

# OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 10 KM

Organizator: Gmina Potęgowo  
Data: 2021-09-18  
Miejsce: Potęgowo  
Dystans: 10 km  
Klasyfikacja wg czasów netto.



## OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 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    | ROSAK MARCIN            | 51 | BACHUS NORDICUS<br>ZIELONA GÓRA    | ZIELONA GÓRA       | POL  | M40-49    | 1      | M 1  | 1           |              | 00:15:35 | 00:31:12 | 00:46:41 | 01:01:38.70 | 6:09   | 9.7  |
| 2    | MARCZAK TOMASZ          | 41 | KS IDMAR RACING TEAM               | ALEKSANDRIA I      | POL  | M18-29    | 1      | M 2  |             |              | 00:16:00 | 00:31:14 | 00:46:43 | 01:01:46.80 | 6:10   | 9.7  |
| 3    | KUŹMICH ADAM            | 39 | POLIPACK TEAM GWE                  | MASZEWO            | POL  | M30-39    | 1      | M 3  | 1           |              | 00:15:35 | 00:31:13 | 00:46:41 | 01:02:27.45 | 6:14   | 9.6  |
| 4    | KŁOS MACIEJ             | 27 | NW WYSPA SOBIESZEWSKA              | GDAŃSK             | POL  | M30-39    | 2      | M 4  | 1           |              | 00:15:35 | 00:31:16 | 00:46:57 | 01:03:05.30 | 6:18   | 9.5  |
| 5    | KNITTER TOMASZ          | 30 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY          | POL  | M18-29    | 2      | M 5  |             |              | 00:15:45 | 00:31:41 | 00:47:41 | 01:03:31.45 | 6:21   | 9.4  |
| 6    | POŁUBIAK PAWEŁ          | 49 |                                    | SIECINO            | POL  | M30-39    | 3      | M 6  |             |              | 00:16:00 | 00:31:44 | 00:47:43 | 01:03:32.70 | 6:21   | 9.4  |
| 7    | POLKOWSKI PIOTR         | 48 | NW CZŁĄPSKI TEAM                   | WARSZAWA           | POL  | M30-39    | 4      | M 7  | 1           |              | 00:16:00 | 00:31:55 | 00:47:39 | 01:03:33.00 | 6:21   | 9.4  |
| 8    | BARCZYK BOGDAN          | 5  | ZABIEGANI CZĘSTOCHOWA              | CZĘSTOCHOWA        | POL  | M50-59    | 1      | M 8  |             |              | 00:16:36 | 00:32:49 | 00:49:09 | 01:05:14.80 | 6:31   | 9.2  |
| 9    | HELWICH STEFAN          | 20 | KGHM METRACO RUDNA                 | WIELEN             | POL  | M60-69    | 1      | M 9  |             |              | 00:16:00 | 00:32:30 | 00:49:14 | 01:05:45.80 | 6:34   | 9.1  |
| 10   | CZŁĄPSKI KRZYSZTOF      | 15 | NW CZŁĄPSKI TEAM                   | WARSZAWA           | POL  | M50-59    | 2      | M 10 |             |              | 00:16:00 | 00:32:29 | 00:49:13 | 01:05:48.65 | 6:34   | 9.1  |
| 11   | JUREK ADAM              | 23 | KGHM METRACO RUDNA                 | LUBIN              | POL  | M60-69    | 2      | M 11 | 2           |              | 00:16:00 | 00:32:29 | 00:49:14 | 01:06:30.70 | 6:39   | 9    |
| 12   | SIWAK PIOTR             | 53 | KGHM METRACO RUDNA                 | RUDNA              | POL  | M60-69    | 3      | M 12 |             |              | 00:16:33 | 00:33:18 | 00:50:06 | 01:06:50.10 | 6:41   | 9    |
| 13   | CHOJNACKI PAWEŁ         | 69 | EKSPEDYCJA NORDIC TEAM<br>SZCZECIN | SZCZECIN           | POL  | M50-59    | 3      | M 13 |             |              | 00:16:22 | 00:33:12 | 00:50:10 | 01:06:56.95 | 6:41   | 9    |
| 14   | KUŚMIEREK JAN           | 38 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY          | POL  | M50-59    | 4      | M 14 |             |              | 00:16:34 | 00:33:23 | 00:50:19 | 01:07:06.15 | 6:42   | 8.9  |
| 15   | NAKONIECZNY<br>GRZEGORZ | 67 | EKSPEDYCJA NORDIC TEAM<br>SZCZECIN | SZCZECIN           | POL  | DRUŻYNOWA | 1      | 1    |             |              | 00:16:33 | 00:33:15 | 00:50:14 | 01:07:22.65 | 6:44   | 8.9  |
| 16   | MIELECKA AGNIESZKA      | 43 | KS IDMAR RACING TEAM               | GĄSAWA             | POL  | K50-59    | 1      | K 1  | 2           |              | 00:16:56 | 00:33:38 | 00:50:32 | 01:07:48.50 | 6:46   | 8.8  |
| 17   | LUDWICZAK<br>ANDŻELIKA  | 68 | EKSPEDYCJA NORDIC TEAM<br>SZCZECIN | SZCZECIN           | POL  | K40-49    | 1      | K 2  |             |              | 00:16:59 | 00:33:51 | 00:50:51 | 01:08:00.75 | 6:48   | 8.8  |
| 18   | BIBKO MARTIN            | 9  | SPEEDBAR                           | KOSICE             | SVK  | M40-49    | 2      | M 15 |             |              | 00:17:03 | 00:34:18 | 00:51:27 | 01:08:02.85 | 6:48   | 8.8  |
| 19   | WIŚNIEWSKI SŁAWOMIR     | 62 | FLUGGER                            | GDAŃSK             | POL  | M40-49    | 3      | M 16 |             |              | 00:17:04 | 00:34:19 | 00:51:28 | 01:08:13.85 | 6:49   | 8.8  |
| 20   | JĘDRASIAK RENATA        | 21 | KGHM METRACO RUDNA                 | LUBIN              | POL  | K50-59    | 2      | K 3  |             |              | 00:17:01 | 00:34:08 | 00:51:11 | 01:08:20.40 | 6:50   | 8.8  |
| 21   | KRÓLIKOWSKA<br>KRYSZYNA | 35 | POLIPACK TEAM GWE                  | KRĘPA<br>KASZUBSKA | POL  | K40-49    | 2      | K 4  | 2           |              | 00:17:24 | 00:34:35 | 00:51:44 | 01:08:46.00 | 6:52   | 8.7  |
| 22   | KOLBERG KAMILA          | 31 | KIJKOWE TRZEMESZNO                 | ZIELEŃ             | POL  | K40-49    | 3      | K 5  | 1           |              | 00:17:22 | 00:34:37 | 00:51:47 | 01:08:46.60 | 6:52   | 8.7  |
| 23   | MĄDRY GRZEGORZ          | 42 | KIJKOWE TRZEMESZNO                 | TRZEMESZNO         | POL  | M60-69    | 4      | M 17 |             |              | 00:17:25 | 00:34:41 | 00:51:38 | 01:08:57.90 | 6:53   | 8.7  |
| 24   | SZCZUDLIK<br>MAŁGORZATA | 57 | KIJKOWE TRZEMESZNO                 | TRZEMESZNO         | POL  | K40-49    | 4      | K 6  | 1           |              | 00:16:49 | 00:34:26 | 00:51:51 | 01:09:16.20 | 6:55   | 8.7  |
| 25   | BALON MAREK             | 2  |                                    | SZCZECINEK         | POL  | M50-59    | 5      | M 18 |             |              | 00:17:35 | 00:35:07 | 00:52:34 | 01:10:00.10 | 7:00   | 8.6  |
| 26   | STACHOWICZ JOANNA       | 55 | BŁĘKITNI DZIEMIANY                 | DZIEMIANY          | POL  | K30-39    | 1      | K 7  |             |              | 00:17:38 | 00:35:15 | 00:52:51 | 01:10:12.75 | 7:01   | 8.5  |
| 27   | CHYRA JANUSZ            | 12 |                                    | LUBLINIEC          | POL  | M40-49    | 4      | M 19 |             |              | 00:17:58 | 00:35:33 | 00:52:43 | 01:10:14.30 | 7:01   | 8.5  |
| 28   | ADAMCZYK ADAM           | 1  | PASJA NORDIC WALKING               | WARSZAWA           | POL  | M70+      | 1      | M 20 |             |              | 00:17:42 | 00:35:24 | 00:53:19 | 01:10:33.45 | 7:03   | 8.5  |
| 29   | KACZMAREK<br>EUGENIUSZ  | 24 |                                    | SŁUPSK             | POL  | M70+      | 2      | M 21 | 2           |              | 00:17:41 | 00:35:23 | 00:53:18 | 01:11:08.10 | 7:06   | 8.4  |
| 30   | BARTOSIEWICZ ŁUKASZ     | 6  | PSISKO & KOCISKO TEAM              | GDAŃSK             | POL  | M30-39    | 5      | M 22 |             |              | 00:18:42 | 00:36:52 | 00:54:23 | 01:11:43.65 | 7:10   | 8.4  |
| 31   | KONKOL ANDRZEJ          | 65 | KREATIXSPORT                       | LĘBORK             | POL  | M60-69    | 5      | M 23 |             |              | 00:17:52 | 00:35:57 | 00:53:49 | 01:11:45.25 | 7:10   | 8.4  |
| 32   | KULAKOWSKA HALINA       | 36 | KATOWICKI NORDIC<br>WALKING        | OLKUSZ             | POL  | K40-49    | 5      | K 8  | 2           |              | 00:17:51 | 00:35:51 | 00:54:07 | 01:12:30.80 | 7:15   | 8.3  |
| 33   | SZYMAŃSKI STEFAN        | 59 | SERCE NORDICA<br>WŁOCŁAWEK         | KIEŻLINY           | POL  | M70+      | 3      | M 24 | 1           |              | 00:18:02 | 00:36:30 | 00:54:53 | 01:13:09.10 | 7:18   | 8.2  |
| 34   | ŚLUSARCZYK ANDRZEJ      | 61 | WESOŁY BORSUK TEAM                 | PRUDNIK            | POL  | M70+      | 4      | M 25 |             |              | 00:18:03 | 00:36:32 | 00:54:51 | 01:13:21.10 | 7:20   | 8.2  |
| 35   | FRANCZAK<br>MAŁGORZATA  | 18 | NW CZŁĄPSKI TEAM                   | WARSZAWA           | POL  | K18-29    | 1      | K 9  |             |              | 00:17:57 | 00:36:19 | 00:54:56 | 01:13:31.10 | 7:21   | 8.2  |

**OGÓLNOPOLSKI PUCHAR NORDIC WALKING - 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 |
|------|-----------------------------|----|--------------------------------|--------------------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 36   | SZYMAŃSKA MONIKA            | 58 |                                | GDAŃSK                               | POL  | K40-49 | 6      | K 10 |             |              | 00:20:06 | 00:38:15 | 00:56:01 | 01:13:50.25 | 7:23   | 8.1  |
| 37   | KRIGER ROMAN                | 34 | SERCE NORDICA<br>WŁOCŁAWEK     | PAPOWO<br>TORUŃSKIE                  | POL  | M60-69 | 6      | M 26 |             |              | 00:18:25 | 00:37:03 | 00:55:27 | 01:13:55.00 | 7:23   | 8.1  |
| 38   | CZAJKA URSZULA              | 13 |                                | RUMIA                                | POL  | K60-69 | 1      | K 11 | 2           |              | 00:18:00 | 00:36:21 | 00:55:09 | 01:14:06.40 | 7:24   | 8.1  |
| 39   | KOWACZ AGATA                | 32 | SPEEDBAR                       | WAŁBRZYCH                            | POL  | K30-39 | 2      | K 12 |             |              | 00:19:53 | 00:37:57 | 00:56:12 | 01:14:41.70 | 7:28   | 8    |
| 40   | KREFT BARBARA               | 33 |                                | PARCHOWO                             | POL  | K50-59 | 3      | K 13 |             |              | 00:18:42 | 00:37:24 | 00:56:04 | 01:15:02.25 | 7:30   | 8    |
| 41   | KĘPA ANDRZEJ                | 25 | FAMILY TEAM KĘPA SPORT         | KOSZALIN                             | POL  | M70+   | 5      | M 27 |             |              | 00:18:31 | 00:37:17 | 00:56:11 | 01:15:11.20 | 7:31   | 8    |
| 42   | MISKOWICZ ANNA              | 44 | NESSI TIME BIAŁA               | GŁOGÓWEK                             | POL  | K60-69 | 2      | K 14 |             |              | 00:18:46 | 00:37:30 | 00:56:28 | 01:15:38.45 | 7:33   | 7.9  |
| 43   | ROWIŃSKI PAWEŁ              | 52 | NW CZŁAPSKI TEAM               | WARSZAWA                             | POL  | M30-39 | 6      | M 28 |             |              | 00:19:39 | 00:38:54 | 00:57:43 | 01:16:16.15 | 7:37   | 7.9  |
| 44   | FRANCZAK DARIUSZ            | 19 | NW CZŁAPSKI TEAM               | WARSZAWA                             | POL  | M50-59 | 6      | M 29 |             |              | 00:19:09 | 00:38:20 | 00:57:26 | 01:16:29.85 | 7:38   | 7.8  |
| 45   | POSTEK DANUTA               | 50 | MARSZ PO ZDROWIE               | POZNAŃ                               | POL  | K50-59 | 4      | K 15 | 1           |              | 00:19:04 | 00:38:16 | 00:57:39 | 01:17:30.95 | 7:45   | 7.7  |
| 46   | KURZAWSKA JOLANTA           | 37 | KGHM METRACO RUDNA             | LUBIN                                | POL  | K70+   | 1      | K 16 |             |              | 00:21:02 | 00:39:58 | 00:59:01 | 01:18:12.50 | 7:49   | 7.7  |
| 47   | PALUCH PAWEŁ                | 47 | AVOCADO WELLNESS<br>WELLNESS   | WARSZAWA                             | POL  | M50-59 | 7      | M 30 |             |              | 00:19:15 | 00:39:11 | 00:59:00 | 01:18:37.25 | 7:51   | 7.6  |
| 48   | ŁOPIŃSKI ALEKSY             | 40 | DAJ RADOŚĆ<br>NIEPEŁNOSPRAWNYM | PIŁA                                 | POL  | M70+   | 6      | M 31 | 1           |              | 00:20:16 | 00:39:51 | 00:59:17 | 01:18:42.10 | 7:52   | 7.6  |
| 49   | BARTOSIEWICZ<br>WŁODZIMIERZ | 7  | FACE NORDIC WALKING<br>TEAM    | GDAŃSK                               | POL  | M60-69 | 7      | M 32 |             |              | 00:19:33 | 00:39:24 | 00:59:22 | 01:19:24.35 | 7:56   | 7.6  |
| 50   | KNITTER MONIKA              | 66 |                                | POLANÓW                              | POL  | K30-39 | 3      | K 17 |             |              | 00:21:49 | 00:41:54 | 01:01:30 | 01:20:40.65 | 8:04   | 7.4  |
| 51   | JÓŻWIAK ŁUKASZ              | 22 | SERCE NORDICA<br>WŁOCŁAWEK     | WŁOCŁAWEK                            | POL  | M50-59 | 8      | M 33 |             |              | 00:20:31 | 00:40:40 | 01:00:52 | 01:21:05.70 | 8:06   | 7.4  |
| 52   | BIAŁK ROMAN                 | 8  |                                | GDAŃSK                               | POL  | M70+   | 7      | M 34 | 1           |              | 00:20:20 | 00:40:57 | 01:01:26 | 01:22:08.65 | 8:12   | 7.3  |
| 53   | STANKOWSKA<br>MARZENA       | 56 | KIJKOWE TRZEMESZNO             | TRZEMESZNO                           | POL  | K40-49 | 7      | K 18 |             |              | 00:22:15 | 00:42:20 | 01:02:33 | 01:22:46.10 | 8:16   | 7.2  |
| 54   | SOSNOWSKA<br>MAGDALENA      | 54 | KIJKOWE TRZEMESZNO             | TRZEMESZNO                           | POL  | K40-49 | 8      | K 19 |             |              | 00:22:16 | 00:42:21 | 01:02:35 | 01:22:58.30 | 8:17   | 7.2  |
| 55   | WOWK ADRIAN                 | 63 |                                | SZCZECINEK                           | POL  | M30-39 | 7      | M 35 |             |              | 00:21:08 | 00:41:47 | 01:02:23 | 01:22:59.25 | 8:17   | 7.2  |
| 56   | DYLEWICZ WERONIKA           | 16 | EKSTREMUM                      | ŻAGAŃ                                | POL  | K18-29 | 2      | K 20 |             |              | 00:22:18 | 00:42:39 | 01:02:48 | 01:23:22.10 | 8:20   | 7.2  |
| 57   | CHUDOWICZ SYLWIA            | 11 |                                | GDAŃSK                               | POL  | K40-49 | 9      | K 21 |             |              | 00:22:47 | 00:43:40 | 01:04:31 | 01:25:24.85 | 8:32   | 7    |
| 58   | ŚLUSARCZYK MARCIN           | 60 | WESOŁY BORSUK TEAM             | PRUDNIK                              | POL  | M40-49 | 5      | M 36 |             |              | 00:20:17 | 00:41:14 | 01:01:52 | 01:25:29.05 | 8:32   | 7    |
| 59   | FRANCZAK ANNA               | 17 | NW CZŁAPSKI TEAM               | WARSZAWA                             | POL  | K50-59 | 5      | K 22 |             |              | 00:23:20 | 00:44:37 | 01:05:21 | 01:25:35.60 | 8:33   | 7    |
| 60   | BARCZYK JOLANTA             | 4  | ZABIEGANI CZĘSTOCHOWA          | CZĘSTOCHOWA                          | POL  | K60-69 | 3      | K 23 |             |              | 00:22:53 | 00:43:39 | 01:04:40 | 01:25:36.50 | 8:33   | 7    |
| 61   | WYSOCKA BERNADETA           | 64 | BŁĘKITNI DZIEMIANY             | DZIEMIANY                            | POL  | K40-49 | 10     | K 24 |             |              | 00:22:23 | 00:43:00 | 01:04:17 | 01:26:19.90 | 8:37   | 7    |
| 62   | KNIGA ZBIGNIEW              | 28 | WŁÓCZYKIJEGDYŃIA               | GDYŃIA                               | POL  | M60-69 | 8      | M 37 |             |              | 00:21:26 | 00:43:52 | 01:06:43 | 01:29:33.40 | 8:57   | 6.7  |
| 63   | CHOLEWKĄ JOLANTA            | 10 | MARSZ PO ZDROWIE               | KOSTRZYN WLKP                        | POL  | K60-69 | 4      | K 25 |             |              | 00:22:51 | 00:44:21 | 01:06:42 | 01:29:41.40 | 8:58   | 6.7  |
| 64   | NIETUPSKI DARIUSZ           | 45 | WŁÓCZYKIJE GDYŃIA              | GDYŃIA                               | POL  | M50-59 | 9      | M 38 |             |              | 00:21:55 | 00:44:13 | 01:07:09 | 01:30:08.00 | 9:00   | 6.7  |
| 65   | NIEWIADOMSKA ZOFIA          | 46 | SERCE NORDICA<br>WŁOCŁAWEK     | WŁOCŁAWEK                            | POL  | K60-69 | 5      | K 26 | 1           |              | 00:24:14 | 00:46:53 | 01:09:10 | 01:31:18.30 | 9:07   | 6.6  |
| 66   | BARABACH DANUTA             | 3  |                                | PRZEWORNO                            | POL  | K60-69 | 6      | K 27 |             |              | 00:24:13 | 00:46:52 | 01:09:11 | 01:31:24.05 | 9:08   | 6.6  |
| 67   | CZEKRYSEW<br>MAŁGORZATA     | 14 | SERCE NORDICA<br>WŁOCŁAWEK     | WŁOCŁAWEK,<br>KUJAWSKO-POMO<br>RSKIE | POL  | K50-59 | 6      | K 28 |             |              | 00:24:54 | 00:47:52 | 01:11:12 | 01:34:49.60 | 9:28   | 6.3  |