

ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-08-27

Elbląg

21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żót.	Czer.	Czas startu	Start_All 0.55km	Start_All 1.1km	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	DZIEDIEWICZ Andrzej	560	KS METRACO POLKOWICE	M 30-39	1			00:00:03	00:02:50	00:05:59	00:36:53	01:08:25	01:40:14		02:13:45.85	02:13:49.55		6:20	9.5 (100%)
2	SKIBA Krzysztof	612	KS METRACO POLKOWICE	M 50-59	1			00:00:08	00:03:18	00:06:41	00:38:03	01:10:05	01:42:45		02:16:56.95	02:17:05.55	+00:03:11 (2.3%)	6:29	9.2 (96.8%)
3	KOLASA Wojciech	570	EPOKA NORDICA ŁÓDŹ	M 40-49	1			00:00:07	00:03:27	00:06:56	00:39:53	01:13:04	01:46:35		02:20:51.30	02:20:58.70	+00:07:05 (5.0%)	6:40	9 (94.7%)
4	KORDOWSKI Piotr	571	NOWA HUTA TEAM	M 40-49	2			00:00:05	00:03:24	00:06:55	00:39:55	01:13:40	01:48:26		02:24:38.20	02:24:43.60	+00:10:52 (7.5%)	6:51	8.8 (92.6%)
5	HELWICH Stefan	562	KSMETRACOPOLKOWICE	M 60+	1			00:00:09	00:03:41	00:07:19	00:40:57	01:15:23	01:50:25		02:24:42.20	02:24:51.20	+00:10:56 (7.6%)	6:51	8.7 (91.6%)
6	WIŚNIEWSKI Jacek	599	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59	2			00:00:08	00:03:47	00:07:24	00:41:32	01:15:36	01:50:27		02:26:35.25	02:26:43.80	+00:12:49 (8.7%)	6:56	8.6 (90.5%)
7	TOFIL Adrian	613		M 30-39	2			00:00:03	00:03:30	00:07:05	00:40:29	01:13:43	01:49:39		02:27:33.45	02:27:37.00	+00:13:47 (9.3%)	6:59	8.6 (90.5%)
8	NACZK Leonard	576		M 40-49	3			00:00:04	00:03:36	00:07:18	00:41:12	01:15:39	01:50:51		02:27:43.85	02:27:48.70	+00:13:58 (9.5%)	7:00	8.6 (90.5%)
9	STUPNOWICZ Przemek	594	EPOKA NORDICA ŁÓDŹ	M 18-29	1			00:00:04	00:03:46	00:07:27	00:42:49	01:17:51	01:52:53		02:28:23.90	02:28:28.35	+00:14:38 (9.9%)	7:01	8.5 (89.5%)
10	ZAREMBA Jakub	605		M 30-39	3			00:00:05	00:03:44	00:07:29	00:42:27	01:17:50	01:54:16		02:29:36.90	02:29:41.90	+00:15:51 (10.6%)	7:05	8.5 (89.5%)
11	BOGACKI Sławek	553	ENERGA NW TEAM	M 40-49	4			00:00:05	00:03:29	00:07:02	00:41:00	01:15:36	01:52:51		02:30:59.30	02:31:05.00	+00:17:13 (11.4%)	7:09	8.4 (88.4%)
12	PIETRZYK Jarosław	579	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	4			00:00:04	00:03:34	00:07:20	00:42:27	01:17:50	01:54:17		02:32:00.80	02:32:04.95	+00:18:14 (12.0%)	7:12	8.3 (87.4%)
13	ZACZYŃSKA Anna	603	KS METRACO POLKOWICE	K 30-39	1			00:12:04	00:03:41	00:07:30	00:43:50	01:20:53	01:57:10		02:33:07.95	02:45:12.75	+00:19:22 (12.6%)	7:15	8.3 (87.4%)
14	WARUSZEWSKI Karol	598	BIEGAJĄCY TCZEW	M 40-49	5			00:00:06	00:03:55	00:07:52	00:43:47	01:19:56	01:56:10		02:33:39.65	02:33:45.75	+00:19:53 (12.9%)	7:16	8.2 (86.3%)
15	ZAGAJA Janusz	604	WESOŁY BORSUK TEAM	M 60+	2			00:00:09	00:03:38	00:07:20	00:42:37	01:18:29	01:55:17		02:33:50.00	02:33:59.25	+00:20:04 (13.0%)	7:17	8.2 (86.3%)
16	BIK Stanisław	552	KS METRACO POLKOWICE	M 50-59	3			00:00:07	00:03:50	00:07:37	00:43:17	01:20:01	01:57:41		02:34:58.75	02:35:06.45	+00:21:12 (13.7%)	7:20	8.2 (86.3%)
17	LENZ Andrzej	574	ALTOM	M 50-59	4			00:00:06	00:04:01	00:08:00	00:45:00	01:21:42	01:58:20		02:35:39.00	02:35:45.55	+00:21:53 (14.1%)	7:22	8.1 (85.3%)
18	ŻYWICKI Marcin	607	BŁĘKITNI NW DZIEMIANY	M 30-39	5			00:00:05	00:03:56	00:07:53	00:43:53	01:20:15	01:57:06		02:35:55.70	02:36:00.75	+00:22:09 (14.2%)	7:23	8.1 (85.3%)
19	SZCZEBAK Jacek	595	UNIA MIAST	M 40-49	6			00:00:04	00:03:42	00:07:36	00:43:49	01:20:33	01:58:15		02:37:04.00	02:37:08.60	+00:23:18 (14.8%)	7:26	8.1 (85.3%)
20	PŁATOS Sławomir	580		M 30-39	6			00:00:08	00:04:00	00:07:56	00:44:14	01:21:23	01:59:43		02:38:36.20	02:38:44.50	+00:24:50 (15.7%)	7:30	8 (84.2%)
21	NOWROTEK Monika	577	WESOŁY BORSUK TEAM	K 18-29	1			00:12:04	00:04:05	00:08:08	00:45:36	01:24:12	02:02:11		02:39:48.45	02:51:52.50	+00:26:02 (16.3%)	7:34	7.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żót. 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	Start_All 21.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
22	OLSCHIMKE-MARMUROWICZ Barbara	578	SILESIA NORDIC TEAM	K 40-49	1			00:12:06	00:04:02	00:08:05	00:45:34	01:24:10	02:02:10	02:40:43.30	02:52:49.85	+00:26:57 (16.8%)	7:37	7.9 (83.2%)	
23	KOWALCZYK Mariusz	572	GREEN TEAM ZIELONA GÓRA	M 50-59	5			00:00:06	00:03:48	00:07:47	00:45:04	01:23:26	02:02:33	02:42:13.80	02:42:20.35	+00:28:27 (17.5%)	7:41	7.8 (82.1%)	
24	WESOŁOWSKI Wojciech	608	NORDICK TEAM GNIEZNO	M 60+	3			00:00:08	00:03:59	00:08:02	00:45:23	01:23:34	02:02:58	02:42:30.70	02:42:39.20	+00:28:44 (17.7%)	7:42	7.8 (82.1%)	
25	JANCZYK Małgorzata	564	EPOKA NORDICA ŁÓDŹ	K 30-39	2			00:12:05	00:04:03	00:08:06	00:45:37	01:24:12	02:02:19	02:43:20.15	02:55:25.25	+00:29:34 (18.1%)	7:44	7.8 (82.1%)	
26	REJMAN Dorota	583	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	K 30-39	3			00:12:05	00:04:08	00:08:21	00:46:52	01:25:23	02:04:27	02:43:53.35	02:55:59.25	+00:30:07 (18.4%)	7:46	7.7 (81.1%)	
27	STĘPIEŃ Lucyna	591	KS METRACO POLKOWICE	K 50-59	1			00:12:09	00:04:06	00:08:12	00:46:18	01:25:43	02:05:03	02:44:16.10	02:56:25.65	+00:30:30 (18.6%)	7:47	7.7 (81.1%)	
28	WOLNIEWICZ Katarzyna	601	FABRIKANORDIKA	K 40-49	2			00:12:05	00:04:06	00:08:14	00:46:14	01:24:52	02:04:17	02:44:51.75	02:56:57.25	+00:31:05 (18.9%)	7:48	7.7 (81.1%)	
29	SORN Łukasz	590	FACE NORDIC WALKING TEAM	M 18-29	2			00:00:03	00:04:06	00:08:12	00:46:27	01:26:51	02:05:55	02:45:02.85	02:45:06.65	+00:31:17 (19.0%)	7:49	7.7 (81.1%)	
30	TYLUTKI Agnieszka	597	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	K 40-49	3			00:12:07	00:04:07	00:08:22	00:47:17	01:26:24	02:06:48	02:47:41.05	02:59:48.30	+00:33:55 (20.2%)	7:56	7.5 (78.9%)	
31	SMUS Damian	589	UCZELNIA WARSZAWSKA	M 18-29	3			00:00:11	00:04:15	00:08:27	00:48:02	01:26:46	02:06:01	02:49:06.15	02:49:17.75	+00:35:20 (20.9%)	8:00	7.5 (78.9%)	
32	KOBIELA Daria	569	BŁĘKITNI NW DZIEMIANY	K 18-29	2			00:12:04	00:04:11	00:08:29	00:47:51	01:27:57	02:08:42	02:49:35.90	03:01:40.00	+00:35:50 (21.1%)	8:02	7.5 (78.9%)	
33	KAZIMIERSKI Artur	611	KM AKTYWNI SOCHACZEW	M 40-49	7			00:00:10	00:04:15	00:08:28	00:48:02	01:29:19	02:10:35	02:49:36.90	02:49:47.65	+00:35:51 (21.1%)	8:02	7.5 (78.9%)	
34	ROSOŁEK Elżbieta	585	GREEN TEAM ZIELONA GÓRA	K 50-59	2			00:12:08	00:04:20	00:08:56	00:50:54	01:30:12	02:10:02	02:50:39.55	03:02:48.35	+00:36:53 (21.6%)	8:05	7.4 (77.9%)	
35	LISIKIEWICZ Agnieszka	575	GREEN TEAM ZIELONA GÓRA	K 40-49	4			00:12:06	00:04:16	00:08:37	00:49:10	01:29:28	02:09:53	02:51:07.70	03:03:14.60	+00:37:21 (21.8%)	8:06	7.4 (77.9%)	
36	KANIEWSKA Beata	567	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49	5			00:12:06	00:04:13	00:08:28	00:48:37	01:29:02	02:10:07	02:51:47.35	03:03:53.90	+00:38:01 (22.1%)	8:08	7.4 (77.9%)	
37	BARCIKOWSKA Wioletta	551		K 40-49	6			00:12:07	00:04:14	00:08:23	00:48:08	01:28:36	02:10:00	02:51:50.45	03:03:58.35	+00:38:04 (22.2%)	8:08	7.4 (77.9%)	
38	WITKOWSKA Maria	600	UNIA MIAST	K 60+	1			00:12:10	00:04:18	00:08:36	00:49:06	01:29:33	02:10:57	02:53:09.30	03:05:19.95	+00:39:23 (22.7%)	8:12	7.3 (76.8%)	
39	BORIS Aneta	554	EL - AKTYWNI	K 30-39	4			00:12:04	00:04:06	00:08:12	00:46:31	01:27:40	02:10:07	02:54:12.45	03:06:17.40	+00:40:26 (23.2%)	8:15	7.3 (76.8%)	
40	HENRYK Jerzy	563		M 60+	4			00:00:09	00:04:19	00:08:48	00:49:19	01:30:20	02:11:24	02:54:31.95	02:54:41.70	+00:40:46 (23.4%)	8:16	7.3 (76.8%)	
41	KACHEL Anna	566	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K 50-59	3			00:12:09	00:04:13	00:08:28	00:48:42	01:29:11	02:10:44	02:54:43.75	03:06:53.00	+00:40:57 (23.4%)	8:16	7.2 (75.8%)	
42	SZCZODROWSKI Krzysztof	596	FACE NORDIC WALKING TEAM	M 50-59	6			00:00:06	00:04:04	00:08:08	00:47:49	01:29:10	02:11:24	02:54:50.25	02:54:56.60	+00:41:04 (23.5%)	8:17	7.2 (75.8%)	
43	ROSADZIŃSKA Natalia	584		K 18-29	3			00:12:04	00:04:22	00:08:44	00:49:13	01:29:57	02:13:17	02:55:21.35	03:07:25.85	+00:41:35 (23.7%)	8:18	7.2 (75.8%)	
44	RUSZKOWSKA Bożena	587	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K 60+	2			00:12:10	00:04:14	00:08:29	00:48:41	01:29:09	02:10:44	02:55:22.05	03:07:32.45	+00:41:36 (23.7%)	8:18	7.2 (75.8%)	
45	CZYCZ Emilia	614	GREN TEAM	K 60+	3			00:12:08	00:04:17	00:08:28	00:47:44	01:28:47	02:11:41	02:57:08.90	03:09:17.70	+00:43:23 (24.5%)	8:23	7.1 (74.7%)	
46	BUCZKOWSKA Wiesława	555		K 60+	4			00:12:07	00:04:13	00:08:32	00:48:18	01:30:02	02:12:43	02:57:45.80	03:09:53.30	+00:43:59 (24.8%)	8:25	7.1 (74.7%)	
47	RECZULSKI Mikołaj	582	VIKING NORDIC TEAM CZESTOCHOWA	M 18-29	4			00:00:03	00:04:07	00:08:13	00:48:05	01:30:10	02:14:15	02:57:49.40	02:57:53.30	+00:44:03 (24.8%)	8:25	7.1 (74.7%)	
48	GRABOWSKA Katarzyna	561	PASJA NORDIC WALKING	K 40-49	7			00:12:09	00:04:33	00:09:14	00:51:31	01:34:19	02:18:18	03:03:15.60	03:15:24.80	+00:49:29 (27.0%)	8:41	6.9 (72.6%)	
49	DEM CZUK Andrzej	558	KLUB SPORTOWY TADEUSZA	M 30-39	7			00:00:08	00:04:19	00:08:41	00:49:28	01:31:24	02:15:05	03:03:58.10	03:04:06.40	+00:50:12 (27.3%)	8:43	6.9 (72.6%)	
50	STRZELECKI Sebastian 'Kaszana'	593	SAILING TEAM FERAJNA	M 40-49	8			00:00:05	00:04:27	00:09:00	00:51:37	01:34:39	02:18:45	03:03:59.75	03:04:05.45	+00:50:13 (27.3%)	8:43	6.9 (72.6%)	

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
51	PYZIK-KAPSZEWIC Angelika	581		K 18-29	4			00:12:03	00:04:10	00:08:25	00:48:54	01:29:57	02:15:00	03:04:04.75	03:16:08.60	+00:50:18 (27.3%)	8:43	6.9 (72.6%)
52	STĘPKOWSKI Andrzej	610		M 50-59	7			00:00:10	00:04:25	00:08:59	00:51:25	01:34:47	02:18:29	03:05:42.00	03:05:52.25	+00:51:56 (28.0%)	8:48	6.8 (71.6%)
53	DRÓZDŹ Paweł	559	EPOKA NORDICA ŁÓDŹ	M 50-59	8			00:00:07	00:04:29	00:09:03	00:51:59	01:34:38	02:19:52	03:06:11.45	03:06:19.15	+00:52:25 (28.2%)	8:49	6.8 (71.6%)
54	SŁABOŃ-SIKORA Aneta	588	DĄBROWA NORDIC TEAM	K 30-39	5			00:12:06	00:04:24	00:08:58	00:51:18	01:34:12	02:20:03	03:06:35.10	03:18:41.10	+00:52:49 (28.3%)	8:50	6.8 (71.6%)
55	KUCYPERA Dagmara	573	DĄBROWA NORDIC TEAM	K 40-49	8			00:12:07	00:04:30	00:09:12	00:52:20	01:36:43	02:23:04	03:09:19.05	03:21:26.60	+00:55:33 (29.3%)	8:58	6.7 (70.5%)
56	MODZELEWSKA Anna	609	PASJA NORDICK WALKING	K 40-49	9			00:12:08	00:04:31	00:08:57	00:51:33	01:35:14	02:20:53	03:09:29.65	03:21:38.60	+00:55:43 (29.4%)	8:58	6.7 (70.5%)
57	ROZMUS Jolanta	586	FACE NORDIC WALKING TEAM	K 60+	5			00:12:11	00:04:32	00:09:10	00:52:38	01:37:50	02:24:01	03:09:49.80	03:22:01.55	+00:56:03 (29.5%)	8:59	6.7 (70.5%)
58	ZAWADZKA Maria	606	KS METRACO POLKOWICE	K 60+	6			00:12:10	00:04:34	00:09:13	00:52:40	01:36:35	02:23:08	03:10:19.65	03:22:30.50	+00:56:33 (29.7%)	9:01	6.7 (70.5%)
59	JÓŹWIK Katarzyna	565	PASJA NORDICK WALKING	K 40-49	10			00:12:07	00:04:35	00:09:18	00:53:13	01:37:43	02:24:07	03:13:32.95	03:25:40.85	+00:59:47 (30.9%)	9:10	6.5 (68.4%)
60	CIESIELSKI Jerzy	557	EPOKA NORDICA	M 60+	5			00:00:09	00:05:05	00:10:13	00:59:51	01:51:32	02:46:58	03:45:01.20	03:45:10.65	+01:31:15 (40.6%)	10:39	5.6 (58.9%)
61	CICHOŃ Aneta	556	FABRIKANORDIKA	K 30-39	6			00:12:05	00:04:13	00:08:40	00:49:20	01:36:05				+00:27:40	8:39	6.9 (72.6%)
DQ	KARASIEWICZ Irena	568	FACE NORDIC WALKINGTEAM	K 50-59		1		DQ	00:04:13 DQ	00:08:22 DQ	00:47:22 DQ	01:27:22 DQ	02:07:36 DQ	02:48:37.50 DQ	DQ		-	- (0.0%)

Znaleziono 62 wynik(ów)