



LEGNICA - FINAŁ PUCHARU EUROPY - NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-10-08
Miejsce: Legnica
Dystans: 10 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALSKI Andrzej	44		M50-59	1			00:08:59	00:15:13	00:30:47	00:46:29	01:02:16.85	01:11:16.05		6:13	9.6 (100%)
2	RECZULSKI Mariusz	9		M50-59	2			00:09:01	00:15:18	00:31:05	00:47:02	01:03:10.55	01:12:12.25	+00:00:53 (1.4%)	6:19	9.5 (99.0%)
3	SCHOLZ Wolfgang	69		M40-49	1			00:08:34	00:15:39	00:31:32	00:47:26	01:03:30.95	01:12:05.10	+00:01:14 (1.9%)	6:21	9.4 (97.9%)
4	WITCZUK Łukasz	112		M30-39	1			00:08:21	00:15:27	00:31:35	00:47:41	01:03:45.95	01:12:07.15	+00:01:29 (2.3%)	6:22	9.4 (97.9%)
5	NAKONIECZNY Grzegorz	106		M40-49	2			00:08:34	00:15:48	00:31:45	00:47:51	01:04:01.15	01:12:35.40	+00:01:44 (2.7%)	6:24	9.4 (97.9%)
6	KACPRZAK Sławomir	27		M40-49	3	1		00:08:34	00:15:23	00:31:24	00:47:25	01:04:13.30	01:12:48.20	+00:01:56 (3.0%)	6:25	9.3 (96.9%)
7	ZAUNER Johann	95		M50-59	3			00:08:59	00:15:47	00:31:52	00:48:09	01:04:19.35	01:13:18.85	+00:02:02 (3.2%)	6:25	9.3 (96.9%)
8	PUSZKIEL Adrian	62		M16-29	1			00:08:00	00:15:38	00:31:55	00:48:01	01:04:20.30	01:12:21.25	+00:02:03 (3.2%)	6:26	9.3 (96.9%)
9	GRIMM Dirk	17		M30-39	2			00:08:21	00:15:52	00:32:13	00:48:42	01:04:41.95	01:13:03.00	+00:02:25 (3.7%)	6:28	9.3 (96.9%)
10	WOJTASIŃSKI Daniel	93		M30-39	3			00:08:21	00:15:51	00:32:10	00:48:40	01:04:47.65	01:13:08.85	+00:02:30 (3.9%)	6:28	9.3 (96.9%)
11	HAŁAS Marcin	18		M30-39	4	1		00:08:21	00:15:53	00:32:11	00:48:42	01:04:48.55	01:13:10.10	+00:02:31 (3.9%)	6:28	9.3 (96.9%)
12	GRAML Günther	16		M50-59	4	1		00:09:00	00:15:56	00:32:18	00:48:58	01:05:59.20	01:14:59.20	+00:03:42 (5.6%)	6:35	9.1 (94.8%)
13	LANGMANN Herbert	37		M60-69	1	2		00:09:28	00:16:27	00:33:18	00:50:41	01:07:42.45	01:17:10.80	+00:05:25 (8.0%)	6:46	8.9 (92.7%)
14	HELL Xaver	97		M60-69	2			00:09:29	00:16:28	00:33:21	00:50:39	01:07:48.55	01:17:18.25	+00:05:31 (8.2%)	6:46	8.8 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	ALBEL Günther	1		M60-69	3			00:09:29	00:16:28	00:33:21	00:50:39	01:07:49.00	01:17:18.80	+00:05:32 (8.2%)	6:46	8.8 (91.7%)
16	JENCZELEWSKI Grzegorz	23		M40-49	4			00:08:35	00:16:06	00:33:08	00:50:20	01:07:50.00	01:16:25.95	+00:05:33 (8.2%)	6:47	8.8 (91.7%)
17	PASIKOWSKA Mariola	53		K30-39	1			00:10:38	00:16:35	00:33:38	00:50:42	01:07:58.85	01:18:37.50	+00:05:42 (8.4%)	6:47	8.8 (91.7%)
18	SPYCHAŁA Marzena	73		K40-49	1			00:11:16	00:16:36	00:33:41	00:50:51	01:08:08.50	01:19:25.20	+00:05:51 (8.6%)	6:48	8.8 (91.7%)
19	KOŁODZIEJCZAK Beata	29		K40-49	2			00:11:17	00:16:36	00:33:41	00:50:55	01:08:24.15	01:19:41.50	+00:06:07 (8.9%)	6:50	8.8 (91.7%)
20	NOWROTEK Monika	51		K16-29	1			00:10:16	00:16:33	00:33:42	00:51:10	01:08:30.45	01:18:46.45	+00:06:13 (9.1%)	6:51	8.8 (91.7%)
21	SCHNEIDER Helmut	68		M70-79	1			00:09:48	00:16:53	00:33:58	00:51:18	01:08:33.95	01:18:22.60	+00:06:17 (9.2%)	6:51	8.8 (91.7%)
22	MACKIEWICZ Marcin	99		M16-29	2			00:08:00	00:16:39	00:34:46	00:52:08	01:09:06.25	01:17:07.15	+00:06:49 (9.9%)	6:54	8.7 (90.6%)
23	PFAFF Andreas	56		M60-69	4			00:09:28	00:17:00	00:34:22	00:51:53	01:09:14.65	01:18:43.35	+00:06:57 (10.1%)	6:55	8.7 (90.6%)
24	BOCZAR Beata	5		K50-59	1			00:11:42	00:16:57	00:34:30	00:52:08	01:09:48.15	01:21:30.15	+00:07:31 (10.8%)	6:58	8.6 (89.6%)
25	JERNEJ Anna Maria	24		K50-59	2	1		00:11:42	00:17:05	00:34:50	00:52:43	01:10:24.60	01:22:06.70	+00:08:07 (11.5%)	7:02	8.5 (88.5%)
26	KUBICKI Bernard	34		M60-69	5			00:09:29	00:17:22	00:35:12	00:52:59	01:11:10.20	01:20:39.25	+00:08:53 (12.5%)	7:07	8.4 (87.5%)
27	KLOSE Andrea	98		K40-49	3			00:11:17	00:17:23	00:34:57	00:53:05	01:11:17.40	01:22:34.70	+00:09:00 (12.6%)	7:07	8.4 (87.5%)
28	ROGOS Henryk	65		M70-79	2			00:09:28	00:17:59	00:35:40	00:53:50	01:11:48.65	01:21:16.65	+00:09:31 (13.3%)	7:10	8.4 (87.5%)
29	PTAŚ Agnieszka	108		K16-29	2			00:10:16	00:17:34	00:35:30	00:53:41	01:11:49.30	01:22:05.30	+00:09:32 (13.3%)	7:10	8.4 (87.5%)
30	TRATTING Claudia	87		K40-49	4	1		00:11:16	00:17:31	00:35:28	00:53:45	01:11:53.05	01:23:09.95	+00:09:36 (13.4%)	7:11	8.3 (86.5%)
31	NIEDL Margot	50		K40-49	5			00:11:17	00:17:34	00:35:36	00:53:46	01:11:54.55	01:23:11.60	+00:09:37 (13.4%)	7:11	8.3 (86.5%)
32	KOWALCZYK Mariusz	31		M50-59	5			00:08:59	00:17:49	00:35:58	00:53:54	01:11:57.95	01:20:57.30	+00:09:41 (13.5%)	7:11	8.3 (86.5%)
33	PASIŃSKA-SKOWRON Sylwia	54		K30-39	2			00:10:39	00:17:38	00:35:55	00:54:21	01:12:29.70	01:23:08.85	+00:10:12 (14.1%)	7:14	8.3 (86.5%)
34	WILDAUER Ingo	91		M50-59	6			00:08:59	00:17:11	00:35:14	00:53:56	01:12:37.15	01:21:36.45	+00:10:20 (14.2%)	7:15	8.3 (86.5%)
35	BADECKI Ryszard	2		M50-59	7			00:09:01	00:17:13	00:35:24	00:54:15	01:12:46.45	01:21:48.10	+00:10:29 (14.4%)	7:16	8.2 (85.4%)
36	PALIWODA Kasia	55		K40-49	6			00:11:17	00:17:49	00:36:05	00:54:37	01:12:53.35	01:24:10.60	+00:10:36 (14.6%)	7:17	8.2 (85.4%)
37	BORKOWSKI Witold	6		M40-49	5			00:08:36	00:18:16	00:36:36	00:54:55	01:13:08.95	01:21:45.60	+00:10:52 (14.9%)	7:18	8.2 (85.4%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół.		Czer.	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	TIPPMANN Ronny	84	M40-49	6	2			00:08:35	00:18:13	00:36:17	00:54:39	01:13:11.50	01:21:46.70	+00:10:54 (14.9%)	7:19	8.2 (85.4%)
39	ÖSTERREICHER Christine	52	K50-59	3	1			00:11:43	00:17:41	00:35:53	00:54:28	01:13:15.10	01:24:58.65	+00:10:58 (15.0%)	7:19	8.2 (85.4%)
40	MACIEJEWSKI Robert	40	M30-39	5				00:08:22	00:17:42	00:36:05	00:55:08	01:13:21.65	01:21:43.70	+00:11:04 (15.1%)	7:20	8.2 (85.4%)
41	BERESZKO Waldemar	96	M60-69	6	1			00:09:29	00:17:49	00:36:25	00:55:05	01:13:34.45	01:23:03.85	+00:11:17 (15.3%)	7:21	8.2 (85.4%)
42	ŚLUSARCZYK Andrzej	81	M60-69	7	1			00:09:28	00:18:04	00:36:27	00:55:11	01:13:38.35	01:23:06.70	+00:11:21 (15.4%)	7:21	8.1 (84.4%)
43	SIEMIĘŃSKA Marta	109	K16-29	3				00:10:16	00:17:51	00:36:10	00:55:03	01:13:41.15	01:23:57.40	+00:11:24 (15.5%)	7:22	8.1 (84.4%)
44	ŚLUSARCZYK Marcin	80	M30-39	6				00:08:22	00:18:08	00:37:11	00:55:27	01:13:42.55	01:22:04.75	+00:11:25 (15.5%)	7:22	8.1 (84.4%)
45	PŁOCIŃSKA Sandra	60	K16-29	4				00:10:18	00:18:07	00:36:45	00:55:22	01:13:43.90	01:24:02.65	+00:11:27 (15.5%)	7:22	8.1 (84.4%)
46	JÓZEFAK Dariusz	115	M40-49	7				00:08:35	00:18:31	00:37:04	00:55:37	01:13:58.10	01:22:33.50	+00:11:41 (15.8%)	7:23	8.1 (84.4%)
47	MOŹDŻEŃ Barbara	102	K50-59	4				00:11:42	00:17:50	00:36:43	00:56:05	01:15:19.00	01:27:01.65	+00:13:02 (17.3%)	7:31	8 (83.3%)
48	BLATNIK Roman	4	M60-69	8				00:09:28	00:18:14	00:36:55	00:56:04	01:15:21.60	01:24:50.00	+00:13:04 (17.4%)	7:32	8 (83.3%)
49	SOBAŃSKA Grażyna	71	K60-69	1				00:12:04	00:18:26	00:37:15	00:56:14	01:15:22.05	01:27:26.25	+00:13:05 (17.4%)	7:32	8 (83.3%)
50	BAJ Stanisław	110	M50-59	8				00:08:59	00:18:21	00:37:22	00:56:12	01:15:23.35	01:24:23.15	+00:13:06 (17.4%)	7:32	8 (83.3%)
51	SONG Wenquan	72	M30-39	7				00:08:21	00:17:52	00:36:52	00:56:02	01:15:28.30	01:23:50.15	+00:13:11 (17.5%)	7:32	7.9 (82.3%)
52	KUPIBIDA Bogusława	35	K50-59	5				00:11:42	00:18:45	00:38:06	00:56:55	01:15:47.65	01:27:30.05	+00:13:30 (17.8%)	7:34	7.9 (82.3%)
53	ILLITSCH Ewald	19	M60-69	9	1			00:09:30	00:18:14	00:37:17	00:56:49	01:16:17.40	01:25:47.50	+00:14:00 (18.4%)	7:37	7.9 (82.3%)
54	WIŚNIEWSKI Roman	92	M60-69	10				00:09:29	00:18:22	00:37:40	00:57:10	01:16:23.15	01:25:52.95	+00:14:06 (18.5%)	7:38	7.9 (82.3%)
55	SCHEJBALOVA Kristina	67	K60-69	2				00:12:04	00:18:58	00:38:02	00:56:44	01:16:25.50	01:28:30.15	+00:14:08 (18.5%)	7:38	7.8 (81.3%)
56	JARZYŃSKA Małgorzata	22	K50-59	6				00:11:42	00:18:40	00:37:46	00:57:03	01:16:25.90	01:28:08.45	+00:14:09 (18.5%)	7:38	7.8 (81.3%)
57	PUZICHOWSKA Małgorzata	103	K50-59	7				00:11:43	00:19:00	00:38:17	00:57:34	01:16:57.75	01:28:40.90	+00:14:40 (19.1%)	7:41	7.8 (81.3%)
58	TKOCZ Adam	86	M50-59	9	2			00:09:00	00:18:44	00:38:12	00:57:34	01:17:01.00	01:26:01.95	+00:14:44 (19.1%)	7:42	7.8 (81.3%)
59	ROSOŁEK Elżbieta	66	K50-59	8				00:11:43	00:19:13	00:39:05	00:58:29	01:17:01.55	01:28:44.80	+00:14:44 (19.1%)	7:42	7.8 (81.3%)
60	IDKOWIAK Magdalena	111	K30-39	3				00:10:39	00:18:53	00:38:16	00:57:43	01:17:08.30	01:27:47.40	+00:14:51 (19.3%)	7:42	7.8 (81.3%)

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61	KOZŁOWSKA Agnieszka	32		K40-49	7			00:11:17	00:18:52	00:38:31	00:58:01	01:17:34.90	01:28:51.90	+00:15:18 (19.7%)	7:45	7.7 (80.2%)
62	MARONDEL Katarzyna	42		K30-39	4			00:10:39	00:18:49	00:38:20	00:57:54	01:17:36.30	01:28:15.40	+00:15:19 (19.7%)	7:45	7.7 (80.2%)
63	POSTEK Danuta	61		K50-59	9			00:11:44	00:19:13	00:38:48	00:58:17	01:17:44.50	01:29:28.65	+00:15:27 (19.9%)	7:46	7.7 (80.2%)
64	DOBROWOLSKA-ŚWIĄTEK Elżbieta	12		K50-59	10			00:11:42	00:18:53	00:38:46	00:58:26	01:17:58.15	01:29:41.05	+00:15:41 (20.1%)	7:47	7.7 (80.2%)
65	SUCHOWIECKA Marta	77		K40-49	8			00:11:17	00:18:52	00:38:25	00:58:02	01:17:59.50	01:29:17.45	+00:15:42 (20.1%)	7:48	7.7 (80.2%)
66	PIĄTKOWSKI Józef	57		M70-79	3			00:09:49	00:18:57	00:38:58	00:58:51	01:18:11.95	01:28:00.95	+00:15:55 (20.4%)	7:49	7.7 (80.2%)
67	WORONKO-ZACZYŃSKA Janina	94		K70-79	1			00:12:17	00:18:50	00:38:17	00:58:11	01:18:44.60	01:31:01.85	+00:16:27 (20.9%)	7:52	7.6 (79.2%)
68	WACHOWIAK Sylwia	90		K40-49	9			00:11:19	00:19:55	00:39:30	00:59:03	01:18:48.90	01:30:08.05	+00:16:32 (21.0%)	7:52	7.6 (79.2%)
69	SZEWCZYK Marek	78		M50-59	10			00:09:00	00:19:16	00:38:50	00:58:54	01:18:49.80	01:27:50.50	+00:16:32 (21.0%)	7:53	7.6 (79.2%)
70	DUSZA Kajetan	104		M16-29	3			00:08:01	00:17:58	00:36:24	00:57:04	01:18:57.20	01:26:58.50	+00:16:40 (21.1%)	7:53	7.6 (79.2%)
71	THOMALLA Bogdan	83		M70-79	4			00:09:48	00:19:11	00:38:59	00:58:48	01:19:07.15	01:28:55.80	+00:16:50 (21.3%)	7:54	7.6 (79.2%)
72	TRATTNIG Manfred	88		M40-49	8			00:08:34	00:19:14	00:39:34	00:59:56	01:20:16.50	01:28:51.30	+00:17:59 (22.4%)	8:01	7.5 (78.1%)
73	BIŃCZYK Jacek	101		M40-49	9			00:08:35	00:19:59	00:40:16	01:00:23	01:20:22.65	01:28:57.65	+00:18:05 (22.5%)	8:02	7.5 (78.1%)
74	MOLENDĄ Magdalena	47		K30-39	5			00:10:39	00:19:34	00:39:45	01:00:02	01:20:26.85	01:31:06.55	+00:18:10 (22.6%)	8:02	7.5 (78.1%)
75	RACZYŃSKA Aleksandra	63		K70-79	2			00:12:17	00:19:29	00:39:52	01:00:17	01:20:32.85	01:32:49.95	+00:18:16 (22.7%)	8:03	7.5 (78.1%)
76	RAUCH Sonja	64		K50-59	11	1		00:11:44	00:19:21	00:39:09	00:59:59	01:20:33.15	01:32:17.45	+00:18:16 (22.7%)	8:03	7.4 (77.1%)
77	DUSZA Anna	105		K40-49	10			00:11:19	00:19:50	00:39:58	01:00:34	01:20:42.90	01:32:01.90	+00:18:26 (22.8%)	8:04	7.4 (77.1%)
78	SZEWCZYK Agnieszka	79		K40-49	11			00:11:18	00:20:05	00:40:19	01:00:47	01:21:45.75	01:33:04.45	+00:19:28 (23.8%)	8:10	7.3 (76.0%)
79	PLANKO Oton	59		M60-69	11			00:09:28	00:19:21	00:40:42	01:01:24	01:21:50.70	01:31:19.65	+00:19:33 (23.9%)	8:11	7.3 (76.0%)
80	KIDAWA Danuta	116		K40-49	12			00:11:18	00:20:35	00:41:29	01:02:32	01:23:36.40	01:34:54.60	+00:21:19 (25.5%)	8:21	7.2 (75.0%)
81	CHE Bing	10		K40-49	13			00:11:17	00:19:55	00:40:39	01:01:54	01:23:46.00	01:35:03.90	+00:21:29 (25.6%)	8:22	7.2 (75.0%)
82	CHRAPEK Urszula	11		K16-29	5			00:10:16	00:20:21	00:41:10	01:02:07	01:23:54.40	01:34:10.55	+00:21:37 (25.8%)	8:23	7.2 (75.0%)
83	MOSTOWSKA-NOWAK Elżbieta	48		K50-59	12	2		00:11:44	00:20:20	00:41:19	01:02:49	01:24:06.10	01:35:50.10	+00:21:49 (25.9%)	8:24	7.1 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	MIELEWCZYK Aleksandra	45		K50-59	13			00:11:43	00:20:29	00:41:44	01:03:27	01:25:23.50	01:37:06.75	+00:23:06 (27.1%)	8:32	7 (72.9%)
85	KATSCHNIG Heidi	28		K60-69	3			00:12:04	00:20:46	00:42:02	01:03:48	01:26:07.05	01:38:11.30	+00:23:50 (27.7%)	8:36	7 (72.9%)
86	ILLITSCH Brigitte	20		K50-59	14	1		00:11:45	00:20:39	00:41:59	01:04:07	01:26:24.90	01:38:10.35	+00:24:08 (27.9%)	8:38	6.9 (71.9%)
87	BREXLER Jasmin	8		K16-29	6			00:10:18	00:20:32	00:41:38	01:03:36	01:26:55.55	01:37:14.10	+00:24:38 (28.4%)	8:41	6.9 (71.9%)
88	JARYSZ Agnieszka	21		K30-39	6			00:10:39	00:21:37	00:44:08	01:06:07	01:27:42.60	01:38:22.45	+00:25:25 (29.0%)	8:46	6.8 (70.8%)
89	KRZYŚCIN Rafał	114		M40-49	10			00:08:36	00:22:00	00:44:08	01:06:17	01:27:49.35	01:36:25.35	+00:25:32 (29.1%)	8:46	6.8 (70.8%)
90	TKOCZ Alicja	85		K50-59	15			00:11:43	00:22:04	00:44:49	01:07:10	01:29:10.50	01:40:54.35	+00:26:53 (30.2%)	8:55	6.7 (69.8%)
91	KRZYŚCIN Mirosława	113		K40-49	14			00:11:19	00:21:29	00:43:57	01:07:25	01:29:30.40	01:40:49.85	+00:27:13 (30.4%)	8:57	6.7 (69.8%)
92	LIPIŃSKA Urszula	39		K40-49	15			00:11:17	00:22:24	00:45:03	01:07:38	01:30:13.20	01:41:31.10	+00:27:56 (31.0%)	9:01	6.6 (68.8%)
93	FRAGER Barbara	14		K50-59	16	1		00:11:45	00:23:10	00:46:34	01:10:26	01:35:04.30	01:46:49.85	+00:32:47 (34.5%)	9:30	6.3 (65.6%)
94	KUTEJ Helmut	36		M50-59	11			00:09:00	00:22:51	00:46:48	01:10:49	01:35:09.85	01:44:10.70	+00:32:53 (34.6%)	9:31	6.3 (65.6%)
95	NAWROCKA Danuta	107		K70-79	3			00:12:17	00:28:22	00:56:37	01:24:34	01:52:25.20	02:04:43.05	+00:50:08 (44.6%)	11:14	5.3 (55.2%)
DQ	CZŁAPSKI Krzysztof	70		M50-59			1	DQ	00:15:18 DQ	00:31:05 DQ	00:47:01 DQ	DQ	DQ		-	- (0.0%)
DQ	STERN Peter	75		M40-49			1	DQ	00:15:42 DQ	00:31:41 DQ	00:50:47 DQ	DQ	DQ		-	- (0.0%)
DQ	ŚCIBISZ Bogdan	100		M70-79			1	DQ	00:18:47 DQ	00:38:16 DQ	00:58:25 DQ	DQ	DQ		-	- (0.0%)
DQ	ÜBELLEITNER Manfred	89		M50-59			1	DQ	00:15:45 DQ	00:31:50 DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	ŚLUSARCZYK Grzegorz	82		M40-49			1	DQ	00:19:15 DQ	00:39:40 DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	GRASSL Johann	26		M60-69			1	DQ	00:16:26 DQ	DQ	DQ	DQ	DQ		-	- (0.0%)
	JERNEJ Albin	25		M50-59				DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 102 wynik(ów)