



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Event: FINAŁ PUCHARU POLSKI NORDIC WALKING
Organiser: Polska Federacja Nordic Walking
Date: 2018-09-08
Place: Hajnówka
Distance: 21.1 km



Classification: All

Place	Participant	Number	Club	Category	M Cat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	ROSAK Marcin	668	GREEN TEAM ZIELONA GÓRA	M40-49	1			00:06:42	00:40:08	01:13:51	01:46:31	02:18:00.53		6:32	9.2 (100%)
2	WAWRZYNIAK Łukasz	685	KS METRACO POLKOWICE	M30-39	1			00:06:53	00:40:10	01:13:51	01:46:46	02:20:08.23	+00:02:07 (1.5%)	6:38	9 (97.8%)
3	KORDOWSKI Piotr	648	NOWA HUTA TEAM	M40-49	2			00:06:44	00:40:09	01:13:51	01:46:55	02:21:20.89	+00:03:20 (2.4%)	6:41	9 (97.8%)
4	DEPKA PRĄDZYŃSKI Olgierd	638	BIEGAMYRAZEM.PL	M60+	1			00:06:55	00:40:06	01:13:47	01:48:33	02:21:33.08	+00:03:32 (2.5%)	6:42	8.9 (96.7%)
5	SZEREMETA Grzegorz	679	CIDRY LOTAJOM	M40-49	3			00:06:42	00:40:11	01:13:53	01:46:54	02:22:32.22	+00:04:31 (3.2%)	6:45	8.9 (96.7%)
6	PIETRZYK Jarosław	664	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:06:51	00:40:23	01:14:14	01:48:01	02:23:25.25	+00:05:24 (3.8%)	6:47	8.8 (95.7%)
7	MACKIEWICZ Dariusz	656	NOWI SIEDLCE/NW WSCHÓD	M40-49	4			00:06:58	00:40:57	01:14:46	01:49:08	02:23:46.48	+00:05:45 (4.0%)	6:48	8.8 (95.7%)
8	PUSZKIEL Leszek	666	GREEN TEAM ZIELONA GÓRA	M60+	2			00:07:00	00:40:53	01:15:11	01:49:52	02:24:20.12	+00:06:19 (4.4%)	6:50	8.8 (95.7%)
9	WETOSZKA Piotr	693	NOWI SIEDLCE/NW WSCHÓD	M30-39	3			00:07:01	00:41:01	01:14:45	01:49:09	02:24:44.44	+00:06:43 (4.7%)	6:51	8.7 (94.6%)
10	BARCZYK Bogdan	631	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:06:57	00:40:22	01:14:14	01:49:33	02:26:41.73	+00:08:41 (5.9%)	6:57	8.6 (93.5%)
11	MAKOWSKI Jan	657	RYBNICKI KLUB NORDIC WALKING	M50-59	2			00:06:48	00:41:19	01:16:15	01:51:53	02:27:15.28	+00:09:14 (6.3%)	6:58	8.6 (93.5%)
12	KUŚMIEREK Patryk	654	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:13	00:41:53	01:16:41	01:53:08	02:28:23.83	+00:10:23 (7.0%)	7:01	8.5 (92.4%)
13	BUŁAKOWSKI Bohdan	635	PASJA NORDIC WALKING	M60+	3			00:07:27	00:42:42	01:18:05	01:53:13	02:28:32.00	+00:10:31 (7.1%)	7:02	8.5 (92.4%)
14	KUBISZYN Mirosław	561		M30-39	4			00:07:04	00:40:59	01:14:47	01:49:35	02:28:43.01	+00:10:42 (7.2%)	7:02	8.5 (92.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Net		Pace min/km	Pace km/h
												time 21.1km	Gap		
15	ŚWISŁOCKI Bogdan	684	FACE NORDIC WALKING TEAM	M50-59	3	1		00:07:09	00:42:11	01:17:33	01:53:09	02:28:47.18	+00:10:46 (7.2%)	7:03	8.5 (92.4%)
16	KOWALSKI Marek	651	UNIA MIAST	M50-59	4			00:07:16	00:42:59	01:18:08	01:53:39	02:29:27.67	+00:11:27 (7.7%)	7:05	8.5 (92.4%)
17	ŻYDACZEWSKI Ryszard	692	KS METRACO POLKOWICE	M50-59	5			00:07:16	00:42:12	01:17:34	01:53:09	02:30:18.29	+00:12:17 (8.2%)	7:07	8.4 (91.3%)
18	KOŁODZIEJ Joanna	647	CIDRY LOTAJOM	K50-59	1			00:07:30	00:44:04	01:20:35	01:56:25	02:31:41.67	+00:13:41 (9.0%)	7:11	8.3 (90.2%)
19	SPYCHAŁA Marzena	674	CKZIU NYSA MECHANIK	K40-49	1			00:07:35	00:44:13	01:20:46	01:56:46	02:33:02.32	+00:15:01 (9.8%)	7:15	8.3 (90.2%)
20	NIEDŹWIECKA Katarzyna	662	FACE NORDIC WALKING TEAM	K40-49	2			00:07:43	00:45:00	01:21:07	01:57:47	02:34:25.56	+00:16:25 (10.6%)	7:19	8.2 (89.1%)
21	KUBISZYN Tadeusz	653		M50-59	6	1		00:07:15	00:41:59	01:17:39	01:55:35	02:34:39.27	+00:16:38 (10.8%)	7:19	8.2 (89.1%)
22	STĘPIEŃ Lucyna	676	KS METRACO POLKOWICE	K60+	1			00:07:46	00:44:23	01:21:42	01:58:55	02:35:40.37	+00:17:39 (11.3%)	7:22	8.1 (88.0%)
23	BOCZAR Beata	634	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:07:40	00:44:43	01:21:57	01:59:02	02:36:39.82	+00:18:39 (11.9%)	7:25	8.1 (88.0%)
24	MANDZIUK Marek	659	NOWI SIEDLCE/NW WSCHÓD	M40-49	5			00:07:28	00:46:05	01:22:22	01:59:02	02:37:42.21	+00:19:41 (12.5%)	7:28	8 (87.0%)
25	LIGĘZA Janusz	655		M50-59	7			00:36:13	01:13:26	01:51:37	02:30:12	02:38:25.60	+00:20:25 (12.9%)	7:30	8 (87.0%)
26	WESOŁOWSKI Wojciech	686	MUSZKIETEROWIE	M60+	4	1		00:07:39	00:45:16	01:22:03	02:00:09	02:38:44.39	+00:20:43 (13.1%)	7:31	8 (87.0%)
27	RACŁAWSKI Jan	667	AMATOR	M60+	5			00:07:39	00:45:15	01:22:28	02:00:39	02:40:29.42	+00:22:28 (14.0%)	7:36	7.9 (85.9%)
28	ŻAMOJCIN Marek	691	NORDICLUB SZCZECIN	M50-59	8			00:07:29	00:45:51	01:23:39	02:01:56	02:40:56.73	+00:22:56 (14.3%)	7:37	7.9 (85.9%)
29	JANOSZKA Irena	643	CIDRY LOTAJOM	K50-59	3			00:07:42	00:44:37	01:21:56	02:01:06	02:41:13.34	+00:23:12 (14.4%)	7:38	7.9 (85.9%)
30	KORSAKOWSKI Tadeusz	649		M50-59	9			00:07:27	00:44:29	01:22:41	02:01:28	02:41:30.08	+00:23:29 (14.5%)	7:39	7.8 (84.8%)
31	PASIŃSKA-SKOWRON Sylwia	663	PRUSZYŃSKI SPORT TEAM	K40-49	3			00:07:54	00:46:10	01:24:47	02:03:42	02:42:34.83	+00:24:34 (15.1%)	7:42	7.8 (84.8%)
32	KOWALCZYK Mariusz	650	GREEN TEAM ZIELONA GÓRA	M50-59	10			00:07:56	00:46:04	01:24:38	02:04:20	02:43:46.02	+00:25:45 (15.7%)	7:45	7.7 (83.7%)
33	ROSOŁEK Elżbieta	669	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:08:23	00:47:26	01:26:02	02:05:21	02:44:51.99	+00:26:51 (16.3%)	7:48	7.7 (83.7%)
34	WITKOWSKA Maria	687	UNIA MIAST	K60+	2			00:07:59	00:46:30	01:25:40	02:05:10	02:44:54.53	+00:26:53 (16.3%)	7:48	7.7 (83.7%)
35	MANDZIUK Marta	658	NOWI SIEDLCE/NW WSCHÓD	K40-49	4			00:07:58	00:46:33	01:25:07	02:04:28	02:45:19.76	+00:27:19 (16.5%)	7:50	7.7 (83.7%)
36	KRYSZCZUK Krzysztof	652	NOWI SIEDLCE/NW WSCHÓD	M50-59	11			00:08:05	00:46:54	01:25:59	02:05:06	02:45:42.58	+00:27:42 (16.7%)	7:51	7.6 (82.6%)
37	SMUS Damian	673	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:07:25	00:45:56	01:24:46	02:04:26	02:45:45.09	+00:27:44 (16.7%)	7:51	7.6 (82.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Net		Pace min/km	Pace km/h
												time 21.1km	Gap		
38	ŚWIRSZCZ Tomasz	683	NOWI SIEDLCE/NW WSCHÓD	M60+	6	1		00:08:01	00:46:11	01:25:58	02:06:06	02:47:34.56	+00:29:34 (17.6%)	7:56	7.6 (82.6%)
39	DUDEK Edward	89	KS METRACO POLKOWICE	M60+	7	1		00:07:45	00:45:21	01:24:14	02:04:39	02:47:36.42	+00:29:35 (17.7%)	7:56	7.6 (82.6%)
40	KARASIEWICZ Irena	646	FACE NORDIC WALKING TEAM	K50-59	5			00:07:53	00:45:57	01:25:45	02:06:32	02:47:39.63	+00:29:39 (17.7%)	7:56	7.6 (82.6%)
41	KANIOWSKA Beata	644	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:07:47	00:46:40	01:26:33	02:07:15	02:49:17.45	+00:31:16 (18.5%)	8:01	7.5 (81.5%)
42	SZYMCZYK Magdalena	682	NOWI SIEDLCE/NW WSCHÓD	K30-39	1			00:08:18	00:48:03	01:28:06	02:08:58	02:50:54.80	+00:32:54 (19.3%)	8:06	7.4 (80.4%)
43	BIELIŃSKI Andrzej	694		M30-39	5			00:08:17	00:49:11	01:29:12	02:10:07	02:52:04.60	+00:34:04 (19.8%)	8:09	7.4 (80.4%)
44	BARCZYK Jolanta	632	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:20	00:48:26	01:29:10	02:10:16	02:52:23.13	+00:34:22 (19.9%)	8:10	7.3 (79.3%)
45	KABAŁA Marzena	695	BIEGAMYRAZEM.PL	K40-49	6	2		00:08:12	00:47:51	01:28:05	02:09:55	02:52:24.67	+00:34:24 (20.0%)	8:10	7.3 (79.3%)
46	POSTEK Danuta	665	MARSZ PO ZDROWIE	K50-59	7			00:08:11	00:48:29	01:29:10	02:10:19	02:53:37.39	+00:35:36 (20.5%)	8:13	7.3 (79.3%)
47	ZAWADZKA Maria	690	KS METRACO POLKOWICE	K60+	3			00:08:37	00:50:47	01:32:13	02:13:18	02:56:09.05	+00:38:08 (21.7%)	8:20	7.2 (78.3%)
48	SKUP Maciej	672	NOWI SIEDLCE/NW WSCHÓD	M18-29	3			00:07:47	00:46:12	01:24:44	02:07:42	02:57:18.26	+00:39:17 (22.2%)	8:24	7.1 (77.2%)
49	ROZMUS Jolanta	670	FACE NORDIC WALKING TEAM	K60+	4			00:08:52	00:50:31	01:32:10	02:14:34	02:57:30.62	+00:39:30 (22.3%)	8:24	7.1 (77.2%)
50	BERSZTOLC Agnieszka	633	NOWI SIEDLCE/NW WSCHÓD	K50-59	8			00:08:14	00:47:17	01:27:56	02:11:38	02:57:42.97	+00:39:42 (22.3%)	8:25	7.1 (77.2%)
51	GERLE-KOTULA Anna	641	UNIA MIAST	K30-39	2			00:08:26	00:50:05	01:32:39	02:15:27	02:58:22.89	+00:40:22 (22.6%)	8:27	7.1 (77.2%)
52	MARCINKOWSKI Wojtek	660	UNIA MIAST	M40-49	6			00:08:00	00:48:45	01:31:46	02:14:36	02:58:31.25	+00:40:30 (22.7%)	8:27	7.1 (77.2%)
53	ZALEWSKA Agnieszka	688		K30-39	3	1		00:08:14	00:48:33	01:30:25	02:13:45	03:00:06.26	+00:42:05 (23.4%)	8:32	7 (76.1%)
54	SURIAK Ewelina	677	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:08:58	00:49:04	01:31:01	02:14:11	03:00:09.75	+00:42:09 (23.4%)	8:32	7 (76.1%)
55	SZEWCZYK Marek	680	FACE NORDIC WALKING TEAM	M50-59	12			00:08:28	00:50:42	01:35:12	02:21:57	03:08:57.25	+00:50:56 (27.0%)	8:57	6.7 (72.8%)
56	WIŚNIEWSKA Sylwia	696		K30-39	4			00:08:46	00:50:55	01:34:14	02:20:05	03:09:36.71	+00:51:36 (27.2%)	8:59	6.7 (72.8%)
57	KARASIEWICZ Iwona	645	NORDICLUB SZCZECIN	K30-39	5			00:09:02	00:53:47	01:38:40	02:24:43	03:14:36.20	+00:56:35 (29.1%)	9:13	6.5 (70.7%)
58	SADOWSKA-CZMAK Ewa	671	POWIAT HAJNOWSKI	K40-49	7			00:09:08	00:53:47	01:39:35	02:27:59	03:21:34.12	+01:03:33 (31.5%)	9:33	6.3 (68.5%)
59	CZMAK Leszek	637	POWIAT HAJNOWSKI	M40-49	7	1		00:10:18	00:54:51	01:40:44	02:29:12	03:22:45.48	+01:04:44 (31.9%)	9:36	6.2 (67.4%)
60	SZEWCZYK Agnieszka	681	FACE NORDIC WALKING TEAM	K40-49	8			00:09:18	00:55:41	01:43:39	02:33:27	03:24:24.98	+01:06:24 (32.5%)	9:41	6.2 (67.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_Hall 1.1km	Start_Hall 6.1km	Start_Hall 11.1km	Start_Hall 16.1km	Net time 21.1km	Gap	Pace min/km	Pace km/h
61	CHRAPEK Urszula	636	KS RUDZICA	K30-39	6			00:10:01	00:56:20	01:44:18	02:34:10	03:25:07.08	+01:07:06 (32.7%)	9:43	6.2 (67.4%)

Total 61 results.