



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Organizator:  
Data:  
Miejsce:  
Dystans:

PFNW  
2016-06-11  
Kolbuszowa  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALEC Marcin</b>	<b>166</b>	KKB MOSIR KROSNO	M18-29	1			00:01:44	00:14:21	00:29:19	00:44:15	<b>00:59:01.35</b>	<b>01:00:46.15</b>		5:54	10.2
2	<b>SKOWRON Bartłomiej</b>	<b>33</b>	VIKING	M18-29	2			00:01:44	00:14:39	00:29:59	00:45:22	<b>01:00:51.30</b>	<b>01:02:35.65</b>	+00:01:49	6:05	9.9
3	<b>KARASIŃSKI Maciej</b>	<b>241</b>	KS METRACO POLKOWICE	M40-49	1			00:02:50	00:14:55	00:30:19	00:46:18	<b>01:02:15.15</b>	<b>01:05:05.50</b>	+00:03:13	6:13	9.6
4	<b>BŁEK Artur</b>	<b>106</b>	UNIA MIAST	M30-39	1			00:02:06	00:15:15	00:31:13	00:47:11	<b>01:03:07.60</b>	<b>01:05:13.80</b>	+00:04:06	6:18	9.5
5	<b>CYRUS Bogdan</b>	<b>247</b>	SILESIA NORDIC TEAM	M40-49	2			00:02:49	00:15:06	00:31:02	00:47:03	<b>01:03:44.95</b>	<b>01:06:34.40</b>	+00:04:43	6:22	9.4
6	<b>PIOTROWSKI Michał</b>	<b>179</b>	FACE NORDIC WALKING TEAM	M30-39	2			00:02:05	00:15:20	00:31:25	00:47:36	<b>01:03:53.45</b>	<b>01:05:59.20</b>	+00:04:52	6:23	9.4
7	<b>SIEROŃ Jacek</b>	<b>193</b>	TSA SANDOMIERZ	M50-59	1			00:03:33	00:15:39	00:31:53	00:48:14	<b>01:04:07.70</b>	<b>01:07:41.00</b>	+00:05:06	6:24	9.4
8	<b>SIWAK Piotr</b>	<b>196</b>	KS METRACO POLKOWICE	M50-59	2			00:03:31	00:15:40	00:31:54	00:48:15	<b>01:04:12.05</b>	<b>01:07:43.20</b>	+00:05:10	6:25	9.3
9	<b>MICHALSKI Andrzej</b>	<b>167</b>	FACE NORDIC WALKING TEAM	M50-59	3			00:03:33	00:15:40	00:31:53	00:48:15	<b>01:04:22.35</b>	<b>01:07:56.25</b>	+00:05:21	6:26	9.3
10	<b>PUSZKIEL Adrian</b>	<b>187</b>	GREEN TEAM ZIELONA GÓRA	M18-29	3			00:01:43	00:15:58	00:32:09	00:48:11	<b>01:04:32.35</b>	<b>01:06:15.75</b>	+00:05:31	6:27	9.3
11	<b>NIECHWIEJCZYK Piotr</b>	<b>172</b>	UNIA MIAST	M40-49	3			00:02:49	00:15:51	00:32:15	00:48:33	<b>01:04:37.95</b>	<b>01:07:27.55</b>	+00:05:36	6:27	9.3
12	<b>WOJTASIŃSKI Daniel</b>	<b>227</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:02:05	00:15:40	00:31:54	00:48:14	<b>01:04:58.30</b>	<b>01:07:03.85</b>	+00:05:56	6:29	9.2
13	<b>PUSZKIEL Leszek</b>	<b>186</b>	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:03:29	00:15:36	00:31:55	00:48:20	<b>01:05:03.80</b>	<b>01:08:33.75</b>	+00:06:02	6:30	9.2
14	<b>RECZULSKI Mariusz</b>	<b>189</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:03:31	00:15:46	00:32:05	00:48:48	<b>01:05:32.40</b>	<b>01:09:04.15</b>	+00:06:31	6:33	9.2
15	<b>KUŚMIEREK Patryk</b>	<b>151</b>	BŁĘKITNI NW DZIEMIANY	M18-29	4			00:01:44	00:16:37	00:33:23	00:49:53	<b>01:06:00.10</b>	<b>01:07:44.15</b>	+00:06:58	6:36	9.1
16	<b>LASKOWSKI Mirosław</b>	<b>251</b>	AGRO CORN MILANÓW	M40-49	4			00:02:50	00:16:17	00:33:02	00:49:56	<b>01:06:43.35</b>	<b>01:09:33.60</b>	+00:07:42	6:40	9
17	<b>CIEŚLAK Roman</b>	<b>114</b>	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:03:30	00:16:04	00:32:44	00:49:57	<b>01:06:51.15</b>	<b>01:10:21.30</b>	+00:07:49	6:41	9
18	<b>BILIK Wojciech</b>	<b>105</b>	SAMOTNI WĘDROWCY	M40-49	5			00:02:50	00:16:36	00:33:38	00:50:42	<b>01:07:41.55</b>	<b>01:10:32.50</b>	+00:08:40	6:46	8.9
19	<b>NIEDBAŁ Adam</b>	<b>173</b>	SILESIA NORDIC TEAM	M40-49	6			00:02:52	00:16:38	00:33:45	00:50:53	<b>01:07:49.10</b>	<b>01:10:42.05</b>	+00:08:47	6:47	8.8
20	<b>GONET Grzegorz</b>	<b>249</b>	GONET TEAM	M40-49	7			00:02:51	00:16:44	00:33:54	00:51:13	<b>01:08:14.40</b>	<b>01:11:06.25</b>	+00:09:13	6:49	8.8
21	<b>MACKIEWICZ Marcin</b>	<b>161</b>	NW CIECHNÓW	M18-29	5	1		00:01:45	00:16:08	00:33:20	00:50:10	<b>01:08:19.10</b>	<b>01:10:04.25</b>	+00:09:17	6:49	8.8
22	<b>WIERCHANOWSKI Bogdan</b>	<b>224</b>	KS METRACO POLKOWICE	M50-59	7			00:03:31	00:16:35	00:34:03	00:51:27	<b>01:08:45.45</b>	<b>01:12:17.05</b>	+00:09:44	6:52	8.7
23	<b>KUŚMIEREK Jan</b>	<b>152</b>	BŁĘKITNI NW DZIEMIANY	M40-49	8			00:02:53	00:16:57	00:34:09	00:51:33	<b>01:08:46.40</b>	<b>01:11:39.55</b>	+00:09:45	6:52	8.7
24	<b>LIPKO Adrianna</b>	<b>156</b>	PENDOLINO	K18-29	1			00:05:15	00:16:59	00:34:32	00:51:53	<b>01:09:04.40</b>	<b>01:14:19.50</b>	+00:10:03	6:54	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
25	<b>PSUT Robert</b>	<b>184</b>	EPOKA NORDICA ŁÓDŹ	M18-29	6			00:01:43	00:16:35	00:33:53	00:51:26	<b>01:09:18.30</b>	<b>01:11:01.65</b>	+00:10:16	6:55	8.7
26	<b>SZWICHTENBERG Wioleta</b>	<b>215</b>	FACE NORDIC WALKING TEAM	K18-29	2			00:05:16	00:17:02	00:34:36	00:52:07	<b>01:09:45.25</b>	<b>01:15:01.25</b>	+00:10:43	6:58	8.6
27	<b>PIETRASIEWICZ Maciej</b>	<b>178</b>	DKSA	M18-29	7			00:01:45	00:17:05	00:34:37	00:52:06	<b>01:09:48.95</b>	<b>01:11:34.35</b>	+00:10:47	6:58	8.6
28	<b>KRZANOWSKI Bartłomiej</b>	<b>147</b>	SAMOTNI WĘDROWCY	M40-49	9			00:02:52	00:16:57	00:34:42	00:52:16	<b>01:10:06.35</b>	<b>01:12:58.65</b>	+00:11:05	7:00	8.6
29	<b>NOWROTEK Monika</b>	<b>258</b>	WESOŁY BORSUK TEAM	K18-29	3			00:05:14	00:16:34	00:34:04	00:51:50	<b>01:10:08.75</b>	<b>01:15:23.25</b>	+00:11:07	7:00	8.6
30	<b>SOBKOWSKI Janusz</b>	<b>240</b>	SILESIA NORDIC TEAM	M60-69	1			00:03:57	00:17:23	00:35:07	00:52:47	<b>01:10:11.30</b>	<b>01:14:08.95</b>	+00:11:09	7:01	8.5
31	<b>STOPA Joanna</b>	<b>209</b>	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:05:14	00:17:07	00:34:44	00:52:37	<b>01:10:19.40</b>	<b>01:15:33.95</b>	+00:11:18	7:01	8.5
32	<b>STAWNIAK Karol</b>	<b>203</b>	KS METRACO POLKOWICE	M60-69	2			00:03:56	00:17:18	00:34:48	00:52:23	<b>01:10:21.90</b>	<b>01:14:18.85</b>	+00:11:20	7:02	8.5
33	<b>JĘDRASIAK Renata</b>	<b>132</b>	KS METRACO POLKOWICE	K50-59	1			00:07:43	00:17:14	00:34:58	00:52:38	<b>01:10:23.20</b>	<b>01:18:06.95</b>	+00:11:21	7:02	8.5
34	<b>SPYCHAŁA Marzena</b>	<b>237</b>	WESOŁY BORSUK TEAM	K40-49	1			00:06:52	00:17:29	00:35:15	00:52:49	<b>01:10:26.85</b>	<b>01:17:19.80</b>	+00:11:25	7:02	8.5
35	<b>BALCERAK-KOLASA Joanna</b>	<b>102</b>	EPOKA NORDICA ŁÓDŹ	K40-49	2			00:06:52	00:17:30	00:35:17	00:52:59	<b>01:10:27.90</b>	<b>01:17:20.10</b>	+00:11:26	7:02	8.5
36	<b>SMUL Andrzej</b>	<b>199</b>	GREEN TEAM ZIELONA GÓRA	M60-69	3			00:03:57	00:17:16	00:34:47	00:52:32	<b>01:10:33.50</b>	<b>01:14:31.35</b>	+00:11:32	7:03	8.5
37	<b>ŚLUSARCZYK Marcin</b>	<b>234</b>	WESOŁY BORSUK TEAM	M30-39	4			00:02:06	00:17:16	00:35:13	00:53:10	<b>01:11:04.65</b>	<b>01:13:11.50</b>	+00:12:03	7:06	8.4
38	<b>BOCZAR Beata</b>	<b>107</b>	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:07:43	00:17:33	00:35:26	00:53:24	<b>01:11:08.40</b>	<b>01:18:52.20</b>	+00:12:07	7:06	8.4
39	<b>SZCZEPAŃSKI Rafał</b>	<b>211</b>	OPEL ACTIVE TEAM	M40-49	10			00:02:50	00:17:25	00:35:32	00:53:44	<b>01:11:31.10</b>	<b>01:14:21.50</b>	+00:12:29	7:09	8.4
40	<b>BIEGA Mariusz</b>	<b>311</b>	SANOK SKI TEAM	M40-49	11			00:02:53	00:17:12	00:35:15	00:53:30	<b>01:11:33.35</b>	<b>01:14:27.30</b>	+00:12:32	7:09	8.4
41	<b>JONDERKO Grzegorz</b>	<b>133</b>	WŁÓCZYKIJE SKOCZÓW	M40-49	12			00:02:52	00:17:14	00:35:19	00:53:32	<b>01:11:49.05</b>	<b>01:14:41.70</b>	+00:12:47	7:10	8.4
42	<b>ŁUKASZEWICZ Joanna</b>	<b>160</b>	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:06:53	00:17:36	00:35:45	00:53:57	<b>01:11:52.45</b>	<b>01:18:45.45</b>	+00:12:51	7:11	8.3
43	<b>STYŚ Elżbieta</b>	<b>250</b>		K40-49	4			00:06:52	00:17:38	00:35:47	00:53:59	<b>01:11:58.70</b>	<b>01:18:51.45</b>	+00:12:57	7:11	8.3
44	<b>KRZANOWSKI Grzegorz</b>	<b>146</b>	FACE NORDIC WALKING TEAM	M30-39	5			00:02:08	00:17:30	00:35:29	00:53:47	<b>01:11:59.05</b>	<b>01:14:07.45</b>	+00:12:57	7:11	8.3
45	<b>ANTOSZEWSKI Piotr</b>	<b>101</b>	DĄBROWA NORDIC TEAM	M40-49	13			00:02:52	00:17:51	00:36:00	00:54:02	<b>01:12:02.65</b>	<b>01:14:55.50</b>	+00:13:01	7:12	8.3
46	<b>KUBISZYN Wiesława</b>	<b>148</b>		K40-49	5			00:06:53	00:17:35	00:35:57	00:54:13	<b>01:12:13.85</b>	<b>01:19:07.50</b>	+00:13:12	7:13	8.3
47	<b>KUBISZYN Małgorzata</b>	<b>149</b>		K30-39	1			00:06:23	00:17:41	00:35:50	00:54:00	<b>01:12:15.65</b>	<b>01:18:39.20</b>	+00:13:14	7:13	8.3
48	<b>DEJDA Piotr</b>	<b>119</b>	FACE NORDIC WALKING TEAM	M40-49	14			00:02:49	00:17:54	00:35:50	00:54:24	<b>01:12:21.95</b>	<b>01:15:11.65</b>	+00:13:20	7:14	8.3
49	<b>ŚLUSARCZYK Andrzej</b>	<b>236</b>	WESOŁY BORSUK TEAM	M60-69	4			00:03:57	00:17:53	00:36:04	00:54:36	<b>01:12:51.50</b>	<b>01:16:48.65</b>	+00:13:50	7:17	8.2
50	<b>SZULC Alicja</b>	<b>214</b>	NW WERWA MŁAWA	K30-39	2			00:06:25	00:17:51	00:36:11	00:54:39	<b>01:13:10.80</b>	<b>01:19:36.70</b>	+00:14:09	7:19	8.2
51	<b>MIERZWA Mariusz</b>	<b>169</b>	KLUBSPORTU.PL	M50-59	8			00:03:33	00:17:28	00:35:40	00:54:12	<b>01:13:13.75</b>	<b>01:16:47.55</b>	+00:14:12	7:19	8.2
52	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>177</b>	SILESIA NORDIC TEAM	K30-39	3			00:06:24	00:17:56	00:36:28	00:54:58	<b>01:13:32.20</b>	<b>01:19:56.70</b>	+00:14:30	7:21	8.2
53	<b>MARCINKOWSKI Wojciech</b>	<b>165</b>	UNIA MIAST	M40-49	15			00:02:51	00:18:02	00:36:55	00:55:35	<b>01:13:44.70</b>	<b>01:16:36.10</b>	+00:14:43	7:22	8.1
54	<b>KOWALSKI Marek</b>	<b>143</b>	UNIA MIAST	M50-59	9			00:03:31	00:18:37	00:37:07	00:55:26	<b>01:13:47.20</b>	<b>01:17:19.15</b>	+00:14:45	7:22	8.1
55	<b>STACHOWICZ Marcin</b>	<b>201</b>	BŁĘKITNI NW DZIEMIANY	M18-29	8			00:01:44	00:17:52	00:36:18	00:55:19	<b>01:14:05.50</b>	<b>01:15:50.00</b>	+00:15:04	7:24	8.1
56	<b>SKRYCKA Katarzyna</b>	<b>197</b>	KS METRACO POLKOWICE	K30-39	4			00:06:22	00:18:39	00:38:00	00:56:13	<b>01:14:06.05</b>	<b>01:20:28.80</b>	+00:15:04	7:24	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
57	<b>DUSIEL Ewa</b>	<b>121</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:06:54	00:18:11	00:36:56	00:55:33	<b>01:14:06.25</b>	<b>01:21:00.60</b>	+00:15:04	7:24	8.1
58	<b>MIERNICKI Mariusz</b>	<b>168</b>		M50-59	10			00:03:34	00:18:12	00:36:42	00:55:34	<b>01:14:09.20</b>	<b>01:17:44.10</b>	+00:15:07	7:25	8.1
59	<b>BYTNIIEWSKI Mieczysław</b>	<b>111</b>	BIAŁA BIEGA	M70+	1	1		00:04:16	00:18:35	00:37:42	00:56:36	<b>01:15:02.35</b>	<b>01:19:18.95</b>	+00:16:01	7:30	8
60	<b>KOZŁOWSKA Sabina</b>	<b>144</b>	DĄBROWA NORDIC TEAM	K30-39	5			00:06:23	00:18:00	00:36:41	00:55:53	<b>01:15:04.20</b>	<b>01:21:27.65</b>	+00:16:02	7:30	8
61	<b>ŁABUS Izabela</b>	<b>157</b>	FABRIKANORDIKA	K18-29	5			00:05:15	00:18:22	00:36:55	00:55:49	<b>01:15:05.40</b>	<b>01:20:21.30</b>	+00:16:04	7:30	8
62	<b>SITKO Małgorzata</b>	<b>195</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:06:54	00:18:12	00:36:44	00:55:54	<b>01:15:11.00</b>	<b>01:22:05.15</b>	+00:16:09	7:31	8
63	<b>SZALWA-NIEZGODA Agnieszka</b>	<b>245</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	8			00:06:52	00:18:12	00:36:47	00:55:55	<b>01:15:12.55</b>	<b>01:22:04.85</b>	+00:16:11	7:31	8
64	<b>RE CZULSKI Mikołaj</b>	<b>190</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	9			00:01:43	00:18:17	00:37:44	00:56:47	<b>01:15:13.45</b>	<b>01:16:57.40</b>	+00:16:12	7:31	8
65	<b>CZY CZ Kazimierz</b>	<b>117</b>	GREEN TEAM ZIELONA GÓRA	M60-69	5			00:03:59	00:18:21	00:37:13	00:56:08	<b>01:15:24.65</b>	<b>01:19:24.30</b>	+00:16:23	7:32	8
66	<b>MOCZARSKI Mirosław</b>	<b>24</b>	KLUB NW 'WŁÓCZYKJE'	M50-59	11			00:02:50	00:18:31	00:37:26	00:56:32	<b>01:15:29.95</b>	<b>01:18:20.75</b>	+00:16:28	7:33	7.9
67	<b>ĆWIAKAŁA Halina</b>	<b>118</b>	SAMOTNI WĘDROWCY	K40-49	9			00:06:55	00:18:31	00:37:34	00:56:50	<b>01:15:52.15</b>	<b>01:22:47.85</b>	+00:16:50	7:35	7.9
68	<b>SOBAŃSKA Grażyna</b>	<b>200</b>		K60-69	1			00:08:02	00:18:48	00:37:59	00:57:07	<b>01:15:53.40</b>	<b>01:23:56.15</b>	+00:16:52	7:35	7.9
69	<b>POZNAŃSKI Wiesław</b>	<b>182</b>	AMATOR	M50-59	12			00:03:33	00:19:18	00:38:32	00:57:34	<b>01:15:58.65</b>	<b>01:19:31.65</b>	+00:16:57	7:35	7.9
70	<b>KRZANOWSKA Małgorzata</b>	<b>145</b>	SAMOTNI WĘDROWCY	K40-49	10			00:06:55	00:18:31	00:37:35	00:56:51	<b>01:16:03.25</b>	<b>01:22:59.10</b>	+00:17:01	7:36	7.9
71	<b>CHOCHŁA (STYGA) Monika</b>	<b>112</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K18-29	6			00:05:14	00:18:11	00:37:10	00:56:44	<b>01:16:06.25</b>	<b>01:21:20.75</b>	+00:17:04	7:36	7.9
72	<b>MAJDAN Grzegorz</b>	<b>162</b>	DKSA	M18-29	10			00:01:45	00:18:20	00:37:26	00:56:47	<b>01:16:07.60</b>	<b>01:17:52.75</b>	+00:17:06	7:36	7.9
73	<b>WIENSKO Ryszard</b>	<b>223</b>		M60-69	6			00:03:58	00:19:20	00:38:45	00:57:43	<b>01:16:08.10</b>	<b>01:20:06.95</b>	+00:17:06	7:36	7.9
74	<b>MROCZKOWSKI Janusz</b>	<b>171</b>	EPOKA NORDICA ŁÓDŹ	M60-69	7			00:03:57	00:18:49	00:38:25	00:57:34	<b>01:16:09.60</b>	<b>01:20:07.35</b>	+00:17:08	7:37	7.9
75	<b>POKRYWKA Bożena</b>	<b>485</b>	KLUB NW 'WŁÓCZYKJE'	K40-49	11			00:06:54	00:18:39	00:37:51	00:57:03	<b>01:16:16.40</b>	<b>01:23:11.30</b>	+00:17:15	7:37	7.9
76	<b>ŚLUSARCZYK Grzegorz</b>	<b>235</b>	WESOŁY BORSUK TEAM	M40-49	16			00:02:51	00:18:27	00:37:43	00:57:01	<b>01:16:17.15</b>	<b>01:19:08.90</b>	+00:17:15	7:37	7.9
77	<b>SZCZEPAŃSKA Anna</b>	<b>210</b>	FABRIKANORDIKA	K30-39	6			00:06:23	00:18:27	00:37:45	00:57:12	<b>01:16:17.35</b>	<b>01:22:40.60</b>	+00:17:16	7:37	7.9
78	<b>KOWALCZYK Edyta</b>	<b>141</b>	KS METRACO POLKOWICE	K40-49	12			00:06:52	00:18:51	00:38:27	00:57:37	<b>01:16:19.75</b>	<b>01:23:12.05</b>	+00:17:18	7:38	7.9
79	<b>GRONALEWSKI Krzysztof</b>	<b>127</b>	BŁĘKITNI NW DZIEMIANY	M30-39	6	1		00:02:06	00:19:24	00:38:23	00:57:38	<b>01:16:32.05</b>	<b>01:18:38.70</b>	+00:17:30	7:39	7.8
80	<b>ŻUCHOWICZ Elżbieta</b>	<b>232</b>	DĄBROWA NORDIC TEAM	K50-59	3			00:07:43	00:18:40	00:38:07	00:57:14	<b>01:16:42.20</b>	<b>01:24:26.05</b>	+00:17:40	7:40	7.8
81	<b>JARZYŃSKA Małgorzata</b>	<b>131</b>	HIFI ARTE	K50-59	4			00:07:44	00:19:03	00:38:26	00:57:46	<b>01:17:07.35</b>	<b>01:24:52.00</b>	+00:18:06	7:42	7.8
82	<b>NETKOWSKI Wojciech</b>	<b>244</b>	PASJA NORDIC WALKING	M50-59	13			00:03:32	00:19:00	00:38:32	00:57:55	<b>01:17:14.75</b>	<b>01:20:47.15</b>	+00:18:13	7:43	7.8
83	<b>BOGACZ Grzegorz</b>	<b>108</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	17			00:02:52	00:18:12	00:38:00	00:57:44	<b>01:17:36.00</b>	<b>01:20:28.35</b>	+00:18:34	7:45	7.7
84	<b>HAJNUS Wojciech</b>	<b>128</b>		M50-59	14			00:03:30	00:18:59	00:38:30	00:58:10	<b>01:17:42.10</b>	<b>01:21:12.40</b>	+00:18:40	7:46	7.7
85	<b>ADAMOWSKI Jacek</b>	<b>100</b>	UNIA MIAST	M30-39	7			00:02:08	00:19:51	00:40:14	00:59:24	<b>01:17:44.20</b>	<b>01:19:52.30</b>	+00:18:42	7:46	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
86	ZACHARCZUK Zofia	230	FACE NORDIC WALKING TEAM	K50-59	5			00:07:44	00:19:12	00:38:41	00:58:15	01:17:55.30	01:25:39.90	+00:18:53	7:47	7.7
87	WAŁECKA Krystyna	222	FACE NORDIC WALKING TEAM	K60-69	2			00:08:03	00:19:09	00:38:39	00:58:24	01:18:11.20	01:26:14.95	+00:19:09	7:49	7.7
88	KOZŁOWSKA Agnieszka	243	FACE NORDIC WALKING TEAM	K40-49	13			00:06:53	00:19:02	00:38:27	00:58:20	01:18:18.30	01:25:12.05	+00:19:16	7:49	7.7
89	ŚCIBISZ Bogdan	239	DĄBROWA NORDIC TEAM	M70+	2			00:04:17	00:18:40	00:38:19	00:58:48	01:18:18.80	01:22:35.90	+00:19:17	7:49	7.7
90	RYKAŁA Irena	192		K30-39	7			00:06:22	00:19:03	00:38:45	00:58:31	01:18:26.55	01:24:49.50	+00:19:25	7:50	7.6
91	JURCZYŃSKA Bożena	135	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:07:45	00:19:14	00:39:04	00:58:54	01:18:31.70	01:26:16.90	+00:19:30	7:51	7.6
92	DZIUBAK Janusz	124	RYBNICKI KLUB NORDIC WALKING	M50-59	15			00:03:32	00:19:26	00:39:22	00:59:23	01:18:37.90	01:22:10.45	+00:19:36	7:51	7.6
93	SIMKO Zbigniew	194	KLUB NW 'WŁÓCZYKJE'	M60-69	8			00:03:58	00:19:22	00:39:12	00:59:17	01:18:38.80	01:22:37.15	+00:19:37	7:51	7.6
94	STEFAŃSKI Andrzej	206	FACE NORDIC WALKING TEAM	M50-59	16			00:03:31	00:19:35	00:39:12	00:59:27	01:18:41.00	01:22:12.30	+00:19:39	7:52	7.6
95	STEC Anna	204	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K18-29	7			00:05:15	00:19:45	00:39:52	00:59:30	01:18:59.50	01:24:15.05	+00:19:58	7:54	7.6
96	WORONKO-ZACZYŃSKA Janina	228	KS METRACO POLKOWICE	K70+	1			00:08:04	00:19:29	00:39:04	00:59:04	01:19:13.60	01:27:18.40	+00:20:12	7:55	7.6
97	POSTEK Danuta	181	MARSZ PO ZDROWIE	K50-59	7			00:07:45	00:19:30	00:39:29	00:59:21	01:19:23.40	01:27:08.75	+00:20:22	7:56	7.6
98	ŚLEWIŃSKA Magdalena	216	BŁĘKITNI NW DZIEMIANY	K18-29	8			00:05:15	00:19:08	00:39:26	00:59:38	01:19:27.30	01:24:42.40	+00:20:25	7:56	7.6
99	TROJAN Elżbieta	218	KLUB NW 'WŁÓCZYKJE'	K30-39	8			00:06:25	00:19:30	00:39:30	00:59:33	01:19:28.50	01:25:53.75	+00:20:27	7:56	7.6
100	SZEWczyk Marek	213	FACE NORDIC WALKING TEAM	M50-59	17			00:03:33	00:19:34	00:39:13	00:59:30	01:19:36.80	01:23:10.40	+00:20:35	7:57	7.5
101	PACZUSKA Małgorzata	246	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:07:45	00:19:26	00:39:11	00:59:26	01:19:40.20	01:27:26.05	+00:20:38	7:58	7.5
102	DZIEMIŃSKA Magdalena	123	BŁĘKITNI NW DZIEMIANY	K30-39	9			00:06:23	00:20:01	00:40:08	01:00:07	01:19:43.55	01:26:07.30	+00:20:42	7:58	7.5
103	WIŚNIEWSKI Kazimierz	226	ZGÓRKI	M60-69	9			00:03:59	00:19:33	00:39:32	00:59:46	01:19:44.90	01:23:44.65	+00:20:43	7:58	7.5
104	RACZYŃSKA Aleksandra	188	UNIA MIAST	K70+	2			00:08:03	00:19:29	00:39:17	00:59:31	01:19:52.20	01:27:55.85	+00:20:50	7:59	7.5
105	KOSIŃSKA Maria	137	MOSIR RYPIN	K60-69	3			00:08:03	00:19:25	00:39:26	00:59:45	01:19:54.05	01:27:57.35	+00:20:52	7:59	7.5
106	WRÓŃSKA Wiesława	229	BŁĘKITNI NW DZIEMIANY	K40-49	14			00:06:55	00:20:05	00:40:06	01:00:28	01:20:33.20	01:27:28.70	+00:21:31	8:03	7.4
107	CZECH Tomasz	326	SANOK SKI TEAM	M30-39	8			00:02:06	00:19:24	00:39:15	00:59:44	01:20:37.70	01:22:44.55	+00:21:36	8:03	7.4
108	BUBAŁA Grażyna	242	UNIA MIAST	K30-39	10			00:06:24	00:20:08	00:40:17	01:00:35	01:20:45.40	01:27:10.25	+00:21:44	8:04	7.4
109	BOROWSKI Marcin	109	FACE NORDIC WALKING TEAM	M30-39	9			00:02:07	00:20:03	00:40:30	01:00:50	01:20:49.25	01:22:56.65	+00:21:47	8:04	7.4
110	POCAŁUŃ Adam	483	SANOK SKI TEAM	M70+	3			00:04:16	00:19:44	00:40:27	01:00:51	01:20:49.30	01:25:06.15	+00:21:47	8:05	7.4
111	BRYL Janina	110		K50-59	9	1		00:07:47	00:19:58	00:40:11	01:00:42	01:21:03.35	01:28:50.75	+00:22:02	8:06	7.4
112	KUŹMA Elżbieta	153	KLUB NW 'WŁÓCZYKJE'	K50-59	10			00:07:45	00:20:05	00:40:20	01:00:37	01:21:27.15	01:29:12.35	+00:22:25	8:08	7.4
113	OLENDEREK Zygmunt	175		M70+	4			00:04:17	00:19:35	00:39:59	01:00:40	01:21:39.50	01:25:57.00	+00:22:38	8:10	7.3
114	JANDZIŚ Ewa	256	KOLBUSZOWSKI KLUB NORDIC WALKING	K30-39	11			00:06:27	00:20:05	00:40:37	01:01:24	01:21:44.90	01:28:12.05	+00:22:43	8:10	7.3
115	TURZYŃSKA-STOPA Maria	219	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:08:02	00:19:56	00:40:13	01:00:43	01:21:46.00	01:29:48.45	+00:22:44	8:10	7.3
116	MOJSIEJCZUK Ryszard	170	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	5			00:04:17	00:20:10	00:40:49	01:01:29	01:21:46.55	01:26:04.05	+00:22:45	8:10	7.3
117	JANKOWSKA Wioletta	129	MK TEAM SPORT W WIELKIM MIESCIE	K40-49	15			00:06:53	00:19:59	00:40:31	01:01:07	01:21:53.50	01:28:47.15	+00:22:52	8:11	7.3
118	KOSSOWSKI Marian	139	MARYSIN	M50-59	18			00:03:31	00:20:14	00:41:15	01:02:04	01:22:51.15	01:26:22.15	+00:23:49	8:17	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
119	<b>PŁASZCZYCA Rafał</b>	<b>180</b>	NIEZRZESZONY	M40-49	18			00:02:51	00:20:10	00:40:42	01:01:49	<b>01:23:14.40</b>	<b>01:26:05.40</b>	+00:24:13	8:19	7.2
120	<b>JAROSZ Anna</b>	<b>130</b>	KLUB NW 'WŁÓCZYKJE'	K60-69	5	1		00:08:03	00:20:01	00:40:48	01:01:57	<b>01:23:29.85</b>	<b>01:31:33.30</b>	+00:24:28	8:21	7.2
121	<b>SZEWczyk Agnieszka</b>	<b>212</b>	FACE NORDIC WALKING TEAM	K40-49	16			00:06:54	00:20:29	00:41:04	01:02:12	<b>01:23:37.60</b>	<b>01:30:32.05</b>	+00:24:36	8:21	7.2
122	<b>MACH Alicja</b>	<b>254</b>		K50-59	11			00:07:44	00:20:00	00:41:02	01:02:40	<b>01:23:50.00</b>	<b>01:31:34.65</b>	+00:24:48	8:23	7.2
123	<b>KOTULA Jakub</b>	<b>140</b>		M30-39	10			00:02:07	00:20:24	00:41:18	01:02:36	<b>01:23:52.15</b>	<b>01:25:59.85</b>	+00:24:50	8:23	7.2
124	<b>WIŚNIEWSKA Tamara</b>	<b>225</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K50-59	12			00:07:46	00:21:19	00:42:13	01:03:10	<b>01:24:06.00</b>	<b>01:31:52.20</b>	+00:25:04	8:24	7.1
125	<b>OMARSKA Grażyna</b>	<b>176</b>	PASJA NORDIC WALKING	K50-59	13			00:07:47	00:20:45	00:41:46	01:03:04	<b>01:24:33.45</b>	<b>01:32:20.80</b>	+00:25:32	8:27	7.1
126	<b>MIESZCZANIN Joanna</b>	<b>248</b>	FABRIKANORDIKA	K30-39	12			00:06:25	00:20:29	00:41:24	01:02:55	<b>01:24:40.55</b>	<b>01:31:05.65</b>	+00:25:39	8:28	7.1
127	<b>TRĘTOWICZ Beata</b>	<b>217</b>	KKNW/FACE NORDIC WALKING TEAM	K40-49	17			00:06:55	00:20:57	00:42:28	01:04:00	<b>01:25:26.85</b>	<b>01:32:21.90</b>	+00:26:25	8:32	7
128	<b>JANDZIŚ Wiesław</b>	<b>257</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	19			00:02:55	00:20:24	00:43:55	01:06:18	<b>01:26:16.15</b>	<b>01:29:11.25</b>	+00:27:14	8:37	7
129	<b>KOSSOWSKA Anna</b>	<b>138</b>	MARYSIN	K50-59	14			00:07:46	00:21:42	00:43:00	01:04:34	<b>01:26:22.25</b>	<b>01:34:08.65</b>	+00:27:20	8:38	6.9
130	<b>MARCINKOWSKA Renata</b>	<b>164</b>	FACE NORDIC WALKING TEAM	K60-69	6			00:08:04	00:21:23	00:43:02	01:04:41	<b>01:26:39.15</b>	<b>01:34:44.05</b>	+00:27:37	8:40	6.9
131	<b>CHRAPEK Urszula</b>	<b>113</b>	KS RUDZICA	K18-29	9			00:05:15	00:21:11	00:42:43	01:04:37	<b>01:26:54.25</b>	<b>01:32:09.40</b>	+00:27:52	8:41	6.9
132	<b>SMARUJ-SADOWSKA Janina</b>	<b>198</b>		K60-69	7			00:08:04	00:20:57	00:42:48	01:05:09	<b>01:27:33.80</b>	<b>01:35:37.85</b>	+00:28:32	8:45	6.9
133	<b>GERLE-KOTULA Anna</b>	<b>126</b>		K30-39	13			00:06:24	00:22:16	00:44:47	01:06:34	<b>01:27:56.65</b>	<b>01:34:20.85</b>	+00:28:55	8:47	6.8
134	<b>RUBACHA Marek</b>	<b>191</b>	EPOKA NORDICA ŁÓDŹ	M60-69	10			00:03:58	00:21:38	00:43:39	01:06:08	<b>01:27:58.75</b>	<b>01:31:57.30</b>	+00:28:57	8:47	6.8
135	<b>STEFANIAK Bożena</b>	<b>205</b>		K50-59	15			00:07:47	00:21:20	00:43:22	01:05:54	<b>01:28:27.50</b>	<b>01:36:14.55</b>	+00:29:26	8:50	6.8
136	<b>RYSZKOWSKA Małgorzata</b>	<b>503</b>	WŁÓCZYKJE SKOCZÓW	K50-59	16			00:07:46	00:21:16	00:43:18	01:05:44	<b>01:28:27.70</b>	<b>01:36:14.25</b>	+00:29:26	8:50	6.8
137	<b>LINKA Renata</b>	<b>154</b>		K40-49	18			00:06:56	00:21:54	00:44:02	01:06:35	<b>01:29:15.25</b>	<b>01:36:11.60</b>	+00:30:13	8:55	6.7
138	<b>DYLEWSKA Barbara</b>	<b>238</b>	DĄBROWA NORDIC TEAM	K60-69	8			00:08:02	00:21:42	00:44:16	01:06:51	<b>01:29:21.45</b>	<b>01:37:24.20</b>	+00:30:20	8:56	6.7
139	<b>JÓZWIAK Dominik</b>	<b>134</b>	WTW.WŁOCŁAWEK	M18-29	11			00:01:43	00:22:28	00:44:56	01:07:52	<b>01:30:03.60</b>	<b>01:31:47.45</b>	+00:31:02	9:00	6.7
140	<b>LIPIŃSKA Urszula</b>	<b>155</b>	FACE NORDIC WALKING TEAM	K40-49	19			00:06:54	00:23:04	00:46:21	01:09:24	<b>01:32:27.95</b>	<b>01:39:22.70</b>	+00:33:26	9:14	6.5
141	<b>PSZENICZNY-PIECUCH Karolina</b>	<b>185</b>		K30-39	14			00:06:26	00:26:01	00:52:34	01:18:04	<b>01:42:53.45</b>	<b>01:49:19.65</b>	+00:43:52	10:17	5.8
142	<b>CICHOWICZ-SKAŁA Katarzyna</b>	<b>260</b>		K30-39	15			00:06:28	00:30:01	01:00:32	01:30:52	<b>01:59:51.35</b>	<b>02:06:19.50</b>	+01:00:50	11:59	5
143	<b>BARŁOWSKA Małgorzata</b>	<b>103</b>	SANTANDER CONSUMER BANK	K40-49	20			00:06:27	00:30:02	01:00:32	01:30:52	<b>01:59:51.55</b>	<b>02:06:19.10</b>	+01:00:50	11:59	5
DQ	<b>KURASZYŃSKA Dorota</b>	<b>150</b>		K30-39			Tak	DQ	DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-	-
DQ	<b>KALISZ Krzysztof</b>	<b>136</b>	KS METRACO POLKOWICE	M60-69			Tak	DQ	DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-	-

Znaleziono 145 wynik(ów)