

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM**

Organizator: Fundacja Herkules All Sports  
 Data: 2021-06-05  
 Miejsce: Koszalin  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM, OPEN**

| M-ce | Nazwisko i imię       | Nr  | Klub                            | M-scowość        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|---------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MARCZAK TOMASZ        | 35  | KS IDMAR RACING TEAM            | ALEKSANDRIA I    | POL  | M18-29 | 1      | M 1  |             |              | 00:15:19 | 00:31:06 | 00:47:16 | 01:03:44.70 | 6:22   | 9.4  |
| 2    | POLKOWSKI PIOTR       | 67  | NW CZŁĄPSKI TEAM                |                  | POL  | M30-39 | 1      | M 2  |             |              | 00:15:16 | 00:31:18 | 00:47:52 | 01:04:43.75 | 6:28   | 9.3  |
| 3    | POŁUBIAK PAWEŁ        | 41  |                                 | SIECINO          | POL  | M30-39 | 2      | M 3  |             |              | 00:15:53 | 00:32:13 | 00:48:37 | 01:05:16.45 | 6:31   | 9.2  |
| 4    | ŚWIDEREK MARCIN       | 56  | NW CZŁĄPSKI TEAM                | WARSZAWA         | POL  | M40-49 | 1      | M 4  |             |              | 00:16:05 | 00:32:42 | 00:49:18 | 01:05:48.80 | 6:34   | 9.1  |
| 5    | KNITTER TOMASZ        | 27  | BŁĘKITNI DZIEMIANY              | DZIEMIANY        | POL  | M18-29 | 2      | M 5  |             |              | 00:15:45 | 00:32:12 | 00:49:18 | 01:05:59.05 | 6:35   | 9.1  |
| 6    | PUSZKIEL LESZEK       | 43  |                                 | ZIELONA GÓRA     | POL  | M60-69 | 1      | M 6  | 1           |              | 00:15:49 | 00:32:16 | 00:49:09 | 01:06:06.15 | 6:36   | 9.1  |
| 7    | JUREK ADAM            | 22  | KGHM METRACO RUDNA              | LUBIN            | POL  | M60-69 | 2      | M 7  | 1           |              | 00:15:46 | 00:32:19 | 00:49:10 | 01:06:14.45 | 6:37   | 9.1  |
| 8    | SIWAK PIOTR           | 46  | KGHM METRACO RUDNA              | RUDNA            | POL  | M60-69 | 3      | M 8  | 1           |              | 00:15:56 | 00:32:39 | 00:49:43 | 01:07:14.00 | 6:43   | 8.9  |
| 9    | CZŁĄPSKI KRZYSZTOF    | 10  | NW CZŁĄPSKI TEAM                | WARSZAWA         | POL  | M50-59 | 1      | M 9  |             |              | 00:16:00 | 00:32:45 | 00:50:02 | 01:07:34.35 | 6:45   | 8.9  |
| 10   | CHOJNACKI PAWEŁ       | 5   | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN          | POL  | M50-59 | 2      | M 10 | 1           |              | 00:16:18 | 00:33:18 | 00:50:52 | 01:07:59.60 | 6:47   | 8.8  |
| 11   | KUŚMIEREK JAN         | 31  | BŁĘKITNI DZIEMIANY              | DZIEMIANY        | POL  | M50-59 | 3      | M 11 |             |              | 00:16:57 | 00:33:59 | 00:51:06 | 01:08:04.65 | 6:48   | 8.8  |
| 12   | RADECKI ARTUR         | 44  | CHODZĄCY BIAŁYSTOK              | BIAŁYSTOK        | POL  | M50-59 | 4      | M 12 |             |              | 00:16:23 | 00:33:40 | 00:51:03 | 01:08:51.30 | 6:53   | 8.7  |
| 13   | KLIMCZAK ADAM         | 26  | GOSADI NORDIC TEAM              | WARSZAWA         | POL  | M50-59 | 5      | M 13 |             |              | 00:16:54 | 00:34:20 | 00:52:00 | 01:09:42.05 | 6:58   | 8.6  |
| 14   | JĘDRASIAK RENATA      | 66  | KGHM METRACO RUDNA              |                  | POL  | K50-59 | 1      | K 1  |             |              | 00:17:03 | 00:34:31 | 00:51:59 | 01:09:46.25 | 6:58   | 8.6  |
| 15   | CHYRA JANUSZ          | 7   |                                 | LUBLINIEC        | POL  | M40-49 | 2      | M 14 |             |              | 00:17:06 | 00:34:37 | 00:52:33 | 01:10:25.80 | 7:02   | 8.5  |
| 16   | WIŚNIEWSKI SŁAWOMIR   | 61  | FLUGGER                         | GDAŃSK           | POL  | M40-49 | 3      | M 15 |             |              | 00:16:58 | 00:34:52 | 00:52:59 | 01:11:13.35 | 7:07   | 8.4  |
| 17   | SZCZUDLIK MAŁGORZATA  | 51  | KIJKOWE TRZEMESZNO              | TRZEMESZNO       | POL  | K40-49 | 1      | K 2  | 1           |              | 00:17:37 | 00:35:31 | 00:53:19 | 01:11:19.50 | 7:07   | 8.4  |
| 18   | MĄDRY GRZEGORZ        | 36  | KIJKOWE TRZEMESZNO              | TRZEMESZNO       | POL  | M60-69 | 4      | M 16 |             |              | 00:17:29 | 00:35:16 | 00:53:25 | 01:11:22.40 | 7:08   | 8.4  |
| 19   | LUDWICZAK ANDŻELIKA   | 34  | EKSPEDYCJA NORDIC TEAM SZCZECIN | SZCZECIN         | POL  | K40-49 | 2      | K 3  | 1           |              | 00:17:26 | 00:35:20 | 00:53:21 | 01:11:29.00 | 7:08   | 8.4  |
| 20   | SZYMAŃSKI STEFAN      | 52  | SERCE NORDICA WŁOCLAWEK         | KIEŻLINY         | POL  | M70+   | 1      | M 17 | 1           |              | 00:17:20 | 00:35:02 | 00:53:11 | 01:12:04.55 | 7:12   | 8.3  |
| 21   | KACZMAREK EUGENIUSZ   | 23  |                                 | SŁUPSK           | POL  | M70+   | 2      | M 18 | 2           |              | 00:17:17 | 00:35:02 | 00:53:20 | 01:12:48.00 | 7:16   | 8.2  |
| 22   | GODZIŃSKI PAWEŁ       | 16  | BAŻANT NW ELBLĄG                | MILEJEWO         | POL  | M40-49 | 4      | M 19 |             |              | 00:17:58 | 00:36:29 | 00:54:58 | 01:13:39.50 | 7:21   | 8.1  |
| 23   | WIECZORKOWSKA DAGMARA | 60  | WYCHODZĘ Z KIJAMI               | KOSZALIN         | POL  | K40-49 | 3      | K 4  |             |              | 00:17:52 | 00:36:22 | 00:55:10 | 01:13:53.60 | 7:23   | 8.1  |
| 24   | FRANCZAK MAŁGORZATA   | 12  | NW CZŁĄPSKI TEAM                | WARSZAWA         | POL  | K18-29 | 1      | K 5  |             |              | 00:18:09 | 00:36:53 | 00:55:38 | 01:14:14.80 | 7:25   | 8.1  |
| 25   | KUŁAKOWSKA HALINA     | 30  | KATOWICKI NORDIC WALKING        | OLKUSZ           | POL  | K40-49 | 4      | K 6  | 1           |              | 00:18:15 | 00:37:05 | 00:55:47 | 01:14:36.65 | 7:27   | 8    |
| 26   | ŚLUSARCZYK ANDRZEJ    | 55  | WESOŁY BORSUK TEAM              | PRUDNIK          | POL  | M70+   | 3      | M 20 | 1           |              | 00:17:54 | 00:36:30 | 00:55:53 | 01:14:56.35 | 7:29   | 8    |
| 27   | STACHOWICZ JOANNA     | 48  | BŁĘKITNI DZIEMIANY              | DZIEMIANY        | POL  | K30-39 | 1      | K 7  |             |              | 00:18:36 | 00:37:25 | 00:56:30 | 01:15:26.80 | 7:32   | 8    |
| 28   | FRĄCKOWIAK MATEUSZ    | 115 | EKSPEDYCJA NORDIC TEAM SZCZECIN | WIELEŃ           | POL  | M18-29 | 3      | M 21 |             |              | 00:17:23 | 00:36:26 | 00:55:41 | 01:15:36.20 | 7:33   | 7.9  |
| 29   | JANKOWSKI GRZEGORZ    | 18  | STĘSZEW TEAM                    | WITOBEL          | POL  | M60-69 | 5      | M 22 |             |              | 00:18:21 | 00:37:16 | 00:56:40 | 01:15:44.25 | 7:34   | 7.9  |
| 30   | BENZA EWA             | 4   | NW CZŁĄPSKI TEAM                | WARSZAWA         | POL  | K18-29 | 2      | K 8  |             |              | 00:18:18 | 00:37:18 | 00:56:30 | 01:15:48.80 | 7:34   | 7.9  |
| 31   | KRIGER ROMAN          | 29  | SERCE NORDICA WŁOCLAWEK         | PAPOWO TORUŃSKIE | POL  | M60-69 | 6      | M 23 |             |              | 00:18:21 | 00:37:29 | 00:56:40 | 01:15:50.55 | 7:35   | 7.9  |
| 32   | JANUR WIESŁAWA        | 19  |                                 | POZNAŃ           | POL  | K40-49 | 5      | K 9  |             |              | 00:18:24 | 00:37:33 | 00:56:55 | 01:16:01.95 | 7:36   | 7.9  |
| 33   | CZAJKA URSZULA        | 8   |                                 | RUMIA            | POL  | K60-69 | 1      | K 10 | 1           |              | 00:18:14 | 00:37:04 | 00:56:27 | 01:16:18.75 | 7:37   | 7.9  |
| 34   | KĘPA ANDRZEJ          | 25  | FAMILY TEAM KĘPA SPORT          | KOSZALIN         | POL  | M70+   | 4      | M 24 |             |              | 00:18:30 | 00:37:59 | 00:57:25 | 01:16:23.90 | 7:38   | 7.9  |

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                            | M-scowość       | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------|-----|---------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 35   | KREFT BARBARA        | 28  |                                 | PARCHOWO        | POL  | K50-59 | 2      | K 11 |             |              | 00:18:40 | 00:37:38 | 00:56:56 | 01:16:31.45 | 7:39   | 7.8  |
| 36   | BERESZKO WALDEMAR    | 103 | MOSIR TKKF SATURN CZELADŹ       | SOSNOWIEC       | POL  | M60-69 | 7      | M 25 | 1           |              | 00:18:24 | 00:37:39 | 00:57:12 | 01:16:34.35 | 7:39   | 7.8  |
| 37   | FRANCZAK DARIUSZ     | 14  | NW CZŁAPSKI TEAM                | WARSZAWA        | POL  | M50-59 | 6      | M 26 |             |              | 00:18:35 | 00:37:46 | 00:57:21 | 01:16:56.50 | 7:41   | 7.8  |
| 38   | PALIWODA KASIA       | 39  | EKSPEDYCJA NORDIC TEAM SZCZECIN | MIERZYN         | POL  | K40-49 | 6      | K 12 |             |              | 00:18:17 | 00:37:30 | 00:57:16 | 01:17:27.05 | 7:44   | 7.7  |
| 39   | PALUCH PAWEŁ         | 40  | AVOCADO WELLNESS CLUB           | WARSZAWA        | POL  | M50-59 | 7      | M 27 |             |              | 00:18:51 | 00:38:16 | 00:57:54 | 01:17:30.75 | 7:45   | 7.7  |
| 40   | NOWACZYK TOMASZ      | 38  | MARSZ PO ZDROWIE                | GNIEZNO         | POL  | M40-49 | 5      | M 28 |             |              | 00:18:23 | 00:38:02 | 00:57:45 | 01:17:38.50 | 7:45   | 7.7  |
| 41   | MISKOWICZ ANNA       | 37  | NESSI TIME BIAŁA                | GŁOGÓWEK        | POL  | K60-69 | 2      | K 13 |             |              | 00:18:46 | 00:38:16 | 00:58:03 | 01:17:47.15 | 7:46   | 7.7  |
| 42   | KNITTER MONIKA       | 140 |                                 | POLANÓW         | POL  | K30-39 | 2      | K 14 |             |              | 00:19:20 | 00:39:21 | 00:59:07 | 01:18:43.60 | 7:52   | 7.6  |
| 43   | BROŻYNA AGATA        | 104 | NW CZŁAPSKI TEAM                | WARSZAWA        | POL  | K30-39 | 3      | K 15 |             |              | 00:19:23 | 00:39:36 | 00:59:29 | 01:19:12.00 | 7:55   | 7.6  |
| 44   | KASZUBA ADRIANA      | 24  |                                 | KOSZALIN        | POL  | K40-49 | 7      | K 16 |             |              | 00:20:00 | 00:40:00 | 00:59:49 | 01:19:42.30 | 7:58   | 7.5  |
| 45   | STOLTMANN HELENA     | 196 | BŁĘKITNI DZIEMIANY              | DZIEMIANY       | POL  | K60-69 | 3      | K 17 |             |              | 00:18:21 | 00:37:46 | 00:58:38 | 01:20:21.60 | 8:02   | 7.5  |
| 46   | ŻAMOJCIN MAREK       | 65  | NORDICLUB SZCZECIN              | SZCZECIN        | POL  | M60-69 | 8      | M 29 |             |              | 00:18:48 | 00:38:45 | 00:59:32 | 01:20:29.85 | 8:02   | 7.5  |
| 47   | POSTEK DANUTA        | 42  | MARSZ PO ZDROWIE                | POZNAŃ          | POL  | K50-59 | 3      | K 18 |             |              | 00:20:08 | 00:40:30 | 01:01:02 | 01:21:36.10 | 8:09   | 7.4  |
| 48   | ŚLUSARCZYK MARCIN    | 53  | WESOŁY BORSUK TEAM              | PRUDNIK         | POL  | M40-49 | 6      | M 30 |             |              | 00:19:25 | 00:42:34 | 01:03:14 | 01:22:24.20 | 8:14   | 7.3  |
| 49   | JÓZWIAK ŁUKASZ       | 20  | SERCE NORDICA WŁOCŁAWEK         | WŁOCŁAWEK       | POL  | M50-59 | 8      | M 31 |             |              | 00:20:31 | 00:41:20 | 01:02:21 | 01:23:13.35 | 8:19   | 7.2  |
| 50   | FRANCZAK ANNA        | 13  | NW CZŁAPSKI TEAM                | WARSZAWA        | POL  | K50-59 | 4      | K 19 |             |              | 00:21:12 | 00:42:40 | 01:03:51 | 01:24:21.10 | 8:26   | 7.1  |
| 51   | DUSZA ANNA           | 11  |                                 | SZCZECIN        | POL  | K50-59 | 5      | K 20 |             |              | 00:20:18 | 00:41:46 | 01:03:26 | 01:24:35.50 | 8:27   | 7.1  |
| 52   | WYSOCKA BERNADETA    | 62  | BŁĘKITNI DZIEMIANY              | DZIEMIANY       | POL  | K40-49 | 8      | K 21 |             |              | 00:20:08 | 00:41:15 | 01:02:48 | 01:24:37.10 | 8:27   | 7.1  |
| 53   | JUREK KAMILA         | 21  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     | BIAŁOŚLIWIE     | POL  | K30-39 | 4      | K 22 |             |              | 00:19:55 | 00:41:30 | 01:03:44 | 01:25:35.00 | 8:33   | 7    |
| 54   | ZIÓLKOWSKA EWA       | 63  | SERCE NORDICA WŁOCŁAWEK         | WŁOCŁAWEK       | POL  | K50-59 | 6      | K 23 | 1           |              | 00:21:01 | 00:42:37 | 01:04:39 | 01:27:08.40 | 8:42   | 6.9  |
| 55   | CHOLEWKA JOLANTA     | 6   | MARSZ PO ZDROWIE                | KOSTRZYN WLKP   | POL  | K60-69 | 4      | K 24 | 1           |              | 00:20:53 | 00:42:55 | 01:05:00 | 01:27:53.75 | 8:47   | 6.8  |
| 56   | IGNASIAK ANNA        | 17  | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM     | STARE           | POL  | K30-39 | 5      | K 25 | 1           |              | 00:21:23 | 00:43:21 | 01:05:29 | 01:28:16.95 | 8:49   | 6.8  |
| 57   | TYLKA EDYTA          | 58  | CIDRY LOTAJOM                   | TARNOWSKIE GÓRY | POL  | K18-29 | 3      | K 26 |             |              | 00:22:06 | 00:44:45 | 01:07:23 | 01:29:45.95 | 8:58   | 6.7  |
| 58   | BECHLER ZOFIA        | 2   | GWIAZDY PÓŁNOCY                 | CEWLINO         | POL  | K40-49 | 9      | K 27 |             |              | 00:22:08 | 00:44:44 | 01:07:31 | 01:30:33.90 | 9:03   | 6.6  |
| 59   | CZEKRYSEW MAŁGORZATA | 9   | SERCE NORDICA WŁOCŁAWEK         | WŁOCŁAWEK       | POL  | K50-59 | 7      | K 28 |             |              | 00:23:32 | 00:47:55 | 01:12:42 | 01:37:28.15 | 9:44   | 6.2  |