



JASTROWIE - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10.72KM

B4SPORT

Organizator: PFNW
Data: 2016-04-16
Miejsce: Jastrowie
Dystans: 10.72 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	LUBIATOWSKI Ireneusz	193.	KS METRACO POLKOWICE	M50-59	1			00:00:14	00:31:21	00:33:51	01:06:00	01:08:33.80	01:08:47.90		6:23	9.4
2	KLICZKA Kamil	182.	PUSZCZYK BUKOWY	M40-49	1			00:00:12	00:32:02	00:34:33	01:06:57	01:09:34.45	01:09:46.45	+00:01:00	6:29	9.2
3	SIWAK Piotr	230.	KS METRACO POLKOWICE	M50-59	2	1		00:00:10	00:32:18	00:34:54	01:08:15	01:11:00.90	01:11:11.65	+00:02:27	6:37	9.1
4	HELWICH Stefan	170.	KS METRACO POLKOWICE	M60-69	1	1		00:00:15	00:33:09	00:35:46	01:09:52	01:12:46.45	01:13:02.30	+00:04:12	6:47	8.8
5	ADAMSKI Robert	239.	DRUŻYNA SZPIKU	M40-49	2	1		00:00:11	00:33:46	00:36:27	01:11:02	01:13:49.95	01:14:01.50	+00:05:16	6:53	8.7
6	KULIG Henryk	189.	K S ELBLASKIE WŁÓCZY-KIJE	M60-69	2	1		00:00:15	00:34:08	00:36:53	01:12:23	01:15:16.75	01:15:31.90	+00:06:42	7:01	8.5
7	KOLENKIEWICZ Dariusz	183.	K S ELBLASKIE WŁÓCZY-KIJE	M50-59	3			00:00:11	00:34:10	00:36:58	01:12:28	01:15:21.70	01:15:32.90	+00:06:47	7:01	8.5
8	STANISŁAWSKI Jan	240.	AKTYWNI 50+	M50-59	4			00:00:13	00:34:11	00:36:59	01:12:41	01:15:35.25	01:15:48.50	+00:07:01	7:03	8.5
9	KALISZ Krzysztof	179.	KS METRACO POLKOWICE	M60-69	3			00:00:14	00:34:38	00:37:26	01:13:12	01:16:03.15	01:16:17.30	+00:07:29	7:05	8.5
10	SPYCHAŁA Marzena	211.	WESOŁY BORSUK TEAM	K40-49	1			00:02:39	00:34:44	00:37:30	01:13:21	01:16:10.80	01:18:50.15	+00:07:37	7:06	8.4
11	WIERCHANOWSKI Bogdan	219.	KS METRACO POLKOWICE	M50-59	5	1		00:00:11	00:34:20	00:37:08	01:13:14	01:16:12.50	01:16:24.05	+00:07:38	7:06	8.4
12	KRZYŻANOWSKI Robert	188.	GOSIR OSIELSKO	M40-49	3			00:00:12	00:34:09	00:36:56	01:13:24	01:16:17.95	01:16:30.25	+00:07:44	7:07	8.4
13	LUBAWIŃSKI Jerzy-Bernard	192.	FACE NORDIC WALKING TEAM	M60-69	4	1		00:00:13	00:34:11	00:37:02	01:13:31	01:16:20.55	01:16:34.45	+00:07:46	7:07	8.4
14	KĘPA Andrzej	181.	SKI FAMILY TEAM	M60-69	5			00:00:14	00:35:18	00:38:07	01:13:49	01:16:30.90	01:16:45.65	+00:07:57	7:08	8.4
15	JĘDRASIAK Renata	176.	KS METRACO POLKOWICE	K50-59	1			00:02:39	00:34:57	00:37:41	01:13:46	01:16:32.40	01:19:11.70	+00:07:58	7:08	8.4
16	KASPRZYK Lilianna	180.	KS METRACO POLKOWICE	K50-59	2			00:02:41	00:35:20	00:38:12	01:14:19	01:17:11.40	01:19:53.15	+00:08:37	7:12	8.3
17	CZEKAJŁO Franciszek	160.	TEAM MEPROZET	M60-69	6			00:00:15	00:35:18	00:38:08	01:14:30	01:17:22.35	01:17:37.90	+00:08:48	7:13	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	5.36km	10.36km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10.72km	brutto 10.72km			
18	STAWNIAK Karol	212.	KS METRACO POLKOWCE	M60-69	7			00:00:13	00:34:40	00:37:28	01:14:31	01:17:24.00	01:17:37.40	+00:08:50	7:13	8.3
19	SMUL Andrzej	209.	GREEN TEAM	M60-69	8			00:00:15	00:34:39	00:37:27	01:14:39	01:17:37.60	01:17:52.70	+00:09:03	7:14	8.3
20	FALKOWSKA Beata	164.	UKS GIMNAZJON SUCHY LAS	K50-59	3			00:02:40	00:35:25	00:38:15	01:14:52	01:17:45.80	01:20:26.45	+00:09:12	7:15	8.3
21	ZAMRZYCKI Leszek	222.		M50-59	6			00:00:16	00:35:28	00:38:21	01:15:32	01:18:21.40	01:18:37.95	+00:09:47	7:18	8.2
22	CHOLEWIŃSKI Wojciech	159.	KB KATORŻNIK MUROWANA GOSLINA	M50-59	7			00:00:12	00:35:32	00:38:22	01:15:32	01:18:22.40	01:18:35.35	+00:09:48	7:18	8.2
23	PRAWUCKI Krzysztof	204.	JEZIORKI AKTYWNA WES	M30-39	1			00:00:09	00:36:54	00:39:48	01:16:39	01:19:32.95	01:19:42.55	+00:10:59	7:25	8.1
24	ZIĘBA Krzysztof	227.		M50-59	8			00:00:15	00:35:43	00:38:37	01:16:44	01:19:35.10	01:19:50.75	+00:11:01	7:25	8.1
25	SKRYCKA Katarzyna	208.	KS METRACO POLKOWCE	K30-39	1			00:02:36	00:36:56	00:39:50	01:17:03	01:20:01.50	01:22:38.35	+00:11:27	7:27	8
26	KRUSZKA Arleta	283.	MARSZ PO ZDROWIE	K50-59	4			00:02:40	00:36:39	00:39:35	01:17:17	01:20:06.65	01:22:46.65	+00:11:32	7:28	8
27	MOTYLSKA Aleksa	241.	NORDIC TEAM GNIEZNO	K18-29	1	1		00:02:35	00:36:33	00:39:32	01:17:14	01:20:09.00	01:22:44.35	+00:11:35	7:28	8
28	KACZMARCZYK-PIASECKA Renata	178.	CZARNE PANTERY	K40-49	2			00:02:36	00:37:10	00:40:08	01:17:40	01:20:33.40	01:23:10.35	+00:11:59	7:30	8
29	WOLNIEWICZ Katarzyna	220.	FABRIKANORDIKA	K40-49	3			00:02:38	00:36:55	00:39:50	01:18:30	01:21:35.75	01:24:14.00	+00:13:01	7:36	7.9
30	JANECKI Dariusz	174.	JEZIORKI AKTYWNA WES	M50-59	9	1		00:00:12	00:36:55	00:39:49	01:18:42	01:21:46.55	01:21:59.35	+00:13:12	7:37	7.9
31	BANACH Joanna	155.	UKS GIMNAZJON SUCHY LAS	K40-49	4			00:02:43	00:37:39	00:40:46	01:19:51	01:22:53.60	01:25:37.50	+00:14:19	7:43	7.8
32	GIBAS Sławomir	165.		M30-39	2			00:00:09	00:36:58	00:39:55	01:20:07	01:23:17.95	01:23:27.40	+00:14:44	7:46	7.7
33	ŁABUS Izabela	194.	FABRIKANORDIKA	K18-29	2			00:02:35	00:37:37	00:40:42	01:20:56	01:24:03.90	01:26:39.45	+00:15:30	7:50	7.7
34	GRZESZCZAK Andrzej	232.	KS METRACO POLKOWCE	M50-59	10			00:00:12	00:38:47	00:41:54	01:21:20	01:24:28.45	01:24:41.05	+00:15:54	7:52	7.6
35	CHOLEWIŃSKA Longina	158.	KB KATORŻNIK MUROWANA GOSLINA	K50-59	5			00:02:41	00:38:28	00:41:36	01:21:14	01:24:32.00	01:27:13.45	+00:15:58	7:53	7.6
36	ŁOPIŃSKI Aleksy	196.	CZARNE PANTERY	M60-69	9			00:00:17	00:39:09	00:42:20	01:21:22	01:24:32.05	01:24:49.30	+00:15:58	7:53	7.6
37	BANASZKIEWICZ Katarzyna	156.	SAMA CHODZĘ :)	K40-49	5			00:02:43	00:38:55	00:42:02	01:21:45	01:24:45.65	01:27:29.55	+00:16:11	7:54	7.6
38	ZIELIŃSKA Jolanta	226.	GOSIR OSIELSKO	K50-59	6			00:02:47	00:38:37	00:41:46	01:21:39	01:24:52.25	01:27:40.20	+00:16:18	7:55	7.6
39	WALKOWIAK Michał	215.		M30-39	3			00:00:08	00:40:06	00:43:16	01:21:49	01:24:57.20	01:25:05.90	+00:16:23	7:55	7.6
40	KOZŁOWSKA Agnieszka	235.	FACE NORDIC WALKING TEAM	K40-49	6			00:02:43	00:40:27	00:43:38	01:23:12	01:26:16.10	01:28:59.70	+00:17:42	8:02	7.5
41	JANECKA Agnieszka	173.	JEZIORKI AKTYWNA WES	K40-49	7	1		00:02:42	00:39:44	00:42:55	01:23:29	01:26:46.00	01:29:28.20	+00:18:12	8:05	7.4
41	ROSADZIŃSKA Natalia	206.		K18-29	3			00:02:35	00:40:02	00:43:16	01:23:34	01:26:46.00	01:29:21.95	+00:18:12	8:05	7.4
43	WACHOWIAK Sylwia	214.	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:39:57	00:43:10	01:23:50	01:27:04.10	01:29:43.80	+00:18:30	8:07	7.4
44	NOWAKOWSKI Rafał	233.	JEZIORKI AKTYWNA WES	M30-39	4			00:00:09	00:40:49	00:43:56	01:24:12	01:27:13.50	01:27:23.35	+00:18:39	8:08	7.4

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												netto 10.72km	brutto 10.72km			
45	KULKA Maciej	190.	FACE NORDIC WALKING TEAM	M50-59	11			00:00:15	00:41:20	00:44:31	01:24:36	01:27:35.20	01:27:50.75	+00:19:01	8:10	7.3
46	POSTEK Danuta	203.	MARSZ PO ZDROWIE	K50-59	7			00:02:43	00:40:44	00:44:02	01:24:34	01:27:47.40	01:30:30.45	+00:19:13	8:11	7.3
47	ZAWISŁA Stanisław	224.	MARSZ PO ZDROWIE	M60-69	10			00:00:14	00:39:06	00:42:23	01:24:23	01:27:53.80	01:28:08.20	+00:19:20	8:11	7.3
48	PISZCZ Wiesław	202.		M40-49	4			00:00:12	00:41:30	00:44:46	01:24:59	01:28:06.75	01:28:19.35	+00:19:32	8:13	7.3
49	SOBECKA Marzena	210.		K40-49	9			00:02:40	00:40:30	00:43:44	01:24:51	01:28:12.75	01:30:52.95	+00:19:38	8:13	7.3
50	APPEL Jerzy	154.	GOSIR OSIELSKO	M70+	1			00:00:16	00:39:48	00:43:06	01:25:14	01:28:24.35	01:28:40.90	+00:19:50	8:14	7.3
51	WORONKO-ZACZYŃSKA Janina	221.	KS METRACO POLKOWICE	K70+	1			00:02:46	00:40:20	00:43:37	01:25:02	01:28:25.05	01:31:11.50	+00:19:51	8:14	7.3
52	KOSIŃSKA Maria	184.	MOSIR	K60-69	1			00:02:44	00:40:03	00:43:17	01:25:04	01:28:27.55	01:31:11.80	+00:19:53	8:15	7.3
53	STRZELECKI Sebastian	213.	SAILING TEAM FERAJNA	M40-49	5			00:00:10	00:40:50	00:44:08	01:25:21	01:28:33.50	01:28:43.95	+00:19:59	8:15	7.3
54	ZIAJKO Szymon	238.		M30-39	5			00:00:10	00:41:35	00:44:51	01:25:22	01:28:34.75	01:28:45.10	+00:20:00	8:15	7.3
55	NOWAK Maciej	198.	SAILING TEAM FERAJNA	M40-49	6	1		00:00:11	00:41:55	00:45:11	01:25:30	01:28:45.50	01:28:56.90	+00:20:11	8:16	7.2
56	BOROWSKI Marcin	236.	FACE NORDIC WALKING TEAM	M30-39	6			00:00:10	00:41:01	00:44:11	01:25:45	01:28:50.65	01:29:01.60	+00:20:16	8:17	7.2
57	KOWNACKA Jolanta	186.	KSIR SPORTICO BIAŁOSLIME	K40-49	10			00:02:37	00:40:59	00:44:20	01:25:41	01:28:56.95	01:31:34.60	+00:20:23	8:17	7.2
58	BIAŁAS Grzegorz	229.		M50-59	12			00:00:17	00:41:25	00:44:41	01:25:43	01:29:07.10	01:29:24.15	+00:20:33	8:18	7.2
59	WASEKA Julitta	218.		K40-49	11			00:02:43	00:40:44	00:44:00	01:25:50	01:29:11.55	01:31:54.55	+00:20:37	8:19	7.2
60	CHĘCIŃSKA Krystyna	216.	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:02:46	00:42:11	00:45:30	01:27:15	01:30:33.85	01:33:20.25	+00:22:00	8:26	7.1
61	ŁASECKA Katarzyna	195.	CZARNE PANTERY	K40-49	12			00:02:40	00:42:55	00:46:06	01:27:31	01:30:40.00	01:33:20.55	+00:22:06	8:27	7.1
62	PILECKI Gustaw	201.	GOSIR OSIELSKO	M70+	2	1		00:00:17	00:41:17	00:44:40	01:27:23	01:30:44.55	01:31:02.20	+00:22:10	8:27	7.1
63	MAĆKOWIAK Krystyna	237.	FACE NORDIC WALKING TEAM	K60-69	3	1		00:02:47	00:40:54	00:44:17	01:27:29	01:30:52.95	01:33:40.05	+00:22:19	8:28	7.1
64	MURZYN Monika	197.	KSIR SPORTICO BIAŁOSLIME	K30-39	2			00:02:38	00:41:51	00:45:21	01:27:47	01:31:02.35	01:33:40.60	+00:22:28	8:29	7.1
64	ROSA Mariola	205.	KSIR SPORTICO BIAŁOSLIME	K50-59	8			00:02:42	00:42:26	00:45:49	01:27:47	01:31:02.35	01:33:44.50	+00:22:28	8:29	7.1
66	ZBIELSKA Agnieszka	225.	SAILING TEAM FERAJNA	K30-39	3			00:02:36	00:42:31	00:45:51	01:27:55	01:31:11.90	01:33:48.25	+00:22:38	8:30	7.1
67	DYMKOWSKI Krzysztof	163.	CZARNE PANTERY	M40-49	7			00:00:10	00:43:10	00:46:31	01:28:07	01:31:22.45	01:31:32.60	+00:22:48	8:31	7
68	ZAWADZKA Maria	223.	KS METRACO POLKOWICE	K60-69	4			00:02:43	00:42:13	00:45:31	01:28:07	01:31:43.45	01:34:27.40	+00:23:09	8:33	7
69	HACZYK Anna	169.	UKS GIMNAZJON SUCHY LAS	K30-39	4			00:02:38	00:42:51	00:46:07	01:29:37	01:32:55.05	01:35:33.45	+00:24:21	8:40	6.9
70	DROZDOWICZ Dorota	161.	CZARNE PANTERY	K40-49	13			00:02:41	00:43:46	00:47:10	01:30:03	01:33:15.20	01:35:56.35	+00:24:41	8:41	6.9
71	OGRODNICZAK Anna	199.		K30-39	5			00:02:37	00:42:50	00:46:13	01:30:08	01:33:33.95	01:36:11.45	+00:25:00	8:43	6.9
72	DRABCZYK Franciszek	231.	KS METRACO POLKOWICE	M60-69	11			00:00:16	00:42:01	00:45:31	01:30:19	01:33:55.85	01:34:12.40	+00:25:22	8:45	6.8
73	ADAMIEC Bożena	152.		K30-39	6			00:02:36	00:44:38	00:48:07	01:31:13	01:34:32.75	01:37:09.30	+00:25:58	8:49	6.8

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74	BAKOWSKA Maria	157.	NORDIC TEAM GNIEZNO	K60-69	5			00:02:46	00:44:26	00:47:57	01:31:11	01:34:39.10	01:37:25.95	+00:26:05	8:49	6.8
75	JÓZWIAK Dominik	177.	WTW.WŁOCŁAWEK	M18-29	1			00:00:09	00:42:45	00:46:08	01:31:29	01:34:57.55	01:35:06.80	+00:26:23	8:51	6.8
76	JARYSZ Agnieszka	175.	FACE NORDIC WALKING TEAM	K30-39	7			00:02:42	00:46:01	00:49:35	01:32:27	01:35:41.05	01:38:23.60	+00:27:07	8:55	6.7
77	GIERSZENDORF Monika	166.	FACE NORDIC WALKING TEAM	K40-49	14			00:02:39	00:44:10	00:47:42	01:32:28	01:35:45.80	01:38:25.25	+00:27:12	8:56	6.7
78	HORIACZEK Małgorzata	171.	UKS GIMNAZJON SUCHY LAS	K60-69	6	1		00:02:45	00:42:48	00:46:22	01:32:07	01:35:46.20	01:38:31.65	+00:27:12	8:56	6.7
79	JAGŁA Monika	172.	KSIR SPORTICO BIAŁOSLIWE	K40-49	15			00:02:40	00:44:51	00:48:23	01:32:54	01:36:26.60	01:39:06.70	+00:27:52	8:59	6.7
80	KRYZA Małgorzata	187.	KSIR SPORTICO BIAŁOSLIWE	K30-39	8			00:02:37	00:44:54	00:48:27	01:32:58	01:36:29.55	01:39:06.70	+00:27:55	9:00	6.7
81	ABRAMOWICZ Ewa	151.		K40-49	16			00:02:45	00:45:25	00:48:53	01:33:37	01:37:01.70	01:39:47.45	+00:28:27	9:03	6.6
82	KOWALCZUK Maria	185.		K40-49	17			00:02:42	00:45:28	00:48:57	01:33:40	01:37:09.90	01:39:52.55	+00:28:36	9:03	6.6
83	BIAŁAS Ewa	228.		K50-59	9			00:02:45	00:45:36	00:49:07	01:33:44	01:37:18.20	01:40:03.35	+00:28:44	9:04	6.6
84	LIKOWSKA Lidia	191.		K40-49	18			00:02:38	00:45:44	00:49:19	01:33:51	01:37:21.50	01:39:59.95	+00:28:47	9:04	6.6
85	GREFKIEWICZ Justyna	168.	KB KATORŻNIK MUROWANA GOSŁINA	K40-49	19			00:02:44	00:45:33	00:49:10	01:34:06	01:37:36.15	01:40:21.10	+00:29:02	9:06	6.6
86	OLSZEWSKA Elżbieta	200.	KLUB SPORTOWY 'SPORTICO'	K40-49	20			00:02:40	00:46:47	00:50:24	01:34:13	01:37:42.25	01:40:23.15	+00:29:08	9:06	6.6
87	OLSZEWSKA Martyna	234.	KLUB SPORTOWY 'SPORTICO'	K18-29	4			00:02:36	00:46:51	00:50:27	01:34:16	01:37:45.25	01:40:21.40	+00:29:11	9:07	6.6
88	ADAMIEC Ewa	153.		K50-59	10			00:02:46	00:45:12	00:48:42	01:35:12	01:38:52.10	01:41:38.15	+00:30:18	9:13	6.5
89	SIECZKA Bożena	207.	KSIR SPORTICO BIAŁOSLIWE	K30-39	9			00:02:37	00:45:12	00:48:41				+00:14:49	9:04	6.6
90	DUKIEWICZ Aneta	162.	CZARNE PANTERY	K40-49	21			00:02:41	00:53:28	00:58:23				+00:24:32	10:53	5.5
DQ	GODZIŃSKI Paweł	167.	PIELGRZYMI SANTIAGO	M30-39		1		DQ	00:38:48 DQ	00:41:52 DQ	01:22:26 DQ	2016-04-16 DQ	DQ		-	-
DQ	WANDEL Agnieszka	217.	FACE NORDIC WALKING TEAM	K40-49		1		DQ	00:40:18 DQ	00:43:29 DQ	01:25:00 DQ	2016-04-16 DQ	DQ		-	-

Znaleziono 92 wynik(ów)