



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

B4SPORT
INTELEKTUALNE USŁUGI SPORTOWE

Organizator: PFNW
Data: 2015-08-08
Miejsce: Osielsko
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.56km	1.12km	6.12km	11.12km	16.12km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Krzysztof	769	KGHM METRACO POLKOWICE	M 50-59	1			00:00:09	00:03:18	00:06:39	00:38:36	01:10:46	01:43:43	02:17:41	02:17:50		6:31	9.2 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	710	BIEGAMYRAZEM.PL	M 50-59	2			00:00:12	00:03:39	00:07:15	00:40:07	01:12:48	01:45:56	02:20:12	02:20:24	+00:02:31 (1.8%)	6:38	9 (97.8%)
3	WIŚNIEWSKI Jacek	620	NORDIC ACTIVE TARNOBRZEG	M 50-59	3			00:00:12	00:03:40	00:07:16	00:40:12	01:13:04	01:47:19	02:23:44	02:23:56	+00:06:03 (4.2%)	6:48	8.8 (95.7%)
4	STUPNOWICZ Przemek	778	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:05	00:03:41	00:07:17	00:41:53	01:16:50	01:51:07	02:26:03	02:26:08	+00:08:22 (5.7%)	6:55	8.7 (94.6%)
5	MRÓZ Katarzyna	744	NORDIC DEVELOPMENT	K 40-49	1			00:01:46	00:03:31	00:07:03	00:40:48	01:15:31	01:50:43	02:26:32	02:28:18	+00:08:51 (6.0%)	6:56	8.6 (93.5%)
6	BOGACKI Sławek	706	ENERGA NW TEAM	M 40-49	1			00:00:08	00:03:42	00:07:20	00:41:48	01:16:52	01:51:37	02:26:56	02:27:04	+00:09:15 (6.3%)	6:57	8.6 (93.5%)
7	NALEPKA Jerzy	745	PITBULL WALKING - SANOK	M 60+	1			00:00:14	00:03:40	00:07:13	00:40:46	01:15:41	01:51:22	02:27:40	02:27:54	+00:09:59 (6.8%)	6:59	8.6 (93.5%)
8	LENZ Andrzej	739	DĄBROWA NORDIC TEAM	M 50-59	4			00:00:10	00:03:44	00:07:26	00:42:01	01:17:03	01:52:30	02:28:57	02:29:07	+00:11:16 (7.6%)	7:03	8.5 (92.4%)
9	KOŁODZIEJCZAK Beata	724		K 40-49	2			00:01:45	00:03:33	00:07:12	00:42:02	01:17:34	01:53:46	02:31:00	02:32:45	+00:13:19 (8.8%)	7:09	8.4 (91.3%)
10	GALIŃSKI Rafał	525	DĄBROWA NORDIC TEAM	M 40-49	2			00:00:10	00:03:45	00:07:24	00:42:30	01:18:35	01:54:39	02:31:40	02:31:50	+00:13:59 (9.2%)	7:11	8.3 (90.2%)
11	ŻYWICKI Marcin	628	BŁĘKITNI NW DZIEMIANY	M 30-39	1			00:00:06	00:03:50	00:07:37	00:42:30	01:18:34	01:54:58	02:32:00	02:32:06	+00:14:19 (9.4%)	7:12	8.3 (90.2%)
12	KACZKOWSKI Zbigniew	723	MARSZPOZDROWIE	M 30-39	2	1		00:00:06	00:03:47	00:07:33	00:42:36	01:18:22	01:54:56	02:32:24	02:32:30	+00:14:43 (9.7%)	7:13	8.3 (90.2%)
13	PIOTROWSKI Michał	621	PENDOLINO	M 30-39	3			00:00:05	00:03:46	00:07:28	00:42:20	01:17:45	01:56:01	02:34:46	02:34:51	+00:17:05 (11.0%)	7:20	8.2 (89.1%)
14	ROGAŁSKI Piotr	763	GDYNIA MOJE MIASTO	M 40-49	3			00:00:09	00:03:43	00:07:23	00:41:43	01:17:06	01:53:55	02:34:48	02:34:57	+00:17:07 (11.1%)	7:20	8.2 (89.1%)
15	WRÓBEL Łukasz	364		M 30-39	4			00:00:05	00:03:41	00:07:25	00:43:12	01:19:34	01:56:46	02:35:26	02:35:31	+00:17:45 (11.4%)	7:21	8.1 (88.0%)
16	BAJER Piotr	702	BRAN-FROM TEAM	M 50-59	5			00:00:11	00:03:55	00:07:54	00:43:45	01:20:52	01:58:30	02:36:47	02:36:58	+00:19:06 (12.2%)	7:25	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.56km	1.12km	6.12km	11.12km	16.12km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
														21.1km	21.1km			
16	ŚLUSARCZYK Marcin	714	WESOŁY BORSUK TEAM	M 30-39	5			00:00:07	00:03:50	00:07:44	00:44:19	01:21:14	01:58:33	02:36:47	02:36:54	+00:19:06 (12.2%)	7:25	8.1 (88.0%)
18	ZAGAJA Janusz	753	KGHM METRACO POLKOWICE	M 60+	2			00:00:13	00:03:32	00:07:04	00:41:24	01:18:34	01:57:25	02:38:00	02:38:13	+00:20:19 (12.9%)	7:29	8 (87.0%)
19	SMUS Damian	770	UCZELNIA WARSZAWSKA	M 18-29	2			00:00:12	00:03:46	00:07:34	00:42:44	01:18:25	01:56:26	02:38:32	02:38:44	+00:20:51 (13.2%)	7:30	8 (87.0%)
20	GALIŃSKA Tatiana	713	DĄBROWA NORDIC TEAM	K 40-49	3			00:01:44	00:03:47	00:07:39	00:44:32	01:22:37	02:01:04	02:39:22	02:41:06	+00:21:41 (13.6%)	7:33	7.9 (85.9%)
21	SOBKOWSKI Janusz	771	SILESIA NORDIC TEAM	M 60+	3			00:00:16	00:03:46	00:07:34	00:43:56	01:22:23	02:01:59	02:40:50	02:41:06	+00:23:09 (14.4%)	7:37	7.9 (85.9%)
22	STOPA Joanna	629	BŁĘKITNI NW DZIEMIANY	K 18-29	1			00:01:41	00:03:45	00:07:41	00:45:06	01:23:15	02:01:57	02:41:11	02:42:52	+00:23:30 (14.6%)	7:38	7.9 (85.9%)
23	ZACZYŃSKA Anna	374	KGHM METRACO POLKOWICE	K 30-39	1			00:01:47	00:03:32	00:07:09	00:44:28	01:22:34	02:01:50	02:41:35	02:43:22	+00:23:54 (14.8%)	7:39	7.8 (84.8%)
24	BIAŁAS Klaudia	704	SILESIA NORDIC TEAM	K 18-29	2			00:01:42	00:03:47	00:07:40	00:45:05	01:23:50	02:03:00	02:41:48	02:43:30	+00:24:07 (14.9%)	7:40	7.8 (84.8%)
25	WEŁNICKI Waldemar	717	GOSIR OSIELSKO	M 40-49	4			00:00:08	00:03:41	00:07:23	00:43:45	01:22:26	02:02:06	02:41:56	02:42:04	+00:24:15 (15.0%)	7:40	7.8 (84.8%)
26	KOMAJDA Jarosław	729	GOSIR OSIELSKO	M 50-59	6			00:00:11	00:03:54	00:07:55	00:46:07	01:24:11	02:02:40	02:42:04	02:42:15	+00:24:23 (15.0%)	7:40	7.8 (84.8%)
27	LEWANDOWSKI Robert	154	GOSIR OSIELSKO	M 30-39	6	1		00:00:07	00:03:50	00:07:40	00:44:35	01:22:55	02:02:23	02:43:24	02:43:31	+00:25:43 (15.7%)	7:44	7.7 (83.7%)
28	KOWALCZYK Mariusz	735	GREEN TEAM ZIELONA GÓRA	M 40-49	5			00:00:08	00:03:45	00:07:39	00:44:32	01:22:18	02:01:49	02:43:58	02:44:06	+00:26:17 (16.0%)	7:46	7.7 (83.7%)
29	STĘPIEŃ Lucyna	366		K 50-59	1			00:01:50	00:04:05	00:08:13	00:46:19	01:25:37	02:04:44	02:44:08	02:45:58	+00:26:27 (16.1%)	7:46	7.7 (83.7%)
30	WESOŁOWSKI Wojciech	775	NIEZRZESZONY	M 60+	4	1		00:00:15	00:03:56	00:07:51	00:44:15	01:22:44	02:02:54	02:44:33	02:44:48	+00:26:52 (16.3%)	7:47	7.7 (83.7%)
31	ŁABĘCKI Edward	741	MOSIR RYPIN	M 60+	5			00:00:17	00:04:15	00:08:33	00:47:27	01:26:48	02:05:43	02:45:07	02:45:24	+00:27:26 (16.6%)	7:49	7.7 (83.7%)
32	SORN Łukasz	772	CHODZEZKIJAMI	M 18-29	3			00:00:04	00:03:56	00:08:04	00:47:14	01:25:51	02:06:07	02:45:47	02:45:51	+00:28:06 (16.9%)	7:51	7.6 (82.6%)
33	KACORZYK Władysław	722	SILESIA NORDIC TEAM	M 50-59	7			00:00:11	00:03:49	00:07:38	00:44:29	01:24:31	02:05:02	02:46:11	02:46:22	+00:28:30 (17.1%)	7:52	7.6 (82.6%)
34	KACZMAREK Elżbieta	623		K 50-59	2			00:01:50	00:04:06	00:08:14	00:46:36	01:26:10	02:06:15	02:46:32	02:48:22	+00:28:51 (17.3%)	7:53	7.6 (82.6%)
35	MOTYLSKA Aleksa	743	DRUŻYNA SZPIKU	K 18-29	3			00:01:42	00:03:46	00:07:43	00:45:38	01:23:58	02:03:07	02:46:37	02:48:19	+00:28:56 (17.4%)	7:53	7.6 (82.6%)
36	JANCZYK Małgorzata	731		K 30-39	2			00:01:43	00:03:51	00:07:45	00:45:42	01:24:34	02:05:01	02:46:50	02:48:33	+00:29:09 (17.5%)	7:54	7.6 (82.6%)
36	SARNOWSKA Wanda	767	GREEN TEAM ZIELONA GÓRA	K 50-59	3			00:01:49	00:04:13	00:08:23	00:47:23	01:26:53	02:06:39	02:46:50	02:48:39	+00:29:09 (17.5%)	7:54	7.6 (82.6%)
38	PIETRZYK Jarosław	757	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	7			00:00:05	00:03:45	00:07:32	00:43:58	01:23:10	02:04:38	02:47:16	02:47:21	+00:29:35 (17.7%)	7:55	7.6 (82.6%)
39	KARASIEWICZ Irena	726	BRAN-FROM TEAM	K 50-59	4	1		00:01:48	00:04:12	00:08:21	00:47:48	01:27:15	02:06:57	02:47:43	02:49:31	+00:30:02 (17.9%)	7:56	7.5 (81.5%)
40	KLIMCZEWSKI Marek	727	FOREVER YOUNG ŁÓDŹ	M 50-59	8			00:00:11	00:03:45	00:07:27	00:44:51	01:24:33	02:04:31	02:48:03	02:48:14	+00:30:22 (18.1%)	7:57	7.5 (81.5%)
41	STĘPCZYŃSKA Angelika	593	THE BEST-MY IDZIEMY I CZEŚĆ	K 30-39	3			00:01:44	00:04:06	00:08:17	00:47:38	01:27:01	02:07:21	02:48:50	02:50:34	+00:31:09 (18.5%)	8:00	7.5 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.56km	1.12km	6.12km	11.12km	16.12km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
42	GÓRSKA Weronika	715	GOSIR OSIELSKO	K 18-29	4			00:01:42	00:03:53	00:07:55	00:46:50	01:26:40	02:07:22	02:49:33	02:51:15	+00:31:52 (18.8%)	8:02	7.5 (81.5%)
43	ROSADZIŃSKA Natalia	764	UMP	K 18-29	5			00:01:41	00:04:04	00:08:15	00:47:21	01:27:33	02:08:37	02:49:47	02:51:28	+00:32:06 (18.9%)	8:02	7.5 (81.5%)
44	MARKIEWICZ Adam	742		M 40-49	6	1		00:00:10	00:03:53	00:07:54	00:46:19	01:26:36	02:08:08	02:50:56	02:51:06	+00:33:15 (19.5%)	8:06	7.4 (80.4%)
45	CZYCZ Emilia	709	GREEN TEAM ZIELONA GÓRA	K 60+	1			00:01:52	00:04:11	00:08:21	00:46:45	01:26:34	02:08:16	02:51:37	02:53:29	+00:33:56 (19.8%)	8:08	7.4 (80.4%)
46	PIEKARSKI Jakub	756	GOSIR OSIELSKO	M 18-29	4			00:00:05	00:03:49	00:07:48	00:45:48	01:24:54	02:05:49	02:52:15	02:52:20	+00:34:34 (20.1%)	8:09	7.3 (79.3%)
47	OGONOWSKI Paweł	751	NW CIECHANÓW	M 40-49	7	1		00:00:09	00:03:52	00:07:46	00:45:50	01:26:22	02:09:27	02:53:08	02:53:17	+00:35:27 (20.5%)	8:12	7.3 (79.3%)
48	KOPEĆ Dorota	627	BŁĘKITNI NW DZIEMIANY	K 18-29	6			00:01:43	00:04:03	00:08:14	00:47:02	01:27:34	02:09:46	02:53:46	02:55:29	+00:36:05 (20.8%)	8:14	7.3 (79.3%)
48	ŻUCHOWICZ Monika	349	DĄBROWA NORDIC TEAM	K 18-29	7			00:01:43	00:04:18	00:08:37	00:49:46	01:31:06	02:11:12	02:53:46	02:55:29	+00:36:05 (20.8%)	8:14	7.3 (79.3%)
50	KOSTKA Maria	734	DĄBROWA NORDIC TEAM	K 30-39	4			00:01:45	00:04:21	00:08:44	00:49:47	01:31:03	02:11:53	02:53:48	02:55:33	+00:36:07 (20.8%)	8:14	7.3 (79.3%)
51	AKSAMIT Jakub	701	FANATYK KONARY	M 18-29	5	1		00:00:13	00:03:57	00:08:00	00:47:10	01:28:59	02:11:12	02:55:05	02:55:18	+00:37:24 (21.4%)	8:17	7.2 (78.3%)
52	SZULC Alicja	780	MOSIR MŁAWA	K 30-39	5			00:01:44	00:03:56	00:07:59	00:47:16	01:27:54	02:12:35	02:56:06	02:57:50	+00:38:25 (21.8%)	8:20	7.2 (78.3%)
53	GRYGIEL Monika	716	FACE NORDIC WALKING TEAM	K 30-39	6			00:01:45	00:04:19	00:08:46	00:50:06	01:31:41	02:14:16	02:56:53	02:58:38	+00:39:12 (22.2%)	8:22	7.2 (78.3%)
54	BEDYK Czesław	703	FOREVER YOUNG ŁÓDŹ	M 60+	6			00:00:13	00:04:14	00:08:33	00:48:30	01:30:03	02:12:29	02:57:03	02:57:16	+00:39:22 (22.2%)	8:23	7.2 (78.3%)
55	WAJS Jerzy	752	NW CIECHANÓW	M 50-59	9			00:00:14	00:04:14	00:08:34	00:48:30	01:30:22	02:14:12	02:57:37	02:57:51	+00:39:56 (22.5%)	8:25	7.1 (77.2%)
56	WITKOWSKA Maria	765	STADION ŚLĄSKI	K 60+	2			00:01:51	00:04:14	00:08:29	00:49:06	01:31:51	02:15:30	02:58:02	02:59:53	+00:40:21 (22.7%)	8:26	7.1 (77.2%)
57	CIENNIK Wiktor	708	FOREVER YOUNG ŁÓDŹ	M 40-49	8			00:00:10	00:04:14	00:08:33	00:48:50	01:30:08	02:13:33	02:58:07	02:58:17	+00:40:26 (22.7%)	8:26	7.1 (77.2%)
58	JASIŃSKI Marian	720	K.S. ELBLĄSKIE WŁÓCZY-KIJE	M 60+	7			00:00:15	00:04:14	00:08:26	00:48:10	01:30:31	02:13:49	02:58:59	02:59:14	+00:41:18 (23.1%)	8:28	7.1 (77.2%)
59	PYZIK-KAPSZEWICZ Angelika	759	LKS ZANTYR SZTUM	K 18-29	8			00:01:41	00:04:02	00:08:12	00:47:20	01:28:43	02:12:52	02:59:31	03:01:12	+00:41:50 (23.3%)	8:30	7.1 (77.2%)
60	NESSEL Katarzyna	746	PATYCZAKI	K 40-49	4	1		00:01:49	00:04:40	00:09:07	00:49:58	01:32:03	02:15:32	02:59:32	03:01:21	+00:41:51 (23.3%)	8:30	7.1 (77.2%)
61	KULKA Maciej	738	FACE NORDIC WALKING TEAM	M 50-59	10			00:00:15	00:04:33	00:09:09	00:51:11	01:33:31	02:16:11	03:00:26	03:00:41	+00:42:45 (23.7%)	8:33	7 (76.1%)
62	WYŁUPSKI Zbigniew	718	PATYCZAKI	M 60+	8			00:00:17	00:04:31	00:09:04	00:48:56	01:31:46	02:15:38	03:02:08	03:02:25	+00:44:27 (24.4%)	8:37	7 (76.1%)
63	PAŁKA Leszek	619		M 60+	9			00:00:16	00:04:34	00:09:09	00:50:53	01:33:09	02:17:22	03:02:23	03:02:39	+00:44:42 (24.5%)	8:38	6.9 (75.0%)
64	KUCYPERA Dagmara	737	DĄBROWA NORDIC TEAM	K 40-49	5			00:01:48	00:04:33	00:09:04	00:51:23	01:34:28	02:18:25	03:02:50	03:04:38	+00:45:09 (24.7%)	8:39	6.9 (75.0%)
65	PERLIK Wiesław	755	INWB	M 60+	10			00:00:14	00:03:58	00:08:02	00:48:44	01:33:04	02:17:52	03:03:19	03:03:33	+00:45:38 (24.9%)	8:41	6.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.56km	1.12km	6.12km	11.12km	16.12km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
66	JARONIEK-BEDYK Wiesława	719	FOREVER YOUNG ŁÓDŹ	K 60+	3			00:01:51	00:04:20	00:08:41	00:50:29	01:33:51	02:19:22	03:06:07	03:07:58	+00:48:26 (26.0%)	8:49	6.8 (73.9%)
67	STĘPKOWSKI Andrzej	356	WŁÓCZYKIJE ELBLĄG	M 40-49	9			00:00:18	00:04:32	00:09:11	00:51:16	01:34:31	02:21:11	03:06:48	03:07:06	+00:49:07 (26.3%)	8:51	6.8 (73.9%)
68	ZAWADZKA Maria	748	KGHM METRACO POLKOWICE	K 60+	4			00:01:51	00:04:23	00:08:59	00:52:28	01:36:08	02:21:05	03:07:39	03:09:30	+00:49:58 (26.6%)	8:53	6.7 (72.8%)
69	STRZELECKI Sebastian	776	SAILING TEAM FERAJNA	M 40-49	10			00:00:08	00:04:38	00:09:26	00:54:01	01:38:35	02:24:43	03:10:34	03:10:42	+00:52:53 (27.8%)	9:01	6.6 (71.7%)
70	NOWAK Maciej	750	SAILING TEAM FERAJNA	M 30-39	8			00:00:07	00:04:38	00:09:26	00:53:55	01:38:34	02:24:41	03:10:35	03:10:42	+00:52:54 (27.8%)	9:01	6.6 (71.7%)
71	UKLEJEWSKA Agnieszka	758	GOSIR OSIELSKO	K 30-39	7			00:01:46	00:04:34	00:09:14	00:53:32	01:39:27	02:26:31	03:15:06	03:16:52	+00:57:25 (29.4%)	9:14	6.5 (70.7%)
72	ŚCIESIŃSKA Justyna	774	GOSIR OSIELSKO	K 40-49	6			00:01:47	00:04:30	00:08:57	00:52:06	01:37:36	02:26:34	03:17:00	03:18:47	+00:59:19 (30.1%)	9:20	6.4 (69.6%)
73	KORDALSKA Agata	733	PATYCZAKI	K 40-49	7	1		00:01:50	00:04:41	00:09:24	00:52:56	01:39:23	02:29:55	03:17:19	03:19:09	+00:59:38 (30.2%)	9:21	6.4 (69.6%)
74	STUPNOWICZ Joanna	777	FOREVER YOUNG ŁÓDŹ	K 40-49	8			00:01:49	00:04:35	00:09:14	00:54:49	01:45:04	02:33:23	03:25:29	03:27:18	+01:07:48 (33.0%)	9:44	6.2 (67.4%)
75	RZATKOWSKA Joanna	766	LKS ZANTYR SZTUM	K 40-49	9	1		00:01:53	00:05:02	00:10:01	00:59:30	01:48:58	02:37:27	03:26:28	03:28:21	+01:08:47 (33.3%)	9:47	6.1 (66.3%)
76	RADECKA Ilona	761		K 18-29	9			00:01:43	00:05:12	00:10:12	00:59:40	01:49:09	02:26:38	03:26:38	03:28:21	+01:08:57 (33.4%)	9:47	6.1 (66.3%)
77	NOWAKOWSKI Rafał	353	JEZIORKI AKTYWNA WIEŚ	M 30-39	9			00:00:06	00:04:16	00:08:41	00:50:53	01:34:58				+00:24:12	8:32	7 (76.1%)
78	NOWAKOWSKA Angelika	354	JEZIORKI AKTYWNA WIEŚ	K 30-39	8			00:01:45	00:04:19	00:08:39	00:52:19	01:38:00				+00:27:14	8:48	6.8 (73.9%)
	WARUSZEWSKI Karol	747	BIEGAJĄCY TCZEW	M 30-39				DNF	00:03:51 DNF	00:07:45 DNF	00:43:41 DNF	01:20:12 DNF	01:59:15 DNF	DNF	DNF		-	- (0.0%)
	PAWLAK Eryk	754	GOSIR OSIELSKO	M 50-59				DNF	00:04:34 DNF	00:09:10 DNF	00:51:40 DNF	01:37:08 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKA Agnieszka	736	FACE NORDIC WALKING TEAM	K 40-49		1		DNF	00:04:40 DNF	00:09:21 DNF	00:53:43 DNF	01:40:40 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 81 wynik(ów)