

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

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


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

| M-ce | Nazwisko i imię      | Nr  | Klub                     | M-scowość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.7km    | 5.4km    | 8.1km    | Netto       | min/km | km/h |
|------|----------------------|-----|--------------------------|---------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | POLKOWSKI PIOTR      | 64  | NW CZŁAPSKI TEAM         |               | POL  | M30-39 | 1      | M 1  |             | 1            | 00:20:59 | 00:43:05 | 01:05:03 | 01:26:31.00 | 8:00   | 7.5  |
| 2    | KNITTER TOMASZ       | 25  | BŁĘKITNI DZIEMIANY       | DZIEMIANY     | POL  | M18-29 | 1      | M 2  |             |              | 00:20:59 | 00:43:05 | 01:05:02 | 01:26:34.45 | 8:00   | 7.5  |
| 3    | KUŚMIEREK JAN        | 29  | BŁĘKITNI DZIEMIANY       | DZIEMIANY     | POL  | M50-59 | 1      | M 3  |             |              | 00:21:22 | 00:43:09 | 01:05:17 | 01:27:12.45 | 8:04   | 7.4  |
| 4    | JUREK ADAM           | 20  | KGHM METRACO RUDNA       | LUBIN         | POL  | M60-69 | 1      | M 4  |             | 1            | 00:21:24 | 00:43:39 | 01:06:06 | 01:28:02.45 | 8:09   | 7.4  |
| 5    | HELWICH STEFAN       | 15  | KGHM METRACO RUDNA       | WIELEN        | POL  | M60-69 | 2      | M 5  |             |              | 00:21:25 | 00:43:42 | 01:06:07 | 01:28:24.55 | 8:11   | 7.3  |
| 6    | SIWAK PIOTR          | 44  | KGHM METRACO RUDNA       | RUDNA         | POL  | M60-69 | 3      | M 6  |             |              | 00:21:25 | 00:43:39 | 01:06:25 | 01:29:42.90 | 8:18   | 7.2  |
| 7    | POŁUBIAK PAWEŁ       | 39  |                          | SIECINO       | POL  | M30-39 | 2      | M 7  |             |              | 00:20:58 | 00:42:44 | 01:05:42 | 01:30:16.50 | 8:21   | 7.2  |
| 8    | NAKONIECZNY GRZEGORZ | 35  | EKSPEDYCJA NORDIC TEAM   | SZCZECIN      | POL  | M40-49 | 1      | M 8  |             |              | 00:20:42 | 00:43:08 | 01:06:03 | 01:30:16.65 | 8:21   | 7.2  |
| 9    | PUSZKIEL LESZEK      | 41  | GREEN TAEM               | ZIELONA GÓRA  | POL  | M60-69 | 4      | M 9  |             |              | 00:21:38 | 00:44:31 | 01:07:08 | 01:30:35.25 | 8:23   | 7.2  |
| 10   | CHOJNACKI PAWEŁ      | 3   | EKSPEDYCJA NORDIC TEAM   | MIERZYN       | POL  | M50-59 | 2      | M 10 |             |              | 00:22:25 | 00:45:40 | 01:08:27 | 01:31:08.60 | 8:26   | 7.1  |
| 11   | CZŁAPSKI KRZYSZTOF   | 8   | NW CZŁAPSKI TEAM         | WARSZAWA      | POL  | M50-59 | 3      | M 11 |             |              | 00:21:38 | 00:44:34 | 01:08:03 | 01:31:12.30 | 8:26   | 7.1  |
| 12   | RADECKI ARTUR        | 42  | CHODZĄCY BIAŁYSTOK       | BIAŁYSTOK     | POL  | M50-59 | 4      | M 12 |             |              | 00:21:39 | 00:44:34 | 01:09:26 | 01:33:08.00 | 8:37   | 7    |
| 13   | SZCZUDLIK MAŁGORZATA | 50  | KIJKOWE TRZEMESZNO       | TRZEMESZNO    | POL  | K40-49 | 1      | K 1  |             |              | 00:23:11 | 00:46:07 | 01:09:30 | 01:33:08.30 | 8:37   | 7    |
| 14   | CHYRA JANUSZ         | 5   |                          | LUBLINIEC     | POL  | M40-49 | 2      | M 13 |             |              | 00:22:45 | 00:46:01 | 01:09:45 | 01:34:07.30 | 8:42   | 6.9  |
| 15   | WIŚNIEWSKI SŁAWOMIR  | 58  |                          | GDAŃSK        | POL  | M40-49 | 3      | M 14 |             |              | 00:22:28 | 00:46:05 | 01:10:02 | 01:34:37.65 | 8:45   | 6.8  |
| 16   | JĘDRASIAK RENATA     | 63  | KGHM METRACO RUDNA       | POLKOWICE     | POL  | K50-59 | 1      | K 2  |             |              | 00:22:55 | 00:46:53 | 01:11:40 | 01:37:28.85 | 9:01   | 6.6  |
| 17   | STACHOWICZ JOANNA    | 47  | BŁĘKITNI DZIEMIANY       | DZIEMIANY     | POL  | K30-39 | 1      | K 3  |             |              | 00:23:47 | 00:48:27 | 01:13:42 | 01:38:58.65 | 9:09   | 6.5  |
| 18   | KULAKOWSKA HALINA    | 28  | KATOWICKI NORDIC WALKING | OLKUSZ        | POL  | K40-49 | 2      | K 4  |             |              | 00:24:07 | 00:49:01 | 01:14:07 | 01:39:04.20 | 9:10   | 6.5  |
| 19   | KREFT BARBARA        | 67  |                          | PARCHOWO      | POL  | K50-59 | 2      | K 5  |             |              | 00:23:59 | 00:49:12 | 01:14:14 | 01:39:05.00 | 9:10   | 6.5  |
| 20   | MARCZAK TOMASZ       | 32  | KS IDMAR RACING TEAM     | ALEKSANDRIA I | POL  | M18-29 | 2      | M 15 |             | 1            | 00:22:15 | 00:47:09 | 01:13:02 | 01:39:05.60 | 9:10   | 6.5  |
| 21   | KLIMCZAK ADAM        | 23  | GOSADI NORDIC TEAM       | WARSZAWA      | POL  | M50-59 | 5      | M 16 |             |              | 00:23:19 | 00:48:01 | 01:13:27 | 01:39:15.90 | 9:11   | 6.5  |
| 22   | FRANCZAK MAŁGORZATA  | 10  | NW CZŁAPSKI TEAM         | WARSZAWA      | POL  | K18-29 | 1      | K 6  |             | 1            | 00:24:35 | 00:49:47 | 01:14:40 | 01:39:38.65 | 9:13   | 6.5  |
| 23   | BERESZKO WALDEMAR    | 2   | MOSIR TKKF SATURN        | SOSNOWIEC     | POL  | M60-69 | 5      | M 17 |             |              | 00:24:05 | 00:48:52 | 01:14:32 | 01:39:44.00 | 9:14   | 6.5  |
| 24   | SZYMAŃSKI STEFAN     | 51  | SERCE NORDICA            | KIEŻLINY      | POL  | M70+   | 1      | M 18 |             | 1            | 00:24:20 | 00:48:56 | 01:14:15 | 01:39:56.50 | 9:15   | 6.5  |
| 25   | MĄDRY GRZEGORZ       | 33  | KIJKOWE TRZEMESZNO       | TRZEMESZNO    | POL  | M60-69 | 6      | M 19 |             |              | 00:23:58 | 00:49:03 | 01:15:03 | 01:39:58.70 | 9:15   | 6.5  |
| 26   | KĘPA ANDRZEJ         | 22  | FAMILY TEAM KĘPA SPORT   | KOSZALIN      | POL  | M70+   | 2      | M 20 |             |              | 00:24:29 | 00:49:33 | 01:15:08 | 01:40:21.20 | 9:17   | 6.5  |
| 27   | CZAJKA URSZULA       | 6   | KGHM METRACO RUDNA       | RUMIA         | POL  | K60-69 | 1      | K 7  |             |              | 00:24:32 | 00:49:42 | 01:15:31 | 01:41:37.95 | 9:24   | 6.4  |
| 28   | LUDWICZAK ANDŻELIKA  | 31  | EKSPEDYCJA NORDIC TEAM   | SZCZECIN      | POL  | K40-49 | 3      | K 8  |             |              | 00:24:12 | 00:50:22 | 01:16:31 | 01:42:15.80 | 9:28   | 6.3  |
| 29   | ŚLUSARCZYK ANDRZEJ   | 54  | WESOŁY BORSUK TEAM       | PRUDNIK       | POL  | M70+   | 3      | M 21 |             |              | 00:25:30 | 00:49:34 | 01:16:34 | 01:43:34.00 | 9:35   | 6.3  |
| 30   | ŚLUSARCZYK MARCIN    | 52  | WESOŁY BORSUK TEAM       | PRUDNIK       | POL  | M40-49 | 4      | M 22 |             |              | 00:25:53 | 00:52:34 | 01:18:25 | 01:43:57.20 | 9:37   | 6.2  |
| 31   | FRĄCKOWIAK MATEUSZ   | 117 | EKSPEDYCJA NORDIC TEAM   | WIELEŃ        | POL  | M18-29 | 3      | M 23 |             |              | 00:23:52 | 00:49:13 | 01:16:18 | 01:44:33.65 | 9:40   | 6.2  |
| 32   | FRANCZAK DARIUSZ     | 12  | NW CZŁAPSKI TEAM         | WARSZAWA      | POL  | M50-59 | 6      | M 24 |             |              | 00:24:40 | 00:51:09 | 01:18:09 | 01:45:07.10 | 9:43   | 6.2  |
| 33   | JANUR WIESŁAWA       | 17  |                          | POZNAŃ        | POL  | K40-49 | 4      | K 9  |             |              | 00:24:53 | 00:51:26 | 01:18:28 | 01:46:03.30 | 9:49   | 6.1  |
| 34   | MISKOWICZ ANNA       | 34  | NESSI TIME BIAŁA         | GŁOGÓWEK      | POL  | K60-69 | 2      | K 10 |             |              | 00:25:07 | 00:51:50 | 01:19:13 | 01:46:08.00 | 9:49   | 6.1  |
| 35   | BROŻYNA AGATA        | 105 | NW CZŁAPSKI TEAM         | WARSZAWA      | POL  | K30-39 | 2      | K 11 |             |              | 00:26:10 | 00:53:39 | 01:20:43 | 01:47:01.40 | 9:54   | 6.1  |
| 36   | KNITTER MONIKA       | 146 |                          | POLANÓW       | POL  | K30-39 | 3      | K 12 |             | 1            | 00:26:08 | 00:53:39 | 01:20:42 | 01:47:01.60 | 9:54   | 6.1  |

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

| M-ce | Nazwisko i imię         | Nr  | Klub                               | M-scowość     | Kraj | Kat.      | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.7km    | 5.4km    | 8.1km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------------------------------------|---------------|------|-----------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 37   | JANKOWSKI GRZEGORZ      | 16  | STĘSZEW TEAM                       | WITOBEL       | POL  | M60-69    | 7      | M 25 |             |              | 00:25:04 | 00:52:05 | 01:19:40 | 01:47:10.65 | 9:55   | 6    |
| 38   | PALUCH PAWEŁ            | 38  | AVOCADO WELLNESS CLUB              | WARSZAWA      | POL  | M50-59    | 7      | M 26 |             |              | 00:25:46 | 00:52:33 | 01:20:23 | 01:49:12.70 | 10:06  | 5.9  |
| 39   | JÓZWIAK ŁUKASZ          | 18  | SERCE NORDICA<br>WŁOCŁAWEK         | WŁOCŁAWEK     | POL  | M50-59    | 8      | M 27 |             |              | 00:27:13 | 00:54:46 | 01:22:23 | 01:50:35.90 | 10:14  | 5.9  |
| 40   | POSTEK DANUTA           | 40  | MARSZ PO ZDROWIE                   | POZNAŃ        | POL  | K50-59    | 3      | K 13 |             |              | 00:27:34 | 00:55:21 | 01:22:59 | 01:50:43.95 | 10:15  | 5.9  |
| 41   | ŻAMOJCIN MAREK          | 61  | NORDICLUB SZCZECIN                 | SZCZECIN      | POL  | M60-69    | 8      | M 28 |             |              | 00:26:13 | 00:54:11 | 01:22:26 | 01:51:12.10 | 10:17  | 5.8  |
| 42   | STOLTMANN HELENA        | 210 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY     | POL  | K60-69    | 3      | K 14 |             |              | 00:25:22 | 00:52:44 | 01:21:50 | 01:51:39.20 | 10:20  | 5.8  |
| 43   | PALIWODA KASIA          | 37  | EKSPEDYCJA NORDIC TEAM<br>SZCZECIN | MIERZYN       | POL  | K40-49    | 5      | K 15 |             |              | 00:26:24 | 00:54:18 | 01:23:29 | 01:53:47.20 | 10:32  | 5.7  |
| 44   | DUSZA ANNA              | 9   |                                    | SZCZECIN      | POL  | K50-59    | 4      | K 16 |             |              | 00:28:45 | 00:59:26 | 01:30:40 | 02:01:38.15 | 11:15  | 5.3  |
| 45   | FRANCZAK ANNA           | 11  | NW CZŁAPSKI TEAM                   | WARSZAWA      | POL  | K50-59    | 5      | K 17 |             |              | 00:29:00 | 00:59:51 | 01:30:55 | 02:02:02.30 | 11:17  | 5.3  |
| 46   | BECHLER ZOFIA           | 62  | GWIAZDY PÓŁNOCY                    | CEWLINO       | POL  | K40-49    | 6      | K 18 |             |              | 00:29:12 | 01:00:13 | 01:33:13 | 02:05:13.00 | 11:35  | 5.2  |
| 47   | CHOLEWKA JOLANTA        | 4   | MARSZ PO ZDROWIE                   | KOSTRZYN WLKP | POL  | K60-69    | 4      | K 19 |             |              | 00:29:39 | 01:00:57 | 01:33:49 | 02:07:55.75 | 11:50  | 5.1  |
| 48   | KNAP EDYTA              | 24  |                                    | MIELNO        | POL  | K40-49    | 7      | K 20 |             |              | 00:31:01 | 01:06:01 | 01:43:01 | 02:17:44.00 | 12:45  | 4.7  |
| 49   | CZEKRYSEW<br>MAŁGORZATA | 7   | SERCE NORDICA<br>WŁOCŁAWEK         | WŁOCŁAWEK     | POL  | K50-59    | 6      | K 21 |             |              | 00:33:58 | 01:08:43 | 01:44:03 | 02:20:27.40 | 13:00  | 4.6  |
| 50   |                         | 90  |                                    |               |      | DRUŻYNOWA | 1      | 1    |             |              | 00:24:39 | 00:50:09 |          |             | 9:17   | 6.5  |
|      | GODZIŃSKI PAWEŁ         | 14  | BAŻANT NW ELBLĄG                   | MILEJEWO      | POL  | M40-49    |        |      |             |              | 00:22:45 | 00:46:43 | 01:15:20 | DNF         | -      | -    |
|      |                         |     |                                    |               |      |           |        |      |             |              | DNF      | DNF      | DNF      | DNF         | -      | -    |
|      | NOWACZYK TOMASZ         | 36  | MARSZ PO ZDROWIE                   | GNIEZNO       | POL  | M40-49    |        |      |             |              | 00:25:40 | DNF      | DNF      | DNF         | -      | -    |
|      |                         |     |                                    |               |      |           |        |      |             |              | DNF      |          |          |             |        |      |