

PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 10 KM

Organizator: Biały Bór
 Data: 2020-09-20
 Miejsce: Biały Bór
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 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 | POLKOWSKI PIOTR | 264 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M30-39 | 1 | M 1 | | | 00:30:49 | 01:02:13.45 | 6:13 | 9.6 |
| 2 | HELWICH STEFAN | 219 | KS METRACO POLKOWICE | WIELEŃ | POL | M60-69 | 1 | M 2 | | | 00:31:00 | 01:02:25.95 | 6:14 | 9.6 |
| 3 | MARCZAK TOMASZ | 244 | | ALEKSANDRIA I | POL | M18-29 | 1 | M 3 | | | 00:31:04 | 01:02:47.00 | 6:16 | 9.6 |
| 4 | KUŹMICH ADAM | 238 | POLIPACK TEAM GWE | MASZEWKO | POL | M30-39 | 2 | M 4 | | | 00:31:19 | 01:03:06.30 | 6:18 | 9.5 |
| 5 | KNITTER TOMASZ | 228 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 2 | M 5 | | | 00:31:30 | 01:03:24.80 | 6:20 | 9.5 |
| 6 | KUŚMIEREK PATRYK | 237 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 3 | M 6 | | | 00:32:08 | 01:03:57.30 | 6:23 | 9.4 |
| 7 | POŁUBIAK PAWEŁ | 265 | | SIECINO | POL | M30-39 | 3 | M 7 | | | 00:31:36 | 01:04:08.40 | 6:24 | 9.4 |
| 8 | SANIUK EDWARD | 271 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M70+ | 1 | M 8 | | | 00:33:18 | 01:06:40.30 | 6:40 | 9 |
| 9 | CZŁAPSKI KRZYSZTOF | 212 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 1 | M 9 | | | 00:32:45 | 01:06:42.55 | 6:40 | 9 |
| 10 | KOŁODZIEJ JOANNA | 229 | MALINOWE GWIAZDY | RUDA ŚLĄSKI | POL | K50-59 | 1 | K 1 | | | 00:33:22 | 01:07:17.45 | 6:43 | 8.9 |
| 11 | PIASZCZYŃSKI MACIEJ | 262 | BIAŁY BÓR | BIAŁY BÓR | POL | M30-39 | 4 | M 10 | 1 | | 00:33:20 | 01:07:24.50 | 6:44 | 8.9 |
| 12 | RADECKI ARTUR | 268 | CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M50-59 | 2 | M 11 | | | 00:33:13 | 01:08:06.75 | 6:48 | 8.8 |
| 13 | KLIMCZAK ADAM | 227 | GOSADI NORDIC TEAM | WARSZAWA | POL | M50-59 | 3 | M 12 | | | 00:33:26 | 01:08:17.60 | 6:49 | 8.8 |
| 14 | OSTROCHALSKA ALEKSANDRA | 259 | POLIPACK TEAM GWE | ŁĘBORK | POL | K40-49 | 1 | K 2 | | | 00:34:03 | 01:08:34.25 | 6:51 | 8.7 |
| 15 | KUŚMIEREK JAN | 236 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M50-59 | 4 | M 13 | | | 00:34:21 | 01:08:38.00 | 6:51 | 8.7 |
| 16 | KRÓLIKOWSKA KRYSZYNA | 295 | POLIPACK TEAM GWE | | POL | K40-49 | 2 | K 3 | | | 00:35:06 | 01:09:25.20 | 6:56 | 8.6 |
| 17 | GOŁĘBIEWSKI EDWARD | 218 | MARSZ PO ZDROWIE | POBIEDZISKA | POL | M70+ | 2 | M 14 | | | 00:34:21 | 01:09:42.30 | 6:58 | 8.6 |
| 18 | ŚWIŚŁOCKI BOGDAN | 279 | FACE NORDIC WALKING TEAM | MIKOSZEWO | POL | M50-59 | 5 | M 15 | | | 00:34:32 | 01:09:51.30 | 6:59 | 8.6 |
| 19 | SZYMAŃSKI STEFAN | 278 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DWYTACH | KIEŹLINY | POL | M70+ | 3 | M 16 | | | 00:34:45 | 01:10:21.55 | 7:02 | 8.5 |
| 20 | CIESIELSKI JAN | 210 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | M40-49 | 1 | M 17 | | | 00:35:18 | 01:11:06.90 | 7:06 | 8.4 |
| 21 | KROMSKI PAWEŁ | 232 | NORDIC WALKING KIEKRZ POLAND | KIEKRZ | POL | M50-59 | 6 | M 18 | | | 00:35:27 | 01:11:24.30 | 7:08 | 8.4 |
| 22 | WALESZKO ANDRZEJ | 283 | PASJA NORDIC WALKING | WARSZAWA | POL | M40-49 | 2 | M 19 | | | 00:35:32 | 01:11:54.10 | 7:11 | 8.3 |
| 23 | MUSIATOWICZ ALEKSANDRA | 251 | PASJA NORDIC WALKING | WARSZAWA | POL | K50-59 | 2 | K 4 | | | 00:35:34 | 01:12:05.95 | 7:12 | 8.3 |
| 24 | TRZCIŃSKI MARIUSZ | 164 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M40-49 | 3 | M 20 | | | 00:36:34 | 01:12:30.60 | 7:15 | 8.3 |
| 25 | NACZK WIKTORIA | 252 | POLIPACK TEAM GWE | ŁĘBORK | POL | K18-29 | 1 | K 5 | | | 00:34:42 | 01:12:33.10 | 7:15 | 8.3 |
| 26 | FRANCZAK MAŁGORZATA | 216 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K18-29 | 2 | K 6 | | | 00:36:02 | 01:12:46.65 | 7:16 | 8.2 |
| 27 | OLSZAŃSKI KAROL | 256 | FEAR THE RETURN | KRAKÓW | POL | M40-49 | 4 | M 21 | | | 00:35:26 | 01:12:51.75 | 7:17 | 8.2 |
| 28 | NETKOWSKI WOJCIECH | 253 | PASJA NORDIC WALKING | BRWINÓW | POL | M60-69 | 2 | M 22 | | | 00:36:15 | 01:13:19.05 | 7:19 | 8.2 |
| 29 | OCYSEK ZYGMUNT | 255 | STADION ŚLĄSKI | KATOWICE | POL | M70+ | 4 | M 23 | | | 00:36:29 | 01:13:20.50 | 7:20 | 8.2 |
| 30 | JÓŹWIAK MARIANNA | 221 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-49 | 3 | K 7 | | | 00:36:09 | 01:13:36.85 | 7:21 | 8.2 |
| 31 | KANIEWSKI ŁUKASZ | 292 | AKTYWNA KCYNIA | KCYNIA | POL | M30-39 | 5 | M 24 | | | 00:36:52 | 01:13:45.85 | 7:22 | 8.1 |
| 32 | RUDAWSKI MACIEJ | 270 | MARSZ PO ZDROWIE | TRZCIEL | POL | M30-39 | 6 | M 25 | | | 00:36:32 | 01:14:26.95 | 7:26 | 8.1 |
| 33 | WIECZORKOWSKA DAGMARA | 287 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K40-49 | 4 | K 8 | | | 00:36:43 | 01:14:27.25 | 7:26 | 8.1 |
| 34 | FRANCZAK DARIUSZ | 217 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M50-59 | 7 | M 26 | | | 00:36:40 | 01:14:28.30 | 7:26 | 8.1 |
| 35 | LEJKOWSKA MIRELA | 239 | POLIPACK GWETEAM | GOWINO | POL | K30-39 | 1 | K 9 | | | 00:37:18 | 01:14:31.85 | 7:27 | 8.1 |
| 36 | HRYNDIO JERZY | 294 | STADION ŚLĄSKI | KOŁCZY GŁOWY | POL | M60-69 | 3 | M 27 | | | 00:37:33 | 01:15:35.40 | 7:33 | 7.9 |
| 37 | SZYDEŁKO MARIOLA | 277 | AKTYWNA KCYNIA | KCYNIA | POL | K40-49 | 5 | K 10 | | | 00:38:06 | 01:15:39.05 | 7:33 | 7.9 |
| 38 | KANIEWSKA ALICJA | 293 | AKTYWNA KCYNIA | KCYNIA | POL | K30-39 | 2 | K 11 | | | 00:37:44 | 01:15:48.70 | 7:34 | 7.9 |
| 39 | BOŃCZYSZYN BOŻENA | 205 | POLIPACK TEAM GWE | WICKO | POL | K50-59 | 3 | K 12 | | | 00:38:08 | 01:16:11.95 | 7:37 | 7.9 |
| 40 | STAWNIAK KAROL | 272 | KS METRACO POLKOWICE | ŹNIN | POL | M70+ | 5 | M 28 | | | 00:37:48 | 01:16:18.30 | 7:37 | 7.9 |
| 41 | ŁUKASIK MICHAŁ | 242 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | M60-69 | 4 | M 29 | | | 00:37:24 | 01:16:20.70 | 7:38 | 7.9 |
| 42 | KACZMAREK MAJA | 224 | POLIPACK TEAM GWE | WEJHEROWO | POL | K40-49 | 6 | K 13 | | | 00:37:49 | 01:16:44.10 | 7:40 | 7.8 |
| 43 | KRIGER ROMAN | 231 | SERCE NORDICA WŁOCŁAWEK | PAPOWO TORUŃSKIE | POL | M50-59 | 8 | M 30 | | | 00:38:33 | 01:16:52.15 | 7:41 | 7.8 |
| 44 | PONKA RADOSŁAW | 266 | POLIPACK TEAM GWE | WEJHEROWO | POL | M40-49 | 5 | M 31 | | | 00:38:38 | 01:17:04.00 | 7:42 | 7.8 |
| 45 | SZMYT MARCIN | 276 | SZWAGRY BIEGAJA | KOSZALIN | POL | M30-39 | 7 | M 32 | | | 00:38:10 | 01:17:06.35 | 7:42 | 7.8 |

PUCHAR REGIONALNY NORDIC WALKING - BIAŁY BÓR 2020 - 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 |
|------|--------------------------|-----|------------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|-------------|--------|------|
| 46 | KACZMAREK JAREK | 222 | SERCE NORDICA WŁOCŁAWEK | SZCZUTKI | POL | M50-59 | 9 | M 33 | | | 00:38:47 | 01:17:17.30 | 7:43 | 7.8 |
| 47 | POKŁADOWSKA JOANNA | 263 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K40-49 | 7 | K 14 | | | 00:38:39 | 01:17:26.30 | 7:44 | 7.7 |
| 48 | FRANCZAK ANNA | 215 | NW CZŁAPSKI TEAM | WARSZAWA | POL | K50-59 | 4 | K 15 | | | 00:38:48 | 01:17:59.40 | 7:47 | 7.7 |
| 49 | WALESZKO ANNA | 284 | PASJA NORDIC WALKING | WARSZAWA | POL | K40-49 | 8 | K 16 | | | 00:39:20 | 01:18:11.40 | 7:49 | 7.7 |
| 50 | PRYBIŃSKA-MARCINIAK ANNA | 267 | AKTYWNA KCYNIA | KCYNIA | POL | K40-49 | 9 | K 17 | | | 00:38:53 | 01:18:13.70 | 7:49 | 7.7 |
| 51 | KASZUBA ADRIANA | 225 | | KOSZALIN | POL | K40-49 | 10 | K 18 | | | 00:39:32 | 01:18:41.20 | 7:52 | 7.6 |
| 52 | STOLARSKA DANUTA | 273 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K60-69 | 1 | K 19 | | | 00:39:11 | 01:18:54.55 | 7:53 | 7.6 |
| 53 | CIESIELSKA RENATA | 209 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K40-49 | 11 | K 20 | | | 00:39:40 | 01:19:57.35 | 7:59 | 7.5 |
| 54 | SUPROŃ IZABELA | 274 | KS METRACO POLKOWICE | BIAŁY BÓR | POL | K30-39 | 3 | K 21 | 1 | | 00:39:33 | 01:20:27.05 | 8:02 | 7.5 |
| 55 | MORACZEWSKA ANGELIKA | 248 | AKTYWNA KCYNIA | KRÓLIKOWO | POL | K30-39 | 4 | K 22 | | | 00:40:13 | 01:20:55.55 | 8:05 | 7.4 |
| 56 | CZEMPIK ANIELA | 254 | | CHORZÓW | POL | K60-69 | 2 | K 23 | | | 00:39:54 | 01:21:01.25 | 8:06 | 7.4 |
| 57 | ANDRUSZKIEWICZ PAWEŁ | 202 | | SZCZECINEK | POL | M40-49 | 6 | M 34 | | | 00:40:17 | 01:21:05.45 | 8:06 | 7.4 |
| 58 | ADAMOWICZ RENATA | 201 | WYCHODZĘ Z KIJAMI | BONIN | POL | K40-49 | 12 | K 24 | | | 00:40:40 | 01:21:18.90 | 8:07 | 7.4 |
| 59 | KACZMAREK ZOFIA | 223 | | SZCZUTKI | POL | K50-59 | 5 | K 25 | | | 00:40:39 | 01:21:23.85 | 8:08 | 7.4 |
| 60 | CZEMPIK KORNELIA | 211 | MALINOWE GWIAZDY | CHORZÓW | POL | K50-59 | 6 | K 26 | | | 00:39:47 | 01:21:43.10 | 8:10 | 7.3 |
| 61 | PALUCH PAWEŁ | 261 | AVOCADO WELLNESS CLUB | WARSZAWA | POL | M50-59 | 10 | M 35 | | | 00:40:29 | 01:21:53.45 | 8:11 | 7.3 |
| 62 | WNEK EWA | 289 | | KŁODZKO | POL | K60-69 | 3 | K 27 | | | 00:40:09 | 01:21:57.40 | 8:11 | 7.3 |
| 63 | BACHANEK KATARZYNA | 203 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K50-59 | 7 | K 28 | | | 00:40:31 | 01:22:17.90 | 8:13 | 7.3 |
| 64 | WALCZAK GRZEGORZ | 282 | UKS GIMNAZ JON | SUCHY LAS | POL | M40-49 | 7 | M 36 | | | 00:41:27 | 01:22:22.45 | 8:14 | 7.3 |
| 65 | MACUŁO OLA | 243 | | SŁUPSK | POL | K30-39 | 5 | K 29 | | | 00:40:54 | 01:22:41.45 | 8:16 | 7.3 |
| 66 | OMARSKA GRAŻYNA | 258 | PASJA NORDIC WALKING | WARSZAWA | POL | K60-69 | 4 | K 30 | | | 00:41:19 | 01:22:55.65 | 8:17 | 7.2 |
| 67 | CHABROS AGNIESZKA | 206 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | K40-49 | 13 | K 31 | | | 00:42:13 | 01:23:43.90 | 8:22 | 7.2 |
| 68 | EWERTOWSKA EWA | 213 | NORDIC WALKING KIEKRZ POLAND | POZNAŃ | POL | K50-59 | 8 | K 32 | | | 00:41:01 | 01:24:07.00 | 8:24 | 7.1 |
| 69 | SZCZYPPIOR KINGA | 275 | POLIPACK TEAM GWE | GOŚCICINO | POL | K30-39 | 6 | K 33 | | | 00:41:38 | 01:24:19.35 | 8:25 | 7.1 |
| 70 | ŻBIKOWSKA MAŁGORZATA | 291 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | K50-59 | 9 | K 34 | | | 00:41:39 | 01:24:29.50 | 8:26 | 7.1 |
| 71 | WESNER HARALD | 286 | TORUŃ - IDZIEMY BEZ RYZYKA | KWIDZYN | POL | M60-69 | 5 | M 37 | | | 00:43:20 | 01:24:50.80 | 8:29 | 7.1 |
| 72 | WĄTROBA SEBASTIAN | 285 | BEL MARE | WARSZAWA | POL | M40-49 | 8 | M 38 | | | 00:41:38 | 01:25:18.30 | 8:31 | 7 |
| 73 | TURZYŃSKA-STOPA MARIA | 280 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K60-69 | 5 | K 35 | | | 00:42:51 | 01:26:49.40 | 8:41 | 6.9 |
| 74 | LUBAŃSKI TOMASZ | 240 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M60-69 | 6 | M 39 | | | 00:43:10 | 01:26:57.40 | 8:41 | 6.9 |
| 75 | MIKUSZEWSKI ARKADIUSZ | 247 | | DRZONOWO | POL | M40-49 | 9 | M 40 | | | 00:45:49 | 01:28:42.95 | 8:52 | 6.8 |
| 76 | WAJDA IZABELA | 281 | | BORNE SULINOWO | POL | K40-49 | 14 | K 36 | | | 00:43:39 | 01:29:29.35 | 8:56 | 6.7 |
| 77 | CHABROS DARIUSZ | 207 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M40-49 | 10 | M 41 | | | 00:45:05 | 01:29:33.80 | 8:57 | 6.7 |
| 78 | OLSZYŃSKA MARZENA | 257 | WYCHODZĘ Z KIJAMI | KOSZALIN | POL | K50-59 | 10 | K 37 | | | 00:46:25 | 01:32:35.20 | 9:15 | 6.5 |
| 79 | KOWALSKA KATARZYNA | 296 | | STEPIEŃ | POL | K30-39 | 7 | K 38 | | | 00:46:42 | 01:33:45.75 | 9:22 | 6.4 |
| 80 | MÓRAWSKI SŁAWOMIR | 250 | TORUŃ - IDZIEMY BEZ RYZYKA | TORUŃ | POL | M50-59 | 11 | M 42 | | | 00:46:46 | 01:35:28.15 | 9:32 | 6.3 |
| 81 | OWCZAREK HENRYKA | 260 | MARSZ PO ZDROWIE | POZNAŃ | POL | K70+ | 1 | K 39 | | | 00:47:35 | 01:36:11.10 | 9:37 | 6.2 |
| 82 | MIKUSZEWSKA BARBARA | 246 | KS METRACO POLKOWICE | PRZYBRDA | POL | K60-69 | 6 | K 40 | 1 | | 00:50:05 | 01:39:53.80 | 9:59 | 6 |
| 83 | KRUKOWSKA MAGDALENA | 234 | KS METRACO POLKOWICE | DRZONOWO | POL | K30-39 | 8 | K 41 | | | 00:50:52 | 01:45:12.40 | 10:31 | 5.7 |
| 84 | KRUKOWSKA ANNA | 233 | | DRZONOWO | POL | K60-69 | 7 | K 42 | | | 00:50:56 | 01:45:16.70 | 10:31 | 5.7 |