



ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

B4SPORT
WIELKOPOLSKIE STOWOZYSTWO

Wydarzenie: ELBLĄG - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-06-24
Miejsce: Elbląg
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 0.55km	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDZIEWICZ Andrzej	499		M30-39	1			00:00:02	00:02:57	00:06:06	00:37:23	01:08:54	01:39:54	02:11:26.50	02:11:28.95		6:13	9.6 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	450	BIEGAMYRAZEM	M50-59	1			00:00:04	00:03:33	00:07:07	00:39:48	01:13:01	01:46:27	02:20:38.60	02:20:43.15	+00:09:12 (6.5%)	6:39	9 (93.8%)
3	KUŚMIEREK Patryk	464	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:02	00:03:32	00:07:09	00:40:27	01:13:43	01:47:58	02:23:23.65	02:23:25.80	+00:11:57 (8.3%)	6:47	8.8 (91.7%)
4	PIOTROWSKI Michał	472	FACE NORDIC WALKING TEAM	M30-39	2			00:00:03	00:03:31	00:07:09	00:40:26	01:14:00	01:49:14	02:24:55.30	02:24:58.35	+00:13:28 (9.3%)	6:52	8.7 (90.6%)
5	PIETRZYK Jarosław	471	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:00:02	00:03:29	00:07:07	00:40:43	01:15:05	01:50:19	02:26:14.95	02:26:17.30	+00:14:48 (10.1%)	6:55	8.7 (90.6%)
6	NALEPKA Jerzy	500	FACE NORDIC WALKING TEAM	M60+	1			00:00:06	00:03:35	00:07:15	00:42:08	01:17:03	01:51:38	02:26:44.15	02:26:50.35	+00:15:17 (10.4%)	6:57	8.6 (89.6%)
7	STĘPNIOWSKI Paweł	488	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:00:02	00:03:30	00:07:06	00:40:49	01:15:07	01:50:21	02:27:46.10	02:27:48.60	+00:16:19 (11.0%)	7:00	8.6 (89.6%)
8	ZAGAJA Janusz	497	WESOŁY BORSUK TEAM	M60+	2			00:00:06	00:03:30	00:07:09	00:42:09	01:17:04	01:51:39	02:28:07.25	02:28:13.50	+00:16:40 (11.3%)	7:01	8.5 (88.5%)
9	BOGACKI Sławek	445	ENERGA NW TEAM	M40-49	1			00:00:03	00:03:30	00:07:07	00:41:11	01:16:06	01:51:12	02:30:25.70	02:30:28.85	+00:18:59 (12.6%)	7:07	8.4 (87.5%)
10	NACZK Leonard	466	DYNAMIC	M40-49	2			00:00:03	00:03:32	00:07:09	00:41:12	01:15:52	01:52:20	02:31:31.80	02:31:34.95	+00:20:05 (13.3%)	7:10	8.4 (87.5%)
11	BIK Stanisław	443	KS METRACO POLKOWICE	M50-59	2			00:00:04	00:03:39	00:07:23	00:42:47	01:18:25	01:54:45	02:31:56.00	02:32:00.75	+00:20:29 (13.5%)	7:12	8.3 (86.5%)
12	LESIŃSKI Grzegorz	335	KS METRACO POLKOWICE	M50-59	3			00:00:04	00:03:31	00:07:10	00:42:10	01:17:43	01:54:22	02:32:23.55	02:32:28.40	+00:20:57 (13.7%)	7:13	8.3 (86.5%)
13	MAKOWSKI Jan	438	RYBNICKI KLUB NORDIC WALKING	M50-59	4			00:00:04	00:03:41	00:07:27	00:43:35	01:20:12	01:57:52	02:34:44.85	02:34:49.00	+00:23:18 (15.1%)	7:20	8.2 (85.4%)
14	PASIKOWSKA Mariola	470	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:00:46	00:03:35	00:07:22	00:43:35	01:20:04	01:57:17	02:35:04.55	02:35:51.15	+00:23:38 (15.2%)	7:20	8.2 (85.4%)
15	DREWA Marian	452		M60+	3			00:00:05	00:03:47	00:07:35	00:43:15	01:19:48	01:57:19	02:35:29.30	02:35:34.65	+00:24:02 (15.5%)	7:22	8.1 (84.4%)
16	NIEDŹWIECKA Katarzyna	467	FACE NORDIC WALKING TEAM	K40-49	1	1		00:00:48	00:04:07	00:08:15	00:45:30	01:22:30	01:59:56	02:37:01.75	02:37:50.15	+00:25:35 (16.3%)	7:26	8.1 (84.4%)
17	SMARSZCZ Wiesław	484	CHODZEZKIJAMI- DWA KIJE LĘBORK	M50-59	5			00:00:05	00:03:45	00:07:38	00:43:46	01:20:37	01:58:52	02:38:38.25	02:38:43.40	+00:27:11 (17.1%)	7:31	8 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 0.55km	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Różn	Tempo min/km	Tempo km/h
														netto 21.1km	brutto 21.1km			
18	STOPA Joanna	489	BŁĘKITNI DZIEMIANY	K18-29	1			00:00:38	00:04:01	00:08:11	00:46:41	01:24:14	02:01:37	02:39:10.55	02:39:48.65	+00:27:44 (17.4%)	7:32	8 (83.3%)
19	STĘPIEŃ Lucyna	487	KS METRACO POLKOWICE	K60+	1			00:00:51	00:03:57	00:07:55	00:45:25	01:23:27	02:01:37	02:39:16.60	02:40:07.80	+00:27:50 (17.5%)	7:32	7.9 (82.3%)
20	SZULC Alicja	492	NW WERWA MŁAWA	K40-49	2			00:00:47	00:03:54	00:07:51	00:44:52	01:22:35	02:01:25	02:39:30.95	02:40:18.35	+00:28:04 (17.6%)	7:33	7.9 (82.3%)
21	KOWALCZUK Robert	462	ELITE TEAM	M50-59	6			00:00:04	00:03:53	00:07:52	00:44:02	01:20:47	02:00:05	02:39:40.95	02:39:45.40	+00:28:14 (17.7%)	7:34	7.9 (82.3%)
22	OLSCHIMKE-MARUROWICZ Barbara	468	UNIA MIAST	K40-49	3			00:00:48	00:03:59	00:07:56	00:45:40	01:23:48	02:02:07	02:40:30.00	02:41:18.95	+00:29:03 (18.1%)	7:36	7.9 (82.3%)
23	BOCZAR Beata	444	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:00:49	00:04:04	00:08:08	00:46:00	01:23:39	02:01:56	02:40:40.30	02:41:29.55	+00:29:13 (18.2%)	7:36	7.9 (82.3%)
24	SZCZEBAK Jacek	490	UNIA MIAST	M40-49	3			00:00:03	00:03:48	00:07:50	00:45:21	01:23:08	02:01:46	02:40:53.60	02:40:57.55	+00:29:27 (18.3%)	7:37	7.9 (82.3%)
25	WESOŁOWSKI Wojciech	493	NORDIC TEAM GNIEZNO	M60+	4			00:00:05	00:03:51	00:07:51	00:45:08	01:23:18	02:02:07	02:41:02.00	02:41:07.15	+00:29:35 (18.4%)	7:37	7.9 (82.3%)
26	KOWALCZYK Mariusz	463	GREEN TEAM ZIELONA GÓRA	M50-59	7			00:00:05	00:03:56	00:08:00	00:46:05	01:24:06	02:03:21	02:43:51.30	02:43:56.75	+00:32:24 (19.8%)	7:45	7.7 (80.2%)
27	BADOCHA-DUDA Małgorzata	441	ELITE TEAM	K40-49	4			00:00:48	00:03:52	00:07:51	00:44:58	01:23:14	02:03:01	02:43:58.00	02:44:46.55	+00:32:31 (19.8%)	7:46	7.7 (80.2%)
28	WOLNIEWICZ Katarzyna	496	FABRIKANORDIKA	K40-49	5			00:00:47	00:03:58	00:07:56	00:46:10	01:24:49	02:04:02	02:44:09.40	02:44:57.30	+00:32:42 (19.9%)	7:46	7.7 (80.2%)
29	KARASIEWICZ Irena	459	FACE NORDIC WALKING TEAM	K50-59	2			00:00:49	00:04:06	00:08:14	00:46:28	01:25:35	02:04:59	02:44:33.60	02:45:22.95	+00:33:07 (20.1%)	7:47	7.7 (80.2%)
30	BANASZKIEWICZ Katarzyna	442	PILSCYMIŁOŚNICZY NW	K40-49	6			00:00:49	00:03:54	00:07:51	00:45:50	01:24:27	02:04:43	02:45:18.70	02:46:07.75	+00:33:52 (20.5%)	7:50	7.7 (80.2%)
31	POGORZELSKA Wiesława	473	WESOŁY BORSUK TEAM	K30-39	2			00:00:47	00:03:45	00:07:46	00:45:59	01:24:31	02:05:14	02:45:20.20	02:46:07.50	+00:33:53 (20.5%)	7:50	7.7 (80.2%)
32	ROSADA Jolanta	478		K40-49	7			00:00:49	00:04:12	00:08:23	00:46:35	01:25:35	02:05:24	02:45:44.80	02:46:34.15	+00:34:18 (20.7%)	7:51	7.6 (79.2%)
33	KOBIELA Daria	460	BŁĘKITNI DZIEMIANY	K18-29	2			00:00:46	00:04:07	00:08:22	00:48:03	01:28:05	02:08:09	02:47:58.90	02:48:45.55	+00:36:32 (21.8%)	7:57	7.5 (78.1%)
34	BUCZKOWSKA Wiesława	446	PENDOLINO	K60+	2			00:00:50	00:04:09	00:08:16	00:47:09	01:26:57	02:07:53	02:49:10.10	02:50:00.65	+00:37:43 (22.3%)	8:01	7.5 (78.1%)
35	REJ Anna	477		K30-39	3			00:00:47	00:04:04	00:08:18	00:47:38	01:27:31	02:08:10	02:49:11.50	02:49:59.40	+00:37:45 (22.3%)	8:01	7.5 (78.1%)
36	OZIEMKIEWICZ Marek	469	SALWATOR ELBLĄG	M40-49	4	1		00:00:04	00:04:00	00:08:20	00:48:03	01:27:34	02:08:28	02:49:53.80	02:49:57.85	+00:38:27 (22.6%)	8:03	7.5 (78.1%)
37	RESEMAN Sylwia	495	FACE NORDIC WALKING TEAM	K40-49	8			00:00:48	00:04:06	00:08:19	00:48:32	01:28:42	02:09:58	02:51:23.00	02:52:11.55	+00:39:56 (23.3%)	8:07	7.4 (77.1%)
38	GÓRSKA Weronika	456	GOSIR OSIELSKO	K18-29	3			00:00:47	00:04:10	00:08:24	00:48:28	01:28:52	02:09:57	02:51:29.35	02:52:16.65	+00:40:02 (23.4%)	8:07	7.4 (77.1%)
39	ROSOŁEK Elżbieta	479	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:00:50	00:04:16	00:08:37	00:48:57	01:29:09	02:09:59	02:51:31.80	02:52:21.95	+00:40:05 (23.4%)	8:07	7.4 (77.1%)
40	DEMCIUK Andrzej	449		M30-39	4			00:00:03	00:04:13	00:08:34	00:48:18	01:28:59	02:10:22	02:51:52.55	02:51:56.40	+00:40:26 (23.5%)	8:08	7.4 (77.1%)
41	WIŚNIEWSKI Roman	494		M60+	5			00:00:06	00:04:22	00:08:43	00:49:16	01:30:04	02:11:44	02:53:28.70	02:53:35.20	+00:42:02 (24.2%)	8:13	7.3 (76.0%)
42	CZYCZ Emilia	448	GREEN TEAM ZIELONA GÓRA	K60+	3			00:00:49	00:04:07	00:08:16	00:47:00	01:26:48	02:08:56	02:53:38.70	02:54:28.55	+00:42:12 (24.3%)	8:13	7.3 (76.0%)
43	SZCZODROWSKI Krzysztof	491	FACE NORDIC WALKING TEAM	M50-59	8			00:00:03	00:03:56	00:08:04	00:47:18	01:28:13	02:10:14	02:54:07.35	02:54:10.75	+00:42:40 (24.5%)	8:15	7.3 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 0.55km	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
44	MARCINKOWSKI Wojtek	465	UNIA MIAST	M40-49	5			00:00:04	00:04:17	00:08:44	00:51:09	01:33:52	02:15:42	02:56:11.85	02:56:16.55	+00:44:45 (25.4%)	8:21	7.2 (75.0%)
45	KOTULA Jakub	461	UNIA MIAST	M30-39	5			00:00:02	00:04:07	00:08:23	00:49:32	01:30:50	02:13:04	02:56:13.70	02:56:16.55	+00:44:47 (25.4%)	8:21	7.2 (75.0%)
46	HENRYK Jerzy	457		M60+	6			00:00:05	00:04:22	00:08:37	00:48:03	01:28:21	02:11:12	02:56:39.70	02:56:45.60	+00:45:13 (25.6%)	8:22	7.2 (75.0%)
47	ŻUCHOWICZ Elżbieta	440	DĄBROWA NORDIC TEAM	K50-59	4			00:00:49	00:04:03	00:08:13	00:47:17	01:28:37	02:10:08	02:58:09.95	02:58:59.15	+00:46:43 (26.2%)	8:26	7.1 (74.0%)
48	GERLE-KOTULA Anna	455	UNIA MIAST	K30-39	4			00:00:47	00:04:17	00:08:54	00:51:51	01:34:23	02:16:00	02:58:18.60	02:59:06.20	+00:46:52 (26.3%)	8:27	7.1 (74.0%)
49	POSTEK Danuta	474	MARSZ PO ZDROWIE	K50-59	5			00:00:50	00:04:16	00:08:45	00:50:46	01:33:01	02:15:22	02:59:30.35	03:00:20.45	+00:48:03 (26.8%)	8:30	7.1 (74.0%)
50	SORN Łukasz	439	FACE NORDIC WALKING TEAM	M30-39	6			00:00:02	00:04:07	00:08:18	00:47:05	01:26:42	02:18:27	02:59:32.95	02:59:35.20	+00:48:06 (26.8%)	8:30	7.1 (74.0%)
51	DORSZEWSKA Bożena	451		K50-59	6			00:00:49	00:04:15	00:08:48	00:51:37	01:34:04	02:16:46	02:59:54.05	03:00:43.55	+00:48:27 (26.9%)	8:31	7 (72.9%)
52	ZAWADZKA Maria	498	KS METRACO POLKOWICE	K60+	4			00:00:51	00:04:29	00:09:11	00:53:14	01:36:57	02:19:37	03:03:38.55	03:04:29.90	+00:52:12 (28.4%)	8:42	6.9 (71.9%)
53	ROZMUS Jolanta	480	FACE NORDIC WALKING TEAM	K60+	5			00:00:50	00:04:32	00:09:06	00:52:28	01:36:48	02:22:20	03:08:38.45	03:09:28.80	+00:57:11 (30.3%)	8:56	6.7 (69.8%)
54	RZECHOWSKA Ewa	482		K40-49	9			00:00:47	00:04:29	00:09:01	00:52:05	01:36:27	02:21:32	03:08:44.70	03:09:32.40	+00:57:18 (30.4%)	8:56	6.7 (69.8%)
55	PROKOP Mariusz	475	STOKROTKI	M40-49	6			00:00:03	00:04:34	00:09:09	00:52:17	01:37:12	02:22:11	03:09:29.80	03:09:33.15	+00:58:03 (30.6%)	8:58	6.7 (69.8%)
56	DUDA Aleksandra	453		K18-29	4			00:00:46	00:04:01	00:08:15	00:48:42	01:32:08	02:20:36	03:15:29.65	03:16:16.30	+01:04:03 (32.8%)	9:15	6.5 (67.7%)
57	RZATKOWSKA Joanna	481		K40-49	10			00:00:50	00:04:39	00:09:24	00:56:06	01:42:52	02:31:56	03:20:05.00	03:20:55.35	+01:08:38 (34.3%)	9:28	6.3 (65.6%)
58	PYZIK-KAPSEWICZ Angelika	476		K30-39	5			00:00:47	00:04:42	00:09:27	00:56:08	01:42:53	02:31:49	03:20:05.80	03:20:53.40	+01:08:39 (34.3%)	9:29	6.3 (65.6%)

Znaleziono 58 wynik(ów)