

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10KM

B4SPORT

Event: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-09-09
Place: Hajnówka
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	NIECHWIEJCZYK Piotr	769	UNIA MIAST	M40-49	1			00:30:25	01:01:39.65		6:10	9.7 (100%)
2	KARASIŃSKI Maciej	669		M40-49	2			00:31:04	01:02:43.30	+00:01:03 (1.7%)	6:16	9.6 (99.0%)
3	LASKOWSKI Mirosław	760	LKS MILANÓW	M40-49	3			00:31:05	01:02:48.20	+00:01:08 (1.8%)	6:16	9.6 (99.0%)
4	WOJTASIŃSKI Daniel	805	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:31:47	01:04:08.00	+00:02:28 (3.9%)	6:24	9.4 (96.9%)
5	HELWICH Stefan	730	KS METRACO POLKOWICE	M60-69	1			00:31:56	01:05:28.50	+00:03:48 (5.8%)	6:32	9.2 (94.8%)
6	SIWAK Piotr	781	KS METRACO POLKOWICE	M50-59	1			00:32:33	01:06:16.05	+00:04:36 (7.0%)	6:37	9.1 (93.8%)
7	RYCHLIK Grzegorz	456	FUNDACJA 'W TE PĘDY'	M30-39	2			00:32:06	01:06:28.45	+00:04:48 (7.2%)	6:38	9 (92.8%)
8	KUBISZYN Małgorzata	754		K30-39	1			00:32:59	01:06:44.30	+00:05:04 (7.6%)	6:40	9 (92.8%)
9	DMOWSKA Aneta	714	UNIA MIAST	K40-49	1			00:32:50	01:06:45.00	+00:05:05 (7.6%)	6:40	9 (92.8%)
10	PARAFINIUK Krzysia	773	LKS ZANTYR SZTUM	K30-39	2			00:33:32	01:07:59.50	+00:06:19 (9.3%)	6:48	8.8 (90.7%)
11	ŚWISŁOCKI Bogdan	798	FACE NORDIC WALKING TEAM	M50-59	2			00:33:58	01:08:14.25	+00:06:34 (9.6%)	6:49	8.8 (90.7%)
12	GAJEWSKI Tomasz	723		M40-49	4			00:34:00	01:08:43.70	+00:07:04 (10.3%)	6:52	8.7 (89.7%)
13	SMUL Andrzej	783	MARSZ PO ZDROWIE	M60-69	2			00:33:30	01:08:49.05	+00:07:09 (10.4%)	6:52	8.7 (89.7%)
14	BORKOWSKI Dariusz	704		M40-49	5			00:34:31	01:08:54.40	+00:07:14 (10.5%)	6:53	8.7 (89.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
15	WARUSZEWSKI Karol	802	BIEGAJĄCY TCZEW	M40-49	6			00:34:31	01:09:16.45	+00:07:36 (11.0%)	6:55	8.7 (89.7%)
16	JĘDRASIAK Renata	732		K50-59	1			00:34:28	01:09:31.50	+00:07:51 (11.3%)	6:57	8.6 (88.7%)
17	KOWALSKI Marek	746	UNIA MIAST	M50-59	3			00:34:42	01:09:50.65	+00:08:10 (11.7%)	6:59	8.6 (88.7%)
18	KARABACH Siarhei	734		M30-39	3			00:35:01	01:09:50.85	+00:08:11 (11.7%)	6:59	8.6 (88.7%)
19	NETKOWSKI Wojciech	768	PASJA NORDIC WALKING	M50-59	4			00:34:37	01:09:54.20	+00:08:14 (11.8%)	6:59	8.6 (88.7%)
20	SIEJKO Paweł	472	FUNDACJA 'W TE PĘDY'	M18-29	1			00:34:19	01:10:00.00	+00:08:20 (11.9%)	7:00	8.6 (88.7%)
21	CHMIELEWSKI Antoni	69	FUNDACJA 'W TE PĘDY'	M60-69	3			00:34:33	01:10:29.65	+00:08:49 (12.5%)	7:03	8.5 (87.6%)
22	PUSZKIEL Adrian	816	GREEN TEAM ZIELONA GÓRA	M18-29	2			00:36:06	01:10:30.00	+00:08:50 (12.5%)	7:03	8.5 (87.6%)
23	SPYCHAŁA Marzena	787	WESOŁY BORSUK TEAM	K40-49	2			00:35:15	01:10:51.25	+00:09:11 (13.0%)	7:05	8.5 (87.6%)
24	UKLEJEWSKI Kacper	800	GOSIR OSIELSKO	M18-29	3			00:34:15	01:11:02.60	+00:09:22 (13.2%)	7:06	8.4 (86.6%)
25	KOLARSKA Agnieszka	739	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:34:31	01:11:09.30	+00:09:29 (13.3%)	7:07	8.4 (86.6%)
26	KAWCZYŃSKI Zbigniew	735	RYBNICKI KLUB NORDIC WALKING	M60-69	4			00:35:43	01:11:11.55	+00:09:31 (13.4%)	7:07	8.4 (86.6%)
27	STANKIEWICZ Agata	788	BIĄŁOSTOCKA SEKTA BIEGACZY	K40-49	3			00:35:02	01:11:28.50	+00:09:48 (13.7%)	7:08	8.4 (86.6%)
28	KRYSZCZUK Krzysztof	750	FACE NORDIC WALKING TEAM	M50-59	5			00:35:36	01:11:28.60	+00:09:48 (13.7%)	7:08	8.4 (86.6%)
29	GÓRSKI Jacek	726	GOSIR OSIELSKO	M50-59	6			00:35:18	01:11:46.15	+00:10:06 (14.1%)	7:10	8.4 (86.6%)
30	KUZICH Ihar	758	NORDIC BREST	M30-39	4			00:35:32	01:11:51.55	+00:10:11 (14.2%)	7:11	8.4 (86.6%)
31	KUBISZYN Mirosław	755		M30-39	5			00:36:38	01:12:00.80	+00:10:21 (14.4%)	7:12	8.3 (85.6%)
32	HANDZIUK Marek	822	TKKF BIAŁA PODLASKA	M40-49	7			00:35:51	01:12:04.10	+00:10:24 (14.4%)	7:12	8.3 (85.6%)
33	FRAĆKOWIAK Krzysztof	722	NOWI SIEDLCE	M40-49	8			00:36:19	01:12:14.40	+00:10:34 (14.6%)	7:13	8.3 (85.6%)
34	DUSIEL Ewa	719	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	2			00:35:38	01:12:20.55	+00:10:40 (14.8%)	7:14	8.3 (85.6%)
35	SZPILMAN Katarzyna	796	FACE NORDIC WALKING TEAM	K40-49	4			00:35:43	01:12:37.55	+00:10:57 (15.1%)	7:15	8.3 (85.6%)
36	BORKOWSKI Leszek	703	FACE NORDIC WALKING TEAM	M50-59	7			00:36:31	01:12:50.05	+00:11:10 (15.3%)	7:17	8.2 (84.5%)
37	WROŃSKI Włodzimierz	807	PASJA NORDIC WALKING	M60-69	5			00:35:45	01:13:00.90	+00:11:21 (15.6%)	7:18	8.2 (84.5%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start All 5km	Net time 10km	Gap	Pace min/km	Pace km/h
38	CZAJKA Urszula	711	FACE NORDIC WALKING TEAM	K60-69	1			00:36:17	01:13:17.25	+00:11:37 (15.9%)	7:19	8.2 (84.5%)
39	ŁUKASZEWICZ Joanna	762	GREEN TEAM ZIELONA GÓRA	K40-49	5			00:35:50	01:13:17.45	+00:11:37 (15.9%)	7:19	8.2 (84.5%)
40	BERTEL Alicja	702	GRUPA NORDIC WALKING - DOBRE MIASTO	K30-39	4			00:36:31	01:13:20.45	+00:11:40 (15.9%)	7:20	8.2 (84.5%)
41	POZNAŃSKI Wiesław	775	BIAŁA BIAŁYSTOK	M60-69	6			00:36:30	01:13:39.15	+00:11:59 (16.3%)	7:22	8.1 (83.5%)
42	KHARYTANIUK Mikhail	736	PROWERTEL	M50-59	8			00:36:52	01:13:48.70	+00:12:09 (16.5%)	7:22	8.1 (83.5%)
43	DOBROWOLSKA Anna	715		K50-59	3			00:36:58	01:14:11.95	+00:12:32 (16.9%)	7:25	8.1 (83.5%)
44	ZACHARCZUK Zofia	808	FACE NORDIC WALKING TEAM	K60-69	2			00:36:40	01:14:19.80	+00:12:40 (17.0%)	7:25	8.1 (83.5%)
45	CHARCZUK Zenon	706	WESOŁY BORSUK TEAM	M60-69	7			00:36:37	01:14:23.25	+00:12:43 (17.1%)	7:26	8.1 (83.5%)
46	KRUSZKA Arleta	749	MARSZ PO ZDROWIE	K50-59	4			00:37:42	01:15:16.10	+00:13:36 (18.1%)	7:31	8 (82.5%)
47	DOBROWOLSKA-ŚWIĄTEK Elżbieta	716		K50-59	5			00:37:34	01:15:18.95	+00:13:39 (18.1%)	7:31	8 (82.5%)
48	FOT Krzysztof	721	MARSZ PO ZDROWIE	M50-59	9			00:37:32	01:15:25.30	+00:13:45 (18.2%)	7:32	8 (82.5%)
49	MANDZIUK Marta	821	TKKF KRZNA	K40-49	6			00:36:59	01:15:32.50	+00:13:52 (18.4%)	7:33	7.9 (81.4%)
50	KOŁPAK Jan	740	LKS ZANTYR SZTUM	M60-69	8			00:37:15	01:15:44.75	+00:14:05 (18.6%)	7:34	7.9 (81.4%)
51	WITKOWSKA Maria	804	UNIA MIAST	K60-69	3			00:37:43	01:16:06.65	+00:14:26 (19.0%)	7:36	7.9 (81.4%)
52	PIĄTKOWSKI Józef	774	KS METRACO POLKOWICE	M70+	1			00:38:08	01:16:25.95	+00:14:46 (19.3%)	7:38	7.9 (81.4%)
53	THOMALA Bogdan	812	SILESIA NORDIC TEAM	M70+	2			00:38:03	01:16:29.20	+00:14:49 (19.4%)	7:38	7.8 (80.4%)
54	SZESZKO Jolanta	795		K40-49	7			00:37:58	01:16:36.20	+00:14:56 (19.5%)	7:39	7.8 (80.4%)
55	CHYRA Janusz	709	UNIA MIAST	M40-49	9			00:38:36	01:16:50.75	+00:15:11 (19.8%)	7:41	7.8 (80.4%)
56	MARCINIAK Aneta	763	FACE NORDIC WALKING TEAM	K40-49	8			00:37:51	01:16:56.90	+00:15:17 (19.9%)	7:41	7.8 (80.4%)
57	SURIAK Michał	793	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	4			00:39:30	01:17:02.85	+00:15:23 (20.0%)	7:42	7.8 (80.4%)
58	KRZEMIŃSKI Rafał	751	SANTANDER CONSUMER BANK	M30-39	6			00:37:26	01:17:15.80	+00:15:36 (20.2%)	7:43	7.8 (80.4%)
59	ŚLUSARCZYK Marcin	797	WESOŁY BORSUK TEAM	M30-39	7			00:38:59	01:17:44.55	+00:16:04 (20.7%)	7:46	7.7 (79.4%)
60	MŁYNARCZYK Wojciech	766	POWIAT HAJNOWSKI	M40-49	10			00:37:55	01:18:38.25	+00:16:58 (21.6%)	7:51	7.6 (78.4%)

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61	KOPACKI Tomasz	743	SANTANDER CONSUMER BANK	M40-49	11			00:39:14	01:18:41.90	+00:17:02 (21.6%)	7:52	7.6 (78.4%)
62	KORYTOWSKA Agnieszka	744	NW WERWA MŁAWA	K30-39	5			00:37:50	01:19:07.10	+00:17:27 (22.1%)	7:54	7.6 (78.4%)
63	STAWARZ Wiesław	790		M50-59	10			00:39:38	01:19:13.00	+00:17:33 (22.2%)	7:55	7.6 (78.4%)
64	JEDYNAK Stanisław	820	PASJA NORDIC WALKING	M70+	3			00:38:53	01:19:26.95	+00:17:47 (22.4%)	7:56	7.6 (78.4%)
65	STYRC Lidia	791	RYBNICKI KLUB NORDIC WALKING	K40-49	9			00:38:58	01:19:28.80	+00:17:49 (22.4%)	7:56	7.5 (77.3%)
66	KOPERSKI Janusz	784		M60-69	9			00:39:15	01:19:31.95	+00:17:52 (22.5%)	7:57	7.5 (77.3%)
67	ZHINEL Zhanna	809	PROWERTEL	K40-49	10			00:39:57	01:19:37.40	+00:17:57 (22.6%)	7:57	7.5 (77.3%)
68	SAWICKA Urszula	780	KIJFANKI	K40-49	11			00:39:20	01:19:44.75	+00:18:05 (22.7%)	7:58	7.5 (77.3%)
69	ROMANIUK Joanna	778	KIJFANKI	K40-49	12			00:39:21	01:19:49.90	+00:18:10 (22.8%)	7:59	7.5 (77.3%)
70	WORONKO-ZACZYŃSKA Janina	806	KS METRACO POLKOWICE	K70+	1			00:39:08	01:20:03.20	+00:18:23 (23.0%)	8:00	7.5 (77.3%)
71	TOMASZEWSKI Roman	799	PATYCZAKI	M50-59	11			00:40:25	01:20:05.60	+00:18:25 (23.0%)	8:00	7.5 (77.3%)
72	TCHÓRZEWSKI Jerzy	824		M70+	4			00:40:00	01:20:06.15	+00:18:26 (23.0%)	8:00	7.5 (77.3%)
73	GRZESZCZAK Andrzej	728	KS METRACO POLKOWICE	M50-59	12			00:39:36	01:20:21.45	+00:18:41 (23.3%)	8:02	7.5 (77.3%)
74	RACZYŃSKA Aleksandra	777	UNIA MIAST	K70+	2			00:40:11	01:20:50.60	+00:19:10 (23.7%)	8:05	7.4 (76.3%)
75	WAŁECKA Krystyna	801	FACE NORDIC WALKING TEAM	K60-69	4			00:40:16	01:21:20.45	+00:19:40 (24.2%)	8:08	7.4 (76.3%)
76	LABUDDA Katarzyna	759		K30-39	6			00:40:12	01:21:29.85	+00:19:50 (24.3%)	8:09	7.4 (76.3%)
77	WILK Grażyna	713	LECYMY DURŚ	K40-49	13			00:40:36	01:21:50.05	+00:20:10 (24.7%)	8:11	7.3 (75.3%)
78	KOŚCIUCZUK Agnieszka	745	POWIAT HAJNOWSKI	K30-39	7			00:40:38	01:22:01.35	+00:20:21 (24.8%)	8:12	7.3 (75.3%)
79	WASILUK Beata	803	FACE NORDIC WALKING TEAM	K40-49	14			00:41:12	01:22:05.25	+00:20:25 (24.9%)	8:12	7.3 (75.3%)
80	OMARSKA Grażyna	771	PASJA NORDIC WALKING	K50-59	6			00:40:31	01:22:05.30	+00:20:25 (24.9%)	8:12	7.3 (75.3%)
81	GRYC Halinka	727	HAJNÓWKA	K40-49	15			00:40:22	01:22:14.15	+00:20:34 (25.0%)	8:13	7.3 (75.3%)
82	JANIK-TYMIŃSKA Elżbieta	731	LUBLIN CHODZI Z KIJKAMI	K50-59	7			00:41:30	01:22:58.20	+00:21:18 (25.7%)	8:17	7.2 (74.2%)
83	BANASZAK Agata	817	GREEN TEAM ZIELONA GÓRA	K18-29	1			00:41:50	01:23:03.50	+00:21:23 (25.8%)	8:18	7.2 (74.2%)

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84	KIDAWA Danuta	737	SANTANDER CONSUMER BANK	K40-49	16			00:41:19	01:23:14.50	+00:21:34 (25.9%)	8:19	7.2 (74.2%)
85	KOZŁOWSKA Ewa	747	GRUPA NORDIC WALKING - DOBRE MIASTO	K40-49	17			00:41:18	01:23:18.95	+00:21:39 (26.0%)	8:19	7.2 (74.2%)
86	CZAKIERT Marek	712	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	12			00:40:45	01:23:22.20	+00:21:42 (26.0%)	8:20	7.2 (74.2%)
87	KLIŚ Beata	701	Z KIJKAMI NAM PO DRODZE	K50-59	8			00:41:18	01:23:33.05	+00:21:53 (26.2%)	8:21	7.2 (74.2%)
88	RAK Ewa	823	TKKF BIAŁA PODLASKA	K30-39	8			00:41:47	01:23:37.10	+00:21:57 (26.3%)	8:21	7.2 (74.2%)
89	ZIELINSKA Barbara	810	PUKS JEDYNKA ŁOSICE	K50-59	9			00:41:21	01:23:50.70	+00:22:11 (26.5%)	8:23	7.2 (74.2%)
90	BRZĄKAŁA Anna	705	Z KIJKAMI NAM PO DRODZE	K18-29	2			00:41:52	01:23:53.95	+00:22:14 (26.5%)	8:23	7.2 (74.2%)
91	KRZYŚCIN Rafał	752	SANTANDER CONSUMER BANK	M40-49	13			00:41:20	01:24:02.20	+00:22:22 (26.6%)	8:24	7.1 (73.2%)
92	HAJNUS Wojciech	729	DYNAMIC	M50-59	13			00:41:36	01:24:06.20	+00:22:26 (26.7%)	8:24	7.1 (73.2%)
93	BALA Beata	27	Z KIJKAMI NAM PO DRODZE	K40-49	18			00:43:25	01:25:39.00	+00:23:59 (28.0%)	8:33	7 (72.2%)
94	DZIUBAK Janusz	720	RYBNICKI KLUB NORDIC WALKING	M50-59	14			00:42:17	01:26:13.35	+00:24:33 (28.5%)	8:37	7 (72.2%)
95	KONOPACKA Marta	741	BIAŁOSTOCKA SEKTA BIEGACZY	K40-49	19			00:42:33	01:26:40.35	+00:25:00 (28.9%)	8:40	6.9 (71.1%)
96	KOPACKA Małgorzata	742	SANTANDER CONSUMER BANK	K40-49	20			00:43:40	01:27:02.10	+00:25:22 (29.2%)	8:42	6.9 (71.1%)
97	KLUJ Jadwiga	738	PUKS JEDYNKA ŁOSICE	K60-69	5			00:43:56	01:27:59.25	+00:26:19 (29.9%)	8:47	6.8 (70.1%)
98	CHRAPEK Urszula	764	KS RUDZICA	K18-29	3			00:43:10	01:28:16.95	+00:26:37 (30.2%)	8:49	6.8 (70.1%)
99	STASZKIEWICZ Henryk	789		M60-69	10			00:44:03	01:28:32.55	+00:26:52 (30.4%)	8:51	6.8 (70.1%)
100	JÓZWIAK Ewa	733		K50-59	10			00:43:38	01:28:48.30	+00:27:08 (30.6%)	8:52	6.8 (70.1%)
101	KAŻMIERCZAK Iwona	214	Z KIJKAMI NAM PO DRODZE	K40-49	21			00:46:19	01:29:02.05	+00:27:22 (30.7%)	8:54	6.7 (69.1%)
102	STEINBERG Iwona	504		K50-59	11			00:44:25	01:29:20.70	+00:27:41 (31.0%)	8:56	6.7 (69.1%)
103	KRZYŚCIN Mirosława	753	SANTANDER CONSUMER BANK	K40-49	22			00:43:46	01:29:35.60	+00:27:55 (31.2%)	8:57	6.7 (69.1%)
104	PYKA Tomasz	776	UNIA MIAST	M40-49	14			00:43:39	01:30:09.55	+00:28:29 (31.6%)	9:00	6.7 (69.1%)
105	JURKIEWICZ Agnieszka	825		K30-39	9			00:44:32	01:30:12.40	+00:28:32 (31.6%)	9:01	6.7 (69.1%)
106	LIPIŃSKA Urszula	761	FACE NORDIC WALKING TEAM	K40-49	23			00:44:27	01:30:56.25	+00:29:16 (32.2%)	9:05	6.6 (68.0%)

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107	GOLAŃSKA Aleksandra	819	Z KIJKAMI NAM PO DRODZE	K40-49	24			00:45:03	01:32:43.00	+00:31:03 (33.5%)	9:16	6.5 (67.0%)
108	STEFANEK Teresa	818	SANTANDER CONSUMER BANK	K40-49	25			00:47:25	01:35:29.40	+00:33:49 (35.4%)	9:32	6.3 (64.9%)
109	STASZKIEWICZ Elżbieta	500		K50-59	12			00:47:05	01:35:46.35	+00:34:06 (35.6%)	9:34	6.3 (64.9%)
110	MROCZKOWSKA Emilia	767	KIJFANKI	K30-39	10			00:47:22	01:37:09.20	+00:35:29 (36.5%)	9:42	6.2 (63.9%)
111	SZCZEPANEK Ewa	794	Z KIJKAMI NAM PO DRODZE	K40-49	26			00:47:00	01:37:12.65	+00:35:32 (36.6%)	9:43	6.2 (63.9%)
112	RYGOROWICZ Natalia	779		K18-29	4			00:48:42	01:37:23.25	+00:35:43 (36.7%)	9:44	6.2 (63.9%)
113	SOKOŁOWSKI Janusz	786		M60-69	11			00:50:12	01:38:05.45	+00:36:25 (37.1%)	9:48	6.1 (62.9%)
114	SUREL Elżbieta	792		K50-59	13			00:48:02	01:41:20.10	+00:39:40 (39.2%)	10:08	5.9 (60.8%)
115	SOKOŁOWSKA Jolanta	785		K60-69	6			00:51:42	01:44:01.95	+00:42:22 (40.7%)	10:24	5.8 (59.8%)
116	CHOMCZYK Zbigniew	707		M60-69	12			00:56:21	01:48:51.30	+00:47:11 (43.4%)	10:53	5.5 (56.7%)
117	KULIG Marzanna	756		K50-59	14			00:54:15	01:50:28.60	+00:48:48 (44.2%)	11:02	5.4 (55.7%)
118	NOWAK Jan	770	CHOSZCZÓWKA	M70+	5			00:54:18	01:50:41.95	+00:49:02 (44.3%)	11:04	5.4 (55.7%)
119	CHOMCZYK Irena	708		K60-69	7			00:53:48	01:54:06.70	+00:52:27 (46.0%)	11:24	5.3 (54.6%)
120	KRÓL Anna	748		K40-49	27			00:50:46	01:56:00.40	+00:54:20 (46.8%)	11:36	5.2 (53.6%)
121	KULIG Andrzej	757		M60-69	13			00:58:29	01:58:41.65	+00:57:01 (48.1%)	11:52	5.1 (52.6%)

Total 121 results.