



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 5 KM

B4SPORT
WIELKOPOLSKIE ZWIĄZKI SPORTOWE

Wydarzenie: JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-18
Miejsce: Jarosławiec
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KNITTER Tomasz	44	BŁĘKITNI DZIEMIANY	M18-29	1			00:02:14	00:16:42	00:33:49.20	00:36:03.70		6:45	8.9 (100%)
2	WOROCH Roman	95	KS METRACO POLKOWICE	M55-59	1			00:03:31	00:16:47	00:33:59.95	00:37:31.40	+00:00:10 (0.5%)	6:48	8.8 (98.9%)
3	BRZOZOWSKI Piotr	3	AKTYWNI POSTOMINO	M30-39	1			00:02:32	00:16:32	00:34:00.10	00:36:32.20	+00:00:10 (0.5%)	6:48	8.8 (98.9%)
4	SANIUK Edward	69		M65-69	1			00:04:07	00:17:35	00:34:58.85	00:39:06.35	+00:01:09 (3.3%)	6:59	8.6 (96.6%)
5	ADAMCZYK Adam	1	PASJA NORDIC WALKING	M65-69	2			00:04:06	00:17:35	00:35:00.15	00:39:06.70	+00:01:10 (3.4%)	7:00	8.6 (96.6%)
6	BOGACKI Sławek	4	ENERGA NW TEAM	M40-44	1			00:02:47	00:17:20	00:35:18.10	00:38:05.10	+00:01:28 (4.2%)	7:03	8.5 (95.5%)
7	RAKUĆ Jakub	65	RUCH PO ZDROWIE WŁOCLAWEK	M18-29	2			00:02:14	00:17:02	00:35:28.05	00:37:42.55	+00:01:38 (4.6%)	7:05	8.5 (95.5%)
8	GAJEWSKI Eugeniusz	21	KS METRACO POLKOWICE	M60-64	1			00:03:47	00:17:35	00:36:01.10	00:39:48.85	+00:02:11 (6.1%)	7:12	8.3 (93.3%)
9	KOPCZEWSKI Dariusz	46	FACE NORDIC WALKING TEAM	M50-54	1			00:03:18	00:17:44	00:36:08.40	00:39:26.40	+00:02:19 (6.4%)	7:13	8.3 (93.3%)
10	KNITTER Michał	43	BŁĘKITNI DZIEMIANY	M-Jun.	1			00:01:55	00:17:45	00:36:18.30	00:38:13.35	+00:02:29 (6.8%)	7:15	8.3 (93.3%)
11	FRĄCKOWIAK Roman	19	ZS ROSKO	M45-49	1			00:03:02	00:18:06	00:36:32.40	00:39:34.40	+00:02:43 (7.4%)	7:18	8.2 (92.1%)
12	TOMCZYK Edward	88	MARSZ PO ZDROWIE POZNAŃ	M65-69	3			00:04:06	00:17:57	00:36:35.45	00:40:42.00	+00:02:46 (7.6%)	7:19	8.2 (92.1%)
13	GIERSZEWSKI Arkadiusz	23		M30-39	2			00:02:32	00:18:12	00:37:01.35	00:39:34.20	+00:03:12 (8.7%)	7:24	8.1 (91.0%)
14	DUSZEŃKO Zygmunt	14	KS METRACO POLKOWICE	M55-59	2			00:03:32	00:18:21	00:37:02.85	00:40:35.55	+00:03:13 (8.7%)	7:24	8.1 (91.0%)
15	SZUDARSKI Edward	20	DWA KIJE SŁUPSK	M55-59	3			00:03:31	00:18:21	00:37:15.75	00:40:47.40	+00:03:26 (9.2%)	7:27	8.1 (91.0%)

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16	KLARKOWSKI Bogdan	40	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-64	2			00:03:47	00:18:32	00:37:41.10	00:41:28.45	+00:03:51 (10.3%)	7:32	8 (89.9%)
17	DUSZEŃKO Damian	12	KS METRACO POLKOWICE	M- Niepełnosprawni(B)	1			00:04:45	00:18:34	00:37:45.50	00:42:31.45	+00:03:56 (10.4%)	7:33	7.9 (88.8%)
18	SZYMAŃSKI Stefan	84	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	M70+	1	1		00:04:23	00:18:33	00:37:47.60	00:42:11.50	+00:03:58 (10.5%)	7:33	7.9 (88.8%)
19	FRĄCKOWIAK Mateusz	18	ZS ROSKO	M-Jun.	2			00:01:55	00:18:08	00:37:59.45	00:39:54.55	+00:04:10 (11.0%)	7:35	7.9 (88.8%)
20	GRYGOROWICZ Bogdan	33	KS METRACO POLKOWICE	M65-69	4			00:04:07	00:18:42	00:38:02.20	00:42:09.75	+00:04:13 (11.1%)	7:36	7.9 (88.8%)
21	KOMAR Beata	45	FACE NORDIC WALKING TEAM	K45-49	1			00:05:56	00:18:48	00:38:03.50	00:44:00.10	+00:04:14 (11.1%)	7:36	7.9 (88.8%)
22	OKRZESIK-FRĄCKOWIAK Izabela	60	ZS ROSKO	K45-49	2	1		00:05:57	00:18:46	00:38:09.65	00:44:06.80	+00:04:20 (11.4%)	7:37	7.9 (88.8%)
23	GRUSZKA Michał	30	UNIA MIAST	M40-44	2			00:02:47	00:18:51	00:38:25.60	00:41:12.90	+00:04:36 (12.0%)	7:41	7.8 (87.6%)
24	JASIŃSKI Cezary	35	MNBC	M40-44	3			00:02:48	00:19:16	00:38:26.20	00:41:14.60	+00:04:37 (12.0%)	7:41	7.8 (87.6%)
25	MIKOŁAJCZAK Jan	56	KS METRACO POLKOWICE	M- Niepełnosprawni(A)	1			00:04:43	00:18:50	00:38:35.20	00:43:18.50	+00:04:46 (12.4%)	7:43	7.8 (87.6%)
26	JÓZWIAK Marianna	36	WTW WŁOCLAWEK	K40-44	1			00:05:42	00:19:05	00:38:46.95	00:44:29.40	+00:04:57 (12.8%)	7:45	7.7 (86.5%)
27	WILKOŁEK-SZUDARSKA Saturnina	93	DWA KIJE SŁUPSK	K55-59	1			00:06:26	00:19:04	00:38:54.65	00:45:20.90	+00:05:05 (13.1%)	7:46	7.7 (86.5%)
28	POLISZCZUK Piotr	64	PIERNIKI NA CHODZIE	M55-59	4			00:03:32	00:18:58	00:39:07.45	00:42:39.60	+00:05:18 (13.6%)	7:49	7.7 (86.5%)
29	WAWRZYŃIAK Anna	90	FACE NORDIC WALKING TEAM	K40-44	2			00:05:41	00:19:03	00:39:18.00	00:44:59.40	+00:05:28 (13.9%)	7:51	7.6 (85.4%)
30	WOJTACHNIO Edyta	94	FACE NORDIC WALKING TEAM	K45-49	3			00:05:56	00:19:21	00:39:24.45	00:45:21.00	+00:05:35 (14.2%)	7:53	7.6 (85.4%)
31	GRUSZKA Michał	31	UNIA MIAST	M-Dzieci	1			00:01:39	00:19:22	00:39:28.60	00:41:08.15	+00:05:39 (14.3%)	7:53	7.6 (85.4%)
32	STOLTMANN Helena	75	BŁĘKITNI DZIEMIANY	K55-59	2			00:06:18	00:19:24	00:39:31.90	00:45:50.45	+00:05:42 (14.4%)	7:54	7.6 (85.4%)
33	SZYMANOWSKA Anna	81	TEAM LĘBORSKIE KIJE	K55-59	3	1		00:06:26	00:19:25	00:39:36.60	00:46:03.10	+00:05:47 (14.6%)	7:55	7.6 (85.4%)
34	RAKUĆ Angelika	66	RUCH PO ZDROWIE WŁOCLAWEK	K18-29	1			00:05:27	00:19:26	00:39:43.25	00:45:10.65	+00:05:54 (14.9%)	7:56	7.6 (85.4%)
35	SZUDARSKI Marek	76	DWA KIJE SŁUPSK	M18-29	3			00:02:14	00:19:33	00:39:49.65	00:42:04.10	+00:06:00 (15.1%)	7:58	7.5 (84.3%)
36	DOLNA Ewelina	10	KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY	K30-39	1			00:05:27	00:20:02	00:39:53.85	00:45:21.65	+00:06:04 (15.2%)	7:58	7.5 (84.3%)
37	SZYCKO Radek	79	DWA KIJE SŁUPSK	M40-44	4			00:02:47	00:19:28	00:39:55.70	00:42:42.70	+00:06:06 (15.3%)	7:59	7.5 (84.3%)
38	SZYMSKA Małgorzata	85	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30-39	2	1		00:05:27	00:19:46	00:40:10.45	00:45:37.85	+00:06:21 (15.8%)	8:02	7.5 (84.3%)

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39	JÓZWIAK Łukasz	37	WTW WŁOCŁAWEK	M-Niepełnosprawni(A)	2			00:04:43	00:19:51	00:40:17.20	00:45:00.75	+00:06:28 (16.1%)	8:03	7.4 (83.1%)
40	SZYMANOWSKI Eugeniusz	82	TEAM LĘBORSKIE KIJE	M55-59	5			00:03:31	00:19:43	00:40:20.95	00:43:52.30	+00:06:31 (16.2%)	8:04	7.4 (83.1%)
41	SZYNKIEWICZ Katarzyna	86		K40-44	3			00:05:42	00:19:42	00:40:27.00	00:46:09.05	+00:06:37 (16.4%)	8:05	7.4 (83.1%)
42	MIKITIUK Tomasz	54	KIJOWA PARA	M45-49	2			00:03:02	00:20:09	00:40:29.85	00:43:31.85	+00:06:40 (16.5%)	8:05	7.4 (83.1%)
43	ZIELIŃSKI Andrzej	104	NACŁAW	M60-64	3			00:03:48	00:19:58	00:40:34.25	00:44:22.30	+00:06:45 (16.6%)	8:06	7.4 (83.1%)
44	KUŚMIEREK Mateusz	50	BŁĘKITNI DZIEMIANY	M-Jun.	3			00:01:55	00:19:18	00:40:36.95	00:42:32.20	+00:06:47 (16.7%)	8:07	7.4 (83.1%)
45	NACZK Wiktoria	57	DYNAMIC	K-Jun.	1			00:05:08	00:19:29	00:40:48.50	00:45:57.05	+00:06:59 (17.1%)	8:09	7.3 (82.0%)
46	PILECKA PRADZYŃSKA Anna	63	PENDOLINO	K60-64	1			00:06:38	00:19:53	00:41:00.10	00:47:38.50	+00:07:10 (17.5%)	8:12	7.3 (82.0%)
47	PANKIEWICZ Bartosz	61		M-Dzieci	2			00:01:40	00:20:01	00:41:04.75	00:42:45.45	+00:07:15 (17.7%)	8:13	7.3 (82.0%)
48	BRZOZOWSKA Renata	5		K40-44	4			00:05:41	00:20:06	00:41:07.40	00:46:48.65	+00:07:18 (17.8%)	8:13	7.3 (82.0%)
49	NOWAK Jakub	58	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	M-Dzieci	3			00:01:40	00:20:02	00:41:08.00	00:42:48.40	+00:07:18 (17.8%)	8:13	7.3 (82.0%)
50	KRĘCKA Irena	47	FACE NORDIC WALKING TEAM	K50-54	1			00:06:11	00:20:31	00:41:22.60	00:47:34.10	+00:07:33 (18.3%)	8:16	7.2 (80.9%)
51	GRUDNOWSKA Dominika	24	BŁĘKITNI DZIEMIANY	K-Dzieci	1			00:04:57	00:20:17	00:41:36.80	00:46:34.65	+00:07:47 (18.7%)	8:19	7.2 (80.9%)
52	ROMANOWSKA Agata	67		K-Dzieci	2			00:04:57	00:20:34	00:41:39.25	00:46:36.85	+00:07:50 (18.8%)	8:19	7.2 (80.9%)
53	GIERSZEWSKA Magdalena	22	KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY	K40-44	5			00:05:42	00:20:48	00:41:39.95	00:47:22.45	+00:07:50 (18.8%)	8:20	7.2 (80.9%)
54	DUSZEŃKO Jakub	11	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	2			00:04:45	00:20:15	00:41:50.25	00:46:36.00	+00:08:01 (19.2%)	8:22	7.2 (80.9%)
55	SZYCKO Oliwia	80	DWA KIJE SŁUPSK	K-Dzieci	3			00:04:57	00:20:26	00:41:50.65	00:46:47.75	+00:08:01 (19.2%)	8:22	7.2 (80.9%)
56	KNITTER Monika	41		K30-39	3	1		00:05:28	00:20:48	00:42:01.40	00:47:29.90	+00:08:12 (19.5%)	8:24	7.1 (79.8%)
57	MALKIEWICZ Małgorzata	53	KSK ŻYJ AKTYWNIIE KOŁCZYGŁOWY	K50-54	2			00:06:11	00:20:42	00:42:16.55	00:48:28.05	+00:08:27 (20.0%)	8:27	7.1 (79.8%)
58	STAŃCZAK Grażyna	74		K60-64	2			00:06:38	00:20:34	00:42:16.70	00:48:55.55	+00:08:27 (20.0%)	8:27	7.1 (79.8%)
59	TOPOREK Aleksandra	101		K-Niepełnosprawni(B)	1			00:07:10	00:20:48	00:42:21.70	00:49:32.30	+00:08:32 (20.2%)	8:28	7.1 (79.8%)
60	LABUDDA Katarzyna	51		K30-39	4			00:05:28	00:20:58	00:42:38.50	00:48:06.90	+00:08:49 (20.7%)	8:31	7 (78.7%)
61	FOLWARSKA Małgorzata	17	FACE NORDIC WALKING TEAM	K55-59	4			00:06:27	00:20:47	00:42:40.10	00:49:07.60	+00:08:50 (20.7%)	8:32	7 (78.7%)
62	DZIEMIŃSKI Jan	16	BŁĘKITNI DZIEMIANY	M-Dzieci	4			00:01:41	00:20:43	00:42:40.80	00:44:21.80	+00:08:51 (20.8%)	8:32	7 (78.7%)

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										5km	5km			
63	STAŃCZAK Ryszard	73	NIEZRZESZONY	M70+	2			00:04:24	00:21:31	00:43:19.15	00:47:43.25	+00:09:29 (21.9%)	8:39	6.9 (77.5%)
64	MIŁKOWSKI Mariusz	100		M-Niepełnosprawni(A)	3			00:04:45	00:21:30	00:43:24.10	00:48:09.20	+00:09:34 (22.1%)	8:40	6.9 (77.5%)
65	KUŚMIEREK Beata	49	BŁĘKITNI DZIEMIANY	K40-44	6			00:05:41	00:21:03	00:43:25.35	00:49:06.60	+00:09:36 (22.1%)	8:41	6.9 (77.5%)
66	KNITTER Agata	42	BŁĘKITNI DZIEMIANY	K-Jun.	2			00:05:08	00:21:02	00:43:28.90	00:48:37.45	+00:09:39 (22.2%)	8:41	6.9 (77.5%)
67	CHOLEWKA Jolanta	7	MARSZ PO ZDROWIE POZNAŃ	K60-64	3			00:06:38	00:21:17	00:43:31.60	00:50:10.15	+00:09:42 (22.3%)	8:42	6.9 (77.5%)
68	KUSIAK Włodzimierz	48	NIEZRZESZONY	M65-69	5			00:04:06	00:21:15	00:43:56.75	00:48:03.30	+00:10:07 (23.0%)	8:47	6.8 (76.4%)
69	SIKORRA Janina	70	'ORŁY' WICKO	K65-69	1			00:07:03	00:22:07	00:44:42.70	00:51:45.75	+00:10:53 (24.4%)	8:56	6.7 (75.3%)
70	ŻAMOJCIN Małgorzata	98		K55-59	5			00:06:27	00:21:53	00:45:28.65	00:51:55.95	+00:11:39 (25.6%)	9:05	6.6 (74.2%)
71	WYSOCKI Gabriel	97	BŁĘKITNI DZIEMIANY	M-Dzieci	5			00:01:39	00:21:44	00:45:29.25	00:47:08.90	+00:11:40 (25.6%)	9:05	6.6 (74.2%)
72	SZYMAŃSKA Lucyna	83	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH	K-Niepełnosprawni(A)	1			00:07:10	00:22:28	00:45:39.70	00:52:50.05	+00:11:50 (25.9%)	9:08	6.6 (74.2%)
73	CYRA Grażyna	8		K60-64	4			00:06:39	00:22:44	00:46:14.80	00:52:54.30	+00:12:25 (26.9%)	9:15	6.5 (73.0%)
74	WOROCH Jolanta	96	DOPIEWO	K50-54	3			00:06:11	00:22:42	00:46:17.70	00:52:29.60	+00:12:28 (26.9%)	9:15	6.5 (73.0%)
75	DUTKIEWICZ Eugenia	15		K60-64	5			00:06:40	00:22:42	00:46:45.35	00:53:25.60	+00:12:56 (27.7%)	9:21	6.4 (71.9%)
76	CETERA Janusz	6	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-Niepełnosprawni(B)	3			00:04:44	00:22:31	00:46:47.40	00:51:31.80	+00:12:58 (27.7%)	9:21	6.4 (71.9%)
77	GRUDNOWSKI Norbert	27	BŁĘKITNI DZIEMIANY	M-Dzieci	6			00:01:39	00:22:23	00:47:17.25	00:48:56.70	+00:13:28 (28.5%)	9:27	6.3 (70.8%)
78	MIKITIUK Beata	55	KIJOWA PARA	K45-49	4			00:05:57	00:24:10	00:47:58.45	00:53:56.10	+00:14:09 (29.5%)	9:35	6.3 (70.8%)
79	ZIELIŃSKA Elżbieta	103		K60-64	6			00:06:39	00:23:55	00:48:16.50	00:54:56.20	+00:14:27 (29.9%)	9:39	6.2 (69.7%)
80	GRUDNOWSKA Wiktoria	25	BŁĘKITNI DZIEMIANY	K-Dzieci	4			00:04:57	00:23:49	00:48:18.80	00:53:16.05	+00:14:29 (30.0%)	9:39	6.2 (69.7%)
81	SZYNKIEWICZ Maja	87		K-Dzieci	5			00:04:58	00:22:40	00:48:22.70	00:53:20.90	+00:14:33 (30.1%)	9:40	6.2 (69.7%)
82	SKRZYNIARZ Halina	72		K60-64	7			00:06:39	00:23:51	00:49:10.75	00:55:50.25	+00:15:21 (31.2%)	9:50	6.1 (68.5%)
83	TRZECIAK Katarzyna	102		K45-49	5			00:05:44	00:24:14	00:49:25.15	00:55:09.15	+00:15:35 (31.6%)	9:53	6.1 (68.5%)
84	ALESZCZYK Marek	2		M50-54	2			00:03:17	00:24:06	00:49:33.95	00:52:51.85	+00:15:44 (31.8%)	9:54	6.1 (68.5%)
85	KILAR Oliwia	38	KOSZALIN	K-Dzieci	6			00:04:58	00:24:16	00:49:41.65	00:54:40.60	+00:15:52 (31.9%)	9:56	6 (67.4%)
86	PANKIEWICZ-DMOWSKA Cecylia	62		K65-69	2			00:07:03	00:24:46	00:50:07.30	00:57:11.10	+00:16:18 (32.5%)	10:01	6 (67.4%)

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87	JÓZWIAK Dominik	99	WTW WŁOCŁAWEK	M- Niepełnosprawni(B)	4			00:04:43	00:24:25	00:50:52.40	00:55:35.90	+00:17:03 (33.5%)	10:10	5.9 (66.3%)
88	DUSZEŃKO Elwira	13	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:07:10	00:25:16	00:52:14.15	00:59:24.55	+00:18:24 (35.3%)	10:26	5.7 (64.0%)
89	WASILUK Helena	89		K70+	1			00:07:03	00:26:06	00:52:24.35	00:59:27.90	+00:18:35 (35.5%)	10:28	5.7 (64.0%)
90	CYRA Zbigniew	9		M65-69	6			00:04:07	00:27:31	00:56:36.10	01:00:43.70	+00:22:46 (40.2%)	11:19	5.3 (59.6%)
91	GRUDNOWSKA Katarzyna	26	BŁĘKITNI DZIEMIANY	K30-39	5			00:05:28	00:28:45	01:02:05.00	01:07:33.30	+00:28:15 (45.5%)	12:25	4.8 (53.9%)
92	NOWAK Maja	59	KLUB NW 'PATYCZAKI' GRUDZIĄDZ	K-Dzieci	7			00:04:58	00:30:06	01:04:04.05	01:09:02.65	+00:30:14 (47.2%)	12:48	4.7 (52.8%)
93	GRUDNOWSKI Tomasz	29	BŁĘKITNI DZIEMIANY	M40-44	5			00:02:48	00:31:24	01:04:44.80	01:07:32.80	+00:30:55 (47.8%)	12:56	4.6 (51.7%)
94	GRUDNOWSKI Antoni	28	BŁĘKITNI DZIEMIANY	M-Dzieci	7			00:01:40	00:32:31	01:05:53.15	01:07:33.50	+00:32:03 (48.7%)	13:10	4.6 (51.7%)
95	KILAR Igor	39		M-Dzieci	8			00:01:43	00:30:16	01:07:02.20	01:08:45.80	+00:33:13 (49.5%)	13:24	4.5 (50.6%)

Znaleziono 95 wynik(ów)