



Organizator:  
Data:  
Miejsce:  
Dystans:

## ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 21.1KM

PFNW  
2016-08-27  
Elbląg  
21.1 km

B4SPORT



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	<b>DZIEDIEWICZ Andrzej</b>	<b>560</b>	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	<b>02:13:45.85</b>	<b>02:13:49.55</b>		6:20	9.5 (100%)
2	<b>SKIBA Krzysztof</b>	<b>612</b>	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	<b>02:16:56.95</b>	<b>02:17:05.55</b>	+00:03:11 (2.3%)	6:29	9.2 (96.8%)
3	<b>KOLASA Wojciech</b>	<b>570</b>	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	<b>02:20:51.30</b>	<b>02:20:58.70</b>	+00:07:05 (5.0%)	6:40	9 (94.7%)
4	<b>KORDOWSKI Piotr</b>	<b>571</b>	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	<b>02:24:38.20</b>	<b>02:24:43.60</b>	+00:10:52 (7.5%)	6:51	8.8 (92.6%)
5	<b>HELWICH Stefan</b>	<b>562</b>	KSMETRACOPOLKOWICE	M 60+	1			00:00:09	00:03:41	00:07:19	00:40:57	01:15:23	01:50:25	<b>02:24:42.20</b>	<b>02:24:51.20</b>	+00:10:56 (7.6%)	6:51	8.7 (91.6%)
6	<b>WIŚNIEWSKI Jacek</b>	<b>599</b>	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	<b>02:26:35.25</b>	<b>02:26:43.80</b>	+00:12:49 (8.7%)	6:56	8.6 (90.5%)
7	<b>TOFIL Adrian</b>	<b>613</b>		M 30-39	2			00:00:03	00:03:30	00:07:05	00:40:29	01:13:43	01:49:39	<b>02:27:33.45</b>	<b>02:27:37.00</b>	+00:13:47 (9.3%)	6:59	8.6 (90.5%)
8	<b>NACZK Leonard</b>	<b>576</b>		M 40-49	3			00:00:04	00:03:36	00:07:18	00:41:12	01:15:39	01:50:51	<b>02:27:43.85</b>	<b>02:27:48.70</b>	+00:13:58 (9.5%)	7:00	8.6 (90.5%)
9	<b>STUPNOWICZ Przemek</b>	<b>594</b>	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	<b>02:28:23.90</b>	<b>02:28:28.35</b>	+00:14:38 (9.9%)	7:01	8.5 (89.5%)
10	<b>ZAREMBA Jakub</b>	<b>605</b>		M 30-39	3			00:00:05	00:03:44	00:07:29	00:42:27	01:17:50	01:54:16	<b>02:29:36.90</b>	<b>02:29:41.90</b>	+00:15:51 (10.6%)	7:05	8.5 (89.5%)
11	<b>BOGACKI Sławek</b>	<b>553</b>	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	<b>02:30:59.30</b>	<b>02:31:05.00</b>	+00:17:13 (11.4%)	7:09	8.4 (88.4%)
12	<b>PIETRZYK Jarosław</b>	<b>579</b>	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	<b>02:32:00.80</b>	<b>02:32:04.95</b>	+00:18:14 (12.0%)	7:12	8.3 (87.4%)
13	<b>ZACZYŃSKA Anna</b>	<b>603</b>	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	<b>02:33:07.95</b>	<b>02:45:12.75</b>	+00:19:22 (12.6%)	7:15	8.3 (87.4%)
14	<b>WARUSZEWSKI Karol</b>	<b>598</b>	BIEGAJĄCY TCZEW	M 40-49	5			00:00:06	00:03:55	00:07:52	00:43:47	01:19:56	01:56:10	<b>02:33:39.65</b>	<b>02:33:45.75</b>	+00:19:53 (12.9%)	7:16	8.2 (86.3%)
15	<b>ZAGAJA Janusz</b>	<b>604</b>	WESOŁY BORSUK TEAM	M 60+	2			00:00:09	00:03:38	00:07:20	00:42:37	01:18:29	01:55:17	<b>02:33:50.00</b>	<b>02:33:59.25</b>	+00:20:04 (13.0%)	7:17	8.2 (86.3%)
16	<b>BIK Stanisław</b>	<b>552</b>	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	<b>02:34:58.75</b>	<b>02:35:06.45</b>	+00:21:12 (13.7%)	7:20	8.2 (86.3%)
17	<b>LENZ Andrzej</b>	<b>574</b>	ALTOM	M 50-59	4			00:00:06	00:04:01	00:08:00	00:45:00	01:21:42	01:58:20	<b>02:35:39.00</b>	<b>02:35:45.55</b>	+00:21:53 (14.1%)	7:22	8.1 (85.3%)
18	<b>ŻYWICKI Marcin</b>	<b>607</b>	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	<b>02:35:55.70</b>	<b>02:36:00.75</b>	+00:22:09 (14.2%)	7:23	8.1 (85.3%)
19	<b>SZCZEBAK Jacek</b>	<b>595</b>	UNIA MIAST	M 40-49	6			00:00:04	00:03:42	00:07:36	00:43:49	01:20:33	01:58:15	<b>02:37:04.00</b>	<b>02:37:08.60</b>	+00:23:18 (14.8%)	7:26	8.1 (85.3%)
20	<b>PŁATOS Sławomir</b>	<b>580</b>		M 30-39	6			00:00:08	00:04:00	00:07:56	00:44:14	01:21:23	01:59:43	<b>02:38:36.20</b>	<b>02:38:44.50</b>	+00:24:50 (15.7%)	7:30	8 (84.2%)
21	<b>NOWROTEK Monika</b>	<b>577</b>	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	<b>02:39:48.45</b>	<b>02:51:52.50</b>	+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	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>578</b>	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	<b>02:40:43.30</b>	<b>02:52:49.85</b>	+00:26:57 (16.8%)	7:37	7.9 (83.2%)	
23	<b>KOWALCZYK Mariusz</b>	<b>572</b>	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	<b>02:42:13.80</b>	<b>02:42:20.35</b>	+00:28:27 (17.5%)	7:41	7.8 (82.1%)	
24	<b>WESOŁOWSKI Wojciech</b>	<b>608</b>	NORDICK TEAM GNIEZNO	M 60+	3			00:00:08	00:03:59	00:08:02	00:45:23	01:23:34	02:02:58	<b>02:42:30.70</b>	<b>02:42:39.20</b>	+00:28:44 (17.7%)	7:42	7.8 (82.1%)	
25	<b>JANCZYK Małgorzata</b>	<b>564</b>	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	<b>02:43:20.15</b>	<b>02:55:25.25</b>	+00:29:34 (18.1%)	7:44	7.8 (82.1%)	
26	<b>REJMAN Dorota</b>	<b>583</b>	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	<b>02:43:53.35</b>	<b>02:55:59.25</b>	+00:30:07 (18.4%)	7:46	7.7 (81.1%)	
27	<b>STĘPIEŃ Lucyna</b>	<b>591</b>	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	<b>02:44:16.10</b>	<b>02:56:25.65</b>	+00:30:30 (18.6%)	7:47	7.7 (81.1%)	
28	<b>WOLNIEWICZ Katarzyna</b>	<b>601</b>	FABRIKANORDIKA	K 40-49	2			00:12:05	00:04:06	00:08:14	00:46:14	01:24:52	02:04:17	<b>02:44:51.75</b>	<b>02:56:57.25</b>	+00:31:05 (18.9%)	7:48	7.7 (81.1%)	
29	<b>SORN Łukasz</b>	<b>590</b>	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	<b>02:45:02.85</b>	<b>02:45:06.65</b>	+00:31:17 (19.0%)	7:49	7.7 (81.1%)	
30	<b>TYLUTKI Agnieszka</b>	<b>597</b>	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	<b>02:47:41.05</b>	<b>02:59:48.30</b>	+00:33:55 (20.2%)	7:56	7.5 (78.9%)	
31	<b>SMUS Damian</b>	<b>589</b>	UCZELNIA WARSZAWSKA	M 18-29	3			00:00:11	00:04:15	00:08:27	00:48:02	01:26:46	02:06:01	<b>02:49:06.15</b>	<b>02:49:17.75</b>	+00:35:20 (20.9%)	8:00	7.5 (78.9%)	
32	<b>KOBIELA Daria</b>	<b>569</b>	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	<b>02:49:35.90</b>	<b>03:01:40.00</b>	+00:35:50 (21.1%)	8:02	7.5 (78.9%)	
33	<b>KAZIMIERSKI Artur</b>	<b>611</b>	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	<b>02:49:36.90</b>	<b>02:49:47.65</b>	+00:35:51 (21.1%)	8:02	7.5 (78.9%)	
34	<b>ROSOŁEK Elżbieta</b>	<b>585</b>	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	<b>02:50:39.55</b>	<b>03:02:48.35</b>	+00:36:53 (21.6%)	8:05	7.4 (77.9%)	
35	<b>LISIKIEWICZ Agnieszka</b>	<b>575</b>	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	<b>02:51:07.70</b>	<b>03:03:14.60</b>	+00:37:21 (21.8%)	8:06	7.4 (77.9%)	
36	<b>KANIEWSKA Beata</b>	<b>567</b>	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	<b>02:51:47.35</b>	<b>03:03:53.90</b>	+00:38:01 (22.1%)	8:08	7.4 (77.9%)	
37	<b>BARCIKOWSKA Wioletta</b>	<b>551</b>		K 40-49	6			00:12:07	00:04:14	00:08:23	00:48:08	01:28:36	02:10:00	<b>02:51:50.45</b>	<b>03:03:58.35</b>	+00:38:04 (22.2%)	8:08	7.4 (77.9%)	
38	<b>WITKOWSKA Maria</b>	<b>600</b>	UNIA MIAST	K 60+	1			00:12:10	00:04:18	00:08:36	00:49:06	01:29:33	02:10:57	<b>02:53:09.30</b>	<b>03:05:19.95</b>	+00:39:23 (22.7%)	8:12	7.3 (76.8%)	
39	<b>BORIS Aneta</b>	<b>554</b>	EL - AKTYWNI	K 30-39	4			00:12:04	00:04:06	00:08:12	00:46:31	01:27:40	02:10:07	<b>02:54:12.45</b>	<b>03:06:17.40</b>	+00:40:26 (23.2%)	8:15	7.3 (76.8%)	
40	<b>HENRYK Jerzy</b>	<b>563</b>		M 60+	4			00:00:09	00:04:19	00:08:48	00:49:19	01:30:20	02:11:24	<b>02:54:31.95</b>	<b>02:54:41.70</b>	+00:40:46 (23.4%)	8:16	7.3 (76.8%)	
41	<b>KACHEL Anna</b>	<b>566</b>	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	<b>02:54:43.75</b>	<b>03:06:53.00</b>	+00:40:57 (23.4%)	8:16	7.2 (75.8%)	
42	<b>SZCZODROWSKI Krzysztof</b>	<b>596</b>	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	<b>02:54:50.25</b>	<b>02:54:56.60</b>	+00:41:04 (23.5%)	8:17	7.2 (75.8%)	
43	<b>ROSADZIŃSKA Natalia</b>	<b>584</b>		K 18-29	3			00:12:04	00:04:22	00:08:44	00:49:13	01:29:57	02:13:17	<b>02:55:21.35</b>	<b>03:07:25.85</b>	+00:41:35 (23.7%)	8:18	7.2 (75.8%)	
44	<b>RUSZKOWSKA Bożena</b>	<b>587</b>	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	<b>02:55:22.05</b>	<b>03:07:32.45</b>	+00:41:36 (23.7%)	8:18	7.2 (75.8%)	
45	<b>CZYCZ Emilia</b>	<b>614</b>	GREN TEAM	K 60+	3			00:12:08	00:04:17	00:08:28	00:47:44	01:28:47	02:11:41	<b>02:57:08.90</b>	<b>03:09:17.70</b>	+00:43:23 (24.5%)	8:23	7.1 (74.7%)	
46	<b>BUCZKOWSKA Wiesława</b>	<b>555</b>		K 60+	4			00:12:07	00:04:13	00:08:32	00:48:18	01:30:02	02:12:43	<b>02:57:45.80</b>	<b>03:09:53.30</b>	+00:43:59 (24.8%)	8:25	7.1 (74.7%)	
47	<b>RECZULSKI Mikołaj</b>	<b>582</b>	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	<b>02:57:49.40</b>	<b>02:57:53.30</b>	+00:44:03 (24.8%)	8:25	7.1 (74.7%)	
48	<b>GRABOWSKA Katarzyna</b>	<b>561</b>	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	<b>03:03:15.60</b>	<b>03:15:24.80</b>	+00:49:29 (27.0%)	8:41	6.9 (72.6%)	
49	<b>DEMCIUK Andrzej</b>	<b>558</b>	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	<b>03:03:58.10</b>	<b>03:04:06.40</b>	+00:50:12 (27.3%)	8:43	6.9 (72.6%)	
50	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>593</b>	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	<b>03:03:59.75</b>	<b>03:04:05.45</b>	+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	<b>PYZIK-KAPSZEWICZ Angelika</b>	<b>581</b>		K 18-29	4			00:12:03	00:04:10	00:08:25	00:48:54	01:29:57	02:15:00	<b>03:04:04.75</b>	<b>03:16:08.60</b>	+00:50:18 (27.3%)	8:43	6.9 (72.6%)
52	<b>STĘPKOWSKI Andrzej</b>	<b>610</b>		M 50-59	7			00:00:10	00:04:25	00:08:59	00:51:25	01:34:47	02:18:29	<b>03:05:42.00</b>	<b>03:05:52.25</b>	+00:51:56 (28.0%)	8:48	6.8 (71.6%)
53	<b>DRÓZDŹ Paweł</b>	<b>559</b>	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	<b>03:06:11.45</b>	<b>03:06:19.15</b>	+00:52:25 (28.2%)	8:49	6.8 (71.6%)
54	<b>SŁABOŃ-SIKORA Aneta</b>	<b>588</b>	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	<b>03:06:35.10</b>	<b>03:18:41.10</b>	+00:52:49 (28.3%)	8:50	6.8 (71.6%)
55	<b>KUCYPERA Dagmara</b>	<b>573</b>	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	<b>03:09:19.05</b>	<b>03:21:26.60</b>	+00:55:33 (29.3%)	8:58	6.7 (70.5%)
56	<b>MODZELEWSKA Anna</b>	<b>609</b>	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	<b>03:09:29.65</b>	<b>03:21:38.60</b>	+00:55:43 (29.4%)	8:58	6.7 (70.5%)
57	<b>ROZMUS Jolanta</b>	<b>586</b>	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	<b>03:09:49.80</b>	<b>03:22:01.55</b>	+00:56:03 (29.5%)	8:59	6.7 (70.5%)
58	<b>ZAWADZKA Maria</b>	<b>606</b>	KS METRACO POLKOWICE	K 60+	6			00:12:10	00:04:34	00:09:13	00:52:40	01:36:35	02:23:08	<b>03:10:19.65</b>	<b>03:22:30.50</b>	+00:56:33 (29.7%)	9:01	6.7 (70.5%)
59	<b>JÓŹWIK Katarzyna</b>	<b>565</b>	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	<b>03:13:32.95</b>	<b>03:25:40.85</b>	+00:59:47 (30.9%)	9:10	6.5 (68.4%)
60	<b>CIESIELSKI Jerzy</b>	<b>557</b>	EPOKA NORDICA	M 60+	5			00:00:09	00:05:05	00:10:13	00:59:51	01:51:32	02:46:58	<b>03:45:01.20</b>	<b>03:45:10.65</b>	+01:31:15 (40.6%)	10:39	5.6 (58.9%)
61	<b>CICHOŃ Aneta</b>	<b>556</b>	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	<b>KARASIEWICZ Irena</b>	<b>568</b>	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	<b>02:48:37.50</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 62 wynik(ów)