



# HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT  
WIELKOPOLSKI CENTRUM SPORTU

**Organizator:** PFNW  
**Data:** 2015-09-12  
**Miejsce:** Hajnówka  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>KOLASA Wojciech</b>	<b>817</b>	FIZJO-PLUS TEAM	M 40-49	1			00:00:13	00:06:29	00:39:37	01:12:07	01:44:46	<b>02:17:38</b>	<b>02:17:51</b>		6:31	9.2 (100%)
2	<b>NALEPKA Jerzy</b>	<b>827</b>	PITBULL WALKING - SANOK	M 60+	1			00:00:18	00:06:34	00:39:35	01:12:01	01:44:43	<b>02:18:04</b>	<b>02:18:22</b>	+00:00:26 (0.3%)	6:32	9.2 (100%)
3	<b>DZIEDZEWICZ Andrzej</b>	<b>804</b>	KGHM METRACO POLKOWICE	M 30-39	1			00:00:13	00:06:32	00:39:38	01:12:08	01:44:47	<b>02:18:21</b>	<b>02:18:34</b>	+00:00:43 (0.5%)	6:33	9.2 (100%)
4	<b>STUPNOWICZ Przemek</b>	<b>842</b>	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:12	00:06:29	00:39:40	01:12:40	01:47:02	<b>02:21:31</b>	<b>02:21:43</b>	+00:03:53 (2.7%)	6:42	8.9 (96.7%)
5	<b>BOGACKI Sławek</b>	<b>802</b>	ENERGA NW TEAM	M 40-49	2			00:00:14	00:06:30	00:40:16	01:13:47	01:48:02	<b>02:22:36</b>	<b>02:22:50</b>	+00:04:58 (3.5%)	6:45	8.9 (96.7%)
6	<b>LENZ Andrzej</b>	<b>823</b>	DĄBROWA NORDIC TEAM	M 50-59	1			00:00:15	00:06:46	00:40:36	01:14:32	01:49:05	<b>02:23:44</b>	<b>02:23:59</b>	+00:06:06 (4.2%)	6:48	8.8 (95.7%)
7	<b>ZAGAJA Janusz</b>	<b>853</b>	KGHM METRACO POLKOWICE	M 60+	2			00:00:18	00:06:33	00:39:36	01:12:37	01:47:16	<b>02:24:06</b>	<b>02:24:24</b>	+00:06:28 (4.5%)	6:49	8.8 (95.7%)
8	<b>WRÓBEL Łukasz</b>	<b>851</b>	KB BIAŁA BIEGA	M 30-39	2			00:00:13	00:06:32	00:40:27	01:15:18	01:52:36	<b>02:29:23</b>	<b>02:29:36</b>	+00:11:45 (7.9%)	7:04	8.5 (92.4%)
9	<b>SOBKOWSKI Janusz</b>	<b>837</b>	SILESIA NORDIC TEAM	M 60+	3			00:00:17	00:06:45	00:41:36	01:17:28	01:53:32	<b>02:29:24</b>	<b>02:29:41</b>	+00:11:46 (7.9%)	7:04	8.5 (92.4%)
10	<b>KACZKOWSKI Zbigniew</b>	<b>814</b>	MARSZPOZDROWIE	M 30-39	3			00:00:12	00:06:51	00:41:46	01:17:26	01:53:36	<b>02:29:46</b>	<b>02:29:58</b>	+00:12:08 (8.1%)	7:05	8.5 (92.4%)
11	<b>ŚLUSARCZYK Marcin</b>	<b>845</b>	WESOŁY BORSUK TEAM	M 30-39	4			00:00:12	00:06:47	00:42:24	01:18:06	01:54:06	<b>02:30:04</b>	<b>02:30:16</b>	+00:12:26 (8.3%)	7:06	8.4 (91.3%)
12	<b>KOWALCZYK Mariusz</b>	<b>821</b>	GREEN TEAM ZIELONA GÓRA	M 40-49	3			00:00:14	00:06:54	00:42:01	01:17:25	01:53:30	<b>02:30:18</b>	<b>02:30:32</b>	+00:12:40 (8.4%)	7:07	8.4 (91.3%)
13	<b>KACORZYK Władysław</b>	<b>813</b>	SILESIA NORDIC TEAM	M 50-59	2			00:00:16	00:06:57	00:42:42	01:18:38	01:54:53	<b>02:31:06</b>	<b>02:31:22</b>	+00:13:28 (8.9%)	7:09	8.4 (91.3%)
14	<b>BAJER Piotr</b>	<b>800</b>	BRAN-FROM TEAM	M 50-59	3			00:00:15	00:07:02	00:42:46	01:18:41	01:55:01	<b>02:32:38</b>	<b>02:32:53</b>	+00:15:00 (9.8%)	7:14	8.3 (90.2%)
15	<b>WOJCIECHOWSKI Tadeusz</b>	<b>850</b>	DĄBROWA NORDIC TEAM	M 60+	4			00:00:17	00:06:54	00:42:43	01:18:39	01:55:30	<b>02:32:53</b>	<b>02:33:10</b>	+00:15:15 (10.0%)	7:14	8.3 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													netto	brutto			
16	<b>KLIMCZEWSKI Marek</b>	<b>816</b>	FOREVER YOUNG ŁÓDŹ	M 50-59	4			00:00:16	00:06:49	00:40:58	01:17:32	01:54:25	<b>02:33:38</b>	<b>02:33:54</b>	+00:16:00 (10.4%)	7:16	8.2 (89.1%)
17	<b>JANCZYK Małgorzata</b>	<b>809</b>	FOREVER YOUNG ŁÓDŹ	K 30-39	1			00:01:29	00:06:57	00:43:43	01:20:51	01:58:49	<b>02:36:10</b>	<b>02:37:39</b>	+00:18:32 (11.9%)	7:24	8.1 (88.0%)
18	<b>STĘPIEŃ Lucyna</b>	<b>840</b>	KGHM METRACO POLKOWICE	K 50-59	1			00:01:33	00:07:13	00:44:17	01:21:24	01:59:11	<b>02:36:46</b>	<b>02:38:19</b>	+00:19:08 (12.2%)	7:25	8.1 (88.0%)
19	<b>MÓL Wioletta</b>	<b>826</b>	SILESIA NORDIC TEAM	K 40-49	1			00:01:32	00:07:08	00:43:26	01:20:46	01:58:45	<b>02:37:04</b>	<b>02:38:36</b>	+00:19:26 (12.4%)	7:26	8.1 (88.0%)
20	<b>KARASIEWICZ Irena</b>	<b>815</b>	BRAN-FROM TEAM	K 50-59	2			00:01:33	00:07:31	00:44:47	01:22:27	02:00:48	<b>02:38:34</b>	<b>02:40:07</b>	+00:20:56 (13.2%)	7:30	8 (87.0%)
21	<b>WYSOCKI Paweł</b>	<b>829</b>		M 18-29	2			00:00:13	00:06:56	00:42:16	01:20:33	02:00:06	<b>02:39:23</b>	<b>02:39:36</b>	+00:21:45 (13.6%)	7:33	7.9 (85.9%)
22	<b>STEPCZYŃSKA Angelika</b>	<b>838</b>	THE BEST - MY IDZIEMY I CZEŚĆ	K 30-39	2			00:01:29	00:07:36	00:44:45	01:22:08	02:00:26	<b>02:39:42</b>	<b>02:41:11</b>	+00:22:04 (13.8%)	7:34	7.9 (85.9%)
23	<b>JASIŃSKI Marian</b>	<b>812</b>	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 60+	5			00:00:16	00:07:20	00:45:03	01:23:09	02:02:08	<b>02:42:04</b>	<b>02:42:20</b>	+00:24:26 (15.1%)	7:40	7.8 (84.8%)
24	<b>SARNOWSKA Wanda</b>	<b>834</b>	GREEN TEAM	K 50-59	3			00:01:33	00:07:35	00:45:31	01:23:52	02:02:30	<b>02:42:07</b>	<b>02:43:40</b>	+00:24:29 (15.1%)	7:40	7.8 (84.8%)
25	<b>KOSTRZEBA Mieczysław</b>	<b>820</b>	FOREVER YOUNG	M 50-59	5			00:00:16	00:06:54	00:42:07	01:19:44	02:00:40	<b>02:43:47</b>	<b>02:44:03</b>	+00:26:09 (16.0%)	7:45	7.7 (83.7%)
26	<b>KOMAJDA Jarosław</b>	<b>818</b>	GOSIR OSIELSKO	M 50-59	6			00:00:17	00:07:16	00:45:08	01:23:55	02:03:54	<b>02:43:54</b>	<b>02:44:11</b>	+00:26:16 (16.0%)	7:46	7.7 (83.7%)
27	<b>SZCZEŚNIAK Michał</b>	<b>843</b>	CHOSZCZÓWKA	M 40-49	4			00:00:14	00:07:01	00:45:00	01:22:09	02:01:38	<b>02:43:58</b>	<b>02:44:12</b>	+00:26:20 (16.1%)	7:46	7.7 (83.7%)
28	<b>SZULC Alicja</b>	<b>844</b>	MOSIR MŁAWA	K 30-39	3			00:01:29	00:07:19	00:44:40	01:23:12	02:02:55	<b>02:44:18</b>	<b>02:45:47</b>	+00:26:40 (16.2%)	7:47	7.7 (83.7%)
29	<b>GÓRSKA Weronika</b>	<b>807</b>	GOSIR OSIELSKO	K 18-29	1			00:01:29	00:07:44	00:45:37	01:25:05	02:04:51	<b>02:44:48</b>	<b>02:46:17</b>	+00:27:10 (16.5%)	7:48	7.7 (83.7%)
30	<b>CHEĆKO Ewa</b>	<b>857</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	K 30-39	4			00:01:31	00:07:55	00:46:44	01:26:26	02:06:00	<b>02:45:03</b>	<b>02:46:34</b>	+00:27:25 (16.6%)	7:49	7.7 (83.7%)
31	<b>REJMAN Dorota</b>	<b>831</b>	NORDIC ACTIVE TARNOBRZEG	K 30-39	5			00:01:30	00:07:34	00:45:35	01:24:25	02:04:58	<b>02:45:30</b>	<b>02:47:00</b>	+00:27:52 (16.8%)	7:50	7.6 (82.6%)
32	<b>JANKOWSKA Katarzyna</b>	<b>810</b>	MOSIR	K 50-59	4			00:01:34	00:08:06	00:46:35	01:25:33	02:05:36	<b>02:45:58</b>	<b>02:47:32</b>	+00:28:20 (17.1%)	7:51	7.6 (82.6%)
33	<b>CZYCZ Emilia</b>	<b>803</b>	GREEN TEAM	K 60+	1			00:01:34	00:07:22	00:44:44	01:23:20	02:04:37	<b>02:46:16</b>	<b>02:47:50</b>	+00:28:38 (17.2%)	7:52	7.6 (82.6%)
34	<b>WITKOWSKA Maria</b>	<b>849</b>	STADION ŚLĄSKI	K 60+	2			00:01:35	00:07:42	00:46:49	01:26:08	02:06:09	<b>02:46:17</b>	<b>02:47:52</b>	+00:28:39 (17.2%)	7:52	7.6 (82.6%)
35	<b>KOSTKA Maria</b>	<b>819</b>	DĄBROWA NORDIC TEAM	K 30-39	6			00:01:30	00:07:41	00:46:41	01:26:16	02:06:37	<b>02:48:08</b>	<b>02:49:38</b>	+00:30:30 (18.1%)	7:58	7.5 (81.5%)
36	<b>WYŁUPSKI Zbigniew</b>	<b>852</b>	PATYCZAKI	M 60+	6			00:00:18	00:07:47	00:48:04	01:28:38	02:09:15	<b>02:50:18</b>	<b>02:50:36</b>	+00:32:40 (19.2%)	8:04	7.4 (80.4%)
37	<b>ZDRZAŁEK Małgorzata</b>	<b>855</b>	STADION ŚLĄSKI	K 40-49	2			00:01:32	00:07:50	00:47:24	01:27:22	02:07:59	<b>02:50:29</b>	<b>02:52:01</b>	+00:32:51 (19.3%)	8:04	7.4 (80.4%)
38	<b>ROMANIUK Joanna</b>	<b>832</b>	KIJFANKI	K 40-49	3			00:01:32	00:07:43	00:46:51	01:26:50	02:08:33	<b>02:53:14</b>	<b>02:54:46</b>	+00:35:36 (20.6%)	8:12	7.3 (79.3%)
39	<b>SAWICKA Urszula</b>	<b>835</b>	STOWARZYSZENIE AIL'OMEGA"-KIJ-FANKI	K 30-39	7			00:01:31	00:08:00	00:46:37	01:26:25	02:08:33	<b>02:53:16</b>	<b>02:54:47</b>	+00:35:38 (20.6%)	8:12	7.3 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
40	<b>WAJS Jerzy</b>	<b>847</b>	NW CIECHANÓW	M 50-59	7			00:00:15	00:07:56	00:48:11	01:28:58	02:11:00	<b>02:53:54</b>	<b>02:54:09</b>	+00:36:16 (20.9%)	8:14	7.3 (79.3%)
41	<b>GRYGORIEVA Liudmyla</b>	<b>808</b>	DĄBROWA NORDIC TEAM	K 60+	3			00:01:34	00:07:46	00:47:38	01:28:43	02:10:38	<b>02:54:19</b>	<b>02:55:53</b>	+00:36:41 (21.0%)	8:15	7.3 (79.3%)
42	<b>KUCYPERA Dagmara</b>	<b>822</b>	DĄBROWA NORDIC TEAM	K 40-49	4			00:01:32	00:07:53	00:49:20	01:31:03	02:13:35	<b>02:56:15</b>	<b>02:57:47</b>	+00:38:37 (21.9%)	8:21	7.2 (78.3%)
43	<b>JARONIEK- BEDYK Wiesława</b>	<b>811</b>	FOREVER YOUNG ŁÓDŹ	K 60+	4			00:01:35	00:07:48	00:47:40	01:28:53	02:12:02	<b>02:56:45</b>	<b>02:58:20</b>	+00:39:07 (22.1%)	8:22	7.2 (78.3%)
44	<b>ZAWADZKA Maria</b>	<b>854</b>	KGHM METRACO POLKOWICE	K 60+	5			00:01:35	00:08:13	00:50:42	01:32:24	02:14:18	<b>02:57:29</b>	<b>02:59:04</b>	+00:39:51 (22.5%)	8:24	7.1 (77.2%)
45	<b>STUPNOWICZ Joanna</b>	<b>841</b>	FOREVER YOUNG ŁÓDŹ	K 40-49	5			00:01:31	00:08:18	00:51:28	01:34:33	02:18:26	<b>03:03:07</b>	<b>03:04:38</b>	+00:45:29 (24.8%)	8:40	6.9 (75.0%)
46	<b>UKLEJEWSKA Agnieszka</b>	<b>846</b>	GOSIR OSIELSKO	K 30-39	8			00:01:30	00:08:15	00:51:28	01:36:01	02:22:40	<b>03:12:32</b>	<b>03:14:02</b>	+00:54:54 (28.5%)	9:07	6.6 (71.7%)
47	<b>NOWAK Jan</b>	<b>828</b>	CHOSZCZÓWKA	M 60+	7			00:00:17	00:08:14	00:52:27	01:40:26	02:28:59	<b>03:16:29</b>	<b>03:16:46</b>	+00:58:51 (30.0%)	9:18	6.4 (69.6%)
48	<b>ANDROSIUK Krzysztof</b>	<b>858</b>		M 18-29	3			00:00:12	00:08:51	00:56:52	01:47:42	02:43:07	<b>03:43:32</b>	<b>03:43:44</b>	+01:25:54 (38.4%)	10:35	5.7 (62.0%)

Znaleziono 48 wynik(ów)