



# KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-05-15  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 8,6 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km
1	SKIBA Krzysztof	664	KS METRAKO POLKOWICE	M 50-59	1		00:02:46	00:06:38	00:21:28	00:36:44	00:52:20
2	DZIEDZIEWICZ Andrzej	689	KS METRACO POLKOWICE	M 30-39			00:02:38	00:06:46	00:21:41	00:37:12	00:52:56
3	STILLER Karol	696	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39			00:02:39	00:07:07	00:22:44	00:39:04	00:55:00
4	KORDOWSKI Piotr	639	NOWA HUTA TEAM	M 40-49			00:02:40	00:07:07	00:22:42	00:39:04	00:55:00
5	WIŚNIEWSKI Jacek	677	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59			00:02:44	00:07:27	00:23:31	00:39:33	00:55:43
6	STUPNOWICZ Przemek	669	EPOKA NORDICA ŁÓDŹ	M 18-29			00:02:38	00:07:10	00:23:17	00:39:37	00:55:44
7	ADAMSKI Robert	621	DRUŻYNASZPIKU	M 40-49			00:02:42	00:07:12	00:23:35	00:39:53	00:56:15
8	BOGACKI Sławek	623	ENERGA NW TEAM	M 40-49			00:02:41	00:07:14	00:23:35	00:39:54	00:56:16
9	HELWICH Stefan	634	KS METRAKO POLKOWICE	M 60+			00:02:47	00:07:29	00:24:02	00:40:29	00:56:44
10	BIK Stanisław	622	KS METRACO POLKOWICE	M 50-59			00:02:45	00:07:32	00:24:07	00:40:33	00:56:48
11	ŻYWICKI Marcin	688	BŁĘKITNI DZIEMIANY	M 30-39			00:02:39	00:07:28	00:23:47	00:40:27	00:57:17
12	NALEPKA Jerzy	651	FACE NORDIC WALKING TEAM	M 60+			00:02:46	00:07:35	00:24:06	00:40:42	00:57:20
13	LENZ Andrzej	647	ALTOM	M 50-59			00:02:44	00:07:27	00:24:15	00:40:50	00:57:21
14	ZACZYŃSKA Anna	683	KS METRACO POLKOWICE	K 30-39	1		00:04:07	00:07:12	00:23:50	00:40:39	00:57:23
15	HAŁAS Marcin	693	FACE NORDIC WALKING TEAM	M 30-39			00:02:40	00:07:33	00:24:10	00:40:50	00:57:34
16	WRÓBEL Łukasz	682	FUNDACJA 'WTE PĘDY'	M 30-39			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16
17	PIETRZYK Jarosław	654	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39			00:02:39	00:07:27	00:24:32	00:41:34	00:58:18
18	ZAGAJA Janusz	684	WESOŁY BORSUK TEAM	M 60+			00:02:46	00:07:28	00:24:02	00:41:04	00:58:21
19	NOWROTEK Monika	652	WESOŁY BORSUK TEAM	K 18-29			00:04:06	00:07:16	00:24:10	00:41:16	00:58:35
20	DENCIKOWSKI Marek	629	KBBB/TKKF	M 40-49			00:02:44	00:07:42	00:24:38	00:41:41	00:58:47
21	JANCZYK Małgorzata	695	EPOKA NORDICA ŁÓDŹ	K 30-39			00:04:07	00:07:23	00:24:22	00:41:41	00:58:59
22	WESOŁOWSKI Wojciech	676	NORDIC TEAMGNIEZNO	M 60+			00:02:47	00:07:35	00:24:54	00:42:08	00:59:49
23	ZAREMBA Jakub	685		M 30-39			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56
24	WARUSZEWSKI Karol	675	BIEGAJĄCY TCZEW	M 40-49			00:02:41	00:07:50	00:25:34	00:42:57	00:59:58
25	SZCZĘBAK Jacek	671	UNIA MIAST	M 40-49			00:02:43	00:07:33	00:24:57	00:42:34	01:00:09
26	WOJCIECHOWSKI Tadeusz	679	DĄBROWA NORDIC TEAM	M 60+			00:02:46	00:07:55	00:25:17	00:42:45	01:00:10

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km
27	<b>OLSCHIMKE-MARUROWICZ Barbara</b>	<b>653</b>	SILESIA NORDIC TEAM	K 40-49			00:04:10	00:08:15	00:26:08	00:44:13	01:02:26
28	<b>ZIĘTEK Sylwia</b>	<b>687</b>	SILESIA NORDIC TEAM	K 30-39			00:04:08	00:07:50	00:25:51	00:44:10	01:02:29
29	<b>RADOMSKA Marta</b>	<b>656</b>	AVOCADO WELLNESS CLUB	K 30-39			00:04:09	00:08:15	00:26:20	00:44:22	01:02:29
30	<b>FOLWARSKI Andrzej</b>	<b>630</b>	FACE NORDIC WALKING TEAM	M 50-59			00:02:45	00:07:52	00:25:58	00:44:14	01:02:36
31	<b>MITURA-ZIELONKA Paweł</b>	<b>649</b>	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39			00:02:40	00:07:45	00:26:30	00:45:15	01:02:42
32	<b>STĘPIEŃ Lucyna</b>	<b>667</b>	KS METRACO POLKOWICE	K 50-59			00:04:14	00:08:06	00:26:01	00:44:19	01:02:58
33	<b>WOŁOWIEC Marcin</b>	<b>681</b>	FOREVER YOUNG ŁÓDŹ	M 40-49			00:02:43	00:07:50	00:26:35	00:45:12	01:03:54
34	<b>ŚLIWKA Wanda</b>	<b>672</b>	FACE NORDIC WALKING TEAM	K 50-59			00:04:16	00:08:31	00:26:52	00:45:27	01:04:04
35	<b>REJMAN Dorota</b>	<b>659</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39			00:04:09	00:08:22	00:27:06	00:45:40	01:04:09
36	<b>GWIZDAŁA Marcin</b>	<b>633</b>	GOSIR OSIELSKO	M 30-39			00:02:39	00:08:03	00:26:34	00:45:29	01:04:10
37	<b>WOLNIEWICZ Katarzyna</b>	<b>680</b>	FABRIKANORDIKA	K 40-49			00:04:12	00:08:29	00:27:01	00:45:36	01:04:16
38	<b>KANIEWSKA Beata</b>	<b>692</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49			00:04:13	00:08:20	00:26:51	00:45:30	01:04:17
39	<b>WAJS Jerzy</b>	<b>674</b>	NWCIECHANÓW	M 50-59			00:02:45	00:08:04	00:26:39	00:45:28	01:04:20
40	<b>KARASIEWICZ Irena</b>	<b>637</b>	FACE NORDIC WALKING TEAM	K 50-59	1		00:04:14	00:08:23	00:26:52	00:45:37	01:04:22
41	<b>GRĄDZKA-MOŻYSZEK Aleksandra</b>	<b>632</b>	FORMA NA PIĄTKĘ NW	K 50-59			00:04:13	00:08:23	00:27:10	00:45:48	01:04:30
42	<b>CZYCZ Emilia</b>	<b>628</b>	GREEN TEAM ZIELONA GÓRA	K 60+	1		00:04:14	00:08:28	00:27:07	00:45:47	01:04:32
43	<b>CICHOŃ Aneta</b>	<b>626</b>	FABRIKA NORDIKA	K 30-39			00:04:09	00:08:21	00:27:13	00:45:59	01:05:03
44	<b>LASOTA Dorota</b>	<b>645</b>	LZS JUSTYNÓW	K 40-49			00:04:12	00:08:23	00:27:13	00:46:13	01:05:07
45	<b>PIOTROWSKI Krzysztof</b>	<b>655</b>	FACE NORDIC WALKING TEAM	M 60+			00:02:48	00:09:18	00:27:32	00:46:15	01:05:30
46	<b>RUSZKOWSKA Bożena</b>	<b>662</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K 60+			00:04:16	00:08:38	00:27:34	00:46:44	01:05:55
47	<b>CHEĆKO Ewa</b>	<b>625</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	K 30-39			00:04:07	00:08:35	00:27:52	00:47:16	01:06:15
48	<b>FRANKIEWICZ Mirosław</b>	<b>631</b>	FORMA NA PIĄTKĘ PABIANICE	M 40-49			00:02:42	00:08:35	00:27:46	00:46:55	01:06:18
49	<b>CIENNIK Wiktor</b>	<b>691</b>	FOREVER YOUNG	M 50-59			00:02:45	00:08:33	00:27:34	00:46:57	01:06:27
50	<b>KRYSZCZUK Krzysztof</b>	<b>643</b>		M 40-49			00:02:43	00:08:33	00:27:53	00:47:24	01:06:31
51	<b>ROSADZIŃSKA Natalia</b>	<b>660</b>		K 18-29			00:04:06	00:08:47	00:28:16	00:47:41	01:07:04
52	<b>CIENNIK Kalina</b>	<b>690</b>		K 40-49	1		00:04:14	00:08:31	00:27:40	00:47:15	01:07:14
53	<b>KOBIELA Daria</b>	<b>638</b>	BŁĘKITNI DZIEMIANY	K 18-29			00:04:06	00:08:38	00:28:20	00:48:01	01:07:26
54	<b>REGULSKI Paweł</b>	<b>658</b>		M 30-39			00:02:40	00:07:55	00:27:37	00:47:17	01:07:27
55	<b>CEGŁA Zbyszko</b>	<b>624</b>		M 60+			00:02:47	00:08:39	00:28:00	00:47:44	01:07:28
56	<b>WITKOWSKA Maria</b>	<b>678</b>	UNIA MIAST	K 60+			00:04:17	00:08:38	00:28:11	00:47:55	01:07:28
57	<b>BEJTKA Agnieszka</b>	<b>694</b>		K 30-39			00:04:11	00:08:53	00:28:48	00:48:30	01:07:48
58	<b>IDKOWIAK Magdalena</b>	<b>635</b>	FACE NORDIC WALKING TEAM	K 30-39			00:04:08	00:08:33	00:28:30	00:48:18	01:07:51
59	<b>TYLUTKI Agnieszka</b>	<b>673</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 40-49			00:04:11	00:08:41	00:28:28	00:48:22	01:08:11
60	<b>MOLENDĄ Magdalena</b>	<b>650</b>	FACE NORDIC WALKING TEAM	K 30-39			00:04:09	00:08:42	00:28:44	00:49:05	01:09:16
61	<b>KUCYPERA Dagmara</b>	<b>644</b>	DĄBROWA NORDIC TEAM	K 40-49			00:04:09	00:08:54	00:29:00	00:49:21	01:09:25
62	<b>SŁABOŃ-SIKORA Aneta</b>	<b>666</b>	DĄBROWA NORDIC TEAM	K 30-39			00:04:08	00:08:54	00:29:13	00:49:28	01:09:27
63	<b>REGULSKA Krystyna</b>	<b>657</b>		K 40-49			00:04:12	00:08:51	00:28:45	00:49:16	01:09:57
64	<b>STRZELECKI Sebastian</b>	<b>668</b>	SAILING TEAM FERAJNA	M 40-49			00:02:42	00:09:07	00:29:53	00:50:31	01:11:06
65	<b>ROZMUS Jolanta</b>	<b>661</b>	FACE NORDIC WALKING TEAM	K 60+			00:04:16	00:08:56	00:29:01	00:49:55	01:11:33
66	<b>KRAWCZYK Justyna</b>	<b>642</b>		K 30-39			00:04:11	00:08:59	00:29:49	00:51:27	01:12:42
67	<b>KRAWCZYK Jarosław</b>	<b>641</b>		M 50-59			00:04:11	00:08:58	00:29:46	00:51:26	01:12:45
68	<b>SĄTOWICZ Małgorzata</b>	<b>663</b>		K 50-59			00:04:14	00:09:28	00:30:36	00:51:43	01:12:59
69	<b>ZAWADZKA Maria</b>	<b>686</b>	KS METRACO POLKOWICE	K 60+			00:04:15	00:09:26	00:31:00	00:52:24	01:13:37

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km
70	<b>STUPNOWICZ Joanna</b>	<b>670</b>		K 40-49			00:04:12	00:09:29	00:30:53	00:52:35	01:13:53
71	<b>CIESIELSKI Jerzy</b>	<b>627</b>	FUNDACJA KRWNKA	M 60+			00:02:49	00:10:17	00:33:43	00:57:33	01:21:12
72	<b>LATOSEK Jan</b>	<b>646</b>		M 60+			00:02:50	00:10:29	00:34:45	00:58:21	01:21:38

Znaleziono 72 wynik(ów)