



# IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

B4SPORT

**Organizator:** PFNW  
**Data:** 2017-04-08  
**Miejsce:** Jastrowie  
**Dystans:** 42.195 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 26,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km
1	MICHALEC Marcin	232	KKB MOSIR KROSNO	M18-29			00:00:01	00:30:16	01:05:30	01:40:40	02:15:18	02:48:58
2	DZIEDIEWICH Andrzej	233		M30-39			00:00:02	00:30:15	01:05:28	01:40:37	02:15:17	02:49:55
3	KORDOWSKI Piotr	31	DYNAMIC	M40-49			00:00:03	00:30:15	01:05:27	01:40:41	02:17:00	02:54:45
4	NIEPOKÓJ Radosław	47	OSP WROCANKA	M18-29	2		00:00:02	00:30:58	01:06:48	01:42:44	02:18:36	02:54:57
5	DEPKA-PRĄDZYŃSKI Olgierd	15	BIEGAMYRAZEM	M55-59			00:00:07	00:33:28	01:10:10	01:45:21	02:21:06	02:57:51
6	MICHALSKI Andrzej	43		M55-59			00:00:06	00:33:30	01:10:15	01:45:53	02:22:36	03:00:07
7	NIECHWIEJCZYK Piotr	46	OPEL ACTIVE TEAM	M40-49			00:00:04	00:32:36	01:09:06	01:45:53	02:22:35	03:00:08
8	CZŁONKOWSKI Krzysztof	13	OLIMPIJCZYK SZCZĘKOCINY	M40-49			00:00:04	00:33:34	01:10:19	01:47:40	02:25:49	03:05:44
9	WIŚNIEWSKI Jacek	87	UKS SIEDLESZCZANY	M50-54			00:00:05	00:33:32	01:10:18	01:47:40	02:25:49	03:05:46
10	PUSZKIEL Leszek	58	GREEN TEAM	M60-64			00:00:08	00:32:51	01:09:57	01:47:23	02:26:22	03:06:51
11	BOGACKI Sławek	4	ENERGA NW TEAM	M40-49			00:00:04	00:33:33	01:10:34	01:48:35	02:27:51	03:07:49
12	GAJEWSKI Eugeniusz	18	KS METRACO POLKOWICE	M60-64			00:00:08	00:32:31	01:09:01	01:46:26	02:26:16	03:07:52
13	PIOTROWSKI Michał	55	FACE NORDIC WALKING TEAM	M30-39			00:00:03	00:33:44	01:11:52	01:50:10	02:28:35	03:08:04
14	NALEPKA Jerzy	234	FACE NORDIC WALKING TEAM	M65+			00:00:09	00:34:20	01:12:57	01:52:02	02:30:48	03:09:47
15	ŚWISŁOCKI Bogdan	80	FACE NORDIC WALKING TEAM	M55-59			00:00:07	00:33:42	01:11:41	01:50:05	02:29:11	03:09:48
16	MITURA-ZIELONKA Paweł	44	RYBNICKI KLUB NORDIC WALKING	M30-39			00:00:02	00:35:25	01:13:35	01:50:53	02:29:43	03:10:26
17	SŁOMIAN Leszek	67	UNIA MIAST	M55-59			00:00:04	00:34:17	01:12:37	01:51:56	02:31:17	03:12:00
18	PASIKOWSKA Mariola	50	POSITIVE ENERGY	K30-39			00:01:32	00:33:59	01:13:08	01:53:03	02:33:41	03:14:44
19	ZAGAJA Janusz	90	WESOŁY BORSUK TEAM	M60-64			00:00:08	00:33:50	01:12:46	01:53:10	02:33:40	03:16:07
20	SZCZEBAK Jacek	76	UNIA MIAST	M40-49			00:00:04	00:34:16	01:13:30	01:53:45	02:34:52	03:16:19
21	MAKOWSKI Jan	41	RYBNICKI KLUB NORDIC WALKING	M55-59			00:00:05	00:33:42	01:12:48	01:53:17	02:35:11	03:16:44
22	SPYCHAŁA Marzena	68	WESOŁY BORSUK TEAM	K40-49			00:01:32	00:35:18	01:15:26	01:56:02	02:36:54	03:18:15
23	MORAWSKI Bartosz	93	KS IDMAR	M30-39			00:00:03	00:34:13	01:14:07	01:54:34	02:35:16	03:19:21
24	DZIADEK Remigiusz	16		M50-54			00:00:10	00:34:39	01:14:16	01:54:23	02:36:08	03:19:55

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km
25	<b>FOLWARSKI Andrzej</b>	<b>17</b>	FACE NORDIC WALKING TEAM	M55-59			00:00:07	00:35:04	01:14:58	01:55:49	02:37:31	03:20:07
26	<b>SKRYCKA Katarzyna</b>	<b>66</b>	KS METRACO POLKOWICE	K30-39			00:01:33	00:35:48	01:15:47	01:56:09	02:37:27	03:20:41
27	<b>ŁUKASZEWICZ Joanna</b>	<b>37</b>	GREEN TEAM ZIELONA GÓRA	K40-49			00:01:33	00:35:21	01:15:54	01:56:27	02:38:09	03:20:54
28	<b>RADWAN Piotr</b>	<b>231</b>	KKB DYSTANS KRAKÓW	M50-54	1		00:00:13	00:36:12	01:16:53	01:57:52	02:38:54	03:21:05
29	<b>KOŁODZIEJ Joanna</b>	<b>30</b>	FABRIKANORDIKA	K40-49			00:01:33	00:36:33	01:17:30	01:58:17	02:40:02	03:22:10
30	<b>STĘPIEŃ Lucyna</b>	<b>71</b>	KS METRACO POLKOWICE	K60-64			00:01:39	00:36:20	01:17:07	01:58:23	02:40:13	03:22:52
31	<b>STEFANICKI Marek</b>	<b>69</b>		M55-59			00:00:08	00:35:40	01:15:55	01:57:01	02:38:54	03:23:01
32	<b>WESOŁOWSKI Wojciech</b>	<b>85</b>	NORDIC TEAM GNIEZNO	M65+			00:00:10	00:35:47	01:16:39	01:57:28	02:38:59	03:23:02
33	<b>KACZMARCZYK-PIASECKA Renata</b>	<b>27</b>	CZARNE PANTERY	K40-49			00:01:34	00:38:02	01:20:01	02:00:58	02:42:06	03:23:28
34	<b>STOPA Joanna</b>	<b>73</b>	BŁĘKITNI DZIEMIANY	K18-29			00:01:32	00:37:03	01:18:34	01:59:55	02:41:49	03:23:59
35	<b>BOCZAR Beata</b>	<b>3</b>	GREEN TEAM ZIELONA GÓRA	K50-54			00:01:33	00:36:53	01:17:52	01:59:46	02:41:53	03:24:26
36	<b>REJMAN Dorota</b>	<b>61</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39			00:01:35	00:36:27	01:17:16	01:58:49	02:41:24	03:24:55
37	<b>TOMCZYK Edward</b>	<b>82</b>	MARSZ PO ZDROWIE POZNAŃ	M65+			00:00:08	00:35:49	01:16:43	01:57:39	02:39:30	03:25:52
38	<b>WOLNIEWICZ Katarzyna</b>	<b>89</b>	FABRIKANORDIKA	K40-49	1		00:01:34	00:37:34	01:19:26	02:01:02	02:43:20	03:27:09
39	<b>WITKOWSKA Maria</b>	<b>88</b>	UNIA MIAST	K60-64			00:01:40	00:37:24	01:19:57	02:01:46	02:44:17	03:27:19
40	<b>KOWALSKI Marek</b>	<b>34</b>	UNIA MIAST	M50-54			00:00:08	00:38:59	01:21:21	02:03:20	02:45:49	03:29:58
41	<b>ŁOPATKIEWICZ Beata</b>	<b>97</b>		K50-54			00:01:33	00:36:54	01:18:41	02:01:33	02:45:00	03:30:30
42	<b>WEŻGOWIEC Jacek</b>	<b>86</b>		M50-54			00:00:11	00:35:00	01:16:39	02:00:01	02:44:55	03:31:08
43	<b>BUCZKOWSKA Wiesława</b>	<b>7</b>	FOREST POLE WALKERS	K60-64			00:01:37	00:38:02	01:20:13	02:03:15	02:47:10	03:31:26
44	<b>PIERNICKA Krystyna</b>	<b>54</b>		K55-59	1		00:01:35	00:37:36	01:19:49	02:02:36	02:47:13	03:31:49
45	<b>SZCZODROWSKI Krzysztof</b>	<b>78</b>	FACE NORDIC WALKING TEAM	M50-54			00:00:04	00:36:18	01:18:52	02:02:27	02:47:23	03:32:40
46	<b>RESEMAN Sylwia</b>	<b>62</b>	FACE NORDIC WALKING TEAM	K40-49			00:01:38	00:38:54	01:22:27	02:05:43	02:49:19	03:34:12
47	<b>HINC Iwona</b>	<b>23</b>	FACE NORDIC WALKING TEAM	K40-49	1		00:01:37	00:37:35	01:20:33	02:04:16	02:49:16	03:34:31
48	<b>SZCZEPAŃSKA Anna</b>	<b>77</b>	SUCHA GÓRA	K40-49			00:01:38	00:38:56	01:22:48	02:06:49	02:50:50	03:35:35
49	<b>KOBIELA Daria</b>	<b>28</b>	'BŁĘKITNI' NW DZIEMIANY	K18-29			00:01:32	00:38:59	01:22:35	02:06:06	02:50:26	03:35:37
50	<b>SZYMAŃSKI Jacek</b>	<b>79</b>		M50-54			00:00:07	00:39:00	01:22:05	02:04:55	02:49:18	03:35:46
51	<b>BORKOWSKI Witold</b>	<b>6</b>	SAINT-GOBAIN SQUAD	M40-49			00:00:05	00:39:07	01:22:03	02:05:01	02:49:18	03:36:21
52	<b>STILLER Karol</b>	<b>72</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:00:03	00:40:28	01:24:01	02:07:30	02:51:56	03:37:02
53	<b>PIĄTKOWSKI Józef</b>	<b>53</b>	KS METRACO POLKOWICE	M65+			00:00:10	00:37:39	01:20:51	02:05:02	02:50:42	03:37:17
54	<b>KARASIEWICZ Irena</b>	<b>91</b>	FACE NORDIC WALKING TEAM	K50-54			00:01:36	00:38:27	01:21:48	02:06:18	02:51:52	03:37:53
55	<b>KRYSZCZUK Krzysztof</b>	<b>36</b>	LUKI TEAM SIEDLCE	M50-54			00:00:11	00:39:27	01:23:43	02:07:17	02:52:32	03:37:57
56	<b>ANTCZAK-KRETKOWSKA Maria</b>	<b>94</b>		K55-59			00:01:37	00:38:50	01:22:45	02:06:39	02:51:46	03:38:22
57	<b>ROSOŁEK Elżbieta</b>	<b>63</b>	GREEN TEAM ZIELONA GÓRA	K50-54			00:01:35	00:39:24	01:23:12	02:05:55	02:50:15	03:39:27
58	<b>KOTULA Jakub</b>	<b>32</b>	UNIA MIAST	M30-39			00:00:02	00:38:43	01:22:49	02:07:09	02:52:53	03:39:47
59	<b>BOROWSKI Marcin</b>	<b>235</b>	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	M30-39	1		00:00:03	00:38:45	01:22:05	02:07:02	02:52:20	03:39:52
60	<b>MARCINKOWSKI Wojciech</b>	<b>42</b>	UNIA MIAST	M40-49			00:00:05	00:39:22	01:23:44	02:07:22	02:53:07	03:40:26
61	<b>WACHOWIAK Sylwia</b>	<b>83</b>	DYNAMIC	K40-49			00:01:36	00:38:36	01:22:46	02:07:41	02:53:42	03:40:49
62	<b>GRYGIEL Monika</b>	<b>21</b>	FACE NORDIC WALKING TEAM	K30-39			00:01:34	00:37:32	01:21:37	02:06:19	02:53:00	03:41:51
63	<b>CZYCZ Emilia</b>	<b>14</b>	GREEN TEAM ZIELONA GÓRA	K65+			00:01:40	00:38:08	01:21:39	02:06:41	02:54:43	03:42:11

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km
64	<b>SULEJA Joanna</b>	<b>75</b>	SZWLA STARGARD	K55-59			00:01:37	00:38:14	01:21:44	02:06:46	02:54:47	03:42:15
65	<b>WAŁECKA Krystyna</b>	<b>92</b>	FACE NORDIC WALKING TEAM	K60-64	1		00:01:37	00:38:58	01:22:51	02:07:50	02:54:50	03:42:53
66	<b>REJ Anna</b>	<b>60</b>		K30-39			00:01:38	00:40:06	01:27:01	02:13:08	02:58:16	03:43:53
67	<b>RACZYŃSKA Aleksandra</b>	<b>59</b>	STADION ŚLĄSKI	K65+			00:01:39	00:38:08	01:22:25	02:08:38	02:56:30	03:44:50
68	<b>POSTEK Danuta</b>	<b>98</b>	MARSZ PO ZDROWIE	K50-54			00:01:35	00:39:48	01:25:08	02:11:09	02:59:01	03:47:56
69	<b>STRZELECKI Sebastian</b>	<b>74</b>	SAILING TEAM FERAJNA	M40-49			00:00:05	00:40:45	01:26:44	02:12:47	03:00:23	03:47:58
70	<b>KRETKOWSKI Waldemar</b>	<b>95</b>		M55-59	1		00:00:09	00:41:11	01:28:00	02:14:48	03:01:40	03:48:52
71	<b>JASOŃ Grażyna</b>	<b>99</b>		K55-59			00:01:39	00:40:03	01:27:14	02:14:32	03:02:44	03:50:38
72	<b>NOWAK Bartłomiej</b>	<b>49</b>	SAILING TEAM FERAJNA	M40-49			00:00:06	00:40:48	01:26:45	02:12:47	03:00:31	03:50:45
73	<b>GERLE-KOTULA Anna</b>	<b>19</b>	UNIA MIAST	K30-39			00:01:33	00:40:55	01:27:37	02:15:08	03:03:19	03:52:31
74	<b>PERLIK Wiesław</b>	<b>52</b>	GOSIR OSIELSKO	M60-64			00:00:11	00:39:23	01:23:28	02:08:39	02:57:37	03:52:52
75	<b>CEGŁA Zbyszko</b>	<b>8</b>	-	M60-64			00:00:10	00:40:59	01:27:05	02:14:27	03:03:29	03:52:59
76	<b>CHOLEWKA Jolanta</b>	<b>10</b>	MARSZ PO ZDROWIE POZNAŃ	K60-64			00:01:35	00:40:08	01:26:47	02:14:04	03:03:11	03:53:18
77	<b>JASIŃSKA Małgorzata</b>	<b>25</b>	FAMILY PARK	K50-54			00:01:36	00:40:06	01:27:03	02:13:12	03:01:24	03:53:29
78	<b>HAJNUS Wojciech</b>	<b>22</b>	DYNAMIC	M50-54			00:00:06	00:41:23	01:28:04	02:14:53	03:03:30	03:54:58
79	<b>NOWAK Maciej</b>	<b>48</b>	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49			00:00:06	00:42:17	01:30:08	02:18:21	03:06:57	03:56:08
80	<b>KOZŁOWSKA Agnieszka</b>	<b>35</b>	DYNAMIC	K40-49			00:01:36	00:42:39	01:28:34	02:15:53	03:05:01	03:56:30
81	<b>SERAFIN Anna</b>	<b>65</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	K30-39			00:01:34	00:43:15	01:29:48	02:17:40	03:05:57	03:57:20
82	<b>THOMALLA Bogdan</b>	<b>81</b>	SILESIA NORDIC TEAM	M65+			00:00:14	00:40:53	01:27:47	02:17:45	03:05:28	03:59:54
83	<b>MADAJCZAK Jarosław</b>	<b>40</b>		M40-49			00:00:07	00:42:51	01:30:58	02:23:43	03:12:01	04:01:46
84	<b>KOLEBUK Kazimierz</b>	<b>29</b>	TRZCIANKA.BIEGA	M65+			00:00:09	00:42:07	01:30:23	02:18:53	03:09:26	04:01:49
85	<b>BONZEL Dorota</b>	<b>5</b>	KLUB SZALONEJ DOROTKI	K30-39			00:01:33	00:44:10	01:32:48	02:22:08	03:13:12	04:06:13
86	<b>MAĆKOWIAK Aleksandra</b>	<b>39</b>	FACE NORDIC WALKING TEAM	K30-39			00:01:34	00:42:09	01:29:52	02:24:59	03:17:50	04:09:24
87	<b>MAĆKOWIAK Krystyna</b>	<b>38</b>	FACE NORDIC WALKING TEAM	K60-64			00:01:36	00:42:06	01:30:41	02:21:13	03:14:10	04:10:24
88	<b>CERANOWSKA Aga</b>	<b>9</b>	PSEUDOBIEGACZKI	K40-49	1		00:01:38	00:44:22	01:34:24	02:26:02	03:18:56	04:14:15
89	<b>BŁASZCZYK Katarzyna</b>	<b>96</b>	KIJANKI POZNAŃ	K40-49			00:01:40	00:44:13	01:33:27	02:25:31	03:18:56	04:14:16
	<b>BANASZKIEWICZ Katarzyna</b>	<b>2</b>	PILSCY MIŁOŚNICY NW	K40-49			DNF	00:35:47 DNF	01:17:24 DNF	01:59:31 DNF	02:43:07 DNF	DNF

Znaleziono 90 wynik(ów)