

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING 2020 - 10 KM

B4SPORT
INTELEGENCJA ZAWODY SPORTOWE

Wydarzenie: Puchar Wielkopolski Nordic Walking
Organizator: Wągrowiec
Data: 2020-07-19
Miejsce: Wągrowiec
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HELWICH Stefan	232	KS METRACO POLKOWICE	M60-69	1			00:15:40	00:32:06	00:48:31	01:04:43.85		6:28	9.3 (100%)
2	POLKOWSKI Piotr	292	NW CZŁAPSKI TEAM	M30-39	1			00:16:00	00:32:14	00:48:27	01:04:52.35	+00:00:08 (0.2%)	6:29	9.2 (98.9%)
3	POŁUBIAK Paweł	265		M30-39	2			00:16:03	00:32:24	00:48:48	01:04:56.85	+00:00:13 (0.3%)	6:29	9.2 (98.9%)
4	KNITTER Tomasz	239	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:15:49	00:32:32	00:49:16	01:05:25.25	+00:00:41 (1.1%)	6:32	9.2 (98.9%)
5	MARCZAK Tomasz	250		M18-29	2			00:15:42	00:32:11	00:48:58	01:05:33.65	+00:00:49 (1.3%)	6:33	9.2 (98.9%)
6	MIELECKA Agnieszka	251	KS IDMAR RACING TEAM	K50-59	1			00:15:52	00:32:34	00:49:33	01:06:23.20	+00:01:39 (2.5%)	6:38	9 (96.8%)
7	CZŁAPSKI Krzysztof	224	NW CZŁAPSKI TEAM	M50-59	1			00:16:24	00:33:11	00:50:36	01:08:00.65	+00:03:16 (4.8%)	6:48	8.8 (94.6%)
8	KLIMCZAK Adam	238	GOSADI NORDIC TEAM	M50-59	2			00:16:38	00:34:09	00:51:30	01:08:44.30	+00:04:00 (5.8%)	6:52	8.7 (93.5%)
9	RADECKI Artur	269	CHODZĄCY BIAŁYSTOK	M50-59	3			00:16:14	00:33:33	00:51:14	01:09:06.25	+00:04:22 (6.3%)	6:54	8.7 (93.5%)
10	KUŚMIEREK Jan	244	BŁĘKITNI NW DZIEMIANY	M50-59	4			00:16:57	00:34:18	00:51:55	01:09:20.40	+00:04:36 (6.6%)	6:56	8.7 (93.5%)
11	SANIUK Edward	271	FACE NORDIC WALKING TEAM	M70+	1			00:17:06	00:34:43	00:52:44	01:10:15.00	+00:05:31 (7.9%)	7:01	8.5 (91.4%)
12	BARTOSIEWICZ Łukasz	215	PSISKO & KOCISKO TEAM	M30-39	3			00:17:47	00:35:25	00:53:08	01:10:53.40	+00:06:09 (8.7%)	7:05	8.5 (91.4%)
13	KROMSKI Paweł	89	NORDIC WALKING KIEKRZ POLAND	M50-59	5			00:17:01	00:34:51	00:53:06	01:11:30.15	+00:06:46 (9.5%)	7:09	8.4 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
14	KUŚMIEREK Patryk	245	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:17:41	00:35:38	00:53:40	01:11:30.50	+00:06:46 (9.5%)	7:09	8.4 (90.3%)
15	PRZYBYSZ Grzegorz	268		M30-39	4			00:16:51	00:34:47	00:53:03	01:11:38.35	+00:06:54 (9.6%)	7:09	8.4 (90.3%)
16	SZYMAŃSKI Stefan	278	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTOW W DYWITACH	M70+	2			00:17:32	00:35:32	00:53:58	01:12:27.90	+00:07:44 (10.7%)	7:14	8.3 (89.2%)
17	GODZIŃSKI Paweł	230	BAŻANT NW ELBLĄG	M40-49	1			00:17:31	00:35:44	00:54:03	01:12:32.00	+00:07:48 (10.8%)	7:15	8.3 (89.2%)
18	CIESELSKI Jan	221	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	2			00:17:29	00:35:47	00:54:21	01:12:38.10	+00:07:54 (10.9%)	7:15	8.3 (89.2%)
19	GOŁĘBIEWSKI Edward	47	MARSZ PO ZDROWIE	M70+	3			00:17:22	00:35:43	00:54:28	01:12:57.65	+00:08:13 (11.3%)	7:17	8.2 (88.2%)
20	STANISLAWSKI Jan	165	MARSZ PO ZDROWIE	M60-69	2			00:17:09	00:35:35	00:54:34	01:13:38.90	+00:08:55 (12.1%)	7:21	8.1 (87.1%)
21	OLSZAŃSKI Karol	128	FEAR THE RETURN	M40-49	3			00:16:57	00:35:33	00:54:25	01:13:49.10	+00:09:05 (12.3%)	7:22	8.1 (87.1%)
22	CHOLEWIŃSKI Wojciech	216	HERNIK TEAM	M50-59	6			00:17:13	00:35:38	00:54:55	01:14:12.60	+00:09:28 (12.8%)	7:25	8.1 (87.1%)
23	RUDAWSKI Maciej	270	WALK & RUN TEAM OBORNIKI	M30-39	5			00:17:58	00:36:36	00:55:22	01:14:13.30	+00:09:29 (12.8%)	7:25	8.1 (87.1%)
24	CIACIUCH Agnieszka	219	AKTYWNA KCYNIA	K18-29	1			00:18:10	00:36:45	00:55:41	01:14:26.25	+00:09:42 (13.0%)	7:26	8.1 (87.1%)
25	CHUDZIŃSKI Andrzej	218	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M70+	4			00:18:17	00:36:51	00:55:47	01:14:30.45	+00:09:46 (13.1%)	7:27	8.1 (87.1%)
26	JÓŹWIAK Marianna	233	SERCE NORDICA WŁOCLAWEK	K40-49	1			00:18:10	00:36:51	00:55:42	01:14:34.30	+00:09:50 (13.2%)	7:27	8 (86.0%)
27	FRANCZAK Małgorzata	227	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:36:58	00:55:57	01:14:34.80	+00:09:50 (13.2%)	7:27	8 (86.0%)
28	NETKOWSKI Wojciech	255	PASJA NORDIC WALKING	M60-69	3			00:18:00	00:36:46	00:56:01	01:14:46.30	+00:10:02 (13.4%)	7:28	8 (86.0%)
29	PRZYBYŁEK Marysia	267	MARSZ PO ZDROWIE	K40-49	2			00:18:05	00:37:03	00:56:13	01:14:58.65	+00:10:14 (13.7%)	7:29	8 (86.0%)
30	OCYSEK Zygmunt	257	STADION ŚLĄSKI	M70+	5			00:18:29	00:37:17	00:56:07	01:15:07.25	+00:10:23 (13.8%)	7:30	8 (86.0%)
31	MARCHWICKI Przemysław	249	NORDIC WALKING KIEKRZ POLAND	M60-69	4			00:18:25	00:37:03	00:56:07	01:15:13.85	+00:10:30 (14.0%)	7:31	8 (86.0%)
32	SZYMAŃSKI Jacek	277	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	7			00:17:38	00:36:01	00:55:28	01:15:25.50	+00:10:41 (14.2%)	7:32	8 (86.0%)
33	WALESZKO Andrzej	283	PASJA NORDIC WALKING	M40-49	4	1		00:18:34	00:37:29	00:56:37	01:15:46.65	+00:11:02 (14.6%)	7:34	7.9 (84.9%)
34	MUSIATOWICZ Aleksandra	253	PASJA NORDIC WALKING	K50-59	2			00:18:18	00:37:09	00:56:28	01:15:53.15	+00:11:09 (14.7%)	7:35	7.9 (84.9%)
35	KANIEWSKI Łukasz	237	AKTYWNA KCYNIA	M30-39	6			00:18:18	00:37:29	00:56:47	01:15:59.35	+00:11:15 (14.8%)	7:35	7.9 (84.9%)
36	KANIEWSKA Alicja	236	AKTYWNA KCYNIA	K30-39	1			00:18:19	00:37:18	00:56:32	01:16:10.85	+00:11:27 (15.0%)	7:37	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
37	CIESIELSKI Krzysztof	222	FAST WALKER	M60-69	5			00:18:33	00:37:45	00:57:11	01:16:37.80	+00:11:53 (15.5%)	7:39	7.8 (83.9%)
38	ŁOPIŃSKI Aleksy	247	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	6			00:18:33	00:37:30	00:56:44	01:16:43.05	+00:11:59 (15.6%)	7:40	7.8 (83.9%)
39	SIERACKA Katarzyna	272	LESZNO :)	K50-59	3			00:17:59	00:36:57	00:56:42	01:17:00.50	+00:12:16 (15.9%)	7:42	7.8 (83.9%)
40	FRANCZAK Dariusz	228	NW CZŁAPSKI TEAM	M50-59	8			00:18:43	00:38:10	00:57:52	01:17:29.55	+00:12:45 (16.5%)	7:44	7.7 (82.8%)
41	POLAK Łukasz	263	OBORYGENI	M30-39	7			00:18:56	00:38:23	00:58:12	01:18:10.05	+00:13:26 (17.2%)	7:49	7.7 (82.8%)
42	STAWNIAK Karol	274	KS METRACO POLKOWICE	M70+	7			00:18:26	00:37:56	00:58:01	01:18:13.05	+00:13:29 (17.2%)	7:49	7.7 (82.8%)
43	KACZMAREK Jarek	234	SERCE NORDICA WŁOCŁAWEK	M50-59	9			00:19:00	00:38:37	00:58:23	01:18:20.35	+00:13:36 (17.4%)	7:50	7.7 (82.8%)
44	ŁUKASIK Michał	248	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	6			00:18:44	00:38:32	00:58:35	01:18:21.80	+00:13:37 (17.4%)	7:50	7.7 (82.8%)
45	GĄŁOWSKA Agnieszka	229	INPOWER	K40-49	3			00:19:01	00:38:10	00:57:45	01:18:40.20	+00:13:56 (17.7%)	7:52	7.6 (81.7%)
46	FICEK Łukasz	225	AKTYWNA KCYNIA	M30-39	8			00:19:27	00:39:33	00:59:22	01:19:01.60	+00:14:17 (18.1%)	7:54	7.6 (81.7%)
47	GWAREK Anita	231	PASJA NORDIC WALKING	K40-49	4			00:19:05	00:38:51	00:59:07	01:19:16.95	+00:14:33 (18.4%)	7:55	7.6 (81.7%)
48	PAWŁOWSKI Roman	262		M50-59	10			00:19:09	00:39:01	00:59:16	01:19:27.35	+00:14:43 (18.5%)	7:56	7.6 (81.7%)
49	WALCZAK Grzegorz	282	UKS GIMNAZJON SUCHY LAS	M40-49	5			00:19:46	00:39:54	01:00:07	01:20:19.05	+00:15:35 (19.4%)	8:01	7.5 (80.6%)
50	KRUSZKA Arleta	241	MARSZ PO ZDROWIE	K50-59	4			00:19:41	00:39:55	01:00:12	01:20:19.90	+00:15:36 (19.4%)	8:01	7.5 (80.6%)
51	FRANCZAK Anna	226	NW CZŁAPSKI TEAM	K50-59	5			00:19:36	00:39:33	01:00:05	01:20:39.30	+00:15:55 (19.7%)	8:04	7.4 (79.6%)
52	POSTAREMCZAK Ewelina	266	KOŚCIAN TEAM	K30-39	2			00:19:54	00:40:25	01:00:52	01:21:10.00	+00:16:26 (20.2%)	8:07	7.4 (79.6%)
53	WALESZKO Anna	284	PASJA NORDIC WALKING	K40-49	5			00:19:32	00:40:25	01:00:55	01:21:24.35	+00:16:40 (20.5%)	8:08	7.4 (79.6%)
54	CIESIELSKA Renata	220	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:19:58	00:40:25	01:01:03	01:21:45.90	+00:17:02 (20.8%)	8:10	7.3 (78.5%)
55	STOLARSKA Danuta	275	SERCE NORDICA WŁOCŁAWEK	K60-69	1			00:20:18	00:40:51	01:01:26	01:21:48.55	+00:17:04 (20.9%)	8:10	7.3 (78.5%)
56	DOROTA Pietrzak	293	NORDIC WALKING KIEKRZ POLAND	K40-49	7			00:19:43	00:40:26	01:01:19	01:22:08.10	+00:17:24 (21.2%)	8:12	7.3 (78.5%)
57	BACHANEK Katarzyna	212	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6			00:20:04	00:40:47	01:02:17	01:23:53.85	+00:19:10 (22.8%)	8:23	7.2 (77.4%)
58	WNEK Ewa	286		K60-69	2			00:19:52	00:40:45	01:02:10	01:24:04.80	+00:19:20 (23.0%)	8:24	7.1 (76.3%)
59	KACZMAREK Zofia	235	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:19:53	00:40:38	01:02:03	01:24:06.05	+00:19:22 (23.0%)	8:24	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
60	EWERTOWSKA Ewa	31	NORDIC WALKING KIEKRZ POLAND	K50-59	8			00:19:58	00:41:01	01:02:32	01:24:12.85	+00:19:29 (23.1%)	8:25	7.1 (76.3%)
61	URANTÓWKA Henryk	281	N/Z	M70+	8			00:20:09	00:41:10	01:02:47	01:24:54.20	+00:20:10 (23.8%)	8:29	7.1 (76.3%)
62	CHOLEWKA Jolanta	217	MARSZ PO ZDROWIE	K60-69	3			00:20:33	00:41:46	01:03:35	01:25:34.75	+00:20:50 (24.4%)	8:33	7 (75.3%)
63	ŻBIKOWSKA Małgorzata	289	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:20:58	00:42:32	01:04:01	01:25:55.80	+00:21:11 (24.7%)	8:35	7 (75.3%)
64	OMARSKA Grażyna	259	PASJA NORDIC WALKING	K60-69	4			00:21:02	00:42:33	01:04:23	01:26:00.90	+00:21:17 (24.7%)	8:36	7 (75.3%)
65	TURZYŃSKA-STOPA Maria	280	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:20:57	00:42:44	01:04:34	01:26:10.90	+00:21:27 (24.9%)	8:37	7 (75.3%)
66	WĄTROBA Sebastian	285	BEL MARE NORDIC WALKING TEAM	M40-49	6			00:20:43	00:42:42	01:05:16	01:27:56.05	+00:23:12 (26.4%)	8:47	6.8 (73.1%)
67	LUBAŃSKI Tomasz	246	SERCE NORDICA WŁOCŁAWEK	M60-69	7			00:20:58	00:42:55	01:05:24	01:28:16.75	+00:23:32 (26.7%)	8:49	6.8 (73.1%)
68	POLOWIEC Alina	264	AKTYWNA KCYNIA	K50-59	10			00:21:41	00:44:07	01:06:55	01:29:56.35	+00:25:12 (28.0%)	8:59	6.7 (72.0%)
69	HOFFMANN Waldemar	279	100 KM NA 100-LECIE SZKOŁY!	M50-59	11			00:21:57	00:45:54	01:09:40	01:30:25.70	+00:25:41 (28.4%)	9:02	6.6 (71.0%)
70	ZAJĄC Beata	287	FEAR THE RETURN	K18-29	3			00:21:54	00:45:02	01:08:57	01:32:18.30	+00:27:34 (29.9%)	9:13	6.5 (69.9%)
71	SKAŁBANIA Ewelina	273		K40-49	8			00:22:33	00:46:30	01:10:23	01:34:37.40	+00:29:53 (31.6%)	9:27	6.3 (67.7%)
72	KRÓLIKOWSKA-ŁOSKOT Danuta	90	STADION ŚLĄSKI	K60-69	6			00:23:11	00:46:48	01:10:50	01:35:14.25	+00:30:30 (32.0%)	9:31	6.3 (67.7%)
73	STACHOWICZ Joanna	164	BŁĘKITNI NW DZIEMIANY	K30-39	3			00:22:57	00:46:36	01:11:17	01:36:02.60	+00:31:18 (32.6%)	9:36	6.2 (66.7%)
74	BACDORF Alicja	211		K60-69	7			00:23:49	00:48:31	01:13:59	01:39:51.75	+00:35:07 (35.2%)	9:59	6 (64.5%)
75	OWCZAREK Henryka	260	MARSZ PO ZDROWIE	K70+	1			00:24:41	00:49:36	01:15:13	01:40:13.80	+00:35:29 (35.4%)	10:01	6 (64.5%)
76	MÓRAWSKI Sławomir	252	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	12			00:24:04	00:49:22	01:16:15	01:43:50.55	+00:39:06 (37.7%)	10:23	5.8 (62.4%)
77	PASZKIET Karolina	261	KLUB BIEGAJACY WĄGROWIEC	K40-49	9	1		00:22:46	00:46:45			+00:14:40	9:21	6.4 (68.8%)
78	ZIELIŃSKA Lidia	290	KLUB BIEGAJACY WĄGROWIEC	K40-49	10	1		00:23:27	00:47:26			+00:15:21	9:29	6.3 (67.7%)
79	KUCZYŃSKI Włodzimierz	242	NORDIC WALKING KIEKRZ POLAND	M60-69	8	1		00:22:27	00:55:40			+00:23:34	11:08	5.4 (58.1%)

Znaleziono 79 wynik(ów)