

# Puchar Polski Nordic Walking 2013

## WYNIKI ZAWODÓW

20 km

Organizator: Polska Federacja Nordic Walking

Termin: 06.07.2013

Miejsce: Pakość

Dystans: 20km

### Klasyfikacja wg. czasów brutto

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat  | Drużyna / Klub<br>Team / Club     | R-k<br>YoB   | Klasyfikacje<br>Ranks | Czas<br>Time | Netto    |          |
|-----------------|-----------|-------------------------|---------------------|--------------|-----------------------------------|--------------|-----------------------|--------------|----------|----------|
| Check pts:      | 2,5 km    | 5 km                    | 7,5 km              | 10 km        | 12,5 km                           | 15 km        | 17,5 km               |              |          | [min/km] |
| 1               | 167       | SKIBA Krzysztof         | WALBRZYCH           | POL          | NORDIC DEX LUBIN                  | 60M50/1      | 15 z/1 (M)1           | 02:12:01     | 02:12:01 | 06.36    |
|                 |           | 0:15:06 / 1             | 0:30:59 / 1         | 0:47:44 / 1  | 1:04:28 / 1                       | 1:20:53 / 1  | 1:38:16 / 1           | 1:55:00 / 1  |          |          |
| 2               | 56        | HELWICH Stefan          | WIELEŃ              | POL          | MUSZKIET                          | 56M50/2      | (M)2                  | 02:16:07     | 02:16:07 | 06.48    |
|                 |           | 0:15:50 / 2             | 0:32:36 / 2         | 0:49:17 / 2  | 1:06:07 / 2                       | 1:23:13 / 2  | 1:40:29 / 2           | 1:58:08 / 2  |          |          |
| 3               | 96        | LENZ Andrzej            | GNIEZNO             | POL          | ALTOM                             | 63M50/3      | (M)3                  | 02:18:09     | 02:18:09 | 06.54    |
|                 |           | 0:16:27 / 3             | 0:33:23 / 3         | 0:50:26 / 3  | 1:07:32 / 3                       | 1:24:59 / 3  | 1:42:37 / 3           | 2:00:09 / 3  |          |          |
| 4               | 146       | PIOTROWSKI Michał       | GDAŃSK              | POL          | STEP BY STEP                      | 85M18/1      | (M)4                  | 02:19:15     | 02:19:15 | 06.57    |
|                 |           | 0:16:48 / 8             | 0:34:12 / 9         | 0:51:34 / 8  | 1:08:50 / 6                       | 1:25:49 / 6  | 1:42:59 / 5           | 2:00:54 / 4  |          |          |
| 5               | 117       | MICHALSKI Andrzej       | SANOK               | POL          | PIGB CARPATIA RZESZÓW             | 59M50/4      | (M)5                  | 02:19:38     | 02:19:38 | 06.58    |
|                 |           | 0:16:28 / 4             | 0:33:39 / 5         | 0:50:42 / 5  | 1:08:02 / 5                       | 1:25:38 / 5  | 1:43:36 / 6           | 2:01:33 / 6  |          |          |
| 6               | 218       | WIŚNIEWSKI Jacek        | SANDOMIERZ          | POL          | SANDOMIERZ                        | 64M40/1      | 15 z/2 (M)6           | 02:19:49     | 02:19:49 | 06.59    |
|                 |           | 0:16:43 / 6             | 0:33:57 / 7         | 0:51:26 / 7  | 1:08:52 / 7                       | 1:26:23 / 8  | 1:43:59 / 7           | 2:01:34 / 7  |          |          |
| 7               | 9         | ADAMSKI Robert          | LUBOŃ               | POL          | DRUŻYNA SZPIKU                    | 67M40/2      | (M)7                  | 02:20:39     | 02:20:39 | 07.01    |
|                 |           | 0:16:29 / 5             | 0:33:24 / 4         | 0:50:27 / 4  | 1:07:34 / 4                       | 1:25:00 / 4  | 1:42:53 / 4           | 2:01:30 / 5  |          |          |
| 8               | 185       | STUPNOWICZ Przemek      | ŁÓDŹ                | POL          | FOREVER YOUNG ŁÓDŹ                | 95M18/2      | 15 z/3 (M)8           | 02:21:01     | 02:21:01 | 07.03    |
|                 |           | 0:16:47 / 7             | 0:34:11 / 8         | 0:51:35 / 9  | 1:08:52 / 9                       | 1:26:20 / 7  | 1:44:07 / 8           | 2:02:41 / 8  |          |          |
| 9               | 125       | NALEPKA Jerzy           | SANOK               | POL          | NORDIC WALKING-SANOK              | 50M60/1      | (M)9                  | 02:21:21     | 02:21:21 | 07.04    |
|                 |           | 0:16:50 / 9             | 0:33:54 / 6         | 0:51:24 / 6  | 1:08:52 / 8                       | 1:26:43 / 9  | 1:44:53 / 9           | 2:03:07 / 9  |          |          |
| 10              | 230       | ZOSTAWA Robert          | RYBNIK              | POL          | FORMA WODZISŁAW ŚLĄSKI            | 84M18/3      | (M)10                 | 02:21:29     | 02:21:29 | 07.04    |
|                 |           | 0:18:13 / 18            | 0:36:06 / 16        | 0:53:37 / 13 | 1:11:06 / 11                      | 1:28:57 / 11 | 1:46:05 / 10          | 2:03:48 / 10 |          |          |
| 11              | 210       | WARUSZEWSKI Karol       | TCZEW               | POL          | BIEGAJĄCY TCZEW                   | 76M30/1      | (M)11                 | 02:23:02     | 02:23:02 | 07.09    |
|                 |           | 0:17:39 / 15            | 0:35:37 / 13        | 0:53:43 / 14 | 1:11:37 / 13                      | 1:29:29 / 12 | 1:47:22 / 12          | 2:05:19 / 12 |          |          |
| 12              | 219       | WŁADYKA Anatol          | KRAKÓW              | POL          | EXEL TEAM                         | 73M40/3      | (M)12                 | 02:23:21     | 02:23:21 | 07.10    |
|                 |           | 0:17:18 / 11            | 0:35:08 / 11        | 0:52:47 / 10 | 1:10:33 / 10                      | 1:28:28 / 10 | 1:46:21 / 11          | 2:04:44 / 11 |          |          |
| 13              | 122       | MRÓZ Katarzyna          | OSIELSKO            | POL          | GOSIR NORDIC DEVELOPMENT OSIELSKO | 74K30/1      | (K)1                  | 02:24:57     | 02:24:57 | 07.14    |
|                 |           | 0:17:21 / 12            | 0:35:10 / 12        | 0:53:10 / 11 | 1:11:19 / 12                      | 1:29:51 / 13 | 1:48:07 / 13          | 2:06:23 / 13 |          |          |
| 14              | 181       | STEFANICKI Marek        | ŚWINOUJŚCIE         | POL          | WŁÓCZYKIJE                        | 58M50/5      | (M)13                 | 02:27:51     | 02:27:51 | 07.23    |
|                 |           | 0:17:32 / 13            | 0:35:59 / 14        | 0:54:24 / 15 | 1:12:44 / 15                      | 1:31:12 / 14 | 1:49:41 / 14          | 2:08:37 / 14 |          |          |
| 15              | 203       | TORCHAŁA Andrzej        | GASZYN              | POL          | NW AKTYWNI GASZYN                 | 61M50/6      | (M)14                 | 02:28:51     | 02:28:51 | 07.26    |
|                 |           | 0:17:05 / 10            | 0:34:59 / 10        | 0:53:29 / 12 | 1:12:19 / 14                      | 1:31:21 / 15 | 1:50:04 / 15          | 2:09:39 / 15 |          |          |
| 16              | 248       | LISOWSKA Alicja         | GRUDZIĄDZ           | POL          |                                   | 69K40/1      | (K)2                  | 02:28:52     | 02:28:52 | 07.26    |
|                 |           | 0:18:16 / 20            | 0:36:23 / 17        | 0:54:50 / 17 | 1:13:27 / 17                      | 1:32:19 / 17 | 1:50:56 / 17          | 2:09:44 / 16 |          |          |
| 17              | 40        | DEKIERT-ADAMSKA         | LUBOŃ               | POL          | DRUŻYNA SZPIKU                    | 70K40/2      | (K)3                  | 02:30:56     | 02:30:56 | 07.32    |
|                 |           | 0:18:15 / 19            | 0:36:53 / 20        | 0:55:28 / 20 | 1:14:03 / 19                      | 1:32:46 / 19 | 1:51:20 / 18          | 2:10:48 / 18 |          |          |
| 18              | 212       | WESOŁOWSKI Wojciech     | GNIEZNO             | POL          |                                   | 52M60/2      | 15 z/4 (M)15          | 02:30:57     | 02:30:57 | 07.32    |
|                 |           | 0:17:37 / 14            | 0:35:59 / 15        | 0:54:26 / 16 | 1:12:46 / 16                      | 1:31:40 / 16 | 1:50:56 / 16          | 2:10:47 / 17 |          |          |
| 19              | 247       | LISOWSKI Marcin         | GRUDZIĄDZ           | POL          | GRUDZIĄDZKI KLUB MORSÓW           | 72M40/4      | (M)16                 | 02:33:51     | 02:33:51 | 07.41    |
|                 |           | 0:18:21 / 21            | 0:36:27 / 18        | 0:54:55 / 18 | 1:13:32 / 18                      | 1:32:35 / 18 | 1:52:26 / 19          | 2:12:24 / 19 |          |          |
| 20              | 49        | GIL Tomasz              | GDYNIA              | POL          |                                   | 54M50/7      | (M)17                 | 02:34:49     | 02:34:49 | 07.44    |
|                 |           | 0:18:13 / 17            | 0:36:58 / 21        | 0:55:57 / 21 | 1:15:26 / 21                      | 1:35:01 / 21 | 1:54:53 / 21          | 2:15:07 / 21 |          |          |
| 21              | 118       | MOJSIJCZUK Ryszard      | KNURÓW              | POL          | NIE ZRZESZONY                     | 45M60/3      | 15 z/5 (M)18          | 02:34:49     | 02:34:49 | 07.44    |
|                 |           | 0:18:11 / 16            | 0:36:47 / 19        | 0:55:22 / 19 | 1:14:05 / 20                      | 1:33:04 / 20 | 1:53:35 / 20          | 2:14:17 / 20 |          |          |
| 22              | 239       | ŻUCHOWICZ Robert        | DĄBROWA GÓRNICZA    | POL          | SOLIDARNOSC                       | 60M50/8      | (M)19                 | 02:36:12     | 02:36:12 | 07.48    |
|                 |           | 0:19:30 / 26            | 0:39:05 / 23        | 0:58:18 / 23 | 1:17:40 / 23                      | 1:36:54 / 22 | 1:56:10 / 22          | 2:16:07 / 22 |          |          |
| 23              | 150       | PUPECKI Eugeniusz       | POZNAŃ              | POL          | NIE ZRZESZONY                     | 51M60/4      | 15 z/6 (M)20          | 02:38:26     | 02:38:26 | 07.55    |
|                 |           | 0:19:01 / 22            | 0:38:36 / 22        | 0:57:58 / 22 | 1:17:26 / 22                      | 1:36:54 / 23 | 1:56:33 / 23          | 2:17:14 / 23 |          |          |

07.07.2013 19:28:42

# Klasyfikacja wg. czasów brutto

| Miejsce Rank | Nr Bib | Nazwisko i imię Name          | Miejscowość City | Kraj Nat     | Drużyna / Klub Team / Club          | R-k YoB      | Klasyfikacje Ranks | Czas Time       | Netto    | [min/km] |
|--------------|--------|-------------------------------|------------------|--------------|-------------------------------------|--------------|--------------------|-----------------|----------|----------|
| Check pts:   |        |                               |                  |              |                                     |              |                    |                 |          |          |
| 24           | 92     | <b>KULKA Maciej</b>           | POZNAŃ           | POL          | / DRUŻYNA SZPIKU                    | 63M50/9      | (M)21              | <b>02:41:05</b> | 02:41:05 | 08.03    |
|              |        | 0:19:48 / 28                  | 0:40:20 / 28     | 1:00:16 / 26 | 1:20:01 / 24                        | 1:39:55 / 24 | 2:00:16 / 24       | 2:20:36 / 24    |          |          |
| 25           | 69     | <b>KARASIEWICZ Irena</b>      | BRANIEWO         | POL          |                                     | 63K50/1      | (K)4               | <b>02:42:33</b> | 02:42:33 | 08.07    |
|              |        | 0:34:01 / 40                  | 0:53:33 / 40     | 1:13:46 / 40 | 1:34:17 / 40                        | 1:54:56 / 40 | 2:15:41 / 38       | 2:36:14 / 38    |          |          |
| 26           | 244    | <b>MOTYLSKA Aleksandra</b>    | MOGILNO          | POL          | / SPORT I REKREACJA MOGILNO         | 95K18/1      | (K)5               | <b>02:45:50</b> | 02:45:50 | 08.17    |
|              |        | 0:19:22 / 23                  | 0:39:05 / 24     | 0:58:54 / 24 | 1:20:01 / 25                        | 1:40:45 / 25 | 2:01:50 / 25       | 2:23:41 / 25    |          |          |
| 27           | 189    | <b>SZALWA-NIEZGODA</b>        | KOLBUSZOWA       | POL          | / KOLBUSZOWSKI KLUB NORDIC WALKING  | 73K40/3      | 15 z/7 (K)6        | <b>02:46:51</b> | 02:46:51 | 08.20    |
|              |        | 0:19:26 / 24                  | 0:39:43 / 25     | 1:00:15 / 25 | 1:21:03 / 26                        | 1:41:58 / 26 | 2:03:21 / 26       | 2:24:54 / 26    |          |          |
| 28           | 43     | <b>DZIUBA Alicja</b>          | KOLBUSZOWA       | POL          | / KOLBUSZOWSKI KLUB NORDIC WALKING  | 76K30/2      | (K)7               | <b>02:46:54</b> | 02:46:54 | 08.20    |
|              |        | 0:19:29 / 25                  | 0:39:45 / 26     | 1:00:18 / 27 | 1:21:05 / 27                        | 1:41:59 / 27 | 2:03:22 / 27       | 2:24:56 / 27    |          |          |
| 29           | 211    | <b>WEŁNICKI Waldemar</b>      | OSIELSKO         | POL          | / GOSIR NORDIC DEVELOPMENT OSIELSKO | 72M40/5      | (M)22              | <b>02:48:03</b> | 02:48:03 | 08.24    |
|              |        | 0:19:49 / 29                  | 0:40:24 / 29     | 1:01:45 / 29 | 1:23:13 / 30                        | 1:44:09 / 30 | 2:05:08 / 28       | 2:26:09 / 28    |          |          |
| 30           | 33     | <b>CIENNIK Kalina</b>         | ŁÓDŹ             | POL          | / WWW.DWAKIJE.PL                    | 70K40/4      | (K)8               | <b>02:48:33</b> | 02:48:33 | 08.25    |
|              |        | 0:21:01 / 34                  | 0:42:08 / 33     | 1:02:51 / 33 | 1:23:21 / 31                        | 1:44:24 / 31 | 2:05:16 / 29       | 2:26:42 / 29    |          |          |
| 31           | 34     | <b>CIENNIK Wiktor</b>         | ŁÓDŹ             | POL          | / WWW.DWAKIJE.PL                    | 66M40/6      | (M)23              | <b>02:49:51</b> | 02:49:51 | 08.29    |
|              |        | 0:20:42 / 32                  | 0:41:14 / 30     | 1:02:05 / 31 | 1:23:23 / 32                        | 1:44:25 / 32 | 2:05:29 / 30       | 2:27:35 / 30    |          |          |
| 32           | 249    | <b>PIETRZYCKA Teresa</b>      | JANOWIEC WLKP.   | POL          | / ORŁY TEMIDY                       | 68K40/5      | (K)9               | <b>02:50:53</b> | 02:50:53 | 08.32    |
|              |        | 0:20:20 / 30                  | 0:41:15 / 31     | 1:02:02 / 30 | 1:22:38 / 29                        | 1:43:58 / 29 | 2:05:37 / 31       | 2:27:52 / 31    |          |          |
| 33           | 232    | <b>STACHERA Michalina</b>     | DZIAŁOSZYN       | POL          |                                     | 51K60/1      | 15 z/8 (K)10       | <b>02:51:45</b> | 02:51:45 | 08.35    |
|              |        | 0:20:41 / 31                  | 0:41:27 / 32     | 1:02:28 / 32 | 1:23:37 / 33                        | 1:45:03 / 33 | 2:06:47 / 32       | 2:29:09 / 32    |          |          |
| 34           | 238    | <b>ŻUCHOWICZ Elżbieta</b>     | DĄBROWA GORNICZA | POL          | / SOLIDARNOSC                       | 59K50/2      | (K)11              | <b>02:53:24</b> | 02:53:24 | 08.40    |
|              |        | 0:21:07 / 35                  | 0:42:50 / 35     | 1:04:17 / 35 | 1:26:22 / 36                        | 1:48:13 / 35 | 2:10:17 / 35       | 2:32:08 / 34    |          |          |
| 35           | 161    | <b>SAMEK Roman</b>            | DZIAŁDOWO        | POL          |                                     | 62M50/10     | (M)24              | <b>02:54:08</b> | 02:54:08 | 08.42    |
|              |        | 0:19:33 / 27                  | 0:39:54 / 27     | 1:00:36 / 28 | 1:21:55 / 28                        | 1:43:54 / 28 | 2:07:14 / 33       | 2:31:23 / 33    |          |          |
| 36           | 227    | <b>ZAWADZKA Maria</b>         | LUBIN            | POL          | / NORDIC DEX LUBIN                  | 51K60/2      | 15 z/9 (K)12       | <b>02:54:48</b> | 02:54:48 | 08.44    |
|              |        | 0:21:11 / 36                  | 0:43:01 / 36     | 1:04:38 / 36 | 1:26:17 / 34                        | 1:48:06 / 34 | 2:10:01 / 34       | 2:32:18 / 35    |          |          |
| 37           | 184    | <b>STUPNOWICZ Joanna</b>      | ŁÓDŹ             | POL          | /                                   | 75K30/3      | (K)13              | <b>02:57:14</b> | 02:57:14 | 08.51    |
|              |        | 0:21:15 / 37                  | 0:43:04 / 37     | 1:04:45 / 37 | 1:26:44 / 37                        | 1:49:00 / 37 | 2:11:40 / 36       | 2:34:41 / 36    |          |          |
| 38           | 25     | <b>CETNARSKA Aneta</b>        | KOLBUSZOWA       | POL          | / KOLBUSZOWSKI KLUB NORDIC WALKING  | 87K18/2      | (K)14              | <b>02:58:36</b> | 02:58:36 | 08.55    |
|              |        | 0:20:49 / 33                  | 0:42:27 / 34     | 1:04:10 / 34 | 1:26:21 / 35                        | 1:48:53 / 36 | 2:11:51 / 37       | 2:35:10 / 37    |          |          |
| 39           | 1      | <b>GROCHOWALSKA Jadwiga</b>   | ŚLAWNO           | POL          | / HART ŚLAWNO                       | 65K40/6      | 15 z/10 (K)15      | <b>03:04:06</b> | 03:04:06 | 09.12    |
|              |        | 0:21:28 / 38                  | 0:43:31 / 38     | 1:06:02 / 38 | 1:29:14 / 38                        | 1:52:49 / 38 | 2:16:33 / 39       | 2:39:52 / 39    |          |          |
| 40           | 12     | <b>ANDRZEJEWSKA Bogusława</b> | CZEMPIŃ          | POL          | / KB LUVENA                         | 60K50/3      | (K)16              | <b>03:06:18</b> | 03:06:18 | 09.18    |
|              |        | 0:21:54 / 39                  | 0:44:34 / 39     | 1:07:26 / 39 | 1:30:27 / 39                        | 1:53:35 / 39 | 2:17:01 / 40       | 2:41:16 / 40    |          |          |