



# WEJHEROWO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

PUCHAR POLSKI NORDIC WALKING 2019  
Polska Federacja Nordic Walking  
2019-05-19  
Wejherowo  
21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto	Różn	Tempo	Tempo
						kartki	kartki	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km		min/km	km/h
1	KORDOWSKI Piotr	369	LUX TORPEDA	M40-49	1			00:07:14	00:23:05	00:39:06	00:55:16	01:11:35	01:27:56	01:44:23	02:00:42	<b>02:17:07.91</b>		6:29	9.2 (100%)
2	BARCZYK Bogdan	351	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:14	00:23:32	00:40:09	00:56:55	01:13:49	01:30:39	01:47:35	02:04:45	<b>02:22:09.15</b>	+00:05:01 (3.5%)	6:44	8.9 (96.7%)
3	KNITTER Tomasz	365	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:16	00:23:22	00:39:38	00:56:03	01:12:40	01:29:38	01:47:22	02:05:29	<b>02:24:09.27</b>	+00:07:01 (4.9%)	6:49	8.8 (95.7%)
4	LENZ Andrzej	371	MUSZKIETEROWIE	M50-59	2			00:07:37	00:25:00	00:42:18	00:59:23	01:16:14	01:33:08	01:50:02	02:06:58	<b>02:24:13.58</b>	+00:07:05 (4.9%)	6:50	8.8 (95.7%)
5	NACZK Leonard	98	LĘBORSKIE LWY	M40-49	2			00:07:20	00:24:11	00:41:19	00:58:18	01:15:16	01:32:21	01:49:46	02:07:14	<b>02:24:36.00</b>	+00:07:28 (5.2%)	6:51	8.8 (95.7%)
6	HAŁAS Marcin	360	UNIA MIAST	M30-39	1			00:07:23	00:24:12	00:41:19	00:58:18	01:15:14	01:32:21	01:49:47	02:07:22	<b>02:25:32.71</b>	+00:08:24 (5.8%)	6:53	8.7 (94.6%)
7	KOŁODZIEJ Joanna	367	STADION ŚLĄSKI	K50-59	1			00:07:13	00:23:51	00:40:40	00:57:52	01:14:55	01:32:10	01:49:41	02:07:35	<b>02:25:42.67</b>	+00:08:34 (5.9%)	6:54	8.7 (94.6%)
8	CIESIELSKI Jan	354	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3	1		00:07:38	00:25:01	00:42:21	00:59:38	01:16:46	01:34:14	01:52:00	02:09:51	<b>02:27:42.08</b>	+00:10:34 (7.2%)	7:00	8.6 (93.5%)
9	SZULC Alicja	390		K40-49	1			00:07:19	00:24:04	00:41:04	00:58:25	01:16:11	01:34:07	01:52:01	02:10:10	<b>02:28:41.95</b>	+00:11:34 (7.8%)	7:02	8.5 (92.4%)
10	SPYCHAŁA Marzena	385	CKZIU NYSA MECHANIK	K40-49	2			00:07:22	00:24:22	00:41:36	00:59:00	01:16:41	01:34:28	01:52:50	02:11:03	<b>02:29:32.04</b>	+00:12:24 (8.3%)	7:05	8.5 (92.4%)
11	FOLWARSKI Andrzej	357	FACE NORDIC WALKING TEAM	M60+	1			00:07:46	00:25:36	00:43:17	01:00:56	01:18:36	01:36:25	01:54:31	02:12:26	<b>02:30:12.73</b>	+00:13:04 (8.7%)	7:07	8.4 (91.3%)
12	RESEMAN Sylwia	383	FACE NORDIC WALKING TEAM	K50-59	2			00:07:49	00:25:47	00:43:36	01:01:23	01:19:23	01:37:38	01:56:02	02:14:27	<b>02:32:57.23</b>	+00:15:49 (10.3%)	7:14	8.3 (90.2%)
13	ŻAMOJCIN Marek	396	NORDICLUB SZCZECIN	M50-59	3			00:07:39	00:25:41	00:43:50	01:02:05	01:20:10	01:38:11	01:56:28	02:14:59	<b>02:33:32.45</b>	+00:16:24 (10.7%)	7:16	8.2 (89.1%)
14	NOWICZ Mariusz	377	CIDRY LOTAJOM	M18-29	2			00:07:38	00:25:55	00:43:53	01:01:39	01:19:18	01:37:32	01:56:23	02:15:08	<b>02:34:09.41</b>	+00:17:01 (11.0%)	7:18	8.2 (89.1%)
15	GOŁĘBIEWSKI Krzysztof	358	ZAWSZE MŁODZI	M50-59	4			00:07:49	00:26:13	00:44:17	01:02:13	01:20:13	01:38:13	01:56:47	02:16:00	<b>02:34:57.95</b>	+00:17:50 (11.5%)	7:20	8.2 (89.1%)
16	RAKOWIECKI Zbigniew	382	FACE NORDIC WALKING TEAM	M50-59	5			00:07:38	00:25:13	00:42:57	01:00:54	01:19:11	01:37:45	01:56:43	02:15:45	<b>02:35:17.72</b>	+00:18:09 (11.7%)	7:21	8.2 (89.1%)
17	STĘPIEŃ Lucyna	386	KS METRACO POLKOWICE	K60+	1			00:07:32	00:25:15	00:43:33	01:01:48	01:20:35	01:39:32	01:58:02	02:16:29	<b>02:35:21.18</b>	+00:18:13 (11.7%)	7:21	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km	Start_All 18.6km	Czas		Tempo min/km	Tempo km/h
																netto 21.1km	Różn		
18	<b>KOLMETZ Katarzyna</b>	<b>366</b>	POLIPACK TEAM GWE	K40-49	3			00:07:17	00:24:02	00:41:06	00:58:54	01:17:16	01:36:10	01:55:30	02:15:21	<b>02:35:32.39</b>	+00:18:24 (11.8%)	7:22	8.1 (88.0%)
19	<b>SZYMAŃSKI Jacek</b>	<b>391</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	6			00:07:41	00:25:56	00:44:16	01:02:34	01:20:45	01:39:12	01:57:35	02:16:24	<b>02:35:39.48</b>	+00:18:31 (11.9%)	7:22	8.1 (88.0%)
20	<b>CIESIELSKI Jerzy</b>	<b>353</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	3			00:07:42	00:26:03	00:44:02	01:02:09	01:20:10	01:38:24	01:57:18	02:16:25	<b>02:35:41.96</b>	+00:18:34 (11.9%)	7:22	8.1 (88.0%)
21	<b>MARZEC Beata</b>	<b>375</b>	TORUŃ - IDZIEMY BEZ RYZYKA	K40-49	4			00:07:30	00:24:59	00:43:13	01:01:19	01:19:33	01:38:53	01:57:24	02:16:14	<b>02:36:34.66</b>	+00:19:26 (12.4%)	7:25	8.1 (88.0%)
22	<b>GROS Agnieszka</b>	<b>359</b>	STADION ŚLĄSKI	K40-49	5			00:07:52	00:25:46	00:43:49	01:02:12	01:21:02	01:39:51	01:58:45	02:17:44	<b>02:36:55.86</b>	+00:19:47 (12.6%)	7:26	8.1 (88.0%)
23	<b>JANOSZKA Irena</b>	<b>361</b>	CIDRY LOTAJOM	K50-59	3			00:07:38	00:25:36	00:43:47	01:02:10	01:20:56	01:39:43	01:58:38	02:17:42	<b>02:37:02.24</b>	+00:19:54 (12.7%)	7:26	8.1 (88.0%)
24	<b>BUJNICKI Marcin</b>	<b>339</b>	NORDIC WALKING PASŁĘK	M40-49	4			00:07:28	00:24:48	00:42:29	01:00:29	01:18:54	01:37:43	01:56:48	02:16:38	<b>02:37:17.73</b>	+00:20:09 (12.8%)	7:27	8 (87.0%)
25	<b>WESOŁOWSKI Wojciech</b>	<b>394</b>	MUSZKIETEROWIE	M60+	2			00:07:41	00:25:34	00:43:44	01:02:13	01:20:44	01:39:59	01:59:29	02:19:14	<b>02:39:22.61</b>	+00:22:14 (14.0%)	7:33	7.9 (85.9%)
26	<b>ŚCIBUT Ania</b>	<b>392</b>	FORMA NA PIĄTKĘ NW	K40-49	6			00:07:34	00:25:29	00:43:53	01:02:50	01:22:10	01:41:35	02:01:05	02:20:44	<b>02:40:28.66</b>	+00:23:20 (14.5%)	7:36	7.9 (85.9%)
27	<b>BUCZKOWSKA Wiesława</b>	<b>352</b>	FACE NORDIC WALKING TEAM	K60+	2			00:07:48	00:25:52	00:44:25	01:03:21	01:22:34	01:41:49	02:01:23	02:21:28	<b>02:41:26.54</b>	+00:24:18 (15.1%)	7:39	7.8 (84.8%)
28	<b>KORDOWSKA Bogusława</b>	<b>368</b>	LUX TORPEDA	K40-49	7			00:07:32	00:25:52	00:44:45	01:03:58	01:22:51	01:41:53	02:01:10	02:21:35	<b>02:41:59.15</b>	+00:24:51 (15.3%)	7:40	7.8 (84.8%)
29	<b>DUSZA Anna</b>	<b>356</b>	NORDICLUB SZCZECIN	K50-59	4			00:07:43	00:26:04	00:45:05	01:04:24	01:23:38	01:42:55	02:02:31	02:22:21	<b>02:42:04.56</b>	+00:24:56 (15.4%)	7:40	7.8 (84.8%)
30	<b>KĘPA Andrzej</b>	<b>364</b>	FACE NORDIC WALKING TEAM	M60+	3			00:07:55	00:26:41	00:45:19	01:03:56	01:23:12	01:42:53	02:02:13	02:21:45	<b>02:42:06.01</b>	+00:24:58 (15.4%)	7:40	7.8 (84.8%)
31	<b>MALKIEWICZ Małgorzata</b>	<b>374</b>	ŻYJ AKTYWNI	K50-59	5			00:08:09	00:26:54	00:46:00	01:05:12	01:24:36	01:44:10	02:03:42	02:23:31	<b>02:43:19.35</b>	+00:26:11 (16.0%)	7:44	7.8 (84.8%)
32	<b>TERESIŃSKA Jolanta</b>	<b>393</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:08:07	00:26:55	00:46:01	01:05:13	01:24:39	01:44:11	02:03:41	02:23:29	<b>02:43:19.46</b>	+00:26:11 (16.0%)	7:44	7.8 (84.8%)
33	<b>DANKIEWICZ Barbara</b>	<b>355</b>	ZAWSZE MŁODZI	K40-49	9			00:08:31	00:28:21	00:47:56	01:07:15	01:26:27	01:45:39	02:04:52	02:24:23	<b>02:43:32.28</b>	+00:26:24 (16.1%)	7:45	7.7 (83.7%)
34	<b>KORYTOWSKA Agnieszka</b>	<b>370</b>	NW WERWA MŁAWA	K30-39	1			00:07:54	00:26:47	00:45:51	01:04:59	01:24:09	01:43:32	02:03:24	02:23:35	<b>02:43:53.80</b>	+00:26:45 (16.3%)	7:46	7.7 (83.7%)
35	<b>SOBAŃSKA Grażyna</b>	<b>384</b>		K60+	3			00:08:23	00:27:35	00:46:54	01:06:07	01:25:52	01:45:38	02:05:06	02:24:48	<b>02:44:41.29</b>	+00:27:33 (16.7%)	7:48	7.7 (83.7%)
36	<b>ŻBIKOWSKI Ryszard</b>	<b>397</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M60+	4			00:08:07	00:28:18	00:48:25	01:08:33	01:28:58	01:49:14	02:09:31	02:29:29	<b>02:48:56.82</b>	+00:31:48 (18.8%)	8:00	7.5 (81.5%)
37	<b>SZCZODROWSKI Krzysztof</b>	<b>387</b>	FACE NORDIC WALKING TEAM	M50-59	7			00:07:59	00:26:36	00:46:04	01:06:11	01:26:55	01:48:08	02:09:00	02:29:45	<b>02:50:07.72</b>	+00:32:59 (19.4%)	8:03	7.4 (80.4%)
38	<b>POSTEK Danuta</b>	<b>381</b>	MARSZ PO ZDROWIE	K50-59	6			00:08:28	00:28:30	00:48:41	01:08:51	01:28:35	01:48:53	02:09:03	02:29:38	<b>02:50:24.45</b>	+00:33:16 (19.5%)	8:04	7.4 (80.4%)
39	<b>OSTOJSKA Ewa</b>	<b>378</b>		K40-49	10			00:08:28	00:28:24	00:48:36	01:08:48	01:28:47	01:49:16	02:09:32	02:30:09	<b>02:50:45.54</b>	+00:33:37 (19.7%)	8:05	7.4 (80.4%)
40	<b>NIETRZEBKA Paweł</b>	<b>376</b>	MIĘDZYBORÓW	M30-39	2			00:06:39	00:26:50	00:47:14	01:07:43	01:28:01	01:48:30	02:09:18	02:30:44	<b>02:52:47.57</b>	+00:35:39 (20.6%)	8:11	7.3 (79.3%)
41	<b>PARCHIMOWICZ Janusz</b>	<b>379</b>		M60+	5			00:08:00	00:26:51	00:46:04	01:05:20	01:25:20	01:45:44	02:06:51	02:28:56	<b>02:52:51.61</b>	+00:35:43 (20.7%)	8:11	7.3 (79.3%)
42	<b>MALINOWSKA Katarzyna</b>	<b>373</b>	LECYMY DURŚ	K30-39	2			00:08:27	00:29:38	00:50:41	01:11:17	01:31:37	01:51:59	02:12:50	02:34:01	<b>02:55:01.91</b>	+00:37:54 (21.7%)	8:17	7.2 (78.3%)
43	<b>POHL Anna</b>	<b>380</b>	CKZIU NYSA MECHANIK	K50-59	7			00:08:36	00:28:49	00:49:14	01:09:50	01:30:51	01:52:13	02:14:19	02:36:30	<b>02:58:46.10</b>	+00:41:38 (23.3%)	8:28	7.1 (77.2%)
44	<b>SZREDER Longina</b>	<b>388</b>		K40-49	11			00:08:24	00:28:27	00:49:43	01:11:25	01:33:07	01:54:52	02:15:55	02:37:33	<b>02:59:26.99</b>	+00:42:19 (23.6%)	8:30	7.1 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All										Czas netto	Różn	Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km					
45	<b>WISNIEWSKA Sylwia</b>	<b>399</b>	EDUWIS	K40-49	12			00:08:41	00:29:07	00:50:06	01:11:11	01:32:05	01:54:02	02:16:11	02:38:39	<b>02:59:31.66</b>	+00:42:23 (23.6%)	8:30	7.1 (77.2%)		
46	<b>KARASIEWICZ Iwona</b>	<b>362</b>	NORDICLUB SZCZECIN	K30-39	3			00:09:39	00:35:24	00:59:44	01:22:57	01:45:57	02:08:51	02:32:03	02:55:40	<b>03:19:44.23</b>	+01:02:36 (31.3%)	9:28	6.3 (68.5%)		
47	<b>ZAWADZKA Maria</b>	<b>395</b>	KS METRACO POLKOWICE	K60+	4			00:09:37	00:32:37	00:56:09	01:24:22	01:47:34	02:10:37	02:34:10	02:58:11	<b>03:22:33.79</b>	+01:05:25 (32.3%)	9:36	6.2 (67.4%)		

Znaleziono 47 wynik(ów)