

# WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING 2020 - 5 KM - MĘŻCZYŹNI

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Puchar Wielkopolski Nordic Walking  
**Organizator:** Wągrowiec  
**Data:** 2020-07-19  
**Miejsce:** Wągrowiec  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WITUCKI Jacek</b>	<b>191</b>		M45-49	1			00:14:43	<b>00:29:49.10</b>		5:57	10.1 (100%)
2	<b>FRAĆKOWIAK Roman</b>	<b>40</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-54	1			00:15:19	<b>00:30:55.30</b>	+00:01:06 (3.6%)	6:11	9.7 (96.0%)
3	<b>ROŻYNEK Miron</b>	<b>207</b>	KS METRACO POLKOWICE	M55-59	1			00:15:25	<b>00:31:26.50</b>	+00:01:37 (5.2%)	6:17	9.5 (94.1%)
4	<b>WOROCH Roman</b>	<b>193</b>	KS METRACO POLKOWICE	M60-64	1			00:15:27	<b>00:31:29.95</b>	+00:01:40 (5.3%)	6:18	9.5 (94.1%)
5	<b>BRZozowski Piotr</b>	<b>13</b>	AKTYWNI POSTOMINO	M30-39	1			00:15:21	<b>00:31:38.50</b>	+00:01:49 (5.8%)	6:19	9.5 (94.1%)
6	<b>RAJEWSKI Sebastian</b>	<b>151</b>	KS IDMAR RACING TEAM	M45-49	2			00:15:36	<b>00:31:49.00</b>	+00:01:59 (6.3%)	6:21	9.4 (93.1%)
7	<b>POLKOWSKI Piotr</b>	<b>140</b>	NW CZŁAPSKI TEAM	M30-39	2			00:15:43	<b>00:31:53.85</b>	+00:02:04 (6.5%)	6:22	9.4 (93.1%)
8	<b>CZŁAPSKI Krzysztof</b>	<b>20</b>	NW CZŁAPSKI TEAM	M55-59	2			00:15:50	<b>00:32:27.90</b>	+00:02:38 (8.2%)	6:29	9.2 (91.1%)
9	<b>SPYCHAŁA Lesław</b>	<b>161</b>	CKZIU MECHANIK NYSA	M50-54	2			00:16:16	<b>00:32:48.90</b>	+00:02:59 (9.1%)	6:33	9.1 (90.1%)
10	<b>KNITTER Tomasz</b>	<b>291</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:16:09	<b>00:33:07.45</b>	+00:03:18 (10.0%)	6:37	9.1 (90.1%)
11	<b>FRAĆKOWIAK Mateusz</b>	<b>39</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	2			00:16:09	<b>00:33:09.70</b>	+00:03:20 (10.1%)	6:38	9 (89.1%)
12	<b>GUZIO Maciej</b>	<b>59</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	3			00:16:28	<b>00:33:38.60</b>	+00:03:49 (11.4%)	6:43	8.9 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas			Tempo min/km	Tempo km/h
								2.5km	netto 5km	Różn		
13	<b>KLIMCZAK Adam</b>	<b>79</b>	GOSADI NORDIC TEAM	M55-59	3			00:16:36	<b>00:33:42.70</b>	+00:03:53 (11.5%)	6:44	8.9 (88.1%)
14	<b>MARCZAK Tomasz</b>	<b>108</b>		M18-29	3			00:16:23	<b>00:33:47.20</b>	+00:03:58 (11.7%)	6:45	8.9 (88.1%)
15	<b>GRABOWSKI Jacek</b>	<b>54</b>	LKS ZANTYR SZTUM	M45-49	3			00:16:38	<b>00:33:51.95</b>	+00:04:02 (12.0%)	6:46	8.9 (88.1%)
16	<b>KUŚMIEREK Mateusz</b>	<b>99</b>	BŁĘKITNI NW DZIEMIANY	M-Jun.	1			00:16:31	<b>00:34:04.45</b>	+00:04:15 (12.5%)	6:48	8.8 (87.1%)
17	<b>KUBICKI Paweł</b>	<b>95</b>	NORDIC WALKING KIEKRZ POLAND	M50-54	4			00:16:50	<b>00:34:21.00</b>	+00:04:31 (13.2%)	6:52	8.7 (86.1%)
18	<b>DUSZEŃKO Zygmunt</b>	<b>29</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:17:02	<b>00:34:30.25</b>	+00:04:41 (13.6%)	6:54	8.7 (86.1%)
19	<b>KRUGIOŁKA Grzegorz</b>	<b>92</b>	AKTYWNIE W PNIEWACH	M30-39	3			00:16:56	<b>00:34:34.05</b>	+00:04:44 (13.7%)	6:54	8.7 (86.1%)
20	<b>ZMYŚŁOWSKI Zygmunt</b>	<b>204</b>	NORDIC WALKING LUBASZ	M60-64	2			00:17:02	<b>00:34:45.55</b>	+00:04:56 (14.2%)	6:57	8.6 (85.1%)
21	<b>TRZCIŃSKI Eugeniusz</b>	<b>180</b>		M60-64	3			00:17:08	<b>00:35:12.70</b>	+00:05:23 (15.3%)	7:02	8.5 (84.2%)
22	<b>CHMIELEWSKI Marcin</b>	<b>16</b>	BIEGACZE JUNIORA - RUNNERS TEAM	M40-44	1			00:17:22	<b>00:35:37.45</b>	+00:05:48 (16.3%)	7:07	8.4 (83.2%)
23	<b>MROZIŃSKI Tadeusz</b>	<b>117</b>	NORDICUS STRZYBNICA	M50-54	5			00:17:33	<b>00:35:47.10</b>	+00:05:58 (16.7%)	7:09	8.4 (83.2%)
24	<b>KOŁPAK Jan</b>	<b>81</b>	LKS ZANTYR SZTUM	M70-74	1			00:17:55	<b>00:35:52.75</b>	+00:06:03 (16.9%)	7:10	8.4 (83.2%)
25	<b>CZEKAJŁO Franciszek</b>	<b>18</b>	REMI	M65-69	1			00:17:28	<b>00:35:56.85</b>	+00:06:07 (17.1%)	7:11	8.3 (82.2%)
26	<b>WAJCHERT Łukasz</b>	<b>182</b>	TURBOGROSZKI.RUN	M30-39	4			00:18:04	<b>00:36:00.45</b>	+00:06:11 (17.2%)	7:12	8.3 (82.2%)
27	<b>SZYMAŃSKI Michał</b>	<b>174</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M55-59	4			00:17:31	<b>00:36:03.50</b>	+00:06:14 (17.3%)	7:12	8.3 (82.2%)
28	<b>BOJANOWSKI Marcin</b>	<b>8</b>	NORDIC WALKING KIEKRZ POLAND	M40-44	2			00:17:34	<b>00:36:34.40</b>	+00:06:45 (18.5%)	7:18	8.2 (81.2%)
29	<b>GRYGOROWICZ Bogdan</b>	<b>57</b>	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:18:09	<b>00:36:49.05</b>	+00:06:59 (19.0%)	7:21	8.1 (80.2%)
30	<b>STACHOWICZ Marcin</b>	<b>163</b>	BŁĘKITNI NW DZIEMIANY	M30-39	5			00:18:07	<b>00:37:18.40</b>	+00:07:29 (20.1%)	7:27	8 (79.2%)
31	<b>GOŁĘBIEWSKI Andrzej</b>	<b>48</b>	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	4			00:18:18	<b>00:37:20.90</b>	+00:07:31 (20.2%)	7:28	8 (79.2%)
32	<b>DUDEK Leszek</b>	<b>27</b>	KS METRACO POLKOWICE	M70-74	2			00:18:11	<b>00:37:22.70</b>	+00:07:33 (20.2%)	7:28	8 (79.2%)
33	<b>PRZYMUSIŃSKI Piotr</b>	<b>147</b>	WOLNY	M65-69	2			00:18:31	<b>00:37:25.00</b>	+00:07:35 (20.3%)	7:29	8 (79.2%)
34	<b>NOWACZYK Tomasz</b>	<b>124</b>		M40-44	3			00:18:23	<b>00:37:30.00</b>	+00:07:40 (20.5%)	7:30	8 (79.2%)
35	<b>OLSZAŃSKI Karol</b>	<b>258</b>	FEAR THE RETURN	M45-49	4			00:17:53	<b>00:37:31.75</b>	+00:07:42 (20.5%)	7:30	8 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
36	<b>OLSZEWSKI Ryszard</b>	<b>129</b>	LKS ZANTYR SZTUM	M65-69	3			00:18:28	<b>00:37:32.50</b>	+00:07:43 (20.6%)	7:30	8 (79.2%)
37	<b>BROTKIEWICZ Mariusz</b>	<b>12</b>		M45-49	5			00:18:08	<b>00:37:35.55</b>	+00:07:46 (20.7%)	7:31	8 (79.2%)
38	<b>TOMCZYK Edward</b>	<b>179</b>	MARSZ PO ZDROWIE	M70-74	3			00:18:23	<b>00:37:41.25</b>	+00:07:52 (20.9%)	7:32	8 (79.2%)
39	<b>DROP Tomasz</b>	<b>24</b>		M55-59	5	1		00:18:25	<b>00:37:49.10</b>	+00:08:00 (21.2%)	7:33	7.9 (78.2%)
40	<b>FRANCZAK Dariusz</b>	<b>37</b>	NW CZŁAPSKI TEAM	M55-59	6			00:19:05	<b>00:38:18.10</b>	+00:08:29 (22.1%)	7:39	7.8 (77.2%)
41	<b>ZAWISŁA Stanisław</b>	<b>200</b>	MARSZ PO ZDROWIE	M65-69	4			00:18:55	<b>00:38:21.70</b>	+00:08:32 (22.3%)	7:40	7.8 (77.2%)
42	<b>BERCZYŃSKI Henryk</b>	<b>4</b>	NADLEŚNICTWO OKONEK	M60-64	5			00:18:54	<b>00:38:26.40</b>	+00:08:37 (22.4%)	7:41	7.8 (77.2%)
43	<b>RYBAŁTOWSKI Paweł</b>	<b>158</b>	OBORYGENI	M75+	1			00:19:03	<b>00:38:35.00</b>	+00:08:45 (22.7%)	7:43	7.8 (77.2%)
44	<b>RUSINOWICZ Andrzej</b>	<b>157</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M75+	2			00:19:04	<b>00:38:38.55</b>	+00:08:49 (22.8%)	7:43	7.8 (77.2%)
45	<b>TYLKOWSKI Łukasz Piotr</b>	<b>181</b>	TURBOGROSZKI.RUN	M18-29	4			00:19:13	<b>00:38:49.75</b>	+00:09:00 (23.2%)	7:46	7.7 (76.2%)
46	<b>WIECZOREK Krzysztof</b>	<b>188</b>	NORDIC WALKING LUBASZ	M45-49	6			00:18:55	<b>00:38:59.90</b>	+00:09:10 (23.5%)	7:48	7.7 (76.2%)
47	<b>DUDEK Kazimierz</b>	<b>28</b>	DOMY Z KERAMZYTU D.S.DARIUSZ SYWAK	M70-74	4			00:19:01	<b>00:39:07.20</b>	+00:09:18 (23.8%)	7:49	7.7 (76.2%)
48	<b>BOGAJSKI Krzysztof</b>	<b>7</b>		M55-59	7			00:18:38	<b>00:39:14.55</b>	+00:09:25 (24.0%)	7:50	7.6 (75.2%)
49	<b>WALESZKO Adam</b>	<b>185</b>	PASJA NORDIC WALKING	M-Jun.	2			00:19:22	<b>00:39:23.45</b>	+00:09:34 (24.3%)	7:52	7.6 (75.2%)
50	<b>WALESZKO Andrzej</b>	<b>186</b>	PASJA NORDIC WALKING	M45-49	7			00:19:32	<b>00:39:28.65</b>	+00:09:39 (24.5%)	7:53	7.6 (75.2%)
51	<b>ŚWIĘTEK Antoni</b>	<b>177</b>	NORDIC WALKING LUBASZ	M70-74	5			00:19:24	<b>00:39:33.45</b>	+00:09:44 (24.6%)	7:54	7.6 (75.2%)
52	<b>WALA Jan</b>	<b>183</b>	NORDIC WALKING LUBASZ	M60-64	6	1		00:19:11	<b>00:39:46.30</b>	+00:09:57 (25.0%)	7:57	7.5 (74.3%)
53	<b>PRACKI Zbigniew</b>	<b>143</b>	SERCE NORDICA WŁOCLAWEK	M50-54	6			00:19:41	<b>00:40:01.75</b>	+00:10:12 (25.5%)	8:00	7.5 (74.3%)
54	<b>ADAMOWICZ Andrzej</b>	<b>2</b>		M70-74	6			00:19:42	<b>00:40:07.55</b>	+00:10:18 (25.7%)	8:01	7.5 (74.3%)
55	<b>SKRZYPCZAK Maciej</b>	<b>160</b>	BIEGAJĄCY WĄGROWIEC	M40-44	4			00:19:50	<b>00:40:08.75</b>	+00:10:19 (25.7%)	8:01	7.5 (74.3%)
56	<b>JÓŹWIAK Łukasz</b>	<b>71</b>	SERCE NORDICA WŁOCLAWEK	M-Niepełnosprawni(A)	2			00:19:41	<b>00:40:11.55</b>	+00:10:22 (25.8%)	8:02	7.5 (74.3%)
57	<b>PUSZKARSKI Adam</b>	<b>149</b>	GOSADI NORDIC TEAM	M-Dzieci	1			00:19:49	<b>00:40:15.55</b>	+00:10:26 (25.9%)	8:03	7.5 (74.3%)
58	<b>PAWLICZ Jan</b>	<b>134</b>	NORDIC WALKING KIEKRZ POLAND	M70-74	7			00:19:48	<b>00:40:32.20</b>	+00:10:43 (26.4%)	8:06	7.4 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
59	<b>JACH Konrad</b>	<b>65</b>		M-Jun.	3			00:19:30	<b>00:40:45.05</b>	+00:10:55 (26.8%)	8:09	7.4 (73.3%)
60	<b>REMISZEWSKI Adam</b>	<b>154</b>	UTW OLEŚNICA	M70-74	8			00:20:12	<b>00:41:09.10</b>	+00:11:20 (27.5%)	8:13	7.3 (72.3%)
61	<b>THOMALLA Bogdan</b>	<b>208</b>	STADION ŚLĄSKI	M75+	3			00:19:58	<b>00:41:20.70</b>	+00:11:31 (27.9%)	8:16	7.3 (72.3%)
62	<b>PIĄTKOWSKI Józef</b>	<b>135</b>	KS METRACO POLKOWICE	M75+	4			00:20:35	<b>00:41:38.05</b>	+00:11:48 (28.4%)	8:19	7.2 (71.3%)
63	<b>WOLFF Michał</b>	<b>205</b>	AKTYWNA KCYNIA	M30-39	6			00:20:58	<b>00:41:58.30</b>	+00:12:09 (29.0%)	8:23	7.1 (70.3%)
64	<b>POLOWIEC Krzysztof</b>	<b>141</b>	AKTYWNA KCYNIA	M-Dzieci	2			00:20:36	<b>00:42:25.00</b>	+00:12:35 (29.7%)	8:29	7.1 (70.3%)
65	<b>ŻBIKOWSKI Ryszard</b>	<b>203</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60-64	7			00:20:28	<b>00:42:29.45</b>	+00:12:40 (29.8%)	8:30	7.1 (70.3%)
66	<b>HERNET Zdzisław</b>	<b>61</b>	AKTYWNA KCYNIA	M55-59	8			00:21:25	<b>00:42:29.60</b>	+00:12:40 (29.8%)	8:29	7.1 (70.3%)
67	<b>GÓRSKI Henryk</b>	<b>52</b>	UTW OLEŚNICA	M70-74	9			00:21:12	<b>00:42:42.40</b>	+00:12:53 (30.2%)	8:32	7 (69.3%)
68	<b>WIERZCHOSŁAWSKI Marcel</b>	<b>189</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M-Jun.	4			00:21:38	<b>00:42:55.45</b>	+00:13:06 (30.5%)	8:35	7 (69.3%)
69	<b>BLASZKA Michał</b>	<b>5</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	3			00:21:15	<b>00:43:54.15</b>	+00:14:05 (32.1%)	8:46	6.8 (67.3%)
70	<b>BLASZKA Ryszard</b>	<b>6</b>	NORDIC WALKING KIEKRZ POLAND	M- Niepełnosprawni(A)	4			00:22:01	<b>00:44:45.75</b>	+00:14:56 (33.4%)	8:57	6.7 (66.3%)
71	<b>RATAJCZAK Jerzy</b>	<b>152</b>		M75+	5			00:22:25	<b>00:45:36.45</b>	+00:15:47 (34.6%)	9:07	6.6 (65.3%)
72	<b>STRĄCZEK Wiktor</b>	<b>169</b>	FEAR THE RETURN	M18-29	5			00:22:19	<b>00:46:16.30</b>	+00:16:27 (35.6%)	9:15	6.5 (64.4%)
73	<b>KOMOROWSKI Filip</b>	<b>83</b>	AKTYWNA KCYNIA	M-Dzieci	3			00:22:30	<b>00:46:17.60</b>	+00:16:28 (35.6%)	9:15	6.5 (64.4%)
74	<b>WÓJCIK Henryk</b>	<b>197</b>	UTW OLEŚNICA	M75+	6			00:22:50	<b>00:46:32.90</b>	+00:16:43 (35.9%)	9:18	6.4 (63.4%)
75	<b>PAJĘCKI Adam</b>	<b>130</b>	PARAKULOS KOWAL	M- Niepełnosprawni(B)	2			00:22:58	<b>00:46:39.30</b>	+00:16:50 (36.1%)	9:19	6.4 (63.4%)
76	<b>WALCZAK Henryk</b>	<b>184</b>	UKS GIMNAZJON SUCHY LAS	M75+	7			00:23:44	<b>00:47:58.20</b>	+00:18:09 (37.8%)	9:35	6.3 (62.4%)
77	<b>KULCZYCKI Jan</b>	<b>97</b>		M70-74	10	1		00:24:21	<b>00:49:50.85</b>	+00:20:01 (40.2%)	9:58	6 (59.4%)
78	<b>JÓŹWIAK Dominik</b>	<b>72</b>	SERCE NORDICA WŁOCŁAWEK	M- Niepełnosprawni(B)	3			00:25:33	<b>00:50:45.10</b>	+00:20:56 (41.2%)	10:09	5.9 (58.4%)
79	<b>DROP Mieczysław</b>	<b>25</b>	KS SOKÓŁ GAŚAWA	M75+	8			00:27:44	<b>00:54:43.70</b>	+00:24:54 (45.5%)	10:56	5.5 (54.5%)

Znaleziono 79 wynik(ów)