

# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2019  
**Organizator:** Hajnówka  
**Data:** 2019-09-14  
**Miejsce:** Hajnówka  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 1.1km	laps 6.1km	laps 11.1km	laps 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>DZEDZEVICH Andej</b>	<b>661</b>		M30-39	1			00:06:33	00:37:37	01:09:05	01:41:21	<b>02:15:46.28</b>		6:26	9.3 (100%)
2	<b>WOJCIECHOWSKA Elżbieta</b>	<b>655</b>		K30-39	1	1		00:06:31	00:38:23	01:11:13	01:44:18	<b>02:17:52.86</b>	+00:02:06 (1.5%)	6:32	9.2 (98.9%)
3	<b>KORDOWSKI Piotr</b>	<b>618</b>	LUXTORPEDA MALOPOLSKA	M40-49	1			00:06:33	00:38:20	01:10:56	01:44:23	<b>02:18:27.89</b>	+00:02:41 (1.9%)	6:33	9.1 (97.8%)
4	<b>HAŁAS Marcin</b>	<b>609</b>	UNIA MIAST	M30-39	2			00:07:28	00:43:43	01:16:45	01:49:25	<b>02:22:27.11</b>	+00:06:40 (4.7%)	6:45	8.9 (95.7%)
5	<b>KLIMSIK Sebastian</b>	<b>613</b>		M40-49	2	1		00:07:33	00:41:08	01:14:54	01:49:14	<b>02:24:03.79</b>	+00:08:17 (5.8%)	6:49	8.8 (94.6%)
6	<b>KUŚMIEREK Patryk</b>	<b>624</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:17	00:42:29	01:16:36	01:49:31	<b>02:25:23.74</b>	+00:09:37 (6.6%)	6:53	8.7 (93.5%)
7	<b>BARCZYK Bogdan</b>	<b>601</b>	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:27	00:42:24	01:16:00	01:50:19	<b>02:25:35.98</b>	+00:09:49 (6.8%)	6:54	8.7 (93.5%)
8	<b>ŻYDACZEWSKI Ryszard</b>	<b>660</b>	KS METRACO POLKOWICE	M50-59	2			00:07:32	00:42:34	01:16:48	01:51:39	<b>02:26:15.36</b>	+00:10:29 (7.2%)	6:55	8.7 (93.5%)
9	<b>KOŁODZIEJ Joanna</b>	<b>616</b>	STADION ŚLĄSKI	K50-59	1			00:07:02	00:41:35	01:15:56	01:51:08	<b>02:26:30.94</b>	+00:10:44 (7.3%)	6:56	8.6 (92.5%)
10	<b>KUBILOVICA Linda</b>	<b>622</b>	WALK WITH THE WIND	K50-59	2			00:07:15	00:41:54	01:16:36	01:51:28	<b>02:26:50.82</b>	+00:11:04 (7.5%)	6:57	8.6 (92.5%)
11	<b>LENZ Andrzej</b>	<b>625</b>	MUSZKIETEROWIE	M50-59	3			00:07:33	00:43:10	01:18:27	01:54:09	<b>02:29:17.37</b>	+00:13:31 (9.1%)	7:04	8.5 (91.4%)
12	<b>CZERSKI Krzysztof</b>	<b>605</b>	EPOKA NORDICA ŁÓDŹ	M30-39	3			00:07:04	00:41:02	01:15:56	01:51:32	<b>02:29:29.70</b>	+00:13:43 (9.2%)	7:05	8.5 (91.4%)
13	<b>KNITTER Tomasz</b>	<b>614</b>	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:06:48	00:40:15	01:14:30	01:50:43	<b>02:30:19.96</b>	+00:14:33 (9.7%)	7:07	8.4 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 1.1km	laps 6.1km	laps 11.1km	laps 16.1km	Czas		Tempo min/km	Tempo km/h
												netto 21.1km	Różn		
14	<b>SPYCHAŁA Marzena</b>	<b>642</b>	CKZIU NYSA MECHANIK	K40-49	1			00:07:12	00:42:36	01:18:23	01:54:48	<b>02:31:15.40</b>	+00:15:29 (10.2%)	7:10	8.4 (90.3%)
15	<b>KOWALSKI Marek</b>	<b>621</b>	UNIA MIAST	M50-59	4			00:07:34	00:43:36	01:19:22	01:55:27	<b>02:31:43.67</b>	+00:15:57 (10.5%)	7:11	8.3 (89.2%)
16	<b>JANEKA Dace</b>	<b>610</b>	WALK WITH THE WIND	K40-49	2			00:07:15	00:42:03	01:17:42	01:54:21	<b>02:31:49.34</b>	+00:16:03 (10.6%)	7:11	8.3 (89.2%)
17	<b>MĄDRY Grzegorz</b>	<b>550</b>	KIJKOWE TRZEMESZNO	M60+	1			00:07:27	00:43:01	01:18:40	01:55:16	<b>02:32:54.98</b>	+00:17:08 (11.2%)	7:14	8.3 (89.2%)
18	<b>KUBISZYN Mirosław</b>	<b>623</b>	KS METRACO POLKOWICE	M30-39	4	1		00:07:34	00:42:46	01:16:45	01:54:18	<b>02:33:36.16</b>	+00:17:49 (11.6%)	7:16	8.2 (88.2%)
19	<b>LOCMELIS Imants</b>	<b>627</b>	WALK WITH THE WIND	M60+	2			00:07:35	00:43:30	01:19:55	01:57:22	<b>02:34:33.87</b>	+00:18:47 (12.2%)	7:19	8.2 (88.2%)
20	<b>SEGZDAITE Elena</b>	<b>645</b>		K30-39	2	1		00:07:18	00:46:19	01:23:54	02:00:25	<b>02:35:23.05</b>	+00:19:36 (12.6%)	7:21	8.1 (87.1%)
21	<b>CIESIELSKI Jan</b>	<b>603</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:07:30	00:43:24	01:20:30	01:58:43	<b>02:35:42.37</b>	+00:19:56 (12.8%)	7:22	8.1 (87.1%)
22	<b>RAKOWIECKI Zbigniew</b>	<b>638</b>		M50-59	5			00:07:40	00:44:18	01:21:04	01:58:34	<b>02:36:12.33</b>	+00:20:26 (13.1%)	7:24	8.1 (87.1%)
23	<b>KOLMETZ Katarzyna</b>	<b>615</b>	POLIPACK TEAM GWE	K40-49	3			00:07:17	00:42:55	01:19:58	01:57:40	<b>02:36:16.13</b>	+00:20:29 (13.1%)	7:24	8.1 (87.1%)
24	<b>OLSZAŃSKI Karol</b>	<b>662</b>	FEAR THE RETURN	M40-49	4	1		00:07:28	00:43:09	01:19:49	01:58:00	<b>02:36:56.75</b>	+00:21:10 (13.5%)	7:26	8.1 (87.1%)
25	<b>CIESIELSKI Jerzy</b>	<b>604</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	3	1		00:07:21	00:43:54	01:20:53	01:58:40	<b>02:37:25.68</b>	+00:21:39 (13.8%)	7:27	8 (86.0%)
26	<b>GOŁĘBIOWSKI Krzysztof</b>	<b>608</b>	ZAWSZE MŁODZI NORDIC WALKING	M50-59	6			00:07:42	00:44:23	01:21:17	01:59:04	<b>02:37:51.99</b>	+00:22:05 (14.0%)	7:28	8 (86.0%)
27	<b>ŻAMOJCIN Marek</b>	<b>657</b>	NORDICLUB SZCZECIN	M50-59	7			00:07:34	00:44:17	01:21:18	01:59:06	<b>02:38:44.39</b>	+00:22:58 (14.5%)	7:31	8 (86.0%)
28	<b>STĘPIEŃ Lucyna</b>	<b>644</b>	KS METRACO POLKOWICE	K60+	1			00:07:37	00:44:35	01:22:59	02:01:04	<b>02:40:12.11</b>	+00:24:25 (15.2%)	7:35	7.9 (84.9%)
29	<b>LOCMELE Benita</b>	<b>626</b>	WALK WITH THE WIND	K60+	2			00:07:38	00:44:49	01:23:08	02:02:07	<b>02:41:45.33</b>	+00:25:59 (16.1%)	7:39	7.8 (83.9%)
30	<b>PAPROTNA Agnieszka</b>	<b>634</b>	NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:07:28	00:45:03	01:23:58	02:03:32	<b>02:43:48.92</b>	+00:28:02 (17.1%)	7:45	7.7 (82.8%)
31	<b>JANOSZKA Irena</b>	<b>611</b>	CIDRY LOTAJOM	K50-59	3			00:07:39	00:45:44	01:24:57	02:04:59	<b>02:45:44.16</b>	+00:29:57 (18.1%)	7:51	7.6 (81.7%)
32	<b>ŚCIBUT Ania</b>	<b>648</b>	FORMA NA PIĄTKĘ NW	K40-49	4			00:07:26	00:44:43	01:23:43	02:03:40	<b>02:45:51.09</b>	+00:30:04 (18.1%)	7:51	7.6 (81.7%)
33	<b>WIĘNSKO Ryszard</b>	<b>653</b>		M60+	3			00:08:01	00:46:24	01:25:20	02:05:04	<b>02:46:23.49</b>	+00:30:37 (18.4%)	7:53	7.6 (81.7%)
34	<b>BUCZKOWSKA Wiesława</b>	<b>602</b>	FACE NORDIC WALKING TEAM	K60+	3			00:07:54	00:45:57	01:25:25	02:05:38	<b>02:46:43.11</b>	+00:30:56 (18.6%)	7:54	7.6 (81.7%)
35	<b>ŻEBROWSKA Justyna</b>	<b>659</b>	NOWI SIEDLCE	K30-39	4			00:07:55	00:45:56	01:25:00	02:05:39	<b>02:48:04.50</b>	+00:32:18 (19.2%)	7:57	7.5 (80.6%)
36	<b>ŚWIRSZCZ Tomasz</b>	<b>651</b>	KS METRACO POLKOWICE	M60+	4			00:08:02	00:46:22	01:25:38	02:06:34	<b>02:49:10.60</b>	+00:33:24 (19.7%)	8:01	7.5 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps				Czas netto	Różn	Tempo min/km	Tempo km/h
								1.1km	6.1km	11.1km	16.1km	21.1km			
37	<b>TERESIŃSKA Jolanta</b>	<b>778</b>	NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:08:27	00:49:00	01:29:33	02:09:48	<b>02:50:40.31</b>	+00:34:54 (20.4%)	8:05	7.4 (79.6%)
38	<b>KORDOWSKA Bogusława</b>	<b>617</b>		K40-49	6			00:08:24	00:49:30	01:30:46	02:10:24	<b>02:50:55.16</b>	+00:35:08 (20.6%)	8:06	7.4 (79.6%)
39	<b>DUSZA Anna</b>	<b>607</b>	NORDIC CLUB SZCZECIN	K50-59	4			00:07:46	00:47:00	01:27:28	02:09:47	<b>02:52:37.52</b>	+00:36:51 (21.3%)	8:10	7.3 (78.5%)
40	<b>SZULC Alicja</b>	<b>647</b>		K40-49	7			00:07:24	00:44:30	01:24:22	02:06:54	<b>02:53:30.94</b>	+00:37:44 (21.8%)	8:13	7.3 (78.5%)
41	<b>KORSAKOWSKI Tadeusz</b>	<b>619</b>	BIEG WŚRÓD KRASNYCH PÓL	M50-59	8			00:07:52	00:47:30	01:28:43	02:10:59	<b>02:54:06.87</b>	+00:38:20 (22.0%)	8:15	7.3 (78.5%)
42	<b>DANKIEWICZ Barbara</b>	<b>606</b>	ZAWSZE MŁODZI NORDIC WALKING	K40-49	8			00:08:27	00:49:30	01:30:46	02:11:16	<b>02:54:16.24</b>	+00:38:29 (22.1%)	8:15	7.3 (78.5%)
43	<b>PIANKA Krzysztof</b>	<b>635</b>	DRUŻYNA KONOPIELKI	M60+	5	1		00:08:25	00:48:01	01:30:12	02:14:16	<b>02:55:28.16</b>	+00:39:41 (22.6%)	8:18	7.2 (77.4%)
44	<b>WENDT Jarosław</b>	<b>652</b>	POLIPACK TEAM GWE	M50-59	9			00:08:19	00:49:42	01:30:37	02:13:00	<b>02:55:30.19</b>	+00:39:43 (22.6%)	8:19	7.2 (77.4%)
45	<b>NIETRZEBKA Paweł</b>	<b>631</b>	MIĘDZYBORÓW	M30-39	5			00:08:28	00:49:47	01:30:42	02:13:05	<b>02:55:35.07</b>	+00:39:48 (22.7%)	8:19	7.2 (77.4%)
46	<b>SOBAŃSKA Grażyna</b>	<b>641</b>		K60+	4			00:08:30	00:49:29	01:30:45	02:12:30	<b>02:56:00.04</b>	+00:40:13 (22.9%)	8:20	7.2 (77.4%)
47	<b>ZAWADZKA Maria</b>	<b>656</b>	KS METRACO POLKOWICE	K60+	5			00:08:56	00:51:39	01:34:15	02:16:27	<b>02:59:34.62</b>	+00:43:48 (24.4%)	8:30	7 (75.3%)
48	<b>POSTEK Danuta</b>	<b>636</b>	MARSZ PO ZDROWIE	K50-59	5			00:08:25	00:49:51	01:31:54	02:15:12	<b>02:59:41.87</b>	+00:43:55 (24.4%)	8:30	7 (75.3%)
49	<b>ROZMUS Jolanta</b>	<b>639</b>	FACE NORDIC WALKING TEAM	K60+	6			00:08:54	00:51:31	01:34:15	02:18:05	<b>03:02:16.49</b>	+00:46:30 (25.5%)	8:38	6.9 (74.2%)
50	<b>OLSZAŃSKA Krystyna</b>	<b>633</b>	NOWI SIEDLCE/BIAŁA BIEGA	K60+	7	1		00:08:32	00:49:22	01:30:34	02:14:51	<b>03:02:44.79</b>	+00:46:58 (25.7%)	8:39	6.9 (74.2%)
51	<b>MALINOWSKA Katarzyna</b>	<b>628</b>	LECYMY DURŚ	K30-39	5			00:08:34	00:51:22	01:33:46	02:17:07	<b>03:03:55.73</b>	+00:48:09 (26.2%)	8:43	6.9 (74.2%)
52	<b>NIETRZEBKA Aleksandra</b>	<b>282</b>	MIĘDZYBORÓW	K18-29	1			00:08:26	00:49:31	01:33:22	02:17:37	<b>03:03:55.86</b>	+00:48:09 (26.2%)	8:43	6.9 (74.2%)
53	<b>KARASIEWICZ Iwona</b>	<b>612</b>	NORDIC CLUB SZCZECIN	K30-39	6			00:09:26	00:57:27	01:45:21	02:33:48	<b>03:24:54.49</b>	+01:09:08 (33.7%)	9:42	6.2 (66.7%)
54	<b>MÓRAWSKI Sławomir</b>	<b>630</b>	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	10			00:09:44	00:58:27	01:46:13	02:34:43	<b>03:25:52.56</b>	+01:10:06 (34.1%)	9:45	6.1 (65.6%)

Znaleziono 54 wynik(ów)