



# GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT  
INTELEKTUALNE SŁOŻYKOWE SPORTOWE

**Organizator:** PFNW  
**Data:** 2015-10-03  
**Miejsce:** Gdańsk  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEDZEWICZ Andrzej</b>	<b>709</b>	KGHM METRACO POLKOWICE	M 30-39	1			00:00:04	00:07:16	00:40:04	01:12:26	01:45:22	<b>02:19:32.60</b>	<b>02:19:36.85</b>		6:36	9.1 (100%)
2	<b>KOLASA Wojciech</b>	<b>723</b>	FIZJO-PLUS TEAM	M 40-49	1			00:00:06	00:07:13	00:40:01	01:12:44	01:46:17	<b>02:19:56.65</b>	<b>02:20:03.05</b>	+00:00:24 (0.3%)	6:37	9 (98.9%)
3	<b>STUPNOWICZ Przemek</b>	<b>752</b>	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:02	00:07:18	00:40:55	01:15:12	01:49:07	<b>02:22:07.05</b>	<b>02:22:10.00</b>	+00:02:34 (1.8%)	6:44	8.9 (97.8%)
4	<b>NALEPKA Jerzy</b>	<b>737</b>	PITBULL WALKING - SANOK	M 60+	1			00:00:11	00:07:32	00:40:52	01:15:03	01:49:05	<b>02:22:58.75</b>	<b>02:23:10.30</b>	+00:03:26 (2.4%)	6:46	8.9 (97.8%)
5	<b>BOGACKI Sławek</b>	<b>705</b>	ENERGA NW TEAM	M 40-49	2			00:00:05	00:07:17	00:40:57	01:15:07	01:49:09	<b>02:24:36.70</b>	<b>02:24:42.30</b>	+00:05:04 (3.5%)	6:51	8.8 (96.7%)
6	<b>ZAGAJA Janusz</b>	<b>765</b>	KS METRACO POLKOWICE	M 60+	2			00:00:11	00:07:33	00:41:13	01:15:27	01:49:56	<b>02:26:10.90</b>	<b>02:26:22.75</b>	+00:06:38 (4.5%)	6:55	8.7 (95.6%)
7	<b>BIK Stanisław</b>	<b>703</b>	KS METRACO POLKOWICE	M 50-59	1			00:00:10	00:08:11	00:43:01	01:16:49	01:51:39	<b>02:27:11.85</b>	<b>02:27:21.90</b>	+00:07:39 (5.2%)	6:58	8.6 (94.5%)
8	<b>ŻYWICKI Marcin</b>	<b>768</b>	BŁĘKITNI NW DZIEMIANY	M 30-39	2			00:00:05	00:07:57	00:42:51	01:16:59	01:52:10	<b>02:27:43.80</b>	<b>02:27:49.55</b>	+00:08:11 (5.5%)	7:00	8.6 (94.5%)
9	<b>WARUSZEWSKI Karol</b>	<b>756</b>	BIEGAJĄCY TCZEW	M 30-39	3			00:00:04	00:08:15	00:43:28	01:18:08	01:52:57	<b>02:28:39.65</b>	<b>02:28:44.05</b>	+00:09:07 (6.1%)	7:02	8.5 (93.4%)
10	<b>KOŁODZIEJCZAK Beata</b>	<b>724</b>	SOCHO TEAM	K 40-49	1			00:02:17	00:07:25	00:41:58	01:16:57	01:53:00	<b>02:30:07.75</b>	<b>02:32:25.10</b>	+00:10:35 (7.1%)	7:06	8.4 (92.3%)
11	<b>SMUS Damian</b>	<b>746</b>	UCZELNIA WARSZAWSKA	M 18-29	2			00:00:03	00:07:59	00:43:32	01:18:13	01:53:30	<b>02:30:22.95</b>	<b>02:30:26.25</b>	+00:10:50 (7.2%)	7:07	8.4 (92.3%)
12	<b>AUGUŚCIK Mariusz</b>	<b>701</b>	NIEZRZESZONY	M 50-59	2			00:00:10	00:08:19	00:44:22	01:19:25	01:55:05	<b>02:30:52.80</b>	<b>02:31:03.75</b>	+00:11:20 (7.5%)	7:09	8.4 (92.3%)
13	<b>DREWA Marian</b>	<b>708</b>		M 50-59	3			00:00:09	00:08:06	00:43:21	01:18:06	01:54:26	<b>02:31:36.90</b>	<b>02:31:46.15</b>	+00:12:04 (8.0%)	7:11	8.4 (92.3%)
14	<b>WOJCIECHOWSKI Tadeusz</b>	<b>760</b>	DĄBROWA NORDIC TEAM	M 60+	3			00:00:11	00:08:16	00:44:06	01:19:25	01:55:23	<b>02:31:38.10</b>	<b>02:31:49.95</b>	+00:12:05 (8.0%)	7:11	8.3 (91.2%)
15	<b>BAJER Piotr</b>	<b>702</b>	BRAN-FROM TEAM	M 50-59	4			00:00:08	00:07:58	00:43:32	01:19:31	01:55:27	<b>02:31:41.70</b>	<b>02:31:50.60</b>	+00:12:09 (8.0%)	7:11	8.3 (91.2%)
16	<b>LENZ Andrzej</b>	<b>733</b>	DĄBROWA NORDIC TEAM	M 50-59	5			00:00:08	00:07:58	00:42:47	01:17:47	01:54:13	<b>02:31:53.90</b>	<b>02:32:02.05</b>	+00:12:21 (8.1%)	7:11	8.3 (91.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	21.1km	Czas		Różn	Tempo min/km	Tempo km/h
														netto	brutto			
17	<b>SORN Łukasz</b>	<b>748</b>	CHODZIEZKIJAMI	M 18-29	3			00:00:03	00:08:10	00:44:28	01:19:28	01:55:08	<b>02:32:18.65</b>	<b>02:32:22.35</b>	+00:12:46 (8.4%)	7:13	8.3 (91.2%)	
18	<b>SOBKOWSKI Janusz</b>	<b>747</b>	SILESIA NORDIC TEAM	M 60+	4			00:00:10	00:07:53	00:44:08	01:19:46	01:56:12	<b>02:32:43.60</b>	<b>02:32:54.50</b>	+00:13:11 (8.6%)	7:14	8.3 (91.2%)	
19	<b>WESOŁOWSKI Wojciech</b>	<b>757</b>		M 60+	5			00:00:12	00:08:16	00:44:07	01:19:44	01:56:23	<b>02:32:55.75</b>	<b>02:33:08.40</b>	+00:13:23 (8.8%)	7:14	8.3 (91.2%)	
20	<b>STOPA Joanna</b>	<b>750</b>	BŁĘKITNI NW DZIEMIANY	K 18-29	1			00:02:15	00:07:42	00:43:22	01:19:28	01:56:13	<b>02:33:18.85</b>	<b>02:35:34.80</b>	+00:13:46 (9.0%)	7:15	8.3 (91.2%)	
21	<b>JANCZYK Małgorzata</b>	<b>715</b>	FOREVER YOUNG ŁÓDŹ	K 30-39	1			00:02:17	00:07:52	00:43:39	01:20:23	01:57:07	<b>02:33:32.10</b>	<b>02:35:49.15</b>	+00:13:59 (9.1%)	7:16	8.2 (90.1%)	
22	<b>KAZIMIERSKI Artur</b>	<b>769</b>	KM AKTYWNI SOCHACZEW	M 40-49	3			00:00:07	00:07:57	00:44:04	01:21:24	01:58:17	<b>02:35:14.90</b>	<b>02:35:22.75</b>	+00:15:42 (10.1%)	7:21	8.2 (90.1%)	
23	<b>STĘPIEŃ Lucyna</b>	<b>749</b>	KS METRACO POLKOWICE	K 50-59	1			00:02:20	00:08:06	00:44:50	01:22:03	01:59:02	<b>02:36:27.90</b>	<b>02:38:48.00</b>	+00:16:55 (10.8%)	7:24	8.1 (89.0%)	
24	<b>KOWALCZYK Mariusz</b>	<b>728</b>	GREEN TEAM ZIELONA GÓRA	M 40-49	4			00:00:06	00:07:49	00:43:33	01:19:31	01:57:10	<b>02:36:44.25</b>	<b>02:36:50.70</b>	+00:17:11 (11.0%)	7:25	8.1 (89.0%)	
25	<b>ZAWISZA Dariusz</b>	<b>767</b>	BCT TEAM	M 40-49	5			00:00:07	00:08:23	00:44:46	01:21:30	01:58:52	<b>02:36:57.35</b>	<b>02:37:04.70</b>	+00:17:24 (11.1%)	7:26	8.1 (89.0%)	
26	<b>FOLWARSKI Andrzej</b>	<b>710</b>		M 50-59	6			00:00:09	00:08:23	00:45:14	01:22:03	01:59:03	<b>02:37:24.35</b>	<b>02:37:34.05</b>	+00:17:51 (11.3%)	7:27	8 (87.9%)	
27	<b>KARASIEWICZ Irena</b>	<b>721</b>	BRAN-FROM TEAM	K 50-59	2			00:02:21	00:08:19	00:45:17	01:22:44	02:00:14	<b>02:37:56.05</b>	<b>02:40:17.90</b>	+00:18:23 (11.6%)	7:29	8 (87.9%)	
28	<b>PIOTROWSKI Michał</b>	<b>740</b>		M 30-39	4			00:00:03	00:08:36	00:44:38	01:18:58	01:55:04	<b>02:38:12.00</b>	<b>02:38:15.60</b>	+00:18:39 (11.8%)	7:29	8 (87.9%)	
29	<b>WYSOCKI Paweł</b>	<b>763</b>		M 18-29	4			00:00:02	00:07:58	00:44:14	01:19:14	01:56:33	<b>02:38:22.90</b>	<b>02:38:25.45</b>	+00:18:50 (11.9%)	7:30	8 (87.9%)	
30	<b>MÓL Wioletta</b>	<b>735</b>	SILESIA NORDIC TEAM	K 40-49	2			00:02:19	00:08:05	00:44:35	01:22:03	01:59:59	<b>02:38:25.85</b>	<b>02:40:45.30</b>	+00:18:53 (11.9%)	7:30	8 (87.9%)	
31	<b>STEPCZYŃSKA Angelika</b>	<b>592</b>	THE BEST-MY IDZIEMY I CZEŚĆ	K 30-39	2			00:02:18	00:08:21	00:45:09	01:22:18	02:00:20	<b>02:40:15.35</b>	<b>02:42:33.45</b>	+00:20:42 (12.9%)	7:35	7.9 (86.8%)	
32	<b>SZCZODROWSKI Krzysztof</b>	<b>753</b>		M 50-59	7			00:00:07	00:08:04	00:44:41	01:22:22	02:01:16	<b>02:40:35.75</b>	<b>02:40:43.60</b>	+00:21:03 (13.1%)	7:36	7.9 (86.8%)	
33	<b>KLIMCZEWSKI Marek</b>	<b>722</b>	FOREVER YOUNG ŁÓDŹ	M 50-59	8			00:00:08	00:08:08	00:43:42	01:21:22	02:01:38	<b>02:42:01.70</b>	<b>02:42:10.25</b>	+00:22:29 (13.9%)	7:40	7.8 (85.7%)	
34	<b>SARNOWSKA Wanda</b>	<b>744</b>	GREEN TEAM	K 50-59	3			00:02:22	00:08:30	00:46:12	01:24:45	02:03:51	<b>02:42:23.75</b>	<b>02:44:46.00</b>	+00:22:51 (14.1%)	7:41	7.8 (85.7%)	
35	<b>SZULC Alicja</b>	<b>754</b>	MOSIR MŁAWA	K 30-39	3			00:02:17	00:08:26	00:46:56	01:26:12	02:06:04	<b>02:44:13.90</b>	<b>02:46:31.35</b>	+00:24:41 (15.0%)	7:47	7.7 (84.6%)	
36	<b>RUSZKOWSKA Bożena</b>	<b>581</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K 60+	1			00:02:23	00:08:37	00:47:12	01:25:51	02:04:47	<b>02:44:41.95</b>	<b>02:47:05.70</b>	+00:25:09 (15.3%)	7:48	7.7 (84.6%)	
37	<b>KOMAJDA Jarek</b>	<b>725</b>	GOSIR OSIELSKO	M 50-59	9			00:00:08	00:08:23	00:46:56	01:27:15	02:06:02	<b>02:45:08.30</b>	<b>02:45:16.95</b>	+00:25:35 (15.5%)	7:49	7.7 (84.6%)	
38	<b>JASINSKI Marian</b>	<b>718</b>	KLUB SPORTOWY ELBLĄSKIE- WŁOCZYKIJE	M 60+	6			00:00:10	00:08:40	00:46:32	01:25:11	02:05:26	<b>02:45:55.10</b>	<b>02:46:05.55</b>	+00:26:22 (15.9%)	7:51	7.6 (83.5%)	
39	<b>KRZESAK-JUREK Ewa</b>	<b>729</b>	KIJEM W LENISTWO	K 30-39	4			00:02:19	00:08:46	00:47:49	01:27:01	02:05:59	<b>02:46:03.40</b>	<b>02:48:22.75</b>	+00:26:30 (16.0%)	7:52	7.6 (83.5%)	
40	<b>CZYCZ Emilia</b>	<b>707</b>	GREEN TEAM	K 60+	2			00:02:22	00:08:31	00:46:14	01:24:46	02:05:06	<b>02:46:13.05</b>	<b>02:48:35.25</b>	+00:26:40 (16.0%)	7:52	7.6 (83.5%)	
41	<b>GÓRSKA Weronika</b>	<b>712</b>	GOSIR OSIELSKO	K 18-29	2			00:02:16	00:08:40	00:47:26	01:26:57	02:06:11	<b>02:46:16.40</b>	<b>02:48:32.95</b>	+00:26:43 (16.1%)	7:52	7.6 (83.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													netto 21.1km	brutto 21.1km			
42	<b>KUBIACZYK Arkadiusz</b>	<b>730</b>	3 PLUS 1	M 50-59	10			00:00:09	00:08:19	00:45:44	01:24:18	02:03:54	<b>02:46:40.25</b>	<b>02:46:49.65</b>	+00:27:07 (16.3%)	7:53	7.6 (83.5%)
43	<b>PYZIK-KAPSZEWICZ Angelika</b>	<b>741</b>	LKS ZANTYR SZTUM	K 18-29	3			00:02:16	00:08:43	00:48:13	01:27:28	02:06:24	<b>02:46:54.25</b>	<b>02:49:10.85</b>	+00:27:21 (16.4%)	7:54	7.6 (83.5%)
44	<b>WITKOWSKA Maria</b>	<b>759</b>	STADION ŚLĄSKI	K 60+	3			00:02:22	00:08:34	00:47:21	01:26:46	02:06:41	<b>02:47:37.80</b>	<b>02:50:00.75</b>	+00:28:05 (16.8%)	7:56	7.6 (83.5%)
45	<b>JUREK Tomasz</b>	<b>719</b>	KIJEM W LENISTWO	M 30-39	5			00:00:05	00:09:17	00:47:59	01:26:44	02:08:11	<b>02:48:10.25</b>	<b>02:48:15.70</b>	+00:28:37 (17.0%)	7:58	7.5 (82.4%)
46	<b>KANIEWSKA Beata</b>	<b>720</b>	REGATTA NORDIC TEAM	K 40-49	3			00:02:20	00:08:44	00:48:17	01:27:52	02:07:51	<b>02:48:35.90</b>	<b>02:50:56.85</b>	+00:29:03 (17.2%)	7:59	7.5 (82.4%)
47	<b>JANKOWSKA Katarzyna</b>	<b>716</b>	MOSIR RYPIN	K 50-59	4			00:02:22	00:09:30	00:48:58	01:28:26	02:08:51	<b>02:49:04.40</b>	<b>02:51:26.95</b>	+00:29:31 (17.5%)	8:00	7.5 (82.4%)
48	<b>WOŹNIAK Bartłomiej</b>	<b>617</b>	PODWÓJNY UŚMIECH	M 30-39	6			00:00:04	00:08:21	00:47:03	01:26:55	02:07:37	<b>02:49:08.95</b>	<b>02:49:13.50</b>	+00:29:36 (17.5%)	8:00	7.5 (82.4%)
49	<b>MARCINKOWSKI Wojciech</b>	<b>734</b>	NORDIC WALKING LUBLINIEC	M 40-49	6			00:00:06	00:08:18	00:47:20	01:27:03	02:07:46	<b>02:49:27.90</b>	<b>02:49:34.05</b>	+00:29:55 (17.7%)	8:01	7.5 (82.4%)
50	<b>ROSADZIŃSKA Natalia</b>	<b>743</b>	UMP	K 18-29	4			00:02:16	00:08:46	00:48:16	01:27:55	02:07:52	<b>02:49:36.60</b>	<b>02:51:53.05</b>	+00:30:04 (17.7%)	8:02	7.5 (82.4%)
51	<b>KOSTKA Maria</b>	<b>727</b>	DĄBROWA NORDIC TEAM	K 30-39	5			00:02:18	00:09:06	00:49:09	01:29:11	02:09:42	<b>02:50:18.30</b>	<b>02:52:36.45</b>	+00:30:45 (18.1%)	8:04	7.4 (81.3%)
52	<b>WYŁUPSKI Zbigniew</b>	<b>762</b>	PATYCZAKI	M 60+	7			00:00:12	00:08:48	00:48:50	01:28:43	02:08:56	<b>02:50:57.30</b>	<b>02:51:10.15</b>	+00:31:24 (18.4%)	8:06	7.4 (81.3%)
53	<b>GIBAS Sławomir</b>	<b>711</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	7			00:00:04	00:08:45	00:48:40	01:29:15	02:09:38	<b>02:51:13.20</b>	<b>02:51:17.90</b>	+00:31:40 (18.5%)	8:06	7.4 (81.3%)
54	<b>NESSSEL Katarzyna</b>	<b>738</b>	PATYCZAKI	K 40-49	4			00:02:19	00:09:18	00:50:39	01:31:53	02:12:33	<b>02:53:51.75</b>	<b>02:56:11.70</b>	+00:34:19 (19.7%)	8:14	7.3 (80.2%)
55	<b>WĘSIERSKA Barbara</b>	<b>758</b>	PATYCZAKI	K 60+	4			00:02:22	00:09:14	00:49:04	01:30:41	02:12:24	<b>02:53:55.85</b>	<b>02:56:18.80</b>	+00:34:23 (19.8%)	8:14	7.3 (80.2%)
56	<b>ANTOSZ Marek</b>	<b>700</b>		M 60+	8			00:00:06	00:08:49	00:48:23	01:28:37	02:09:05	<b>02:53:57.15</b>	<b>02:54:03.15</b>	+00:34:24 (19.8%)	8:14	7.3 (80.2%)
57	<b>JARONIEK-BEDYK Wiesława</b>	<b>717</b>	FOREVER YOUNG ŁÓDŹ	K 60+	5			00:02:23	00:09:00	00:50:26	01:31:22	02:13:13	<b>02:55:37.95</b>	<b>02:58:01.65</b>	+00:36:05 (20.5%)	8:19	7.2 (79.1%)
58	<b>PARYS Andrzej</b>	<b>739</b>	ELAKTYWNI	M 60+	9			00:00:13	00:09:02	00:50:13	01:32:15	02:13:48	<b>02:56:00.10</b>	<b>02:56:13.55</b>	+00:36:27 (20.7%)	8:20	7.2 (79.1%)
59	<b>GRYGORIEVA Ludmyła</b>	<b>714</b>	DABROWA NORDIC TEAM	K 60+	6			00:02:24	00:08:36	00:47:21	01:27:50	02:10:45	<b>02:56:02.65</b>	<b>02:58:27.45</b>	+00:36:30 (20.7%)	8:20	7.2 (79.1%)
60	<b>CZAKIERT Marek</b>	<b>706</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 40-49	7			00:00:06	00:08:42	00:49:52	01:31:32	02:14:44	<b>02:56:47.45</b>	<b>02:56:54.40</b>	+00:37:14 (21.1%)	8:22	7.2 (79.1%)
61	<b>KUCYPERA Dagmara</b>	<b>732</b>	DĄBROWA NORDIC TEAM	K 40-49	5			00:02:19	00:09:03	00:50:25	01:31:46	02:13:12	<b>02:58:48.65</b>	<b>03:01:07.65</b>	+00:39:16 (22.0%)	8:28	7.1 (78.0%)
62	<b>ZAWADZKA Maria</b>	<b>766</b>	KS METRACO POLKOWICE	K 60+	7			00:02:24	00:09:17	00:52:39	01:35:18	02:18:24	<b>03:02:49.95</b>	<b>03:05:14.00</b>	+00:43:17 (23.7%)	8:39	6.9 (75.8%)
63	<b>UKLEJEWSKA Agnieszka</b>	<b>755</b>	GOSIR OSIELSKO	K 30-39	6			00:02:18	00:09:09	00:52:08	01:35:31	02:20:47	<b>03:05:41.30</b>	<b>03:07:59.40</b>	+00:46:08 (24.9%)	8:48	6.8 (74.7%)
64	<b>STUPNOWICZ Joanna</b>	<b>751</b>	FOREVER YOUNG ŁÓDŹ	K 40-49	6			00:02:20	00:09:21	00:52:48	01:36:05	02:20:51	<b>03:05:59.50</b>	<b>03:08:19.70</b>	+00:46:26 (25.0%)	8:48	6.8 (74.7%)
65	<b>KUBIACZYK Małgorzata</b>	<b>731</b>	3 PLUS 1	K 50-59	5			00:02:21	00:09:23	00:51:49	01:35:30	02:20:52	<b>03:07:20.20</b>	<b>03:09:41.45</b>	+00:47:47 (25.5%)	8:52	6.8 (74.7%)
66	<b>KORDALSKA Agata</b>	<b>726</b>	PATYCZAKI	K 40-49	7			00:02:20	00:09:23	00:53:47	01:38:20	02:24:54	<b>03:13:44.45</b>	<b>03:16:05.40</b>	+00:54:11 (28.0%)	9:10	6.5 (71.4%)

Znaleziono 66 wynik(ów)