



# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

**Wydarzenie:** WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-07-09  
**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	<b>MIELECKA Agnieszka</b>	<b>751</b>	KS SOKÓŁ GAŚAWA	K40-49	1			00:16:54	00:34:23	00:52:05	<b>01:09:43.20</b>		6:58	8.6 (100%)
2	<b>ROSADZIŃSKI Sławomir</b>	<b>736</b>	LESZNO :)	M40-49	1			00:17:39	00:35:43	00:53:36	<b>01:12:01.20</b>	+00:02:18 (3.2%)	7:12	8.3 (96.5%)
3	<b>NOWAK Rajmund</b>	<b>728</b>	NORDIC WALKING KIEKRZ	M40-49	2			00:17:53	00:36:08	00:54:28	<b>01:12:21.10</b>	+00:02:37 (3.6%)	7:14	8.3 (96.5%)
4	<b>ANTOSZEWSKI Piotr</b>	<b>702</b>	NORDIC TEAM GNIEZNO	M40-49	3			00:18:05	00:36:24	00:54:40	<b>01:12:52.35</b>	+00:03:09 (4.3%)	7:17	8.2 (95.3%)
5	<b>SMUL Andrzej</b>	<b>738</b>	MARSZ PO ZDROWIE	M60-69	1			00:17:50	00:36:00	00:54:23	<b>01:12:58.20</b>	+00:03:15 (4.5%)	7:17	8.2 (95.3%)
6	<b>GIERSZEWSKI Arkadiusz</b>	<b>712</b>		M30-39	1			00:17:43	00:36:02	00:54:54	<b>01:13:27.30</b>	+00:03:44 (5.1%)	7:20	8.2 (95.3%)
7	<b>CZEKAJŁO Franciszek</b>	<b>709</b>	REMI	M60-69	2			00:18:08	00:36:28	00:55:05	<b>01:13:32.80</b>	+00:03:49 (5.2%)	7:21	8.2 (95.3%)
8	<b>BUŁAKOWSKI Bohdan</b>	<b>705</b>	PASJA NORDIC WALKING	M60-69	3			00:18:12	00:36:30	00:55:06	<b>01:13:35.70</b>	+00:03:52 (5.3%)	7:21	8.2 (95.3%)
9	<b>STAWNIAK Karol</b>	<b>752</b>	KS SOKÓŁ GAŚAWA	M60-69	4			00:18:09	00:36:29	00:55:04	<b>01:14:00.60</b>	+00:04:17 (5.8%)	7:24	8.1 (94.2%)
10	<b>NETKOWSKI Wojciech</b>	<b>725</b>	PASJA NORDIC WALKING	M50-59	1			00:18:38	00:37:30	00:56:19	<b>01:14:52.30</b>	+00:05:09 (6.9%)	7:29	8 (93.0%)
11	<b>WESOŁOWSKI Wojciech</b>	<b>742</b>	NORDIC TEAM GNIEZNO	M60-69	5			00:18:31	00:36:53	00:55:37	<b>01:15:04.30</b>	+00:05:21 (7.1%)	7:30	8 (93.0%)
12	<b>MIERNICKI Mariusz</b>	<b>714</b>	PASJA NORDIC WALKING	M50-59	2			00:18:15	00:37:00	00:56:13	<b>01:15:23.65</b>	+00:05:40 (7.5%)	7:32	8 (93.0%)
13	<b>MARCHWICKI Przemysław</b>	<b>723</b>	NORDIC WALKING KIEKRZ	M60-69	6			00:18:45	00:37:48	00:57:11	<b>01:16:00.60</b>	+00:06:17 (8.3%)	7:36	7.9 (91.9%)
14	<b>PRZYBYSZ Grzegorz</b>	<b>734</b>		M30-39	2			00:18:39	00:37:41	00:56:46	<b>01:16:04.40</b>	+00:06:21 (8.4%)	7:36	7.9 (91.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	<b>ROZYNEK Mariusz</b>	<b>737</b>	NORDIC WALKING KIEKRZ	M40-49	4			00:18:47	00:37:56	00:57:02	<b>01:16:19.15</b>	+00:06:35 (8.6%)	7:38	7.9 (91.9%)
16	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>729</b>	PRUSZYŃSKI NORDIC WALKING	K40-49	2			00:18:43	00:38:06	00:57:38	<b>01:16:54.75</b>	+00:07:11 (9.4%)	7:41	7.8 (90.7%)
17	<b>LENARTOWICZ Stanisław</b>	<b>750</b>	DERBY ŁUBIANKA	M50-59	3	1		00:18:25	00:37:06	00:56:51	<b>01:16:56.75</b>	+00:07:13 (9.4%)	7:41	7.8 (90.7%)
18	<b>KACZMARCZYK PIASECKA Renata</b>	<b>717</b>	CZARNE PANTERY	K40-49	3			00:19:05	00:38:30	00:57:56	<b>01:17:12.60</b>	+00:07:29 (9.7%)	7:43	7.8 (90.7%)
19	<b>CIESIELSKI Krzysztof</b>	<b>707</b>	FAST WALKER	M60-69	7			00:19:17	00:38:41	00:58:17	<b>01:17:53.80</b>	+00:08:10 (10.5%)	7:47	7.7 (89.5%)
20	<b>PYTEL Anna</b>	<b>755</b>	KB KATORŻNIK	K30-39	1	2		00:19:02	00:38:30	00:58:13	<b>01:17:57.75</b>	+00:08:14 (10.6%)	7:47	7.7 (89.5%)
21	<b>PRZYBYŁEK Marysia</b>	<b>733</b>	LESZNO :)	K40-49	4	1		00:19:32	00:39:14	00:59:11	<b>01:18:47.05</b>	+00:09:03 (11.5%)	7:52	7.6 (88.4%)
22	<b>ROSADZIŃSKA Natalia</b>	<b>735</b>	LESZNO :)	K18-29	1			00:19:33	00:39:15	00:59:11	<b>01:18:47.40</b>	+00:09:04 (11.5%)	7:52	7.6 (88.4%)
23	<b>NOWAK Bartłomiej</b>	<b>727</b>	SAILING TEAM FERAJNA	M40-49	5			00:20:04	00:40:14	00:59:55	<b>01:19:35.10</b>	+00:09:51 (12.4%)	7:57	7.5 (87.2%)
24	<b>BOGUSZ Marek</b>	<b>703</b>		M50-59	4			00:19:48	00:39:53	01:00:20	<b>01:20:04.05</b>	+00:10:20 (12.9%)	8:00	7.5 (87.2%)
25	<b>KANIEWSKI Łukasz</b>	<b>718</b>	SUMMER ISLAND	M30-39	3			00:18:47	00:39:01	00:59:39	<b>01:20:05.35</b>	+00:10:22 (12.9%)	8:00	7.5 (87.2%)
26	<b>WACHOWIAK Sylwia</b>	<b>740</b>	DYNAMIC	K40-49	5			00:19:54	00:39:55	00:59:58	<b>01:20:07.80</b>	+00:10:24 (13.0%)	8:00	7.5 (87.2%)
27	<b>RASZEWSKA Justyna</b>	<b>746</b>		K30-39	2			00:19:35	00:39:31	00:59:57	<b>01:20:16.90</b>	+00:10:33 (13.2%)	8:01	7.5 (87.2%)
28	<b>KRUSZKA Arleta</b>	<b>720</b>	MARSZ PO ZDROWIE	K50-59	1			00:19:52	00:39:57	01:00:18	<b>01:20:32.65</b>	+00:10:49 (13.4%)	8:03	7.4 (86.0%)
29	<b>JASOŃ Grażyna</b>	<b>715</b>	DYNAMIC	K50-59	2			00:20:12	00:40:20	01:00:35	<b>01:20:58.30</b>	+00:11:15 (13.9%)	8:05	7.4 (86.0%)
30	<b>ADAMSKA-WOLNA Karolina</b>	<b>722</b>		K30-39	3			00:19:38	00:39:57	01:00:43	<b>01:21:21.50</b>	+00:11:38 (14.3%)	8:08	7.4 (86.0%)
31	<b>NOWAK Beata</b>	<b>726</b>	SAILING TEAM FERAJNA	K40-49	6			00:19:59	00:40:26	01:01:19	<b>01:21:44.30</b>	+00:12:01 (14.7%)	8:10	7.3 (84.9%)
32	<b>PIĄTKOWSKI Józef</b>	<b>731</b>	KS METRACO POLKOWICE	M70+	1			00:20:12	00:41:23	01:02:34	<b>01:22:59.90</b>	+00:13:16 (16.0%)	8:18	7.2 (83.7%)
33	<b>CZARNECKA Katarzyna</b>	<b>708</b>	NORDIC WALKING KIEKRZ	K30-39	4			00:20:07	00:41:01	01:02:28	<b>01:23:30.90</b>	+00:13:47 (16.5%)	8:21	7.2 (83.7%)
34	<b>CHŁODNICKI Marek</b>	<b>706</b>	MARSZ PO ZDROWIE	M60-69	8			00:19:57	00:40:48	01:02:11	<b>01:23:44.35</b>	+00:14:01 (16.7%)	8:22	7.2 (83.7%)
35	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>743</b>	KS METRACO POLKOWICE	K70+	1			00:20:12	00:40:50	01:02:22	<b>01:23:45.10</b>	+00:14:01 (16.8%)	8:22	7.2 (83.7%)
36	<b>KOZAKOWSKA Małgorzata</b>	<b>754</b>	KS SOKÓŁ GAŚAWA	K40-49	7			00:20:49	00:41:36	01:02:53	<b>01:23:48.80</b>	+00:14:05 (16.8%)	8:22	7.2 (83.7%)
37	<b>BORUCKI Krystian</b>	<b>704</b>	BORKO.PL.	M30-39	4			00:20:21	00:41:43	01:03:09	<b>01:23:50.60</b>	+00:14:07 (16.8%)	8:23	7.2 (83.7%)

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>STRZELECKI Sebastian</b>	<b>739</b>	SAILING TEAM FERAJNA	M40-49	6			00:20:20	00:41:40	01:03:06	<b>01:23:56.25</b>	+00:14:13 (16.9%)	8:23	7.1 (82.6%)
39	<b>SZYBCZYŃSKA Katarzyna</b>	<b>753</b>	KS SOKÓŁ GAŚAWA	K40-49	8			00:20:52	00:41:41	01:02:54	<b>01:24:10.10</b>	+00:14:26 (17.2%)	8:25	7.1 (82.6%)
40	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>745</b>	LESZNO :)	K50-59	3			00:21:11	00:42:29	01:03:25	<b>01:24:19.85</b>	+00:14:36 (17.3%)	8:26	7.1 (82.6%)
41	<b>POSTEK Danuta</b>	<b>732</b>	MARSZ PO ZDROWIE	K50-59	4			00:20:46	00:41:47	01:03:18	<b>01:24:41.80</b>	+00:14:58 (17.7%)	8:28	7.1 (82.6%)
42	<b>GRZESZCZAK Andrzej</b>	<b>713</b>	KS METRACO POLKOWICE	M50-59	5			00:19:45	00:40:35	01:01:48	<b>01:24:52.70</b>	+00:15:09 (17.9%)	8:29	7.1 (82.6%)
43	<b>WANDEL Agnieszka</b>	<b>741</b>	FACE NORDIC WALKING TEAM	K40-49	9			00:20:33	00:41:40	01:03:35	<b>01:25:05.70</b>	+00:15:22 (18.1%)	8:30	7.1 (82.6%)
44	<b>ADAMEK-BOBER Anna</b>	<b>701</b>	MARSZ PO ZDROWIE	K60-69	1			00:20:34	00:41:46	01:03:36	<b>01:25:09.25</b>	+00:15:26 (18.1%)	8:30	7 (81.4%)
45	<b>ZAKRZEWSKA Henryka</b>	<b>744</b>	NORDIC TEAM GNIEZNO	K70+	2			00:20:42	00:42:09	01:03:47	<b>01:25:56.35</b>	+00:16:13 (18.9%)	8:35	7 (81.4%)
46	<b>URBAN Jacek</b>	<b>747</b>	LESZNO :)	M60-69	9			00:21:35	00:43:43	01:05:52	<b>01:27:18.30</b>	+00:17:35 (20.1%)	8:43	6.9 (80.2%)
47	<b>KAMIŃSKI Tomasz</b>	<b>748</b>	HART SKOKI	M50-59	6	1		00:21:23	00:43:18	01:05:18	<b>01:27:57.70</b>	+00:18:14 (20.7%)	8:47	6.8 (79.1%)
48	<b>MARCINIAK Lucyna</b>	<b>724</b>	NORDIC WALKING KIEKRZ	K60-69	2			00:20:45	00:42:24	01:05:00	<b>01:28:46.40</b>	+00:19:03 (21.5%)	8:52	6.8 (79.1%)
49	<b>KAMIŃSKA Wioleta</b>	<b>749</b>		K50-59	5	1		00:22:44	00:45:39	01:08:24	<b>01:31:18.55</b>	+00:21:35 (23.6%)	9:07	6.6 (76.7%)

Znaleziono 49 wynik(ów)