



# 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	<b>DZIEDIEWICZ Andrzej</b>	<b>914</b>		M30-39	1			00:06:17	00:37:41	01:09:46	01:42:16	<b>02:15:32.80</b>		6:25	9.3 (100%)
2	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>911</b>	BIEGAMYRAZEM	M50-59	1			00:06:49	00:38:48	01:11:12	01:43:23	<b>02:16:42.05</b>	+00:01:09 (0.8%)	6:28	9.3 (100%)
3	<b>ZARĘBSKI Michał</b>	<b>956</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:06:27	00:38:18	01:11:13	01:44:54	<b>02:21:08.80</b>	+00:05:36 (4.0%)	6:41	9 (96.8%)
4	<b>WIŚNIEWSKI Jacek</b>	<b>952</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M50-59	2			00:06:51	00:40:11	01:13:46	01:48:25	<b>02:23:25.95</b>	+00:07:53 (5.5%)	6:47	8.8 (94.6%)
5	<b>PUSZKIEL Leszek</b>	<b>960</b>	GREEN TEAM ZIELONA GÓRA	M60+	1			00:06:51	00:40:07	01:14:00	01:39:37	<b>02:23:57.35</b>	+00:08:24 (5.8%)	6:49	8.8 (94.6%)
6	<b>NACZK Leonard</b>	<b>928</b>	DYNAMIC	M40-49	1			00:06:47	00:41:02	01:14:55	01:49:43	<b>02:25:53.15</b>	+00:10:20 (7.1%)	6:54	8.7 (93.5%)
7	<b>ZAREMBA Jakub</b>	<b>955</b>		M30-39	3			00:06:56	00:41:09	01:15:49	01:51:22	<b>02:27:02.90</b>	+00:11:30 (7.8%)	6:58	8.6 (92.5%)
8	<b>ZAGAJA Janusz</b>	<b>954</b>	WESOŁY BORSUK TEAM	M60+	2			00:06:51	00:41:01	01:15:42	01:51:18	<b>02:27:36.15</b>	+00:12:03 (8.2%)	6:59	8.6 (92.5%)
9	<b>PIETRZYK Jarosław</b>	<b>931</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:06:42	00:40:02	01:13:43	01:49:22	<b>02:27:58.80</b>	+00:12:26 (8.4%)	7:00	8.6 (92.5%)
10	<b>PASIKOWSKA Mariola</b>	<b>930</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:06:40	00:41:07	01:16:35	01:52:23	<b>02:29:03.45</b>	+00:13:30 (9.1%)	7:03	8.5 (91.4%)
11	<b>BUŁAKOWSKI Bohdan</b>	<b>909</b>	PASJA NORDIC WALKING	M60+	3			00:07:25	00:42:38	01:18:12	01:54:06	<b>02:30:16.85</b>	+00:14:44 (9.8%)	7:07	8.4 (90.3%)
12	<b>BIK Stanisław</b>	<b>905</b>	KS METRACO POLKOWICE	M50-59	3			00:07:14	00:42:34	01:17:32	01:53:25	<b>02:30:17.45</b>	+00:14:44 (9.8%)	7:07	8.4 (90.3%)
13	<b>MAKOWSKI Jan</b>	<b>966</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	4			00:07:08	00:41:55	01:17:03	01:53:17	<b>02:30:35.50</b>	+00:15:02 (10.0%)	7:08	8.4 (90.3%)
14	<b>NIEDZWIECKA Katarzyna</b>	<b>962</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	1			00:07:25	00:43:58	01:19:38	01:54:57	<b>02:30:37.85</b>	+00:15:05 (10.0%)	7:08	8.4 (90.3%)
15	<b>PUHTIY Evgenia</b>	<b>935</b>	NWSOLONGA	K30-39	2			00:06:56	00:42:23	01:18:17	01:54:21	<b>02:30:50.50</b>	+00:15:17 (10.1%)	7:08	8.4 (90.3%)
16	<b>ANTOSZEWSKI Piotr</b>	<b>902</b>	NORDIC TEAM GNIEZNO	M40-49	2			00:07:41	00:45:38	01:21:22	01:56:37	<b>02:31:46.45</b>	+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	Różn	Tempo	Tempo
								1.1km	6.1km	11.1km	16.1km	netto 21.1km		min/km	km/h
17	<b>BOGACKI Sławek</b>	<b>907</b>	ENERGA NW TEAM	M40-49	3			00:06:42	00:41:01	01:16:02	01:53:32	<b>02:32:13.85</b>	+00:16:41 (11.0%)	7:12	8.3 (89.2%)
18	<b>DOLBAK Ihar</b>	<b>912</b>	NORDIC BREST	M40-49	4			00:07:06	00:42:58	01:19:38	01:56:31	<b>02:34:11.05</b>	+00:18:38 (12.1%)	7:18	8.2 (88.2%)
19	<b>SZULC Alicja</b>	<b>947</b>	NW WERWA MŁAWA	K40-49	2			00:07:18	00:42:43	01:18:59	01:55:57	<b>02:34:27.30</b>	+00:18:54 (12.2%)	7:19	8.2 (88.2%)
20	<b>SZCZEBAK Jacek</b>	<b>944</b>	UNIA MIAST	M40-49	5			00:07:19	00:43:39	01:19:44	01:56:40	<b>02:34:59.00</b>	+00:19:26 (12.5%)	7:20	8.2 (88.2%)
21	<b>KOŁODZIEJ Joanna</b>	<b>924</b>	FABRIKANORDIKA	K40-49	3			00:07:17	00:43:44	01:20:38	01:58:16	<b>02:36:16.85</b>	+00:20:44 (13.3%)	7:24	8.1 (87.1%)
22	<b>STEPURA Ilya</b>	<b>965</b>		M18-29	1			00:07:50	00:46:15	01:23:25	02:00:52	<b>02:36:27.85</b>	+00:20:55 (13.4%)	7:24	8.1 (87.1%)
23	<b>STĘPIEŃ Lucyna</b>	<b>942</b>	KS METRACO POLKOWICE	K60+	1			00:07:31	00:44:10	01:21:36	01:59:38	<b>02:37:36.75</b>	+00:22:03 (14.0%)	7:28	8 (86.0%)
24	<b>SKRYCKA Katarzyna</b>	<b>782</b>	KS METRACO POLKOWICE	K30-39	3			00:07:35	00:44:09	01:21:36	01:59:32	<b>02:37:42.85</b>	+00:22:10 (14.1%)	7:28	8 (86.0%)
25	<b>TOMCZYK Edward</b>	<b>949</b>	MARSZ PO ZDROWIE POZNAŃ	M60+	4			00:07:31	00:43:37	01:20:36	01:59:11	<b>02:38:32.50</b>	+00:22:59 (14.5%)	7:30	8 (86.0%)
26	<b>ZAWADZKI Andrzej</b>	<b>958</b>	KS METRACO POLKOWICE	M50-59	5			00:07:38	00:44:05	01:21:17	02:00:26	<b>02:39:01.60</b>	+00:23:28 (14.8%)	7:32	8 (86.0%)
27	<b>SMUS Damian</b>	<b>973</b>	EPOKA NORDICA	M18-29	2			00:07:48	00:46:11	01:23:25	02:00:52	<b>02:39:03.55</b>	+00:23:30 (14.8%)	7:32	8 (86.0%)
28	<b>BANASZKIEWICZ Kasia</b>	<b>903</b>	PILSCY MIŁOŚNICY NW	K40-49	4			00:07:19	00:43:47	01:21:05	01:59:20	<b>02:39:13.05</b>	+00:23:40 (14.9%)	7:32	8 (86.0%)
29	<b>BOCZAR Beata</b>	<b>906</b>	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:07:32	00:44:16	01:21:48	01:59:48	<b>02:39:13.40</b>	+00:23:40 (14.9%)	7:32	8 (86.0%)
30	<b>KOWALCZYK Mariusz</b>	<b>926</b>	GREEN TEAM ZIELONA GÓRA	M50-59	6			00:07:33	00:44:06	01:21:12	02:00:05	<b>02:39:56.00</b>	+00:24:23 (15.2%)	7:34	7.9 (84.9%)
31	<b>JANOSZKA Irena</b>	<b>971</b>	CIDRY LOTAJĄ	K50-59	2			00:07:31	00:44:31	01:22:40	02:01:12	<b>02:40:02.95</b>	+00:24:30 (15.3%)	7:35	7.9 (84.9%)
32	<b>KARASIEWICZ Irena</b>	<b>922</b>	FACE NORDIC WALKING TEAM	K50-59	3			00:07:37	00:44:33	01:23:02	02:02:06	<b>02:42:02.20</b>	+00:26:29 (16.3%)	7:40	7.8 (83.9%)
33	<b>SORN Łukasz</b>	<b>940</b>	FACE NORDIC WALKING TEAM	M30-39	5			00:07:51	00:46:08	01:24:01	02:02:44	<b>02:42:19.35</b>	+00:26:46 (16.5%)	7:41	7.8 (83.9%)
34	<b>REJ Anna</b>	<b>936</b>		K30-39	4			00:07:36	00:45:07	01:23:29	02:02:38	<b>02:42:34.15</b>	+00:27:01 (16.6%)	7:42	7.8 (83.9%)
35	<b>STĘPCZYŃSKA Angelika</b>	<b>941</b>	GOSIR OSIELSKO	K30-39	5			00:07:50	00:45:49	01:24:15	02:03:23	<b>02:43:42.05</b>	+00:28:09 (17.2%)	7:45	7.7 (82.8%)
36	<b>KOBIELA Daria</b>	<b>923</b>	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:51	00:46:24	01:24:49	02:04:08	<b>02:44:36.95</b>	+00:29:04 (17.7%)	7:48	7.7 (82.8%)
37	<b>ROSOŁEK Elżbieta</b>	<b>937</b>	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:07:52	00:47:09	01:25:57	02:05:05	<b>02:44:49.75</b>	+00:29:16 (17.8%)	7:48	7.7 (82.8%)
38	<b>WOLNIEWICZ Katarzyna</b>	<b>953</b>	FABRIKANORDIKA	K40-49	5			00:07:32	00:45:00	01:23:36	02:03:37	<b>02:45:01.50</b>	+00:29:28 (17.9%)	7:49	7.7 (82.8%)
39	<b>CZYCZ Emilia</b>	<b>910</b>	GREEN TEAM ZIELONA GÓRA	K60+	2			00:07:42	00:45:44	01:24:45	02:05:15	<b>02:46:20.30</b>	+00:30:47 (18.5%)	7:52	7.6 (81.7%)
40	<b>DOMARADZKA Agnieszka</b>	<b>913</b>	GREEN TEAM ZIELONA GÓRA	K40-49	6			00:07:55	00:47:16	01:26:52	02:06:53	<b>02:46:33.10</b>	+00:31:00 (18.6%)	7:53	7.6 (81.7%)
41	<b>BUCZKOWSKA Wiesława</b>	<b>908</b>	PENDOLINO	K60+	3			00:07:35	00:44:32	01:23:43	02:04:31	<b>02:47:06.25</b>	+00:31:33 (18.9%)	7:55	7.6 (81.7%)
42	<b>POGORZELSKA Wiesława</b>	<b>933</b>	WESOŁY BORSUK TEAM	K30-39	6			00:07:12	00:44:55	01:24:43	02:05:17	<b>02:47:41.00</b>	+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	<b>TYLUTKI Agnieszka</b>	<b>967</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K40-49	7			00:07:50	00:46:21	01:25:34	02:06:48	<b>02:49:02.90</b>	+00:33:30 (19.8%)	8:00	7.5 (80.6%)
44	<b>WESOŁOWSKI Wojciech</b>	<b>950</b>	NORDIC TEAM GNIEZNO	M60+	5			00:07:42	00:44:44	01:24:10	02:06:54	<b>02:49:44.85</b>	+00:34:12 (20.1%)	8:02	7.5 (80.6%)
45	<b>GOIK Grzegorz</b>	<b>917</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:07:48	00:46:03	01:25:53	02:07:05	<b>02:50:01.10</b>	+00:34:28 (20.3%)	8:03	7.4 (79.6%)
46	<b>WIŚNIEWSKI Roman</b>	<b>951</b>	KS METRACO POLKOWICE	M60+	6			00:07:57	00:47:16	01:27:36	02:08:24	<b>02:51:11.15</b>	+00:35:38 (20.8%)	8:06	7.4 (79.6%)
47	<b>NIKITIUK Anna</b>	<b>963</b>		K30-39	7			00:07:37	00:46:21	01:27:19	02:10:32	<b>02:53:14.90</b>	+00:37:42 (21.8%)	8:12	7.3 (78.5%)
48	<b>GUTOWSKI Wojciech</b>	<b>919</b>	POWIAT HAJNOWSKI	M50-59	8			00:07:46	00:46:09	01:27:03	02:07:38	<b>02:54:15.90</b>	+00:38:43 (22.2%)	8:15	7.3 (78.5%)
49	<b>MARCINKOWSKI Wojciech</b>	<b>927</b>	UNIA MIAST	M40-49	6			00:07:52	00:50:22	01:30:03	02:11:17	<b>02:54:21.10</b>	+00:38:48 (22.3%)	8:15	7.3 (78.5%)
50	<b>BIERĆ Jarosław</b>	<b>904</b>	BIEGOSTOK	M40-49	7			00:08:12	00:48:22	01:28:59	02:11:08	<b>02:55:22.05</b>	+00:39:49 (22.7%)	8:18	7.2 (77.4%)
51	<b>ŚCIBOR Robert</b>	<b>969</b>		M40-49	8			00:08:12	00:48:15	01:29:01	02:11:08	<b>02:55:22.55</b>	+00:39:49 (22.7%)	8:18	7.2 (77.4%)
52	<b>SURIAK Ewelina</b>	<b>943</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:07:53	00:47:23	01:28:44	02:11:21	<b>02:55:49.90</b>	+00:40:17 (22.9%)	8:19	7.2 (77.4%)
53	<b>KOTULA Jakub</b>	<b>925</b>	UNIA MIAST	M30-39	6			00:07:48	00:48:39	01:29:59	02:12:26	<b>02:56:19.20</b>	+00:40:46 (23.1%)	8:21	7.2 (77.4%)
54	<b>ŻUCHOWICZ Elżbieta</b>	<b>959</b>	DĄBROWA NORDIC TEAM	K50-59	5			00:07:55	00:47:08	01:29:14	02:13:04	<b>02:56:25.40</b>	+00:40:52 (23.2%)	8:21	7.2 (77.4%)
55	<b>KOŁACZ Jakub</b>	<b>961</b>		M30-39	7			00:08:26	00:49:06	01:31:01	02:14:33	<b>02:57:02.55</b>	+00:41:29 (23.4%)	8:23	7.2 (77.4%)
56	<b>POSTEK Danuta</b>	<b>934</b>	MARSZ PO ZDROWIE POZNAŃ	K50-59	6			00:08:14	00:49:54	01:31:34	02:14:21	<b>02:57:14.35</b>	+00:41:41 (23.5%)	8:24	7.1 (76.3%)
57	<b>GERLE-KOTULA Anna</b>	<b>916</b>	UNIA MIAST	K30-39	8			00:08:09	00:50:39	01:33:14	02:15:09	<b>02:57:38.75</b>	+00:42:05 (23.7%)	8:25	7.1 (76.3%)
58	<b>ZAWADZKA Maria</b>	<b>957</b>	KS METRACO POLKOWICE	K60+	4			00:08:40	00:51:35	01:33:58	02:16:01	<b>02:57:53.65</b>	+00:42:20 (23.8%)	8:25	7.1 (76.3%)
59	<b>KWAPIS Mariusz</b>	<b>972</b>	KS METRACO POLKOWICE	M18-29	3			00:07:47	00:47:25	01:28:02	02:10:54	<b>02:58:35.20</b>	+00:43:02 (24.1%)	8:27	7.1 (76.3%)
60	<b>ROZMUS Jolanta</b>	<b>938</b>	FACE NORDIC WALKING TEAM	K60+	5			00:08:35	00:50:26	01:32:53	02:15:47	<b>02:58:50.45</b>	+00:43:17 (24.2%)	8:28	7.1 (76.3%)
61	<b>CZYCZ Kazimierz</b>	<b>968</b>	GREEN TEAM ZIELONA GÓRA	M60+	7			00:08:21	00:48:23	01:29:23	02:12:27	<b>03:01:48.65</b>	+00:46:15 (25.4%)	8:36	7 (75.3%)
62	<b>PIOTROWSKA Krystyna</b>	<b>932</b>	RYBNICKI KLUB NORDIC WALKING	K60+	6			00:08:46	00:51:08	01:34:06	02:17:36	<b>03:02:07.20</b>	+00:46:34 (25.6%)	8:37	7 (75.3%)
63	<b>MALINOWSKA Katarzyna</b>	<b>970</b>	LECYMY DURŚ	K30-39	9			00:07:38	00:46:11	01:26:10	02:09:06	<b>03:02:12.80</b>	+00:46:40 (25.6%)	8:38	6.9 (74.2%)
64	<b>JASIŃSKI Michał</b>	<b>920</b>	RYBNICKI KLUB NORDIC WALKING	M18-29	4			00:08:22	00:50:55	01:34:27	02:19:35	<b>03:07:39.40</b>	+00:52:06 (27.8%)	8:53	6.7 (72.0%)
65	<b>ŚWIRSZCZ Tomasz</b>	<b>948</b>	LUBLIN CHODZI Z KIJKAMI	M60+	8			00:08:31	00:50:26	01:34:02	02:20:37	<b>03:07:50.95</b>	+00:52:18 (27.8%)	8:54	6.7 (72.0%)
66	<b>JÓZWIK Katarzyna</b>	<b>921</b>		K40-49	8			00:09:01	00:53:22	01:37:52	02:23:21	<b>03:08:00.75</b>	+00:52:27 (27.9%)	8:54	6.7 (72.0%)
67	<b>SZEWCZYK Agnieszka</b>	<b>946</b>	FACE NORDIC WALKING TEAM	K40-49	9			00:08:46	00:52:04	01:36:39	02:22:33	<b>03:09:52.75</b>	+00:54:19 (28.6%)	8:59	6.7 (72.0%)
68	<b>SZEWCZYK Marek</b>	<b>945</b>	FACE NORDIC WALKING TEAM	M50-59	9			00:08:35	00:50:54	01:34:52	02:21:37	<b>03:10:03.05</b>	+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 netto 21.1km	Różn	Tempo min/km	Tempo km/h
69	<b>BERSZTOLC Agnieszka</b>	<b>964</b>		K50-59	7			00:08:27	00:49:58	01:33:29	02:21:25	<b>03:10:59.75</b>	+00:55:26 (29.0%)	9:03	6.6 (71.0%)
70	<b>ANDROSIUK Krzysztof</b>	<b>901</b>		M18-29	5			00:10:18	01:01:28	01:54:52	02:54:50	<b>03:57:39.85</b>	+01:42:07 (43.0%)	11:15	5.3 (57.0%)

Znaleziono 70 wynik(ów)