



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10KM

B4SPORT

Wydarzenie: FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-09-08
Miejsce: Hajnówka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_Hall 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NIECHWIEJCZYK Piotr	572	UNIA MIAST	M40-49	1			00:30:33	01:01:21.68		6:08	9.8 (100%)
2	SIWAK Piotr	630	KS METRACO POLKOWICE	M50-59	1			00:31:24	01:02:38.33	+00:01:16 (2.0%)	6:15	9.6 (98.0%)
3	BIŁEK Artur	504	UNIA MIAST	M30-39	1			00:31:03	01:02:53.89	+00:01:32 (2.4%)	6:17	9.5 (96.9%)
4	JANOCHA Robert	541	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:31:21	01:02:58.47	+00:01:36 (2.6%)	6:17	9.5 (96.9%)
5	SZARSZUNOWICZ Mariusz	678	KS METRACO POLKOWICE	M40-49	2			00:31:30	01:03:56.96	+00:02:35 (4.0%)	6:23	9.4 (95.9%)
6	HAŁAS Marcin	537	UNIA MIAST	M30-39	2			00:31:59	01:03:57.29	+00:02:35 (4.1%)	6:23	9.4 (95.9%)
7	RYCHLIK Grzegorz	588	NOWI SIEDLCE/NW WSCHÓD	M30-39	3			00:31:47	01:04:00.00	+00:02:38 (4.1%)	6:24	9.4 (95.9%)
8	MIELECKA Agnieszka	570	KS IDMAR RACING TEAM	K40-49	1			00:32:00	01:04:31.51	+00:03:09 (4.9%)	6:27	9.3 (94.9%)
9	WOJTOWICZ Tomasz	621	NORDIC WALKING POLAND / FACE NWT	M18-29	1			00:31:47	01:04:47.32	+00:03:25 (5.3%)	6:28	9.3 (94.9%)
10	JUREK Adam	544	KS METRACO POLKOWICE	M50-59	3	1		00:31:24	01:04:51.45	+00:03:29 (5.4%)	6:29	9.3 (94.9%)
11	BORKOWSKI Dariusz	505	NOWI SIEDLCE/NW WSCHÓD	M40-49	3			00:32:07	01:05:42.25	+00:04:20 (6.6%)	6:34	9.1 (92.9%)
12	KUBISZYN Małgorzata	560		K30-39	1			00:32:44	01:05:48.90	+00:04:27 (6.8%)	6:34	9.1 (92.9%)
13	NIEDBAŁ Adam	573	SILESIA NORDIC TEAM	M40-49	4			00:33:01	01:06:15.82	+00:04:54 (7.4%)	6:37	9.1 (92.9%)
14	SPYCHAŁA Lesław	597		M50-59	4			00:32:24	01:06:25.89	+00:05:04 (7.6%)	6:38	9 (91.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_Hall 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	KLIMCZAK Adam	547		M50-59	5			00:32:53	01:06:34.42	+00:05:12 (7.8%)	6:39	9 (91.8%)
16	HELWICH Stefan	538	KS METRACO POLKOWICE	M60-69	1			00:33:00	01:06:55.35	+00:05:33 (8.3%)	6:41	9 (91.8%)
17	GAJEWSKI Tomasz	531	MONTE BIANKO	M40-49	5	1		00:33:37	01:08:04.99	+00:06:43 (9.9%)	6:48	8.8 (89.8%)
18	JĘDRASIAK Renata	543	KS METRACO POLKOWICE	K50-59	1			00:33:38	01:08:08.20	+00:06:46 (9.9%)	6:48	8.8 (89.8%)
19	ZAGAJA Janusz	625	WESOŁY BORSUK TEAM	M60-69	2			00:33:03	01:08:13.23	+00:06:51 (10.1%)	6:49	8.8 (89.8%)
20	FRAĆKOWIAK Krzysztof	528	NOWI SIEDLCE/NW WSCHÓD	M40-49	6			00:33:34	01:08:14.94	+00:06:53 (10.1%)	6:49	8.8 (89.8%)
21	KUBIAK Przemysław	559	KS IDMAR RACING TEAM	M40-49	7			00:33:39	01:08:16.77	+00:06:55 (10.1%)	6:49	8.8 (89.8%)
22	LENZ Andrzej	566	MUSZKIEROWIE	M50-59	6			00:34:18	01:08:27.06	+00:07:05 (10.4%)	6:50	8.8 (89.8%)
23	PASIKOWSKA Mariola	579	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:33:48	01:08:46.54	+00:07:24 (10.8%)	6:52	8.7 (88.8%)
24	KUSTAL Marcin	564	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:33:26	01:08:47.55	+00:07:25 (10.8%)	6:52	8.7 (88.8%)
25	GŁOWA Michał	532	UNIA MIAST	M18-29	2			00:33:53	01:08:56.91	+00:07:35 (11.0%)	6:53	8.7 (88.8%)
26	TUMASJEW Albina	626	РАДОСТЬ ДВИЖЕНИЯСЕВЕРСТАЛЬ СОВЕТ ВЕТЕРАНОВ	K50-59	2			00:33:58	01:09:41.92	+00:08:20 (12.0%)	6:58	8.6 (87.8%)
27	SMUL Andrzej	594	MARSZ PO ZDROWIE	M60-69	3			00:33:45	01:09:48.95	+00:08:27 (12.1%)	6:58	8.6 (87.8%)
28	PIESIAK Piotr	581	NIE ZRZESZONY	M50-59	7			00:35:00	01:09:58.19	+00:08:36 (12.3%)	6:59	8.6 (87.8%)
29	SZARSZUNOWICZ Anna	605	KS METRACO POLKOWICE	K30-39	3			00:34:23	01:09:58.26	+00:08:36 (12.3%)	6:59	8.6 (87.8%)
30	TEODOROWSKI Dariusz	612	UNIA MIAST	M40-49	8			00:35:35	01:10:48.13	+00:09:26 (13.3%)	7:04	8.5 (86.7%)
31	DOLBAK Igor	697		M40-49	9			00:34:45	01:11:17.58	+00:09:55 (13.9%)	7:07	8.4 (85.7%)
32	WOLNIEWICZ Katarzyna	622	UNIA MIAST	K40-49	2			00:35:14	01:11:30.93	+00:10:09 (14.2%)	7:09	8.4 (85.7%)
33	STYŚ Elżbieta	601		K50-59	3			00:35:08	01:11:35.84	+00:10:14 (14.3%)	7:09	8.4 (85.7%)
34	HRYNDIO Jerzy	539	UNIA MIAST	M60-69	4			00:35:21	01:11:39.50	+00:10:17 (14.4%)	7:09	8.4 (85.7%)
35	WÓJCIK Barbara	623		K50-59	4			00:35:36	01:11:40.21	+00:10:18 (14.4%)	7:10	8.4 (85.7%)
36	KRAKOWIAN Piotr	555	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	10			00:35:35	01:11:42.12	+00:10:20 (14.4%)	7:10	8.4 (85.7%)
37	ŚLUSARCZYK Andrzej	610	WESOŁY BORSUK TEAM	M60-69	5			00:35:35	01:11:48.76	+00:10:27 (14.6%)	7:10	8.4 (85.7%)

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									netto 10km	Różn		
38	KUBISZYN Wiesława	562		K40-49	3			00:36:11	01:12:11.60	+00:10:49 (15.0%)	7:13	8.3 (84.7%)
39	RYKAŁA Irena	589		K30-39	4			00:35:30	01:12:16.00	+00:10:54 (15.1%)	7:13	8.3 (84.7%)
40	BUJNICKI Marcin	508	NORDIC WALKING PASŁĘK	M40-49	11			00:35:34	01:12:18.41	+00:10:56 (15.1%)	7:13	8.3 (84.7%)
41	DOBROWOLSKA Anna	524		K50-59	5			00:35:57	01:12:38.83	+00:11:17 (15.5%)	7:15	8.3 (84.7%)
42	KURZAWSKA Jolanta	563	KS METRACO POLKOWICE	K60-69	1			00:36:23	01:13:11.41	+00:11:49 (16.2%)	7:19	8.2 (83.7%)
43	CZAJKA Urszula	518	FACE NORDIC WALKING TEAM	K60-69	2			00:36:22	01:13:11.47	+00:11:49 (16.2%)	7:19	8.2 (83.7%)
44	STAWNIAK Karol	599	KS METRACO POLKOWICE	M70+	1	1		00:36:28	01:13:28.18	+00:12:06 (16.5%)	7:20	8.2 (83.7%)
45	MALINOWSKA Katarzyna	568	LECYMY DURŚ	K30-39	5			00:36:49	01:14:01.83	+00:12:40 (17.1%)	7:24	8.1 (82.7%)
46	CHARCZUK Zenon	511	WESOŁY BORSUK TEAM	M60-69	6			00:36:55	01:14:09.68	+00:12:48 (17.3%)	7:24	8.1 (82.7%)
47	ŚLUSARCZYK Marcin	608	WESOŁY BORSUK TEAM	M30-39	5			00:36:54	01:14:18.50	+00:12:56 (17.4%)	7:25	8.1 (82.7%)
48	SŁOWIŃSKA Alicja	593	NOWI SIEDLCE/NW WSCHÓD	K50-59	6			00:35:26	01:14:44.55	+00:13:22 (17.9%)	7:28	8 (81.6%)
49	NIETRZEBKA Aleksandra	574	MIĘDZYBORÓW	K18-29	1			00:36:29	01:15:11.08	+00:13:49 (18.4%)	7:31	8 (81.6%)
50	KOŁPAK Jan	548	LKS ZANTYR SZTUM	M70+	2			00:37:03	01:15:17.11	+00:13:55 (18.5%)	7:31	8 (81.6%)
51	ZACHARCZUK Zofia	624	NOWI SIEDLCE/NW WSCHÓD	K60-69	3			00:37:19	01:15:35.14	+00:14:13 (18.8%)	7:33	7.9 (80.6%)
52	WIERZBA Lilla	620	PASJA NORDIC WALKING	K50-59	7			00:36:58	01:15:36.68	+00:14:15 (18.8%)	7:33	7.9 (80.6%)
53	DOBROWOLSKA-ŚWIĄTEK Elżbieta	525		K50-59	8			00:37:37	01:15:48.81	+00:14:27 (19.1%)	7:34	7.9 (80.6%)
54	RAZIN Robert	587		M50-59	8	1		00:37:16	01:15:50.77	+00:14:29 (19.1%)	7:35	7.9 (80.6%)
55	SZESZKO Jolanta	606		K40-49	4			00:37:35	01:15:56.45	+00:14:34 (19.2%)	7:35	7.9 (80.6%)
56	KORDOWSKA Bogusława	550		K40-49	5			00:37:16	01:15:58.42	+00:14:36 (19.2%)	7:35	7.9 (80.6%)
57	ŚLUSARCZYK Grzegorz	609	WESOŁY BORSUK TEAM	M40-49	12			00:38:12	01:16:24.23	+00:15:02 (19.7%)	7:38	7.9 (80.6%)
58	KOTULA Jakub	553	UNIA MIAST	M30-39	6			00:38:11	01:16:25.53	+00:15:03 (19.7%)	7:38	7.8 (79.6%)
59	GWAREK Anita	534	PASJA NORDIC WALKING	K40-49	6			00:37:39	01:16:44.39	+00:15:22 (20.0%)	7:40	7.8 (79.6%)
60	VALIUSHKA Dzimitry	616		M40-49	13			00:38:04	01:16:48.38	+00:15:26 (20.1%)	7:40	7.8 (79.6%)

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61	NIETRZEBKA Paweł	575	MIĘDZYBORÓW	M30-39	7			00:38:11	01:17:03.35	+00:15:41 (20.4%)	7:42	7.8 (79.6%)
62	MLEJNEK-DYLEWSKA Teresa	571		K30-39	6			00:39:09	01:17:12.99	+00:15:51 (20.5%)	7:43	7.8 (79.6%)
63	CONTUCCI Ewa	517	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	7			00:38:41	01:17:38.77	+00:16:17 (21.0%)	7:45	7.7 (78.6%)
64	PINIS Agnieszka	582	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	8			00:38:19	01:17:43.64	+00:16:21 (21.1%)	7:46	7.7 (78.6%)
65	DĄBROWSKA Agnieszka	521		K30-39	7			00:39:09	01:17:44.89	+00:16:23 (21.1%)	7:46	7.7 (78.6%)
66	PALUCH Paweł	578	AVOCADO WELLNES CLUB	M50-59	9			00:38:14	01:18:09.88	+00:16:48 (21.5%)	7:49	7.7 (78.6%)
67	PRZYBYLSKA Maria	585		K60-69	4			00:39:08	01:18:36.57	+00:17:14 (21.9%)	7:51	7.6 (77.6%)
68	CHYRA Janusz	515	UNIA MIAST	M40-49	14			00:38:20	01:18:38.89	+00:17:17 (22.0%)	7:51	7.6 (77.6%)
69	TROĆ Dariusz	615	NOWI SIEDLCE/NW WSCHÓD	M40-49	15	1		00:39:01	01:18:40.59	+00:17:18 (22.0%)	7:52	7.6 (77.6%)
70	AGARWAL Ritu	501		K40-49	9			00:39:08	01:18:41.98	+00:17:20 (22.0%)	7:52	7.6 (77.6%)
71	TOMASZEWSKA Mariola	614	FACE NORDIC WALKING TEAM	K50-59	9			00:39:21	01:18:43.76	+00:17:22 (22.1%)	7:52	7.6 (77.6%)
72	CZAKIERT Marek	519	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	10			00:38:54	01:18:44.77	+00:17:23 (22.1%)	7:52	7.6 (77.6%)
73	DEJDA Piotr	522	NOWI SIEDLCE/NW WSCHÓD	M40-49	16			00:40:49	01:18:53.75	+00:17:32 (22.2%)	7:53	7.6 (77.6%)
74	SZOT Magdalena	607		K18-29	2			00:38:49	01:19:00.40	+00:17:38 (22.3%)	7:54	7.6 (77.6%)
75	JEDYNAK Stanisław	542	PASJA NORDIC WALKING	M70+	3			00:39:10	01:19:30.39	+00:18:08 (22.8%)	7:57	7.5 (76.5%)
76	TCHÓRZEWSKI Jerzy	611		M70+	4			00:39:10	01:19:30.72	+00:18:09 (22.8%)	7:57	7.5 (76.5%)
77	CHOLEWKA Jolanta	512	MARSZ PO ZDROWIE	K60-69	5			00:39:36	01:19:37.45	+00:18:15 (22.9%)	7:57	7.5 (76.5%)
78	OMARSKA Grażyna	576	PASJA NORDIC WALKING	K60-69	6			00:39:35	01:19:38.56	+00:18:16 (23.0%)	7:57	7.5 (76.5%)
79	SYNAK Leszek	604		M50-59	11	1		00:39:06	01:20:33.43	+00:19:11 (23.8%)	8:03	7.4 (75.5%)
80	KOŚCIUCZUK Agnieszka	552		K30-39	8			00:39:57	01:21:13.15	+00:19:51 (24.4%)	8:07	7.4 (75.5%)
81	PINIS Michał	583	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	8			00:41:55	01:21:54.94	+00:20:33 (25.1%)	8:11	7.3 (74.5%)
82	GRYC Halina	533		K40-49	10			00:40:39	01:22:29.50	+00:21:07 (25.6%)	8:14	7.3 (74.5%)
83	KOZŁOWSKA Katarzyna	554		K40-49	11			00:40:43	01:22:31.10	+00:21:09 (25.6%)	8:15	7.3 (74.5%)

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84	KASPRZYK Elżbieta	546	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	10			00:40:26	01:22:35.26	+00:21:13 (25.7%)	8:15	7.3 (74.5%)
85	OWCZAREK Magdalena	577	MIĘDZYBORÓW	K50-59	11			00:40:34	01:22:38.37	+00:21:16 (25.7%)	8:15	7.3 (74.5%)
86	MARCZYK Jerzy Paweł	569	FACE NORDIC WALKING TEAM	M60-69	7			00:41:14	01:23:25.00	+00:22:03 (26.4%)	8:20	7.2 (73.5%)
87	FAHRENHOLZ Rafał	640	AMATOR	M60-69	8			00:42:19	01:24:50.05	+00:23:28 (27.7%)	8:29	7.1 (72.4%)
88	BUSZKO Helena	510		K60-69	7			00:41:45	01:25:12.93	+00:23:51 (28.0%)	8:31	7 (71.4%)
89	RACŁAWSKA Joanna	586	AMATORKA	K50-59	12			00:42:19	01:25:30.13	+00:24:08 (28.2%)	8:33	7 (71.4%)
90	LIGĘZA Elżbieta	567		K50-59	13			00:42:52	01:25:31.17	+00:24:09 (28.2%)	8:33	7 (71.4%)
91	WALESIUK Elżbieta	618	POWIAT HAJNOWSKI	K30-39	9			00:42:40	01:25:34.66	+00:24:12 (28.3%)	8:33	7 (71.4%)
92	HAJDUK Katarzyna	535	HAJDUKI	K30-39	10			00:42:43	01:25:34.90	+00:24:13 (28.3%)	8:33	7 (71.4%)
93	DMITRUK Agnieszka	523		K40-49	12			00:42:46	01:25:35.91	+00:24:14 (28.3%)	8:33	7 (71.4%)
94	BURA Renata	509		K40-49	13			00:43:33	01:26:15.43	+00:24:53 (28.9%)	8:37	7 (71.4%)
95	SYNAK Joanna	603		K18-29	3			00:43:17	01:26:20.08	+00:24:58 (28.9%)	8:38	6.9 (70.4%)
96	THOMALLA Bogdan	613	SILESIA NORDIC TEAM	M70+	5			00:42:09	01:27:12.52	+00:25:50 (29.6%)	8:43	6.9 (70.4%)
97	STEFANIAK Bożena	600		K50-59	14			00:43:16	01:27:29.16	+00:26:07 (29.9%)	8:44	6.9 (70.4%)
98	KRZYŚCIN Mirosława	558	SANTANDER CONSUMER BANK	K40-49	14			00:42:47	01:27:50.89	+00:26:29 (30.2%)	8:47	6.8 (69.4%)
99	KONOPACKA Marta	549	BIĄŁOSTOCKA SEKTA BIEGACZY	K40-49	15			00:43:29	01:27:57.45	+00:26:35 (30.2%)	8:47	6.8 (69.4%)
100	STASIEWICZ-DAKAŁO Anna	598		K60-69	8	1		00:43:48	01:28:07.51	+00:26:45 (30.4%)	8:48	6.8 (69.4%)
101	KORYGA Jowita	551		K30-39	11			00:46:02	01:28:53.68	+00:27:32 (31.0%)	8:53	6.7 (68.4%)
102	KRYSZCZUK Kacper	556	NOWI SIEDLCE/NW WSCHÓD	M18-29	3			00:45:35	01:30:28.20	+00:29:06 (32.2%)	9:02	6.6 (67.3%)
103	BAGIŃSKA Joanna	503		K40-49	16			00:46:03	01:31:31.31	+00:30:09 (33.0%)	9:09	6.6 (67.3%)
104	JAGANOW Joanna	540	POWIAT HAJNOWSKI	K30-39	12			00:46:03	01:31:36.70	+00:30:15 (33.0%)	9:09	6.5 (66.3%)
105	PERKOWSKA Beata	580		K40-49	17			00:47:21	01:31:58.84	+00:30:37 (33.3%)	9:11	6.5 (66.3%)
106	CIEŚLIK Ewa	516	POWIAT HAJNOWSKI	K40-49	18			00:45:13	01:32:28.31	+00:31:06 (33.6%)	9:14	6.5 (66.3%)

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107	ARTEMIUK Eugenia	502		K50-59	15			00:45:53	01:35:33.52	+00:34:11 (35.8%)	9:33	6.3 (64.3%)
108	BORTNICZUK Barbara	507		K30-39	13			00:47:38	01:35:46.17	+00:34:24 (35.9%)	9:34	6.3 (64.3%)
109	FRAĆZEK Luiza	529		K40-49	19			00:46:40	01:36:20.03	+00:34:58 (36.3%)	9:38	6.2 (63.3%)
110	SAMOJLIK Justyna	591		K30-39	14			00:47:40	01:38:55.46	+00:37:33 (38.0%)	9:53	6.1 (62.2%)
111	SOKOŁOWSKI Janusz	596		M60-69	9			00:50:20	01:39:08.24	+00:37:46 (38.1%)	9:54	6.1 (62.2%)
112	SIWCZYK Grażyna	592	LECYMY DURŚ	K60-69	9			00:51:39	01:39:29.93	+00:38:08 (38.3%)	9:57	6 (61.2%)
113	CHOMCZYK Zbigniew	513		M60-69	10			00:50:23	01:40:27.54	+00:39:05 (38.9%)	10:02	6 (61.2%)
114	STEFANEK Teresa	209	SANTANDER CONSUMER BANK	K40-49	20			00:50:41	01:44:55.60	+00:43:33 (41.5%)	10:29	5.7 (58.2%)
115	SOKOŁOWSKA Jolanta	595		K60-69	10			00:53:53	01:49:59.58	+00:48:37 (44.2%)	11:00	5.5 (56.1%)
116	WAKULUK Anna	617		K60-69	11			00:53:53	01:50:09.06	+00:48:47 (44.3%)	11:00	5.4 (55.1%)
117	CHOMCZYK Irena	514		K60-69	12			00:54:14	01:50:42.71	+00:49:21 (44.6%)	11:04	5.4 (55.1%)

Znaleziono 117 wynik(ów)