



OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT
inteligentny sport dla wszystkich

Organizator: PFNW
Data: 2016-04-23
Miejsce: Osielsko
Dystans: 42.195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km
1	MICHAŁEC Marcin	48	KKB MOSIR KROSNO	M18-29			00:00:05	00:26:31	00:52:59	01:19:27	01:45:46	02:12:46	02:40:34	03:08:44	03:37:41	04:07:07
2	PRAWUCKI Krzysztof	57	JEZIORKI AKTYWNA WIEŚ	M30-39			00:00:05	00:33:11	01:05:58	01:38:39	02:12:31	02:47:30	03:23:24	03:59:42	04:36:00	05:12:11
3	DOŁĘGOWSKI Marek	14	BKS MANIAK WOLIN	M40-49			00:00:06	00:28:07	00:56:50	01:26:44	01:57:22	02:28:36	03:00:44	03:31:44	04:05:07	04:39:39
4	STRZELECKI Sebastian	71	SAILING TEAM FERAJNA	M40-49			00:00:06	00:36:35	01:13:10	01:49:30	02:26:12	03:03:28	03:41:26	04:21:10	05:01:15	05:42:20
5	KANIGOWSKI Grzegorz	27		M30-39			00:00:06	00:28:41	00:57:24	01:26:14	01:55:39	02:25:09	02:56:00	03:27:00	03:58:41	04:31:08
6	ŚLUSARCZYK Marcin	77	WESOŁY BORSUK TEAM	M30-39			00:00:06	00:31:05	01:02:12	01:32:55	02:03:59	02:36:36	03:10:17	03:44:02	04:18:08	04:53:05
7	BOGACKI Sławek	6	ENERGA NW TEAM	M40-49			00:00:06	00:28:20	00:56:44	01:25:37	01:55:19	02:25:17	02:56:20	03:27:49	03:59:43	04:31:57
8	WARUSZEWSKI Karol	83	BIEGAJĄCY TCZEW	M40-49			00:00:07	00:30:36	01:00:57	01:31:15	02:01:23	02:32:12	03:04:17	03:37:31	04:11:08	04:46:34
9	MITURA- ZIELONKA Paweł	50	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M30-39			00:00:07	00:30:20	01:00:14	01:29:27	01:59:05	02:29:27	03:00:02	03:32:30	04:07:10	04:40:23
10	ŻYWICKI Marcin	91	BŁĘKITNI DZIEMIANY	M30-39			00:00:07	00:30:10	00:59:37	01:29:12	01:58:41	02:28:15	02:57:59	03:28:11	03:58:43	04:29:22
11	KLIMCZEWSKI Marek	31	FOREVER YOUNG ŁÓDŹ	M50-59			00:00:08	00:31:31	01:03:00	01:34:11	02:05:52	02:38:23	03:12:36	03:48:59	04:26:19	05:04:29
12	RACZYŃSKI Kazimierz	60	PASIEKAZPASJA.PL / FACE NORDIC WALKING TEAM	M40-49			00:00:08	00:28:37	00:57:22	01:26:11	01:55:45	02:25:53	02:56:19	03:27:35	03:59:58	04:32:46
13	SZCZEBAK Jacek	74	TARNÓW	M40-49			00:00:08	00:29:37	00:59:31	01:29:44	02:00:35	02:31:51	03:03:57	03:36:44	04:10:49	04:45:21
14	NIECHWIEJCZYK Piotr	51	OPEL ACTIVE TEAM	M40-49			00:00:08	00:28:39	00:57:23	01:26:25	01:55:28	02:24:39	02:53:47	03:23:04	03:52:31	04:21:58
15	JÓŹWIAK Łukasz	25	WTWWŁOCLAWEK	M40-49			00:00:09	00:32:37	01:04:55	01:37:38	02:10:59	02:45:58	03:21:04	03:57:20	04:33:54	05:10:00
16	LENZ Andrzej	39	ALTOM	M50-59			00:00:09	00:30:19	01:00:30	01:30:46	02:01:28	02:32:10	03:03:25	03:35:27	04:08:52	04:44:28
17	KORDOWSKI I Piotr	34	UPOJENI WIATREM	M40-49			00:00:09	00:28:05	00:56:27	01:24:52	01:54:13	02:23:33	02:52:55	03:22:02	03:51:42	04:21:12
18	MŁOSZ Artur	49	RTS	M40-49			00:00:09	00:34:20	01:08:35	01:43:49	02:19:41	02:58:22	03:38:40	04:19:37	05:01:52	05:43:08

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km
19	KUBICKI Bernard	36	KLUB SPORTOWY POLKOWICE	M65+			00:00:10	00:32:42	01:04:33	01:37:04	02:10:05	02:43:41	03:17:23	03:52:18	04:26:45	05:01:07
20	ZAMRZYCKI Leszek	90		M50-59			00:00:10	00:31:02	01:02:09	01:32:52	02:03:57	02:36:33	03:10:09	03:43:49	04:19:08	04:54:46
21	CZŁONKOWSKI Krzysztof	11	OLIMPIJCZYK SZCZECOCINY	M40-49			00:00:10	00:30:42	01:00:55	01:31:14	02:01:21	02:32:07	03:02:46	03:32:56	04:03:22	04:33:49
22	MARCINKOWSKI Wojciech	47	NORDIC WALKING LUBLINIEC	M40-49			00:00:10	00:34:05	01:08:48	01:43:51	02:19:34	02:56:03	03:33:14	04:11:19	04:49:38	05:26:13
23	SZCZODROWSKI Krzysztof	75		M50-59			00:00:10	00:31:30	01:03:40	01:36:36	02:09:48	02:44:27	03:20:18	03:56:05	04:31:49	05:08:08
24	BAJER Piotr	3	FACE NW TEAM	M50-59			00:00:11	00:31:04	01:02:25	01:33:50	02:05:14	02:36:23	03:08:13	03:39:39	04:11:23	04:44:15
25	STEFANICKI Marek	67	WŁÓCZYKIJE	M50-59			00:00:11	00:30:10	00:59:50	01:29:39	01:59:38	02:30:12	03:01:49	03:33:50	04:07:15	04:40:57
26	PIĄTKOWSKI Józef	97	KS METRACO POLKOWICE	M65+			00:00:11	00:34:19	01:08:35	01:43:48	02:19:17	02:54:45	03:31:17	04:08:47	04:47:53	05:27:05
27	KACORZYK Władysław	26	SILESIA NORDIC TEAM	M50-59			00:00:11	00:31:03	01:02:24	01:33:49	02:05:14	02:36:22	03:08:12	03:39:39	04:11:22	04:43:13
28	ZAGAJA Janusz	89	WESOŁY BORSUK TEAM	M60-64			00:00:11	00:30:05	01:00:14	01:30:31	02:01:28	02:33:18	03:07:01	03:42:49	04:17:42	04:55:44
29	DENCIKOWSKI Marek	13	KB BIAŁA BIEGA	M40-49			00:00:11	00:29:28	00:58:50	01:29:11	02:01:05	02:32:44	03:04:56	03:38:04	04:12:48	04:47:04
30	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M50-59			00:00:12	00:30:53	01:02:01	01:33:25	02:05:35	02:39:08	03:13:03	03:47:17	04:22:07	04:56:25
31	WESOŁOWSKI Wojciech	84	NIEZRZESZONY	M60-64			00:00:12	00:30:16	01:00:28	01:30:44	02:01:26	02:32:08	03:03:23	03:35:11	04:07:31	04:40:37
32	STEPNIAK Bogdan	69		M50-59			00:00:12	00:32:36	01:04:53	01:37:36	02:10:28	02:45:50	03:21:02	03:57:59	04:37:17	05:15:39
33	BIK Stanisław	4	KS METRACO POLKOWICE	M50-59			00:00:12	00:30:09	00:59:02	01:27:53	01:56:43	02:27:06	02:56:32	03:26:55	03:57:42	04:28:40
34	DZIADEK Remigiusz	15		M50-59			00:00:12	00:30:00	00:59:55	01:30:06	02:01:12	02:33:03	03:06:01	03:39:48	04:14:51	04:48:50
35	KOWALCZYK Mariusz	35	GREEN TEAM ZIELONA GÓRA	M50-59			00:00:13	00:30:22	01:00:42	01:31:12	02:02:54	02:36:18	03:11:20	03:48:22	04:26:06	05:05:27
36	JASINSKI Marian	23	K.S ELBLASKIE WŁÓCZY- KIJE	M65+			00:00:13	00:32:22	01:05:12	01:39:06	02:13:52	02:50:43	03:27:35	04:04:11	04:40:27	05:16:57
37	THIEL Jerzy	78	POSEJDON MORSY KOSZALIN	M50-59			00:00:13	00:33:14	01:06:34	01:40:06	02:15:17	02:50:41	03:27:46	04:06:36	04:44:53	05:24:17
38	ŁABĘCKI Edward	40	MOSIR RYPIN	M65+			00:00:14	00:32:53	01:05:42	01:39:25	02:12:33	02:47:36	03:21:47	03:56:14	04:31:30	05:06:11
39	SŁOMIAN Leszek	64	STADION ŚLASKI	M50-59			00:00:14	00:30:27	01:00:52	01:31:20	02:02:25	02:33:48	03:06:02	03:39:21	04:12:23	04:45:41
40	WIŚNIEWSKI Jacek	86	UKS SIEDLESZCZANY	M50-59			00:00:14	00:29:08	00:58:35	01:27:33	01:56:32	02:26:02	02:55:39	03:25:53	03:57:39	04:30:22
41	PUSZKIEL Leszek	58	GREEN TEAM	M50-59			00:00:14	00:29:40	00:58:35	01:27:31	01:56:31	02:26:25	02:56:36	03:27:09	03:58:18	04:31:18
42	SOBKOWSKI Janusz	65	SILESIA NORDIC TEAM	M60-64			00:00:15	00:30:36	01:01:57	01:33:30	02:05:09	02:37:36	03:10:38	03:44:03	04:16:29	04:49:59
43	DANA Andrzej	93	PATYCZAKI	M65+			00:00:15	00:31:48	01:04:21	01:36:35	02:09:11	02:43:14	03:18:17	03:53:44	04:30:18	05:07:49
44	KULKA Maciej	37	FACE NORDIC WALKING TEAM	M50-59			00:00:15	00:37:30	01:14:08	01:49:09	02:23:55	02:59:08	03:33:58	04:09:35	04:44:56	05:21:20
45	STUPNOWICZ Przemek	73	EPOKA NORDICA ŁÓDŹ	M18-29			00:00:16	00:30:05	01:00:05	01:29:34	01:59:33	02:29:41	02:59:51	03:29:53	03:59:47	04:30:07
46	THOMALLA Bogdan	79	SILESIA NORDIC TEAM	M65+			00:00:18	00:36:12	01:12:48	01:49:53	02:26:58	03:05:24	03:45:26	04:26:06	05:08:21	05:47:21
47	MANDZIUK Marek	45	KBBB SEKCJA NW	M40-49			00:00:19	00:35:16	01:08:36	01:42:23	02:16:44	02:51:17	03:26:07	04:02:17	04:39:25	05:17:16
48	CICHOŃ Aneta	9	FABRIKA NORDIKA	K30-39			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06	05:30:19
49	STOPA Joanna	70	BŁĘKITNI DZIEMIANY	K18-29			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21	04:48:24

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km
50	STEPCZYŃSKA Angelika	68	GOSIR OSIELSKO	K30-39			00:02:36	00:31:43	01:03:38	01:35:42	02:08:09	02:41:30	03:16:32	03:51:53	04:26:33	05:00:56
51	REJMAN Dorota	61	UKS SIEDLESZCZANY/FACE NORDIC WALKING TEAM	K30-39			00:02:36	00:31:45	01:03:27	01:35:22	02:08:00	02:41:31	03:16:32	03:51:10	04:26:33	05:01:18
52	ŁABUS Izabela	41	FABRIKANORDIKA	K18-29			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29	05:23:19
53	NOWROTEK Monika	52	WESOŁY BORSUK TEAM	K18-29			00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10	04:47:38
54	JANCZYK Małgorzata	21	EPOKA NORDICA ŁÓDŹ	K30-39			00:02:37	00:31:17	01:02:58	01:35:00	02:06:23	02:38:14	03:10:53	03:46:01	04:23:44	05:00:37
55	JÓŹWIAK Marianna	24	WTWWŁOCŁAWEK	K40-49			00:02:37	00:32:20	01:04:30	01:37:05	02:10:30	02:45:00	03:20:09	03:55:34	04:32:21	05:08:07
56	SPYCHAŁA Marzena	66	WESOŁY BORSUK TEAM	K40-49			00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41	04:45:15
57	GRYGIEL Monika	20	FACE NORDIC WALKING TEAM	K30-39			00:02:37	00:32:30	01:05:39	01:39:24	02:13:36	02:48:17	03:23:46	03:59:50	04:36:55	05:13:05
58	TYLUTKI Agnieszka	80	UKS SIEDLESZCZANY	K40-49			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15	05:40:01
59	ADAMIEC Bożena	1	SKW	K30-39			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05	05:51:02
60	KARCZEWSKA Violetta	29	GOSIR OSIELSKO	K40-49			00:02:38	00:34:56	01:09:37	01:44:21	02:19:19	02:55:18	03:31:14	04:08:01	04:45:28	05:23:32
61	WACHOWIAK Sylwia	81	SAILING TEAM FERAJNA	K40-49			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00	05:34:01
62	KARASIEWICZ Irena	28	FACE NW TEAM	K50-59			00:02:39	00:33:03	01:06:19	01:39:40	02:13:15	02:46:58	03:20:30	03:55:00	04:29:21	05:03:53
63	JANKOWSKA Katarzyna	22	MOSIR/GIMNAZJUM	K50-59			00:02:39	00:32:53	01:05:07	01:37:56	02:10:41	02:43:51	03:17:21	03:51:25	04:26:11	05:01:29
64	ŁUKASZEWICZ Joanna	43	GREEN TEAM	K40-49			00:02:39	00:32:19	01:04:36	01:37:05	02:10:05	02:43:51	03:18:14	03:53:41	04:29:25	05:04:38
65	WOLNIEWICZ Katarzyna	88	FABRIKANORDIKA	K40-49			00:02:39	00:33:28	01:06:25	01:39:36	02:13:19	02:47:35	03:22:29	03:58:14	04:34:37	05:11:42
66	OLSCHIMKE-MARMUROWICZ Barbara	53	SILESIA NORDIC TEAM	K40-49			00:02:39	00:30:59	01:01:46	01:32:54	02:04:32	02:36:47	03:09:10	03:42:01	04:15:34	04:49:43
67	STUPNOWICZ Joanna	72	FOREVER YOUNG ŁÓDŹ	K40-49			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30	06:45:22
68	MANDZIUK Marta	44	PSW / KBBB	K40-49			00:02:40	00:32:55	01:06:15	01:40:01	02:14:24	02:48:58	03:23:56	03:59:55	04:37:06	05:14:03
69	ŁOPATKIEWICZ Beata	42		K50-59			00:02:40	00:30:57	01:01:43	01:32:45	02:04:40	02:37:51	03:11:15	03:45:57	04:20:50	04:56:28
70	KUPIBIDA Bogusława	38	SILESIA NORDIC TEAM	K50-59			00:02:40	00:34:09	01:07:51	01:41:27	02:15:02	02:49:34	03:24:15	03:59:28	04:36:25	05:12:12
71	WAŁECKA Krystyna	82	FACE NORDIC WALKING TEAM	K60-64			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28	05:23:21
72	ROSIŃSKA Dorota	62		K50-59			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47	05:54:56
73	STĘPIEŃ Lucyna	96	KS METRACO POLKOWICE	K50-59			00:02:42	00:30:57	01:01:42	01:32:44	02:04:23	02:36:22	03:09:05	03:42:45	04:17:47	04:53:06
74	ŚLIWKA Wanda	76	FACE NORDIC WALKING TEAM	K50-59			00:02:42	00:32:41	01:04:34	01:36:53	02:10:14	02:44:37	03:20:09	03:54:36	04:29:48	05:07:54
75	PIERNICKA Krystyna	56		K50-59			00:02:42	00:32:42	01:04:36	01:37:04	02:10:32	02:45:57	03:23:05	04:00:28	04:38:01	05:16:04
76	DANA Kazimiera	94	PATYCZAKI	K60-64			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35	05:25:45
77	PACZUSKA Małgorzata	54	FOREVER YOUNG ŁÓDŹ	K50-59			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09	05:30:01

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km
78	PASZKIEWICZ-KĘŚIAK Anita	55	FOREVER YOUNG ŁÓDŹ	K60-64			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07	05:24:49
79	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40	05:23:36
80	ROZENBERG Marina	63		K60-64			00:02:43	00:34:48	01:09:27	01:44:04	02:19:12	02:54:51	03:30:02	04:06:12	04:42:31	05:18:38
81	WITKOWSKA Maria	87	STADION ŚLĄSKI	K60-64			00:02:44	00:33:38	01:07:42	01:41:25	02:15:38	02:50:40	03:25:26	03:59:47	04:36:11	05:11:51
82	BUCZKOWSKA Wiesława	7	CHODZEZKIJAMI.PL	K60-64			00:02:44	00:33:28	01:06:49	01:40:38	02:15:08	02:50:19	03:26:54	04:04:17	04:42:51	05:20:30
83	CZYCZ Emilia	12	GREEN TEAM ZIELONA GORA	K65+			00:02:45	00:33:21	01:06:39	01:40:38	02:15:35	02:50:35	03:26:11	04:04:01	04:42:49	05:21:59
	CEGŁA Zbyszko	8	NIEZRZESZONY	M60-64			DNF	00:34:09 DNF	01:08:44 DNF	01:43:39 DNF	02:19:10 DNF	02:55:43 DNF	DNF	DNF	DNF	DNF
	GRZELAK Jakub	92	GOSIR OSIELSKO	M18-29			DNF	00:36:00 DNF	01:11:03 DNF	01:46:55 DNF	02:24:40 DNF	03:05:31 DNF	03:48:38 DNF	04:32:34 DNF	05:20:19 DNF	DNF
	ANTOSZEWSKI Piotr	2	DĄBROWA NORDIC TEAM	M40-49			DNF	00:30:48 DNF	01:01:57 DNF	01:32:41 DNF	02:03:24 DNF	02:35:20 DNF	03:08:30 DNF	DNF	DNF	DNF
	SZULC Alicja	98		K30-39			DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF	DNF
	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-59			DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF	DNF
	GLINIECKA Katarzyna	19		K40-49			DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF	DNF
	FELIS Paweł	16		M40-49			DNF	00:31:49 DNF	01:03:42 DNF	01:35:06 DNF	02:06:41 DNF	02:38:59 DNF	03:11:55 DNF	03:47:58 DNF	DNF	DNF
	FORNAL Lech	95		M60-64			DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF

Znaleziono 91 wynik(ów)