

HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING - 21.1KM

B4SPORT
INTELEKTUALNE ŚRODKI OŚWIADCZENIA

Wydarzenie: HAJNÓWKA - FINAŁ PUCHARU POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-09-09
Miejsce: Hajnówka
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICZ Andrzej	914		M30-39	1			00:06:17	00:37:41	01:09:46	01:42:16	02:15:32.80		6:25	9.3 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	911	BIEGAMYRAZEM	M50-59	1			00:06:49	00:38:48	01:11:12	01:43:23	02:16:42.05	+00:01:09 (0.8%)	6:28	9.3 (100%)
3	ZARĘBSKI Michał	956	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:06:27	00:38:18	01:11:13	01:44:54	02:21:08.80	+00:05:36 (4.0%)	6:41	9 (96.8%)
4	WIŚNIEWSKI Jacek	952	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M50-59	2			00:06:51	00:40:11	01:13:46	01:48:25	02:23:25.95	+00:07:53 (5.5%)	6:47	8.8 (94.6%)
5	PUSZKIEL Leszek	960	GREEN TEAM ZIELONA GÓRA	M60+	1			00:06:51	00:40:07	01:14:00	01:39:37	02:23:57.35	+00:08:24 (5.8%)	6:49	8.8 (94.6%)
6	NACZK Leonard	928	DYNAMIC	M40-49	1			00:06:47	00:41:02	01:14:55	01:49:43	02:25:53.15	+00:10:20 (7.1%)	6:54	8.7 (93.5%)
7	ZAREMBA Jakub	955		M30-39	3			00:06:56	00:41:09	01:15:49	01:51:22	02:27:02.90	+00:11:30 (7.8%)	6:58	8.6 (92.5%)
8	ZAGAJA Janusz	954	WESOŁY BORSUK TEAM	M60+	2			00:06:51	00:41:01	01:15:42	01:51:18	02:27:36.15	+00:12:03 (8.2%)	6:59	8.6 (92.5%)
9	PIETRZYK Jarosław	931	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:06:42	00:40:02	01:13:43	01:49:22	02:27:58.80	+00:12:26 (8.4%)	7:00	8.6 (92.5%)
10	PASIKOWSKA Mariola	930	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:06:40	00:41:07	01:16:35	01:52:23	02:29:03.45	+00:13:30 (9.1%)	7:03	8.5 (91.4%)
11	BUŁAKOWSKI Bohdan	909	PASJA NORDIC WALKING	M60+	3			00:07:25	00:42:38	01:18:12	01:54:06	02:30:16.85	+00:14:44 (9.8%)	7:07	8.4 (90.3%)
12	BIK Stanisław	905	KS METRACO POLKOWICE	M50-59	3			00:07:14	00:42:34	01:17:32	01:53:25	02:30:17.45	+00:14:44 (9.8%)	7:07	8.4 (90.3%)
13	MAKOWSKI Jan	966	RYBNICKI KLUB NORDIC WALKING	M50-59	4			00:07:08	00:41:55	01:17:03	01:53:17	02:30:35.50	+00:15:02 (10.0%)	7:08	8.4 (90.3%)
14	NIEDZWIECKA Katarzyna	962	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	1			00:07:25	00:43:58	01:19:38	01:54:57	02:30:37.85	+00:15:05 (10.0%)	7:08	8.4 (90.3%)
15	PUHTIY Evgenia	935	NWSOLONGA	K30-39	2			00:06:56	00:42:23	01:18:17	01:54:21	02:30:50.50	+00:15:17 (10.1%)	7:08	8.4 (90.3%)
16	ANTOSZEWSKI Piotr	902	NORDIC TEAM GNIEZNO	M40-49	2			00:07:41	00:45:38	01:21:22	01:56:37	02:31:46.45	+00:16:13 (10.7%)	7:11	8.3 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All	Start_All	Start_All	Start_All	Czas netto	Różn	Tempo	Tempo
								1.1km	6.1km	11.1km	16.1km	21.1km		min/km	km/h
17	BOGACKI Sławek	907	ENERGA NW TEAM	M40-49	3			00:06:42	00:41:01	01:16:02	01:53:32	02:32:13.85	+00:16:41 (11.0%)	7:12	8.3 (89.2%)
18	DOLBAK Ihar	912	NORDIC BREST	M40-49	4			00:07:06	00:42:58	01:19:38	01:56:31	02:34:11.05	+00:18:38 (12.1%)	7:18	8.2 (88.2%)
19	SZULC Alicja	947	NW WERWA MŁAWA	K40-49	2			00:07:18	00:42:43	01:18:59	01:55:57	02:34:27.30	+00:18:54 (12.2%)	7:19	8.2 (88.2%)
20	SZCZEBAK Jacek	944	UNIA MIAST	M40-49	5			00:07:19	00:43:39	01:19:44	01:56:40	02:34:59.00	+00:19:26 (12.5%)	7:20	8.2 (88.2%)
21	KOŁODZIEJ Joanna	924	FABRIKANORDIKA	K40-49	3			00:07:17	00:43:44	01:20:38	01:58:16	02:36:16.85	+00:20:44 (13.3%)	7:24	8.1 (87.1%)
22	STEPURA Ilya	965		M18-29	1			00:07:50	00:46:15	01:23:25	02:00:52	02:36:27.85	+00:20:55 (13.4%)	7:24	8.1 (87.1%)
23	STĘPIEŃ Lucyna	942	KS METRACO POLKOWICE	K60+	1			00:07:31	00:44:10	01:21:36	01:59:38	02:37:36.75	+00:22:03 (14.0%)	7:28	8 (86.0%)
24	SKRYCKA Katarzyna	782	KS METRACO POLKOWICE	K30-39	3			00:07:35	00:44:09	01:21:36	01:59:32	02:37:42.85	+00:22:10 (14.1%)	7:28	8 (86.0%)
25	TOMCZYK Edward	949	MARSZ PO ZDROWIE POZNAŃ	M60+	4			00:07:31	00:43:37	01:20:36	01:59:11	02:38:32.50	+00:22:59 (14.5%)	7:30	8 (86.0%)
26	ZAWADZKI Andrzej	958	KS METRACO POLKOWICE	M50-59	5			00:07:38	00:44:05	01:21:17	02:00:26	02:39:01.60	+00:23:28 (14.8%)	7:32	8 (86.0%)
27	SMUS Damian	973	EPOKA NORDICA	M18-29	2			00:07:48	00:46:11	01:23:25	02:00:52	02:39:03.55	+00:23:30 (14.8%)	7:32	8 (86.0%)
28	BANASZKIEWICZ Kasia	903	PILSCY MIŁOŚNICY NW	K40-49	4			00:07:19	00:43:47	01:21:05	01:59:20	02:39:13.05	+00:23:40 (14.9%)	7:32	8 (86.0%)
29	BOCZAR Beata	906	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:07:32	00:44:16	01:21:48	01:59:48	02:39:13.40	+00:23:40 (14.9%)	7:32	8 (86.0%)
30	KOWALCZYK Mariusz	926	GREEN TEAM ZIELONA GÓRA	M50-59	6			00:07:33	00:44:06	01:21:12	02:00:05	02:39:56.00	+00:24:23 (15.2%)	7:34	7.9 (84.9%)
31	JANOSZKA Irena	971	CIDRY LOTAJĄ	K50-59	2			00:07:31	00:44:31	01:22:40	02:01:12	02:40:02.95	+00:24:30 (15.3%)	7:35	7.9 (84.9%)
32	KARASIEWICZ Irena	922	FACE NORDIC WALKING TEAM	K50-59	3			00:07:37	00:44:33	01:23:02	02:02:06	02:42:02.20	+00:26:29 (16.3%)	7:40	7.8 (83.9%)
33	SORN Łukasz	940	FACE NORDIC WALKING TEAM	M30-39	5			00:07:51	00:46:08	01:24:01	02:02:44	02:42:19.35	+00:26:46 (16.5%)	7:41	7.8 (83.9%)
34	REJ Anna	936		K30-39	4			00:07:36	00:45:07	01:23:29	02:02:38	02:42:34.15	+00:27:01 (16.6%)	7:42	7.8 (83.9%)
35	STĘPCZYŃSKA Angelika	941	GOSIR OSIELSKO	K30-39	5			00:07:50	00:45:49	01:24:15	02:03:23	02:43:42.05	+00:28:09 (17.2%)	7:45	7.7 (82.8%)
36	KOBIELA Daria	923	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:51	00:46:24	01:24:49	02:04:08	02:44:36.95	+00:29:04 (17.7%)	7:48	7.7 (82.8%)
37	ROSOŁEK Elżbieta	937	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:07:52	00:47:09	01:25:57	02:05:05	02:44:49.75	+00:29:16 (17.8%)	7:48	7.7 (82.8%)
38	WOLNIEWICZ Katarzyna	953	FABRIKANORDIKA	K40-49	5			00:07:32	00:45:00	01:23:36	02:03:37	02:45:01.50	+00:29:28 (17.9%)	7:49	7.7 (82.8%)
39	CZYCZ Emilia	910	GREEN TEAM ZIELONA GÓRA	K60+	2			00:07:42	00:45:44	01:24:45	02:05:15	02:46:20.30	+00:30:47 (18.5%)	7:52	7.6 (81.7%)
40	DOMARADZKA Agnieszka	913	GREEN TEAM ZIELONA GÓRA	K40-49	6			00:07:55	00:47:16	01:26:52	02:06:53	02:46:33.10	+00:31:00 (18.6%)	7:53	7.6 (81.7%)
41	BUCZKOWSKA Wiesława	908	PENDOLINO	K60+	3			00:07:35	00:44:32	01:23:43	02:04:31	02:47:06.25	+00:31:33 (18.9%)	7:55	7.6 (81.7%)
42	POGORZELSKA Wiesława	933	WESOŁY BORSUK TEAM	K30-39	6			00:07:12	00:44:55	01:24:43	02:05:17	02:47:41.00	+00:32:08 (19.2%)	7:56	7.5 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
43	TYLUTKI Agnieszka	967	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	7			00:07:50	00:46:21	01:25:34	02:06:48	02:49:02.90	+00:33:30 (19.8%)	8:00	7.5 (80.6%)
44	WESOŁOWSKI Wojciech	950	NORDIC TEAM GNIEZNO	M60+	5			00:07:42	00:44:44	01:24:10	02:06:54	02:49:44.85	+00:34:12 (20.1%)	8:02	7.5 (80.6%)
45	GOIK Grzegorz	917	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:07:48	00:46:03	01:25:53	02:07:05	02:50:01.10	+00:34:28 (20.3%)	8:03	7.4 (79.6%)
46	WIŚNIEWSKI Roman	951	KS METRACO POLKOWICE	M60+	6			00:07:57	00:47:16	01:27:36	02:08:24	02:51:11.15	+00:35:38 (20.8%)	8:06	7.4 (79.6%)
47	NIKITIUK Anna	963		K30-39	7			00:07:37	00:46:21	01:27:19	02:10:32	02:53:14.90	+00:37:42 (21.8%)	8:12	7.3 (78.5%)
48	GUTOWSKI Wojciech	919	POWIAT HAJNOWSKI	M50-59	8			00:07:46	00:46:09	01:27:03	02:07:38	02:54:15.90	+00:38:43 (22.2%)	8:15	7.3 (78.5%)
49	MARCINKOWSKI Wojciech	927	UNIA MIAST	M40-49	6			00:07:52	00:50:22	01:30:03	02:11:17	02:54:21.10	+00:38:48 (22.3%)	8:15	7.3 (78.5%)
50	BIERĆ Jarosław	904	BIEGOSTOK	M40-49	7			00:08:12	00:48:22	01:28:59	02:11:08	02:55:22.05	+00:39:49 (22.7%)	8:18	7.2 (77.4%)
51	ŚCIBOR Robert	969		M40-49	8			00:08:12	00:48:15	01:29:01	02:11:08	02:55:22.55	+00:39:49 (22.7%)	8:18	7.2 (77.4%)
52	SURIAK Ewelina	943	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:07:53	00:47:23	01:28:44	02:11:21	02:55:49.90	+00:40:17 (22.9%)	8:19	7.2 (77.4%)
53	KOTULA Jakub	925	UNIA MIAST	M30-39	6			00:07:48	00:48:39	01:29:59	02:12:26	02:56:19.20	+00:40:46 (23.1%)	8:21	7.2 (77.4%)
54	ŻUCHOWICZ Elżbieta	959	DĄBROWA NORDIC TEAM	K50-59	5			00:07:55	00:47:08	01:29:14	02:13:04	02:56:25.40	+00:40:52 (23.2%)	8:21	7.2 (77.4%)
55	KOŁACZ Jakub	961		M30-39	7			00:08:26	00:49:06	01:31:01	02:14:33	02:57:02.55	+00:41:29 (23.4%)	8:23	7.2 (77.4%)
56	POSTEK Danuta	934	MARSZ PO ZDROWIE POZNAŃ	K50-59	6			00:08:14	00:49:54	01:31:34	02:14:21	02:57:14.35	+00:41:41 (23.5%)	8:24	7.1 (76.3%)
57	GERLE-KOTULA Anna	916	UNIA MIAST	K30-39	8			00:08:09	00:50:39	01:33:14	02:15:09	02:57:38.75	+00:42:05 (23.7%)	8:25	7.1 (76.3%)
58	ZAWADZKA Maria	957	KS METRACO POLKOWICE	K60+	4			00:08:40	00:51:35	01:33:58	02:16:01	02:57:53.65	+00:42:20 (23.8%)	8:25	7.1 (76.3%)
59	KWAPIS Mariusz	972	KS METRACO POLKOWICE	M18-29	3			00:07:47	00:47:25	01:28:02	02:10:54	02:58:35.20	+00:43:02 (24.1%)	8:27	7.1 (76.3%)
60	ROZMUS Jolanta	938	FACE NORDIC WALKING TEAM	K60+	5			00:08:35	00:50:26	01:32:53	02:15:47	02:58:50.45	+00:43:17 (24.2%)	8:28	7.1 (76.3%)
61	CZYCZ Kazimierz	968	GREEN TEAM ZIELONA GÓRA	M60+	7			00:08:21	00:48:23	01:29:23	02:12:27	03:01:48.65	+00:46:15 (25.4%)	8:36	7 (75.3%)
62	PIOTROWSKA Krystyna	932	RYBNICKI KLUB NORDIC WALKING	K60+	6			00:08:46	00:51:08	01:34:06	02:17:36	03:02:07.20	+00:46:34 (25.6%)	8:37	7 (75.3%)
63	MALINOWSKA Katarzyna	970	LECYMY DURŚ	K30-39	9			00:07:38	00:46:11	01:26:10	02:09:06	03:02:12.80	+00:46:40 (25.6%)	8:38	6.9 (74.2%)
64	JASIŃSKI Michał	920	RYBNICKI KLUB NORDIC WALKING	M18-29	4			00:08:22	00:50:55	01:34:27	02:19:35	03:07:39.40	+00:52:06 (27.8%)	8:53	6.7 (72.0%)
65	ŚWIRSZCZ Tomasz	948	LUBLIN CHODZI Z KIJKAMI	M60+	8			00:08:31	00:50:26	01:34:02	02:20:37	03:07:50.95	+00:52:18 (27.8%)	8:54	6.7 (72.0%)
66	JÓZWIK Katarzyna	921		K40-49	8			00:09:01	00:53:22	01:37:52	02:23:21	03:08:00.75	+00:52:27 (27.9%)	8:54	6.7 (72.0%)
67	SZEWCZYK Agnieszka	946	FACE NORDIC WALKING TEAM	K40-49	9			00:08:46	00:52:04	01:36:39	02:22:33	03:09:52.75	+00:54:19 (28.6%)	8:59	6.7 (72.0%)
68	SZEWCZYK Marek	945	FACE NORDIC WALKING TEAM	M50-59	9			00:08:35	00:50:54	01:34:52	02:21:37	03:10:03.05	+00:54:30 (28.7%)	9:00	6.7 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
69	BERSZTOLC Agnieszka	964		K50-59	7			00:08:27	00:49:58	01:33:29	02:21:25	03:10:59.75	+00:55:26 (29.0%)	9:03	6.6 (71.0%)
70	ANDROSIUK Krzysztof	901		M18-29	5			00:10:18	01:01:28	01:54:52	02:54:50	03:57:39.85	+01:42:07 (43.0%)	11:15	5.3 (57.0%)

Znaleziono 70 wynik(ów)