



WEJHEROWO - Puchar Polski Nordic Walking 2019 - 10 KM

B4SPORT
INTELEKTUALNE SPORTOWE

Wydarzenie: Puchar Polski Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-05-19
Miejsce: Wejherowo
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Czas netto	Różn	Tempo	Tempo
						kartki	kartki	2.5km	5km	7.5km	10km		min/km	km/h
1	KUŹMICZ Adam	292	POLIPACK TEAM GWE	M30-39	1	1		00:14:25	00:29:38	00:45:01	01:00:05.45		6:00	10 (100%)
2	HELWICH Stefan	274	KS METRACO POLKOWICE	M60-69	1			00:15:22	00:30:57	00:46:43	01:02:10.70	+00:02:05 (3.4%)	6:13	9.6 (96.0%)
3	JUREK Adam	278	KS METRACO POLKOWICE	M50-59	1	1		00:15:22	00:30:57	00:47:00	01:03:00.04	+00:02:54 (4.6%)	6:18	9.5 (95.0%)
4	KŁOS Maciej	283	NW WYSPA SOBIESZEWSKA	M30-39	2			00:15:00	00:30:55	00:47:20	01:03:25.65	+00:03:20 (5.3%)	6:20	9.5 (95.0%)
5	WOJTASIŃSKI Daniel	335	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:15:43	00:31:42	00:48:08	01:04:54.23	+00:04:48 (7.4%)	6:29	9.2 (92.0%)
6	KLIMCZAK Adam	282	GOSADI NORDIC TEAM	M50-59	2			00:16:09	00:32:43	00:49:06	01:05:29.05	+00:05:23 (8.2%)	6:32	9.2 (92.0%)
7	KUŚMIEREK Jan	291	BŁĘKITNI NW DZIEMIANY	M40-49	2			00:16:34	00:33:10	00:49:29	01:05:40.20	+00:05:34 (8.5%)	6:34	9.1 (91.0%)
8	DREWA Marian	263	TEAM GEW	M60-69	2	1		00:16:02	00:32:26	00:49:07	01:06:16.00	+00:06:10 (9.3%)	6:37	9.1 (91.0%)
9	KORZEŃ Grzegorz	286		M40-49	3	1		00:16:12	00:33:06	00:49:42	01:06:23.06	+00:06:17 (9.5%)	6:38	9 (90.0%)
10	KOBIELA Krzysztof	284	NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:16:08	00:32:55	00:49:47	01:06:31.78	+00:06:26 (9.7%)	6:39	9 (90.0%)
11	JĘDRASIAK Renata	277	KS METRACO POLKOWICE	K50-59	1			00:16:38	00:33:18	00:50:03	01:06:34.25	+00:06:28 (9.7%)	6:39	9 (90.0%)
12	WEŹOWICZ Ewa	331	STADION ŚLĄSKI	K40-49	1			00:16:11	00:32:52	00:49:49	01:06:48.06	+00:06:42 (10.0%)	6:40	9 (90.0%)
13	RYTLEWSKI Piotr	313	MASZERUJ ALBO GIŃ	M40-49	5			00:15:41	00:31:57	00:48:28	01:07:10.83	+00:07:05 (10.6%)	6:43	8.9 (89.0%)
14	SANIUK Edward	314	FACE NORDIC WALKING TEAM	M70+	1			00:16:47	00:33:49	00:50:45	01:07:14.67	+00:07:09 (10.6%)	6:43	8.9 (89.0%)
15	GIERSZEWSKI Arkadiusz	269		M40-49	6			00:16:09	00:33:20	00:50:41	01:07:43.38	+00:07:37 (11.3%)	6:46	8.9 (89.0%)

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		
16	SMARSZCZ Wiesław	318	LĘBORSKIE LWY	M60-69	3			00:16:36	00:33:35	00:50:35	01:07:49.05	+00:07:43 (11.4%)	6:46	8.8 (88.0%)
17	ADAMCZYK Adam	251	PASJA NORDIC WALKING	M70+	2			00:16:56	00:34:01	00:51:13	01:07:53.62	+00:07:48 (11.5%)	6:47	8.8 (88.0%)
18	ŚWISŁOCKI Bogdan	323	FACE NORDIC WALKING TEAM	M50-59	3			00:16:21	00:33:20	00:50:36	01:07:57.71	+00:07:52 (11.6%)	6:47	8.8 (88.0%)
19	KRÓLIKOWSKA Krystyna	288	LĘBORSKIE LWY	K40-49	2			00:16:44	00:33:45	00:51:01	01:08:36.31	+00:08:30 (12.4%)	6:51	8.7 (87.0%)
20	WEINER Jakub	330	CKZIU NYSA MECHANIK	M18-29	1			00:17:32	00:35:08	00:52:25	01:08:53.72	+00:08:48 (12.8%)	6:53	8.7 (87.0%)
21	OSTROCHALSKA Aleksandra	346	POLIPACK TEAM GWE	K40-49	3			00:16:46	00:34:02	00:51:32	01:08:58.06	+00:08:52 (12.9%)	6:53	8.7 (87.0%)
22	MOGIŁKA Aleksander	297		M18-29	2	1		00:17:22	00:35:03	00:52:13	01:09:04.20	+00:08:58 (13.0%)	6:54	8.7 (87.0%)
23	HRYNDIO Jerzy	275	STADION ŚLĄSKI	M60-69	4			00:16:07	00:33:26	00:51:02	01:09:29.93	+00:09:24 (13.5%)	6:57	8.6 (86.0%)
24	GODZIŃSKI Paweł	270	BAŻANT NW ELBLĄG	M40-49	7			00:16:48	00:34:10	00:51:44	01:09:45.68	+00:09:40 (13.9%)	6:58	8.6 (86.0%)
25	PRZYBYŁEK Marysia	310	MARSZ PO ZDROWIE	K40-49	4			00:16:55	00:34:45	00:52:27	01:09:48.44	+00:09:42 (13.9%)	6:58	8.6 (86.0%)
26	RAJEK Magdalena	311	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:17:20	00:35:07	00:52:46	01:10:24.80	+00:10:19 (14.7%)	7:02	8.5 (85.0%)
27	RASZEWSKA Izabela	312	FORMA NA PIĄTKĘ NW	K40-49	6			00:17:23	00:35:12	00:53:02	01:10:44.67	+00:10:39 (15.1%)	7:04	8.5 (85.0%)
28	SZCZĘŚNIAK Zbigniew	321	NORDIC TEAM CZĘSTOCHOWA	M50-59	4			00:17:18	00:35:28	00:53:27	01:10:53.76	+00:10:48 (15.2%)	7:05	8.5 (85.0%)
29	GRYGOROWICZ Marcin	271	KS METRACO POLKOWICE	M30-39	3			00:17:15	00:35:03	00:53:06	01:10:59.37	+00:10:53 (15.4%)	7:05	8.5 (85.0%)
30	DALECKI Przemysław	260	GDYNIA SPORT TEAM	M40-49	8	1		00:17:45	00:35:26	00:53:31	01:11:29.59	+00:11:24 (15.9%)	7:08	8.4 (84.0%)
31	DUSIEL Ewa	265	NORDIC TEAM CZĘSTOCHOWA	K50-59	2			00:17:28	00:35:25	00:53:32	01:11:36.65	+00:11:31 (16.1%)	7:09	8.4 (84.0%)
32	POSIM Dariusz	308	WATAHA	M50-59	5			00:17:17	00:35:10	00:53:24	01:11:38.35	+00:11:32 (16.1%)	7:09	8.4 (84.0%)
33	CZAJKA Urszula	257	FACE NORDIC WALKING TEAM	K60-69	1			00:17:31	00:35:17	00:53:21	01:11:39.24	+00:11:33 (16.1%)	7:09	8.4 (84.0%)
34	JAŃCZY Gracjan	276	CKZIU NYSA MECHANIK	M18-29	3			00:18:03	00:36:03	00:53:46	01:12:07.78	+00:12:02 (16.7%)	7:12	8.3 (83.0%)
35	NETKOWSKI Wojciech	298	PASJA NORDIC WALKING	M60-69	5			00:17:23	00:35:34	00:53:54	01:12:25.55	+00:12:20 (17.0%)	7:14	8.3 (83.0%)
36	GWAREK Anita	272	PASJA NORDIC WALKING	K40-49	7			00:17:50	00:36:05	00:54:27	01:12:37.29	+00:12:31 (17.3%)	7:15	8.3 (83.0%)
37	GÓRSKA Iwona	44	LĘBORSKIE LWY	K40-49	8			00:18:03	00:36:28	00:54:41	01:12:44.72	+00:12:39 (17.4%)	7:16	8.2 (82.0%)
38	ZWOLENKIEWICZ Joanna	337	KS SOKÓŁ GAŚAWA	K40-49	9			00:18:03	00:36:14	00:54:34	01:12:58.99	+00:12:53 (17.7%)	7:17	8.2 (82.0%)
39	KOBIELA Magdalena	285	NORDIC TEAM CZĘSTOCHOWA	K40-49	10			00:17:54	00:36:22	00:54:50	01:13:11.46	+00:13:06 (17.9%)	7:19	8.2 (82.0%)
40	KURZAWSKA Jolanta	290	KS METRACO POLKOWICE	K70+	1			00:18:03	00:36:17	00:54:40	01:13:23.18	+00:13:17 (18.1%)	7:20	8.2 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
41	ŚLUSARCZYK Andrzej	322	WESOŁY BORSUK TEAM	M60-69	6			00:17:35	00:35:59	00:54:43	01:13:46.80	+00:13:41 (18.6%)	7:22	8.1 (81.0%)
42	CZEMPIK Kornelia	259	STADION ŚLĄSKI	K50-59	3	1		00:17:45	00:36:11	00:55:02	01:14:00.66	+00:13:55 (18.8%)	7:24	8.1 (81.0%)
43	ŁOPIŃSKI Aleksy	294	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	3	1		00:18:35	00:37:01	00:55:36	01:14:04.46	+00:13:59 (18.9%)	7:24	8.1 (81.0%)
44	PANEK Elwira	302	LĘBORSKIE LWY	K50-59	4			00:18:25	00:37:01	00:55:37	01:14:12.42	+00:14:06 (19.0%)	7:25	8.1 (81.0%)
45	KACZMAREK Maja	279	POLIPACK TEAM GWE	K30-39	1			00:18:58	00:37:44	00:56:20	01:14:34.44	+00:14:28 (19.4%)	7:27	8 (80.0%)
46	CONTUCCI Ewa	256	NORDIC TEAM CZĘSTOCHOWA	K40-49	11			00:18:23	00:37:22	00:56:18	01:14:58.73	+00:14:53 (19.9%)	7:29	8 (80.0%)
47	GRUBA Angelika	340		K18-29	1	2		00:17:49	00:36:29	00:55:41	01:15:12.34	+00:15:06 (20.1%)	7:31	8 (80.0%)
48	OLECH Anna	299	ELITE TEAM	K40-49	12			00:18:06	00:36:56	00:56:06	01:15:20.34	+00:15:14 (20.2%)	7:32	8 (80.0%)
49	ZIELIŃSKA Iwona	199	SERCE NORDICA WŁOCLAWEK	K50-59	5			00:18:39	00:37:46	00:56:28	01:15:24.58	+00:15:19 (20.3%)	7:32	8 (80.0%)
50	STAWNIAK Karol	320	KS METRACO POLKOWICE	M70+	4			00:18:41	00:37:26	00:56:31	01:15:57.88	+00:15:52 (20.9%)	7:35	7.9 (79.0%)
51	PONKA Radosław	307	POLIPACK TEAM GWE	M40-49	9			00:18:16	00:37:55	00:57:16	01:16:13.12	+00:16:07 (21.2%)	7:37	7.9 (79.0%)
52	CHYRA Janusz	254	UNIA MIAST	M40-49	10			00:18:46	00:38:05	00:57:11	01:16:19.67	+00:16:14 (21.3%)	7:37	7.9 (79.0%)
53	FORYŚ Katarzyna	267	WATAHA	K30-39	2			00:18:53	00:38:12	00:57:28	01:16:26.66	+00:16:21 (21.4%)	7:38	7.8 (78.0%)
54	CIESIELSKA Renata	255	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	13			00:19:00	00:38:07	00:57:33	01:16:37.20	+00:16:31 (21.6%)	7:39	7.8 (78.0%)
55	CZEMPIK Aniela	258	STADION ŚLĄSKI	K60-69	2			00:19:12	00:38:46	00:58:01	01:17:28.31	+00:17:22 (22.4%)	7:44	7.7 (77.0%)
56	STANKOWSKA Marzena	319	KIJKOWE TRZEMESZNO	K40-49	14			00:19:26	00:39:04	00:58:46	01:17:56.83	+00:17:51 (22.9%)	7:47	7.7 (77.0%)
57	MIRUSZEWSKA Magdalena	296	OPEC GDYNIA	K30-39	3			00:19:05	00:38:51	00:58:36	01:18:06.11	+00:18:00 (23.1%)	7:48	7.7 (77.0%)
58	OMARSKA Grażyna	301	PASJA NORDIC WALKING	K60-69	3			00:19:34	00:39:03	00:58:37	01:18:10.45	+00:18:04 (23.1%)	7:49	7.7 (77.0%)
59	BIAŁK Roman	252		M60-69	7			00:19:03	00:38:47	00:58:25	01:18:12.47	+00:18:07 (23.2%)	7:49	7.7 (77.0%)
60	MACIŃSKA Estera	295	LECYMY DURŚ	K18-29	2			00:19:26	00:39:11	00:58:56	01:18:27.67	+00:18:22 (23.4%)	7:50	7.6 (76.0%)
61	BERSZTOLC Agnieszka	342	NOWI SIEDLCE/ NW	K50-59	6			00:17:54	00:37:31	00:58:01	01:18:40.18	+00:18:34 (23.6%)	7:52	7.6 (76.0%)
62	SĘDZIK Katarzyna	316	LECYMY DURŚ	K40-49	15			00:19:07	00:38:56	00:58:46	01:18:42.84	+00:18:37 (23.7%)	7:52	7.6 (76.0%)
63	TURZYŃSKA-STOPA Maria	326	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:19:32	00:39:33	00:59:26	01:19:07.98	+00:19:02 (24.1%)	7:54	7.6 (76.0%)
64	FOLWARSKA Małgorzata	266	FACE NORDIC WALKING TEAM	K60-69	5			00:19:38	00:39:10	00:59:14	01:19:14.66	+00:19:09 (24.2%)	7:55	7.6 (76.0%)
65	SYLDATK Beata	148		K40-49	16			00:18:28	00:38:24	00:58:47	01:19:27.44	+00:19:21 (24.4%)	7:56	7.6 (76.0%)

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66	WOJDANOWSKA Małgorzata	333	LECZYMY DURŚ	K30-39	4			00:19:49	00:41:23	01:01:01	01:19:31.74	+00:19:26 (24.4%)	7:57	7.5 (75.0%)
67	WYSOCKA Bernadeta	336	BŁĘKITNI NW DZIEMIANY	K40-49	17			00:19:22	00:39:24	00:59:37	01:19:33.36	+00:19:27 (24.5%)	7:57	7.5 (75.0%)
68	SCHWANN Mirosław	315		M50-59	6			00:19:44	00:39:39	00:59:59	01:20:00.43	+00:19:54 (24.9%)	8:00	7.5 (75.0%)
69	WALASZKOWSKI Piotr	345	W-WO KRYSZYNA PISAŁA	M50-59	7			00:20:06	00:40:51	01:00:53	01:20:34.48	+00:20:29 (25.4%)	8:03	7.4 (74.0%)
70	PINIS Michał	304	NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:20:29	00:40:49	01:01:03	01:20:47.26	+00:20:41 (25.6%)	8:04	7.4 (74.0%)
71	GAŁEK Iwona	268	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	18			00:20:13	00:40:30	01:00:42	01:21:08.59	+00:21:03 (25.9%)	8:06	7.4 (74.0%)
72	KISZKA-MAZIARCZUK Berenika	281	LECZYMY DURŚ	K30-39	5			00:20:27	00:41:01	01:01:27	01:21:33.81	+00:21:28 (26.3%)	8:09	7.4 (74.0%)
73	PĘSKO Michał	303		M40-49	11	1		00:20:01	00:40:43	01:01:07	01:21:51.16	+00:21:45 (26.6%)	8:11	7.3 (73.0%)
74	THOMALLA Bogdan	324	STADION ŚLĄSKI	M70+	5			00:19:32	00:39:49	01:00:59	01:22:40.69	+00:22:35 (27.3%)	8:16	7.3 (73.0%)
75	SILIKOWSKI Andrzej	343		M60-69	8	1		00:20:28	00:41:34	01:02:20	01:22:59.65	+00:22:54 (27.6%)	8:18	7.2 (72.0%)
76	KRASZKIEWICZ Marek	341		M60-69	9	1		00:20:27	00:41:33	01:02:16	01:23:00.92	+00:22:55 (27.6%)	8:18	7.2 (72.0%)
77	DROZD Krystyna	264	CIDRY LOTAJOM	K50-59	7			00:20:45	00:41:34	01:02:27	01:23:18.09	+00:23:12 (27.9%)	8:19	7.2 (72.0%)
78	WĄTROBA Sebastian	327	VITADIET ŁÓDŹ	M40-49	12			00:20:25	00:41:34	01:02:49	01:24:26.26	+00:24:20 (28.8%)	8:26	7.1 (71.0%)
79	PISAŁA Katarzyna	121	WEJHEROWSKI KLUB NORDIC WALKING	K40-49	19			00:20:45	00:41:56	01:03:07	01:24:48.31	+00:24:42 (29.1%)	8:28	7.1 (71.0%)
80	POSIM Bogumiła	309	WATAHA	K50-59	8			00:21:21	00:43:09	01:04:55	01:26:55.46	+00:26:50 (30.9%)	8:41	6.9 (69.0%)
81	WŁOCHOWICZ Olga	332	LECZYMY DURŚ	K30-39	6			00:21:03	00:42:33	01:04:26	01:27:07.45	+00:27:01 (31.0%)	8:42	6.9 (69.0%)
82	DARGACZ Wiesława	261		K40-49	20			00:21:08	00:42:43	01:05:00	01:27:20.89	+00:27:15 (31.2%)	8:44	6.9 (69.0%)
83	KALKOWSKA Martyna	400		K40-49	21	1		00:20:41	00:44:10	01:05:52	01:27:42.22	+00:27:36 (31.5%)	8:46	6.8 (68.0%)
84	SZYMANEK Anna	157	WEJHEROWSKI KLUB NORDIC WALKING	K30-39	7			00:21:36	00:43:26	01:05:43	01:27:59.96	+00:27:54 (31.7%)	8:48	6.8 (68.0%)
85	ZIĘBA Julia	202	STADION ŚLĄSKI	K70+	2	1		00:21:25	00:43:49	01:05:59	01:28:38.10	+00:28:32 (32.2%)	8:51	6.8 (68.0%)
86	FLISIKOWSKA Iwona	344	W-WO KRYSZYNA PISAŁA	K40-49	22			00:22:00	00:44:19	01:06:48	01:29:15.84	+00:29:10 (32.7%)	8:55	6.7 (67.0%)
87	PLUTA Bożena	305	CHODZE BO LUBIE	K60-69	6	1		00:21:34	00:43:56	01:06:13	01:29:22.72	+00:29:17 (32.8%)	8:56	6.7 (67.0%)
88	SIWCZYK Grażyna	317	LECZYMY DURŚ	K60-69	7			00:22:43	00:45:30	01:08:08	01:29:36.65	+00:29:31 (32.9%)	8:57	6.7 (67.0%)
89	CHRAPEK Urszula	253	NORDUM	K30-39	8			00:22:56	00:45:56	01:08:50	01:30:54.01	+00:30:48 (33.9%)	9:05	6.6 (66.0%)

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90	KRÓLIKOWSKA-ŁOSKOT Danuta	289	STADION ŚLĄSKI	K60-69	8	1		00:23:04	00:46:08	01:08:49	01:31:46.72	+00:31:41 (34.5%)	9:10	6.5 (65.0%)
91	JÓŻWIAK Dominik	57	SERCE NORDICA WŁOCŁAWEK	M18-29	4			00:24:12	00:48:30	01:12:24	01:35:41.41	+00:35:35 (37.2%)	9:34	6.3 (63.0%)
92	RATKOWSKI Wojciech	347	AWFIS	M60-69	10			00:27:41	00:51:54	01:17:04	01:43:21.44	+00:43:15 (41.9%)	10:20	5.8 (58.0%)
93	SZCZĘSNA Emilia	219	GUMED	K40-49	23	1		00:27:32	00:51:03	01:13:11		+00:28:11	9:45	6.1 (61.0%)
94	WAŻ Mariusz	328	KLUB SPORTOWY ISKRA PRZY AKADEMII MARYNARKI WOJENNEJ W GDYNI	M40-49	13			00:25:52				+00:11:28	10:20	5.8 (58.0%)
DQ	WAŻ Katarzyna	329		K40-49		2	1	00:23:59 DQ	DQ	DQ	DQ		-	- (0.0%)
	LIESKE Anna	338	WEJHEROWSKI KLUB NORDIC WALKING	K18-29				DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 96 wynik(ów)