

# KOLBUSZOWA - PUCHAR EUROPY NORDIC WALKING - 21,1KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2015-06-06  
**Place:** Kolbuszowa  
**Distance:** 21,1 km



Classification: All

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	21.1km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
1	<b>LUBIATOWSKI Ireneusz</b>	<b>732</b>	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	<b>02:18:45</b>	<b>02:18:47</b>		6:34	9.1 (100%)	
2	<b>NALEPKA Jerzy</b>	<b>776</b>	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	<b>02:21:40</b>	<b>02:21:47</b>	+00:02:55 (2.1%)	6:42	8.9 (97.8%)	
3	<b>WIŚNIEWSKI Jacek</b>	<b>764</b>	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	<b>02:23:21</b>	<b>02:23:27</b>	+00:04:36 (3.2%)	6:47	8.8 (96.7%)	
4	<b>KOLASA Wojciech</b>	<b>723</b>	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	<b>02:24:18</b>	<b>02:24:19</b>	+00:05:33 (3.8%)	6:50	8.8 (96.7%)	
5	<b>KORDOWSKI Piotr</b>	<b>725</b>	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	<b>02:26:57</b>	<b>02:27:01</b>	+00:08:12 (5.6%)	6:57	8.6 (94.5%)	
6	<b>PIOTROWSKI Michał</b>	<b>740</b>	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	<b>02:28:09</b>	<b>02:28:10</b>	+00:09:24 (6.3%)	7:01	8.5 (93.4%)	
7	<b>STUPNOWICZ Przemek</b>	<b>752</b>	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	<b>02:28:35</b>	<b>02:28:36</b>	+00:09:50 (6.6%)	7:02	8.5 (93.4%)	
8	<b>LENZ Andrzej</b>	<b>730</b>	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	<b>02:30:23</b>	<b>02:30:27</b>	+00:11:38 (7.7%)	7:07	8.4 (92.3%)	
9	<b>NOWAK Grzegorz</b>	<b>775</b>	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	<b>02:31:07</b>	<b>02:31:10</b>	+00:12:22 (8.2%)	7:09	8.4 (92.3%)	
10	<b>RADWAN Piotr</b>	<b>742</b>	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	<b>02:31:46</b>	<b>02:31:50</b>	+00:13:01 (8.6%)	7:11	8.3 (91.2%)	
11	<b>BOGACKI Sławek</b>	<b>707</b>	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	<b>02:32:01</b>	<b>02:32:03</b>	+00:13:16 (8.7%)	7:12	8.3 (91.2%)	
12	<b>BAJER Piotr</b>	<b>702</b>	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	<b>02:34:13</b>	<b>02:34:17</b>	+00:15:28 (10.0%)	7:18	8.2 (90.1%)	
13	<b>BOGUSZ Marcin</b>	<b>777</b>	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	<b>02:34:37</b>	<b>02:34:38</b>	+00:15:52 (10.3%)	7:19	8.2 (90.1%)	
14	<b>SMUS Damian</b>	<b>746</b>	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	<b>02:37:36</b>	<b>02:37:38</b>	+00:18:51 (12.0%)	7:28	8 (87.9%)	
15	<b>SOBKOWSKI Janusz</b>	<b>747</b>	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	<b>02:37:41</b>	<b>02:37:47</b>	+00:18:56 (12.0%)	7:28	8 (87.9%)	
16	<b>KOWALCZYK Mariusz</b>	<b>727</b>	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	<b>02:37:55</b>	<b>02:37:57</b>	+00:19:10 (12.1%)	7:29	8 (87.9%)	
17	<b>KLIMCZEWSKI Marek</b>	<b>722</b>	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	<b>02:37:56</b>	<b>02:38:00</b>	+00:19:11 (12.1%)	7:29	8 (87.9%)	
17	<b>PIETRZYK Jarosław</b>	<b>739</b>	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	<b>02:37:56</b>	<b>02:37:57</b>	+00:19:11 (12.1%)	7:29	8 (87.9%)	

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start time	0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	21.1km	Czas brutto	21.1km	Gap	Pace min/km	Pace km/h
19	<b>WOJCIECHOWSKI Tadeusz</b>	<b>766</b>	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	<b>02:39:37</b>	<b>02:39:40</b>	+00:20:52 (13.1%)	7:33	7.9 (86.8%)	
20	<b>WESOŁOWSKI Wojciech</b>	<b>761</b>		M60+		4			00:00:05	00:02:44	00:05:26	00:08:08	00:44:40	01:22:05	02:01:12	<b>02:40:47</b>	<b>02:40:52</b>	+00:22:02 (13.7%)	7:37	7.9 (86.8%)	
21	<b>ŚLUSARCZYK Marcin</b>	<b>755</b>	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	<b>02:40:49</b>	<b>02:40:50</b>	+00:22:04 (13.7%)	7:37	7.9 (86.8%)	
22	<b>MÓL Wioletta</b>	<b>736</b>	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	<b>02:41:41</b>	<b>02:42:31</b>	+00:22:56 (14.2%)	7:39	7.8 (85.7%)	
23	<b>ŁYCZKO Waldemar</b>	<b>734</b>	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	<b>02:41:53</b>	<b>02:41:55</b>	+00:23:08 (14.3%)	7:40	7.8 (85.7%)	
24	<b>BERESZKO Waldemar</b>	<b>705</b>	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	<b>02:42:02</b>	<b>02:42:07</b>	+00:23:17 (14.4%)	7:40	7.8 (85.7%)	
25	<b>STĘPIEŃ Lucyna</b>	<b>750</b>	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	<b>02:42:31</b>	<b>02:43:22</b>	+00:23:46 (14.6%)	7:42	7.8 (85.7%)	
26	<b>WARCZALSKA Teresa</b>	<b>759</b>	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	<b>02:44:06</b>	<b>02:44:58</b>	+00:25:21 (15.4%)	7:46	7.7 (84.6%)	
27	<b>JANCZYK Małgorzata</b>	<b>717</b>	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	<b>02:45:12</b>	<b>02:46:01</b>	+00:26:27 (16.0%)	7:49	7.7 (84.6%)	
28	<b>KARASIEWICZ Irena</b>	<b>721</b>	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	<b>02:46:49</b>	<b>02:47:41</b>	+00:28:04 (16.8%)	7:54	7.6 (83.5%)	
29	<b>KOMAJDA Jarosław</b>	<b>724</b>	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	<b>02:47:24</b>	<b>02:47:29</b>	+00:28:39 (17.1%)	7:56	7.6 (83.5%)	
30	<b>SZULC Alicja</b>	<b>754</b>	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	<b>02:48:56</b>	<b>02:49:44</b>	+00:30:11 (17.9%)	8:00	7.5 (82.4%)	
31	<b>CZYCZ Emilia</b>	<b>712</b>	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	<b>02:51:04</b>	<b>02:51:56</b>	+00:32:19 (18.9%)	8:06	7.4 (81.3%)	
32	<b>SARNOWSKA Wanda</b>	<b>772</b>	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	<b>02:51:21</b>	<b>02:52:12</b>	+00:32:36 (19.0%)	8:07	7.4 (81.3%)	
33	<b>BEDYK Czesław</b>	<b>704</b>	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	<b>02:52:03</b>	<b>02:52:10</b>	+00:33:18 (19.4%)	8:09	7.4 (81.3%)	
34	<b>JANKOWSKA Katarzyna</b>	<b>718</b>	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	<b>02:52:12</b>	<b>02:53:03</b>	+00:33:27 (19.4%)	8:09	7.4 (81.3%)	
35	<b>WITKOWSKA Maria</b>	<b>765</b>	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	<b>02:52:19</b>	<b>02:53:12</b>	+00:33:34 (19.5%)	8:09	7.3 (80.2%)	
36	<b>GÓRSKA Weronika</b>	<b>715</b>	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	<b>02:52:35</b>	<b>02:53:24</b>	+00:33:50 (19.6%)	8:10	7.3 (80.2%)	
37	<b>KUSAJ Tomasz</b>	<b>728</b>		M50-59		7			00:00:03	00:02:46	00:05:40	00:08:43	00:49:44	01:30:15	02:11:38	<b>02:53:55</b>	<b>02:53:58</b>	+00:35:10 (20.2%)	8:14	7.3 (80.2%)	
38	<b>ROSADZIŃSKA Natalia</b>	<b>745</b>	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	<b>02:54:21</b>	<b>02:55:08</b>	+00:35:36 (20.4%)	8:15	7.3 (80.2%)	
39	<b>LIS Robert</b>	<b>731</b>	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	<b>02:54:59</b>	<b>02:55:05</b>	+00:36:14 (20.7%)	8:17	7.2 (79.1%)	
40	<b>CICHOŃ Anna</b>	<b>710</b>	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	<b>02:55:17</b>	<b>02:56:04</b>	+00:36:32 (20.8%)	8:18	7.2 (79.1%)	
41	<b>BARAN Marek</b>	<b>703</b>	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	<b>02:57:18</b>	<b>02:57:24</b>	+00:38:33 (21.7%)	8:24	7.1 (78.0%)	
42	<b>REJMAN Dorota</b>	<b>743</b>	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	<b>02:57:25</b>	<b>02:58:14</b>	+00:38:40 (21.8%)	8:24	7.1 (78.0%)	
43	<b>WIEŃSKO Ryszard</b>	<b>762</b>		M60+		7			00:00:06	00:03:01	00:06:05	00:09:09	00:49:40	01:30:32	02:13:28	<b>02:57:29</b>	<b>02:57:35</b>	+00:38:44 (21.8%)	8:24	7.1 (78.0%)	
44	<b>GĘBIŚ Barbara</b>	<b>714</b>	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	<b>02:59:17</b>	<b>03:00:05</b>	+00:40:32 (22.6%)	8:29	7.1 (78.0%)	
45	<b>WÓJCIK Anna</b>	<b>768</b>	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	<b>02:59:18</b>	<b>03:00:05</b>	+00:40:33 (22.6%)	8:29	7.1 (78.0%)	

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	Time							Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									0.366km	0.733km	1.1km	6.1km	11.1km	16.1km	21.1km					
46	<b>JARONIEK-BEDYK</b> Wiesława	<b>719</b>	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	<b>02:59:31</b>	<b>03:00:24</b>	+00:40:46 (22.7%)	8:30	7.1 (78.0%)	
47	<b>MAŚLIŃSKA</b> Berenika	<b>735</b>		K40-49	2			00:00:50	00:03:07	00:06:06	00:09:11	00:49:53	01:31:23	02:14:21	<b>03:00:41</b>	<b>03:01:31</b>	+00:41:56 (23.2%)	8:33	7 (76.9%)	
48	<b>TYLUTKI</b> Agnieszka	<b>756</b>	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	<b>03:01:10</b>	<b>03:01:59</b>	+00:42:25 (23.4%)	8:35	7 (76.9%)	
49	<b>RACZYŃSKA</b> Aleksandra	<b>741</b>	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	<b>03:01:35</b>	<b>03:02:27</b>	+00:42:50 (23.6%)	8:36	7 (76.9%)	
50	<b>WÓJCIK</b> Andrzej	<b>767</b>		M50-59	9			00:00:02	00:02:55	00:05:54	00:08:56	00:48:44	01:30:25	02:14:03	<b>03:02:53</b>	<b>03:02:55</b>	+00:44:08 (24.1%)	8:40	6.9 (75.8%)	
51	<b>WIŚNIEWSKA</b> Tamara	<b>763</b>	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	<b>03:03:00</b>	<b>03:03:50</b>	+00:44:15 (24.2%)	8:40	6.9 (75.8%)	
52	<b>STEC</b> Anna	<b>749</b>	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	<b>03:04:14</b>	<b>03:05:01</b>	+00:45:29 (24.7%)	8:43	6.9 (75.8%)	
53	<b>CIENNIK</b> Wiktor	<b>774</b>	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	<b>03:04:20</b>	<b>03:04:23</b>	+00:45:35 (24.7%)	8:44	6.9 (75.8%)	
54	<b>KAMIŃSKA</b> Agnieszka	<b>720</b>	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	<b>03:04:39</b>	<b>03:05:27</b>	+00:45:54 (24.9%)	8:45	6.9 (75.8%)	
55	<b>CIENNIK</b> Kalina	<b>773</b>		K40-49	4			00:00:50	00:03:00	00:05:57	00:08:59	00:51:13	01:35:21	02:21:30	<b>03:04:49</b>	<b>03:05:39</b>	+00:46:04 (24.9%)	8:45	6.9 (75.8%)	
56	<b>MROCZEK</b> Izabela	<b>737</b>		K40-49	5			00:00:50	00:03:18	00:06:33	00:09:46	00:52:35	01:37:17	02:21:42	<b>03:06:21</b>	<b>03:07:11</b>	+00:47:36 (25.5%)	8:49	6.8 (74.7%)	
57	<b>BAĆ</b> Wiesław	<b>701</b>	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	<b>03:09:28</b>	<b>03:09:35</b>	+00:50:43 (26.8%)	8:58	6.7 (73.6%)	
58	<b>ZAWADZKA</b> Maria	<b>771</b>	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	<b>03:11:49</b>	<b>03:12:42</b>	+00:53:04 (27.7%)	9:05	6.6 (72.5%)	
59	<b>WYŁUPSKA</b> Krystyna	<b>769</b>	PATYCZAKI	K60+	7			00:00:51	00:03:14	00:06:31	00:09:47	00:53:19	01:39:14	02:28:36	<b>03:19:21</b>	<b>03:20:12</b>	+01:00:36 (30.4%)	9:26	6.4 (70.3%)	
60	<b>WYŁUPSKI</b> Zbigniew	<b>770</b>	PATYCZAKI	M60+	8			00:00:08	00:03:57	00:07:14	00:10:30	00:54:01	01:39:58	02:29:21	<b>03:20:04</b>	<b>03:20:12</b>	+01:01:19 (30.6%)	9:28	6.3 (69.2%)	
61	<b>UKLEJEWSKA</b> Agnieszka	<b>758</b>	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	<b>03:20:42</b>	<b>03:21:31</b>	+01:01:57 (30.9%)	9:30	6.3 (69.2%)	
62	<b>KWINTA</b> Tomasz	<b>729</b>	BEZ KIJĄ 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	<b>03:21:06</b>	<b>03:21:11</b>	+01:02:21 (31.0%)	9:31	6.3 (69.2%)	
63	<b>WEŁNICKI</b> Waldemar	<b>760</b>	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	<b>03:29:33</b>	<b>03:29:36</b>	+01:10:48 (33.8%)	9:55	6 (65.9%)	
64	<b>JOANNA</b> Stupnowicz	<b>751</b>	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%)	

Total 64 results.