>	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	4			00:11:23	00:23:15	00:35:02	00:46:35	00:58:21	<b>01:10:00.69</b>	+00:07:18 (10.4%)	7:00	8.6 (89.6%)
18	<b>ILOWSKA-REMBARZ Karolina</b>	<b>225</b>	LOFT TEAM EXTREME	K30-39	2			00:11:02	00:22:31	00:34:04	00:45:46	00:57:43	<b>01:10:03.20</b>	+00:07:20 (10.5%)	7:00	8.6 (89.6%)
19	<b>CZEKAJŁO Franciszek</b>	<b>210</b>	REMI	M60-69	2			00:11:06	00:22:43	00:34:25	00:46:17	00:58:15	<b>01:10:07.75</b>	+00:07:25 (10.6%)	7:00	8.6 (89.6%)
20	<b>PALIWODA Kasia</b>	<b>241</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	5			00:11:23	00:23:05	00:34:55	00:46:52	00:58:53	<b>01:10:58.44</b>	+00:08:16 (11.6%)	7:05	8.5 (88.5%)
21	<b>BUJNICKI Marcin</b>	<b>207</b>	NORDIC WALKING PASŁĘK	M40-49	8			00:11:25	00:23:14	00:35:11	00:47:14	00:59:30	<b>01:11:40.40</b>	+00:08:58 (12.5%)	7:10	8.4 (87.5%)
22	<b>ZIELIŃSKA Jolanta</b>	<b>263</b>	GOSIR OSIELSKO	K50-59	1			00:11:29	00:23:18	00:35:14	00:47:17	00:59:27	<b>01:11:43.43</b>	+00:09:01 (12.6%)	7:10	8.4 (87.5%)
23	<b>PAŁUBICKI Marcin</b>	<b>242</b>	SPORTOWA PACZKA	M40-49	9			00:12:11	00:24:19	00:36:13	00:48:13	01:00:03	<b>01:11:49.12</b>	+00:09:06 (12.7%)	7:10	8.4 (87.5%)
24	<b>KĘPA Andrzej</b>	<b>230</b>	FACE NORDIC WALKING TEAM	M60-69	3			00:11:36	00:23:34	00:35:43	00:47:45	01:00:09	<b>01:12:40.20</b>	+00:09:57 (13.7%)	7:16	8.3 (86.5%)
25	<b>ROSADZIŃSKA Natalia</b>	<b>246</b>	LESZNO :)	K18-29	1			00:12:15	00:24:30	00:36:42	00:48:45	01:00:58	<b>01:12:46.76</b>	+00:10:04 (13.8%)	7:16	8.2 (85.4%)
26	<b>LENER Sławomir</b>	<b>237</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	4			00:11:38	00:23:45	00:35:57	00:48:17	01:00:36	<b>01:12:46.91</b>	+00:10:04 (13.8%)	7:16	8.2 (85.4%)
27	<b>KUŚMIEREK Patryk</b>	<b>234</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:11:25	00:23:36	00:35:57	00:48:18	01:00:50	<b>01:13:00.93</b>	+00:10:18 (14.1%)	7:18	8.2 (85.4%)
28	<b>STACHOWICZ Marcin</b>	<b>250</b>	BŁĘKITNI NW DZIEMIANY	M30-39	2			00:11:40	00:23:37	00:35:57	00:48:19	01:00:50	<b>01:13:01.37</b>	+00:10:19 (14.1%)	7:18	8.2 (85.4%)
29	<b>STOPA Joanna</b>	<b>252</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:12:13	00:24:41	00:37:05	00:49:17	01:01:18	<b>01:13:01.53</b>	+00:10:19 (14.1%)	7:18	8.2 (85.4%)
30	<b>JUREWICZ Aleksandra</b>	<b>226</b>		K18-29	3			00:12:13	00:24:25	00:36:41	00:48:58	01:01:16	<b>01:13:02.72</b>	+00:10:20 (14.2%)	7:18	8.2 (85.4%)
31	<b>ŻAMOJCIN Marek</b>	<b>265</b>	NORDICLUB SZCZECIN	M50-59	4			00:11:29	00:23:44	00:36:09	00:48:35	01:00:55	<b>01:13:05.65</b>	+00:10:23 (14.2%)	7:18	8.2 (85.4%)
32	<b>STAWNIAK Karol</b>	<b>251</b>	KS METRACO POLKOWICE	M70+	1			00:12:05	00:24:08	00:36:25	00:48:41	01:01:05	<b>01:13:30.55</b>	+00:10:48 (14.7%)	7:21	8.2 (85.4%)
33	<b>CZAJKA Urszula</b>	<b>209</b>	FACE NORDIC WALKING TEAM	K60-69	1			00:11:47	00:23:48	00:36:04	00:48:31	01:01:03	<b>01:13:35.66</b>	+00:10:53 (14.8%)	7:21	8.2 (85.4%)
34	<b>KOS Piotr</b>	<b>231</b>		M60-69	5			00:11:44	00:23:52	00:36:12	00:48:54	01:01:50	<b>01:14:35.35</b>	+00:11:52 (15.9%)	7:27	8 (83.3%)
35	<b>GABERT Beata</b>	<b>218</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	6			00:12:03	00:24:27	00:36:58	00:49:38	01:02:27	<b>01:15:10.28</b>	+00:12:27 (16.6%)	7:31	8 (83.3%)
36	<b>ZIĘBA Krzysztof</b>	<b>264</b>		M50-59	5			00:12:08	00:24:39	00:37:29	00:50:25	01:02:59	<b>01:15:25.77</b>	+00:12:43 (16.9%)	7:32	8 (83.3%)
37	<b>GOLUS Urszula</b>	<b>220</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	2			00:12:04	00:24:36	00:37:16	00:50:07	01:02:57	<b>01:15:45.69</b>	+00:13:03 (17.2%)	7:34	7.9 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Start_All 5km	Start_All 6.66km	Start_All 8.32km	Czas		Tempo min/km	Tempo km/h
													netto 10km	Różn		
38	<b>POSTEK Danuta</b>	<b>243</b>	MARSZ PO ZDROWIE	K50-59	2			00:12:22	00:24:57	00:37:38	00:50:30	01:03:19	<b>01:16:01.92</b>	+00:13:19 (17.5%)	7:36	7.9 (82.3%)
39	<b>MAJEWSKA Lidia Ewa</b>	<b>296</b>		K50-59	3			00:12:25	00:24:56	00:37:37	00:50:28	01:03:18	<b>01:16:11.33</b>	+00:13:28 (17.7%)	7:37	7.9 (82.3%)
40	<b>DUSZA Anna</b>	<b>213</b>	NORDICLUB SZCZECIN	K40-49	7			00:12:21	00:25:02	00:37:42	00:50:33	01:03:24	<b>01:16:12.46</b>	+00:13:30 (17.7%)	7:37	7.9 (82.3%)
41	<b>FARON Monika</b>	<b>216</b>		K30-39	3			00:12:37	00:25:23	00:38:17	00:51:24	01:04:32	<b>01:17:48.79</b>	+00:15:06 (19.4%)	7:46	7.7 (80.2%)
42	<b>ŚLIWKA Wanda</b>	<b>258</b>	FACE NORDIC WALKING TEAM	K60-69	3			00:12:30	00:25:12	00:38:11	00:51:26	01:04:41	<b>01:18:12.04</b>	+00:15:29 (19.8%)	7:49	7.7 (80.2%)
43	<b>CHOLEWKA Jolanta</b>	<b>208</b>	MARSZ PO ZDROWIE POZNAŃ	K60-69	4			00:12:30	00:25:22	00:38:30	00:51:53	01:05:23	<b>01:18:50.49</b>	+00:16:08 (20.5%)	7:53	7.6 (79.2%)
44	<b>DZIEMIŃSKA Magdalena</b>	<b>214</b>	BŁĘKITNI NW DZIEMIANY	K30-39	4			00:12:34	00:25:30	00:38:52	00:52:16	01:05:44	<b>01:18:58.67</b>	+00:16:16 (20.6%)	7:53	7.6 (79.2%)
45	<b>LABUDDA Katarzyna</b>	<b>236</b>		K30-39	5			00:12:25	00:25:24	00:38:54	00:52:15	01:05:45	<b>01:19:05.19</b>	+00:16:22 (20.7%)	7:54	7.6 (79.2%)
46	<b>BOGACZ Natalia</b>	<b>205</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	8			00:13:41	00:27:42	00:41:03	00:54:10	01:07:07	<b>01:20:10.25</b>	+00:17:27 (21.8%)	8:01	7.5 (78.1%)
47	<b>ŻAMOJCIN Małgorzata</b>	<b>266</b>	NORDICLUB SZCZECIN	K50-59	4			00:12:43	00:25:58	00:39:08	00:52:34	01:06:21	<b>01:20:20.39</b>	+00:17:38 (21.9%)	8:02	7.5 (78.1%)
48	<b>GOLUS Lech</b>	<b>219</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	6			00:13:09	00:26:49	00:40:31	00:54:18	01:08:04	<b>01:21:51.97</b>	+00:19:09 (23.4%)	8:11	7.3 (76.0%)
49	<b>DAMAS Edyta</b>	<b>211</b>	ZA-BIEGANE BABECZKI	K40-49	9			00:13:41	00:27:12	00:41:01	00:55:00	01:08:52	<b>01:22:24.85</b>	+00:19:42 (23.9%)	8:14	7.3 (76.0%)
50	<b>URANTÓWKA Henryk</b>	<b>261</b>	N/Z	M70+	2			00:13:27	00:27:15	00:41:04	00:54:53	01:08:42	<b>01:22:36.57</b>	+00:19:54 (24.1%)	8:15	7.3 (76.0%)
51	<b>DOBROWOLSKA Dorota</b>	<b>212</b>	ALS SZCZECIN	K50-59	5			00:13:10	00:26:46	00:40:35	00:54:34	01:08:28	<b>01:22:43.61</b>	+00:20:01 (24.2%)	8:16	7.3 (76.0%)
52	<b>BOGUSŁAWSKI Wojciech</b>	<b>206</b>		M60-69	7			00:13:26	00:27:08	00:41:09	00:55:29	01:09:58	<b>01:24:34.99</b>	+00:21:52 (25.9%)	8:27	7.1 (74.0%)
53	<b>BIELECKA Monika</b>	<b>203</b>	TUPTUP TEAM	K40-49	10			00:13:22	00:27:20	00:41:24	00:55:43	01:10:10	<b>01:24:35.50</b>	+00:21:53 (25.9%)	8:27	7.1 (74.0%)
54	<b>BAK Iwona</b>	<b>202</b>		K50-59	6			00:13:28	00:27:21	00:41:41	00:56:11	01:10:53	<b>01:25:33.49</b>	+00:22:51 (26.7%)	8:33	7 (72.9%)
55	<b>KAROLAK Karolina</b>	<b>229</b>		K30-39	6			00:16:30	00:31:00	00:45:22	00:59:20	01:13:05	<b>01:27:12.91</b>	+00:24:30 (28.1%)	8:43	6.9 (71.9%)
56	<b>APANASEWICZ- TARKA Katarzyna</b>	<b>201</b>	MAZOWIECKA	K50-59	7			00:14:09	00:28:30	00:43:12	00:57:49	01:12:28	<b>01:27:27.35</b>	+00:24:44 (28.3%)	8:44	6.9 (71.9%)
57	<b>KARASIEWICZ Iwona</b>	<b>227</b>	NORDICLUB SZCZECIN	K30-39	7			00:14:13	00:29:01	00:43:44	00:58:20	01:13:09	<b>01:28:12.49</b>	+00:25:30 (28.9%)	8:49	6.8 (70.8%)
58	<b>TARKA Krzysztof</b>	<b>260</b>	MAZOWIECKA	M60-69	8			00:13:56	00:28:18	00:43:00	00:57:52	01:12:54	<b>01:28:40.06</b>	+00:25:57 (29.3%)	8:52	6.8 (70.8%)
59	<b>SZYDELSKA Krystyna</b>	<b>257</b>	CHODZĘ BO CHCĘ	K60-69	5			00:14:32	00:29:24	00:44:28	00:59:57	01:15:28	<b>01:31:31.53</b>	+00:28:49 (31.5%)	9:09	6.6 (68.8%)
60	<b>GRADOŃ Maria</b>	<b>221</b>		K60-69	6			00:14:34	00:30:15	00:46:34	01:02:36	01:18:52	<b>01:35:06.23</b>	+00:32:23 (34.1%)	9:30	6.3 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Start_All 5km	Start_All 6.66km	Start_All 8.32km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>JÓŹWIAK Dominik</b>	<b>54</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:15:48	00:32:26	00:48:38	01:05:00	01:21:11	<b>01:37:18.19</b>	+00:34:35 (35.6%)	9:43	6.2 (64.6%)
62	<b>FYDRYCH Dorota</b>	<b>217</b>		K40-49	11			00:17:52	00:36:50	00:55:26				+00:24:26	11:05	5.4 (56.3%)
	<b>GRZYBKOWSKA Joanna</b>	<b>222</b>		K40-49				00:17:51 DNF	00:36:49 DNF	00:55:25 DNF	01:09:26 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 63 wynik(ów)