

ELBLĄG - FINAŁ PUCHARU EUROPY / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT
WIELKOPOLSKIE STOWOZYSTWO

Organizator: PFNW
Data: 2015-09-19
Miejsce: Elbląg
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.55km	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Krzysztof	744	KGHM METRACO POLKOWICE	M 50-59	1			00:00:15	00:03:00	00:06:03	00:37:49	01:09:56	01:43:07	02:16:55.85	02:17:11.15		6:29	9.2 (100%)
2	KOLASA Wojciech	720	FIZJO-PLUS TEAM	M 40-49	1			00:00:09	00:03:20	00:06:40	00:40:26	01:14:10	01:47:53	02:21:40.95	02:21:50.90	+00:04:45 (3.4%)	6:42	8.9 (96.7%)
3	DIEDIEWICZ Andrzej	704	KGHM METRECO POLKOWICE	M 30-39	1			00:00:08	00:03:18	00:06:38	00:40:26	01:14:03	01:47:53	02:21:45.85	02:21:53.95	+00:04:50 (3.4%)	6:43	8.9 (96.7%)
4	NALEPKA Jerzy	731	PITBULL WALKING - SANOK	M 60+	1			00:00:14	00:03:26	00:06:43	00:40:25	01:14:19	01:48:39	02:23:05.55	02:23:19.55	+00:06:09 (4.3%)	6:46	8.8 (95.7%)
5	LUBIATOWSKI Ireneusz	729	KGHM METRACO POLKOWICE	M 40-49	2			00:00:09	00:03:38	00:07:01	00:41:06	01:14:41	01:48:22	02:23:11.90	02:23:21.55	+00:06:16 (4.4%)	6:47	8.8 (95.7%)
6	STUPNOWICZ Przemek	752	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:05	00:03:32	00:06:51	00:41:24	01:16:24	01:50:14	02:24:34.10	02:24:39.85	+00:07:38 (5.3%)	6:51	8.8 (95.7%)
7	KORDOWSKI Piotr	724	UPOJENI WIATREM	M 40-49	3			00:00:10	00:03:20	00:06:35	00:39:52	01:13:56	01:48:23	02:25:04.35	02:25:14.60	+00:08:08 (5.6%)	6:52	8.7 (94.6%)
8	BIK Stanisław	701	KGHM METRACO POLKOWICE	M 50-59	2			00:00:12	00:03:26	00:06:49	00:40:36	01:14:30	01:49:09	02:25:35.70	02:25:48.40	+00:08:39 (6.0%)	6:54	8.7 (94.6%)
9	PIOTROWSKI Michał	737	PENDOLINO	M 30-39	2			00:00:07	00:03:24	00:06:41	00:40:34	01:14:37	01:50:12	02:27:05.10	02:27:12.40	+00:10:09 (6.9%)	6:58	8.6 (93.5%)
10	BOGACKI Sławek	702	ENERGA NW TEAM	M 40-49	4			00:00:09	00:03:19	00:06:38	00:40:24	01:14:17	01:50:06	02:27:27.05	02:27:36.55	+00:10:31 (7.1%)	6:59	8.6 (93.5%)
11	ZAGAJA Janusz	765	KS METRACO POLKOWICE	M 60+	2			00:00:16	00:03:23	00:06:43	00:40:48	01:15:17	01:50:49	02:28:40.10	02:28:56.25	+00:11:44 (7.9%)	7:02	8.5 (92.4%)
12	WRÓBEL Łukasz	762	KB BIAŁA BIEGA	M 30-39	3			00:00:07	00:03:18	00:06:41	00:41:07	01:16:21	01:52:11	02:29:02.90	02:29:10.35	+00:12:07 (8.1%)	7:03	8.5 (92.4%)
13	PIETRZYK Jarosław	736	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	4			00:00:06	00:03:30	00:07:03	00:42:19	01:17:01	01:52:32	02:30:29.80	02:30:36.35	+00:13:33 (9.0%)	7:07	8.4 (91.3%)
14	LENZ Andrzej	728	DĄBROWA NORDIC TEAM	M 50-59	3			00:00:11	00:03:37	00:07:03	00:42:05	01:17:34	01:53:44	02:31:00.10	02:31:12.05	+00:14:04 (9.3%)	7:09	8.4 (91.3%)
15	KOŁODZIEJCZAK Beata	721	SOCHO TEAM	K 40-49	1			00:00:19	00:03:28	00:06:58	00:42:33	01:18:30	01:55:14	02:32:29.95	02:32:49.25	+00:15:34 (10.2%)	7:13	8.3 (90.2%)
16	WIKIERA Marek	759		M 40-49	5			00:00:10	00:03:36	00:07:06	00:42:51	01:19:28	01:56:45	02:34:20.25	02:34:30.70	+00:17:24 (11.3%)	7:18	8.2 (89.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
									0.55km	1.1km	6.1km	11.1km	16.1km					
17	KACZKOWSKI Zbigniew	717	MARSZPOZDROWIE	M 30-39	5			00:00:07	00:03:31	00:07:01	00:42:34	01:18:56	01:56:26	02:34:33.90	02:34:41.05	+00:17:38 (11.4%)	7:19	8.2 (89.1%)
17	BAJER Piotr	700	BRAN-FROM TEAM	M 50-59	4			00:00:12	00:03:40	00:07:18	00:43:35	01:19:56	01:57:06	02:34:33.90	02:34:45.90	+00:17:38 (11.4%)	7:19	8.2 (89.1%)
19	SOBKOWSKI Janusz	746	SILESIA NORDIC TEAM	M 60+	3			00:00:16	00:03:27	00:06:56	00:42:36	01:19:20	01:57:28	02:34:36.15	02:34:52.75	+00:17:40 (11.4%)	7:19	8.2 (89.1%)
20	KACORZYK Władysław	716	SILESIA NORDIC TEAM	M 50-59	5			00:00:13	00:03:42	00:07:22	00:43:55	01:20:59	01:58:27	02:34:57.20	02:35:10.50	+00:18:01 (11.6%)	7:20	8.2 (89.1%)
21	KOWALCZYK Mariusz	725	GREEN TEAM ZIELONA GÓRA	M 40-49	6			00:00:09	00:03:33	00:07:06	00:43:29	01:19:58	01:57:08	02:35:11.60	02:35:20.85	+00:18:15 (11.8%)	7:21	8.2 (89.1%)
22	ŚLUSARCZYK Marcin	755	WESOŁY BORSUK TEAM	M 30-39	6			00:00:08	00:03:36	00:07:05	00:42:35	01:18:40	01:56:46	02:35:13.90	02:35:21.95	+00:18:18 (11.8%)	7:21	8.2 (89.1%)
23	WARUSZEWSKI Karol	757	BIEGAJĄCY TCZEW	M 30-39	7			00:00:06	00:03:21	00:06:44	00:41:28	01:16:37	01:53:28	02:35:55.50	02:36:02.20	+00:18:59 (12.2%)	7:23	8.1 (88.0%)
24	DREWA Marian	705		M 50-59	6			00:00:13	00:03:37	00:07:13	00:42:57	01:19:21	01:56:39	02:36:43.35	02:36:56.75	+00:19:47 (12.6%)	7:25	8.1 (88.0%)
25	SORN Łukasz	747	CHODZEKIJAMI	M 18-29	2			00:00:06	00:03:43	00:07:26	00:44:46	01:22:06	01:59:35	02:36:44.20	02:36:50.35	+00:19:48 (12.6%)	7:25	8.1 (88.0%)
26	WYSOCKI Paweł	763		M 18-29	3			00:00:06	00:03:35	00:07:13	00:43:39	01:21:12	01:59:06	02:36:46.45	02:36:52.55	+00:19:50 (12.7%)	7:25	8.1 (88.0%)
27	STOPA Joanna	749	BŁĘKITNI NW DZIEMIANY	K 18-29	1			00:00:16	00:03:38	00:07:20	00:44:33	01:21:58	01:59:26	02:37:04.55	02:37:20.90	+00:20:08 (12.8%)	7:26	8.1 (88.0%)
28	DUBAJ Grzegorz	707	ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	7			00:00:13	00:03:39	00:07:16	00:43:13	01:20:34	01:58:55	02:37:59.85	02:38:13.65	+00:21:04 (13.3%)	7:29	8 (87.0%)
29	JANCZYK Małgorzata	711	FOREVER YOUNG ŁÓDŹ	K 30-39	1			00:00:19	00:03:40	00:07:19	00:44:47	01:22:12	02:00:28	02:38:03.40	02:38:22.60	+00:21:07 (13.4%)	7:29	8 (87.0%)
30	WOJCIECHOWSKI Tadeusz	761	DĄBROWA NORDIC TEAM	M 60+	4			00:00:14	00:03:39	00:07:19	00:44:09	01:21:59	01:59:47	02:38:10.95	02:38:25.10	+00:21:15 (13.4%)	7:29	8 (87.0%)
31	WESOŁOWSKI Wojciech	758		M 60+	5			00:00:14	00:03:40	00:07:20	00:44:10	01:22:13	02:00:34	02:38:22.95	02:38:37.65	+00:21:27 (13.5%)	7:30	8 (87.0%)
32	MÓL Wioletta	730	SILESIA NORDIC TEAM	K 40-49	2			00:00:20	00:03:37	00:07:17	00:45:05	01:22:38	02:01:34	02:41:16.10	02:41:36.35	+00:24:20 (15.1%)	7:38	7.9 (85.9%)
33	STĘPIEŃ Lucyna	748	KGHM METRACO POLKOWICE	K 50-59	1			00:00:22	00:03:42	00:07:21	00:45:04	01:23:20	02:02:17	02:41:54.80	02:42:16.85	+00:24:58 (15.4%)	7:40	7.8 (84.8%)
34	KARASIEWICZ Irena	718	BRAN-FROM TEAM	K 50-59	2			00:00:23	00:03:43	00:07:25	00:45:31	01:24:20	02:03:21	02:42:17.60	02:42:40.70	+00:25:21 (15.6%)	7:41	7.8 (84.8%)
35	KOWALSKA Amelia	726		K 40-49	3			00:00:19	00:03:48	00:07:34	00:45:12	01:24:04	02:03:26	02:43:22.05	02:43:41.90	+00:26:26 (16.2%)	7:44	7.7 (83.7%)
36	ÖSTERREICHER Christine	734	ASKÖ-VILLACH	K 40-49	4			00:00:20	00:03:41	00:07:19	00:44:57	01:23:31	02:03:22	02:43:47.35	02:44:08.10	+00:26:51 (16.4%)	7:45	7.7 (83.7%)
37	KOMAJDA Jarek	722	GOSIR OSIELSKO	M 50-59	8			00:00:12	00:03:50	00:07:39	00:46:47	01:25:48	02:05:10	02:45:12.65	02:45:25.15	+00:28:16 (17.1%)	7:49	7.7 (83.7%)
38	JASIŃSKI Marian	714	ELBLĄSKIE WŁÓCZY-KIJE	M 60+	6			00:00:15	00:03:45	00:07:25	00:45:05	01:23:56	02:04:08	02:45:19.15	02:45:34.30	+00:28:23 (17.2%)	7:50	7.7 (83.7%)
39	SARNOWSKA Wanda	743	GREEN TEAM	K 50-59	3			00:00:24	00:03:45	00:07:29	00:45:29	01:24:03	02:03:12	02:45:19.25	02:45:43.80	+00:28:23 (17.2%)	7:50	7.7 (83.7%)
40	STĘPCZYŃSKA Angelika	764	THE BEST MY IDZIEMY I CZEŚĆ	K 30-39	2			00:00:18	00:03:47	00:07:33	00:45:44	01:24:13	02:03:43	02:45:25.00	02:45:43.60	+00:28:29 (17.2%)	7:50	7.7 (83.7%)
41	RUSZKOWSKA Bożena	742	ELBLĄSKIE WŁÓCZY-KIJE	K 60+	1			00:00:24	00:03:58	00:07:51	00:47:02	01:25:41	02:05:12	02:45:47.45	02:46:11.85	+00:28:51 (17.4%)	7:51	7.6 (82.6%)
42	KACHEL Anna	715	ELBLĄSKIE-WŁÓCZY-KIJE	K 50-59	4			00:00:23	00:03:58	00:07:51	00:47:03	01:25:41	02:05:12	02:45:58.50	02:46:22.45	+00:29:02 (17.5%)	7:51	7.6 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h	
								startu	0.55km	1.1km	6.1km	11.1km						16.1km
43	SZCZODROWSKI Krzysztof	753		M 50-59	9			00:00:10	00:03:32	00:07:07	00:44:40	01:24:00	02:04:56	02:46:24.10	02:46:34.85	+00:29:28 (17.7%)	7:53	7.6 (82.6%)
44	SZULC Alicja	754	MOSIR MŁAWA	K 30-39	3			00:00:19	00:03:44	00:07:27	00:45:42	01:25:16	02:05:30	02:48:11.10	02:48:30.35	+00:31:15 (18.6%)	7:58	7.5 (81.5%)
45	KLIMCZEWSKI Marek	719	FOREVER YOUNG ŁÓDŹ	M 50-59	10			00:00:12	00:03:33	00:06:59	00:43:13	01:21:38	02:03:01	02:48:17.70	02:48:30.40	+00:31:21 (18.6%)	7:58	7.5 (81.5%)
46	CZYCZ Emilia	703	GREEN TEAM	K 60+	2			00:00:23	00:03:53	00:07:42	00:46:34	01:25:31	02:07:36	02:51:34.65	02:51:58.30	+00:34:38 (20.2%)	8:07	7.4 (80.4%)
47	GÓRSKA Weronika	710	GOSIR OSIELSKO	K 18-29	2			00:00:16	00:03:55	00:07:50	00:47:54	01:28:51	02:09:52	02:51:44.90	02:52:01.35	+00:34:49 (20.3%)	8:08	7.4 (80.4%)
48	JANKOWSKA Katarzyna	712	MOSIR	K 50-59	5			00:00:24	00:04:12	00:08:18	00:48:42	01:29:34	02:10:44	02:52:04.75	02:52:28.75	+00:35:08 (20.4%)	8:09	7.4 (80.4%)
49	WITKOWSKA Maria	760	STADION ŚLĄSKI	K 60+	3			00:00:25	00:03:55	00:07:48	00:47:51	01:28:44	02:10:12	02:52:23.10	02:52:48.45	+00:35:27 (20.6%)	8:10	7.3 (79.3%)
50	PYZIK-KAPSZEWICZ Angelika	738	LKS ZANTYR	K 18-29	3			00:00:17	00:04:01	00:07:53	00:47:57	01:29:10	02:10:01	02:52:27.45	02:52:45.15	+00:35:31 (20.6%)	8:10	7.3 (79.3%)
51	ROZENBERG Marina	741		K 50-59	6			00:00:22	00:04:06	00:08:14	00:49:54	01:30:56	02:12:37	02:55:18.25	02:55:41.15	+00:38:22 (21.9%)	8:18	7.2 (78.3%)
52	PALUSZEK-UFNALEWSKA Eugenia	771	ELBLĄSKIE WŁÓCZY-KIJE	K 40-49	5			00:00:22	00:04:16	00:08:26	00:50:05	01:30:58	02:12:52	02:55:25.15	02:55:47.80	+00:38:29 (21.9%)	8:18	7.2 (78.3%)
53	STĘPKOWSKI Andrzej	770		M 40-49	7			00:00:11	00:04:12	00:08:19	00:49:57	01:32:02	02:14:30	02:57:52.45	02:58:04.35	+00:40:56 (23.0%)	8:25	7.1 (77.2%)
54	ROSADZIŃSKA Natalia	740	UMP	K 18-29	4	1		00:00:17	00:04:00	00:08:03	00:50:09	01:32:24	02:14:26	02:58:11.20	02:58:29.10	+00:41:15 (23.2%)	8:26	7.1 (77.2%)
55	ZDRZAŁEK Małgorzata	767	STADION ŚLĄSKI	K 40-49	6			00:00:20	00:04:09	00:08:19	00:51:01	01:32:45	02:15:07	02:59:17.40	02:59:38.20	+00:42:21 (23.6%)	8:29	7.1 (77.2%)
56	KUCYPERA Dagmara	727	DĄBROWA NORDIC TEAM	K 40-49	7			00:00:21	00:04:04	00:08:14	00:50:58	01:33:06	02:15:59	02:59:46.00	03:00:07.85	+00:42:50 (23.8%)	8:31	7 (76.1%)
57	NESSEL Katarzyna	732	PATYCZAKI	K 40-49	8			00:00:21	00:04:17	00:08:26	00:51:16	01:33:07	02:16:00	03:02:49.65	03:03:11.10	+00:45:53 (25.1%)	8:39	6.9 (75.0%)
58	PARYS Andrzej	769	EL AKTYWNI	M 60+	7			00:00:15	00:04:04	00:08:08	00:50:54	01:34:38	02:18:53	03:03:18.65	03:03:34.50	+00:46:22 (25.3%)	8:41	6.9 (75.0%)
59	JARONIEK-BEDYK Wiesława	713	FOREVER YOUNG ŁÓDŹ	K 60+	4			00:00:25	00:04:01	00:08:00	00:49:57	01:33:35	02:18:31	03:03:40.65	03:04:06.05	+00:46:44 (25.5%)	8:42	6.9 (75.0%)
60	ZAWADZKA Maria	766	KGHM METRACO POLKOWICE	K 60+	5	1		00:00:26	00:04:03	00:08:19	00:52:46	01:37:05	02:20:51	03:06:12.35	03:06:39.20	+00:49:16 (26.5%)	8:49	6.8 (73.9%)
61	GODZIŃSKI Paweł	709		M 30-39	8			00:00:08	00:03:50	00:07:51	00:49:30	01:32:12	02:18:25	03:07:36.85	03:07:44.85	+00:50:41 (27.0%)	8:53	6.7 (72.8%)
62	DROZDOWSKI Krzysztof	706		M 50-59	11	1		00:00:14	00:04:10	00:08:23	00:52:27	01:37:07	02:22:36	03:11:03.10	03:11:17.30	+00:54:07 (28.3%)	9:03	6.6 (71.7%)
63	ZIAJKO Szymon	768		M 30-39	9			00:00:10	00:04:05	00:08:33	00:53:37	01:39:02	02:25:10	03:12:30.60	03:12:41.55	+00:55:34 (28.9%)	9:07	6.6 (71.7%)
64	GIBAS Sławomir	708		M 30-39	10			00:00:08	00:04:06	00:08:36	00:53:50	01:39:06	02:25:13	03:12:33.30	03:12:42.00	+00:55:37 (28.9%)	9:07	6.6 (71.7%)
65	STUPNOWICZ Joanna	751	FOREVER YOUNG ŁÓDŹ	K 40-49	9			00:00:20	00:04:20	00:08:40	00:53:06	01:38:27	02:25:37	03:13:16.80	03:13:37.45	+00:56:20 (29.2%)	9:09	6.5 (70.7%)
66	UKLEJEWSKA Agnieszka	756	GOSIR OSIELSKO	K 30-39	4			00:00:18	00:04:09	00:08:20	00:52:32	01:38:02	02:24:50	03:15:11.85	03:15:30.60	+00:58:16 (29.9%)	9:15	6.5 (70.7%)
67	KORDALSKA Agata	723	PATYCZAKI	K 40-49	10			00:00:22	00:04:17	00:08:37	00:54:03	01:40:26	02:28:03	03:15:12.65	03:15:34.70	+00:58:16 (29.9%)	9:15	6.5 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.55km	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
68	STRZELECKI Sebastian	750	SAILING TEAM FERAJNA	M 40-49	8			00:00:08	00:04:29	00:08:54	00:54:43	01:41:15	02:27:57	03:17:13.10	03:17:22.00	+01:00:17 (30.6%)	9:20	6.4 (69.6%)
69	NOWAK Bartłomiej	733	SAILING TEAM FERAJNA	M 40-49	9			00:00:11	00:04:23	00:08:50	00:54:41	01:41:08	02:27:52	03:17:14.55	03:17:25.80	+01:00:18 (30.6%)	9:20	6.4 (69.6%)

Znaleziono 69 wynik(ów)