



Organizator:
Data:
Miejsce:
Dystans:

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

PFNW
2016-06-11
Kolbuszowa
21.1 km



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
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	6:18	9.5
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	6:35	9.1
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	6:35	9.1
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	6:36	9.1
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	6:37	9.1
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	6:37	9.1
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	6:40	9
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	6:47	8.8
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	6:54	8.7
11	ŻYWIĆKI 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	6:55	8.7
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	7:00	8.6
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	7:03	8.5
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	7:04	8.5
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	7:10	8.4
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	7:11	8.3
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	7:11	8.3
18	SZCZĘBAK 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	7:13	8.3
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	7:19	8.2
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	7:22	8.1
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	7:27	8
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	7:29	8
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	7:30	8
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	7:34	7.9
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	7:35	7.9
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	7:42	7.8
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	7:43	7.8
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	7:46	7.7
29	GRĄDZKA-MOZYSZEK 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	7:46	7.7
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	7:52	7.6
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	7:52	7.6

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
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	7:55	7.6
33	KOBIELA Daria	16	BŁĘKITNI NWDZIEMIANY	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	7:55	7.6
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	7:58	7.5
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	7:59	7.5
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	8:01	7.5
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	8:07	7.4
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	8:15	7.3
39	CICHON 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	8:21	7.2
40	SŁABON-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	8:28	7.1
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	8:30	7.1
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	8:35	7
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	8:38	6.9
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	8:41	6.9
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	8:41	6.9
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	8:42	6.9
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	8:52	6.8
48	BAC 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	8:56	6.7
DQ	LIS Robert	55	N.Z	M 50-59			Tak	DQ	00:02:35	00:05:17	00:08:02	00:26:48	00:45:45	01:05:30	01:24:54	01:44:30	02:05:07	02:26:14	02:47:47.00	DQ		-	-

Znaleziono 49 wynik(ów)