

NORDIC WALKING 10 KM

Organizator: Jak Nie My To Kto?
Data: 2025-03-15
Miejsce: Puławy
Dystans: 10 km
Klasyfikacja wg czasów netto.



NORDIC WALKING 10 KM , OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.5km | Netto | min/km | km/h |
|------|-----------------------|-------|------|----------------|------|--------|--------|------|----------|-------------|--------|------|
| 1 | MAREK GRZEGORZ | NW112 | | WARSZAWA | | M-50 | 1 | M 1 | 00:42:54 | 01:31:16.50 | 9:07 | 6.6 |
| 2 | GWOZDA GRZEGORZ | NW126 | | ŁASZCZÓWKA | | M-40 | 1 | M 2 | 00:43:29 | 01:32:02.75 | 9:12 | 6.5 |
| 3 | DANIELSKI WALDEMAR | NW148 | | | POL | M-60 | 1 | M 3 | 00:43:26 | 01:32:10.10 | 9:13 | 6.5 |
| 4 | HRYCIUK TERESA | NW141 | | BIAŁA PODLASKA | | K-60+ | 1 | K 1 | 00:45:04 | 01:38:24.15 | 9:50 | 6.1 |
| 5 | TYRKA PIOTR | NW146 | | MARKI | | M-50 | 2 | M 4 | 00:46:28 | 01:38:39.20 | 9:51 | 6.1 |
| 6 | WOJCIECHOWSKA ANNA | NW105 | | BIAŁA PODLASKA | | K-40 | 1 | K 2 | 00:47:50 | 01:41:02.25 | 10:06 | 5.9 |
| 7 | PADOWICZ ANNA | NW116 | | WARSZAWA | | K-40 | 2 | K 3 | 00:47:51 | 01:41:49.40 | 10:10 | 5.9 |
| 8 | NARAJCZYK DARIUSZ | NW129 | | WARSZAWA | | M-60 | 2 | M 5 | 00:47:39 | 01:42:44.65 | 10:16 | 5.8 |
| 9 | PACHOLSKA ELŻBIETA | NW121 | | WARKA | | K-50 | 1 | K 4 | 00:51:30 | 01:47:18.90 | 10:43 | 5.6 |
| 10 | WÓJCIK MARZENA | NW104 | | WARSZAWA | | K-50 | 2 | K 5 | 00:50:55 | 01:47:49.00 | 10:46 | 5.6 |
| 11 | KULIK ADAM | NW113 | | ŁUKÓW | | M-60 | 3 | M 6 | 00:50:28 | 01:48:36.15 | 10:51 | 5.5 |
| 12 | BIELAK TOMASZ | NW128 | | KOZŁÓWKA | | M-40 | 2 | M 7 | 00:48:57 | 01:49:17.40 | 10:55 | 5.5 |
| 13 | POMARAŃSKA MAŁGORZATA | NW136 | | LUBLIN | | K-40 | 3 | K 6 | 00:49:40 | 01:49:21.20 | 10:56 | 5.5 |
| 14 | GRABARZ URSZULA | NW138 | | BIAŁA PODLASKA | | K-60+ | 2 | K 7 | 00:51:37 | 01:49:45.85 | 10:58 | 5.5 |
| 15 | KAMIŃSKI RYSZARD | NW120 | | MARKI | | M-60 | 4 | M 8 | 00:51:15 | 01:51:50.65 | 11:11 | 5.4 |
| 16 | GRZYWA MAREK | NW119 | | MARKI | | M-60 | 5 | M 9 | 00:51:20 | 01:51:51.15 | 11:11 | 5.4 |
| 17 | TYRKA EWA | NW111 | | MARKI | | K-50 | 3 | K 8 | 00:52:51 | 01:53:29.00 | 11:20 | 5.3 |
| 18 | ZALEWSKA ALICJA | NW110 | | MARKI | | K-50 | 4 | K 9 | 00:53:24 | 01:53:43.65 | 11:22 | 5.3 |
| 19 | MACIĄG ALINA | NW127 | | SANDOMIERZ | | K-50 | 5 | K 10 | 00:53:18 | 01:54:46.30 | 11:28 | 5.2 |
| 20 | BINGORAJ MAGDA | NW102 | | CHRZĄCHÓWEK | | K-40 | 4 | K 11 | 00:54:14 | 01:55:21.30 | 11:32 | 5.2 |
| 21 | DREWNIAK ELŻBIETA | NW145 | | LUBLIN | | K-50 | 6 | K 12 | 00:53:37 | 01:55:22.40 | 11:32 | 5.2 |
| 22 | MILLER JOLANTA | NW134 | | WARSZAWA | | K-50 | 7 | K 13 | 00:51:16 | 01:56:07.70 | 11:36 | 5.2 |
| 23 | JACNIACKA KRYSZYNA | NW124 | | LUBLIN | | K-50 | 8 | K 14 | 00:59:36 | 02:02:14.70 | 12:13 | 4.9 |
| 24 | ŻUROWSKA MAŁGORZATA | NW117 | | LUBLIN | | K-50 | 9 | K 15 | 00:59:36 | 02:02:16.40 | 12:13 | 4.9 |
| 25 | KOWALCZYK MARYLA | NW139 | | CHEŁM | | K-40 | 5 | K 16 | 00:57:43 | 02:02:34.35 | 12:15 | 4.9 |
| 26 | KLEN MARCIN | 1106 | | | POL | M-OPEN | 1 | M 10 | 00:59:32 | 02:03:56.05 | 12:23 | 4.8 |
| 27 | KOSTRZEWA ELA | NW135 | | WARSZAWA | | K-50 | 10 | K 17 | 00:59:03 | 02:05:18.85 | 12:31 | 4.8 |
| 28 | FITURSKI MAREK | NW140 | | CHEŁM | | M-40 | 3 | M 11 | 00:58:52 | 02:06:16.05 | 12:37 | 4.8 |
| 29 | ŁOŃSKI-CHMIEL MONIKA | NW106 | | KRASNYSTAW | | K-40 | 6 | K 18 | 01:03:03 | 02:09:09.40 | 12:54 | 4.6 |
| 30 | BIRSKA BOŻENA | NW108 | | LUBLIN | | K-50 | 11 | K 19 | 01:02:54 | 02:11:22.15 | 13:08 | 4.6 |
| 31 | SOCHACKA DOROTA | NW130 | | WARSZAWA | | K-60+ | 3 | K 20 | 01:03:48 | 02:15:27.90 | 13:32 | 4.4 |
| 32 | ROMASZKO LIDIA | NW122 | | LUBLIN | | K-30 | 1 | K 21 | 01:06:00 | 02:17:35.05 | 13:45 | 4.4 |
| 33 | KUZIUK BEATA | NW123 | | LUBLIN | | K-40 | 7 | K 22 | 01:05:57 | 02:17:35.65 | 13:45 | 4.4 |
| 34 | STEFANIAK NINA | NW132 | | PODWIERZBIE | | K-20 | 1 | K 23 | 01:05:53 | 02:22:41.30 | 14:16 | 4.2 |
| 35 | STEFANIAK EDYTA | NW131 | | PODWIERZBIE | | K-40 | 8 | K 24 | 01:05:54 | 02:22:42.65 | 14:16 | 4.2 |
| 36 | PIŁATOWICZ ANNA | NW144 | | LEGIONOWO | | K-50 | 12 | K 25 | 01:12:49 | 02:31:40.70 | 15:10 | 4 |
| 37 | BUŁAWA MONIKA | NW142 | | JABŁONNA | | K-40 | 9 | K 26 | 01:12:51 | 02:31:41.35 | 15:10 | 4 |
| 38 | BUŁAWA MICHAŁ | NW143 | | JABŁONNA | | M-40 | 4 | M 12 | 01:12:43 | 02:31:47.10 | 15:10 | 4 |