

# WĄGROWIEC - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT  
INTELEKTUALNE ZWIĄZY SPORTOWE

**Wydarzenie:** Puchary Regionalne Nordic Walking 2019  
**Organizator:** Wągrowiec  
**Data:** 2019-07-21  
**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>KŁOS Maciej</b>	<b>211</b>	NW WYSPA SOBIESZEWSKA	M30-39	1			00:16:15	00:32:54	00:50:01	<b>01:07:41.95</b>		6:46	8.9 (100%)
2	<b>HELWICH Stefan</b>	<b>204</b>	KS METRACO POLKOWICE	M60-69	1			00:16:23	00:33:20	00:50:24	<b>01:08:10.75</b>	+00:00:28 (0.7%)	6:49	8.8 (98.9%)
3	<b>ROMANOWICZ Piotr</b>	<b>227</b>	RUNGRYF GRYFICE	M40-49	1			00:16:32	00:33:56	00:51:45	<b>01:10:08.05</b>	+00:02:26 (3.5%)	7:00	8.6 (96.6%)
4	<b>KLIMCZAK Adam</b>	<b>210</b>	GOSADI NORDIC TEAM	M50-59	1			00:17:02	00:34:38	00:52:44	<b>01:10:53.55</b>	+00:03:11 (4.5%)	7:05	8.5 (95.5%)
5	<b>ADAMSKI Robert</b>	<b>249</b>	DRUŻYNA SZPIKU	M50-59	2			00:17:08	00:35:09	00:53:39	<b>01:12:31.10</b>	+00:04:49 (6.6%)	7:15	8.3 (93.3%)
6	<b>KOZAKOWSKA Małgorzata</b>	<b>213</b>	KS SOKÓŁ GAŚAWA	K40-49	1			00:17:42	00:36:01	00:54:30	<b>01:12:57.75</b>	+00:05:15 (7.2%)	7:17	8.2 (92.1%)
7	<b>PRZYBYSZ Grzegorz</b>	<b>189</b>		M30-39	2			00:17:50	00:35:47	00:54:18	<b>01:13:10.50</b>	+00:05:28 (7.5%)	7:19	8.2 (92.1%)
8	<b>ŚWISŁOCKI Bogdan</b>	<b>235</b>	FACE NORDIC WALKING TEAM	M50-59	3			00:17:02	00:35:18	00:54:28	<b>01:13:57.75</b>	+00:06:15 (8.5%)	7:23	8.1 (91.0%)
9	<b>MĄDRY Grzegorz</b>	<b>219</b>	KIJKOWE TRZEMESZNO	M60-69	2			00:17:48	00:36:32	00:55:08	<b>01:14:15.50</b>	+00:06:33 (8.8%)	7:25	8.1 (91.0%)
10	<b>CHOLEWIŃSKI Wojciech</b>	<b>197</b>	HERNIK TEAM	M50-59	4			00:17:47	00:36:32	00:55:27	<b>01:14:20.65</b>	+00:06:38 (8.9%)	7:26	8.1 (91.0%)
11	<b>ADAMCZYK Adam</b>	<b>191</b>	PASJA NORDIC WALKING	M70+	1			00:18:27	00:37:09	00:55:56	<b>01:14:21.30</b>	+00:06:39 (9.0%)	7:26	8.1 (91.0%)
12	<b>HRYNDIO Jerzy</b>	<b>205</b>	STADION ŚLĄSKI	M60-69	3			00:17:48	00:36:32	00:55:46	<b>01:14:49.35</b>	+00:07:07 (9.5%)	7:29	8 (89.9%)
13	<b>WALOWSKI Tomasz</b>	<b>239</b>		M40-49	2			00:18:31	00:37:25	00:56:22	<b>01:15:19.65</b>	+00:07:37 (10.1%)	7:31	8 (89.9%)
14	<b>PRZYBYŁEK Marysia</b>	<b>226</b>	NWPL/MARSZ PO ZDROWIE	K40-49	2			00:18:39	00:37:35	00:56:22	<b>01:15:23.25</b>	+00:07:41 (10.2%)	7:32	8 (89.9%)

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>SZULC Alicja</b>	<b>232</b>	NW WERWA MŁAWA	K40-49	3			00:18:13	00:37:14	00:56:41	<b>01:16:24.60</b>	+00:08:42 (11.4%)	7:38	7.9 (88.8%)
16	<b>CZAJKA Urszula</b>	<b>199</b>	FACE NORDIC WALKING TEAM	K60-69	1			00:18:29	00:37:40	00:57:21	<b>01:17:13.05</b>	+00:09:31 (12.3%)	7:43	7.8 (87.6%)
17	<b>MUSIATOWICZ Aleksandra</b>	<b>221</b>	PASJA NORDIC WALKING	K40-49	4			00:18:33	00:37:44	00:57:44	<b>01:17:53.45</b>	+00:10:11 (13.1%)	7:47	7.7 (86.5%)
18	<b>ZIELIŃSKA Iwona</b>	<b>242</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:19:06	00:38:33	00:58:16	<b>01:17:55.05</b>	+00:10:13 (13.1%)	7:47	7.7 (86.5%)
19	<b>NETKOWSKI Wojciech</b>	<b>222</b>	PASJA NORDIC WALKING	M60-69	4			00:18:25	00:37:37	00:57:25	<b>01:17:55.60</b>	+00:10:13 (13.1%)	7:47	7.7 (86.5%)
20	<b>RUDAWSKI Maciej</b>	<b>228</b>	WALK & RUN TEAM OBORNIKI	M30-39	3			00:19:05	00:38:55	00:58:26	<b>01:18:00.95</b>	+00:10:19 (13.2%)	7:48	7.7 (86.5%)
21	<b>STAWNIAK Karol</b>	<b>230</b>	KS METRACO POLKOWICE	M70+	2			00:18:56	00:38:16	00:58:16	<b>01:18:20.15</b>	+00:10:38 (13.6%)	7:50	7.7 (86.5%)
22	<b>PYTEL Anna</b>	<b>190</b>		K40-49	5			00:18:53	00:38:37	00:58:46	<b>01:18:54.15</b>	+00:11:12 (14.2%)	7:53	7.6 (85.4%)
23	<b>SZYMAŃSKI Jacek</b>	<b>234</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	5			00:18:49	00:38:34	00:58:43	<b>01:19:08.55</b>	+00:11:26 (14.5%)	7:54	7.6 (85.4%)
24	<b>MARCHWICKI Przemysław</b>	<b>250</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	5			00:18:32	00:37:53	00:58:07	<b>01:19:09.60</b>	+00:11:27 (14.5%)	7:55	7.6 (85.4%)
25	<b>KURZAWSKA Jolanta</b>	<b>216</b>	KS METRACO POLKOWICE	K70+	1			00:19:17	00:38:56	00:59:00	<b>01:19:22.55</b>	+00:11:40 (14.7%)	7:56	7.6 (85.4%)
26	<b>KOSICKI Dariusz</b>	<b>212</b>	ROXKIJE ROKIETNICA	M50-59	6			00:20:07	00:39:39	00:59:30	<b>01:19:26.80</b>	+00:11:44 (14.8%)	7:56	7.6 (85.4%)
27	<b>KANIEWSKA Alicja</b>	<b>52</b>	KIJKOWA KCYNIA	K30-39	1			00:19:02	00:38:57	00:59:17	<b>01:19:44.20</b>	+00:12:02 (15.1%)	7:58	7.5 (84.3%)
28	<b>POSŁUSZNA Gosia</b>	<b>224</b>	WALK & RUN TEAM OBORNIKI	K40-49	6			00:20:23	00:40:27	01:00:27	<b>01:20:08.30</b>	+00:12:26 (15.5%)	8:00	7.5 (84.3%)
29	<b>FRYDRYCH Marcin</b>	<b>201</b>	NORDIC WALKING KIEKRZ POLAND	M40-49	3			00:19:10	00:39:14	01:00:03	<b>01:20:51.10</b>	+00:13:09 (16.3%)	8:05	7.4 (83.1%)
30	<b>KANIEWSKI Łukasz</b>	<b>209</b>	KIJKOWA KCYNIA	M30-39	4			00:18:52	00:39:11	01:00:09	<b>01:20:52.20</b>	+00:13:10 (16.3%)	8:05	7.4 (83.1%)
31	<b>ZWOLENKIEWICZ Joanna</b>	<b>243</b>	KS SOKÓŁ GAŚAWA	K40-49	7			00:19:17	00:39:11	01:00:05	<b>01:21:08.65</b>	+00:13:26 (16.6%)	8:06	7.4 (83.1%)
32	<b>LALIK-WAŁOWSKA Agnieszka</b>	<b>217</b>		K40-49	8			00:20:14	00:40:32	01:00:52	<b>01:21:19.55</b>	+00:13:37 (16.8%)	8:07	7.4 (83.1%)
33	<b>CZEMPIK Kornelia</b>	<b>248</b>	STADION ŚLĄSKI	K50-59	2			00:19:25	00:39:35	01:00:14	<b>01:21:42.15</b>	+00:14:00 (17.1%)	8:10	7.3 (82.0%)
34	<b>ŁOPIŃSKI Aleksy</b>	<b>218</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	3			00:20:27	00:40:39	01:00:57	<b>01:21:43.05</b>	+00:14:01 (17.2%)	8:10	7.3 (82.0%)
35	<b>SZYMAŃSKI Michał</b>	<b>233</b>	TORUŃ IDZIEMY BEZ RYZYKA	M50-59	7			00:20:24	00:41:23	01:01:44	<b>01:21:50.95</b>	+00:14:09 (17.3%)	8:11	7.3 (82.0%)
36	<b>KRIGER Roman</b>	<b>214</b>	ROMKI	M50-59	8			00:20:19	00:41:06	01:01:51	<b>01:22:53.40</b>	+00:15:11 (18.3%)	8:17	7.2 (80.9%)
37	<b>NAWROCKA Jolanta</b>	<b>247</b>	K.B KATORŻNIK MUROWNA GOŚLINA	K60-69	2			00:20:09	00:40:54	01:02:01	<b>01:23:19.55</b>	+00:15:37 (18.8%)	8:19	7.2 (80.9%)
38	<b>JANIK Maciej</b>	<b>206</b>	ZASAPANI HYDRO TRZCIANKA	M30-39	5			00:19:45	00:40:43	01:02:12	<b>01:23:27.15</b>	+00:15:45 (18.9%)	8:20	7.2 (80.9%)

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		
39	<b>KACZMAREK Jarosław</b>	<b>207</b>	SERCE NORDICA WŁOCŁAWEK	M50-59	9			00:20:29	00:41:21	01:02:32	<b>01:23:29.55</b>	+00:15:47 (18.9%)	8:21	7.2 (80.9%)
40	<b>GWAREK Anita</b>	<b>203</b>	PASJA NORDIC WALKING	K40-49	9			00:20:03	00:40:58	01:02:15	<b>01:23:44.25</b>	+00:16:02 (19.2%)	8:22	7.2 (80.9%)
41	<b>BACHANEK Katarzyna</b>	<b>195</b>	TORUŃ IDZIEMY BEZ RYZYKA	K50-59	3			00:20:25	00:41:28	01:03:02	<b>01:24:55.90</b>	+00:17:13 (20.3%)	8:29	7.1 (79.8%)
42	<b>ADAMSKA-WOLNA Karolina</b>	<b>192</b>		K30-39	2			00:20:06	00:41:21	01:03:08	<b>01:25:06.45</b>	+00:17:24 (20.5%)	8:30	7.1 (79.8%)
43	<b>WEGIERA Grzegorz</b>	<b>240</b>	ROXKIJE ROKIETNICA	M40-49	4			00:19:40	00:40:43	01:02:37	<b>01:25:08.35</b>	+00:17:26 (20.5%)	8:30	7 (78.7%)
44	<b>OLEJNIK Henryk</b>	<b>87</b>	NORDIC WALKING KIEKRZ POLAND	M60-69	6			00:20:22	00:41:27	01:03:24	<b>01:25:25.75</b>	+00:17:43 (20.8%)	8:32	7 (78.7%)
45	<b>KACZMAREK Zofia</b>	<b>208</b>		K50-59	4			00:20:33	00:41:38	01:03:17	<b>01:25:28.05</b>	+00:17:46 (20.8%)	8:32	7 (78.7%)
46	<b>ŻBIKOWSKI Ryszard</b>	<b>245</b>	TORUŃ IDZIEMY BEZ RYZYKA	M60-69	7			00:20:00	00:41:13	01:03:00	<b>01:25:51.80</b>	+00:18:09 (21.2%)	8:35	7 (78.7%)
47	<b>MADER-WNĘK Ewa</b>	<b>246</b>	DIIB	K60-69	3			00:20:21	00:41:46	01:04:04	<b>01:26:25.40</b>	+00:18:43 (21.7%)	8:38	6.9 (77.5%)
48	<b>POSTEK Danuta</b>	<b>225</b>	MARSZ PO ZDROWIE	K50-59	5			00:21:28	00:43:30	01:05:38	<b>01:26:58.65</b>	+00:19:16 (22.2%)	8:41	6.9 (77.5%)
49	<b>WOŹNIAK Iwona</b>	<b>241</b>	RUNGRYF GRYFICE	K40-49	10			00:21:30	00:43:27	01:05:41	<b>01:27:02.95</b>	+00:19:21 (22.2%)	8:42	6.9 (77.5%)
50	<b>TOBYS Ryszard</b>	<b>237</b>		M60-69	8			00:21:57	00:44:21	01:06:40	<b>01:29:48.35</b>	+00:22:06 (24.6%)	8:58	6.7 (75.3%)
51	<b>ŻBIKOWSKA Małgorzata</b>	<b>244</b>	TORUŃ IDZIEMY BEZ RYZYKA	K50-59	6			00:21:59	00:44:50	01:07:56	<b>01:31:14.25</b>	+00:23:32 (25.8%)	9:07	6.6 (74.2%)
52	<b>RZEPECKI Sławomir</b>	<b>229</b>		M40-49	5			00:21:02	00:44:07	01:08:15	<b>01:32:35.75</b>	+00:24:53 (26.9%)	9:15	6.5 (73.0%)
53	<b>SZELIGA Justyna</b>	<b>231</b>	LIDER GRODZISK MAZOWIECKI	K40-49	11			00:23:07	00:46:10	01:09:21	<b>01:32:51.60</b>	+00:25:09 (27.1%)	9:17	6.5 (73.0%)
54	<b>THOMALLA Bogdan</b>	<b>236</b>	STADION ŚLĄSKI	M70+	4			00:20:52	00:43:49	01:08:05	<b>01:32:59.55</b>	+00:25:17 (27.2%)	9:17	6.5 (73.0%)
55	<b>PRACKA Katarzyna</b>	<b>103</b>	SERCE NORDICA WŁOCŁAWEK	K50-59	7			00:24:06	00:48:22	01:12:08	<b>01:36:09.55</b>	+00:28:27 (29.6%)	9:36	6.2 (69.7%)
56	<b>MÓRAWSKI Sławomir</b>	<b>220</b>	TORUŃ IDZIEMY BEZ RYZYKA	M50-59	10			00:23:46	00:47:50	01:12:27	<b>01:36:34.05</b>	+00:28:52 (29.9%)	9:39	6.2 (69.7%)
57	<b>KRÓLIKOWSKA-ŁOSKOT Danuta</b>	<b>215</b>	STADION ŚLĄSKI	K60-69	4			00:23:35	00:47:37	01:12:09	<b>01:36:52.50</b>	+00:29:10 (30.1%)	9:41	6.2 (69.7%)
58	<b>GIERSZENDORF Monika</b>	<b>202</b>	KB KATORŻNIK MUROWANA GOŚLINA/FACE NORDIC WALKING TEAM	K40-49	12			00:25:13	00:50:09	01:14:02	<b>01:38:59.05</b>	+00:31:17 (31.6%)	9:53	6.1 (68.5%)
59	<b>BACDORF Alicja</b>	<b>194</b>	LIDER GRODZISK MAZOWIECKI	K60-69	5			00:23:53	00:48:28	01:13:29	<b>01:39:19.40</b>	+00:31:37 (31.8%)	9:56	6 (67.4%)
60	<b>OWCZAREK Henryka</b>	<b>91</b>	MARSZ PO ZDROWIE	K70+	2			00:24:49	00:50:00	01:15:18	<b>01:40:19.95</b>	+00:32:38 (32.5%)	10:02	6 (67.4%)
61	<b>JÓŹWIAK Dominik</b>	<b>51</b>	SERCE NORDICA WŁOCŁAWEK	M18-29	1			00:25:40	00:51:26	01:18:01	<b>01:42:43.50</b>	+00:35:01 (34.1%)	10:16	5.8 (65.2%)