

**JAROSŁAWIEC - PUCHARY REGIONALNE NORDIC WALKING - 10 KM**

Organizator: Jarosławiec  
 Data: 2019-06-29  
 Miejsce: Jarosławiec  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**JAROSŁAWIEC - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN**

| M-ce | Nazwisko i imię    | Nr  | Klub                     | M-scowo ść     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | 9km      | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1    | KŁOS MACIEJ        | 104 | NW WYSPA SOBIESZEWSKA    | GDAŃSK         | POL  | M30-39 | 1      | M 1  |             |              | 00:13:46 | 00:18:43 | 00:35:28 | 00:52:38 | 01:10:25.25 | 7:02   | 8.5  |
| 2    | POŁUBIAK PAWEŁ     | 109 |                          | SIECINO        | POL  | M30-39 | 2      | M 2  |             |              | 00:14:16 | 00:19:00 | 00:35:47 | 00:53:07 | 01:10:49.50 | 7:05   | 8.5  |
| 3    | ROMANOWICZ PIOTR   | 110 | RUNGRYF GRYFICE          | RESKO          | POL  | M40-49 | 1      | M 3  |             |              | 00:14:01 | 00:18:49 | 00:35:50 | 00:53:26 | 01:11:20.60 | 7:08   | 8.4  |
| 4    | SANIUK EDWARD      | 111 | FACE NORDIC WALKING TEAM | GDAŃSK         | POL  | M70+   | 1      | M 4  |             |              | 00:15:00 | 00:19:09 | 00:36:07 | 00:53:56 | 01:11:39.35 | 7:09   | 8.4  |
| 5    | KORZEŃ GRZEGORZ    | 105 |                          | SŁUPSK         | POL  | M40-49 | 2      | M 5  |             |              | 00:14:03 | 00:18:57 | 00:36:07 | 00:54:02 | 01:12:07.70 | 7:12   | 8.3  |
| 6    | ŚWISŁOCKI BOGDAN   | 114 | FACE NORDIC WALKING TEAM | MIKOSZEWO      | POL  | M50-59 | 1      | M 6  |             |              | 00:15:03 | 00:19:14 | 00:37:05 | 00:55:30 | 01:13:31.10 | 7:21   | 8.2  |
| 7    | ADAMCZYK ADAM      | 101 | PASJA NORDIC WALKING     | WARSZAWA       | POL  | M70+   | 2      | M 7  |             |              | 00:15:16 | 00:19:18 | 00:37:12 | 00:55:37 | 01:13:44.55 | 7:22   | 8.1  |
| 8    | CZAJKA URSZULA     | 102 | FACE NORDIC WALKING TEAM | RUMIA          | POL  | K60-69 | 1      | K 1  |             |              | 00:16:19 | 00:19:30 | 00:38:32 | 00:57:54 | 01:17:47.20 | 7:46   | 7.7  |
| 9    | NETKOWSKI WOJCIECH | 107 | PASJA NORDIC WALKING     | WARSZAWA       | POL  | M60-69 | 1      | M 8  |             |              | 00:16:06 | 00:19:39 | 00:38:55 | 00:58:45 | 01:19:07.70 | 7:54   | 7.6  |
| 10   | SZULC ALICJA       | 113 | NW WERWA MŁAWA           | MŁAWA          | POL  | K40-49 | 1      | K 2  |             |              | 00:16:41 | 00:19:46 | 00:39:05 | 00:59:03 | 01:19:19.05 | 7:55   | 7.6  |
| 11   | PAŁUBICKI MARCIN   | 120 |                          |                | POL  | M40-49 | 3      | M 9  |             |              | 00:16:47 | 00:20:13 | 00:39:57 | 00:59:49 | 01:19:45.50 | 7:58   | 7.5  |
| 12   | SMARSZCZ WIESŁAW   | 112 | LĘBORSKIE LWY            | LĘBORK         | POL  | M60-69 | 2      | M 10 |             |              | 00:16:32 | 00:19:51 | 00:39:20 | 00:59:58 | 01:21:21.85 | 8:08   | 7.4  |
| 13   | ZIELIŃSKA IWONA    | 118 | SERCE NORDICA WŁOCŁAWEK  | WŁOCŁAWEK      | POL  | K50-59 | 1      | K 3  |             |              | 00:17:01 | 00:20:23 | 00:40:10 | 01:00:53 | 01:22:14.50 | 8:13   | 7.3  |
| 14   | KOWALSKA KATARZYNA | 106 |                          | STEPIEŃ        | POL  | K30-39 | 1      | K 4  |             |              | 00:19:03 | 00:22:35 | 00:44:41 | 01:07:35 | 01:30:11.35 | 9:01   | 6.7  |
| 15   | WAJDA IZABELA      | 116 |                          | BORNE SULINOWO | POL  | K40-49 | 2      | K 5  |             |              | 00:19:05 | 00:22:41 | 00:45:28 | 01:08:20 | 01:32:05.40 | 9:12   | 6.5  |
| 16   | PRACKA KATARZYNA   | 46  | SERCE NORDICA WŁOCŁAWEK  | WŁOCŁAWEK      | POL  | K50-59 | 2      | K 6  |             |              | 00:22:05 | 00:26:25 | 00:52:32 | 01:18:54 | 01:44:19.65 | 10:26  | 5.8  |
| 17   | JÓZWIAK DOMINIK    | 24  | SERCE NORDICA WŁOCŁAWEK  | WŁOCŁAWEK      | POL  | M18-29 | 1      | M 11 |             |              | 00:23:00 | 00:27:25 | 00:53:33 | 01:19:55 | 01:45:20.05 | 10:32  | 5.7  |