



# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-09  
**Miejsce:** Wągrowiec  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KLICZKA Kamil</b>	<b>269</b>	PUSZCZYK BUKOWY	M40-49	1			00:00:52	00:16:52	00:33:46	00:51:09	<b>01:08:43.90</b>	<b>01:09:36.45</b>		6:52	8.7 (100%)
2	<b>BIK Stanisław</b>	<b>250</b>	KS METRACO POLKOWICE	M50-59	1			00:01:15	00:17:07	00:34:22	00:51:50	<b>01:09:10.35</b>	<b>01:10:26.00</b>	+00:00:26 (0.6%)	6:55	8.7 (100%)
3	<b>RECZULSKI Mariusz</b>	<b>249</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:01:15	00:17:06	00:34:27	00:51:51	<b>01:09:16.55</b>	<b>01:10:31.75</b>	+00:00:32 (0.8%)	6:55	8.7 (100%)
4	<b>ADAMSKI Robert</b>	<b>243</b>	MARSZ PO ZDROWIE	M40-49	2			00:00:52	00:17:02	00:34:44	00:52:12	<b>01:09:51.75</b>	<b>01:10:44.20</b>	+00:01:07 (1.6%)	6:59	8.6 (98.9%)
5	<b>HELWICH Stefan</b>	<b>263</b>	KS METRACO POLKOWICE	M60-69	1			00:01:35	00:17:04	00:34:46	00:52:27	<b>01:11:09.35</b>	<b>01:12:44.45</b>	+00:02:25 (3.4%)	7:06	8.4 (96.6%)
6	<b>ŚWISŁOCKI Bogdan</b>	<b>302</b>	FACE NORDIC WALKING TEAM	M50-59	3			00:01:16	00:17:22	00:35:40	00:54:30	<b>01:13:34.05</b>	<b>01:14:50.35</b>	+00:04:50 (6.6%)	7:21	8.2 (94.3%)
7	<b>KASPRZYK Lilianna</b>	<b>268</b>	KS METRACO POLKOWICE	K50-59	1			00:03:14	00:17:58	00:36:42	00:55:24	<b>01:13:34.90</b>	<b>01:16:49.55</b>	+00:04:51 (6.6%)	7:21	8.2 (94.3%)
8	<b>STAWNIAK Karol</b>	<b>301</b>	KS METRACO POLKOWICE	M60-69	2			00:01:34	00:18:03	00:36:52	00:55:40	<b>01:14:11.80</b>	<b>01:15:46.70</b>	+00:05:27 (7.4%)	7:25	8.1 (93.1%)
9	<b>LIPKO Adrianna</b>	<b>279</b>	PENDOLINO	K18-29	1			00:02:00	00:18:51	00:37:42	00:56:25	<b>01:14:35.95</b>	<b>01:16:36.55</b>	+00:05:52 (7.9%)	7:27	8 (92.0%)
10	<b>CZEKAJŁO Franciszek</b>	<b>254</b>	TEAM Meprozet	M60-69	3			00:01:35	00:18:03	00:36:51	00:55:41	<b>01:14:38.40</b>	<b>01:16:14.05</b>	+00:05:54 (7.9%)	7:27	8 (92.0%)
11	<b>KOSICKI Dariusz</b>	<b>270</b>	NORDIC WALKING KIEKRZ	M50-59	4			00:01:14	00:19:01	00:37:45	00:56:33	<b>01:15:06.95</b>	<b>01:16:21.80</b>	+00:06:23 (8.5%)	7:30	8 (92.0%)
12	<b>ZIĘBA Krzysztof</b>	<b>311</b>		M50-59	5			00:01:15	00:18:25	00:37:15	00:56:30	<b>01:15:21.30</b>	<b>01:16:36.35</b>	+00:06:37 (8.8%)	7:32	8 (92.0%)
13	<b>ŁUKASZEWICZ Joanna</b>	<b>282</b>	GREEN TEAM ZIELONA GÓRA	K40-49	1			00:02:52	00:18:30	00:37:35	00:56:45	<b>01:15:47.90</b>	<b>01:18:40.80</b>	+00:07:04 (9.3%)	7:34	7.9 (90.8%)
14	<b>KRZYŻANOWSKI Robert</b>	<b>275</b>	GOSIR OSIELSKO	M40-49	3			00:00:53	00:18:12	00:37:10	00:56:35	<b>01:15:50.80</b>	<b>01:16:44.45</b>	+00:07:06 (9.4%)	7:35	7.9 (90.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
15	<b>FALKOWSKA Beata</b>	<b>258</b>	UKS GIMNAZJON SUCHY LAS	K50-59	2			00:03:15	00:18:25	00:37:24	00:56:48	<b>01:16:20.15</b>	<b>01:19:35.50</b>	+00:07:36 (10.0%)	7:38	7.9 (90.8%)
16	<b>WESOŁOWSKI Wojciech</b>	<b>304</b>	NORDIC TEAM GNIEZNO	M60-69	4	1		00:01:36	00:18:29	00:37:48	00:57:10	<b>01:16:33.75</b>	<b>01:18:09.90</b>	+00:07:49 (10.2%)	7:39	7.8 (89.7%)
17	<b>SKRYCKA Katarzyna</b>	<b>297</b>	KS METRACO POLKOWICE	K30-39	1			00:02:02	00:19:22	00:38:34	00:57:47	<b>01:17:07.60</b>	<b>01:19:09.95</b>	+00:08:23 (10.9%)	7:42	7.8 (89.7%)
18	<b>ANTOSZEWSKI Piotr</b>	<b>245</b>	DĄBROWA NORDIC TEAM	M40-49	4	1		00:00:53	00:19:06	00:38:29	00:57:50	<b>01:17:16.45</b>	<b>01:18:09.60</b>	+00:08:32 (11.1%)	7:43	7.8 (89.7%)
19	<b>BANASZKIEWICZ Katarzyna</b>	<b>315</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	2			00:02:55	00:18:45	00:38:21	00:58:06	<b>01:18:03.55</b>	<b>01:20:58.95</b>	+00:09:19 (11.9%)	7:48	7.7 (88.5%)
20	<b>BORKOWSKI Witold</b>	<b>251</b>	SAINT-GOBAIN SQUAD	M40-49	5	1		00:00:53	00:19:10	00:38:55	00:58:36	<b>01:18:31.15</b>	<b>01:19:24.50</b>	+00:09:47 (12.5%)	7:51	7.6 (87.4%)
21	<b>KRUSZKA Arleta</b>	<b>273</b>	MARSZ PO ZDROWIE	K50-59	3			00:03:15	00:19:13	00:38:56	00:59:00	<b>01:18:40.60</b>	<b>01:21:56.55</b>	+00:09:56 (12.6%)	7:52	7.6 (87.4%)
22	<b>ZDROJOWY Filip</b>	<b>314</b>		M18-29	1			00:00:31	00:20:02	00:39:59	00:59:33	<b>01:19:04.60</b>	<b>01:19:35.85</b>	+00:10:20 (13.1%)	7:54	7.6 (87.4%)
23	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>266</b>	CZARNE PANTERY	K40-49	3			00:02:54	00:19:41	00:39:45	00:59:32	<b>01:19:37.90</b>	<b>01:22:32.15</b>	+00:10:54 (13.7%)	7:57	7.5 (86.2%)
24	<b>LENARTOWICZ Stanisław</b>	<b>277</b>	DERBY	M50-59	6	1		00:01:16	00:19:22	00:39:09	00:59:18	<b>01:19:52.15</b>	<b>01:21:08.25</b>	+00:11:08 (13.9%)	7:59	7.5 (86.2%)
25	<b>BANACH Joanna</b>	<b>247</b>	UKS GIMNAZJON SUCHY LAS	K40-49	4			00:02:54	00:19:29	00:39:23	00:59:44	<b>01:20:18.35</b>	<b>01:23:13.25</b>	+00:11:34 (14.4%)	8:01	7.5 (86.2%)
26	<b>ŁOPIŃSKI Aleksy</b>	<b>281</b>	CZARNE PANTERY	M60-69	5			00:01:34	00:20:00	00:40:04	01:00:34	<b>01:20:23.80</b>	<b>01:21:58.70</b>	+00:11:39 (14.5%)	8:02	7.5 (86.2%)
27	<b>NETKOWSKI Wojciech</b>	<b>286</b>	PASJA NORDIC WALKING	M50-59	7			00:01:15	00:19:13	00:39:31	01:00:04	<b>01:20:40.15</b>	<b>01:21:55.20</b>	+00:11:56 (14.8%)	8:04	7.4 (85.1%)
28	<b>MARCHWICKI Przemysław</b>	<b>274</b>	NORDIC WALKING KIEKRZ	M60-69	6			00:01:36	00:19:53	00:40:20	01:00:47	<b>01:20:55.65</b>	<b>01:22:31.85</b>	+00:12:11 (15.1%)	8:05	7.4 (85.1%)
29	<b>RASZEWSKA Justyna</b>	<b>293</b>		K30-39	2			00:02:05	00:20:17	00:40:23	01:00:42	<b>01:21:00.20</b>	<b>01:23:05.85</b>	+00:12:16 (15.1%)	8:06	7.4 (85.1%)
30	<b>PRAWUCKI Krzysztof</b>	<b>291</b>	JEZIORKI - AKTYWNA WIEŚ	M30-39	1			00:00:31	00:20:08	00:40:38	01:00:33	<b>01:21:02.45</b>	<b>01:21:34.10</b>	+00:12:18 (15.2%)	8:06	7.4 (85.1%)
31	<b>KOZŁOWSKA Agnieszka</b>	<b>317</b>	FACE NORDIC WALKING TEAM	K40-49	5			00:02:53	00:20:35	00:41:47	01:02:36	<b>01:23:17.40</b>	<b>01:26:10.60</b>	+00:14:33 (17.5%)	8:19	7.2 (82.8%)
32	<b>NOWAKOWSKI Rafał</b>	<b>321</b>	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:00:32	00:20:05	00:40:59	01:02:11	<b>01:23:28.45</b>	<b>01:24:00.90</b>	+00:14:44 (17.7%)	8:20	7.2 (82.8%)
33	<b>GRYGIEL Monika</b>	<b>261</b>	FACE NORDIC WALKING TEAM	K30-39	3			00:02:01	00:21:02	00:41:58	01:02:57	<b>01:23:42.80</b>	<b>01:25:44.15</b>	+00:14:58 (17.9%)	8:22	7.2 (82.8%)
34	<b>GRZESZCZAK Andrzej</b>	<b>313</b>	KS METRACO POLKOWICE	M50-59	8			00:01:15	00:20:33	00:41:43	01:02:52	<b>01:23:46.75</b>	<b>01:25:02.25</b>	+00:15:02 (18.0%)	8:22	7.2 (82.8%)
35	<b>ZAWISŁA Stanisław</b>	<b>309</b>	MARSZ PO ZDROWIE	M60-69	7	1		00:01:35	00:20:19	00:41:22	01:02:32	<b>01:23:49.95</b>	<b>01:25:25.85</b>	+00:15:06 (18.0%)	8:23	7.2 (82.8%)
36	<b>WACHOWIAK Sylwia</b>	<b>303</b>		K40-49	6			00:02:55	00:20:56	00:41:55	01:03:01	<b>01:23:58.85</b>	<b>01:26:54.25</b>	+00:15:14 (18.2%)	8:23	7.1 (81.6%)
37	<b>NOWAKOWSKA Angelika</b>	<b>320</b>	JEZIORKI - AKTYWNA WIEŚ	K30-39	4			00:02:53	00:21:12	00:41:58	01:03:04	<b>01:24:01.15</b>	<b>01:26:54.80</b>	+00:15:17 (18.2%)	8:24	7.1 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
38	<b>POSTEK Danuta</b>	<b>290</b>	MARSZ PO ZDROWIE	K50-59	4			00:03:15	00:21:02	00:42:18	01:03:23	<b>01:24:24.00</b>	<b>01:27:39.80</b>	+00:15:40 (18.6%)	8:26	7.1 (81.6%)
39	<b>SOBECKA Marzena</b>	<b>300</b>		K40-49	7			00:02:56	00:21:08	00:42:27	01:03:23	<b>01:24:25.80</b>	<b>01:27:21.85</b>	+00:15:41 (18.6%)	8:26	7.1 (81.6%)
40	<b>BOROWSKI Marcin</b>	<b>252</b>	FACE NORDIC WALKING TEAM	M30-39	3			00:00:31	00:21:29	00:42:48	01:03:47	<b>01:24:42.60</b>	<b>01:25:14.30</b>	+00:15:58 (18.9%)	8:28	7.1 (81.6%)
41	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>307</b>	KS METRACO POLKOWICE	K70+	1			00:03:33	00:20:45	00:41:51	01:03:12	<b>01:24:45.55</b>	<b>01:28:19.10</b>	+00:16:01 (18.9%)	8:28	7.1 (81.6%)
42	<b>WOŹNIAK Bartłomiej</b>	<b>322</b>	UNIA MIAST	M40-49	6			00:00:53	00:20:33	00:42:18	01:04:03	<b>01:24:55.95</b>	<b>01:25:49.35</b>	+00:16:12 (19.1%)	8:29	7.1 (81.6%)
43	<b>APPEL Jerzy</b>	<b>246</b>	GOSIR OSIELSKO	M70+	1			00:01:37	00:20:35	00:41:39	01:03:39	<b>01:25:15.95</b>	<b>01:26:53.20</b>	+00:16:32 (19.4%)	8:31	7 (80.5%)
44	<b>KOSIŃSKA Maria</b>	<b>271</b>	MOSIR RYPIN	K60-69	1			00:03:32	00:20:38	00:42:03	01:03:48	<b>01:25:20.15</b>	<b>01:28:52.30</b>	+00:16:36 (19.5%)	8:32	7 (80.5%)
45	<b>NOWAK Maciej</b>	<b>287</b>	SAILING TEAM FERAJNA	M40-49	7			00:00:52	00:21:27	00:43:06	01:04:24	<b>01:25:43.05</b>	<b>01:26:36.00</b>	+00:16:59 (19.8%)	8:34	7 (80.5%)
46	<b>MOSTOWSKA Elżbieta</b>	<b>285</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K50-59	5			00:03:16	00:20:57	00:42:45	01:04:35	<b>01:26:19.05</b>	<b>01:29:35.05</b>	+00:17:35 (20.4%)	8:37	7 (80.5%)
47	<b>ANGIELCZYK Małgosia</b>	<b>244</b>	MARSZ PO ZDROWIE	K60-69	2			00:03:32	00:20:55	00:42:22	01:04:30	<b>01:26:53.60</b>	<b>01:30:25.80</b>	+00:18:09 (20.9%)	8:41	6.9 (79.3%)
48	<b>ZBIELSKA Agnieszka</b>	<b>310</b>	SAILING TEAM FERAJNA	K30-39	5			00:02:53	00:21:16	00:42:51	01:04:50	<b>01:26:53.90</b>	<b>01:29:47.45</b>	+00:18:10 (20.9%)	8:41	6.9 (79.3%)
49	<b>DUKIEWICZ Aneta</b>	<b>256</b>	CZARNE PANTERY	K40-49	8			00:02:54	00:20:34	00:41:54	01:04:12	<b>01:27:11.95</b>	<b>01:30:06.10</b>	+00:18:28 (21.2%)	8:43	6.9 (79.3%)
50	<b>MAĆKOWIAK Krystyna</b>	<b>319</b>	FACE NORDIC WALKING TEAM	K60-69	3			00:03:32	00:20:47	00:42:21	01:04:39	<b>01:27:23.30</b>	<b>01:30:56.25</b>	+00:18:39 (21.3%)	8:44	6.9 (79.3%)
51	<b>JARYSZ Agnieszka</b>	<b>316</b>	FACE NORDIC WALKING TEAM	K30-39	6			00:02:05	00:21:38	00:43:36	01:06:14	<b>01:27:41.40</b>	<b>01:29:46.95</b>	+00:18:57 (21.6%)	8:46	6.8 (78.2%)
52	<b>SMITKOWSKA Urszula</b>	<b>298</b>	STOWARZYSZENIE AZYMUT MÓRKOWO	K50-59	6			00:03:15	00:21:32	00:43:35	01:05:57	<b>01:27:46.20</b>	<b>01:31:01.25</b>	+00:19:02 (21.7%)	8:46	6.8 (78.2%)
53	<b>KULKA Maciej</b>	<b>276</b>	FACE NORDIC WALKING TEAM	M50-59	9			00:01:16	00:21:49	00:44:43	01:06:52	<b>01:28:04.85</b>	<b>01:29:21.60</b>	+00:19:20 (22.0%)	8:48	6.8 (78.2%)
54	<b>OMARSKA Grażyna</b>	<b>288</b>	PASJA NORDIC WALKING	K50-59	7			00:03:16	00:21:41	00:43:38	01:05:57	<b>01:28:10.85</b>	<b>01:31:26.95</b>	+00:19:26 (22.1%)	8:49	6.8 (78.2%)
55	<b>PILECKI Gustaw</b>	<b>289</b>	GOSIR OSIELSKO	M70+	2			00:01:37	00:21:57	00:44:15	01:06:44	<b>01:29:31.05</b>	<b>01:31:08.75</b>	+00:20:47 (23.2%)	8:57	6.7 (77.0%)
56	<b>CHĘCIŃSKA Krystyna</b>	<b>253</b>	UKS GIMNAZJON SUCHY LAS	K60-69	4			00:03:33	00:22:06	00:44:42	01:07:32	<b>01:29:45.10</b>	<b>01:33:18.35</b>	+00:21:01 (23.4%)	8:58	6.7 (77.0%)
57	<b>DYMKOWSKI Krzysztof</b>	<b>257</b>	CZARNE PANTERY	M40-49	8			00:00:54	00:22:37	00:45:19	01:07:52	<b>01:30:11.50</b>	<b>01:31:05.55</b>	+00:21:27 (23.8%)	9:01	6.7 (77.0%)
58	<b>JANCZEWSKI Robert</b>	<b>312</b>	NORDIC WALKING KIEKRZ	M50-59	10			00:01:16	00:22:32	00:45:28	01:07:55	<b>01:30:17.05</b>	<b>01:31:33.20</b>	+00:21:33 (23.9%)	9:01	6.6 (75.9%)
59	<b>KONIECZNA Zuzanna</b>	<b>272</b>		K40-49	9			00:02:55	00:22:23	00:44:57	01:08:02	<b>01:30:31.30</b>	<b>01:33:26.90</b>	+00:21:47 (24.1%)	9:03	6.6 (75.9%)
60	<b>ZAWADZKA Maria</b>	<b>308</b>	KS METRACO POLKOWICE	K60-69	5			00:03:32	00:22:56	00:45:59	01:08:24	<b>01:30:49.05</b>	<b>01:34:21.95</b>	+00:22:05 (24.3%)	9:04	6.6 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>GIERSZENDORF Monika</b>	<b>259</b>	FACE NORDIC WALKING TEAM	K40-49	10			00:02:54	00:22:37	00:45:13	01:07:54	<b>01:30:57.60</b>	<b>01:33:52.30</b>	+00:22:13 (24.4%)	9:05	6.6 (75.9%)
62	<b>HACZYK Anna</b>	<b>262</b>	UKS GIMNAZJON SUCHY LAS	K30-39	7			00:02:54	00:22:47	00:45:56	01:08:51	<b>01:31:32.20</b>	<b>01:34:26.35</b>	+00:22:48 (24.9%)	9:09	6.6 (75.9%)
63	<b>HINC Iwona</b>	<b>323</b>	FACE NORDIC WALKING TEAM	K40-49	11			00:02:53	00:21:55	00:44:56	01:07:53	<b>01:31:43.60</b>	<b>01:34:37.55</b>	+00:22:59 (25.1%)	9:10	6.5 (74.7%)
64	<b>DROZDOWICZ Dorota</b>	<b>255</b>	CZARNE PANTERY	K40-49	12			00:02:56	00:22:42	00:46:15	01:09:31	<b>01:31:53.10</b>	<b>01:34:49.55</b>	+00:23:09 (25.2%)	9:11	6.5 (74.7%)
65	<b>LIKOWSKA Lidia</b>	<b>278</b>		K40-49	13			00:02:56	00:22:59	00:46:20	01:09:53	<b>01:33:39.30</b>	<b>01:36:35.65</b>	+00:24:55 (26.6%)	9:21	6.4 (73.6%)
66	<b>BAKOWSKA Maria</b>	<b>248</b>	NORDIC TEAM GNIEZNO/ OŚLA ŁAWKA	K60-69	6			00:03:32	00:23:07	00:46:47	01:10:28	<b>01:33:39.75</b>	<b>01:37:12.65</b>	+00:24:55 (26.6%)	9:22	6.4 (73.6%)
67	<b>SALAMON Piotr</b>	<b>296</b>		M40-49	9			00:00:54	00:23:08	00:46:54	01:10:51	<b>01:33:55.45</b>	<b>01:34:49.60</b>	+00:25:11 (26.8%)	9:23	6.4 (73.6%)
68	<b>ANDRZEJEWSKA Bogusława</b>	<b>318</b>	MARSZ PO ZDROWIE	K50-59	8			00:03:15	00:22:53	00:46:26	01:10:25	<b>01:34:33.35</b>	<b>01:37:48.60</b>	+00:25:49 (27.3%)	9:27	6.3 (72.4%)
69	<b>JÓZWIAK Dominik</b>	<b>265</b>	WTW.WŁOCŁAWEK	M18-29	2			00:00:31	00:23:51	00:47:56	01:12:31	<b>01:36:40.55</b>	<b>01:37:12.40</b>	+00:27:56 (28.9%)	9:40	6.2 (71.3%)
DQ	<b>MATUSZEWSKI Edward</b>	<b>283</b>		M60-69		1		DQ	DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 70 wynik(ów)