



# TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Miasto Tarnowskie Góry, Polska Federacja Nordic Walking, UKS Unia Strzybnica, Nordicus Strzybnica  
**Data:** 2019-06-16  
**Miejsce:** Tarnowskie Góry  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	371	KABEX PODKOWA JANÓW	M30-39	1			00:31:03	<b>01:02:57.65</b>		6:17	9.5 (100%)
2	NIECHWIEJCZYK Piotr	348	UNIA MIAST	M40-49	1			00:31:21	<b>01:04:10.00</b>	+00:01:12 (1.9%)	6:25	9.4 (98.9%)
3	BARCZYK Bogdan	284	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:33:27	<b>01:07:35.30</b>	+00:04:37 (6.8%)	6:45	8.9 (93.7%)
4	WOJTASIŃSKI Daniel	391	NORDIC TEAM CZĘSTOCHOWA	M40-49	2			00:33:08	<b>01:07:39.40</b>	+00:04:41 (6.9%)	6:45	8.9 (93.7%)
5	PIETRZYK Jarosław	353	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:33:09	<b>01:07:59.40</b>	+00:05:01 (7.4%)	6:47	8.8 (92.6%)
6	KOŁODZIEJ Joanna	323	STADION ŚLĄSKI	K50-59	1			00:33:51	<b>01:08:00.20</b>	+00:05:02 (7.4%)	6:48	8.8 (92.6%)
7	SZEREMETA Grzegorz	376	CIDRY LOTAJOM	M40-49	3			00:33:16	<b>01:08:16.65</b>	+00:05:19 (7.8%)	6:49	8.8 (92.6%)
8	WILCZEK Krzysztof	399	UNIA MIAST	M40-49	4			00:34:04	<b>01:08:25.55</b>	+00:05:27 (8.0%)	6:50	8.8 (92.6%)
9	GŁOWA Michał	302	UNIA MIAST	M18-29	1			00:33:55	<b>01:08:38.15</b>	+00:05:40 (8.3%)	6:51	8.7 (91.6%)
10	KLIMCZAK Adam	320	GOSADI NORDIC TEAM	M50-59	2	1		00:34:11	<b>01:09:02.60</b>	+00:06:04 (8.8%)	6:54	8.7 (91.6%)
11	WEŻOWICZ Ewa	386	STADION ŚLĄSKI	K40-49	1			00:34:27	<b>01:09:40.80</b>	+00:06:43 (9.6%)	6:58	8.6 (90.5%)
12	RAJEK Magdalena	362	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:35:18	<b>01:10:47.45</b>	+00:07:49 (11.1%)	7:04	8.5 (89.5%)
13	CIEŚLAR Barbara	291		K30-39	1			00:35:23	<b>01:10:50.35</b>	+00:07:52 (11.1%)	7:05	8.5 (89.5%)
14	ZAGAJA Janusz	393	WESOŁY BORSUK TEAM	M60-69	1	1		00:34:21	<b>01:10:53.50</b>	+00:07:55 (11.2%)	7:05	8.5 (89.5%)
15	WEINER Jakub	385	CKZIU MECHANIK NYSA	M18-29	2			00:36:31	<b>01:11:16.90</b>	+00:08:19 (11.7%)	7:07	8.4 (88.4%)
16	ADAMCZYK Adam	282	PASJA NORDIC WALKING	M70+	1	1		00:35:46	<b>01:11:18.30</b>	+00:08:20 (11.7%)	7:07	8.4 (88.4%)
17	GRABOWSKI Krzysztof	304	4WOG GLIWICE	M40-49	5			00:35:51	<b>01:11:43.35</b>	+00:08:45 (12.2%)	7:10	8.4 (88.4%)
18	PALETTA Norrbert	257		M50-59	3	1		00:35:25	<b>01:11:52.05</b>	+00:08:54 (12.4%)	7:11	8.3 (87.4%)
19	SZULC Alicja	378	NW WERWA MŁAWA	K40-49	3			00:35:13	<b>01:11:57.20</b>	+00:08:59 (12.5%)	7:11	8.3 (87.4%)
20	HRYNDIO Jerzy	311	STADION ŚLĄSKI	M60-69	2			00:35:19	<b>01:12:00.20</b>	+00:09:02 (12.6%)	7:12	8.3 (87.4%)
21	NETKOWSKI Wojciech	347	PASJA NORDIC WALKING	M60-69	3			00:35:48	<b>01:12:03.95</b>	+00:09:06 (12.6%)	7:12	8.3 (87.4%)
22	LOSKA Romuald	334		M60-69	4			00:35:50	<b>01:12:10.75</b>	+00:09:13 (12.8%)	7:13	8.3 (87.4%)
23	WOLNIEWICZ Katarzyna	392	POLSKIE PÓŁNOCNE PIERZE I PUCH	K40-49	4			00:35:21	<b>01:13:11.60</b>	+00:10:13 (14.0%)	7:19	8.2 (86.3%)
24	ZIELIŃSKA Iwona	395	SERCE NORDICA WŁOCŁAWEK	K50-59	2			00:37:17	<b>01:14:09.05</b>	+00:11:11 (15.1%)	7:25	8.1 (85.3%)
25	MUSIATOWICZ Aleksandra	346	PASJA NORDIC WALKING	K40-49	5			00:36:37	<b>01:14:15.40</b>	+00:11:17 (15.2%)	7:25	8.1 (85.3%)
26	DUSIEL Ewa	294	NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:36:40	<b>01:14:28.40</b>	+00:11:30 (15.5%)	7:26	8.1 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start	Czas	Różn	Tempo	Tempo
								All 5km	netto 10km		min/km	km/h
27	<b>TAISNER Tomasz</b>	<b>382</b>	EKIPA NA KIJACH	M40-49	6			00:37:15	<b>01:14:30.95</b>	+00:11:33 (15.5%)	7:27	8.1 (85.3%)
28	<b>TAISNER Aleksandra</b>	<b>381</b>	EKIPA NA KIJACH	K40-49	6	1		00:37:10	<b>01:14:33.80</b>	+00:11:36 (15.6%)	7:27	8 (84.2%)
29	<b>JUZOF Iwona</b>	<b>314</b>		K40-49	7			00:37:07	<b>01:14:34.55</b>	+00:11:36 (15.6%)	7:27	8 (84.2%)
30	<b>JANOSZKA Irena</b>	<b>312</b>	CIDRY LOTAJOM	K50-59	4			00:36:40	<b>01:14:51.00</b>	+00:11:53 (15.9%)	7:29	8 (84.2%)
31	<b>SOMIAK Piotr</b>	<b>366</b>	NORDICUS STRZYBNICA	M40-49	7	1		00:37:00	<b>01:14:51.60</b>	+00:11:53 (15.9%)	7:29	8 (84.2%)
32	<b>BERESZKO Waldemar</b>	<b>287</b>	MOSIR TKKF SATURN	M60-69	5	1		00:37:01	<b>01:14:54.55</b>	+00:11:56 (16.0%)	7:29	8 (84.2%)
33	<b>MROZIŃSKI Tadeusz</b>	<b>345</b>	NORDICUS STRZYBNICA	M50-59	4			00:36:33	<b>01:15:00.60</b>	+00:12:02 (16.1%)	7:30	8 (84.2%)
34	<b>ŚLUSARCZYK Andrzej</b>	<b>280</b>	WESOŁY BORSUK TEAM	M60-69	6			00:36:17	<b>01:15:03.80</b>	+00:12:06 (16.1%)	7:30	8 (84.2%)
35	<b>KORDOWSKA Bogusława</b>	<b>324</b>	LUX TORPEDA MAŁOPOLSKA	K40-49	8			00:37:33	<b>01:16:11.30</b>	+00:13:13 (17.4%)	7:37	7.9 (83.2%)
36	<b>NOWICZ Mariusz</b>	<b>349</b>	CIDRY LOTAJOM	M18-29	3			00:38:08	<b>01:16:12.70</b>	+00:13:15 (17.4%)	7:37	7.9 (83.2%)
37	<b>BARTCZAK Marcin</b>	<b>286</b>	UNIA MIAST	M40-49	8	1		00:38:02	<b>01:16:22.45</b>	+00:13:24 (17.6%)	7:38	7.9 (83.2%)
38	<b>CHORABIK Stanisław</b>	<b>29</b>	WESOŁY BORSUK TEAM	M60-69	7	1		00:37:28	<b>01:16:27.45</b>	+00:13:29 (17.7%)	7:38	7.8 (82.1%)
39	<b>KOBIELA Daria</b>	<b>321</b>	KABEX PODKOWA JANÓW	K30-39	2			00:38:16	<b>01:16:32.30</b>	+00:13:34 (17.7%)	7:39	7.8 (82.1%)
40	<b>WOJDANOWSKA Małgorzata</b>	<b>390</b>	LECYMY DURŚ	K30-39	3	1		00:38:13	<b>01:16:34.40</b>	+00:13:36 (17.8%)	7:39	7.8 (82.1%)
41	<b>GODAWA Ireneusz</b>	<b>303</b>	STADION ŚLĄSKI	M50-59	5			00:37:47	<b>01:16:41.65</b>	+00:13:44 (17.9%)	7:40	7.8 (82.1%)
42	<b>PAPROTNA Agnieszka</b>	<b>351</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:37:46	<b>01:17:06.85</b>	+00:14:09 (18.4%)	7:42	7.8 (82.1%)
43	<b>GWAREK Anita</b>	<b>306</b>	PASJA NORDIC WALKING	K40-49	9			00:38:02	<b>01:17:10.65</b>	+00:14:13 (18.4%)	7:43	7.8 (82.1%)
44	<b>LIBARDI-KŁYŚ Sylwia</b>	<b>331</b>		K60-69	1			00:38:15	<b>01:17:12.25</b>	+00:14:14 (18.4%)	7:43	7.8 (82.1%)
45	<b>HILGNER Katarzyna</b>	<b>308</b>	NORDICUS STRZYBNICA	K40-49	10			00:37:53	<b>01:17:14.00</b>	+00:14:16 (18.5%)	7:43	7.8 (82.1%)
46	<b>PALUDKIEWICZ Piotr</b>	<b>350</b>		M50-59	6			00:37:35	<b>01:17:39.85</b>	+00:14:42 (18.9%)	7:46	7.7 (81.1%)
47	<b>HOLECKI Paweł</b>	<b>310</b>		M30-39	3	2		00:38:54	<b>01:17:50.25</b>	+00:14:52 (19.1%)	7:47	7.7 (81.1%)
48	<b>STEFANIAK Emilia</b>	<b>369</b>		K60-69	2			00:38:49	<b>01:17:58.30</b>	+00:15:00 (19.3%)	7:47	7.7 (81.1%)
49	<b>ŚWITALSKA Beata</b>	<b>379</b>		K40-49	11			00:38:46	<b>01:18:02.10</b>	+00:15:04 (19.3%)	7:48	7.7 (81.1%)
50	<b>MIOZGA Wojciech</b>	<b>342</b>		M40-49	9			00:38:52	<b>01:18:03.00</b>	+00:15:05 (19.3%)	7:48	7.7 (81.1%)
51	<b>LECH Aleksander</b>	<b>330</b>		M40-49	10	1		00:38:27	<b>01:18:11.65</b>	+00:15:14 (19.5%)	7:49	7.7 (81.1%)
52	<b>SZROBARCZYK Małgorzata</b>	<b>377</b>		K50-59	5			00:39:43	<b>01:20:29.20</b>	+00:17:31 (21.8%)	8:02	7.5 (78.9%)
53	<b>MARĘDZIAK Magdalena</b>	<b>339</b>	CIDRY LOTAJOM	K30-39	5			00:39:56	<b>01:20:57.90</b>	+00:18:00 (22.2%)	8:05	7.4 (77.9%)
54	<b>PINIS Michał</b>	<b>355</b>	NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:40:21	<b>01:21:11.75</b>	+00:18:14 (22.5%)	8:07	7.4 (77.9%)
55	<b>ŚWITALSKI Robert</b>	<b>380</b>		M40-49	11			00:39:35	<b>01:21:18.45</b>	+00:18:20 (22.6%)	8:07	7.4 (77.9%)
56	<b>CHYRA Janusz</b>	<b>290</b>	UNIA MIAST	M40-49	12			00:39:35	<b>01:21:21.65</b>	+00:18:24 (22.6%)	8:08	7.4 (77.9%)
57	<b>JURCZYŃSKA Bożena</b>	<b>313</b>	NORDIC TEAM CZĘSTOCHOWA	K60-69	3			00:40:58	<b>01:21:49.55</b>	+00:18:51 (23.1%)	8:11	7.3 (76.8%)
58	<b>FRYDRYSIAK Sylwia</b>	<b>297</b>	HURAGAN LIGOTA	K40-49	12	1		00:40:21	<b>01:22:03.45</b>	+00:19:05 (23.3%)	8:12	7.3 (76.8%)
59	<b>ZYDEK Ewa</b>	<b>251</b>	BOBRY WALKING	K60-69	4			00:40:57	<b>01:22:10.15</b>	+00:19:12 (23.4%)	8:13	7.3 (76.8%)
60	<b>PRZYBYLSKA Wanda</b>	<b>400</b>		K60-69	5			00:40:37	<b>01:22:12.30</b>	+00:19:14 (23.4%)	8:13	7.3 (76.8%)
61	<b>MICHALIK Joanna</b>	<b>341</b>		K40-49	13			00:40:21	<b>01:22:16.00</b>	+00:19:18 (23.5%)	8:13	7.3 (76.8%)
62	<b>KASPRZYK Elżbieta</b>	<b>318</b>	NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:41:21	<b>01:22:17.85</b>	+00:19:20 (23.5%)	8:13	7.3 (76.8%)
63	<b>ZAWADZKA Lilianna</b>	<b>394</b>	CIDRY LOTAJOM	K60-69	6			00:40:56	<b>01:22:48.55</b>	+00:19:50 (24.0%)	8:16	7.2 (75.8%)
64	<b>HAŃCZUR Józef</b>	<b>307</b>	B T M RUNNERS	M50-59	7	1		00:40:55	<b>01:22:53.90</b>	+00:19:56 (24.1%)	8:17	7.2 (75.8%)
65	<b>PODGÓRSKA Joanna</b>	<b>357</b>		K50-59	7			00:40:48	<b>01:23:08.60</b>	+00:20:10 (24.3%)	8:18	7.2 (75.8%)
66	<b>GANSINIEC Kazimiera</b>	<b>299</b>	CIDRY LOTAJOM	K50-59	8			00:41:23	<b>01:23:14.25</b>	+00:20:16 (24.4%)	8:19	7.2 (75.8%)
67	<b>SOMIAK Anna</b>	<b>368</b>		K30-39	6			00:42:09	<b>01:23:16.90</b>	+00:20:19 (24.4%)	8:19	7.2 (75.8%)
68	<b>KRZYCHOWICZ Maria</b>	<b>327</b>	NORDICUS STRZYBNICA	K30-39	7			00:42:20	<b>01:23:38.95</b>	+00:20:41 (24.7%)	8:21	7.2 (75.8%)
69	<b>SOMIAK Marta</b>	<b>367</b>	NORDICUS STRZYBNICA	K30-39	8			00:42:22	<b>01:23:39.25</b>	+00:20:41 (24.7%)	8:21	7.2 (75.8%)
70	<b>KURZOK Krzysztof</b>	<b>329</b>	NORDICUS STRZYBNICA	M50-59	8			00:41:24	<b>01:23:45.65</b>	+00:20:48 (24.8%)	8:22	7.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>KURZOK Anna</b>	<b>328</b>	PANI	K50-59	9			00:41:46	<b>01:24:30.30</b>	+00:21:32 (25.5%)	8:27	7.1 (74.7%)
72	<b>MAŁKA Irena</b>	<b>337</b>		K60-69	7			00:41:58	<b>01:24:40.90</b>	+00:21:43 (25.6%)	8:28	7.1 (74.7%)
73	<b>GAJDKA Jolanta</b>	<b>298</b>		K40-49	14			00:42:10	<b>01:24:51.95</b>	+00:21:54 (25.8%)	8:29	7.1 (74.7%)
74	<b>HOLECKA Beata</b>	<b>309</b>		K50-59	10			00:42:16	<b>01:25:10.40</b>	+00:22:12 (26.1%)	8:31	7 (73.7%)
75	<b>THOMALLA Bogdan</b>	<b>383</b>	STADION ŚLĄSKI	M70+	2			00:41:16	<b>01:25:16.70</b>	+00:22:19 (26.2%)	8:31	7 (73.7%)
76	<b>FREJ Anna</b>	<b>296</b>	CIDRY LOTAJOM	K30-39	9			00:42:48	<b>01:25:26.80</b>	+00:22:29 (26.3%)	8:32	7 (73.7%)
77	<b>KISZKA-MAZIARCZUK Berenika</b>	<b>319</b>	LECYMY DURŚ	K30-39	10			00:42:20	<b>01:25:56.35</b>	+00:22:58 (26.7%)	8:35	7 (73.7%)
78	<b>PETRYKOWSKI Marek</b>	<b>352</b>		M50-59	9			00:41:16	<b>01:26:11.95</b>	+00:23:14 (27.0%)	8:37	7 (73.7%)
79	<b>DRYNDA Franciszek</b>	<b>293</b>		M70+	3			00:41:26	<b>01:27:18.00</b>	+00:24:20 (27.9%)	8:43	6.9 (72.6%)
80	<b>SZELIGA Justyna</b>	<b>375</b>	LIDER GRODZISK MAZOWIECKI	K40-49	15	1		00:44:02	<b>01:27:28.65</b>	+00:24:31 (28.0%)	8:44	6.9 (72.6%)
81	<b>SZCZEPANEK Anna</b>	<b>373</b>		K30-39	11	1		00:43:28	<b>01:27:33.95</b>	+00:24:36 (28.1%)	8:45	6.9 (72.6%)
82	<b>PODGÓRSKI Jarosław</b>	<b>358</b>		M50-59	10			00:42:51	<b>01:28:09.90</b>	+00:25:12 (28.6%)	8:48	6.8 (71.6%)
83	<b>ŁAPAJ Joanna</b>	<b>335</b>		K50-59	11			00:44:01	<b>01:29:00.25</b>	+00:26:02 (29.3%)	8:54	6.7 (70.5%)
84	<b>DROZD Krystyna</b>	<b>277</b>	CIDRY LOTAJOM	K50-59	12			00:44:05	<b>01:29:50.10</b>	+00:26:52 (29.9%)	8:59	6.7 (70.5%)
85	<b>PISARSKA Barbara</b>	<b>356</b>	NORDICUS STRZYBNICA	K40-49	16			00:44:10	<b>01:29:53.45</b>	+00:26:55 (30.0%)	8:59	6.7 (70.5%)
86	<b>SKOCZYKŁODA Roman</b>	<b>364</b>	STADION ŚLĄSKI	M60-69	8			00:44:27	<b>01:30:32.85</b>	+00:27:35 (30.5%)	9:03	6.6 (69.5%)
87	<b>KOŁACZ Danuta</b>	<b>322</b>		K50-59	13			00:45:07	<b>01:30:44.55</b>	+00:27:46 (30.6%)	9:04	6.6 (69.5%)
88	<b>BARTCZAK Ewa</b>	<b>285</b>	UNIA MIAST	K40-49	17			00:44:38	<b>01:30:55.10</b>	+00:27:57 (30.8%)	9:05	6.6 (69.5%)
89	<b>WŁOCHOWICZ Olga</b>	<b>389</b>	LECYMY DURŚ	K30-39	12			00:44:44	<b>01:32:03.80</b>	+00:29:06 (31.6%)	9:12	6.5 (68.4%)
90	<b>PUCHER Jadwiga</b>	<b>360</b>		K60-69	8			00:44:04	<b>01:32:08.70</b>	+00:29:11 (31.7%)	9:12	6.5 (68.4%)
91	<b>POLOCZEK Izabela</b>	<b>359</b>		K40-49	18			00:46:45	<b>01:33:23.85</b>	+00:30:26 (32.6%)	9:20	6.4 (67.4%)
92	<b>CHRAPEK Urszula</b>	<b>289</b>	NORDUM	K30-39	13			00:45:54	<b>01:33:49.70</b>	+00:30:52 (32.9%)	9:22	6.4 (67.4%)
93	<b>KAMIŃSKA Adriana</b>	<b>316</b>		K30-39	14			00:45:25	<b>01:34:14.50</b>	+00:31:16 (33.2%)	9:25	6.4 (67.4%)
94	<b>MROWIEC Maria</b>	<b>344</b>	UNIA MIAST	K70+	1			00:46:42	<b>01:34:27.70</b>	+00:31:30 (33.3%)	9:26	6.4 (67.4%)
95	<b>FRĄC Sylwia</b>	<b>295</b>		K30-39	15			00:47:15	<b>01:36:03.75</b>	+00:33:06 (34.5%)	9:36	6.2 (65.3%)
96	<b>BACDORF Alicja</b>	<b>283</b>	LIDER GRODZISK MAZOWIECKI	K60-69	9			00:47:19	<b>01:37:08.80</b>	+00:34:11 (35.2%)	9:42	6.2 (65.3%)
97	<b>SZALA Danuta</b>	<b>372</b>		K50-59	14			00:49:25	<b>01:39:17.15</b>	+00:36:19 (36.6%)	9:55	6 (63.2%)
98	<b>JÓZWIAK Dominik</b>	<b>84</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:51:20	<b>01:43:21.80</b>	+00:40:24 (39.1%)	10:20	5.8 (61.1%)
99	<b>GRZEBIELA Artur</b>	<b>305</b>	NORDICUS STRZYBNICA	M40-49	13			01:01:39	<b>01:45:33.95</b>	+00:42:36 (40.4%)	10:33	5.7 (60.0%)

Znaleziono 99 wynik(ów)