

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	KŁOS Maciej	211	NW WYSPA SOBIESZEWSKA	M30-39	1			00:16:15	00:32:54	00:50:01	01:07:41.95		6:46	8.9 (100%)
2	HELWICH Stefan	204	KS METRACO POLKOWICE	M60-69	1			00:16:23	00:33:20	00:50:24	01:08:10.75	+00:00:28 (0.7%)	6:49	8.8 (98.9%)
3	ROMANOWICZ Piotr	227	RUNGRYF GRYFICE	M40-49	1			00:16:32	00:33:56	00:51:45	01:10:08.05	+00:02:26 (3.5%)	7:00	8.6 (96.6%)
4	KLIMCZAK Adam	210	GOSADI NORDIC TEAM	M50-59	1			00:17:02	00:34:38	00:52:44	01:10:53.55	+00:03:11 (4.5%)	7:05	8.5 (95.5%)
5	ADAMSKI Robert	249	DRUŻYNA SZPIKU	M50-59	2			00:17:08	00:35:09	00:53:39	01:12:31.10	+00:04:49 (6.6%)	7:15	8.3 (93.3%)
6	KOZAKOWSKA Małgorzata	213	KS SOKÓŁ GAŚAWA	K40-49	1			00:17:42	00:36:01	00:54:30	01:12:57.75	+00:05:15 (7.2%)	7:17	8.2 (92.1%)
7	PRZYBYSZ Grzegorz	189		M30-39	2			00:17:50	00:35:47	00:54:18	01:13:10.50	+00:05:28 (7.5%)	7:19	8.2 (92.1%)
8	ŚWISŁOCKI Bogdan	235	FACE NORDIC WALKING TEAM	M50-59	3			00:17:02	00:35:18	00:54:28	01:13:57.75	+00:06:15 (8.5%)	7:23	8.1 (91.0%)
9	MĄDRY Grzegorz	219	KIJKOWE TRZEMESZNO	M60-69	2			00:17:48	00:36:32	00:55:08	01:14:15.50	+00:06:33 (8.8%)	7:25	8.1 (91.0%)
10	CHOLEWIŃSKI Wojciech	197	HERNIK TEAM	M50-59	4			00:17:47	00:36:32	00:55:27	01:14:20.65	+00:06:38 (8.9%)	7:26	8.1 (91.0%)
11	ADAMCZYK Adam	191	PASJA NORDIC WALKING	M70+	1			00:18:27	00:37:09	00:55:56	01:14:21.30	+00:06:39 (9.0%)	7:26	8.1 (91.0%)
12	HRYNDIO Jerzy	205	STADION ŚLĄSKI	M60-69	3			00:17:48	00:36:32	00:55:46	01:14:49.35	+00:07:07 (9.5%)	7:29	8 (89.9%)
13	WALOWSKI Tomasz	239		M40-49	2			00:18:31	00:37:25	00:56:22	01:15:19.65	+00:07:37 (10.1%)	7:31	8 (89.9%)
14	PRZYBYŁEK Marysia	226	NWPL/MARSZ PO ZDROWIE	K40-49	2			00:18:39	00:37:35	00:56:22	01:15:23.25	+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	SZULC Alicja	232	NW WERWA MŁAWA	K40-49	3			00:18:13	00:37:14	00:56:41	01:16:24.60	+00:08:42 (11.4%)	7:38	7.9 (88.8%)
16	CZAJKA Urszula	199	FACE NORDIC WALKING TEAM	K60-69	1			00:18:29	00:37:40	00:57:21	01:17:13.05	+00:09:31 (12.3%)	7:43	7.8 (87.6%)
17	MUSIATOWICZ Aleksandra	221	PASJA NORDIC WALKING	K40-49	4			00:18:33	00:37:44	00:57:44	01:17:53.45	+00:10:11 (13.1%)	7:47	7.7 (86.5%)
18	ZIELIŃSKA Iwona	242	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:19:06	00:38:33	00:58:16	01:17:55.05	+00:10:13 (13.1%)	7:47	7.7 (86.5%)
19	NETKOWSKI Wojciech	222	PASJA NORDIC WALKING	M60-69	4			00:18:25	00:37:37	00:57:25	01:17:55.60	+00:10:13 (13.1%)	7:47	7.7 (86.5%)
20	RUDAWSKI Maciej	228	WALK & RUN TEAM OBORNIKI	M30-39	3			00:19:05	00:38:55	00:58:26	01:18:00.95	+00:10:19 (13.2%)	7:48	7.7 (86.5%)
21	STAWNIAK Karol	230	KS METRACO POLKOWICE	M70+	2			00:18:56	00:38:16	00:58:16	01:18:20.15	+00:10:38 (13.6%)	7:50	7.7 (86.5%)
22	PYTEL Anna	190		K40-49	5			00:18:53	00:38:37	00:58:46	01:18:54.15	+00:11:12 (14.2%)	7:53	7.6 (85.4%)
23	SZYMAŃSKI Jacek	234	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	5			00:18:49	00:38:34	00:58:43	01:19:08.55	+00:11:26 (14.5%)	7:54	7.6 (85.4%)
24	MARCHWICKI Przemysław	250	NORDIC WALKING KIEKRZ POLAND	M60-69	5			00:18:32	00:37:53	00:58:07	01:19:09.60	+00:11:27 (14.5%)	7:55	7.6 (85.4%)
25	KURZAWSKA Jolanta	216	KS METRACO POLKOWICE	K70+	1			00:19:17	00:38:56	00:59:00	01:19:22.55	+00:11:40 (14.7%)	7:56	7.6 (85.4%)
26	KOSICKI Dariusz	212	ROXKIJE ROKIETNICA	M50-59	6			00:20:07	00:39:39	00:59:30	01:19:26.80	+00:11:44 (14.8%)	7:56	7.6 (85.4%)
27	KANIEWSKA Alicja	52	KIJKOWA KCYNIA	K30-39	1			00:19:02	00:38:57	00:59:17	01:19:44.20	+00:12:02 (15.1%)	7:58	7.5 (84.3%)
28	POSŁUSZNA Gosia	224	WALK & RUN TEAM OBORNIKI	K40-49	6			00:20:23	00:40:27	01:00:27	01:20:08.30	+00:12:26 (15.5%)	8:00	7.5 (84.3%)
29	FRYDRYCH Marcin	201	NORDIC WALKING KIEKRZ POLAND	M40-49	3			00:19:10	00:39:14	01:00:03	01:20:51.10	+00:13:09 (16.3%)	8:05	7.4 (83.1%)
30	KANIEWSKI Łukasz	209	KIJKOWA KCYNIA	M30-39	4			00:18:52	00:39:11	01:00:09	01:20:52.20	+00:13:10 (16.3%)	8:05	7.4 (83.1%)
31	ZWOLENKIEWICZ Joanna	243	KS SOKÓŁ GAŚAWA	K40-49	7			00:19:17	00:39:11	01:00:05	01:21:08.65	+00:13:26 (16.6%)	8:06	7.4 (83.1%)
32	LALIK-WAŁOWSKA Agnieszka	217		K40-49	8			00:20:14	00:40:32	01:00:52	01:21:19.55	+00:13:37 (16.8%)	8:07	7.4 (83.1%)
33	CZEMPIK Kornelia	248	STADION ŚLĄSKI	K50-59	2			00:19:25	00:39:35	01:00:14	01:21:42.15	+00:14:00 (17.1%)	8:10	7.3 (82.0%)
34	ŁOPIŃSKI Aleksy	218	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	3			00:20:27	00:40:39	01:00:57	01:21:43.05	+00:14:01 (17.2%)	8:10	7.3 (82.0%)
35	SZYMAŃSKI Michał	233	TORUŃ IDZIEMY BEZ RYZYKA	M50-59	7			00:20:24	00:41:23	01:01:44	01:21:50.95	+00:14:09 (17.3%)	8:11	7.3 (82.0%)
36	KRIGER Roman	214	ROMKI	M50-59	8			00:20:19	00:41:06	01:01:51	01:22:53.40	+00:15:11 (18.3%)	8:17	7.2 (80.9%)
37	NAWROCKA Jolanta	247	K.B KATORŻNIK MUROWNA GOŚLINA	K60-69	2			00:20:09	00:40:54	01:02:01	01:23:19.55	+00:15:37 (18.8%)	8:19	7.2 (80.9%)
38	JANIK Maciej	206	ZASAPANI HYDRO TRZCIANKA	M30-39	5			00:19:45	00:40:43	01:02:12	01:23:27.15	+00:15:45 (18.9%)	8:20	7.2 (80.9%)

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