



# SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** SZCZECIN - FINAŁ PUCHARU POMORZA NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-09-03  
**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>KLICZKA Kamil</b>	<b>204</b>	SANPROBI SZCZECIN	M40-49	1			00:10:11	00:20:34	00:30:48	00:40:57	00:50:59	<b>01:00:55.10</b>		6:05	9.8 (100%)
2	<b>NIECHWIEJCZYK Piotr</b>	<b>183</b>	UNIA MIAST	M40-49	2			00:10:12	00:20:35	00:30:49	00:41:02	00:51:04	<b>01:00:56.75</b>	+00:00:01 (0.0%)	6:05	9.8 (100%)
3	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>155</b>	BIEGAMYRAZEM	M50-59	1			00:10:12	00:20:34	00:30:48	00:40:59	00:51:02	<b>01:00:58.85</b>	+00:00:03 (0.1%)	6:05	9.8 (100%)
4	<b>HELWICH Stefan</b>	<b>169</b>	KS METRACO POLKOWICE	M60-69	1			00:10:10	00:20:32	00:30:46	00:41:03	00:51:45	<b>01:02:42.70</b>	+00:01:47 (2.9%)	6:16	9.6 (98.0%)
5	<b>NAKONIECZNY Grzegorz</b>	<b>182</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	3	1		00:10:13	00:20:44	00:31:21	00:42:09	00:53:02	<b>01:04:01.00</b>	+00:03:05 (4.8%)	6:24	9.4 (95.9%)
6	<b>KUŚMIEREK Patryk</b>	<b>176</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1	1		00:11:02	00:21:53	00:32:27	00:43:16	00:54:12	<b>01:05:01.30</b>	+00:04:06 (6.3%)	6:30	9.2 (93.9%)
7	<b>ŚWISŁOCKI Bogdan</b>	<b>196</b>	FACE NORDIC WALKING TEAM	M50-59	2			00:10:38	00:21:30	00:32:27	00:43:28	00:54:35	<b>01:05:10.15</b>	+00:04:15 (6.5%)	6:31	9.2 (93.9%)
8	<b>HAŁAS Marcin</b>	<b>168</b>		M30-39	1			00:10:44	00:21:36	00:32:30	00:43:25	00:54:31	<b>01:05:10.90</b>	+00:04:15 (6.5%)	6:31	9.2 (93.9%)
9	<b>NACZK Leonard</b>	<b>181</b>	DYNAMIC	M40-49	4			00:10:50	00:21:51	00:32:51	00:43:47	00:54:38	<b>01:05:13.00</b>	+00:04:17 (6.6%)	6:31	9.2 (93.9%)
10	<b>JĘDRASIAK Renata</b>	<b>170</b>	KS METRACO POLKOWICE	K50-59	1	1		00:10:41	00:22:12	00:33:16	00:44:40	00:56:08	<b>01:07:43.85</b>	+00:06:48 (10.1%)	6:46	8.9 (90.8%)
11	<b>KUŚMIEREK Jan</b>	<b>177</b>	BŁĘKITNI NW DZIEMIANY	M40-49	5	1		00:11:13	00:22:26	00:33:52	00:45:18	00:56:40	<b>01:08:20.10</b>	+00:07:25 (10.9%)	6:50	8.8 (89.8%)
12	<b>CZEKAJŁO Franciszek</b>	<b>203</b>	REMI	M60-69	2			00:10:49	00:22:11	00:33:34	00:45:10	00:56:49	<b>01:08:31.75</b>	+00:07:36 (11.1%)	6:51	8.8 (89.8%)
13	<b>LIPKO Adrianna</b>	<b>179</b>	PENDOLINO	K18-29	1			00:11:05	00:22:36	00:34:08	00:45:37	00:57:01	<b>01:08:34.35</b>	+00:07:39 (11.2%)	6:51	8.7 (88.8%)
14	<b>SPYCHAŁA Marzena</b>	<b>190</b>	WESOŁY BORSUK TEAM	K40-49	1			00:11:05	00:22:28	00:34:00	00:45:33	00:57:03	<b>01:08:38.15</b>	+00:07:43 (11.2%)	6:51	8.7 (88.8%)

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
													Czas netto 10km	Różn		
15	<b>STOPA Joanna</b>	<b>193</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:11:32	00:23:11	00:34:40	00:46:10	00:57:30	<b>01:08:59.15</b>	+00:08:04 (11.7%)	6:53	8.7 (88.8%)
16	<b>ŻAMOJCIN Marek</b>	<b>199</b>	NORDICLUB SZCZECIN	M50-59	3			00:11:14	00:22:45	00:34:25	00:45:59	00:57:41	<b>01:09:18.45</b>	+00:08:23 (12.1%)	6:55	8.7 (88.8%)
17	<b>PALIWODA Kasia</b>	<b>184</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2	2		00:11:05	00:22:33	00:34:11	00:45:56	00:57:43	<b>01:09:35.25</b>	+00:08:40 (12.5%)	6:57	8.6 (87.8%)
18	<b>STĘPIEŃ Lucyna</b>	<b>192</b>	KS METRACO POLKOWICE	K60-69	1	1		00:11:09	00:22:33	00:34:03	00:45:48	00:57:43	<b>01:09:35.45</b>	+00:08:40 (12.5%)	6:57	8.6 (87.8%)
19	<b>FOLWARSKI Andrzej</b>	<b>161</b>	FACE NORDIC WALKING TEAM	M50-59	4			00:11:13	00:22:44	00:34:26	00:46:23	00:58:25	<b>01:10:22.30</b>	+00:09:27 (13.4%)	7:02	8.5 (86.7%)
20	<b>LENER Sławomir</b>	<b>178</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3			00:11:19	00:23:05	00:35:01	00:46:53	00:58:47	<b>01:10:24.60</b>	+00:09:29 (13.5%)	7:02	8.5 (86.7%)
21	<b>SKRYCKA Katarzyna</b>	<b>188</b>	KS METRACO POLKOWICE	K30-39	1			00:11:22	00:23:06	00:34:57	00:46:45	00:58:39	<b>01:10:35.90</b>	+00:09:40 (13.7%)	7:03	8.5 (86.7%)
22	<b>DUSZA Kajetan</b>	<b>158</b>	NORDICLUB SZCZECIN	M18-29	2	2		00:11:17	00:22:44	00:34:23	00:45:57	00:58:15	<b>01:10:38.90</b>	+00:09:43 (13.8%)	7:03	8.5 (86.7%)
23	<b>CZAJKA Urszula</b>	<b>153</b>	FACE NORDIC WALKING TEAM	K60-69	2	2		00:11:10	00:22:34	00:34:38	00:46:49	00:59:04	<b>01:11:25.45</b>	+00:10:30 (14.7%)	7:08	8.4 (85.7%)
24	<b>GOLEC Dorota</b>	<b>164</b>		K40-49	3	1		00:11:47	00:23:40	00:35:37	00:47:54	01:00:05	<b>01:12:23.30</b>	+00:11:28 (15.8%)	7:14	8.3 (84.7%)
25	<b>PAŁUBICKI Marcin</b>	<b>208</b>		M40-49	6			00:12:10	00:24:23	00:36:41	00:48:53	01:00:53	<b>01:12:45.20</b>	+00:11:50 (16.3%)	7:16	8.2 (83.7%)
26	<b>DUSZA Anna</b>	<b>157</b>	NORDICLUB SZCZECIN	K40-49	4			00:11:42	00:23:42	00:36:08	00:48:21	01:00:49	<b>01:13:20.85</b>	+00:12:25 (16.9%)	7:20	8.2 (83.7%)
27	<b>ŻOŁNO Magdalena</b>	<b>200</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	2			00:11:45	00:23:55	00:36:05	00:48:21	01:00:49	<b>01:13:22.85</b>	+00:12:27 (17.0%)	7:20	8.2 (83.7%)
28	<b>KOS Piotr</b>	<b>172</b>		M60-69	4	1		00:12:06	00:24:13	00:36:38	00:48:53	01:01:09	<b>01:13:23.15</b>	+00:12:28 (17.0%)	7:20	8.2 (83.7%)
29	<b>SORN Łukasz</b>	<b>189</b>	FACE NORDIC WALKING TEAM	M30-39	2			00:12:07	00:24:31	00:36:46	00:48:56	01:01:01	<b>01:13:24.15</b>	+00:12:29 (17.0%)	7:20	8.2 (83.7%)
30	<b>ŻMUDA Paweł</b>	<b>201</b>	GOK GŁÓWCZYCE	M30-39	3			00:12:16	00:24:28	00:36:41	00:48:57	01:01:13	<b>01:13:29.55</b>	+00:12:34 (17.1%)	7:20	8.2 (83.7%)
31	<b>GŁADKOWSKA Iryna</b>	<b>163</b>		K30-39	2			00:11:47	00:23:59	00:36:29	00:48:54	01:01:20	<b>01:13:49.70</b>	+00:12:54 (17.5%)	7:23	8.1 (82.7%)
32	<b>CZARNOWSKA Katarzyna</b>	<b>154</b>	BŁĘKITNI NW DZIEMIANY	K30-39	3	2		00:11:46	00:23:57	00:36:10	00:48:38	01:01:17	<b>01:13:51.50</b>	+00:12:56 (17.5%)	7:23	8.1 (82.7%)
33	<b>KALISZ Krzysztof</b>	<b>171</b>	KS METRACO POLKOWICE	M60-69	5	1		00:11:44	00:23:32	00:35:34	00:48:03	01:00:53	<b>01:14:01.45</b>	+00:13:06 (17.7%)	7:24	8.1 (82.7%)
34	<b>KRUSZKA Arleta</b>	<b>212</b>	MARSZ PO ZDROWIE	K50-59	3			00:11:54	00:24:10	00:36:43	00:49:21	01:02:00	<b>01:14:51.00</b>	+00:13:55 (18.6%)	7:29	8 (81.6%)
35	<b>GOLUS Urszula</b>	<b>165</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	3			00:11:53	00:24:24	00:36:53	00:49:29	01:02:11	<b>01:14:59.80</b>	+00:14:04 (18.8%)	7:29	8 (81.6%)
36	<b>SURIAK Michał</b>	<b>194</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:12:03	00:24:25	00:36:45	00:49:29	01:02:21	<b>01:15:17.35</b>	+00:14:22 (19.1%)	7:31	8 (81.6%)
37	<b>GRONALEWSKI Krzysztof</b>	<b>167</b>	BŁĘKITNI NW DZIEMIANY	M30-39	4	3	1	00:12:16	00:24:55	00:37:32	00:50:10	01:02:50	<b>01:15:33.80</b>	+00:14:38 (19.4%)	7:33	7.9 (80.6%)

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		
38	<b>CHYRA Janusz</b>	<b>211</b>	UNIA MIAST	M40-49	7			00:12:04	00:24:37	00:37:36	00:50:15	01:02:59	<b>01:15:46.15</b>	+00:14:51 (19.6%)	7:34	7.9 (80.6%)
39	<b>FARON Monika</b>	<b>160</b>	ELITE TEAM	K30-39	4			00:12:09	00:24:36	00:37:15	00:50:03	01:03:08	<b>01:16:25.60</b>	+00:15:30 (20.3%)	7:38	7.8 (79.6%)
40	<b>PIĄTKOWSKI Józef</b>	<b>185</b>	KS METRACO POLKOWICE	M70+	1			00:12:30	00:25:17	00:37:55	00:50:37	01:03:27	<b>01:16:39.15</b>	+00:15:44 (20.5%)	7:39	7.8 (79.6%)
41	<b>KOTULA Jakub</b>	<b>173</b>	UNIA MIAST	M30-39	5			00:12:25	00:25:23	00:38:26	00:51:19	01:04:20	<b>01:17:09.05</b>	+00:16:13 (21.0%)	7:42	7.8 (79.6%)
42	<b>HAWRYŁAK Marcin</b>	<b>206</b>	SOSW NR 1	M40-49	8			00:12:03	00:25:13	00:38:23	00:51:19	01:04:15	<b>01:17:10.20</b>	+00:16:15 (21.1%)	7:43	7.8 (79.6%)
43	<b>DZIEMIŃSKA Magdalena</b>	<b>159</b>	BŁĘKITNI NW DZIEMIANY	K30-39	5			00:12:15	00:24:53	00:37:47	00:50:52	01:04:04	<b>01:17:24.95</b>	+00:16:29 (21.3%)	7:44	7.8 (79.6%)
44	<b>WYSOCKA Bernadeta</b>	<b>205</b>	BŁĘKITNI NW DZIEMIANY	K40-49	5			00:12:34	00:25:42	00:38:39	00:51:37	01:04:34	<b>01:17:33.45</b>	+00:16:38 (21.5%)	7:45	7.7 (78.6%)
45	<b>GERLE-KOTULA Anna</b>	<b>162</b>	UNIA MIAST	K30-39	6			00:12:46	00:26:07	00:39:13	00:52:03	01:04:52	<b>01:17:35.75</b>	+00:16:40 (21.5%)	7:45	7.7 (78.6%)
46	<b>DUSZEŃKO Maciej</b>	<b>213</b>	KS METRACO POLKOWICE	M18-29	4			00:12:47	00:26:02	00:39:22	00:52:43	01:05:39	<b>01:18:20.65</b>	+00:17:25 (22.2%)	7:50	7.7 (78.6%)
47	<b>URANTÓWKA Henryk</b>	<b>197</b>	N/Z	M70+	2			00:12:43	00:25:49	00:39:00	00:52:13	01:05:26	<b>01:18:33.15</b>	+00:17:38 (22.4%)	7:51	7.6 (77.6%)
48	<b>DOBROWOLSKA Dorota</b>	<b>156</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	4	1		00:12:53	00:26:03	00:39:16	00:52:36	01:06:04	<b>01:19:34.10</b>	+00:18:39 (23.4%)	7:57	7.5 (76.5%)
49	<b>GOLUS Lech</b>	<b>166</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	6			00:12:46	00:25:58	00:39:23	00:52:35	01:06:06	<b>01:19:37.25</b>	+00:18:42 (23.5%)	7:57	7.5 (76.5%)
50	<b>KRUPOWIES Jerzy</b>	<b>175</b>		M60-69	7	1		00:12:48	00:25:57	00:39:16	00:52:42	01:06:11	<b>01:19:49.95</b>	+00:18:54 (23.7%)	7:59	7.5 (76.5%)
51	<b>CEBEREK-PŁOTCZYK Marcelina</b>	<b>152</b>		K60-69	4			00:12:54	00:26:06	00:39:36	00:53:16	01:07:01	<b>01:20:46.80</b>	+00:19:51 (24.6%)	8:04	7.4 (75.5%)
52	<b>STEFAŃSKI Andrzej</b>	<b>191</b>	FACE NORDIC WALKING TEAM	M50-59	5			00:13:19	00:26:49	00:40:22	00:53:45	01:07:13	<b>01:20:57.55</b>	+00:20:02 (24.8%)	8:05	7.4 (75.5%)
53	<b>ŚLEWIŃSKA Magdalena</b>	<b>195</b>	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:12:37	00:25:45	00:39:15	00:52:56	01:07:04	<b>01:21:45.80</b>	+00:20:50 (25.5%)	8:10	7.3 (74.5%)
54	<b>ZAWADZKA Maria</b>	<b>202</b>	KS METRACO POLKOWICE	K60-69	5			00:13:24	00:27:19	00:41:12	00:54:59	01:08:38	<b>01:22:18.30</b>	+00:21:23 (26.0%)	8:13	7.3 (74.5%)
55	<b>BOROWIK Dorota</b>	<b>151</b>		K40-49	6	1		00:12:58	00:26:55	00:40:56	00:54:55	01:08:59	<b>01:23:00.10</b>	+00:22:05 (26.6%)	8:18	7.2 (73.5%)
56	<b>RUTKOWSKA Aleksandra</b>	<b>186</b>		K30-39	7			00:14:28	00:29:26	00:44:17	00:59:09	01:14:15	<b>01:29:12.10</b>	+00:28:17 (31.7%)	8:55	6.7 (68.4%)

Znaleziono 56 wynik(ów)