

PUCHAR POLSKI NW - 10KM

Organiser: Powiat Hajnowski, Polskie Zrzeszenie Nordic Walking
Date: 2024-09-28
Place: Potęgowo
Distance: 10 km
Klasyfikacja wg czasów netto.



PUCHAR POLSKI NW - 10KM, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Netto	min/km	km/h
1	WITUCKI JACEK	43	K.S. VICTORIA POTĘGOWO	POZNAŃ	POL	M50-59	1	M 1			00:14:36	00:29:36	00:44:54	01:00:16.90	6:01	10
2	MARCZAK TOMASZ	20	K.S. VICTORIA POTĘGOWO	ALEKSANDRIA I	POL	M18-29	1	M 2			00:15:49	00:31:19	00:46:32	01:01:43.80	6:10	9.7
3	DZIADZEVICH ANZHEI	8	K.S. VICTORIA POTĘGOWO	WARSZAWA	POL	M40-49	1	M 3			00:15:01	00:30:50	00:46:31	01:01:58.20	6:11	9.7
4	JAWORSKI ŁUKASZ	14	OPEN SPORT TEAM	WYSOKA	POL	M40-49	2	M 4			00:15:03	00:30:52	00:46:34	01:02:00.05	6:12	9.7
5	KABATA JAROSŁAW	16	NORDIC SPORT 2021	TARNOWSKIE GÓRY	POL	M50-59	2	M 5			00:15:01	00:30:51	00:46:43	01:03:11.20	6:19	9.5
6	MICHALSKI ANDRZEJ	21	POLIPACK TEAM GWE	ZMIENNICA	POL	M60-69	1	M 6			00:16:04	00:32:20	00:48:49	01:04:52.05	6:29	9.2
7	JUREK ADAM	33	KGHM METRACO	LUBIN	POL	M60-69	2	M 7			00:16:05	00:32:21	00:48:50	01:05:03.65	6:30	9.2
8	PIETRAKOWSKI MARCIN	29	K.S. VICTORIA POTĘGOWO	JENIN	POL	M40-49	3	M 8			00:16:16	00:32:40	00:49:00	01:05:03.85	6:30	9.2
9	BREWCZYŃSKI MARCIN	4	POLIPACK TEAM GWE	ŁYSE	POL	M30-39	1	M 9			00:16:11	00:32:42	00:49:26	01:06:03.85	6:36	9.1
10	KUBISZYN MAŁGORZATA	18	K.S. VICTORIA POTĘGOWO	LUBACZÓW	POL	K30-39	1	K 1			00:16:46	00:33:30	00:50:01	01:06:28.00	6:38	9
11	MISZTAL GRZEGORZ	22	OPEN SPORT TEAM	SUŁKOWICE	POL	M30-39	2	M 10			00:16:28	00:33:06	00:49:54	01:06:47.25	6:40	9
12	FILIPOWICZ BARBARA	9	K.S. VICTORIA POTĘGOWO	KRZESZYCE	POL	K40-49	1	K 2			00:16:59	00:33:57	00:50:31	01:07:07.15	6:42	8.9
13	BIELECKA ZUZANNA	3	K.S. VICTORIA POTĘGOWO	WARSZAWA	POL	K40-49	2	K 3			00:16:55	00:34:04	00:51:10	01:08:24.15	6:50	8.8
14	ŚLUSARCZYK MARCIN	37	WESOŁY BORSUK TEAM	PRUDNIK	POL	M40-49	4	M 11			00:16:27	00:33:56	00:51:09	01:08:24.35	6:50	8.8
15	RADZIMSKI KAROL	31	NORDIC WALKING KIEKRZ POLAND	SZCZECIN	POL	M70+	1	M 12			00:17:22	00:34:41	00:51:47	01:09:01.20	6:54	8.7
16	KNAPCZYK-KANIA GABRIELA	17	NORDIC SPORT 2021	BIENKÓWKA	POL	K50-59	1	K 4			00:17:11	00:34:34	00:51:53	01:09:05.40	6:54	8.7
17	OLEJNIK PRZEMEK	26		SZCZECIN	POL	M50-59	3	M 13			00:17:17	00:34:59	00:52:26	01:09:30.15	6:57	8.6
18	SZCZYGIEL ADRIANA	36	OPEN SPORT TEAM	BIELSKO-BIAŁA	POL	K40-49	3	K 5			00:17:16	00:34:51	00:52:34	01:10:12.45	7:01	8.5
19	SAWICKA MARTA	220	K.S. VICTORIA POTĘGOWO	KOŚCIEŻYNO WYŻNE	POL	K50-59	2	K 6			00:17:46	00:35:50	00:54:02	01:11:48.60	7:10	8.4
20	ZAWADZKI ZYGMUNT	44	CIDRY Z KIJAMI	BYTOM	POL	M70+	2	M 14			00:17:55	00:35:55	00:54:12	01:12:29.20	7:14	8.3
21	CZMOCH MARIAN	5	NORDIC SPORT 2021	ŁOSICE	POL	M70+	3	M 15			00:18:11	00:36:31	00:54:52	01:13:08.05	7:18	8.2
22	PUKSZTA KRZYSZTOF	30	WESOŁY BORSUK TEAM	PRUDNIK	POL	M40-49	5	M 16			00:18:18	00:36:43	00:55:04	01:13:41.55	7:22	8.1
23	KRAWCZYK ALICJA	230	BASZTA BYTÓW	BYTÓW	POL	K40-49	4	K 7			00:19:34	00:38:34	00:58:32	01:15:32.00	7:33	7.9
24	ŚLUSARCZYK ANDRZEJ	39	WESOŁY BORSUK TEAM	PRUDNIK	POL	M70+	4	M 17			00:19:17	00:38:30	00:57:48	01:17:09.45	7:42	7.8
25	TWARDOŃ LUIZA	41	K.S. VICTORIA POTĘGOWO	GŁÓWCZYCE	POL	K40-49	5	K 8			00:19:22	00:38:54	00:58:16	01:17:34.00	7:45	7.7
26	SKRZĄTEK LUCYNA	35	NORDIC SPORT 2021	TARNOWSKIE GÓRY	POL	K50-59	3	K 9			00:18:55	00:38:12	00:57:51	01:17:37.15	7:45	7.7
27	ADAMCZYK BOGDAN	227	BASZTA BYTÓW	BYTÓW	POL	M50-59	4	M 18			00:18:46	00:38:47	00:58:44	01:18:10.35	7:49	7.7
28	ŚLUSARCZYK GRZEGORZ	38	WESOŁY BORSUK TEAM	PRUDNIK	POL	M50-59	5	M 19			00:19:45	00:39:45	00:59:05	01:18:19.25	7:49	7.7
29	ŚLUSARCZYK KAROLINA	40	WESOŁY BORSUK TEAM	PRUDNIK	POL	K18-29	1	K 10			00:19:05	00:38:56	00:58:47	01:18:36.20	7:51	7.6
30	PALUCH PAWEŁ	28	AVOCADO WELLNESS CLUB	WARSZAWA	POL	M60-69	3	M 20			00:19:24	00:39:19	00:59:15	01:18:41.70	7:52	7.6
31	SAPUŁA WIKTORIA	32	K.S. VICTORIA POTĘGOWO	LUBLIN	POL	K18-29	2	K 11			00:19:34	00:39:18	00:59:12	01:18:53.90	7:53	7.6
32	NERC DOROTA	23		RUMIA	POL	K60-69	1	K 12			00:19:34	00:39:34	00:54:18	01:19:30.00	7:57	7.5
33	DAWIDOWSKI MARCIN	7		ROZŁĄZINO	POL	M40-49	6	M 21			00:20:07	00:40:04	00:59:55	01:19:34.70	7:57	7.5
34	BERESKA IRENA	2	NORDIC SPORT 2021	NAKŁO ŚLĄSKIE	POL	K30-39	2	K 13			00:19:51	00:40:03	01:00:11	01:20:16.50	8:01	7.5
35	GÓRSKA AGNIESZKA	10		SZCZECIN	POL	K40-49	6	K 14			00:20:28	00:40:54	01:00:56	01:20:43.70	8:04	7.4
36	BADOWSKA-STEFANSKA BARBARA	222	BASZTA BYTÓW	BYTÓW	POL	K60-69	2	K 15			00:19:35	00:39:39	01:00:41	01:22:06.90	8:12	7.3

PUCHAR POLSKI NW - 10KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Netto	min/km	km/h
37	WILK IWONA	42	NORDIC SPORT 2021	KATOWICE	POL	K50-59	4	K 16			00:20:50	00:41:38	01:02:23	01:22:56.75	8:17	7.2
38	KOŻYŁKOWSKA ANIELA	221	BASZTA BYTÓW	BYTÓW	POL	K60-69	3	K 17			00:20:06	00:40:58	01:02:00	01:23:24.05	8:20	7.2
39	GRYGOROWICZ TERESA	11	KGHM METRACO	LUBIN	POL	K70+	1	K 18			00:20:51	00:41:49	01:02:50	01:23:49.65	8:22	7.2
40	FRYMUS MACIEJ	224	BASZTA BYTÓW	BYTÓW	POL	M30-39	3	M 22			00:39:00	01:04:00	01:19:00	01:24:00.00	8:24	7.1
41	DAWIDOWSKA ZOSIA	6		ROZŁAZINO	POL	K40-49	7	K 19			00:20:30	00:41:26	01:02:44	01:24:21.75	8:26	7.1
42	STRZYŻEWSKI ARTUR	223		SŁUŻEWO	POL	M18-29	2	M 23	1		00:21:17	00:42:13	01:03:44	01:24:47.00	8:28	7.1
43	NOWAKOWSKA LAURA	24	UŁ	ŁÓDŹ	POL	K18-29	3	K 20	1		00:19:26	00:40:47	01:03:08	01:25:08.65	8:30	7
44	KNIGA ZBIGNIEW	45	WŁÓCZYKIJE GDYNIA	GDYNIA	POL	M60-69	4	M 24			00:20:53	00:41:55	01:03:19	01:25:24.90	8:32	7