



# HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Wydarzenie/ Event:** HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING  
**Organizator/ Orgainzer:** PFNW  
**Data/ Date:** 2017-09-09  
**Miejsce/ Place:** Hajnówka  
**Dystans/ Distance:** 21.1 km



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Różn/ Gap	Tempo min/km	Tempo km/h
1	DZIEDIEWICZ Andrzej	914		M30-39	1			00:06:17	00:37:41	01:09:46	01:42:16	<b>02:15:32.80</b>		6:25	9.3
2	DEPKA PRĄDZYŃSKI Olgierd	911	BIEGAMYRAZEM	M50-59	1			00:06:49	00:38:48	01:11:12	01:43:23	<b>02:16:42.05</b>	+00:01:09	6:28	9.3
3	ZARĘBSKI Michał	956	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:06:27	00:38:18	01:11:13	01:44:54	<b>02:21:08.80</b>	+00:05:36	6:41	9
4	WIŚNIEWSKI Jacek	952	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M50-59	2			00:06:51	00:40:11	01:13:46	01:48:25	<b>02:23:25.95</b>	+00:07:53	6:47	8.8
5	PUSZKIEL Leszek	960	GREEN TEAM ZIELONA GÓRA	M60+	1			00:06:51	00:40:07	01:14:00	01:39:37	<b>02:23:57.35</b>	+00:08:24	6:49	8.8
6	NACZK Leonard	928	DYNAMIC	M40-49	1			00:06:47	00:41:02	01:14:55	01:49:43	<b>02:25:53.15</b>	+00:10:20	6:54	8.7
7	ZAREMBA Jakub	955		M30-39	3			00:06:56	00:41:09	01:15:49	01:51:22	<b>02:27:02.90</b>	+00:11:30	6:58	8.6
8	ZAGAJA Janusz	954	WESOŁY BORSUK TEAM	M60+	2			00:06:51	00:41:01	01:15:42	01:51:18	<b>02:27:36.15</b>	+00:12:03	6:59	8.6
9	PIETRZYK Jarosław	931	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:06:42	00:40:02	01:13:43	01:49:22	<b>02:27:58.80</b>	+00:12:26	7:00	8.6
10	PASIKOWSKA Mariola	930	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:06:40	00:41:07	01:16:35	01:52:23	<b>02:29:03.45</b>	+00:13:30	7:03	8.5
11	BUŁAKOWSKI Bohdan	909	PASJA NORDIC WALKING	M60+	3			00:07:25	00:42:38	01:18:12	01:54:06	<b>02:30:16.85</b>	+00:14:44	7:07	8.4
12	BIK Stanisław	905	KS METRACO POLKOWICE	M50-59	3			00:07:14	00:42:34	01:17:32	01:53:25	<b>02:30:17.45</b>	+00:14:44	7:07	8.4
13	MAKOWSKI Jan	966	RYBNICKI KLUB NORDIC WALKING	M50-59	4			00:07:08	00:41:55	01:17:03	01:53:17	<b>02:30:35.50</b>	+00:15:02	7:08	8.4
14	NIEDZWIECKA Katarzyna	962	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	1			00:07:25	00:43:58	01:19:38	01:54:57	<b>02:30:37.85</b>	+00:15:05	7:08	8.4
15	PUHTIY Evgenia	935	NWSOLONGA	K30-39	2			00:06:56	00:42:23	01:18:17	01:54:21	<b>02:30:50.50</b>	+00:15:17	7:08	8.4

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	Czas							
								1.1km	6.1km	11.1km	16.1km	netto 21.1km	Różn/ Gap	Tempo min/km	Tempo km/h
16	ANTOSZEWSKI Piotr	902	NORDIC TEAM GNIEZNO	M40-49	2			00:07:41	00:45:38	01:21:22	01:56:37	<b>02:31:46.45</b>	+00:16:13	7:11	8.3
17	BOGACKI Sławek	907	ENERGA NW TEAM	M40-49	3			00:06:42	00:41:01	01:16:02	01:53:32	<b>02:32:13.85</b>	+00:16:41	7:12	8.3
18	DOLBAK Ihar	912	NORDIC BREST	M40-49	4			00:07:06	00:42:58	01:19:38	01:56:31	<b>02:34:11.05</b>	+00:18:38	7:18	8.2
19	SZULC Alicja	947	NW WERWA MŁAWA	K40-49	2			00:07:18	00:42:43	01:18:59	01:55:57	<b>02:34:27.30</b>	+00:18:54	7:19	8.2
20	SZCZEBAK Jacek	944	UNIA MIAST	M40-49	5			00:07:19	00:43:39	01:19:44	01:56:40	<b>02:34:59.00</b>	+00:19:26	7:20	8.2
21	KOŁODZIEJ Joanna	924	FABRIKANORDIKA	K40-49	3			00:07:17	00:43:44	01:20:38	01:58:16	<b>02:36:16.85</b>	+00:20:44	7:24	8.1
22	STEPURA Ilya	965		M18-29	1			00:07:50	00:46:15	01:23:25	02:00:52	<b>02:36:27.85</b>	+00:20:55	7:24	8.1
23	STĘPIEŃ Lucyna	942	KS METRACO POLKOWICE	K60+	1			00:07:31	00:44:10	01:21:36	01:59:38	<b>02:37:36.75</b>	+00:22:03	7:28	8
24	SKRYCKA Katarzyna	782	KS METRACO POLKOWICE	K30-39	3			00:07:35	00:44:09	01:21:36	01:59:32	<b>02:37:42.85</b>	+00:22:10	7:28	8
25	TOMCZYK Edward	949	MARSZ PO ZDROWIE POZNAŃ	M60+	4			00:07:31	00:43:37	01:20:36	01:59:11	<b>02:38:32.50</b>	+00:22:59	7:30	8
26	ZAWADZKI Andrzej	958	KS METRACO POLKOWICE	M50-59	5			00:07:38	00:44:05	01:21:17	02:00:26	<b>02:39:01.60</b>	+00:23:28	7:32	8
27	SMUS Damian	973	EPOKA NORDICA	M18-29	2			00:07:48	00:46:11	01:23:25	02:00:52	<b>02:39:03.55</b>	+00:23:30	7:32	8
28	BANASZKIEWICZ Kasia	903	PILSCY MIŁOŚNICY NW	K40-49	4			00:07:19	00:43:47	01:21:05	01:59:20	<b>02:39:13.05</b>	+00:23:40	7:32	8
29	BOCZAR Beata	906	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:07:32	00:44:16	01:21:48	01:59:48	<b>02:39:13.40</b>	+00:23:40	7:32	8
30	KOWALCZYK Mariusz	926	GREEN TEAM ZIELONA GÓRA	M50-59	6			00:07:33	00:44:06	01:21:12	02:00:05	<b>02:39:56.00</b>	+00:24:23	7:34	7.9
31	JANOSZKA Irena	971	CIDRY LOTAJĄ	K50-59	2			00:07:31	00:44:31	01:22:40	02:01:12	<b>02:40:02.95</b>	+00:24:30	7:35	7.9
32	KARASIEWICZ Irena	922	FACE NORDIC WALKING TEAM	K50-59	3			00:07:37	00:44:33	01:23:02	02:02:06	<b>02:42:02.20</b>	+00:26:29	7:40	7.8
33	SORN Łukasz	940	FACE NORDIC WALKING TEAM	M30-39	5			00:07:51	00:46:08	01:24:01	02:02:44	<b>02:42:19.35</b>	+00:26:46	7:41	7.8
34	REJ Anna	936		K30-39	4			00:07:36	00:45:07	01:23:29	02:02:38	<b>02:42:34.15</b>	+00:27:01	7:42	7.8
35	STEP CZYŃSKA Angelika	941	GOSIR OSIELSKO	K30-39	5			00:07:50	00:45:49	01:24:15	02:03:23	<b>02:43:42.05</b>	+00:28:09	7:45	7.7
36	KOBIELA Daria	923	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:51	00:46:24	01:24:49	02:04:08	<b>02:44:36.95</b>	+00:29:04	7:48	7.7
37	ROSOŁEK Elżbieta	937	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:07:52	00:47:09	01:25:57	02:05:05	<b>02:44:49.75</b>	+00:29:16	7:48	7.7
38	WOLNIEWICZ Katarzyna	953	FABRIKANORDIKA	K40-49	5			00:07:32	00:45:00	01:23:36	02:03:37	<b>02:45:01.50</b>	+00:29:28	7:49	7.7
39	CZYCZ Emilia	910	GREEN TEAM ZIELONA GÓRA	K60+	2			00:07:42	00:45:44	01:24:45	02:05:15	<b>02:46:20.30</b>	+00:30:47	7:52	7.6
40	DOMARADZKA Agnieszka	913	GREEN TEAM ZIELONA GÓRA	K40-49	6			00:07:55	00:47:16	01:26:52	02:06:53	<b>02:46:33.10</b>	+00:31:00	7:53	7.6
41	BUCZKOWSKA Wiesława	908	PENDOLINO	K60+	3			00:07:35	00:44:32	01:23:43	02:04:31	<b>02:47:06.25</b>	+00:31:33	7:55	7.6
42	POGORZELSKA Wiesława	933	WESOŁY BORSUK TEAM	K30-39	6			00:07:12	00:44:55	01:24:43	02:05:17	<b>02:47:41.00</b>	+00:32:08	7:56	7.5
43	TYLUTKI Agnieszka	967	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	7			00:07:50	00:46:21	01:25:34	02:06:48	<b>02:49:02.90</b>	+00:33:30	8:00	7.5

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Żół. kartki	Czer. kartki	Czas				Różn/ Gap	Tempo min/km	Tempo km/h	
								1.1km	6.1km	11.1km	16.1km				
44	WESOŁOWSKI Wojciech	950	NORDIC TEAM GNIEZNO	M60+	5			00:07:42	00:44:44	01:24:10	02:06:54	<b>02:49:44.85</b>	+00:34:12	8:02	7.5
45	GOIK Grzegorz	917	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:07:48	00:46:03	01:25:53	02:07:05	<b>02:50:01.10</b>	+00:34:28	8:03	7.4
46	WIŚNIEWSKI Roman	951	KS METRACO POLKOWICE	M60+	6			00:07:57	00:47:16	01:27:36	02:08:24	<b>02:51:11.15</b>	+00:35:38	8:06	7.4
47	NIKITIUK Anna	963		K30-39	7			00:07:37	00:46:21	01:27:19	02:10:32	<b>02:53:14.90</b>	+00:37:42	8:12	7.3
48	GUTOWSKI Wojciech	919	POWIAT HAJNOWSKI	M50-59	8			00:07:46	00:46:09	01:27:03	02:07:38	<b>02:54:15.90</b>	+00:38:43	8:15	7.3
49	MARCINKOWSKI Wojciech	927	UNIA MIAST	M40-49	6			00:07:52	00:50:22	01:30:03	02:11:17	<b>02:54:21.10</b>	+00:38:48	8:15	7.3
50	BIERĆ Jarosław	904	BIEGOSTOK	M40-49	7			00:08:12	00:48:22	01:28:59	02:11:08	<b>02:55:22.05</b>	+00:39:49	8:18	7.2
51	ŚCIBOR Robert	969		M40-49	8			00:08:12	00:48:15	01:29:01	02:11:08	<b>02:55:22.55</b>	+00:39:49	8:18	7.2
52	SURIAK Ewelina	943	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:07:53	00:47:23	01:28:44	02:11:21	<b>02:55:49.90</b>	+00:40:17	8:19	7.2
53	KOTULA Jakub	925	UNIA MIAST	M30-39	6			00:07:48	00:48:39	01:29:59	02:12:26	<b>02:56:19.20</b>	+00:40:46	8:21	7.2
54	ŻUCHOWICZ Elżbieta	959	DĄBROWA NORDIC TEAM	K50-59	5			00:07:55	00:47:08	01:29:14	02:13:04	<b>02:56:25.40</b>	+00:40:52	8:21	7.2
55	KOŁACZ Jakub	961		M30-39	7			00:08:26	00:49:06	01:31:01	02:14:33	<b>02:57:02.55</b>	+00:41:29	8:23	7.2
56	POSTEK Danuta	934	MARSZ PO ZDROWIE POZNAŃ	K50-59	6			00:08:14	00:49:54	01:31:34	02:14:21	<b>02:57:14.35</b>	+00:41:41	8:24	7.1
57	GERLE-KOTULA Anna	916	UNIA MIAST	K30-39	8			00:08:09	00:50:39	01:33:14	02:15:09	<b>02:57:38.75</b>	+00:42:05	8:25	7.1
58	ZAWADZKA Maria	957	KS METRACO POLKOWICE	K60+	4			00:08:40	00:51:35	01:33:58	02:16:01	<b>02:57:53.65</b>	+00:42:20	8:25	7.1
59	KWAPIS Mariusz	972	KS METRACO POLKOWICE	M18-29	3			00:07:47	00:47:25	01:28:02	02:10:54	<b>02:58:35.20</b>	+00:43:02	8:27	7.1
60	ROZMUS Jolanta	938	FACE NORDIC WALKING TEAM	K60+	5			00:08:35	00:50:26	01:32:53	02:15:47	<b>02:58:50.45</b>	+00:43:17	8:28	7.1
61	CZYCZ Kazimierz	968	GREEN TEAM ZIELONA GÓRA	M60+	7			00:08:21	00:48:23	01:29:23	02:12:27	<b>03:01:48.65</b>	+00:46:15	8:36	7
62	PIOTROWSKA Krystyna	932	RYBNICKI KLUB NORDIC WALKING	K60+	6			00:08:46	00:51:08	01:34:06	02:17:36	<b>03:02:07.20</b>	+00:46:34	8:37	7
63	MALINOWSKA Katarzyna	970	LECYMY DURŚ	K30-39	9			00:07:38	00:46:11	01:26:10	02:09:06	<b>03:02:12.80</b>	+00:46:40	8:38	6.9
64	JASIŃSKI Michał	920	RYBNICKI KLUB NORDIC WALKING	M18-29	4			00:08:22	00:50:55	01:34:27	02:19:35	<b>03:07:39.40</b>	+00:52:06	8:53	6.7
65	ŚWIRSZCZ Tomasz	948	LUBLIN CHODZI Z KIJKAMI	M60+	8			00:08:31	00:50:26	01:34:02	02:20:37	<b>03:07:50.95</b>	+00:52:18	8:54	6.7
66	JÓŹWIK Katarzyna	921		K40-49	8			00:09:01	00:53:22	01:37:52	02:23:21	<b>03:08:00.75</b>	+00:52:27	8:54	6.7
67	SZEWczyk Agnieszka	946	FACE NORDIC WALKING TEAM	K40-49	9			00:08:46	00:52:04	01:36:39	02:22:33	<b>03:09:52.75</b>	+00:54:19	8:59	6.7
68	SZEWczyk Marek	945	FACE NORDIC WALKING TEAM	M50-59	9			00:08:35	00:50:54	01:34:52	02:21:37	<b>03:10:03.05</b>	+00:54:30	9:00	6.7
69	BERSZTOLC Agnieszka	964		K50-59	7			00:08:27	00:49:58	01:33:29	02:21:25	<b>03:10:59.75</b>	+00:55:26	9:03	6.6
70	ANDROSIUK Krzysztof	901		M18-29	5			00:10:18	01:01:28	01:54:52	02:54:50	<b>03:57:39.85</b>	+01:42:07	11:15	5.3

Znaleziono 70 wynik(ów)