



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 5KM

B4SPORT

Organiser: PFNW
Date: 2015-06-20
Place: Jarosławiec
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	BRZOZOWSKI Piotr	52		M 30-39	1			00:07:11	00:31:18	00:38:29		6:15	9.6 (100%)
2	DZIADEK Remigiusz	18	UKS NEPTUN ROKITY	M 45-49	1			00:07:53	00:31:30	00:39:23	+00:00:12 (0.6%)	6:18	9.5 (99.0%)
3	LUBAWIŃSKI Jerzy	75	K.B.SPRINT ŚWIDWIN	M Niepełnosprawni	1			00:08:16	00:31:36	00:39:52	+00:00:18 (0.9%)	6:19	9.5 (99.0%)
4	ŻUCHOWICZ Robert	41	DĄBROWA NORDIC TEAM	M 55-59	1			00:08:16	00:32:03	00:40:19	+00:00:45 (2.3%)	6:24	9.4 (97.9%)
5	WASIELEWSKI Mirosław	9	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 50-54	1			00:07:54	00:32:30	00:40:24	+00:01:12 (3.7%)	6:30	9.2 (95.8%)
6	ĆWIKLIŃSKI Krystian	38	THE BEST - MY IDZIEMY I CZEŚĆ	M Junior	1			00:06:47	00:32:35	00:39:22	+00:01:17 (3.9%)	6:31	9.2 (95.8%)
7	RACZYŃSKI Grzegorz	1	GIMNAZJUM SPORTOWE NR 1	M Junior	2			00:06:47	00:32:37	00:39:24	+00:01:19 (4.0%)	6:31	9.2 (95.8%)
7	STANISŁAWSKI Jan	22	AKTYWNI 50	M 55-59	2			00:08:17	00:32:37	00:40:54	+00:01:19 (4.0%)	6:31	9.2 (95.8%)
9	KLARKOWSKI Bogdan	8	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 60-64	1			00:08:38	00:32:44	00:41:22	+00:01:26 (4.4%)	6:32	9.2 (95.8%)
10	MARCINIAK Emil	39	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:06:48	00:33:10	00:39:58	+00:01:52 (5.6%)	6:38	9 (93.8%)
11	KAZIÓW Ryszard	20	DWA KIJE SŁUPSK	M 60-64	2			00:08:38	00:33:14	00:41:52	+00:01:56 (5.8%)	6:38	9 (93.8%)
12	SZUDARSKI Edward	34	DWA KIJE SŁUPSK	M 55-59	3			00:08:16	00:33:16	00:41:32	+00:01:58 (5.9%)	6:39	9 (93.8%)
13	STĘPIEŃ Andrzej	77	LKS ZANTYR SZTUM	M 18-29	2			00:06:47	00:33:18	00:40:05	+00:02:00 (6.0%)	6:39	9 (93.8%)
14	CHUDZIŃSKI Andrzej	7	K.S.ELBLĄSKIE WŁÓCZY-KIJE	M 65-69	1			00:08:59	00:33:22	00:42:21	+00:02:04 (6.2%)	6:40	9 (93.8%)

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15	SWYSTUN Sławomir Piotr	90	MORSY GDYŃSKIE	M 60-64	3			00:08:39	00:33:31	00:42:10	+00:02:13 (6.6%)	6:42	9 (93.8%)
16	RAKUĆ Jakub	10	RUCH PO ZDROWIE	M 18-29	3			00:06:47	00:33:44	00:40:31	+00:02:26 (7.2%)	6:44	8.9 (92.7%)
17	DANA Andrzej	16	KLUB NW PATYCZAKI	M 65-69	2			00:09:00	00:34:16	00:43:16	+00:02:58 (8.7%)	6:51	8.8 (91.7%)
18	BARTOSIEWICZ Łukasz	94		M 30-39	2			00:07:11	00:34:35	00:41:46	+00:03:17 (9.5%)	6:55	8.7 (90.6%)
19	LISS Jarosław	57	SŁAWNO	M 18-29	4			00:06:47	00:34:43	00:41:30	+00:03:25 (9.8%)	6:56	8.6 (89.6%)
20	KOŁPAK Jan	70	LKS ZANTYR SZTUM	M 65-69	3			00:09:00	00:34:55	00:43:55	+00:03:37 (10.4%)	6:59	8.6 (89.6%)
21	MARKOWSKA Halina	6	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 55-59	1			00:11:32	00:35:15	00:46:47	+00:03:57 (11.2%)	7:03	8.5 (88.5%)
21	TRONIARZ Grażyna	50		K 60-64	1			00:11:46	00:35:15	00:47:01	+00:03:57 (11.2%)	7:03	8.5 (88.5%)
23	SZPILMAN Marta	45	IFON TEAM	K 18-29	1			00:10:06	00:35:20	00:45:26	+00:04:02 (11.4%)	7:04	8.5 (88.5%)
24	RAKUĆ Angelika	11	RUCH PO ZDROWIE	K 18-29	2			00:10:06	00:35:29	00:45:35	+00:04:11 (11.8%)	7:05	8.5 (88.5%)
25	WILKOŁEK-SZUDARSKA Saturnina	33	DWA KIJE SŁUPSK	K 55-59	2			00:11:32	00:35:31	00:47:03	+00:04:13 (11.9%)	7:06	8.4 (87.5%)
26	SZPILMAN Katarzyna	44	GDYNIA MOJE MIASTO	K 45-49	1			00:11:08	00:35:56	00:47:04	+00:04:38 (12.9%)	7:11	8.3 (86.5%)
27	JÓZWIAK Marianna	4	WTW WŁOCLAWEK	K 40-44	1			00:10:53	00:35:58	00:46:51	+00:04:40 (13.0%)	7:11	8.3 (86.5%)
28	ŚWIERCZYŃSKA Joanna	5	K.S.ELBLĄSKIE WŁÓCZY-KIJE	K 45-49	2			00:11:08	00:36:06	00:47:14	+00:04:48 (13.3%)	7:13	8.3 (86.5%)
29	KARCZEWSKA Marzena	12	RUCH PO ZDROWIE	K 30-39	1			00:10:31	00:36:13	00:46:44	+00:04:55 (13.6%)	7:14	8.3 (86.5%)
30	SZUDARSKI Marek	35	DWA KIJE SŁUPSK	M 18-29	5			00:06:47	00:36:28	00:43:15	+00:05:10 (14.2%)	7:17	8.2 (85.4%)
31	PODOLSKI Mirosław	74	LKS ZANTYR SZTUM	M 60-64	4			00:08:38	00:36:35	00:45:13	+00:05:17 (14.4%)	7:19	8.2 (85.4%)
32	WIADERSKI Wojciech	3		M 65-69	4			00:08:59	00:36:40	00:45:39	+00:05:22 (14.6%)	7:20	8.2 (85.4%)
33	BONEK Bronisław	37	THE BEST - MY IDZIEMY I CZEŚĆ	M 70+	1			00:09:01	00:36:47	00:45:48	+00:05:29 (14.9%)	7:21	8.2 (85.4%)
34	ŻUCHOWICZ Elżbieta	42	DĄBROWA NORDIC TEAM	K 55-59	3			00:11:32	00:36:48	00:48:20	+00:05:30 (14.9%)	7:21	8.2 (85.4%)
35	PILECKA PRĄDZYŃSKA Anna	89		K 60-64	2			00:11:45	00:36:49	00:48:34	+00:05:31 (15.0%)	7:21	8.1 (84.4%)
36	SULECKA Gabriela	92		K Niepełnosprawni	1			00:11:33	00:36:57	00:48:30	+00:05:39 (15.3%)	7:23	8.1 (84.4%)
37	GROCHOWALSKI Mikołaj	23	BAWILAND	M Dzieci	1			00:05:43	00:37:02	00:42:45	+00:05:44 (15.5%)	7:24	8.1 (84.4%)

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38	ZIELIŃSKI Andrzej	97		M 60-64	5			00:08:39	00:37:05	00:45:44	+00:05:47 (15.6%)	7:25	8.1 (84.4%)
39	REUTER Bożena	58	ŁEBA MORS POLAND	K 45-49	3			00:11:08	00:37:07	00:48:15	+00:05:49 (15.7%)	7:25	8.1 (84.4%)
39	DANA Kazimiera	15	KLUB NW PATYCZAKI	K 60-64	3			00:11:45	00:37:07	00:48:52	+00:05:49 (15.7%)	7:25	8.1 (84.4%)
41	CHOŁODECKA Marta	86		K Dzieci	1			00:09:18	00:37:22	00:46:40	+00:06:04 (16.2%)	7:28	8 (83.3%)
42	KUBARKO Edyta	80	NIGHT RUNNERS SŁUPK	K 45-49	4			00:11:09	00:37:41	00:48:50	+00:06:23 (16.9%)	7:32	8 (83.3%)
43	LABUDDA Katarzyna	24		K 30-39	2			00:10:31	00:37:53	00:48:24	+00:06:35 (17.4%)	7:34	7.9 (82.3%)
44	KORDUS-LIPA Marta	81		K 30-39	3			00:10:32	00:37:59	00:48:31	+00:06:41 (17.6%)	7:35	7.9 (82.3%)
45	LANGMESSER Kinga	66	LKS ZANTYR SZTUM	K 18-29	3			00:10:06	00:38:06	00:48:12	+00:06:48 (17.8%)	7:37	7.9 (82.3%)
46	OLECH Marcin	99		M 40-44	1			00:07:11	00:38:08	00:45:19	+00:06:50 (17.9%)	7:37	7.9 (82.3%)
47	KOSIŃSKA Maria	93	MOSIR RYPIN	K 55-59	4			00:11:33	00:38:22	00:49:55	+00:07:04 (18.4%)	7:40	7.8 (81.3%)
48	NIEDZIELA Zdzisław	43		M 55-59	4			00:08:16	00:38:27	00:46:43	+00:07:09 (18.6%)	7:41	7.8 (81.3%)
49	OLSZEWSKA Bożena	82		K 30-39	4			00:10:32	00:38:33	00:49:05	+00:07:15 (18.8%)	7:42	7.8 (81.3%)
50	ZEMBRZUSKA Ewa	76	LKS ZANTYR SZTUM	K 65-69	1			00:12:00	00:38:51	00:50:51	+00:07:33 (19.4%)	7:46	7.7 (80.2%)
51	KŁOPOTOWSKI Ryszard	73	LKS ZANTYR SZTUM	M 50-54	2			00:07:54	00:38:52	00:46:46	+00:07:34 (19.5%)	7:46	7.7 (80.2%)
52	ROZWARSKA Małgorzata	40	THE BEST - MY IDZIEMY I CZEŚĆ	K 18-29	4			00:10:07	00:39:05	00:49:12	+00:07:47 (19.9%)	7:49	7.7 (80.2%)
53	ZIELIŃSKA Elżbieta	96		K 55-59	5			00:11:34	00:39:21	00:50:55	+00:08:03 (20.5%)	7:52	7.6 (79.2%)
54	KĄCKOWSKA Beata	30	JEZIORKI - AKTYWNA WIEŚ	K 40-44	2			00:10:52	00:39:25	00:50:17	+00:08:07 (20.6%)	7:53	7.6 (79.2%)
54	KOSIŃSKA-BUCIOR Teresa	59	ŁEBA MORS POLAND	K 55-59	6			00:11:32	00:39:25	00:50:57	+00:08:07 (20.6%)	7:53	7.6 (79.2%)
56	ROMANOWSKA Agata	26		K Dzieci	2			00:09:18	00:39:48	00:49:06	+00:08:30 (21.4%)	7:57	7.5 (78.1%)
57	SŁAWSKA Patrycja	25		K Dzieci	3			00:09:18	00:39:52	00:49:10	+00:08:34 (21.5%)	7:58	7.5 (78.1%)
58	ŁOZIŃSKA Wioletta	71		K 45-49	5			00:11:08	00:40:14	00:51:22	+00:08:56 (22.2%)	8:02	7.5 (78.1%)
59	FRUBA Karina	36	DWA KIJE SŁUPSK	K Niepełnosprawni	2			00:10:53	00:40:18	00:51:11	+00:09:00 (22.3%)	8:03	7.4 (77.1%)
60	MAĆZKA Maria	95		K 65-69	2			00:11:59	00:40:51	00:52:50	+00:09:33 (23.4%)	8:10	7.3 (76.0%)

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61	SKOWERSKA Anna	72		K Junior	1			00:10:07	00:41:04	00:51:11	+00:09:46 (23.8%)	8:12	7.3 (76.0%)
62	KRYŚKIEWICZ Janina	79		K 50-54	1			00:11:20	00:41:06	00:52:26	+00:09:48 (23.8%)	8:13	7.3 (76.0%)
63	PAWŁOWICZ Alina, Ewa	51		K 55-59	7			00:11:33	00:41:21	00:52:54	+00:10:03 (24.3%)	8:16	7.3 (76.0%)
64	KAZIÓW Krystyna	19	DWA KIJE SŁUPSK	K 60-64	4			00:11:46	00:41:36	00:53:22	+00:10:18 (24.8%)	8:19	7.2 (75.0%)
65	PANKIEWICZ-DMOWSKA Cecylia	27	WEJHEROWSKI KLUB N.W.	K 65-69	3			00:12:00	00:41:51	00:53:51	+00:10:33 (25.2%)	8:22	7.2 (75.0%)
66	ŻYTO Joanna	49	SŁAWNO	K Dzieci	4			00:09:19	00:41:53	00:51:12	+00:10:35 (25.3%)	8:22	7.2 (75.0%)
67	KUBARKO Nikola	85		K Dzieci	5			00:09:19	00:41:55	00:51:14	+00:10:37 (25.3%)	8:23	7.2 (75.0%)
68	KURCZYK Zbyszek	56	SŁAWNO	M Dzieci	2			00:05:43	00:42:03	00:47:46	+00:10:45 (25.6%)	8:24	7.1 (74.0%)
69	LUBAŃSKA Danuta	69		K 60-64	5			00:11:46	00:42:05	00:53:51	+00:10:47 (25.6%)	8:25	7.1 (74.0%)
70	MOCZARSKI Adam	54	ŻABI KRUK	M Niepełnosprawni	2			00:08:59	00:42:11	00:51:10	+00:10:53 (25.8%)	8:26	7.1 (74.0%)
71	DZIADEK Agnieszka	17	UKS NEPTUN ROKITY	K Dzieci	6			00:09:19	00:42:23	00:51:42	+00:11:05 (26.2%)	8:28	7.1 (74.0%)
72	LIPA Agatka	88		K Dzieci	7			00:09:19	00:42:33	00:51:52	+00:11:15 (26.4%)	8:30	7.1 (74.0%)
73	CYRA Grażyna	21		K 60-64	6			00:11:46	00:42:36	00:54:22	+00:11:18 (26.5%)	8:31	7 (72.9%)
74	TOMCZAK Paulina	13	RUCH PO ZDROWIE	K 30-39	5			00:10:33	00:43:08	00:53:41	+00:11:50 (27.4%)	8:37	7 (72.9%)
75	ŻYTO Agnieszka	47	SŁAWNO	K 40-44	3			00:10:52	00:43:29	00:54:21	+00:12:11 (28.0%)	8:41	6.9 (71.9%)
76	WIADERSKA Grażyna	2		K 60-64	7			00:11:47	00:44:58	00:56:45	+00:13:40 (30.4%)	8:59	6.7 (69.8%)
77	PANKIEWICZ Bartosz	28	WEJHEROWSKI KLUB N.W.	M Dzieci	3			00:05:43	00:45:09	00:50:52	+00:13:51 (30.7%)	9:01	6.6 (68.8%)
78	LIPA Zuzanna	87		K Dzieci	8			00:09:19	00:45:42	00:55:01	+00:14:24 (31.5%)	9:08	6.6 (68.8%)
79	MAJEWSKA Anna	83		K 30-39	6			00:10:32	00:46:17	00:56:49	+00:14:59 (32.4%)	9:15	6.5 (67.7%)
80	KWIATKOWSKA Izabela	14	RUCH PO ZDROWIE	K 30-39	7			00:10:32	00:46:46	00:57:18	+00:15:28 (33.1%)	9:21	6.4 (66.7%)
81	KOWALEWSKA Czesława	65		K 65-69	4			00:12:00	00:46:59	00:58:59	+00:15:41 (33.4%)	9:23	6.4 (66.7%)
82	PAJUREK Jolanta	64		K 65-69	5			00:12:00	00:47:08	00:59:08	+00:15:50 (33.6%)	9:25	6.4 (66.7%)
83	GODLEWSKA Hanna	91		K 50-54	2			00:11:20	00:47:48	00:59:08	+00:16:30 (34.5%)	9:33	6.3 (65.6%)

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84	JARMOLIK Elżbieta	53		K 60-64	8			00:11:47	00:47:56	00:59:43	+00:16:38 (34.7%)	9:35	6.3 (65.6%)
85	KURCZYK Michał	55	SŁAWNO	M Dzieci	4			00:05:42	00:48:08	00:53:50	+00:16:50 (35.0%)	9:37	6.2 (64.6%)
86	OLECH Mateusz	98		M Dzieci	5			00:05:43	00:48:23	00:54:06	+00:17:05 (35.3%)	9:40	6.2 (64.6%)
87	BUDASZ Krzysztof	31	JEZIORKI - AKTYWNA WIEŚ	M 60-64	6			00:08:39	00:48:26	00:57:05	+00:17:08 (35.4%)	9:41	6.2 (64.6%)
88	ŻYTO Jakub	48	SŁAWNO	M Dzieci	6			00:05:43	00:48:38	00:54:21	+00:17:20 (35.6%)	9:43	6.2 (64.6%)
89	BUCIOR Wojciech	60	ŁEBA MORS POLAND	M 55-59	5			00:08:17	00:48:48	00:57:05	+00:17:30 (35.9%)	9:45	6.1 (63.5%)
90	JEDYNAK Franciszka	68		K 70+	1			00:12:11	00:49:20	01:01:31	+00:18:02 (36.6%)	9:52	6.1 (63.5%)
91	LIPIŃSKA Regina	67	LKS ZANTYR SZTUM	K 70+	2	kara 2 min		00:12:00	00:49:38	01:01:38	+00:18:20 (36.9%)	9:55	6 (62.5%)
92	RUSNAK Barbara	61		K 70+	3			00:12:11	00:50:02	01:02:13	+00:18:44 (37.4%)	10:00	6 (62.5%)
93	MAJEWSKA Natalia	84		K Dzieci	9			00:09:19	00:51:02	01:00:21	+00:19:44 (38.7%)	10:12	5.9 (61.5%)
94	MILACHOWSKA Agnieszka	78		K 30-39	8			00:10:32	00:52:08	01:02:40	+00:20:50 (40.0%)	10:25	5.8 (60.4%)
95	GAWRYŚ Anna	46	SŁAWNO	K 60-64	9			00:11:46	00:54:09	01:05:55	+00:22:51 (42.2%)	10:49	5.5 (57.3%)
96	BUDASZ Grażyna	32	JEZIORKI - AKTYWNA WIEŚ	K 55-59	8			00:11:33	00:54:20	01:05:53	+00:23:02 (42.4%)	10:52	5.5 (57.3%)
97	KĄCKOWSKI Marek	29	JEZIORKI - AKTYWNA WIEŚ	M 60-64	7			00:08:39	00:59:35	01:08:14	+00:28:17 (47.5%)	11:55	5 (52.1%)
98	BUDZIK Teresa	62		K 70+	4	1		00:12:11	01:01:21	01:13:32	+00:30:03 (49.0%)	12:16	4.9 (51.0%)
99	LEWANDOWSKA Halina	63		K 65-69	6			00:12:00	01:01:31	01:13:31	+00:30:13 (49.1%)	12:18	4.9 (51.0%)

Total 99 results.