

WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING 2020 - 10 KM

B4SPORT
INTELEGENE 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 | CIEŚIELSKI 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)