

TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

Organizator: Miasto Tarnowskie Góry, Polska Federacja Nordic Walking, UKS Unia Strzybnica, Nordicus Strzybnica

Data: 2019-06-16

Miejsce: Tarnowskie Góry

Dystans: 10 km

Klasyfikacja wg czasów netto.


TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 1 | STILLER KAROL | 371 | KABEX PODKOWA JANÓW | KUSIĘTA | POL | M30-39 | 1 | M 1 | | | 00:31:03 | 01:02:57.65 | 6:17 | 9.5 |
| 2 | NIECHWIEJCZYK PIOTR | 348 | UNIA MIAST | ŚWIETOCHŁOWICE | POL | M40-49 | 1 | M 2 | | | 00:31:21 | 01:04:10.00 | 6:25 | 9.4 |
| 3 | BARCZYK BOGDAN | 284 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 1 | M 3 | | | 00:33:27 | 01:07:35.30 | 6:45 | 8.9 |
| 4 | WOJTASIŃSKI DANIEL | 391 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-49 | 2 | M 4 | | | 00:33:08 | 01:07:39.40 | 6:45 | 8.9 |
| 5 | PIETRZYK JAROSŁAW | 353 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 2 | M 5 | | | 00:33:09 | 01:07:59.40 | 6:47 | 8.8 |
| 6 | KOŁODZIEJ JOANNA | 323 | STADION ŚLĄSKI | RUDA ŚLĄSKA | POL | K50-59 | 1 | K 1 | | | 00:33:51 | 01:08:00.20 | 6:48 | 8.8 |
| 7 | SZEREMETA GRZEGORZ | 376 | CIDRY LOTAJOM | RADZIONKÓW | POL | M40-49 | 3 | M 6 | | | 00:33:16 | 01:08:16.65 | 6:49 | 8.8 |
| 8 | WILCZEK KRZYSZTOF | 399 | UNIA MIAST | ZĘBOWICE | POL | M40-49 | 4 | M 7 | | | 00:34:04 | 01:08:25.55 | 6:50 | 8.8 |
| 9 | GŁOWA MICHAŁ | 302 | UNIA MIAST | CIESZYN | POL | M18-29 | 1 | M 8 | | | 00:33:55 | 01:08:38.15 | 6:51 | 8.7 |
| 10 | KLIMCZAK ADAM | 320 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 2 | M 9 | 1 | | 00:34:11 | 01:09:02.60 | 6:54 | 8.7 |
| 11 | WĘŻOWICZ EWA | 386 | STADION ŚLĄSKI | SKRZYSZÓW | POL | K40-49 | 1 | K 2 | | | 00:34:27 | 01:09:40.80 | 6:58 | 8.6 |
| 12 | RAJEK MAGDALENA | 362 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K40-49 | 2 | K 3 | | | 00:35:18 | 01:10:47.45 | 7:04 | 8.5 |
| 13 | CIEŚLAR BARBARA | 291 | | WISŁA | POL | K30-39 | 1 | K 4 | | | 00:35:23 | 01:10:50.35 | 7:05 | 8.5 |
| 14 | ZAGAJA JANUSZ | 393 | WESOŁY BORSUK TEAM | OPOLE | POL | M60-69 | 1 | M 10 | 1 | | 00:34:21 | 01:10:53.50 | 7:05 | 8.5 |
| 15 | WEINER JAKUB | 385 | CKZIU MECHANIK NYSA | PRUDNIK | POL | M18-29 | 2 | M 11 | | | 00:36:31 | 01:11:16.90 | 7:07 | 8.4 |
| 16 | ADAMCZYK ADAM | 282 | PASJA NORDIC WALKING | WARSZAWA | POL | M70+ | 1 | M 12 | 1 | | 00:35:46 | 01:11:18.30 | 7:07 | 8.4 |
| 17 | GRABOWSKI KRZYSZTOF | 304 | 4WOG GLIWICE | GLIWICE | POL | M40-49 | 5 | M 13 | | | 00:35:51 | 01:11:43.35 | 7:10 | 8.4 |
| 18 | PALETTA NORRBERG | 257 | | PATTROWIA WIELKA | POL | M50-59 | 3 | M 14 | 1 | | 00:35:25 | 01:11:52.05 | 7:11 | 8.3 |
| 19 | SZULC ALICJA | 378 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | 3 | K 5 | | | 00:35:13 | 01:11:57.20 | 7:11 | 8.3 |
| 20 | HRYNDIO JERZY | 311 | STADION ŚLĄSKI | KATOWICE | POL | M60-69 | 2 | M 15 | | | 00:35:19 | 01:12:00.20 | 7:12 | 8.3 |
| 21 | NETKOWSKI WOJCIECH | 347 | PASJA NORDIC WALKING | WARSZAWA | POL | M60-69 | 3 | M 16 | | | 00:35:48 | 01:12:03.95 | 7:12 | 8.3 |
| 22 | ŁOSKA ROMUALD | 334 | | KATOWICE | POL | M60-69 | 4 | M 17 | | | 00:35:50 | 01:12:10.75 | 7:13 | 8.3 |
| 23 | WOLNIEWICZ KATARZYNA | 392 | POLSKIE PÓLNOCNIE PIERZE I PUCH | RUDA ŚLĄSKA | POL | K40-49 | 4 | K 6 | | | 00:35:21 | 01:13:11.60 | 7:19 | 8.2 |
| 24 | ZIELIŃSKA IWONA | 395 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K50-59 | 2 | K 7 | | | 00:37:17 | 01:14:09.05 | 7:25 | 8.1 |
| 25 | MUSIATOWICZ ALEKSANDRA | 346 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 5 | K 8 | | | 00:36:37 | 01:14:15.40 | 7:25 | 8.1 |
| 26 | DUSIEL EWA | 294 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 3 | K 9 | | | 00:36:40 | 01:14:28.40 | 7:26 | 8.1 |
| 27 | TAISNER TOMASZ | 382 | EKIPA NA KIJACH | RUDA ŚLĄSKA | POL | M40-49 | 6 | M 18 | | | 00:37:15 | 01:14:30.95 | 7:27 | 8.1 |
| 28 | TAISNER ALEKSANDRA | 381 | EKIPA NA KIJACH | RUDA ŚLĄSKA | POL | K40-49 | 6 | K 10 | 1 | | 00:37:10 | 01:14:33.80 | 7:27 | 8.1 |
| 29 | JUZOF IWONA | 314 | | POGWIZDÓW | POL | K40-49 | 7 | K 11 | | | 00:37:07 | 01:14:34.55 | 7:27 | 8.1 |
| 30 | JANOSZKA IRENA | 312 | CIDRY LOTAJOM | RADZIONKÓW | POL | K50-59 | 4 | K 12 | | | 00:36:40 | 01:14:51.00 | 7:29 | 8.1 |
| 31 | SOMIAK PIOTR | 366 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-49 | 7 | M 19 | 1 | | 00:37:00 | 01:14:51.60 | 7:29 | 8.1 |
| 32 | BERESZKO WALDEMAR | 287 | MOSIR TKKF SATURN | SOSNOWIEC | POL | M60-69 | 5 | M 20 | 1 | | 00:37:01 | 01:14:54.55 | 7:29 | 8.1 |
| 33 | MROZIŃSKI TADEUSZ | 345 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M50-59 | 4 | M 21 | | | 00:36:33 | 01:15:00.60 | 7:30 | 8.1 |
| 34 | ŚLUSARCZYK ANDRZEJ | 280 | WESOŁY BORSUK TEAM | PRUDNIK | POL | M60-69 | 6 | M 22 | | | 00:36:17 | 01:15:03.80 | 7:30 | 8.1 |
| 35 | KORDOWSKA BOGUSŁAWA | 324 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | K40-49 | 8 | K 13 | | | 00:37:33 | 01:16:11.30 | 7:37 | 7.9 |
| 36 | NOWICZ MARIUSZ | 349 | CIDRY LOTAJOM | KSIĘŻY LAS | POL | M18-29 | 3 | M 23 | | | 00:38:08 | 01:16:12.70 | 7:37 | 7.9 |
| 37 | BARTCZAK MARCIN | 286 | UNIA MIAST | POTĘPA | POL | M40-49 | 8 | M 24 | 1 | | 00:38:02 | 01:16:22.45 | 7:38 | 7.9 |
| 38 | CHORABIK STANISŁAW | 29 | WESOŁY BORSUK TEAM | DĘBOWIEC | POL | M60-69 | 7 | M 25 | 1 | | 00:37:28 | 01:16:27.45 | 7:38 | 7.8 |
| 39 | KOBIELA DARIA | 321 | KABEX PODKOWA JANÓW | CZĘSTOCHOWA | POL | K30-39 | 2 | K 14 | | | 00:38:16 | 01:16:32.30 | 7:39 | 7.8 |
| 40 | WOJDANOWSKA MAŁGORZATA | 390 | LECZYMY DURŚ | TARNOWSKIE GÓRY | POL | K30-39 | 3 | K 15 | 1 | | 00:38:13 | 01:16:34.40 | 7:39 | 7.8 |
| 41 | GODAWA IRENEUSZ | 303 | STADION ŚLĄSKI | KATOWICE | POL | M50-59 | 5 | M 26 | | | 00:37:47 | 01:16:41.65 | 7:40 | 7.8 |
| 42 | PAPROTNA AGNIESZKA | 351 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 4 | K 16 | | | 00:37:46 | 01:17:06.85 | 7:42 | 7.8 |
| 43 | GWAREK ANITA | 306 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 9 | K 17 | | | 00:38:02 | 01:17:10.65 | 7:43 | 7.8 |
| 44 | LIBARDI-KEYŚ SYLWIA | 331 | | GLIWICE | POL | K60-69 | 1 | K 18 | | | 00:38:15 | 01:17:12.25 | 7:43 | 7.8 |
| 45 | HILGNER KATARZYNA | 308 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K40-49 | 10 | K 19 | | | 00:37:53 | 01:17:14.00 | 7:43 | 7.8 |
| 46 | PALUDKIEWICZ PIOTR | 350 | | CZARNY LAS | POL | M50-59 | 6 | M 27 | | | 00:37:35 | 01:17:39.85 | 7:46 | 7.7 |

TARNOWSKIE GÓRY - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 5km | Netto | min/km | km/h |
|------|----------------------------|-----|---------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 47 | HOLECKI PAWEŁ | 310 | | KATOWICE | POL | M30-39 | 3 | M 28 | 2 | | 00:38:54 | 01:17:50.25 | 7:47 | 7.7 |
| 48 | STEFANIAK EMILIA | 369 | | SOSNOWIEC | POL | K60-69 | 2 | K 20 | | | 00:38:49 | 01:17:58.30 | 7:47 | 7.7 |
| 49 | ŚWITALSKA BEATA | 379 | | PRZYSTAJŃ | POL | K40-49 | 11 | K 21 | | | 00:38:46 | 01:18:02.10 | 7:48 | 7.7 |
| 50 | MIOZGA WOJCIECH | 342 | | TARNOWSKIE GÓRY | POL | M40-49 | 9 | M 29 | | | 00:38:52 | 01:18:03.00 | 7:48 | 7.7 |
| 51 | LECH ALEKSANDER | 330 | | MYSŁOWICE | POL | M40-49 | 10 | M 30 | 1 | | 00:38:27 | 01:18:11.65 | 7:49 | 7.7 |
| 52 | SZROBARCZYK MAŁGORZATA | 377 | | KARCHOWICE | POL | K50-59 | 5 | K 22 | | | 00:39:43 | 01:20:29.20 | 8:02 | 7.5 |
| 53 | MARĘDZIAK MAGDALENA | 339 | CIDRY LOTAJOM | BYTOM | POL | K30-39 | 5 | K 23 | | | 00:39:56 | 01:20:57.90 | 8:05 | 7.4 |
| 54 | PINIS MICHAŁ | 355 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 4 | M 31 | | | 00:40:21 | 01:21:11.75 | 8:07 | 7.4 |
| 55 | ŚWITALSKI ROBERT | 380 | | PRZYSTAJŃ | POL | M40-49 | 11 | M 32 | | | 00:39:35 | 01:21:18.45 | 8:07 | 7.4 |
| 56 | CHYRA JANUSZ | 290 | UNIA MIAST | LUBLINIEC | POL | M40-49 | 12 | M 33 | | | 00:39:35 | 01:21:21.65 | 8:08 | 7.4 |
| 57 | JURCZYŃSKA BOŻENA | 313 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 3 | K 24 | | | 00:40:58 | 01:21:49.55 | 8:11 | 7.3 |
| 58 | FRYDRYSIAK SYLWIA | 297 | HURAGAN LIGOTA | KATOWICE | POL | K40-49 | 12 | K 25 | 1 | | 00:40:21 | 01:22:03.45 | 8:12 | 7.3 |
| 59 | ZYDEK EWA | 251 | BOBRY WALKING | DOBIESZOWICE | POL | K60-69 | 4 | K 26 | | | 00:40:57 | 01:22:10.15 | 8:13 | 7.3 |
| 60 | PRZYBYLSKA WANDA | 400 | | WISŁA | POL | K60-69 | 5 | K 27 | | | 00:40:37 | 01:22:12.30 | 8:13 | 7.3 |
| 61 | MICHALIK JOANNA | 341 | | BYTOM | POL | K40-49 | 13 | K 28 | | | 00:40:21 | 01:22:16.00 | 8:13 | 7.3 |
| 62 | KASPRZYK ELŻBIETA | 318 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K50-59 | 6 | K 29 | | | 00:41:21 | 01:22:17.85 | 8:13 | 7.3 |
| 63 | ZAWADZKA LILIANNA | 394 | CIDRY LOTAJOM | BYTOM | POL | K60-69 | 6 | K 30 | | | 00:40:56 | 01:22:48.55 | 8:16 | 7.2 |
| 64 | HAŃCZUR JÓZEF | 307 | B T M RUNNERS | BYTOM | POL | M50-59 | 7 | M 34 | 1 | | 00:40:55 | 01:22:53.90 | 8:17 | 7.2 |
| 65 | PODGÓRSKA JOANNA | 357 | | TARNOWSKIE GÓRY | POL | K50-59 | 7 | K 31 | | | 00:40:48 | 01:23:08.60 | 8:18 | 7.2 |
| 66 | GANSINIEC KAZIMIERA | 299 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 8 | K 32 | | | 00:41:23 | 01:23:14.25 | 8:19 | 7.2 |
| 67 | SOMIAK ANNA | 368 | | TARNOWSKIE GÓRY | POL | K30-39 | 6 | K 33 | | | 00:42:09 | 01:23:16.90 | 8:19 | 7.2 |
| 68 | KRZYCHOWICZ MARIA | 327 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K30-39 | 7 | K 34 | | | 00:42:20 | 01:23:38.95 | 8:21 | 7.2 |
| 69 | SOMIAK MARTA | 367 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K30-39 | 8 | K 35 | | | 00:42:22 | 01:23:39.25 | 8:21 | 7.2 |
| 70 | KURZOK KRZYSZTOF | 329 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M50-59 | 8 | M 35 | | | 00:41:24 | 01:23:45.65 | 8:22 | 7.2 |
| 71 | KURZOK ANNA | 328 | PANI | TARNOWSKIE GÓRY | POL | K50-59 | 9 | K 36 | | | 00:41:46 | 01:24:30.30 | 8:27 | 7.1 |
| 72 | MAŁKA IRENA | 337 | | GLIWICE | POL | K60-69 | 7 | K 37 | | | 00:41:58 | 01:24:40.90 | 8:28 | 7.1 |
| 73 | GAJDKA JOLANTA | 298 | | CZELADŹ | POL | K40-49 | 14 | K 38 | | | 00:42:10 | 01:24:51.95 | 8:29 | 7.1 |
| 74 | HOLECKA BEATA | 309 | | KATOWICE | POL | K50-59 | 10 | K 39 | | | 00:42:16 | 01:25:10.40 | 8:31 | 7 |
| 75 | THOMALLA BOGDAN | 383 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 2 | M 36 | | | 00:41:16 | 01:25:16.70 | 8:31 | 7 |
| 76 | FREJ ANNA | 296 | CIDRY LOTAJOM | RADZIONKÓW | POL | K30-39 | 9 | K 40 | | | 00:42:48 | 01:25:26.80 | 8:32 | 7 |
| 77 | KISZKA-MAZIARCZUK BERENIKA | 319 | LECZYMY DURŚ | CHORZÓW | POL | K30-39 | 10 | K 41 | | | 00:42:20 | 01:25:56.35 | 8:35 | 7 |
| 78 | PETRYKOWSKI MAREK | 352 | | TARNOWSKIE GÓRY | POL | M50-59 | 9 | M 37 | | | 00:41:16 | 01:26:11.95 | 8:37 | 7 |
| 79 | DRYŃDA FRANCISZEK | 293 | | TARNOWSKIE GÓRY | POL | M70+ | 3 | M 38 | | | 00:41:26 | 01:27:18.00 | 8:43 | 6.9 |
| 80 | SZELIGA JUSTYNA | 375 | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | K40-49 | 15 | K 42 | 1 | | 00:44:02 | 01:27:28.65 | 8:44 | 6.9 |
| 81 | SZCZEPANEK ANNA | 373 | | ŁAZISKA GÓRNE | POL | K30-39 | 11 | K 43 | 1 | | 00:43:28 | 01:27:33.95 | 8:45 | 6.9 |
| 82 | PODGÓRSKI JAROSŁAW | 358 | | TARNOWSKIE GÓRY | POL | M50-59 | 10 | M 39 | | | 00:42:51 | 01:28:09.90 | 8:48 | 6.8 |
| 83 | ŁAPAJ JOANNA | 335 | | CZĘSTOCHOWA | POL | K50-59 | 11 | K 44 | | | 00:44:01 | 01:29:00.25 | 8:54 | 6.7 |
| 84 | DROZD KRYSZYNA | 277 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 12 | K 45 | | | 00:44:05 | 01:29:50.10 | 8:59 | 6.7 |
| 85 | PISARSKA BARBARA | 356 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | K40-49 | 16 | K 46 | | | 00:44:10 | 01:29:53.45 | 8:59 | 6.7 |
| 86 | SKOCZYŁODA ROMAN | 364 | STADION ŚLĄSKI | ORZESZE | POL | M60-69 | 8 | M 40 | | | 00:44:27 | 01:30:32.85 | 9:03 | 6.6 |
| 87 | KOŁACZ DANUTA | 322 | | TARNOWSKIE GÓRY | POL | K50-59 | 13 | K 47 | | | 00:45:07 | 01:30:44.55 | 9:04 | 6.6 |
| 88 | BARTCZAK EWA | 285 | UNIA MIAST | POTĘPA | POL | K40-49 | 17 | K 48 | | | 00:44:38 | 01:30:55.10 | 9:05 | 6.6 |
| 89 | WŁOCHOWICZ OLGA | 389 | LECZYMY DURŚ | PIEKARY ŚLĄSKIE | POL | K30-39 | 12 | K 49 | | | 00:44:44 | 01:32:03.80 | 9:12 | 6.5 |
| 90 | PUCHER JADWIGA | 360 | | KATOWICE | POL | K60-69 | 8 | K 50 | | | 00:44:04 | 01:32:08.70 | 9:12 | 6.5 |
| 91 | POŁOCZEK IZABELA | 359 | | ŁAZISKA GÓRNE | POL | K40-49 | 18 | K 51 | | | 00:46:45 | 01:33:23.85 | 9:20 | 6.4 |
| 92 | CHRAPEK URSZULA | 289 | NORDUM | RUZDZICA | POL | K30-39 | 13 | K 52 | | | 00:45:54 | 01:33:49.70 | 9:22 | 6.4 |
| 93 | KAMIŃSKA ADRIANA | 316 | | OPOLE | POL | K30-39 | 14 | K 53 | | | 00:45:25 | 01:34:14.50 | 9:25 | 6.4 |
| 94 | MROWIEC MARIA | 344 | UNIA MIAST | BYTOM | POL | K70+ | 1 | K 54 | | | 00:46:42 | 01:34:27.70 | 9:26 | 6.4 |
| 95 | FRĄC SYLWIA | 295 | | TARNOWSKIE GÓRY | POL | K30-39 | 15 | K 55 | | | 00:47:15 | 01:36:03.75 | 9:36 | 6.2 |
| 96 | BACDORF ALICJA | 283 | LIDER GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | K60-69 | 9 | K 56 | | | 00:47:19 | 01:37:08.80 | 9:42 | 6.2 |
| 97 | SZALA DANUTA | 372 | | TARNOWSKIE GÓRY | POL | K50-59 | 14 | K 57 | | | 00:49:25 | 01:39:17.15 | 9:55 | 6 |
| 98 | JÓŹWIAK DOMINIK | 84 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 4 | M 41 | | | 00:51:20 | 01:43:21.80 | 10:20 | 5.8 |
| 99 | GRZEBIELA ARTUR | 305 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-49 | 13 | M 42 | | | 01:01:39 | 01:45:33.95 | 10:33 | 5.7 |