



KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 21,1KM

B4SPORT

Organizator: PFNW
Data: 2015-06-06
Miejsce: Kolbuszowa
Dystans: 21,1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	LUBIATOWSKI Ireneusz	732	KGHM METRACO	M40-49	1			00:00:02	00:02:42	00:05:15	00:07:45	00:40:12	01:11:50	01:44:35	02:18:45	02:18:47		6:34	9.1 (100%)
2	NALEPKA Jerzy	776	PITBULL WALKING SANOK	M60+	1			00:00:07	00:02:38	00:05:09	00:07:39	00:40:09	01:13:01	01:47:05	02:21:40	02:21:47	+00:02:55 (2.1%)	6:42	8.9 (97.8%)
3	WIŚNIEWSKI Jacek	764	NORDIC ACTIVE	M50-59	1			00:00:06	00:02:35	00:05:06	00:07:39	00:40:10	01:12:28	01:46:57	02:23:21	02:23:27	+00:04:36 (3.2%)	6:47	8.8 (96.7%)
4	KOLASA Wojciech	723	FIZJO-PLUS TEAM	M40-49	2			00:00:01	00:02:42	00:05:15	00:07:47	00:42:06	01:15:52	01:50:06	02:24:18	02:24:19	+00:05:33 (3.8%)	6:50	8.8 (96.7%)
5	KORDOWSKI Piotr	725	UPOJENI WIATREM	M40-49	3			00:00:04	00:02:33	00:05:08	00:07:38	00:40:40	01:15:21	01:50:00	02:26:57	02:27:01	+00:08:12 (5.6%)	6:57	8.6 (94.5%)
6	PIOTROWSKI Michał	740	PENDOLINO	M30-39	1			00:00:01	00:02:39	00:05:11	00:07:45	00:41:23	01:15:54	01:51:24	02:28:09	02:28:10	+00:09:24 (6.3%)	7:01	8.5 (93.4%)
7	STUPNOWICZ Przemek	752	FOREVER YOUNG ŁÓDŹ	M18-29	1			00:00:01	00:02:44	00:05:25	00:08:08	00:43:02	01:17:41	01:53:05	02:28:35	02:28:36	+00:09:50 (6.6%)	7:02	8.5 (93.4%)
8	LENZ Andrzej	730	DĄBROWA NORDIC TEAM	M50-59	2			00:00:04	00:02:35	00:05:09	00:07:42	00:41:20	01:15:57	01:52:13	02:30:23	02:30:27	+00:11:38 (7.7%)	7:07	8.4 (92.3%)
9	NOWAK Grzegorz	775	TKKF SATURN CZELADZ	M40-49	4			00:00:03	00:02:34	00:05:08	00:07:41	00:42:00	01:17:49	01:53:43	02:31:07	02:31:10	+00:12:22 (8.2%)	7:09	8.4 (92.3%)
10	RADWAN Piotr	742	KKB DYSTANS	M50-59	3			00:00:04	00:02:47	00:05:28	00:08:09	00:43:08	01:18:20	01:53:49	02:31:46	02:31:50	+00:13:01 (8.6%)	7:11	8.3 (91.2%)
11	BOGACKI Sławek	707	ENERGA NW TEAM	M40-49	5			00:00:02	00:02:34	00:05:10	00:07:41	00:40:37	01:15:07	01:52:48	02:32:01	02:32:03	+00:13:16 (8.7%)	7:12	8.3 (91.2%)
12	BAJER Piotr	702	BRAN-FROM TEAM	M50-59	4			00:00:04	00:02:54	00:05:42	00:08:32	00:44:49	01:20:25	01:57:05	02:34:13	02:34:17	+00:15:28 (10.0%)	7:18	8.2 (90.1%)
13	BOGUSZ Marcin	777	BIEGUNKA TEAM	M18-29	2			00:00:01	00:02:39	00:05:13	00:07:48	00:43:08	01:19:40	01:57:19	02:34:37	02:34:38	+00:15:52 (10.3%)	7:19	8.2 (90.1%)
14	SMUS Damian	746	UCZELNIA WARSZAWSKA	M18-29	3			00:00:02	00:02:43	00:05:24	00:08:10	00:44:42	01:21:01	01:58:37	02:37:36	02:37:38	+00:18:51 (12.0%)	7:28	8 (87.9%)
15	SOBKOWSKI Janusz	747	SILESIA NORDIC TEAM	M60+	2			00:00:06	00:02:43	00:05:24	00:08:05	00:44:14	01:21:11	01:59:23	02:37:41	02:37:47	+00:18:56 (12.0%)	7:28	8 (87.9%)
16	KOWALCZYK Mariusz	727	GREEN TEAM ZIELONA GÓRA	M40-49	6			00:00:02	00:02:39	00:05:17	00:07:59	00:44:50	01:21:34	01:59:17	02:37:55	02:37:57	+00:19:10 (12.1%)	7:29	8 (87.9%)
17	KLIMCZEWSKI Marek	722	FOREVER YOUNG	M50-59	5			00:00:04	00:02:40	00:05:22	00:08:03	00:43:38	01:20:23	01:58:44	02:37:56	02:38:00	+00:19:11 (12.1%)	7:29	8 (87.9%)
17	PIETRZYK Jarosław	739	REGATTA NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:01	00:02:42	00:05:24	00:08:10	00:44:09	01:21:03	01:59:05	02:37:56	02:37:57	+00:19:11 (12.1%)	7:29	8 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	Czas		Tempo min/km	Tempo km/h	
															netto	brutto			
																Różn			
19	WOJCIECHOWSKI Tadeusz	766	DĄBROWA NORDIC TEAM	M60+	3			00:00:03	00:02:44	00:05:28	00:08:11	00:44:41	01:22:03	02:00:55	02:39:37	02:39:40	+00:20:52 (13.1%)	7:33	7.9 (86.8%)
20	WESOŁOWSKI Wojciech	761		M60+	4			00:00:05	00:02:44	00:05:26	00:08:08	00:44:40	01:22:05	02:01:12	02:40:47	02:40:52	+00:22:02 (13.7%)	7:37	7.9 (86.8%)
21	ŚLUSARCZYK Marcin	755	WESOŁY BORSUK TEAM	M30-39	3			00:00:01	00:02:41	00:05:23	00:08:08	00:44:25	01:21:14	01:59:41	02:40:49	02:40:50	+00:22:04 (13.7%)	7:37	7.9 (86.8%)
22	MÓL Wioletta	736	SILESIA NORDIC TEAM	K40-49	1			00:00:50	00:02:54	00:05:40	00:08:27	00:45:40	01:23:36	02:02:26	02:41:41	02:42:31	+00:22:56 (14.2%)	7:39	7.8 (85.7%)
23	ŁYCZKO Waldemar	734	NORDICWALKING.RZESZOW.PL	M30-39	4			00:00:02	00:02:40	00:05:18	00:08:00	00:43:28	01:20:22	02:00:25	02:41:53	02:41:55	+00:23:08 (14.3%)	7:40	7.8 (85.7%)
24	BERESZKO Waldemar	705	TKKF CZELADZ	M60+	5			00:00:05	00:02:47	00:05:35	00:08:25	00:46:27	01:24:24	02:03:12	02:42:02	02:42:07	+00:23:17 (14.4%)	7:40	7.8 (85.7%)
25	STĘPIEŃ Lucyna	750	KGHM METRACO POLKOWICE	K50-59	1			00:00:51	00:02:51	00:05:38	00:08:26	00:46:06	01:24:09	02:02:52	02:42:31	02:43:22	+00:23:46 (14.6%)	7:42	7.8 (85.7%)
26	WARCZALSKA Teresa	759	STADION ŚLĄSKI	K60+	1			00:00:52	00:03:02	00:05:50	00:08:35	00:46:17	01:24:29	02:03:09	02:44:06	02:44:58	+00:25:21 (15.4%)	7:46	7.7 (84.6%)
27	JANCZYK Małgorzata	717	FOREVER YOUNG ŁÓDŹ	K30-39	1			00:00:49	00:02:59	00:05:46	00:08:36	00:46:22	01:24:33	02:03:27	02:45:12	02:46:01	+00:26:27 (16.0%)	7:49	7.7 (84.6%)
28	KARASIEWICZ Irena	721	BRAN-FROM TEAM	K50-59	2			00:00:52	00:02:57	00:05:47	00:08:38	00:47:27	01:26:58	02:06:57	02:46:49	02:47:41	+00:28:04 (16.8%)	7:54	7.6 (83.5%)
29	KOAJDA Jarosław	724	GOSIR NORDIC DEVELOPMENT OSIELSKO	M50-59	6			00:00:05	00:02:52	00:05:41	00:08:30	00:47:06	01:27:01	02:07:31	02:47:24	02:47:29	+00:28:39 (17.1%)	7:56	7.6 (83.5%)
30	SZULC Alicja	754	MOSIR MŁAWA	K30-39	2			00:00:48	00:02:58	00:05:45	00:08:37	00:47:07	01:26:28	02:07:10	02:48:56	02:49:44	+00:30:11 (17.9%)	8:00	7.5 (82.4%)
31	CZYCZ Emilia	712	GREEN TEAM	K60+	2			00:00:52	00:02:58	00:05:48	00:08:35	00:47:13	01:26:41	02:08:04	02:51:04	02:51:56	+00:32:19 (18.9%)	8:06	7.4 (81.3%)
32	SARNOWSKA Wanda	772	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:00:51	00:02:52	00:05:41	00:08:35	00:47:22	01:26:58	02:08:21	02:51:21	02:52:12	+00:32:36 (19.0%)	8:07	7.4 (81.3%)
33	BEDYK Czesław	704	FOREVER YOUNG	M60+	6			00:00:07	00:02:59	00:06:02	00:09:00	00:48:08	01:28:20	02:09:13	02:52:03	02:52:10	+00:33:18 (19.4%)	8:09	7.4 (81.3%)
34	JANKOWSKA Katarzyna	718	MOSIR	K50-59	4			00:00:51	00:03:15	00:06:17	00:09:19	00:48:00	01:28:09	02:09:41	02:52:12	02:53:03	+00:33:27 (19.4%)	8:09	7.4 (81.3%)
35	WITKOWSKA Maria	765	STADION ŚLĄSKI	K60+	3			00:00:53	00:03:10	00:06:09	00:09:10	00:49:35	01:30:05	02:11:20	02:52:19	02:53:12	+00:33:34 (19.5%)	8:09	7.3 (80.2%)
36	GÓRSKA Weronika	715	GOSIR NORDIC DEVELOPMENT OSIELSKO	K18-29	1			00:00:49	00:03:01	00:05:55	00:08:52	00:48:03	01:28:29	02:09:46	02:52:35	02:53:24	+00:33:50 (19.6%)	8:10	7.3 (80.2%)
37	KUSAJ Tomasz	728		M50-59	7			00:00:03	00:02:46	00:05:40	00:08:43	00:49:44	01:30:15	02:11:38	02:53:55	02:53:58	+00:35:10 (20.2%)	8:14	7.3 (80.2%)
38	ROSADZIŃSKA Natalia	745	UMP	K18-29	2			00:00:47	00:03:07	00:06:06	00:09:09	00:49:42	01:30:47	02:12:42	02:54:21	02:55:08	+00:35:36 (20.4%)	8:15	7.3 (80.2%)
39	LIS Robert	731	NZ	M50-59	8			00:00:06	00:03:05	00:06:09	00:09:15	00:50:15	01:31:27	02:13:25	02:54:59	02:55:05	+00:36:14 (20.7%)	8:17	7.2 (79.1%)
40	CICHOŃ Anna	710	DĄBROWA NORDIC TEAM	K18-29	3			00:00:47	00:02:51	00:05:42	00:08:39	00:48:54	01:30:13	02:12:27	02:55:17	02:56:04	+00:36:32 (20.8%)	8:18	7.2 (79.1%)
41	BARAN Marek	703	KLUB SPORTU.PL	M40-49	7			00:00:06	00:02:40	00:05:24	00:08:12	00:47:59	01:29:10	02:12:30	02:57:18	02:57:24	+00:38:33 (21.7%)	8:24	7.1 (78.0%)
42	REJMAN Dorota	743	NORDIC ACTIVE	K30-39	3			00:00:49	00:02:50	00:05:42	00:08:46	00:48:56	01:30:30	02:13:12	02:57:25	02:58:14	+00:38:40 (21.8%)	8:24	7.1 (78.0%)
43	WIENSKO Ryszard	762		M60+	7			00:00:06	00:03:01	00:06:05	00:09:09	00:49:40	01:30:32	02:13:28	02:57:29	02:57:35	+00:38:44 (21.8%)	8:24	7.1 (78.0%)
44	GĘBIŚ Barbara	714	BIOVITAMED	K18-29	4			00:00:48	00:03:01	00:05:56	00:08:55	00:49:31	01:31:00	02:14:09	02:59:17	03:00:05	+00:40:32 (22.6%)	8:29	7.1 (78.0%)
45	WÓJCIK Anna	768	BIOVITAMED	K18-29	5			00:00:47	00:03:01	00:05:56	00:08:55	00:49:32	01:31:00	02:14:11	02:59:18	03:00:05	+00:40:33 (22.6%)	8:29	7.1 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	21.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
46	JARONIEK-BEDYK Wiesława	719	FOREVER YOUNG	K60+	4			00:00:53	00:03:07	00:06:09	00:09:15	00:51:03	01:32:38	02:15:12	02:59:31	03:00:24	+00:40:46 (22.7%)	8:30	7.1 (78.0%)	
47	MAŚLIŃSKA Berenika	735		K40-49	2			00:00:50	00:03:07	00:06:06	00:09:11	00:49:53	01:31:23	02:14:21	03:00:41	03:01:31	+00:41:56 (23.2%)	8:33	7 (76.9%)	
48	TYLUTKI Agnieszka	756	NORDIC ACTIVE	K40-49	3			00:00:49	00:03:02	00:05:52	00:08:48	00:48:30	01:31:06	02:14:37	03:01:10	03:01:59	+00:42:25 (23.4%)	8:35	7 (76.9%)	
49	RACZYŃSKA Aleksandra	741	STADION ŚLĄSKI	K60+	5			00:00:52	00:03:04	00:06:00	00:08:57	00:50:08	01:32:36	02:16:23	03:01:35	03:02:27	+00:42:50 (23.6%)	8:36	7 (76.9%)	
50	WÓJCIK Andrzej	767		M50-59	9			00:00:02	00:02:55	00:05:54	00:08:56	00:48:44	01:30:25	02:14:03	03:02:53	03:02:55	+00:44:08 (24.1%)	8:40	6.9 (75.8%)	
51	WIŚNIEWSKA Tamara	763	NORDIC ACTIVE	K50-59	5			00:00:50	00:03:13	00:06:23	00:09:36	00:51:25	01:33:48	02:17:37	03:03:00	03:03:50	+00:44:15 (24.2%)	8:40	6.9 (75.8%)	
52	STEC Anna	749	NORDIC ACTIVE	K18-29	6			00:00:47	00:03:05	00:05:59	00:08:57	00:50:58	01:34:20	02:19:49	03:04:14	03:05:01	+00:45:29 (24.7%)	8:43	6.9 (75.8%)	
53	CIENNIK Wiktor	774	FOREVER YOUNG	M40-49	8			00:00:03	00:02:55	00:05:54	00:08:55	00:48:46	01:31:09	02:16:45	03:04:20	03:04:23	+00:45:35 (24.7%)	8:44	6.9 (75.8%)	
54	KAMIŃSKA Agnieszka	720	DĄBROWA NORDIC TEAM	K30-39	4			00:00:48	00:02:52	00:05:42	00:08:36	00:48:46	01:32:41	02:17:45	03:04:39	03:05:27	+00:45:54 (24.9%)	8:45	6.9 (75.8%)	
55	CIENNIK Kalina	773		K40-49	4			00:00:50	00:03:00	00:05:57	00:08:59	00:51:13	01:35:21	02:21:30	03:04:49	03:05:39	+00:46:04 (24.9%)	8:45	6.9 (75.8%)	
56	MROCZEK Izabela	737		K40-49	5			00:00:50	00:03:18	00:06:33	00:09:46	00:52:35	01:37:17	02:21:42	03:06:21	03:07:11	+00:47:36 (25.5%)	8:49	6.8 (74.7%)	
57	BAC Wiesław	701	KMP ZABIERZÓW	M40-49	9			00:00:07	00:03:05	00:06:18	00:09:36	00:54:16	01:38:40	02:22:55	03:09:28	03:09:35	+00:50:43 (26.8%)	8:58	6.7 (73.6%)	
58	ZAWADZKA Maria	771	KGHM METRACO POLKOWICE	K60+	6			00:00:53	00:03:03	00:06:03	00:09:07	00:51:32	01:36:13	02:23:07	03:11:49	03:12:42	+00:53:04 (27.7%)	9:05	6.6 (72.5%)	
59	WYŁUPSKA Krystyna	769	PATYCZAKI	K60+	7			00:00:51	00:03:14	00:06:31	00:09:47	00:53:19	01:39:14	02:28:36	03:19:21	03:20:12	+01:00:36 (30.4%)	9:26	6.4 (70.3%)	
60	WYŁUPSKI Zbigniew	770	PATYCZAKI	M60+	8			00:00:08	00:03:57	00:07:14	00:10:30	00:54:01	01:39:58	02:29:21	03:20:04	03:20:12	+01:01:19 (30.6%)	9:28	6.3 (69.2%)	
61	UKLEJEWSKA Agnieszka	758	GOSIR NORDIC DEVELOPMENT OSIELSKO	K30-39	5			00:00:49	00:03:12	00:06:17	00:09:24	00:53:43	01:40:43	02:30:10	03:20:42	03:21:31	+01:01:57 (30.9%)	9:30	6.3 (69.2%)	
62	KWINTA Tomasz	729	BEZ KIJA NIE PODCHODŹ	M40-49	10			00:00:05	00:03:09	00:06:21	00:09:40	00:54:36	01:39:24	02:29:14	03:21:06	03:21:11	+01:02:21 (31.0%)	9:31	6.3 (69.2%)	
63	WEŁNICKI Waldemar	760	GOSIR NORDIC DEVELOPMENT OSIELSKO	M40-49	11			00:00:03	00:03:08	00:06:07	00:08:58	00:54:02	01:46:41	02:37:10	03:29:33	03:29:36	+01:10:48 (33.8%)	9:55	6 (65.9%)	
64	JOANNA Stupnowicz	751	FOREVER YOUNG	K40-49	6			00:00:50	00:03:17	00:06:33	00:09:47	00:53:10	01:40:44				+00:28:54	9:04	6.6 (72.5%)	

Znaleziono 64 wynik(ów)