



HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator: PFNW
Data: 2016-09-10
Miejsce: Hajnówka
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICZ Andrzej	807	KS METRACO POLKOWICE	M30-39	1			00:01:36	00:05:41	00:36:13	01:07:13	01:39:15	02:11:53.20	02:13:29.40		6:15	9.6 (100%)
2	KOLASA Wojciech	813	EPOKA NORDICA ŁÓDŹ	M40-49	1			00:01:39	00:06:37	00:39:08	01:12:06	01:45:40	02:19:43.95	02:21:23.65	+00:07:50 (5.6%)	6:37	9.1 (94.8%)
3	KORDOWSKI Piotr	814	NOWA HUTA TEAM	M40-49	2			00:01:38	00:06:50	00:40:59	01:15:27	01:49:29	02:23:46.40	02:25:24.80	+00:11:53 (8.3%)	6:48	8.8 (91.7%)
4	WIŚNIEWSKI Jacek	835	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	M50-59	1			00:01:42	00:07:28	00:41:52	01:16:04	01:51:34	02:26:16.30	02:27:58.70	+00:14:23 (9.8%)	6:55	8.7 (90.6%)
5	ZAREMBA Jakub	840		M30-39	2			00:01:37	00:07:02	00:41:30	01:16:08	01:51:36	02:26:52.70	02:28:30.45	+00:14:59 (10.2%)	6:57	8.6 (89.6%)
6	HELWICH Stefan	808	KS METRACO POLKOWICE	M60+	1			00:01:42	00:06:48	00:40:56	01:15:24	01:50:48	02:27:42.90	02:29:25.40	+00:15:49 (10.7%)	7:00	8.6 (89.6%)
7	PIETRZYK Jarosław	818	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:01:37	00:07:01	00:41:55	01:16:07	01:51:36	02:27:45.30	02:29:23.15	+00:15:52 (10.7%)	7:00	8.6 (89.6%)
8	STUPNOWICZ Przemek	830	EPOKA NORDICA ŁÓDŹ	M18-29	1			00:01:36	00:06:53	00:41:13	01:16:14	01:51:46	02:28:03.40	02:29:40.05	+00:16:10 (10.9%)	7:01	8.6 (89.6%)
9	BOGACKI Sławek	803	ENERGA NW TEAM	M40-49	3			00:01:37	00:06:56	00:41:24	01:16:24	01:52:28	02:28:58.45	02:30:35.70	+00:17:05 (11.5%)	7:03	8.5 (88.5%)
10	BIK Stanisław	802	KS METRACO POLKOWICE	M50-59	2			00:01:41	00:07:36	00:43:43	01:19:30	01:55:41	02:32:27.15	02:34:08.65	+00:20:33 (13.5%)	7:13	8.3 (86.5%)
11	LENZ Andrzej	846	ALTOM	M50-59	3			00:01:41	00:07:34	00:43:37	01:19:18	01:55:32	02:33:23.25	02:35:04.40	+00:21:30 (14.0%)	7:16	8.3 (86.5%)
12	ZAGAJA Janusz	839	WESOŁY BORSUK TEAM	M60+	2			00:01:43	00:07:03	00:42:01	01:17:42	01:54:54	02:34:34.25	02:36:17.65	+00:22:41 (14.7%)	7:19	8.2 (85.4%)
13	WOJCIECHOWSKI Tadeusz	837	DĄBROWA NORDIC TEAM	M60+	3			00:01:42	00:07:47	00:44:16	01:20:55	01:58:31	02:35:20.85	02:37:03.50	+00:23:27 (15.1%)	7:21	8.1 (84.4%)
14	NOWROTEK Monika	816	WESOŁY BORSUK TEAM	K18-29	1			00:02:20	00:07:40	00:44:26	01:21:54	01:59:11	02:35:37.45	02:37:57.70	+00:23:44 (15.3%)	7:22	8.1 (84.4%)
15	LASKOWSKI Mirosław	718	LKS MILANÓW	M40-49	4			00:01:39	00:07:30	00:43:46	01:19:33	01:57:46	02:37:10.45	02:38:50.05	+00:25:17 (16.1%)	7:26	8.1 (84.4%)
16	SZCZĘBAK Jacek	831	UNIA MIAST	M40-49	5			00:01:38	00:07:29	00:43:55	01:20:58	01:59:03	02:37:20.65	02:38:59.20	+00:25:27 (16.2%)	7:27	8 (83.3%)
17	JANCZYK Małgorzata	851	EPOKA NORDICA ŁÓDŹ	K30-39	1			00:02:21	00:07:37	00:44:24	01:21:52	01:59:09	02:37:54.25	02:40:15.85	+00:26:01 (16.5%)	7:29	8 (83.3%)

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													netto 21.1km	brutto 21.1km			
18	OLSCHIMKE-MARMUROWICZ Barbara	817	SILESIA NORDIC TEAM	K40-49	1			00:02:22	00:07:41	00:44:56	01:22:45	02:00:42	02:38:13.20	02:40:35.45	+00:26:20 (16.6%)	7:29	8 (83.3%)
19	WESOŁOWSKI Wojciech	845	NORDIC TEAM GNIEZNO	M60+	4			00:01:41	00:07:56	00:44:49	01:22:34	02:00:42	02:39:20.20	02:41:02.10	+00:27:27 (17.2%)	7:33	7.9 (82.3%)
20	STĘPIEŃ Lucyna	827	KS METRACO POLKOWICE	K50-59	1			00:02:23	00:07:46	00:45:32	01:24:03	02:02:08	02:41:02.05	02:43:25.70	+00:29:08 (18.1%)	7:37	7.9 (82.3%)
21	REJMAN Dorota	820	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	K30-39	2			00:02:21	00:08:01	00:46:15	01:24:39	02:03:56	02:43:29.45	02:45:50.90	+00:31:36 (19.3%)	7:44	7.7 (80.2%)
22	KOBIELA Daria	812	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:02:20	00:08:02	00:46:35	01:25:31	02:04:48	02:43:49.90	02:46:10.45	+00:31:56 (19.5%)	7:45	7.7 (80.2%)
23	ROSADZIŃSKA Natalia	821		K18-29	3			00:02:20	00:08:04	00:46:48	01:25:51	02:05:02	02:43:50.60	02:46:11.15	+00:31:57 (19.5%)	7:45	7.7 (80.2%)
24	ANTOSZEWSKI Piotr	801	DĄBROWA NORDIC TEAM	M40-49	6			00:01:38	00:07:58	00:46:04	01:25:22	02:04:21	02:44:28.15	02:46:06.80	+00:32:34 (19.8%)	7:47	7.7 (80.2%)
25	ŻYWICKI Marcin	843	BŁĘKITNI NW DZIEMIANY	M30-39	4			00:01:37	00:07:21	00:45:33	01:25:24	02:04:18	02:44:29.05	02:46:06.80	+00:32:35 (19.8%)	7:47	7.7 (80.2%)
26	WOLNIEWICZ Katarzyna	838	FABRIKANORDIKA	K40-49	2			00:02:22	00:07:54	00:46:05	01:25:06	02:05:33	02:47:12.20	02:49:35.15	+00:35:19 (21.1%)	7:55	7.6 (79.2%)
27	TYLUTKI Agnieszka	832	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	K40-49	3			00:02:22	00:07:57	00:46:12	01:25:19	02:05:53	02:47:36.00	02:49:58.85	+00:35:42 (21.3%)	7:56	7.6 (79.2%)
28	KARASIEWICZ Irena	811	FACE NORDIC WALKING TEAM	K50-59	2			00:02:24	00:08:05	00:46:36	01:26:59	02:08:05	02:49:22.55	02:51:46.80	+00:37:29 (22.1%)	8:01	7.5 (78.1%)
29	WITKOWSKA Maria	836	UNIA MIAST	K60+	1			00:02:25	00:08:19	00:48:33	01:29:00	02:09:32	02:50:42.90	02:53:08.00	+00:38:49 (22.7%)	8:05	7.4 (77.1%)
30	CICHOŃ Aneta	844	FABRIKANORDIKA	K30-39	3			00:02:22	00:07:57	00:46:32	01:26:46	02:07:48	02:50:45.10	02:53:07.50	+00:38:51 (22.8%)	8:05	7.4 (77.1%)
31	SMUS Damian	825	UCZELNIA WARSZAWSKA	M18-29	2			00:01:37	00:08:18	00:50:17	01:32:39	02:12:42	02:51:50.65	02:53:27.90	+00:39:57 (23.3%)	8:08	7.4 (77.1%)
32	PIANKA Krzysztof	848	DRUŻYNA KONOPIELKI	M50-59	4			00:01:41	00:08:39	00:49:01	01:28:57	02:10:40	02:52:22.60	02:54:04.30	+00:40:29 (23.5%)	8:10	7.3 (76.0%)
33	KRYSZCZUK Krzysztof	849	FACE NORDIC WALKING TEAM	M40-49	7			00:01:40	00:07:48	00:47:01	01:27:00	02:09:19	02:53:12.75	02:54:53.15	+00:41:19 (23.9%)	8:12	7.3 (76.0%)
34	ŻUCHOWICZ Elżbieta	784	DĄBROWA NORDIC TEAM	K50-59	3			00:02:24	00:08:35	00:49:24	01:29:49	02:11:38	02:53:16.35	02:55:41.15	+00:41:23 (23.9%)	8:12	7.3 (76.0%)
35	KANIEWSKA Beata	810	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:02:23	00:08:05	00:48:24	01:29:33	02:10:33	02:53:20.20	02:55:43.25	+00:41:27 (23.9%)	8:12	7.3 (76.0%)
36	CZYCZ Emilia	805	GREEN TEAM ZIELONA GÓRA	K60+	2			00:02:24	00:07:59	00:47:14	01:28:09	02:10:14	02:54:18.35	02:56:42.85	+00:42:25 (24.3%)	8:15	7.3 (76.0%)
37	ZDRZAŁEK Małgorzata	842	UNIA MIAST	K40-49	5			00:02:22	00:08:20	00:48:48	01:29:45	02:11:33	02:54:46.05	02:57:08.30	+00:42:52 (24.5%)	8:16	7.2 (75.0%)
38	JÓŻWIK Katarzyna	809	PASJA NORDIC WALKING	K40-49	6			00:02:23	00:08:37	00:49:37	01:30:28	02:12:06	02:54:46.30	02:57:09.65	+00:42:53 (24.5%)	8:16	7.2 (75.0%)
39	GRABOWSKA Katarzyna	850	PASJA NORDIC WALKING	K40-49	7			00:02:23	00:08:26	00:48:51	01:30:20	02:12:48	02:57:20.55	02:59:44.45	+00:45:27 (25.6%)	8:24	7.1 (74.0%)
40	DRÓZDŹ Paweł	806	EPOKA NORDICA ŁÓDŹ	M50-59	5			00:01:40	00:08:23	00:49:25	01:31:05	02:13:58	02:58:19.80	03:00:00.70	+00:46:26 (26.0%)	8:27	7.1 (74.0%)
41	BORIS Aneta	804	EL - AKTYWNI	K30-39	4			00:02:21	00:08:31	00:51:11	01:34:30	02:16:20	02:59:29.50	03:01:51.45	+00:47:36 (26.5%)	8:30	7.1 (74.0%)
42	RECZULSKI Mikołaj	819	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:01:37	00:08:19	00:50:18	01:32:40	02:13:48	03:01:49.00	03:03:26.25	+00:49:55 (27.5%)	8:37	7 (72.9%)
43	ROZMUS Jolanta	822	FACE NORDIC WALKING TEAM	K60+	3			00:02:25	00:08:46	00:51:00	01:34:01	02:17:57	03:02:37.90	03:05:03.30	+00:50:44 (27.8%)	8:39	6.9 (71.9%)

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44	STRZELECKI Sebastian	829	SAILING TEAM FERAJNA	M40-49	8			00:01:39	00:08:39	00:51:27	01:34:43	02:18:52	03:04:26.60	03:06:06.25	+00:52:33 (28.5%)	8:44	6.9 (71.9%)
45	ZAWADZKA Maria	841	KS METRACO POLKOWICE	K60+	4			00:02:25	00:08:45	00:51:12	01:34:08	02:18:26	03:05:16.65	03:07:42.25	+00:53:23 (28.8%)	8:46	6.8 (70.8%)
46	SŁABOŃ-SIKORA Aneta	824	DĄBROWA NORDIC TEAM	K30-39	5			00:02:21	00:08:32	00:50:19	01:34:28	02:20:25	03:07:18.60	03:09:40.05	+00:55:25 (29.6%)	8:52	6.8 (70.8%)
47	KUCYPERA Dagmara	815	DĄBROWA NORDIC TEAM	K40-49	8			00:02:22	00:08:46	00:51:19	01:34:26	02:20:41	03:09:21.10	03:11:43.55	+00:57:27 (30.3%)	8:58	6.7 (69.8%)
48	GÓRSKI Jacek	847		M40-49	9			00:01:39	00:09:39	00:58:03	01:48:02	02:30:00	03:15:51.25	03:17:30.35	+01:03:58 (32.7%)	9:16	6.5 (67.7%)
49	WARUSZEWSKI Karol	834	BIEGAJĄCY TCZEW	M40-49	10			00:01:40	00:07:08	00:42:30	01:19:00	01:58:20			+00:19:05	7:20	8.2 (85.4%)

Znaleziono 49 wynik(ów)