



ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Event: ELBLĄG - PUCHAR POLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-06-24
Place: Elbląg
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KLICZKA Kamil	325	SANPROBI SZCZECIN	M40-49	1			00:00:56	00:31:39	01:04:03.30	01:04:59.55		6:24	9.4 (100%)
2	WOJTASIŃSKI Daniel	372	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:00:30	00:32:05	01:04:53.80	01:05:23.85	+00:00:50 (1.3%)	6:29	9.2 (97.9%)
3	NIECHWIEJCZYK Piotr	342	UNIA MIAST	M40-49	2			00:00:56	00:32:08	01:05:02.55	01:05:59.20	+00:00:59 (1.5%)	6:30	9.2 (97.9%)
4	SIWAK Piotr	354	KS METRACO POLKOWICE	M50-59	1			00:01:14	00:32:49	01:05:38.95	01:06:53.45	+00:01:35 (2.4%)	6:33	9.1 (96.8%)
5	HELWICH Stefan	318	KS METRACO POLKOWICE	M60-69	1			00:01:36	00:32:42	01:06:00.45	01:07:36.60	+00:01:57 (3.0%)	6:36	9.1 (96.8%)
6	PUSZKIEL Leszek	384	GREEN TEAM ZIELONA GÓRA	M60-69	2			00:01:36	00:32:41	01:07:24.75	01:09:00.85	+00:03:21 (5.0%)	6:44	8.9 (94.7%)
7	ŚWISŁOCKI Bogdan	368	FACE NORDIC WALKING TEAM	M50-59	2			00:01:15	00:33:46	01:08:50.80	01:10:06.05	+00:04:47 (7.0%)	6:53	8.7 (92.6%)
8	JĘDRASIAK Renata	323	KS METRACO POLKOWICE	K50-59	1			00:04:15	00:34:55	01:09:56.65	01:14:12.10	+00:05:53 (8.4%)	6:59	8.6 (91.5%)
9	PARAFINIUK Krzysia	347	LKS ZANTYR SZTUM	K30-39	1			00:02:52	00:34:50	01:10:19.20	01:13:11.60	+00:06:15 (8.9%)	7:01	8.5 (90.4%)
10	STEFAŃSKI Andrzej	361	EL- AKTYWNI ELBLĄG	M50-59	3			00:01:15	00:36:34	01:10:59.05	01:12:14.80	+00:06:55 (9.8%)	7:05	8.5 (90.4%)
11	KOLARSKA Agnieszka	326	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:02:51	00:35:20	01:11:37.65	01:14:29.25	+00:07:34 (10.6%)	7:09	8.4 (89.4%)
12	SPYCHAŁA Marzena	358	WESOŁY BORSUK TEAM	K40-49	1			00:03:23	00:35:13	01:11:40.60	01:15:03.65	+00:07:37 (10.6%)	7:10	8.4 (89.4%)
13	KOROBACZ Sergiusz	375		M30-39	2			00:00:30	00:36:18	01:11:59.80	01:12:30.15	+00:07:56 (11.0%)	7:12	8.3 (88.3%)
14	KOWALSKI Marek	376	UNIA MIAST	M50-59	4			00:01:16	00:35:51	01:12:01.55	01:13:17.85	+00:07:58 (11.1%)	7:12	8.3 (88.3%)

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15	BUŁAKOWSKI Bohdan	305	PASJA NORDIC WALKING	M60-69	3			00:01:36	00:36:07	01:12:01.65	01:13:38.60	+00:07:58 (11.1%)	7:12	8.3 (88.3%)
16	SMUL Andrzej	356	MARSZ PO ZDROWIE POZNAŃ	M60-69	4			00:01:36	00:34:50	01:12:01.90	01:13:38.55	+00:07:58 (11.1%)	7:12	8.3 (88.3%)
17	GÓRSKI Jacek	317	GOSIR OSIELSKO	M50-59	5			00:01:16	00:35:47	01:12:02.75	01:13:19.00	+00:07:59 (11.1%)	7:12	8.3 (88.3%)
18	JASIUKIEWICZ Jacek	322	GRUPA NORDIC WALKING - DOBRE MIASTO	M40-49	3			00:00:56	00:35:28	01:12:08.35	01:13:05.15	+00:08:05 (11.2%)	7:12	8.3 (88.3%)
19	UKLEJEWSKI Kacper	371	GOSIR OSIELSKO	M18-29	1			00:00:06	00:36:43	01:13:07.80	01:13:14.15	+00:09:04 (12.4%)	7:18	8.2 (87.2%)
20	KORYTOWSKA Agnieszka	329		K30-39	3			00:02:53	00:35:53	01:13:08.90	01:16:02.05	+00:09:05 (12.4%)	7:18	8.2 (87.2%)
21	NETKOWSKI Wojciech	341	PASJA NORDIC WALKING	M50-59	6			00:01:15	00:35:56	01:13:11.60	01:14:26.65	+00:09:08 (12.5%)	7:19	8.2 (87.2%)
22	JANKOWSKI Marcin	320	NORDIC WALKING PASŁĘK	M40-49	4			00:00:57	00:36:20	01:13:14.75	01:14:12.65	+00:09:11 (12.5%)	7:19	8.2 (87.2%)
23	SZPILMAN Katarzyna	366	FACE NORDIC WALKING TEAM	K40-49	2			00:03:24	00:36:08	01:13:17.95	01:16:42.00	+00:09:14 (12.6%)	7:19	8.2 (87.2%)
24	WROŃSKI Włodzimierz	374	PASJA NORDIC WALKING	M60-69	5			00:01:35	00:36:14	01:13:29.30	01:15:05.25	+00:09:26 (12.8%)	7:21	8.2 (87.2%)
25	KUCHARSKA Ela	334		K50-59	2			00:04:15	00:36:15	01:13:41.30	01:17:57.15	+00:09:38 (13.1%)	7:22	8.1 (86.2%)
26	ŚLUSARCZYK Marcin	367	WESOŁY BORSUK TEAM	M30-39	3			00:00:30	00:36:26	01:13:55.15	01:14:25.50	+00:09:51 (13.3%)	7:23	8.1 (86.2%)
27	ŁUKASZEWICZ Joanna	337	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:03:23	00:36:31	01:13:56.00	01:17:19.50	+00:09:52 (13.4%)	7:23	8.1 (86.2%)
28	HINC Iwona	319	FACE NORDIC WALKING TEAM	K40-49	4			00:03:24	00:37:00	01:14:06.00	01:17:30.05	+00:10:02 (13.6%)	7:24	8.1 (86.2%)
29	DUSIEL Ewa	313	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:04:16	00:36:37	01:14:21.40	01:18:37.60	+00:10:18 (13.9%)	7:26	8.1 (86.2%)
30	MŁYŃSKI Krzysztof	340	GRUPA NORDIC WALKING - DOBRE MIASTO	M40-49	5			00:00:56	00:36:37	01:14:24.30	01:15:20.90	+00:10:21 (13.9%)	7:26	8.1 (86.2%)
31	SZARSZUNOWICZ Anna	365	NORDIC WALKING PASŁĘK	K30-39	4			00:02:52	00:37:04	01:14:24.60	01:17:17.30	+00:10:21 (13.9%)	7:26	8.1 (86.2%)
32	POZNAŃSKI Wiesław	351	BIAŁA BIAŁYSTOK	M60-69	6			00:01:36	00:37:32	01:14:53.25	01:16:30.20	+00:10:49 (14.5%)	7:29	8 (85.1%)
33	KALISZ Krzysztof	324	KS METRACO POLKOWICE	M60-69	7			00:01:35	00:36:40	01:14:55.80	01:16:31.55	+00:10:52 (14.5%)	7:29	8 (85.1%)
34	BERTEL Alicja	302	GRUPA NORDIC WALKING - DOBRE MIASTO	K30-39	5	1		00:02:52	00:37:37	01:15:20.25	01:18:12.45	+00:11:16 (15.0%)	7:32	8 (85.1%)
35	CZAJKA Urszula	308		K60-69	1	1		00:04:49	00:37:33	01:15:56.60	01:20:46.00	+00:11:53 (15.7%)	7:35	7.9 (84.0%)
36	PASIŃSKA-SKOWRON Sylvia	348	PRUSZYŃSKI NORDIC WALKING	K40-49	5			00:03:23	00:37:17	01:16:02.15	01:19:25.65	+00:11:58 (15.8%)	7:36	7.9 (84.0%)
37	OLECH Anna	343	ELITE TEAM CHODZEKIJAMI	K40-49	6			00:03:24	00:37:25	01:16:30.95	01:19:55.20	+00:12:27 (16.3%)	7:39	7.8 (83.0%)

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38	KREFFT Barbara	332		K50-59	4	1		00:04:17	00:38:18	01:16:48.00	01:21:05.35	+00:12:44 (16.6%)	7:40	7.8 (83.0%)
39	KOŁPAK Jan	327	LKS ZANTYR SZTUM	M60-69	8			00:01:37	00:37:38	01:16:54.55	01:18:31.85	+00:12:51 (16.7%)	7:41	7.8 (83.0%)
40	DOBROWOLSKA Anna	311		K50-59	5			00:04:16	00:38:41	01:17:10.70	01:21:26.90	+00:13:07 (17.0%)	7:43	7.8 (83.0%)
41	DOBROWOLSKA- ŚWIĄTEK Elżbieta	312	KB HARCOWNIK JELCZ LASKOWICE	K50-59	6			00:04:15	00:38:42	01:17:12.15	01:21:27.60	+00:13:08 (17.0%)	7:43	7.8 (83.0%)
42	STEPCZYŃSKA Angelika	362	GOSIR OSIELSKO	K30-39	6			00:02:52	00:38:22	01:17:29.00	01:20:21.20	+00:13:25 (17.3%)	7:44	7.7 (81.9%)
43	BRZOWSKA Renata	304		K40-49	7			00:03:24	00:38:48	01:17:48.05	01:21:12.35	+00:13:44 (17.7%)	7:46	7.7 (81.9%)
44	KOMOROWSKA Monika	328	GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	8			00:03:24	00:39:12	01:17:56.20	01:21:21.15	+00:13:52 (17.8%)	7:47	7.7 (81.9%)
45	PADIAS Paweł	345	MORSKI KLUB SENIORÓW LOTNICTWA	M60-69	9			00:01:37	00:38:11	01:18:17.90	01:19:55.65	+00:14:14 (18.2%)	7:49	7.7 (81.9%)
46	WITKOWSKA Maria	274	UNIA MIAST	K60-69	2			00:04:50	00:39:31	01:18:26.50	01:23:17.00	+00:14:23 (18.3%)	7:50	7.6 (80.9%)
47	CZYCZ Kazimierz	309	GREEN TEAM ZIELONA GÓRA	M60-69	10			00:01:38	00:38:08	01:18:28.45	01:20:06.80	+00:14:25 (18.4%)	7:50	7.6 (80.9%)
48	BIAŁK Roman	303		M60-69	11			00:01:37	00:39:16	01:18:30.20	01:20:07.95	+00:14:26 (18.4%)	7:51	7.6 (80.9%)
49	STENCEL Wanda	378		K50-59	7			00:04:16	00:38:54	01:19:09.45	01:23:26.10	+00:15:06 (19.1%)	7:55	7.6 (80.9%)
50	PIĄTKOWSKI Józef	349	KS METRACO POLKOWICE	M70+	1			00:02:01	00:39:26	01:19:11.95	01:21:13.05	+00:15:08 (19.1%)	7:55	7.6 (80.9%)
51	BYTNIIEWSKI Mieczysław	306	TKKF KRZNA	M70+	2			00:02:00	00:39:41	01:19:21.40	01:21:21.85	+00:15:18 (19.3%)	7:56	7.6 (80.9%)
52	CHYRA Janusz	307	UNIA MIAST	M40-49	6			00:00:57	00:39:18	01:19:23.75	01:20:21.25	+00:15:20 (19.3%)	7:56	7.6 (80.9%)
53	SOBAŃSKA Grażyna	357	KS METRACO POLKOWICE	K60-69	3			00:04:49	00:39:31	01:19:36.00	01:24:25.40	+00:15:32 (19.5%)	7:57	7.5 (79.8%)
54	KRUSZKA Arleta	333	MARSZ PO ZDROWIE POZNAŃ	K50-59	8			00:04:17	00:39:53	01:19:50.65	01:24:07.90	+00:15:47 (19.8%)	7:59	7.5 (79.8%)
55	THOMALLA Bogdan	369	SILESIA NORDIC TEAM	M70+	3			00:02:00	00:39:26	01:20:54.60	01:22:55.45	+00:16:51 (20.8%)	8:05	7.4 (78.7%)
56	KOSIANOWSKA Monika	382	GRUPA MALBORK	K40-49	9			00:03:25	00:39:27	01:21:10.20	01:24:36.15	+00:17:06 (21.1%)	8:07	7.4 (78.7%)
57	SURIAK Ewelina	364	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:02:51	00:40:26	01:21:33.90	01:24:25.50	+00:17:30 (21.5%)	8:09	7.4 (78.7%)
58	WOJEWSKA Natalia	379	ELITE TEAM	K18-29	2			00:02:51	00:40:56	01:21:46.80	01:24:38.45	+00:17:43 (21.7%)	8:10	7.3 (77.7%)
59	WORONKO-ZACZYŃSKA Janina	373	KS METRACO POLKOWICE	K70+	1			00:05:02	00:40:25	01:22:23.80	01:27:26.50	+00:18:20 (22.3%)	8:14	7.3 (77.7%)
60	SURIAK Michał	363	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:00:06	00:41:36	01:22:44.30	01:22:51.15	+00:18:41 (22.6%)	8:16	7.3 (77.7%)

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61	PANEK Elwira	346		K50-59	9			00:04:16	00:40:35	01:22:54.50	01:27:11.25	+00:18:51 (22.7%)	8:17	7.2 (76.6%)
62	RACZYŃSKA Aleksandra	353	UNIA MIAST	K70+	2			00:05:02	00:41:21	01:23:13.85	01:28:16.80	+00:19:10 (23.0%)	8:19	7.2 (76.6%)
63	OMARSKA Grażyna	344	PASJA NORDIC WALKING	K50-59	10			00:04:18	00:41:31	01:23:24.85	01:27:43.35	+00:19:21 (23.2%)	8:20	7.2 (76.6%)
64	JASIŃSKI Marian	321	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M70+	4			00:01:38	00:40:36	01:23:29.95	01:25:08.55	+00:19:26 (23.3%)	8:21	7.2 (76.6%)
65	DAWID Anna	310	NIEZŁE SZPRYCHY	K40-49	10	1		00:03:25	00:41:57	01:23:32.05	01:26:57.80	+00:19:28 (23.3%)	8:21	7.2 (76.6%)
66	DUSZEŃKO Maciej	314	KS METRACO POLKOWICE	M18-29	3			00:00:06	00:41:40	01:24:16.25	01:24:22.90	+00:20:12 (24.0%)	8:25	7.1 (75.5%)
67	CYBULSKI Ryszard	316		M60-69	12			00:01:36	00:41:57	01:25:22.20	01:26:58.95	+00:21:18 (25.0%)	8:32	7 (74.5%)
68	KOZŁOWSKA Ewa	331	GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	11			00:03:24	00:42:54	01:25:30.00	01:28:54.85	+00:21:26 (25.1%)	8:33	7 (74.5%)
69	TOMASZEWSKI Roman	370	NIEZRZESZONY	M50-59	7			00:01:16	00:42:52	01:26:10.25	01:27:26.85	+00:22:06 (25.7%)	8:37	7 (74.5%)
70	KOLENKIEWICZ Dariusz	377	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M50-59	8			00:01:16	00:42:53	01:27:13.65	01:28:30.05	+00:23:10 (26.6%)	8:43	6.9 (73.4%)
71	STEFAŃSKI Andrzej	360	FACE NORDIC WALKING TEAM	M50-59	9			00:01:15	00:43:30	01:27:55.75	01:29:11.05	+00:23:52 (27.2%)	8:47	6.8 (72.3%)
72	POWĄZKA-GALANCIAK Elżbieta	350	GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	12			00:03:25	00:42:55	01:27:59.50	01:31:25.15	+00:23:56 (27.2%)	8:48	6.8 (72.3%)
73	KOPCZYK Bożena	383		K50-59	11			00:04:17	00:47:09	01:28:43.10	01:33:00.80	+00:24:39 (27.8%)	8:52	6.8 (72.3%)
74	KOSSOWSKI Marian	330	PASJA NORDIC WALKING	M50-59	10			00:01:15	00:44:14	01:29:49.60	01:31:05.35	+00:25:46 (28.7%)	8:59	6.7 (71.3%)
75	STEFANIAK Bożena	359		K50-59	12			00:04:17	00:45:20	01:31:49.40	01:36:06.95	+00:27:46 (30.2%)	9:10	6.5 (69.1%)
76	LIPIŃSKA Urszula	336	FACE NORDIC WALKING TEAM	K40-49	13			00:03:24	00:45:46	01:32:22.30	01:35:46.85	+00:28:19 (30.7%)	9:14	6.5 (69.1%)
77	DYLEWSKA Barbara	315	DABROWA NORDIC TEAM	K60-69	4	1		00:04:49	00:47:25	01:35:46.90	01:40:36.35	+00:31:43 (33.1%)	9:34	6.3 (67.0%)
78	PROKOP Anna	352	STOKROTKI	K40-49	14			00:03:26	00:48:31	01:37:43.85	01:41:10.75	+00:33:40 (34.5%)	9:46	6.1 (64.9%)
79	MAJEWSKA Agnieszka	338	STOKROTKI	K30-39	7			00:03:26	00:48:31	01:37:44.30	01:41:10.95	+00:33:41 (34.5%)	9:46	6.1 (64.9%)
80	MLECZAK Eugeniusz	339		M70+	5			00:02:00	00:49:14	01:39:08.65	01:41:09.30	+00:35:05 (35.4%)	9:54	6.1 (64.9%)
	TUCHUŁKA Aneta	381		K40-49				DNF	00:51:27 DNF	DNF	DNF		-	- (0.0%)

Total 81 results.