



# LEGNICA - FINAŁ PUCHARU EUROPY - NORDIC WALKING - 10 KM

B4SPORT

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



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	<b>01:02:16.85</b>	<b>01:11:16.05</b>		6:13	9.6
2	RECZULSKI Mariusz	9	M50-59	2			00:09:01	00:15:18	00:31:05	00:47:02	<b>01:03:10.55</b>	<b>01:12:12.25</b>	+00:00:53	6:19	9.5
3	SCHOLZ Wolfgang	69	M40-49	1			00:08:34	00:15:39	00:31:32	00:47:26	<b>01:03:30.95</b>	<b>01:12:05.10</b>	+00:01:14	6:21	9.4
4	WITCZUK Łukasz	112	M30-39	1			00:08:21	00:15:27	00:31:35	00:47:41	<b>01:03:45.95</b>	<b>01:12:07.15</b>	+00:01:29	6:22	9.4
5	NAKONIECZNY Grzegorz	106	M40-49	2			00:08:34	00:15:48	00:31:45	00:47:51	<b>01:04:01.15</b>	<b>01:12:35.40</b>	+00:01:44	6:24	9.4
6	KACPRZAK Sławomir	27	M40-49	3	1		00:08:34	00:15:23	00:31:24	00:47:25	<b>01:04:13.30</b>	<b>01:12:48.20</b>	+00:01:56	6:25	9.3
7	ZAUNER Johann	95	M50-59	3			00:08:59	00:15:47	00:31:52	00:48:09	<b>01:04:19.35</b>	<b>01:13:18.85</b>	+00:02:02	6:25	9.3
8	PUSZKIEL Adrian	62	M16-29	1			00:08:00	00:15:38	00:31:55	00:48:01	<b>01:04:20.30</b>	<b>01:12:21.25</b>	+00:02:03	6:26	9.3
9	GRIMM Dirk	17	M30-39	2			00:08:21	00:15:52	00:32:13	00:48:42	<b>01:04:41.95</b>	<b>01:13:03.00</b>	+00:02:25	6:28	9.3
10	WOJTASIŃSKI Daniel	93	M30-39	3			00:08:21	00:15:51	00:32:10	00:48:40	<b>01:04:47.65</b>	<b>01:13:08.85</b>	+00:02:30	6:28	9.3
11	HAŁAS Marcin	18	M30-39	4	1		00:08:21	00:15:53	00:32:11	00:48:42	<b>01:04:48.55</b>	<b>01:13:10.10</b>	+00:02:31	6:28	9.3
12	GRAML Günther	16	M50-59	4	1		00:09:00	00:15:56	00:32:18	00:48:58	<b>01:05:59.20</b>	<b>01:14:59.20</b>	+00:03:42	6:35	9.1
13	LANGMANN Herbert	37	M60-69	1	2		00:09:28	00:16:27	00:33:18	00:50:41	<b>01:07:42.45</b>	<b>01:17:10.80</b>	+00:05:25	6:46	8.9
14	HELL Xaver	97	M60-69	2			00:09:29	00:16:28	00:33:21	00:50:39	<b>01:07:48.55</b>	<b>01:17:18.25</b>	+00:05:31	6:46	8.8
15	ALBEL Günther	1	M60-69	3			00:09:29	00:16:28	00:33:21	00:50:39	<b>01:07:49.00</b>	<b>01:17:18.80</b>	+00:05:32	6:46	8.8
16	JENCZELEWSKI Grzegorz	23	M40-49	4			00:08:35	00:16:06	00:33:08	00:50:20	<b>01:07:50.00</b>	<b>01:16:25.95</b>	+00:05:33	6:47	8.8
17	PASIKOWSKA Mariola	53	K30-39	1			00:10:38	00:16:35	00:33:38	00:50:42	<b>01:07:58.85</b>	<b>01:18:37.50</b>	+00:05:42	6:47	8.8
18	SPYCHAŁA Marzena	73	K40-49	1			00:11:16	00:16:36	00:33:41	00:50:51	<b>01:08:08.50</b>	<b>01:19:25.20</b>	+00:05:51	6:48	8.8
19	KOŁODZIEJCZAK Beata	29	K40-49	2			00:11:17	00:16:36	00:33:41	00:50:55	<b>01:08:24.15</b>	<b>01:19:41.50</b>	+00:06:07	6:50	8.8
20	NOWROTEK Monika	51	K16-29	1			00:10:16	00:16:33	00:33:42	00:51:10	<b>01:08:30.45</b>	<b>01:18:46.45</b>	+00:06:13	6:51	8.8
21	SCHNEIDER Helmut	68	M70-79	1			00:09:48	00:16:53	00:33:58	00:51:18	<b>01:08:33.95</b>	<b>01:18:22.60</b>	+00:06:17	6:51	8.8
22	MACKIEWICZ Marcin	99	M16-29	2			00:08:00	00:16:39	00:34:46	00:52:08	<b>01:09:06.25</b>	<b>01:17:07.15</b>	+00:06:49	6:54	8.7
23	PFAFF Andreas	56	M60-69	4			00:09:28	00:17:00	00:34:22	00:51:53	<b>01:09:14.65</b>	<b>01:18:43.35</b>	+00:06:57	6:55	8.7
24	BOCZAR Beata	5	K50-59	1			00:11:42	00:16:57	00:34:30	00:52:08	<b>01:09:48.15</b>	<b>01:21:30.15</b>	+00:07:31	6:58	8.6
25	JERNEJ Anna Maria	24	K50-59	2	1		00:11:42	00:17:05	00:34:50	00:52:43	<b>01:10:24.60</b>	<b>01:22:06.70</b>	+00:08:07	7:02	8.5
26	KUBICKI Bernard	34	M60-69	5			00:09:29	00:17:22	00:35:12	00:52:59	<b>01:11:10.20</b>	<b>01:20:39.25</b>	+00:08:53	7:07	8.4
27	KLOSE Andrea	98	K40-49	3			00:11:17	00:17:23	00:34:57	00:53:05	<b>01:11:17.40</b>	<b>01:22:34.70</b>	+00:09:00	7:07	8.4

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
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	7:10	8.4
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	7:10	8.4
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	7:11	8.3
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	7:11	8.3
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	7:11	8.3
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	7:14	8.3
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	7:15	8.3
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	7:16	8.2
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	7:17	8.2
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	7:18	8.2
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	7:19	8.2
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	7:19	8.2
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	7:20	8.2
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	7:21	8.2
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	7:21	8.1
43	SIEMIEŃSKA 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	7:22	8.1
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	7:22	8.1
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	7:22	8.1
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	7:23	8.1
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	7:31	8
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	7:32	8
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	7:32	8
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	7:32	8
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	7:32	7.9
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	7:34	7.9
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	7:37	7.9
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	7:38	7.9
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	7:38	7.8
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	7:38	7.8
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	7:41	7.8
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	7:42	7.8
59	ROSOLEK 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	7:42	7.8
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	7:42	7.8
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	7:45	7.7
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	7:45	7.7
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	7:46	7.7
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	7:47	7.7
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	7:48	7.7
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	7:49	7.7
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	7:52	7.6
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	7:52	7.6
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	7:53	7.6
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	7:53	7.6

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
71	<b>THOMALLA Bogdan</b>	<b>83</b>	M70-79	4			00:09:48	00:19:11	00:38:59	00:58:48	<b>01:19:07.15</b>	<b>01:28:55.80</b>	+00:16:50	7:54	7.6
72	<b>TRATTNIG Manfred</b>	<b>88</b>	M40-49	8			00:08:34	00:19:14	00:39:34	00:59:56	<b>01:20:16.50</b>	<b>01:28:51.30</b>	+00:17:59	8:01	7.5
73	<b>BIŃCZYK Jacek</b>	<b>101</b>	M40-49	9			00:08:35	00:19:59	00:40:16	01:00:23	<b>01:20:22.65</b>	<b>01:28:57.65</b>	+00:18:05	8:02	7.5
74	<b>MOLENDĄ Magdalena</b>	<b>47</b>	K30-39	5			00:10:39	00:19:34	00:39:45	01:00:02	<b>01:20:26.85</b>	<b>01:31:06.55</b>	+00:18:10	8:02	7.5
75	<b>RACZYŃSKA Aleksandra</b>	<b>63</b>	K70-79	2			00:12:17	00:19:29	00:39:52	01:00:17	<b>01:20:32.85</b>	<b>01:32:49.95</b>	+00:18:16	8:03	7.5
76	<b>RAUCH Sonja</b>	<b>64</b>	K50-59	11	1		00:11:44	00:19:21	00:39:09	00:59:59	<b>01:20:33.15</b>	<b>01:32:17.45</b>	+00:18:16	8:03	7.4
77	<b>DUSZA Anna</b>	<b>105</b>	K40-49	10			00:11:19	00:19:50	00:39:58	01:00:34	<b>01:20:42.90</b>	<b>01:32:01.90</b>	+00:18:26	8:04	7.4
78	<b>SZEWCZYK Agnieszka</b>	<b>79</b>	K40-49	11			00:11:18	00:20:05	00:40:19	01:00:47	<b>01:21:45.75</b>	<b>01:33:04.45</b>	+00:19:28	8:10	7.3
79	<b>PLANKO Oton</b>	<b>59</b>	M60-69	11			00:09:28	00:19:21	00:40:42	01:01:24	<b>01:21:50.70</b>	<b>01:31:19.65</b>	+00:19:33	8:11	7.3
80	<b>KIDAWA Danuta</b>	<b>116</b>	K40-49	12			00:11:18	00:20:35	00:41:29	01:02:32	<b>01:23:36.40</b>	<b>01:34:54.60</b>	+00:21:19	8:21	7.2
81	<b>CHE Bing</b>	<b>10</b>	K40-49	13			00:11:17	00:19:55	00:40:39	01:01:54	<b>01:23:46.00</b>	<b>01:35:03.90</b>	+00:21:29	8:22	7.2
82	<b>CHRAPEK Urszula</b>	<b>11</b>	K16-29	5			00:10:16	00:20:21	00:41:10	01:02:07	<b>01:23:54.40</b>	<b>01:34:10.55</b>	+00:21:37	8:23	7.2
83	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>48</b>	K50-59	12	2		00:11:44	00:20:20	00:41:19	01:02:49	<b>01:24:06.10</b>	<b>01:35:50.10</b>	+00:21:49	8:24	7.1
84	<b>MIELEWCZYK Aleksandra</b>	<b>45</b>	K50-59	13			00:11:43	00:20:29	00:41:44	01:03:27	<b>01:25:23.50</b>	<b>01:37:06.75</b>	+00:23:06	8:32	7
85	<b>KATSCHNIG Heidi</b>	<b>28</b>	K60-69	3			00:12:04	00:20:46	00:42:02	01:03:48	<b>01:26:07.05</b>	<b>01:38:11.30</b>	+00:23:50	8:36	7
86	<b>ILLITSCH Brigitte</b>	<b>20</b>	K50-59	14	1		00:11:45	00:20:39	00:41:59	01:04:07	<b>01:26:24.90</b>	<b>01:38:10.35</b>	+00:24:08	8:38	6.9
87	<b>BREXLER Jasmin</b>	<b>8</b>	K16-29	6			00:10:18	00:20:32	00:41:38	01:03:36	<b>01:26:55.55</b>	<b>01:37:14.10</b>	+00:24:38	8:41	6.9
88	<b>JARYSZ Agnieszka</b>	<b>21</b>	K30-39	6			00:10:39	00:21:37	00:44:08	01:06:07	<b>01:27:42.60</b>	<b>01:38:22.45</b>	+00:25:25	8:46	6.8
89	<b>KRZYŚCIN Rafał</b>	<b>114</b>	M40-49	10			00:08:36	00:22:00	00:44:08	01:06:17	<b>01:27:49.35</b>	<b>01:36:25.35</b>	+00:25:32	8:46	6.8
90	<b>TKOCZ Alicja</b>	<b>85</b>	K50-59	15			00:11:43	00:22:04	00:44:49	01:07:10	<b>01:29:10.50</b>	<b>01:40:54.35</b>	+00:26:53	8:55	6.7
91	<b>KRZYŚCIN Mirosława</b>	<b>113</b>	K40-49	14			00:11:19	00:21:29	00:43:57	01:07:25	<b>01:29:30.40</b>	<b>01:40:49.85</b>	+00:27:13	8:57	6.7
92	<b>LIPÍŃSKA Urszula</b>	<b>39</b>	K40-49	15			00:11:17	00:22:24	00:45:03	01:07:38	<b>01:30:13.20</b>	<b>01:41:31.10</b>	+00:27:56	9:01	6.6
93	<b>FRAGER Barbara</b>	<b>14</b>	K50-59	16	1		00:11:45	00:23:10	00:46:34	01:10:26	<b>01:35:04.30</b>	<b>01:46:49.85</b>	+00:32:47	9:30	6.3
94	<b>KUTEJ Helmut</b>	<b>36</b>	M50-59	11			00:09:00	00:22:51	00:46:48	01:10:49	<b>01:35:09.85</b>	<b>01:44:10.70</b>	+00:32:53	9:31	6.3
95	<b>NAWROCKA Danuta</b>	<b>107</b>	K70-79	3			00:12:17	00:28:22	00:56:37	01:24:34	<b>01:52:25.20</b>	<b>02:04:43.05</b>	+00:50:08	11:14	5.3
DQ	<b>CZŁAPSKI Krzysztof</b>	<b>70</b>	M50-59			1		DQ	00:15:18 DQ	00:31:05 DQ	00:47:01 DQ	<b>DQ</b>	<b>DQ</b>	-	-
DQ	<b>STERN Peter</b>	<b>75</b>	M40-49			1		DQ	00:15:42 DQ	00:31:41 DQ	00:50:47 DQ	<b>DQ</b>	<b>DQ</b>	-	-
DQ	<b>ŚCIBISZ Bogdan</b>	<b>100</b>	M70-79			1		DQ	00:18:47 DQ	00:38:16 DQ	00:58:25 DQ	<b>DQ</b>	<b>DQ</b>	-	-
DQ	<b>ÜBELLEITNER Manfred</b>	<b>89</b>	M50-59			1		DQ	00:15:45 DQ	00:31:50 DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-
DQ	<b>ŚLUSARCZYK Grzegorz</b>	<b>82</b>	M40-49			1		DQ	00:19:15 DQ	00:39:40 DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-
DQ	<b>GRASSL Johann</b>	<b>26</b>	M60-69			1		DQ	00:16:26 DQ	DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-
	<b>JERNEJ Albin</b>	<b>25</b>	M50-59				DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 102 wynik(ów)