



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 10KM

B4SPORT

Wydarzenie: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-09-09
Miejsce: Hajnówka
Dystans: 10 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo 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	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%)
9	GAJEWSKI Tomasz	723		M40-49	4			00:34:00	01:08:43.70	+00:07:04 (10.3%)	6:52	8.7 (89.7%)
10	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%)
11	BORKOWSKI Dariusz	704		M40-49	5			00:34:31	01:08:54.40	+00:07:14 (10.5%)	6:53	8.7 (89.7%)
12	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%)
13	KOWALSKI Marek	746	UNIA MIAST	M50-59	3			00:34:42	01:09:50.65	+00:08:11 (11.7%)	6:59	8.6 (88.7%)
14	KARABACH Sjarhei	734		M30-39	3			00:35:01	01:09:50.85	+00:08:11 (11.7%)	6:59	8.6 (88.7%)
15	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%)
16	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%)
17	CHMIELEWSKI Antoni	69	FUNDACJA 'W TE PĘDY'	M60-69	3			00:34:33	01:10:29.65	+00:08:50 (12.5%)	7:03	8.5 (87.6%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	KUBISZYN Mirosław	755		M30-39	5			00:36:38	01:12:00.80	+00:10:21 (14.4%)	7:12	8.3 (85.6%)
25	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%)
26	FRĄCKOWIAK 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%)
27	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%)

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28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	STAWARZ Wiesław	790		M50-59	10			00:39:38	01:19:13.00	+00:17:33 (22.2%)	7:55	7.6 (78.4%)
43	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%)
44	KOPERSKI Janusz	784		M60-69	9			00:39:15	01:19:31.95	+00:17:52 (22.5%)	7:57	7.5 (77.3%)
45	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%)
46	TCHÓRZEWSKI Jerzy	824		M70+	4			00:40:00	01:20:06.15	+00:18:26 (23.0%)	8:00	7.5 (77.3%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	STASZKIEWICZ Henryk	789		M60-69	10			00:44:03	01:28:32.55	+00:26:52 (30.4%)	8:51	6.8 (70.1%)
53	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%)
54	SOKOŁOWSKI Janusz	786		M60-69	11			00:50:12	01:38:05.45	+00:36:25 (37.1%)	9:48	6.1 (62.9%)
55	CHOMCZYK Zbigniew	707		M60-69	12			00:56:21	01:48:51.30	+00:47:11 (43.4%)	10:53	5.5 (56.7%)
56	NOWAK Jan	770	CHOSZCZÓWKA	M70+	5			00:54:18	01:50:41.95	+00:49:02 (44.3%)	11:04	5.4 (55.7%)
57	KULIG Andrzej	757		M60-69	13			00:58:29	01:58:41.65	+00:57:02 (48.1%)	11:52	5.1 (52.6%)

Znaleziono 57 wynik(ów)