

# 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	<b>HELWICH Stefan</b>	<b>232</b>	KS METRACO POLKOWICE	M60-69	1			00:15:40	00:32:06	00:48:31	<b>01:04:43.85</b>		6:28	9.3 (100%)
2	<b>POLKOWSKI Piotr</b>	<b>292</b>	NW CZŁAPSKI TEAM	M30-39	1			00:16:00	00:32:14	00:48:27	<b>01:04:52.35</b>	+00:00:08 (0.2%)	6:29	9.2 (98.9%)
3	<b>POŁUBIAK Paweł</b>	<b>265</b>		M30-39	2			00:16:03	00:32:24	00:48:48	<b>01:04:56.85</b>	+00:00:13 (0.3%)	6:29	9.2 (98.9%)
4	<b>KNITTER Tomasz</b>	<b>239</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:15:49	00:32:32	00:49:16	<b>01:05:25.25</b>	+00:00:41 (1.1%)	6:32	9.2 (98.9%)
5	<b>MARCZAK Tomasz</b>	<b>250</b>		M18-29	2			00:15:42	00:32:11	00:48:58	<b>01:05:33.65</b>	+00:00:49 (1.3%)	6:33	9.2 (98.9%)
6	<b>MIELECKA Agnieszka</b>	<b>251</b>	KS IDMAR RACING TEAM	K50-59	1			00:15:52	00:32:34	00:49:33	<b>01:06:23.20</b>	+00:01:39 (2.5%)	6:38	9 (96.8%)
7	<b>CZŁAPSKI Krzysztof</b>	<b>224</b>	NW CZŁAPSKI TEAM	M50-59	1			00:16:24	00:33:11	00:50:36	<b>01:08:00.65</b>	+00:03:16 (4.8%)	6:48	8.8 (94.6%)
8	<b>KLIMCZAK Adam</b>	<b>238</b>	GOSADI NORDIC TEAM	M50-59	2			00:16:38	00:34:09	00:51:30	<b>01:08:44.30</b>	+00:04:00 (5.8%)	6:52	8.7 (93.5%)
9	<b>RADECKI Artur</b>	<b>269</b>	CHODZĄCY BIAŁYSTOK	M50-59	3			00:16:14	00:33:33	00:51:14	<b>01:09:06.25</b>	+00:04:22 (6.3%)	6:54	8.7 (93.5%)
10	<b>KUŚMIEREK Jan</b>	<b>244</b>	BŁĘKITNI NW DZIEMIANY	M50-59	4			00:16:57	00:34:18	00:51:55	<b>01:09:20.40</b>	+00:04:36 (6.6%)	6:56	8.7 (93.5%)
11	<b>SANIUK Edward</b>	<b>271</b>	FACE NORDIC WALKING TEAM	M70+	1			00:17:06	00:34:43	00:52:44	<b>01:10:15.00</b>	+00:05:31 (7.9%)	7:01	8.5 (91.4%)
12	<b>BARTOSIEWICZ Łukasz</b>	<b>215</b>	PSISKO & KOCISKO TEAM	M30-39	3			00:17:47	00:35:25	00:53:08	<b>01:10:53.40</b>	+00:06:09 (8.7%)	7:05	8.5 (91.4%)
13	<b>KROMSKI Paweł</b>	<b>89</b>	NORDIC WALKING KIEKRZ POLAND	M50-59	5			00:17:01	00:34:51	00:53:06	<b>01:11:30.15</b>	+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	<b>KUŚMIEREK Patryk</b>	<b>245</b>	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:17:41	00:35:38	00:53:40	<b>01:11:30.50</b>	+00:06:46 (9.5%)	7:09	8.4 (90.3%)
15	<b>PRZYBYSZ Grzegorz</b>	<b>268</b>		M30-39	4			00:16:51	00:34:47	00:53:03	<b>01:11:38.35</b>	+00:06:54 (9.6%)	7:09	8.4 (90.3%)
16	<b>SZYMAŃSKI Stefan</b>	<b>278</b>	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTOW W DYWITACH	M70+	2			00:17:32	00:35:32	00:53:58	<b>01:12:27.90</b>	+00:07:44 (10.7%)	7:14	8.3 (89.2%)
17	<b>GODZIŃSKI Paweł</b>	<b>230</b>	BAŻANT NW ELBLĄG	M40-49	1			00:17:31	00:35:44	00:54:03	<b>01:12:32.00</b>	+00:07:48 (10.8%)	7:15	8.3 (89.2%)
18	<b>CIEŚIELSKI Jan</b>	<b>221</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	2			00:17:29	00:35:47	00:54:21	<b>01:12:38.10</b>	+00:07:54 (10.9%)	7:15	8.3 (89.2%)
19	<b>GOŁĘBIEWSKI Edward</b>	<b>47</b>	MARSZ PO ZDROWIE	M70+	3			00:17:22	00:35:43	00:54:28	<b>01:12:57.65</b>	+00:08:13 (11.3%)	7:17	8.2 (88.2%)
20	<b>STANISLAWSKI Jan</b>	<b>165</b>	MARSZ PO ZDROWIE	M60-69	2			00:17:09	00:35:35	00:54:34	<b>01:13:38.90</b>	+00:08:55 (12.1%)	7:21	8.1 (87.1%)
21	<b>OLSZAŃSKI Karol</b>	<b>128</b>	FEAR THE RETURN	M40-49	3			00:16:57	00:35:33	00:54:25	<b>01:13:49.10</b>	+00:09:05 (12.3%)	7:22	8.1 (87.1%)
22	<b>CHOLEWIŃSKI Wojciech</b>	<b>216</b>	HERNIK TEAM	M50-59	6			00:17:13	00:35:38	00:54:55	<b>01:14:12.60</b>	+00:09:28 (12.8%)	7:25	8.1 (87.1%)
23	<b>RUDAWSKI Maciej</b>	<b>270</b>	WALK & RUN TEAM OBORNIKI	M30-39	5			00:17:58	00:36:36	00:55:22	<b>01:14:13.30</b>	+00:09:29 (12.8%)	7:25	8.1 (87.1%)
24	<b>CIACIUCH Agnieszka</b>	<b>219</b>	AKTYWNA KCYNIA	K18-29	1			00:18:10	00:36:45	00:55:41	<b>01:14:26.25</b>	+00:09:42 (13.0%)	7:26	8.1 (87.1%)
25	<b>CHUDZIŃSKI Andrzej</b>	<b>218</b>	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M70+	4			00:18:17	00:36:51	00:55:47	<b>01:14:30.45</b>	+00:09:46 (13.1%)	7:27	8.1 (87.1%)
26	<b>JÓŹWIAK Marianna</b>	<b>233</b>	SERCE NORDICA WŁOCLAWEK	K40-49	1			00:18:10	00:36:51	00:55:42	<b>01:14:34.30</b>	+00:09:50 (13.2%)	7:27	8 (86.0%)
27	<b>FRANCZAK Małgorzata</b>	<b>227</b>	NW CZŁAPSKI TEAM	K18-29	2			00:18:18	00:36:58	00:55:57	<b>01:14:34.80</b>	+00:09:50 (13.2%)	7:27	8 (86.0%)
28	<b>NETKOWSKI Wojciech</b>	<b>255</b>	PASJA NORDIC WALKING	M60-69	3			00:18:00	00:36:46	00:56:01	<b>01:14:46.30</b>	+00:10:02 (13.4%)	7:28	8 (86.0%)
29	<b>PRZYBYŁEK Marysia</b>	<b>267</b>	MARSZ PO ZDROWIE	K40-49	2			00:18:05	00:37:03	00:56:13	<b>01:14:58.65</b>	+00:10:14 (13.7%)	7:29	8 (86.0%)
30	<b>OCYSEK Zygmunt</b>	<b>257</b>	STADION ŚLĄSKI	M70+	5			00:18:29	00:37:17	00:56:07	<b>01:15:07.25</b>	+00:10:23 (13.8%)	7:30	8 (86.0%)
31	<b>MARCHWICKI Przemysław</b>	<b>249</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	4			00:18:25	00:37:03	00:56:07	<b>01:15:13.85</b>	+00:10:30 (14.0%)	7:31	8 (86.0%)
32	<b>SZYMAŃSKI Jacek</b>	<b>277</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	7			00:17:38	00:36:01	00:55:28	<b>01:15:25.50</b>	+00:10:41 (14.2%)	7:32	8 (86.0%)
33	<b>WALESZKO Andrzej</b>	<b>283</b>	PASJA NORDIC WALKING	M40-49	4	1		00:18:34	00:37:29	00:56:37	<b>01:15:46.65</b>	+00:11:02 (14.6%)	7:34	7.9 (84.9%)
34	<b>MUSIATOWICZ Aleksandra</b>	<b>253</b>	PASJA NORDIC WALKING	K50-59	2			00:18:18	00:37:09	00:56:28	<b>01:15:53.15</b>	+00:11:09 (14.7%)	7:35	7.9 (84.9%)
35	<b>KANIEWSKI Łukasz</b>	<b>237</b>	AKTYWNA KCYNIA	M30-39	6			00:18:18	00:37:29	00:56:47	<b>01:15:59.35</b>	+00:11:15 (14.8%)	7:35	7.9 (84.9%)
36	<b>KANIEWSKA Alicja</b>	<b>236</b>	AKTYWNA KCYNIA	K30-39	1			00:18:19	00:37:18	00:56:32	<b>01:16:10.85</b>	+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	<b>CIESIELSKI Krzysztof</b>	<b>222</b>	FAST WALKER	M60-69	5			00:18:33	00:37:45	00:57:11	<b>01:16:37.80</b>	+00:11:53 (15.5%)	7:39	7.8 (83.9%)
38	<b>ŁOPIŃSKI Aleksy</b>	<b>247</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	6			00:18:33	00:37:30	00:56:44	<b>01:16:43.05</b>	+00:11:59 (15.6%)	7:40	7.8 (83.9%)
39	<b>SIERACKA Katarzyna</b>	<b>272</b>	LESZNO :)	K50-59	3			00:17:59	00:36:57	00:56:42	<b>01:17:00.50</b>	+00:12:16 (15.9%)	7:42	7.8 (83.9%)
40	<b>FRANCZAK Dariusz</b>	<b>228</b>	NW CZŁAPSKI TEAM	M50-59	8			00:18:43	00:38:10	00:57:52	<b>01:17:29.55</b>	+00:12:45 (16.5%)	7:44	7.7 (82.8%)
41	<b>POLAK Łukasz</b>	<b>263</b>	OBORYGENI	M30-39	7			00:18:56	00:38:23	00:58:12	<b>01:18:10.05</b>	+00:13:26 (17.2%)	7:49	7.7 (82.8%)
42	<b>STAWNIAK Karol</b>	<b>274</b>	KS METRACO POLKOWICE	M70+	7			00:18:26	00:37:56	00:58:01	<b>01:18:13.05</b>	+00:13:29 (17.2%)	7:49	7.7 (82.8%)
43	<b>KACZMAREK Jarek</b>	<b>234</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	9			00:19:00	00:38:37	00:58:23	<b>01:18:20.35</b>	+00:13:36 (17.4%)	7:50	7.7 (82.8%)
44	<b>ŁUKASIK Michał</b>	<b>248</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-69	6			00:18:44	00:38:32	00:58:35	<b>01:18:21.80</b>	+00:13:37 (17.4%)	7:50	7.7 (82.8%)
45	<b>GĄŁOWSKA Agnieszka</b>	<b>229</b>	INPOWER	K40-49	3			00:19:01	00:38:10	00:57:45	<b>01:18:40.20</b>	+00:13:56 (17.7%)	7:52	7.6 (81.7%)
46	<b>FICEK Łukasz</b>	<b>225</b>	AKTYWNA KCYNIA	M30-39	8			00:19:27	00:39:33	00:59:22	<b>01:19:01.60</b>	+00:14:17 (18.1%)	7:54	7.6 (81.7%)
47	<b>GWAREK Anita</b>	<b>231</b>	PASJA NORDIC WALKING	K40-49	4			00:19:05	00:38:51	00:59:07	<b>01:19:16.95</b>	+00:14:33 (18.4%)	7:55	7.6 (81.7%)
48	<b>PAWŁOWSKI Roman</b>	<b>262</b>		M50-59	10			00:19:09	00:39:01	00:59:16	<b>01:19:27.35</b>	+00:14:43 (18.5%)	7:56	7.6 (81.7%)
49	<b>WALCZAK Grzegorz</b>	<b>282</b>	UKS GIMNAZJON SUCHY LAS	M40-49	5			00:19:46	00:39:54	01:00:07	<b>01:20:19.05</b>	+00:15:35 (19.4%)	8:01	7.5 (80.6%)
50	<b>KRUSZKA Arleta</b>	<b>241</b>	MARSZ PO ZDROWIE	K50-59	4			00:19:41	00:39:55	01:00:12	<b>01:20:19.90</b>	+00:15:36 (19.4%)	8:01	7.5 (80.6%)
51	<b>FRANCZAK Anna</b>	<b>226</b>	NW CZŁAPSKI TEAM	K50-59	5			00:19:36	00:39:33	01:00:05	<b>01:20:39.30</b>	+00:15:55 (19.7%)	8:04	7.4 (79.6%)
52	<b>POSTAREMCZAK Ewelina</b>	<b>266</b>	KOŚCIAN TEAM	K30-39	2			00:19:54	00:40:25	01:00:52	<b>01:21:10.00</b>	+00:16:26 (20.2%)	8:07	7.4 (79.6%)
53	<b>WALESZKO Anna</b>	<b>284</b>	PASJA NORDIC WALKING	K40-49	5			00:19:32	00:40:25	01:00:55	<b>01:21:24.35</b>	+00:16:40 (20.5%)	8:08	7.4 (79.6%)
54	<b>CIESIELSKA Renata</b>	<b>220</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	6			00:19:58	00:40:25	01:01:03	<b>01:21:45.90</b>	+00:17:02 (20.8%)	8:10	7.3 (78.5%)
55	<b>STOLARSKA Danuta</b>	<b>275</b>	SERCE NORDICA WŁOCŁAWEK	K60-69	1			00:20:18	00:40:51	01:01:26	<b>01:21:48.55</b>	+00:17:04 (20.9%)	8:10	7.3 (78.5%)
56	<b>DOROTA Pietrzak</b>	<b>293</b>	NORDIC WALKING KIEKRZ POLAND	K40-49	7			00:19:43	00:40:26	01:01:19	<b>01:22:08.10</b>	+00:17:24 (21.2%)	8:12	7.3 (78.5%)
57	<b>BACHANEK Katarzyna</b>	<b>212</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	6			00:20:04	00:40:47	01:02:17	<b>01:23:53.85</b>	+00:19:10 (22.8%)	8:23	7.2 (77.4%)
58	<b>WNEK Ewa</b>	<b>286</b>		K60-69	2			00:19:52	00:40:45	01:02:10	<b>01:24:04.80</b>	+00:19:20 (23.0%)	8:24	7.1 (76.3%)
59	<b>KACZMAREK Zofia</b>	<b>235</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:19:53	00:40:38	01:02:03	<b>01:24:06.05</b>	+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	<b>EWERTOWSKA Ewa</b>	<b>31</b>	NORDIC WALKING KIEKRZ POLAND	K50-59	8			00:19:58	00:41:01	01:02:32	<b>01:24:12.85</b>	+00:19:29 (23.1%)	8:25	7.1 (76.3%)
61	<b>URANTÓWKA Henryk</b>	<b>281</b>	N/Z	M70+	8			00:20:09	00:41:10	01:02:47	<b>01:24:54.20</b>	+00:20:10 (23.8%)	8:29	7.1 (76.3%)
62	<b>CHOLEWKA Jolanta</b>	<b>217</b>	MARSZ PO ZDROWIE	K60-69	3			00:20:33	00:41:46	01:03:35	<b>01:25:34.75</b>	+00:20:50 (24.4%)	8:33	7 (75.3%)
63	<b>ŻBIKOWSKA Małgorzata</b>	<b>289</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K50-59	9			00:20:58	00:42:32	01:04:01	<b>01:25:55.80</b>	+00:21:11 (24.7%)	8:35	7 (75.3%)
64	<b>OMARSKA Grażyna</b>	<b>259</b>	PASJA NORDIC WALKING	K60-69	4			00:21:02	00:42:33	01:04:23	<b>01:26:00.90</b>	+00:21:17 (24.7%)	8:36	7 (75.3%)
65	<b>TURZYŃSKA-STOPA Maria</b>	<b>280</b>	BŁĘKITNI NW DZIEMIANY	K60-69	5			00:20:57	00:42:44	01:04:34	<b>01:26:10.90</b>	+00:21:27 (24.9%)	8:37	7 (75.3%)
66	<b>WĄTROBA Sebastian</b>	<b>285</b>	BEL MARE NORDIC WALKING TEAM	M40-49	6			00:20:43	00:42:42	01:05:16	<b>01:27:56.05</b>	+00:23:12 (26.4%)	8:47	6.8 (73.1%)
67	<b>LUBAŃSKI Tomasz</b>	<b>246</b>	SERCE NORDICA WŁOCLAWEK	M60-69	7			00:20:58	00:42:55	01:05:24	<b>01:28:16.75</b>	+00:23:32 (26.7%)	8:49	6.8 (73.1%)
68	<b>POLOWIEC Alina</b>	<b>264</b>	AKTYWNA KCYNIA	K50-59	10			00:21:41	00:44:07	01:06:55	<b>01:29:56.35</b>	+00:25:12 (28.0%)	8:59	6.7 (72.0%)
69	<b>HOFFMANN Waldemar</b>	<b>279</b>	100 KM NA 100-LECIE SZKOŁY!	M50-59	11			00:21:57	00:45:54	01:09:40	<b>01:30:25.70</b>	+00:25:41 (28.4%)	9:02	6.6 (71.0%)
70	<b>ZAJĄC Beata</b>	<b>287</b>	FEAR THE RETURN	K18-29	3			00:21:54	00:45:02	01:08:57	<b>01:32:18.30</b>	+00:27:34 (29.9%)	9:13	6.5 (69.9%)
71	<b>SKAŁBANIA Ewelina</b>	<b>273</b>		K40-49	8			00:22:33	00:46:30	01:10:23	<b>01:34:37.40</b>	+00:29:53 (31.6%)	9:27	6.3 (67.7%)
72	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>90</b>	STADION ŚLĄSKI	K60-69	6			00:23:11	00:46:48	01:10:50	<b>01:35:14.25</b>	+00:30:30 (32.0%)	9:31	6.3 (67.7%)
73	<b>STACHOWICZ Joanna</b>	<b>164</b>	BŁĘKITNI NW DZIEMIANY	K30-39	3			00:22:57	00:46:36	01:11:17	<b>01:36:02.60</b>	+00:31:18 (32.6%)	9:36	6.2 (66.7%)
74	<b>BACDORF Alicja</b>	<b>211</b>		K60-69	7			00:23:49	00:48:31	01:13:59	<b>01:39:51.75</b>	+00:35:07 (35.2%)	9:59	6 (64.5%)
75	<b>OWCZAREK Henryka</b>	<b>260</b>	MARSZ PO ZDROWIE	K70+	1			00:24:41	00:49:36	01:15:13	<b>01:40:13.80</b>	+00:35:29 (35.4%)	10:01	6 (64.5%)
76	<b>MÓRAWSKI Sławomir</b>	<b>252</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	12			00:24:04	00:49:22	01:16:15	<b>01:43:50.55</b>	+00:39:06 (37.7%)	10:23	5.8 (62.4%)
77	<b>PASZKIET Karolina</b>	<b>261</b>	KLUB BIEGAJACY WĄGROWIEC	K40-49	9	1		00:22:46	00:46:45			+00:14:40	9:21	6.4 (68.8%)
78	<b>ZIELIŃSKA Lidia</b>	<b>290</b>	KLUB BIEGAJACY WĄGROWIEC	K40-49	10	1		00:23:27	00:47:26			+00:15:21	9:29	6.3 (67.7%)
79	<b>KUCZYŃSKI Włodzimierz</b>	<b>242</b>	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)