

**CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10KM**

Organizator: PFNW  
 Data: 2015-06-14  
 Miejsce: Czaplinek  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10KM, 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    | DEPKA PRĄDZYŃSKI<br>OLGIERD | 183 | BIEGAMYRAZEM.PL                  | GDYNIA                    | POL  | M 50-59 | 1      | 0   |             |              | 00:16:39 | 00:33:19 | 00:50:01 | 01:06:56 | 6:41   | 9    |
| 2    | BOGACKI SŁAWEK              | 174 | ENERGA NW TEAM                   | BRZOZÓWKA<br>KOŁO TORUNIA | POL  | M 40-49 | 1      | 0   |             |              | 00:16:42 | 00:33:31 | 00:50:58 | 01:08:07 | 6:48   | 8.8  |
| 3    | ANACZKOWSKI<br>MIROSLAW     | 171 | LKS ZANTYR SZTUM                 | SZTUM                     | POL  | M 50-59 | 2      | 0   |             |              | 00:16:41 | 00:33:30 | 00:50:57 | 01:08:12 | 6:49   | 8.8  |
| 4    | ŚWIDEREK LUDWIK             | 176 | IMPERIAL                         | BIAŁOGARD                 | POL  | M 40-49 | 2      | 0   |             |              | 00:16:44 | 00:33:33 | 00:51:01 | 01:08:26 | 6:50   | 8.8  |
| 5    | WITCZUK ŁUKASZ              | 184 | LUKI TEAM SIEDLCE                | SIEDLCE                   | POL  | M 30-39 | 1      | 0   |             |              | 00:17:17 | 00:35:27 | 00:53:52 | 01:11:48 | 7:10   | 8.4  |
| 6    | RACZYŃSKI KAZIMIERZ         | 186 | PTTK KOSZALIN                    | KOSZALIN                  | POL  | M 30-39 | 2      | 0   |             |              | 00:18:04 | 00:36:19 | 00:54:21 | 01:12:22 | 7:14   | 8.3  |
| 7    | LIPKO ADRIANNA              | 179 | PENDOLINO                        | GDYNIA                    | POL  | K 18-29 | 1      | 0   |             |              | 00:17:52 | 00:36:05 | 00:54:32 | 01:13:10 | 7:19   | 8.2  |
| 8    | PARAFINIUK<br>KRZYSZTOFA    | 167 | ZANTYR SZTUM                     | SZTUM                     | POL  | K 30-39 | 1      | 0   |             |              | 00:18:03 | 00:36:30 | 00:55:17 | 01:14:15 | 7:25   | 8.1  |
| 9    | ĆWIKLIŃSKI DAWID            | 154 | THE BEST - MY IDZIEMY I<br>CZEŚĆ | ŁABISZYN                  | POL  | M 18-29 | 1      | 0   |             |              | 00:17:12 | 00:36:07 | 00:55:07 | 01:14:55 | 7:29   | 8    |
| 10   | REJ ANNA                    | 175 |                                  | HAJNÓWKA                  | POL  | K 30-39 | 2      | 0   |             |              | 00:18:17 | 00:37:16 | 00:56:21 | 01:15:19 | 7:31   | 8    |
| 11   | NAKONIECZNY<br>GRZEGORZ     | 189 | EKSPEDYCJA                       | SZCZECIN                  | POL  | M 40-49 | 3      | 0   |             |              | 00:18:07 | 00:37:08 | 00:56:25 | 01:15:35 | 7:33   | 7.9  |
| 12   | CZEKAJŁO FRANCISZEK         | 153 | TEAM MEPROZET                    | DREZDENKO                 | POL  | M 60-69 | 1      | 0   |             |              | 00:18:17 | 00:37:11 | 00:56:30 | 01:15:43 | 7:34   | 7.9  |
| 13   | ZAMRZYCKI LESZEK            | 182 | NN                               | GORZÓW<br>WIELKOPOLSKI    | POL  | M 50-59 | 3      | 0   |             |              | 00:18:34 | 00:37:58 | 00:57:09 | 01:15:50 | 7:35   | 7.9  |
| 14   | BOJAN MIROSLAW              | 162 |                                  | PIĘKNA GÓRA               | POL  | M 60-69 | 2      | 0   |             |              | 00:18:39 | 00:37:47 | 00:57:01 | 01:16:55 | 7:41   | 7.8  |
| 15   | SORN ŁUKASZ                 | 169 | BIEGAMYRAZEM                     | GDYNIA                    | POL  | M 18-29 | 2      | 0   |             |              | 00:19:58 | 00:39:25 | 00:58:37 | 01:17:30 | 7:45   | 7.7  |
| 16   | STĘPCZYŃSKA<br>ANGELIKA     | 152 | THE BEST - MY IDZIEMY I<br>CZEŚĆ | ŁABISZYN                  | POL  | K 30-39 | 3      | 0   |             |              | 00:19:21 | 00:39:19 | 00:59:25 | 01:19:48 | 7:58   | 7.5  |
| 17   | JANKOWSKI MARCIN            | 172 | KS ELBLĄSKIE WŁÓCZYKIJ           | ELBLĄG                    | POL  | M 30-39 | 3      | 0   |             |              | 00:19:00 | 00:39:09 | 00:59:27 | 01:19:56 | 7:59   | 7.5  |
| 18   | SOBOLEWSKI MAREK            | 188 |                                  | KOSZALIN                  | POL  | M 40-49 | 4      | 0   |             |              | 00:20:29 | 00:40:59 | 01:01:14 | 01:20:28 | 8:02   | 7.5  |
| 19   | KĘDZIEŃSKA EDYTA            | 173 | PFNW                             | GDAŃSK                    | POL  | K 40-49 | 1      | 0   |             |              | 00:20:18 | 00:40:23 | 01:00:35 | 01:20:35 | 8:03   | 7.4  |
| 20   | KORNIOWSKA<br>MAGDALENA     | 60  |                                  | RÓŻEWO                    | POL  | K 30-39 | 4      | 0   |             |              | 00:20:19 | 00:40:22 | 01:00:35 | 01:20:36 | 8:03   | 7.4  |
| 21   | BIAŁK ROMAN                 | 177 |                                  | GDAŃSK                    | POL  | M 60-69 | 3      | 0   |             |              | 00:19:25 | 00:39:37 | 01:00:06 | 01:20:42 | 8:04   | 7.4  |
| 22   | ROSADZIŃSKA NATALIA         | 187 | UMP                              | LESZNO                    | POL  | K 18-29 | 2      | 0   |             |              | 00:20:14 | 00:40:36 | 01:01:11 | 01:20:54 | 8:05   | 7.4  |
| 23   | JÓŻWIAK ŁUKASZ              | 156 | WTW WŁOCŁAWEK                    | WŁOCŁAWEK                 | POL  | M 40-49 | 5      | 0   |             |              | 00:19:34 | 00:39:47 | 01:00:29 | 01:21:33 | 8:09   | 7.4  |
| 24   | LISEWSKA JANA               | 165 | MUMIN TEAM                       | GDYNIA                    | POL  | K 30-39 | 5      | 0   |             |              | 00:19:47 | 00:40:19 | 01:00:55 | 01:21:35 | 8:09   | 7.4  |
| 25   | PIERNICKA KRYSZYNA          | 180 |                                  | CHWASZCZYNO               | POL  | K 50-59 | 1      | 0   |             |              | 00:19:35 | 00:40:16 | 01:01:07 | 01:22:21 | 8:14   | 7.3  |
| 26   | NAMSOŁEK FELIKS             | 166 |                                  | GDYNIA                    | POL  | M 70+   | 1      | 0   |             |              | 00:19:41 | 00:40:17 | 01:01:36 | 01:23:07 | 8:18   | 7.2  |
| 27   | KOTAS BRYGIDA               | 161 | DĄBROWA NORDIC TEAM              | DĄBROWA<br>GÓRNICZA       | POL  | K 50-59 | 2      | 0   |             |              | 00:20:20 | 00:41:32 | 01:02:43 | 01:23:32 | 8:21   | 7.2  |
| 28   | KURZYŃSKA NATALIA           | 185 |                                  | KOSZALIN                  | POL  | K 30-39 | 6      | 0   |             |              | 00:19:53 | 00:41:18 | 01:03:05 | 01:24:10 | 8:25   | 7.1  |
| 29   | LANGMESSER REGINA           | 170 | LKS ZANTYR                       | SZTUM                     | POL  | K 40-49 | 2      | 0   |             |              | 00:20:43 | 00:41:33 | 01:02:50 | 01:24:31 | 8:27   | 7.1  |
| 30   | NOWAKOWSKA<br>ANGELIKA      | 157 | JEZIORKI - AKTYWNA WIEŚ.         | PIŁA                      | POL  | K 30-39 | 7      | 0   |             |              | 00:21:04 | 00:42:47 | 01:04:15 | 01:25:54 | 8:35   | 7    |
| 31   | CHOLEWIŃSKA<br>LONGINA      | 151 |                                  | WOJNOWO                   | POL  | K 40-49 | 3      | 0   |             |              | 00:22:16 | 00:44:43 | 01:06:50 | 01:29:05 | 8:54   | 6.7  |
| 32   | OGRODNICZAK ANNA            | 164 |                                  | BORNE<br>SULINOWO         | POL  | K 30-39 | 8      | 0   |             |              | 00:22:18 | 00:44:46 | 01:06:53 | 01:29:07 | 8:54   | 6.7  |

**CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10KM, 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 |
|------|---------------------------|-----|---------------------|---------------------|------|---------|--------|-----|-------------|--------------|----------|----------|----------|----------|--------|------|
| 33   | NERC DOROTA               | 178 |                     | GDYNIA              | POL  | K 50-59 | 3      | 0   |             |              | 00:22:08 | 00:44:42 | 01:07:27 | 01:30:37 | 9:03   | 6.6  |
| 34   | SZPALERSKA<br>MIROSŁAWA   | 168 | LKS ZANTYR          | SZTUM               | POL  | K 60-69 | 1      | 0   |             |              | 00:22:12 | 00:45:11 | 01:08:34 | 01:32:16 | 9:13   | 6.5  |
| 35   | SZCZYPEK ELA              | 181 |                     | SŁUPSK              | POL  | K 60-69 | 2      | 0   |             |              | 00:22:51 | 00:46:15 | 01:09:38 | 01:33:27 | 9:20   | 6.4  |
| 36   | ROT-RZĘDZICKA<br>GRAŻYNA  | 158 | NIEZRZESZONA        | POLICE              | POL  | K 60-69 | 3      | 0   |             |              | 00:22:46 | 00:46:20 | 01:11:19 | 01:36:08 | 9:36   | 6.2  |
| 37   | ANDRZEJEWSKA<br>BOGUSŁAWA | 163 | AKTYWNI 55          | CZEMPIŃ             | POL  | K 50-59 | 4      | 0   |             |              | 00:23:09 | 00:47:07 | 01:11:45 | 01:37:03 | 9:42   | 6.2  |
| 38   | JÓŻWIĄK DOMINIK           | 155 | WTW WŁOCŁAWEK       | WŁOCŁAWEK           | POL  | M 18-29 | 3      | 0   |             |              | 00:25:04 | 00:50:41 | 01:15:03 | 01:40:16 | 10:01  | 6    |
| 39   | GRZONKOWSKA<br>GRAŻYNA    | 159 |                     | CZAPLINEK           | POL  | K 60-69 | 4      | 0   |             |              | 00:23:41 | 00:49:16 | 01:16:28 | 01:44:50 | 10:29  | 5.7  |
| 40   | NAWROCKA DANUTA           | 160 | DĄBROWA NORDIC TEAM | DĄBROWA<br>GÓRNICZA | POL  | K 70+   | 1      | 0   |             |              | 00:26:49 | 00:53:49 | 01:20:56 | 01:48:35 | 10:51  | 5.5  |