KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

Organizator: PFNW
Data: 2016-06-11
Miejsce: Kolbuszowa
Dystans: 21.1 km

HERKULES
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.366km	0.733km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**SKIBA Krzysztof**	**32**	KS METRACO POLKOWICE	M 50-59	1			00:01:23	00:02:10	00:04:21	00:06:33	00:21:40	00:37:05	00:52:33	01:08:09	01:23:46	01:39:54	01:55:48	**02:11:59.60**	**02:13:22.85**		6:15	9.6 (100%)
2	**DZIEDIEWCH Andrzej**	**10**	KS METRACO POLKOWICE	M 30-39	1			00:01:13	00:02:09	00:04:25	00:06:41	00:21:50	00:37:14	00:52:41	01:08:20	01:23:57	01:40:04	01:56:05	**02:13:02.10**	**02:14:16.05**	+00:01:02 (0.8%)	6:18	9.5 (99.0%)
3	**HELWICH Stefan**	**12**	KS METRACO POLKOWICE	M 60+	1			00:01:21	00:02:22	00:04:45	00:07:11	00:23:38	00:40:12	00:56:37	01:12:46	01:29:21	01:45:46	02:02:28	**02:19:10.10**	**02:20:31.15**	+00:07:10 (5.2%)	6:35	9.1 (94.8%)
4	**WIŚNIEWSKI Jacek**	**41**	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59	2			00:01:18	00:02:24	00:04:47	00:07:10	00:23:44	00:40:21	00:56:44	01:13:07	01:29:24	01:45:49	02:02:29	**02:19:10.30**	**02:20:29.15**	+00:07:10 (5.2%)	6:35	9.1 (94.8%)
5	**STUPNOWICZ Przemek**	**37**	EPOKA NORDICA ŁÓDŹ	M 18-29	1			00:01:14	00:02:23	00:04:48	00:07:14	00:24:21	00:40:34	00:56:53	01:13:22	01:29:49	01:46:19	02:02:53	**02:19:33.60**	**02:20:47.80**	+00:07:34 (5.4%)	6:36	9.1 (94.8%)
6	**KORDOWSKI Piotr**	**54**	NOWA HUTA TEAM	M 40-49	1			00:01:15	00:02:23	00:04:48	00:07:13	00:23:43	00:40:17	00:56:44	01:12:57	01:29:29	01:45:58	02:03:09	**02:19:48.25**	**02:21:03.75**	+00:07:48 (5.6%)	6:37	9.1 (94.8%)
7	**BIK Stanisław**	**3**	KS METRACO POLKOWICE	M 50-59	3			00:01:18	00:02:23	00:04:47	00:07:11	00:23:44	00:40:18	00:56:43	01:13:09	01:29:28	01:45:58	02:02:49	**02:19:48.90**	**02:21:07.10**	+00:07:49 (5.6%)	6:37	9.1 (94.8%)
8	**NIEPOKÓJ Radosław**	**25**		M 18-29	2			00:01:14	00:02:26	00:04:51	00:07:15	00:23:52	00:40:23	00:56:52	01:13:18	01:29:49	01:46:31	02:03:23	**02:20:43.20**	**02:21:58.10**	+00:08:43 (6.2%)	6:40	9 (93.8%)
9	**BOGACKI Sławek**	**4**	ENERGA NW TEAM	M 40-49	2	1		00:01:16	00:02:23	00:04:47	00:07:13	00:24:21	00:41:15	00:58:09	01:15:08	01:32:04	01:49:00	02:06:05	**02:23:13.05**	**02:24:29.45**	+00:11:13 (7.8%)	6:47	8.8 (91.7%)
10	**ZACZYŃSKA Anna**	**45**	KS METRACO POLKOWICE	K 30-39	1			00:01:48	00:02:19	00:04:43	00:07:10	00:23:55	00:40:43	00:57:54	01:15:32	01:33:11	01:50:34	02:08:17	**02:25:46.75**	**02:27:35.20**	+00:13:47 (9.5%)	6:54	8.7 (90.6%)
11	**ŻYWICKI Marcin**	**48**	BŁĘKITNI NW DZIEMIANY	M 30-39	2			00:01:14	00:02:30	00:04:59	00:07:30	00:24:35	00:41:44	00:58:45	01:15:54	01:33:05	01:50:38	02:08:23	**02:26:14.10**	**02:27:28.90**	+00:14:14 (9.7%)	6:55	8.7 (90.6%)
12	**LENZ Andrzej**	**20**	ALTOM	M 50-59	4	1		00:01:19	00:02:32	00:05:05	00:07:38	00:24:39	00:41:44	00:58:55	01:16:14	01:34:03	01:51:41	02:09:30	**02:27:43.10**	**02:29:02.20**	+00:15:43 (10.6%)	7:00	8.6 (89.6%)
13	**PIETRZYK Jarosław**	**27**	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	3			00:01:14	00:02:25	00:04:56	00:07:27	00:24:32	00:41:47	00:58:59	01:16:19	01:33:50	01:51:25	02:09:54	**02:29:00.70**	**02:30:14.75**	+00:17:01 (11.4%)	7:03	8.5 (88.5%)
14	**ZAREMBA Jakub**	**46**		M 30-39	4			00:01:16	00:02:28	00:04:59	00:07:29	00:24:45	00:42:09	00:59:39	01:17:33	01:35:25	01:53:21	02:11:14	**02:29:07.30**	**02:30:23.95**	+00:17:07 (11.5%)	7:04	8.5 (88.5%)
15	**WOJCIECHOWSKI Tadeusz**	**43**	DĄBROWA NORDIC TEAM	M 60+	2			00:01:19	00:02:29	00:05:03	00:07:38	00:25:12	00:43:01	01:00:52	01:18:48	01:36:51	01:55:05	02:13:10	**02:31:28.15**	**02:32:47.25**	+00:19:28 (12.9%)	7:10	8.4 (87.5%)
16	**MITURA-ZIELONKA Paweł**	**23**	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39	5			00:01:14	00:02:27	00:04:56	00:07:26	00:24:46	00:41:58	00:58:59	01:16:14	01:33:49	01:52:29	02:11:47	**02:31:39.65**	**02:32:54.45**	+00:19:40 (13.0%)	7:11	8.3 (86.5%)
17	**MAKOWSKI Jan**	**21**	RYBNICKI KLUB NORDIC WALKING	M 50-59	5			00:01:17	00:02:23	00:04:46	00:07:09	00:23:55	00:41:16	00:58:43	01:17:11	01:35:33	01:54:18	02:13:00	**02:31:40.15**	**02:32:57.55**	+00:19:40 (13.0%)	7:11	8.3 (86.5%)
18	**SZCZEBAK Jacek**	**39**	UNIA MIAST	M 40-49	3			00:01:22	00:02:29	00:05:03	00:07:37	00:25:16	00:43:04	01:00:48	01:18:43	01:36:48	01:55:02	02:13:33	**02:32:19.70**	**02:33:41.85**	+00:20:20 (13.3%)	7:13	8.3 (86.5%)
19	**ZAGAJA Janusz**	**50**	WESOŁY BORSUK TEAM	M 60+	3			00:01:19	00:02:25	00:04:52	00:07:21	00:24:29	00:41:45	00:59:21	01:17:26	01:35:49	01:54:36	02:13:33	**02:34:34.15**	**02:35:53.45**	+00:22:34 (14.6%)	7:19	8.2 (85.4%)
20	**OLSCHIMKE-MARMUROWICZ Barbara**	**26**	SILESIA NORDIC TEAM	K 40-49	1			00:01:49	00:02:39	00:05:22	00:08:04	00:26:24	00:45:07	01:03:57	01:22:12	01:40:09	01:58:31	02:16:58	**02:35:37.05**	**02:37:26.50**	+00:23:37 (15.2%)	7:22	8.1 (84.4%)
21	**JANCZYK Małgorzata**	**13**	EPOKA NORDICA ŁÓDŹ	K 30-39	2			00:01:47	00:02:23	00:04:52	00:07:22	00:24:54	00:43:03	01:01:18	01:19:38	01:38:20	01:57:24	02:16:48	**02:37:26.95**	**02:39:14.75**	+00:25:27 (16.2%)	7:27	8 (83.3%)
22	**ZIĘTEK Sylwia**	**52**	SILESIA NORDIC TEAM	K 30-39	3			00:01:47	00:02:33	00:05:14	00:07:55	00:26:21	00:45:06	01:03:58	01:22:26	01:41:21	02:00:31	02:19:53	**02:38:05.40**	**02:39:53.00**	+00:26:05 (16.5%)	7:29	8 (83.3%)
23	**REJMAN Dorota**	**29**	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 30-39	4			00:01:48	00:02:41	00:05:24	00:08:16	00:27:43	00:46:43	01:05:40	01:24:08	01:42:38	02:01:19	02:19:51	**02:38:28.35**	**02:40:17.10**	+00:26:28 (16.7%)	7:30	8 (83.3%)
24	**STĘPIEŃ Lucyna**	**35**	KS METRACO POLKOWICE	K 50-59	1			00:01:51	00:02:40	00:05:23	00:08:08	00:26:56	00:45:38	01:04:34	01:23:42	01:42:34	02:01:37	02:20:41	**02:39:47.75**	**02:41:38.75**	+00:27:48 (17.4%)	7:34	7.9 (82.3%)
25	**WESOŁOWSKI Wojciech**	**51**	NORDIC TEAM GNIEZNO	M 60+	4			00:01:20	00:02:31	00:05:04	00:07:37	00:26:16	00:44:43	01:02:36	01:20:43	01:39:42	01:59:09	02:19:37	**02:40:03.45**	**02:41:23.65**	+00:28:03 (17.5%)	7:35	7.9 (82.3%)
26	**WOLNIEWICZ Katarzyna**	**44**	FABRIKANORDIKA	K 40-49	2	1		00:01:49	00:02:41	00:05:23	00:08:06	00:26:48	00:45:29	01:04:23	01:23:22	01:42:43	02:02:15	02:22:09	**02:42:30.00**	**02:44:19.25**	+00:30:30 (18.8%)	7:42	7.8 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.366km	0.733km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
27	**KARASIEWICZ Irena**	**15**	FACE NORDIC WALKING TEAM	K 50-59	2			00:01:51	00:02:43	00:05:29	00:08:16	00:27:06	00:45:58	01:05:00	01:24:23	01:43:55	02:03:30	02:23:15	**02:43:10.45**	**02:45:01.70**	+00:31:10 (19.1%)	7:43	7.8 (81.3%)
28	**TYLUTKI Agnieszka**	**40**	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 40-49	3			00:01:50	00:02:41	00:05:26	00:08:15	00:27:47	00:47:09	01:06:28	01:25:22	01:44:35	02:04:14	02:24:09	**02:43:58.75**	**02:45:49.00**	+00:31:59 (19.5%)	7:46	7.7 (80.2%)
29	**GRĄDZKA-MOŻYSZEK Aleksandra**	**53**	FORMA NA PIĄTKĘ NW PABIANICE	K 50-59	3			00:01:52	00:02:43	00:05:29	00:08:16	00:27:17	00:46:28	01:05:39	01:25:13	01:44:57	02:04:48	02:24:30	**02:44:09.40**	**02:46:02.00**	+00:32:09 (19.6%)	7:46	7.7 (80.2%)
30	**WITKOWSKA Maria**	**42**	UNIA MIAST	K 60+	1			00:01:52	00:02:46	00:05:32	00:08:21	00:28:09	00:47:42	01:07:15	01:26:47	01:46:24	02:06:34	02:26:37	**02:46:03.10**	**02:47:55.35**	+00:34:03 (20.5%)	7:52	7.6 (79.2%)
31	**CZYCZ Emilia**	**9**	GREEN TEAM ZIELONA GÓRA	K 60+	2			00:01:53	00:02:42	00:05:26	00:08:15	00:27:15	00:46:28	01:05:47	01:25:24	01:45:10	02:05:39	02:26:20	**02:46:20.10**	**02:48:13.55**	+00:34:20 (20.6%)	7:52	7.6 (79.2%)
32	**KANIOWSKA Beata**	**14**	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49	4			00:01:50	00:02:43	00:05:29	00:08:16	00:27:34	00:47:07	01:06:22	01:25:26	01:45:14	02:05:31	02:26:19	**02:47:04.70**	**02:48:55.45**	+00:35:05 (21.0%)	7:55	7.6 (79.2%)
33	**KOBIELA Daria**	**16**	BŁĘKITNI NW DZIEMIANY	K 18-29	1			00:01:46	00:02:43	00:05:31	00:08:23	00:27:53	00:47:37	01:07:18	01:27:04	01:46:41	02:06:38	02:26:33	**02:47:22.60**	**02:49:09.35**	+00:35:23 (21.1%)	7:55	7.6 (79.2%)
34	**KRYSZCZUK Krzysztof**	**18**	FACE NORDIC WALKING TEAM	M 40-49	4			00:01:18	00:02:51	00:05:44	00:08:38	00:28:12	00:47:45	01:07:19	01:26:53	01:46:34	02:06:34	02:27:20	**02:48:09.25**	**02:49:27.45**	+00:36:09 (21.5%)	7:58	7.5 (78.1%)
35	**ROSADZIŃSKA Natalia**	**30**		K 18-29	2			00:01:47	00:02:50	00:05:42	00:08:36	00:28:40	00:48:46	01:08:39	01:28:22	01:48:18	02:08:14	02:28:26	**02:48:33.40**	**02:50:20.45**	+00:36:33 (21.7%)	7:59	7.5 (78.1%)
36	**REGULSKI Paweł**	**28**		M 30-39	6			00:01:15	00:02:32	00:05:08	00:07:50	00:27:05	00:46:29	01:06:12	01:26:09	01:46:36	02:07:15	02:28:30	**02:49:29.55**	**02:50:45.30**	+00:37:29 (22.1%)	8:01	7.5 (78.1%)
37	**FRANKIEWICZ Mirosław**	**11**	FORMA NA PIĄTKĘ NW PABIANICE	M 40-49	5	1		00:01:17	00:02:56	00:05:52	00:08:52	00:28:46	00:48:23	01:08:37	01:29:09	01:49:26	02:09:56	02:30:38	**02:51:24.30**	**02:52:41.95**	+00:39:24 (23.0%)	8:07	7.4 (77.1%)
38	**CIENNIK Kalina**	**8**		K 40-49	5			00:01:49	00:02:41	00:05:29	00:08:18	00:28:05	00:48:14	01:08:35	01:28:27	01:48:51	02:09:53	02:32:16	**02:54:21.55**	**02:56:11.20**	+00:42:21 (24.3%)	8:15	7.3 (76.0%)
39	**CICHOŃ Aneta**	**6**	FABRIKANORDIKA	K 30-39	5			00:01:47	00:02:39	00:05:26	00:08:12	00:27:18	00:46:53	01:07:01	01:26:50	01:47:29	02:08:59	02:33:00	**02:56:20.85**	**02:58:08.45**	+00:44:21 (25.2%)	8:21	7.2 (75.0%)
40	**SŁABOŃ-SIKORA Aneta**	**34**	DĄBROWA NORDIC TEAM	K 30-39	6			00:01:48	00:02:47	00:05:43	00:08:43	00:29:33	00:50:04	01:10:32	01:31:27	01:52:55	02:14:42	02:36:52	**02:58:53.85**	**03:00:42.05**	+00:46:54 (26.2%)	8:28	7.1 (74.0%)
41	**CIENNIK Wiktor**	**7**	FOREVER YOUNG	M 50-59	6			00:01:17	00:02:52	00:05:48	00:08:44	00:28:21	00:48:55	01:09:17	01:31:15	01:53:17	02:15:14	02:37:23	**02:59:26.15**	**03:00:43.40**	+00:47:26 (26.4%)	8:30	7.1 (74.0%)
42	**KUCYPERA Dagmara**	**19**	DĄBROWA NORDIC TEAM	K 40-49	6			00:01:50	00:02:52	00:05:49	00:08:49	00:29:31	00:50:37	01:11:56	01:33:03	01:54:22	02:16:02	02:38:17	**03:01:08.95**	**03:02:59.00**	+00:49:09 (27.1%)	8:35	7 (72.9%)
43	**ZAWADZKA Maria**	**47**	KS METRACO POLKOWICE	K 60+	3			00:01:53	00:02:54	00:05:58	00:09:02	00:30:35	00:52:07	01:13:28	01:34:37	01:55:52	02:17:42	02:39:59	**03:02:26.40**	**03:04:19.40**	+00:50:26 (27.7%)	8:38	6.9 (71.9%)
44	**BARAN Marek**	**2**	KLUBSPORTU.PL	M 40-49	6			00:01:16	00:02:40	00:05:30	00:08:28	00:28:49	00:49:41	01:11:08	01:31:55	01:53:17	02:15:36	02:39:03	**03:03:21.75**	**03:04:38.10**	+00:51:22 (28.0%)	8:41	6.9 (71.9%)
45	**STRZELECKI Sebastian**	**36**	SAILING TEAM FERAJNA	M 40-49	7			00:01:15	00:02:57	00:05:55	00:09:12	00:29:55	00:51:21	01:13:12	01:35:09	01:57:06	02:18:59	02:40:57	**03:03:22.55**	**03:04:38.15**	+00:51:22 (28.0%)	8:41	6.9 (71.9%)
46	**ROZMUS Jolanta**	**31**	FACE NORDIC WALKING TEAM	K 60+	4	1		00:01:51	00:03:01	00:06:01	00:09:01	00:30:14	00:51:39	01:13:25	01:34:39	01:56:15	02:18:37	02:41:13	**03:03:35.60**	**03:05:27.55**	+00:51:36 (28.1%)	8:42	6.9 (71.9%)
47	**STUPNOWICZ Joanna**	**38**		K 40-49	7			00:01:51	00:03:05	00:06:10	00:09:22	00:31:27	00:53:33	01:15:27	01:37:07	01:59:05	02:21:31	02:44:41	**03:07:08.20**	**03:08:59.85**	+00:55:08 (29.5%)	8:52	6.8 (70.8%)
48	**BAĆ Wiesław**	**1**		M 40-49	8			00:01:17	00:03:01	00:06:13	00:09:30	00:32:00	00:54:29	01:16:44	01:38:42	02:00:58	02:23:24	02:46:05	**03:08:47.75**	**03:10:05.15**	+00:56:48 (30.1%)	8:56	6.7 (69.8%)
DQ	**LIS Robert**	**55**	N.Z	M 50-59			Tak	DQ	00:02:35 DQ	00:05:17 DQ	00:08:02 DQ	00:26:48 DQ	00:45:45 DQ	01:05:30 DQ	01:24:54 DQ	01:44:30 DQ	02:05:07 DQ	02:26:14 DQ	**02:47:47.00 DQ**	**DQ**		-	- (0.0%)

Znaleziono 49 wynik(ów)