



# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** PUCHAR WIELKOPOLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-07-08  
**Miejsce:** Wągrowiec  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	REMBARZ Łukasz	213	KS IDMAR	M40-49	1			00:16:27	00:33:14	00:50:10	<b>01:06:48.75</b>		6:40	9 (100%)
2	HAŁAS Marcin	385		M30-39	1			00:16:46	00:33:36	00:50:22	<b>01:07:14.95</b>	+00:00:26 (0.6%)	6:43	8.9 (98.9%)
3	BIK Stanisław	220	KS METRACO POLKOWICE	M50-59	1			00:17:01	00:34:19	00:52:01	<b>01:09:10.30</b>	+00:02:21 (3.4%)	6:55	8.7 (96.7%)
4	PRZYBYSZ Grzegorz	175		M30-39	2			00:16:56	00:34:27	00:52:06	<b>01:09:26.35</b>	+00:02:37 (3.8%)	6:56	8.6 (95.6%)
5	ROSADZIŃSKI Sławomir	177	LESZNO :)	M40-49	2			00:17:05	00:35:00	00:53:09	<b>01:11:56.80</b>	+00:05:08 (7.1%)	7:11	8.3 (92.2%)
6	ILOWSKA-REMBARZ Karolina	210	LOFT TEAM EXTREME	K30-39	1			00:17:45	00:36:02	00:54:23	<b>01:12:24.25</b>	+00:05:35 (7.7%)	7:14	8.3 (92.2%)
7	ORTYL Tomasz	387		M18-29	1			00:17:36	00:35:54	00:54:36	<b>01:13:17.65</b>	+00:06:28 (8.8%)	7:19	8.2 (91.1%)
8	MĄDRY Grzegorz	168	KIJKOWE TRZEMESZNO	M50-59	2			00:18:21	00:36:42	00:55:10	<b>01:13:25.85</b>	+00:06:37 (9.0%)	7:20	8.2 (91.1%)
9	CZEKAJŁO Franciszek	194	REMI	M60-69	1			00:17:53	00:36:16	00:55:02	<b>01:13:42.05</b>	+00:06:53 (9.3%)	7:22	8.1 (90.0%)
10	PŁACHCIŃSKA Angelika	218	KIJE TRZEMESZNO	K30-39	2			00:17:43	00:36:17	00:55:25	<b>01:13:42.65</b>	+00:06:53 (9.4%)	7:22	8.1 (90.0%)
11	HARENDA Andrzej	219		M50-59	3			00:18:21	00:36:44	00:55:12	<b>01:13:42.80</b>	+00:06:54 (9.4%)	7:22	8.1 (90.0%)
12	PRZYBYŁEK Marysia	174	MARSZ PO ZDROWIE POZNAŃ	K40-49	1			00:18:14	00:37:03	00:55:31	<b>01:13:51.00</b>	+00:07:02 (9.5%)	7:23	8.1 (90.0%)
13	WOLNIEWICZ Katarzyna	386	UNIA MIAST	K40-49	2			00:18:00	00:36:37	00:55:30	<b>01:14:45.70</b>	+00:07:56 (10.6%)	7:28	8 (88.9%)
14	BANASZKIEWICZ Katarzyna	195		K50-59	1			00:17:53	00:36:33	00:55:50	<b>01:15:00.85</b>	+00:08:12 (10.9%)	7:30	8 (88.9%)

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											netto 10km	Różn		
15	<b>KOZAKOWSKA Małgorzata</b>	<b>191</b>	KS SOKÓŁ GAŚAWA	K40-49	3			00:18:23	00:37:20	00:56:38	<b>01:15:10.65</b>	+00:08:21 (11.1%)	7:31	8 (88.9%)
16	<b>ZWOLENKIEWICZ Joanna</b>	<b>187</b>	KS SOKÓŁ GAŚAWA	K40-49	4			00:18:37	00:37:40	00:56:40	<b>01:15:16.80</b>	+00:08:28 (11.2%)	7:31	8 (88.9%)
17	<b>MARCHWICKI Przemysław</b>	<b>167</b>	NORDIC WALKING KIEKRZ	M60-69	2			00:18:31	00:37:36	00:56:50	<b>01:15:50.50</b>	+00:09:01 (11.9%)	7:35	7.9 (87.8%)
18	<b>LENARTOWICZ Stanisław</b>	<b>215</b>		M50-59	4	1		00:18:41	00:37:26	00:56:45	<b>01:15:50.75</b>	+00:09:02 (11.9%)	7:35	7.9 (87.8%)
19	<b>ŻAMOJCIN Marek</b>	<b>186</b>	NORDICLUB SZCZECIN	M50-59	5			00:18:31	00:37:47	00:57:11	<b>01:15:51.95</b>	+00:09:03 (11.9%)	7:35	7.9 (87.8%)
20	<b>BRACISZEWSKI Krzysztof</b>	<b>189</b>	KS SOKÓŁ GAŚAWA	M30-39	3			00:18:30	00:37:35	00:56:49	<b>01:15:52.55</b>	+00:09:03 (11.9%)	7:35	7.9 (87.8%)
21	<b>FRYDRYCH Marcin</b>	<b>156</b>	NORDIC WALKING KIEKRZ	M40-49	3			00:18:56	00:38:16	00:57:52	<b>01:17:31.90</b>	+00:10:43 (13.8%)	7:45	7.7 (85.6%)
22	<b>ŚWIĄTKOWSKI Sławomir</b>	<b>181</b>		M40-49	4			00:19:13	00:38:51	00:58:39	<b>01:18:58.10</b>	+00:12:09 (15.4%)	7:53	7.6 (84.4%)
23	<b>ROSADZIŃSKA Natalia</b>	<b>176</b>	LESZNO :)	K18-29	1			00:19:21	00:39:31	00:59:38	<b>01:19:16.75</b>	+00:12:28 (15.7%)	7:55	7.6 (84.4%)
24	<b>WACKOWIAK Michał</b>	<b>216</b>		M30-39	4			00:19:04	00:38:46	00:58:54	<b>01:19:17.30</b>	+00:12:28 (15.7%)	7:55	7.6 (84.4%)
25	<b>GWAREK Anita</b>	<b>162</b>	PASJA NORDIC WALKING	K40-49	5			00:19:35	00:39:31	01:00:16	<b>01:20:18.40</b>	+00:13:29 (16.8%)	8:01	7.5 (83.3%)
26	<b>KRUSZKA Arleta</b>	<b>166</b>	MARSZ PO ZDROWIE POZNAŃ	K50-59	2			00:19:45	00:39:50	01:00:17	<b>01:20:19.60</b>	+00:13:30 (16.8%)	8:01	7.5 (83.3%)
27	<b>STANKOWSKA Marzena</b>	<b>178</b>	KIJKOWE TRZEMESZNO	K40-49	6			00:19:48	00:40:09	01:00:24	<b>01:20:23.10</b>	+00:13:34 (16.9%)	8:02	7.5 (83.3%)
28	<b>CHŁODNICKI Marek</b>	<b>154</b>	MARSZ PO ZDROWIE POZNAŃ	M60-69	3			00:19:34	00:39:40	01:00:09	<b>01:20:52.60</b>	+00:14:03 (17.4%)	8:05	7.4 (82.2%)
29	<b>SADŁO Mariusz</b>	<b>179</b>		M40-49	5			00:19:37	00:39:55	01:00:57	<b>01:21:19.25</b>	+00:14:30 (17.8%)	8:07	7.4 (82.2%)
30	<b>WEGIERA Grzegorz</b>	<b>184</b>	ROXKIJE ROKIETNICA	M40-49	6			00:20:25	00:40:48	01:01:08	<b>01:21:27.45</b>	+00:14:38 (18.0%)	8:08	7.4 (82.2%)
31	<b>KONIECZNA Zuzanna</b>	<b>380</b>		K40-49	7			00:20:26	00:40:58	01:01:43	<b>01:21:38.55</b>	+00:14:49 (18.2%)	8:09	7.3 (81.1%)
32	<b>ADAMSKA-WOLNA Karolina</b>	<b>152</b>		K30-39	3			00:19:44	00:40:38	01:01:35	<b>01:22:11.60</b>	+00:15:22 (18.7%)	8:13	7.3 (81.1%)
33	<b>SZYBCZYŃSKA Katarzyna</b>	<b>190</b>	KS SOKÓŁ GAŚAWA	K40-49	8			00:19:48	00:40:20	01:01:36	<b>01:22:24.10</b>	+00:15:35 (18.9%)	8:14	7.3 (81.1%)
34	<b>MICHAŁOWSKA Monika</b>	<b>169</b>		K30-39	4			00:19:23	00:39:56	01:01:11	<b>01:22:27.70</b>	+00:15:38 (19.0%)	8:14	7.3 (81.1%)
35	<b>KORONA-BRACISZEWSKA Beata</b>	<b>188</b>	KS SOKÓŁ GAŚAWA	K18-29	2			00:20:27	00:41:07	01:01:42	<b>01:22:48.60</b>	+00:15:59 (19.3%)	8:16	7.2 (80.0%)
36	<b>TOBYS Ryszard</b>	<b>182</b>		M60-69	4			00:20:40	00:41:22	01:02:13	<b>01:23:02.60</b>	+00:16:13 (19.5%)	8:18	7.2 (80.0%)
37	<b>MOSTOWSKA Elżbieta</b>	<b>170</b>	LESZNO :)	K50-59	3			00:21:00	00:42:14	01:03:26	<b>01:23:45.50</b>	+00:16:56 (20.2%)	8:22	7.2 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>POSTEK Danuta</b>	<b>173</b>	MARSZ PO ZDROWIE POZNAŃ	K50-59	4			00:20:58	00:42:12	01:03:22	<b>01:23:54.45</b>	+00:17:05 (20.4%)	8:23	7.1 (78.9%)
39	<b>CHOLEWKA Jolanta</b>	<b>155</b>	MARSZ PO ZDROWIE POZNAŃ	K60-69	1			00:20:17	00:41:14	01:02:45	<b>01:23:58.15</b>	+00:17:09 (20.4%)	8:23	7.1 (78.9%)
40	<b>OMARSKA Grażyna</b>	<b>171</b>	PASJA NORDIC WALKING	K60-69	2			00:21:13	00:42:28	01:03:56	<b>01:25:23.80</b>	+00:18:35 (21.8%)	8:32	7 (77.8%)
41	<b>URBAN Jacek</b>	<b>382</b>	LESZNO :)	M60-69	5	1		00:21:01	00:42:19	01:03:35	<b>01:25:30.95</b>	+00:18:42 (21.9%)	8:33	7 (77.8%)
42	<b>ADAMEK-BOBER Anna</b>	<b>151</b>	MARSZ PO ZDROWIE POZNAŃ	K60-69	3			00:20:37	00:42:15	01:04:20	<b>01:26:24.95</b>	+00:19:36 (22.7%)	8:38	6.9 (76.7%)
43	<b>PIWAŃSKA Michalina</b>	<b>172</b>		K30-39	5			00:22:47	00:44:50	01:06:48	<b>01:28:58.50</b>	+00:22:09 (24.9%)	8:53	6.7 (74.4%)
44	<b>GOLAK-WEGIERA Katarzyna</b>	<b>157</b>	ROXKIJE ROKIETNICA	K40-49	9			00:22:35	00:44:57	01:07:03	<b>01:29:16.55</b>	+00:22:27 (25.2%)	8:55	6.7 (74.4%)
45	<b>URANTÓWKA Henryk</b>	<b>372</b>		M70+	1			00:21:27	00:43:51	01:06:30	<b>01:29:20.45</b>	+00:22:31 (25.2%)	8:56	6.7 (74.4%)
46	<b>RUSINOWICZ Andrzej</b>	<b>217</b>		M70+	2			00:21:58	00:44:06	01:06:56	<b>01:29:34.20</b>	+00:22:45 (25.4%)	8:57	6.7 (74.4%)
47	<b>GRZENKOWICZ Dominika</b>	<b>161</b>						00:20:34	00:43:21	01:06:19	<b>01:30:19.10</b>	+00:23:30 (26.0%)	9:01	6.6 (73.3%)
48	<b>KARASIEWICZ Iwona</b>	<b>164</b>	NORDICLUB SZCZECIN	K30-39	6			00:22:55	00:46:10	01:09:24	<b>01:32:29.80</b>	+00:25:41 (27.8%)	9:15	6.5 (72.2%)
49	<b>GRZENKOWICZ Bartosz</b>	<b>160</b>		M30-39	5			00:22:45	00:45:56	01:09:52	<b>01:34:27.20</b>	+00:27:38 (29.3%)	9:26	6.4 (71.1%)
50	<b>HORIACZEK Ryszard</b>	<b>200</b>	UKS GIMNAZJUM	M60-69	6			00:23:13	00:47:33	01:11:57	<b>01:36:34.85</b>	+00:29:46 (30.8%)	9:39	6.2 (68.9%)
51	<b>GRZENKOWICZ Dorota</b>	<b>158</b>		K50-59	5			00:26:04	00:51:39	01:17:12	<b>01:43:30.20</b>	+00:36:41 (35.4%)	10:21	5.8 (64.4%)
52	<b>GRZENKOWICZ Agnieszka</b>	<b>159</b>		K30-39	7			00:26:29	00:53:51	01:21:41	<b>01:50:38.95</b>	+00:43:50 (39.6%)	11:03	5.4 (60.0%)
53	<b>CHRAPEK Urszula Bronisława</b>	<b>384</b>		K30-39	8			00:23:35	00:46:44			+00:13:29	9:20	6.4 (71.1%)
DQ	<b>JOŚ Jolanta</b>	<b>381</b>		K50-59		1	1	00:21:14 DQ	00:42:14 DQ	01:03:26 DQ	<b>DQ</b>		-	- (0.0%)

Znaleziono 54 wynik(ów)