

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	DZEDZEVICH Andej	661		M30-39	1			00:06:33	00:37:37	01:09:05	01:41:21	02:15:46.28		6:26	9.3 (100%)
2	WOJCIECHOWSKA Elżbieta	655		K30-39	1	1		00:06:31	00:38:23	01:11:13	01:44:18	02:17:52.86	+00:02:06 (1.5%)	6:32	9.2 (98.9%)
3	KORDOWSKI Piotr	618	LUXTORPEDA MALOPOLSKA	M40-49	1			00:06:33	00:38:20	01:10:56	01:44:23	02:18:27.89	+00:02:41 (1.9%)	6:33	9.1 (97.8%)
4	HAŁAS Marcin	609	UNIA MIAST	M30-39	2			00:07:28	00:43:43	01:16:45	01:49:25	02:22:27.11	+00:06:40 (4.7%)	6:45	8.9 (95.7%)
5	KLIMSIAK Sebastian	613		M40-49	2	1		00:07:33	00:41:08	01:14:54	01:49:14	02:24:03.79	+00:08:17 (5.8%)	6:49	8.8 (94.6%)
6	KUŚMIEREK Patryk	624	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:17	00:42:29	01:16:36	01:49:31	02:25:23.74	+00:09:37 (6.6%)	6:53	8.7 (93.5%)
7	BARCZYK Bogdan	601	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:27	00:42:24	01:16:00	01:50:19	02:25:35.98	+00:09:49 (6.8%)	6:54	8.7 (93.5%)
8	ŻYDACZEWSKI Ryszard	660	KS METRACO POLKOWICE	M50-59	2			00:07:32	00:42:34	01:16:48	01:51:39	02:26:15.36	+00:10:29 (7.2%)	6:55	8.7 (93.5%)
9	KOŁODZIEJ Joanna	616	STADION ŚLĄSKI	K50-59	1			00:07:02	00:41:35	01:15:56	01:51:08	02:26:30.94	+00:10:44 (7.3%)	6:56	8.6 (92.5%)
10	KUBILOVICA Linda	622	WALK WITH THE WIND	K50-59	2			00:07:15	00:41:54	01:16:36	01:51:28	02:26:50.82	+00:11:04 (7.5%)	6:57	8.6 (92.5%)
11	LENZ Andrzej	625	MUSZKIETEROWIE	M50-59	3			00:07:33	00:43:10	01:18:27	01:54:09	02:29:17.37	+00:13:31 (9.1%)	7:04	8.5 (91.4%)
12	CZERSKI Krzysztof	605	EPOKA NORDICA ŁÓDŹ	M30-39	3			00:07:04	00:41:02	01:15:56	01:51:32	02:29:29.70	+00:13:43 (9.2%)	7:05	8.5 (91.4%)
13	KNITTER Tomasz	614	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:06:48	00:40:15	01:14:30	01:50:43	02:30:19.96	+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	SPYCHAŁA Marzena	642	CKZIU NYSA MECHANIK	K40-49	1			00:07:12	00:42:36	01:18:23	01:54:48	02:31:15.40	+00:15:29 (10.2%)	7:10	8.4 (90.3%)
15	KOWALSKI Marek	621	UNIA MIAST	M50-59	4			00:07:34	00:43:36	01:19:22	01:55:27	02:31:43.67	+00:15:57 (10.5%)	7:11	8.3 (89.2%)
16	JANEKA Dace	610	WALK WITH THE WIND	K40-49	2			00:07:15	00:42:03	01:17:42	01:54:21	02:31:49.34	+00:16:03 (10.6%)	7:11	8.3 (89.2%)
17	MĄDRY Grzegorz	550	KIJKOWE TRZEMESZNO	M60+	1			00:07:27	00:43:01	01:18:40	01:55:16	02:32:54.98	+00:17:08 (11.2%)	7:14	8.3 (89.2%)
18	KUBISZYN Mirosław	623	KS METRACO POLKOWICE	M30-39	4	1		00:07:34	00:42:46	01:16:45	01:54:18	02:33:36.16	+00:17:49 (11.6%)	7:16	8.2 (88.2%)
19	LOCMELIS Imants	627	WALK WITH THE WIND	M60+	2			00:07:35	00:43:30	01:19:55	01:57:22	02:34:33.87	+00:18:47 (12.2%)	7:19	8.2 (88.2%)
20	SEGZDAITE Elena	645		K30-39	2	1		00:07:18	00:46:19	01:23:54	02:00:25	02:35:23.05	+00:19:36 (12.6%)	7:21	8.1 (87.1%)
21	CIESIELSKI Jan	603	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	3			00:07:30	00:43:24	01:20:30	01:58:43	02:35:42.37	+00:19:56 (12.8%)	7:22	8.1 (87.1%)
22	RAKOWIECKI Zbigniew	638		M50-59	5			00:07:40	00:44:18	01:21:04	01:58:34	02:36:12.33	+00:20:26 (13.1%)	7:24	8.1 (87.1%)
23	KOLMETZ Katarzyna	615	POLIPACK TEAM GWE	K40-49	3			00:07:17	00:42:55	01:19:58	01:57:40	02:36:16.13	+00:20:29 (13.1%)	7:24	8.1 (87.1%)
24	OLSZAŃSKI Karol	662	FEAR THE RETURN	M40-49	4	1		00:07:28	00:43:09	01:19:49	01:58:00	02:36:56.75	+00:21:10 (13.5%)	7:26	8.1 (87.1%)
25	CIESIELSKI Jerzy	604	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	3	1		00:07:21	00:43:54	01:20:53	01:58:40	02:37:25.68	+00:21:39 (13.8%)	7:27	8 (86.0%)
26	GOŁĘBIOWSKI Krzysztof	608	ZAWSZE MŁODZI NORDIC WALKING	M50-59	6			00:07:42	00:44:23	01:21:17	01:59:04	02:37:51.99	+00:22:05 (14.0%)	7:28	8 (86.0%)
27	ŻAMOJCIN Marek	657	NORDICLUB SZCZECIN	M50-59	7			00:07:34	00:44:17	01:21:18	01:59:06	02:38:44.39	+00:22:58 (14.5%)	7:31	8 (86.0%)
28	STĘPIEŃ Lucyna	644	KS METRACO POLKOWICE	K60+	1			00:07:37	00:44:35	01:22:59	02:01:04	02:40:12.11	+00:24:25 (15.2%)	7:35	7.9 (84.9%)
29	LOCMELE Benita	626	WALK WITH THE WIND	K60+	2			00:07:38	00:44:49	01:23:08	02:02:07	02:41:45.33	+00:25:59 (16.1%)	7:39	7.8 (83.9%)
30	PAPROTNA Agnieszka	634	NORDIC TEAM CZĘSTOCHOWA	K30-39	3			00:07:28	00:45:03	01:23:58	02:03:32	02:43:48.92	+00:28:02 (17.1%)	7:45	7.7 (82.8%)
31	JANOSZKA Irena	611	CIDRY LOTAJOM	K50-59	3			00:07:39	00:45:44	01:24:57	02:04:59	02:45:44.16	+00:29:57 (18.1%)	7:51	7.6 (81.7%)
32	ŚCIBUT Ania	648	FORMA NA PIĄTKĘ NW	K40-49	4			00:07:26	00:44:43	01:23:43	02:03:40	02:45:51.09	+00:30:04 (18.1%)	7:51	7.6 (81.7%)
33	WIĘNSKO Ryszard	653		M60+	3			00:08:01	00:46:24	01:25:20	02:05:04	02:46:23.49	+00:30:37 (18.4%)	7:53	7.6 (81.7%)
34	BUCZKOWSKA Wiesława	602	FACE NORDIC WALKING TEAM	K60+	3			00:07:54	00:45:57	01:25:25	02:05:38	02:46:43.11	+00:30:56 (18.6%)	7:54	7.6 (81.7%)
35	ŻEBROWSKA Justyna	659	NOWI SIEDLCE	K30-39	4			00:07:55	00:45:56	01:25:00	02:05:39	02:48:04.50	+00:32:18 (19.2%)	7:57	7.5 (80.6%)
36	ŚWIRSZCZ Tomasz	651	KS METRACO POLKOWICE	M60+	4			00:08:02	00:46:22	01:25:38	02:06:34	02:49:10.60	+00:33:24 (19.7%)	8:01	7.5 (80.6%)

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

Znaleziono 54 wynik(ów)