



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-05-15

Konstancin-Jeziorna

21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	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	DZIEDZIEWICZ Andrzej	689	KS METRACO POLKOWICE	M 30-39	1			00:02:38	00:06:46	00:21:41	00:37:12	00:52:56	01:08:24	01:23:46	01:39:24	01:55:35	02:12:46.75	02:15:25.30		6:17	9.5
2	KORDOWSKI Piotr	639	NOWA HUTA TEAM	M 40-49	1			00:02:40	00:07:07	00:22:42	00:39:04	00:55:00	01:11:16	01:27:12	01:43:14	01:59:28	02:15:42.50	02:18:23.30	+00:02:55	6:25	9.3
3	SKIBA Krzysztof	664	KS METRACO POLKOWICE	M 50-59	1	1		00:02:46	00:06:38	00:21:28	00:36:44	00:52:20	01:07:54	01:23:37	01:40:13	01:57:58	02:15:59.90	02:18:46.10	+00:03:13	6:26	9.3
4	STUPNOWICZ Przemek	669	EPOKA NORDICA ŁÓDŹ	M 18-29	1			00:02:38	00:07:10	00:23:17	00:39:37	00:55:44	01:11:39	01:27:31	01:43:36	01:59:52	02:16:19.30	02:18:58.25	+00:03:32	6:27	9.3
5	WIŚNIEWSKI Jacek	677	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59	2			00:02:44	00:07:27	00:23:31	00:39:33	00:55:43	01:11:35	01:27:31	01:43:49	02:00:21	02:17:22.75	02:20:06.90	+00:04:36	6:30	9.2
6	HELWICH Stefan	634	KS METRACO POLKOWICE	M 60+	1			00:02:47	00:07:29	00:24:02	00:40:29	00:56:44	01:12:57	01:28:55	01:45:05	02:01:42	02:18:15.80	02:21:03.70	+00:05:29	6:33	9.2
7	STILLER Karol	696	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:02:39	00:07:07	00:22:44	00:39:04	00:55:00	01:11:15	01:27:14	01:43:46	02:01:16	02:19:50.35	02:22:30.05	+00:07:03	6:37	9.1
8	BIK Stanisław	622	KS METRACO POLKOWICE	M 50-59	3			00:02:45	00:07:32	00:24:07	00:40:33	00:56:48	01:13:02	01:29:15	01:46:00	02:03:45	02:22:11.10	02:24:56.30	+00:09:24	6:44	8.9
9	ADAMSKI Robert	621	DRUŻYNASZPIKU	M 40-49	2			00:02:42	00:07:12	00:23:35	00:39:53	00:56:15	01:12:39	01:29:36	01:47:13	02:04:58	02:22:22.50	02:25:04.50	+00:09:35	6:44	8.9
10	ZACZYŃSKA Anna	683	KS METRACO POLKOWICE	K 30-39	1	1		00:04:07	00:07:12	00:23:50	00:40:39	00:57:23	01:14:12	01:30:53	01:48:04	02:05:21	02:22:34.00	02:26:41.75	+00:09:47	6:45	8.9
11	BOGACKI Sławek	623	ENERGA NW TEAM	M 40-49	3			00:02:41	00:07:14	00:23:35	00:39:54	00:56:16	01:12:39	01:29:07	01:46:11	02:04:05	02:22:49.40	02:25:30.55	+00:10:02	6:46	8.9
12	NALEPKA Jerzy	651	FACE NORDIC WALKING TEAM	M 60+	2			00:02:46	00:07:35	00:24:06	00:40:42	00:57:20	01:14:10	01:31:17	01:48:27	02:05:45	02:22:59.50	02:25:46.40	+00:10:12	6:46	8.9
13	LENZ Andrzej	647	AL TOM	M 50-59	4			00:02:44	00:07:27	00:24:15	00:40:50	00:57:21	01:14:01	01:31:01	01:48:12	02:05:35	02:23:14.85	02:25:59.30	+00:10:28	6:47	8.8
14	ŻYWIcki Marcin	688	BLĘKITNI DZIEMIANY	M 30-39	3			00:02:39	00:07:28	00:23:47	00:40:27	00:57:17	01:14:08	01:31:15	01:48:33	02:06:04	02:23:52.55	02:26:32.00	+00:11:05	6:49	8.8
15	WARUSZEWSKI Karol	675	BIEGAJĄCY TCZEW	M 40-49	4			00:02:41	00:07:50	00:25:34	00:42:57	00:59:58	01:16:52	01:33:31	01:50:11	02:07:07	02:23:59.20	02:26:40.80	+00:11:12	6:49	8.8
16	WRÓBEL Łukasz	682	FUNDACJA 'W TE PĘDY'	M 30-39	4			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16	01:15:07	01:32:26	01:49:50	02:07:34	02:25:47.40	02:28:28.80	+00:13:00	6:54	8.7
17	DENCIKOWSKI Marek	629	KBBB/TKKF	M 40-49	5			00:02:44	00:07:42	00:24:38	00:41:41	00:58:47	01:15:36	01:33:07	01:50:35	02:08:25	02:26:22.55	02:29:06.90	+00:13:35	6:56	8.6
18	JANCZYK Małgorzata	695	EPOKA NORDICA ŁÓDŹ	K 30-39	2			00:04:07	00:07:23	00:24:22	00:41:41	00:58:59	01:16:16	01:33:43	01:51:23	02:09:17	02:27:12.75	02:31:20.10	+00:14:26	6:58	8.6
19	MITURA-ZIELONKA Paweł	649	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39	5			00:02:40	00:07:45	00:26:30	00:45:15	01:02:42	01:19:41	01:36:35	01:53:31	02:10:22	02:27:18.60	02:29:59.50	+00:14:31	6:58	8.6
20	PIETRZYK Jarosław	654	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	6			00:02:39	00:07:27	00:24:32	00:41:34	00:58:18	01:15:08	01:31:59	01:49:26	02:07:57	02:27:23.60	02:30:03.05	+00:14:36	6:59	8.6
21	WESOŁOWSKI Wojciech	676	NORDIC TEAMGNIEZNO	M 60+	3			00:02:47	00:07:35	00:24:54	00:42:08	00:59:49	01:17:06	01:34:48	01:52:24	02:09:53	02:27:30.85	02:30:18.35	+00:14:44	6:59	8.6
22	ZAREMBA Jakub	685		M 30-39	7			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56	01:17:12	01:34:55	01:52:31	02:09:59	02:27:36.85	02:30:19.00	+00:14:50	6:59	8.6
23	WOJCIECHOWSKI Tadeusz	679	DĄBROWA NORDIC TEAM	M 60+	4			00:02:46	00:07:55	00:25:17	00:42:45	01:00:10	01:17:36	01:35:06	01:52:43	02:10:28	02:28:31.55	02:31:18.45	+00:15:44	7:02	8.5
24	NOWROTEK Monika	652	WESOŁY BORSUK TEAM	K 18-29	1			00:04:06	00:07:16	00:24:10	00:41:16	00:58:35	01:16:02	01:33:43	01:51:47	02:10:07	02:28:44.45	02:32:51.20	+00:15:57	7:02	8.5
25	SZCZEBAK Jacek	671	UNIA MIAST	M 40-49	6			00:02:43	00:07:33	00:24:57	00:42:34	01:00:09	01:17:45	01:35:36	01:53:38	02:12:04	02:30:40.20	02:33:23.30	+00:17:53	7:08	8.4
26	ZAGAJA Janusz	684	WESOŁY BORSUK TEAM	M 60+	5			00:02:46	00:07:28	00:24:02	00:41:04	00:58:21	01:16:03	01:34:09	01:52:36	02:12:28	02:33:05.40	02:35:52.05	+00:20:18	7:15	8.3
27	OLSCHIMKE-MARMUROWICZ Barbara	653	SILESIA NORDIC TEAM	K 40-49	1			00:04:10	00:08:15	00:26:08	00:44:13	01:02:26	01:20:40	01:38:51	01:57:00	02:15:09	02:33:09.40	02:37:20.20	+00:20:22	7:15	8.3
28	ZIĘTEK Sylwia	687	SILESIA NORDIC TEAM	K 30-39	3			00:04:08	00:07:50	00:25:51	00:44:10	01:02:29	01:20:39	01:38:51	01:57:01	02:15:10	02:33:10.20	02:37:18.50	+00:20:23	7:15	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas		Różn	Tempo min/km	Tempo km/h
																	netto 21.1km	brutto 21.1km			
29	HAŁAS Marcin	693	FACE NORDIC WALKING TEAM	M 30-39	8			00:02:40	00:07:33	00:24:10	00:40:50	00:57:34	01:14:30	01:32:10	01:51:06	02:10:33	02:34:31.60	02:37:11.75	+00:21:44	7:19	8.2
30	FOLWARSKI Andrzej	630	FACE NORDIC WALKING TEAM	M 50-59	5			00:02:45	00:07:52	00:25:58	00:44:14	01:02:36	01:20:27	01:38:40	01:56:59	02:15:43	02:34:39.75	02:37:25.20	+00:21:53	7:19	8.2
31	RADOMSKA Marta	656	AVOCADO WELLNESS CLUB	K 30-39	4			00:04:09	00:08:15	00:26:20	00:44:22	01:02:29	01:20:44	01:39:17	01:57:42	02:16:44	02:35:21.20	02:39:31.10	+00:22:34	7:21	8.1
32	STĘPIEŃ Lucyna	667	KS METRACO POLKOWICE	K 50-59	1			00:04:14	00:08:06	00:26:01	00:44:19	01:02:58	01:21:51	01:40:34	01:59:29	02:18:18	02:37:13.95	02:41:28.10	+00:24:27	7:27	8.1
33	GWIZDAŁA Marcin	633	GOSIR OSIELSKO	M 30-39	9			00:02:39	00:08:03	00:26:34	00:45:29	01:04:10	01:22:32	01:40:56	01:59:45	02:18:41	02:37:37.95	02:40:17.60	+00:24:51	7:28	8
34	REJMAN Dorota	659	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39	5			00:04:09	00:08:22	00:27:06	00:45:40	01:04:09	01:22:42	01:41:34	02:00:35	02:19:20	02:38:13.05	02:42:22.20	+00:25:26	7:29	8
35	RUSZKOWSKA Bożena	662	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K 60+	1			00:04:16	00:08:38	00:27:34	00:46:44	01:05:55	01:25:26	01:45:22	02:05:33	02:25:08	02:39:08.70	02:43:25.00	+00:26:21	7:32	8
36	ŚLIWKA Wanda	672	FACE NORDIC WALKING TEAM	K 50-59	2			00:04:16	00:08:31	00:26:52	00:45:27	01:04:04	01:22:48	01:41:44	02:00:51	02:20:18	02:40:01.55	02:44:17.55	+00:27:14	7:35	7.9
37	WOŁOWIEC Marcin	681	FOREVER YOUNG ŁÓDŹ	M 40-49	7			00:02:43	00:07:50	00:26:35	00:45:12	01:03:54	01:22:17	01:41:09	02:01:12	02:20:53	02:40:37.30	02:43:21.15	+00:27:50	7:36	7.9
38	WOLNIEWICZ Katarzyna	680	FABRIKANORDIKA	K 40-49	2			00:04:12	00:08:29	00:27:01	00:45:36	01:04:16	01:23:01	01:42:07	02:01:16	02:20:44	02:40:41.40	02:44:53.60	+00:27:54	7:36	7.9
39	CHEĆKO Ewa	625	KLUB BIEGAJĄCYCH LEŚNIKÓW	K 30-39	6			00:04:07	00:08:35	00:27:52	00:47:16	01:06:15	01:24:54	01:43:48	02:02:48	02:21:41	02:40:44.80	02:44:52.60	+00:27:58	7:37	7.9
40	KARASIEWICZ Irena	637	FACE NORDIC WALKING TEAM	K 50-59	3	1		00:04:14	00:08:23	00:26:52	00:45:37	01:04:22	01:23:14	01:42:16	02:01:44	02:21:22	02:40:55.05	02:45:10.00	+00:28:08	7:37	7.9
41	WAJS Jerzy	674	NW CIECHANÓW	M 50-59	6			00:02:45	00:08:04	00:26:39	00:45:28	01:04:20	01:23:09	01:42:20	02:01:38	02:21:14	02:41:07.20	02:43:52.35	+00:28:20	7:38	7.9
42	CZYCZ Emilia	628	GREEN TEAM ZIELONA GÓRA	K 60+	2	1		00:04:14	00:08:28	00:27:07	00:45:47	01:04:32	01:23:48	01:43:58	02:04:39	02:25:38	02:41:11.05	02:45:26.00	+00:28:24	7:38	7.9
43	GRADZKA-MOŻYSZEK Aleksandra	632	FORMA NA PIĄTKĘ NW	K 50-59	4			00:04:13	00:08:23	00:27:10	00:45:48	01:04:30	01:23:17	01:42:26	02:02:12	02:21:58	02:41:22.90	02:45:36.00	+00:28:36	7:38	7.8
44	KANIEWSKA Beata	692	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49	3			00:04:13	00:08:20	00:26:51	00:45:30	01:04:17	01:23:12	01:42:27	02:02:11	02:22:00	02:42:22.90	02:46:36.30	+00:29:36	7:41	7.8
45	KRYSZCZUK Krzysztof	643		M 40-49	8			00:02:43	00:08:33	00:27:53	00:47:24	01:06:31	01:25:28	01:44:39	02:04:12	02:23:41	02:43:18.25	02:46:01.55	+00:30:31	7:44	7.8
46	ROSADZIŃSKA Natalia	660		K 18-29	2			00:04:06	00:08:47	00:28:16	00:47:41	01:07:04	01:26:09	01:45:22	02:04:31	02:23:55	02:43:23.40	02:47:30.10	+00:30:36	7:44	7.7
47	KOBIELA Daria	638	BŁĘKITNI DZIEMIANY	K 18-29	3			00:04:06	00:08:38	00:28:20	00:48:01	01:07:26	01:26:41	01:45:46	02:05:01	02:24:20	02:43:56.40	02:48:02.90	+00:31:09	7:46	7.7
48	CICHOŃ Aneta	626	FABRIKA NORDIKA	K 30-39	7			00:04:09	00:08:21	00:27:13	00:45:59	01:05:03	01:23:48	01:43:12	02:03:02	02:23:29	02:44:33.25	02:48:42.45	+00:31:46	7:47	7.7
49	LASOTA Dorota	645	LZS JUSTYNÓW	K 40-49	4			00:04:12	00:08:23	00:27:13	00:46:13	01:05:07	01:24:08	01:43:54	02:04:04	02:24:40	02:45:42.00	02:49:54.60	+00:32:55	7:51	7.6
50	IDKOWIAK Magdalena	635	FACE NORDIC WALKING TEAM	K 30-39	8			00:04:08	00:08:33	00:28:30	00:48:18	01:07:51	01:27:08	01:46:31	02:06:07	02:25:56	02:45:53.90	02:50:02.25	+00:33:07	7:51	7.6
51	FRANKIEWICZ Mirosław	631	FORMA NA PIĄTKĘ PABIANICE	M 40-49	9			00:02:42	00:08:35	00:27:46	00:46:55	01:06:18	01:25:56	01:45:50	02:05:53	02:26:02	02:46:11.80	02:48:54.50	+00:33:25	7:52	7.6
52	BEJTKA Agnieszka	694		K 30-39	9			00:04:11	00:08:53	00:28:48	00:48:30	01:07:48	01:27:07	01:46:32	02:06:16	02:26:09	02:46:27.85	02:50:39.50	+00:33:41	7:53	7.6
53	WITKOWSKA Maria	678	UNIA MIAST	K 60+	3			00:04:17	00:08:38	00:28:11	00:47:55	01:07:28	01:27:22	01:47:23	02:07:21	02:27:25	02:47:34.00	02:51:51.50	+00:34:47	7:56	7.6
54	CIENNIK Kalina	690		K 40-49	5	1		00:04:14	00:08:31	00:27:40	00:47:15	01:07:14	01:27:08	01:47:01	02:07:17	02:27:48	02:48:13.85	02:52:28.05	+00:35:27	7:58	7.5
55	CIENNIK Wiktor	691	FOREVER YOUNG	M 50-59	7			00:02:45	00:08:33	00:27:34	00:46:57	01:06:27	01:25:50	01:46:19	02:06:57	02:27:45	02:48:58.05	02:51:43.85	+00:36:11	8:00	7.5
56	CEGŁA Zbyszko	624		M 60+	6			00:02:47	00:08:39	00:28:00	00:47:44	01:07:28	01:26:50	01:47:13	02:07:46	02:29:07	02:50:55.90	02:53:43.30	+00:38:09	8:06	7.4
57	TYLUTKI Agnieszka	673	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 40-49	6			00:04:11	00:08:41	00:28:28	00:48:22	01:08:11	01:28:24	01:48:38	02:09:22	02:30:45	02:51:47.35	02:55:58.95	+00:39:00	8:08	7.4
58	MOLENDĄ Magdalena	650	FACE NORDIC WALKING TEAM	K 30-39	10			00:04:09	00:08:42	00:28:44	00:49:05	01:09:16	01:29:28	01:50:01	02:10:51	02:31:55	02:52:49.60	02:56:58.75	+00:40:02	8:11	7.3
59	ŚLABOŃ-SIKORA Aneta	666	DĄBROWA NORDIC TEAM	K 30-39	11			00:04:08	00:08:54	00:29:13	00:49:28	01:09:27	01:29:49	01:50:12	02:10:49	02:31:54	02:53:05.15	02:57:13.35	+00:40:18	8:12	7.3
60	REGULSKI Paweł	658		M 30-39	10			00:02:40	00:07:55	00:27:37	00:47:17	01:07:27	01:27:27	01:48:13	02:09:28	02:31:25	02:53:26.00	02:56:06.60	+00:40:39	8:13	7.3
61	PIOTROWSKI Krzysztof	655	FACE NORDIC WALKING TEAM	M 60+	7			00:02:48	00:09:18	00:27:32	00:46:15	01:05:30	01:25:16	01:45:52	02:06:52	02:28:08	02:53:41.70	02:56:30.15	+00:40:54	8:13	7.3
62	STRZELECKI Sebastian	668	SAILING TEAM FERAJNA	M 40-49	10			00:02:42	00:09:07	00:29:53	00:50:31	01:11:06	01:32:03	01:52:39	02:13:40	02:35:03	02:56:36.75	02:59:19.55	+00:43:50	8:22	7.2
63	REGULSKA Krystyna	657		K 40-49	7			00:04:12	00:08:51	00:28:45	00:49:16	01:09:57	01:31:11	01:52:28	02:14:07	02:35:33	02:57:01.45	03:01:14.00	+00:44:14	8:23	7.2
64	KUCYPERA Dagmara	644	DĄBROWA NORDIC TEAM	K 40-49	8			00:04:09	00:08:54	00:29:00	00:49:21	01:09:25	01:30:33	01:51:54	02:13:49	02:36:25	02:59:11.45	03:03:21.40	+00:46:24	8:29	7.1
65	KRAWCZYK Jarosław	641		M 50-59	8			00:04:11	00:08:58	00:29:46	00:51:26	01:12:45	01:33:40	01:55:42	02:17:21	02:38:44	02:59:38.90	03:03:50.00	+00:46:52	8:30	7
66	KRAWCZYK Justyna	642		K 30-39	12			00:04:11	00:08:59	00:29:49	00:51:27	01:12:42	01:33:38	01:55:48	02:17:31	02:39:06	03:00:42.95	03:04:54.20	+00:47:56	8:33	7
67	ZAWADZKA Maria	686	KS METRACO POLKOWICE	K 60+	4			00:04:15	00:09:26	00:31:00	00:52:24	01:13:37	01:34:45	01:55:56	02:17:24	02:39:20	03:01:40.75	03:05:56.60	+00:48:54	8:36	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu									Czas netto	Czas brutto	Różn	Tempo	Tempo
									1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	21.1km		min/km	km/h
68	SATOWICZ Małgorzata	663		K 50-59	5			00:04:14	00:09:28	00:30:36	00:51:43	01:12:59	01:34:47	01:55:58	02:17:27	02:39:22	03:01:43.70	03:05:57.85	+00:48:56	8:36	7
69	ROZMUS Jolanta	661	FACE NORDIC WALKING TEAM	K 60+	5			00:04:16	00:08:56	00:29:01	00:49:55	01:11:33	01:33:55	01:56:14	02:19:11	02:42:15	03:06:26.60	03:10:43.35	+00:53:39	8:50	6.8
70	STUPNOWICZ Joanna	670		K 40-49	9			00:04:12	00:09:29	00:30:53	00:52:35	01:13:53	01:35:34	01:57:46	02:22:55	02:45:55	03:09:47.00	03:13:59.80	+00:57:00	8:59	6.7
71	LATOSEK Jan	646		M 60+	8			00:02:50	00:10:29	00:34:45	00:58:21	01:21:38	01:45:08	02:08:54	02:32:54	02:57:30	03:21:54.10	03:24:44.25	+01:09:07	9:34	6.3
72	CIESIELSKI Jerzy	627	FUNDACJA KRWINKA	M 60+	9			00:02:49	00:10:17	00:33:43	00:57:33	01:21:12	01:45:20	02:10:55	02:38:00	03:05:01	03:34:07.10	03:36:56.75	+01:21:20	10:08	5.9

Znaleziono 72 wynik(ów)