

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
POLSKIE STOWOZOWANIE WYDARZENIOWYCH FIZYCZNYCH

Wydarzenie: KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-06-03
Miejsce: Kolbuszowa
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHAŁEC Marcin	398	KKS MOSIR KROSNO	M18-29	1			00:00:39	00:14:00	00:28:35	00:43:23	00:57:56.25	00:58:35.85		5:47	10.4 (100%)
2	MICHALSKI Andrzej	385	WESOŁY BORSUK TEAM	M50-59	1			00:01:32	00:15:17	00:30:38	00:46:20	01:01:58.15	01:03:30.55	+00:04:01 (6.5%)	6:11	9.7 (93.3%)
3	KLICZKA Kamil	322	SANPROBI SZCZECIN	M40-49	1			00:01:15	00:15:17	00:30:53	00:46:37	01:02:13.45	01:03:29.35	+00:04:17 (6.9%)	6:13	9.6 (92.3%)
4	NIECHWIEJCZYK Piotr	337	UNIA MIAST	M40-49	2			00:01:16	00:15:24	00:31:32	00:47:43	01:03:36.80	01:04:53.00	+00:05:40 (8.9%)	6:21	9.4 (90.4%)
5	WOJTASIŃSKI Daniel	371	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:00:57	00:15:45	00:31:50	00:48:02	01:03:57.65	01:04:55.00	+00:06:01 (9.4%)	6:23	9.4 (90.4%)
6	SIWAK Piotr	351	KS METRACO POLKOWICE	M50-59	2			00:01:32	00:15:30	00:31:46	00:47:55	01:04:18.30	01:05:50.85	+00:06:22 (9.9%)	6:25	9.3 (89.4%)
7	BIŁEK Artur	303		M30-39	2			00:00:58	00:15:26	00:31:31	00:47:47	01:04:20.45	01:05:18.55	+00:06:24 (10.0%)	6:26	9.3 (89.4%)
8	SIEROŃ Jacek	349	TSA SANDOMIERZ	M50-59	3			00:01:32	00:15:30	00:31:46	00:48:08	01:04:52.00	01:06:24.35	+00:06:55 (10.7%)	6:29	9.2 (88.5%)
9	ŚWISŁOCKI Bogdan	367	FACE NORDIC WALKING TEAM	M50-59	4			00:01:33	00:16:09	00:33:18	00:50:36	01:07:20.05	01:08:53.30	+00:09:23 (14.0%)	6:44	8.9 (85.6%)
10	HELWICH Stefan	318	KS METRACO POLKOWICE	M60-69	1			00:01:59	00:16:06	00:33:03	00:50:18	01:07:41.15	01:09:40.75	+00:09:44 (14.4%)	6:46	8.9 (85.6%)
11	SZARPAK Dominik	362	AWF WARSZAWA	M18-29	2			00:00:40	00:16:57	00:34:02	00:51:23	01:08:14.70	01:08:54.95	+00:10:18 (15.1%)	6:49	8.8 (84.6%)
12	BILIK Wojciech	302	SAMOTNI WĘDROWCY	M40-49	3			00:01:17	00:16:41	00:33:56	00:51:26	01:08:49.50	01:10:06.80	+00:10:53 (15.8%)	6:52	8.7 (83.7%)
13	MICHOŃ Rafał	334	ŻUBRY NIEPOŁOMICE NW TEAM	M40-49	4			00:01:16	00:16:43	00:33:58	00:51:28	01:08:51.20	01:10:07.55	+00:10:54 (15.9%)	6:53	8.7 (83.7%)
14	JĘDRASIAK Renata	320	KS METRACO POLKOWICE	K50-59	1			00:03:42	00:17:01	00:34:24	00:51:37	01:08:57.70	01:12:40.05	+00:11:01 (16.0%)	6:53	8.7 (83.7%)
15	SMUL Andrzej	354	MARSZ PO ZDROWIE POZNAŃ	M60-69	2			00:01:58	00:16:48	00:34:06	00:51:50	01:09:45.10	01:11:43.95	+00:11:48 (16.9%)	6:58	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	KUBISZYN Małgorzata	330	GRUPA KRESY NORDIC WALKING	K30-39	1			00:02:57	00:16:57	00:34:35	00:52:18	01:09:48.45	01:12:46.00	+00:11:52 (17.0%)	6:58	8.6 (82.7%)
17	SPYCHAŁA Marzena	356	WESOŁY BORSUK TEAM	K40-49	1			00:03:16	00:17:08	00:34:35	00:52:11	01:09:50.25	01:13:07.05	+00:11:54 (17.0%)	6:59	8.6 (82.7%)
18	KOROBACH Sergej	324		M30-39	3			00:00:56	00:17:19	00:35:14	00:52:54	01:10:11.90	01:11:08.65	+00:12:15 (17.5%)	7:01	8.5 (81.7%)
19	KORYTOWSKA Agnieszka	325		K30-39	2			00:02:57	00:16:59	00:34:36	00:52:27	01:10:22.25	01:13:19.60	+00:12:26 (17.7%)	7:02	8.5 (81.7%)
20	SZPILMAN Katarzyna	365	FACE NORDIC WALKING TEAM	K40-49	2			00:03:17	00:17:08	00:34:41	00:52:50	01:11:07.95	01:14:24.95	+00:13:11 (18.5%)	7:06	8.4 (80.8%)
21	STYRC Bernard	357	RYBNICKI KLUB NORDIC WALKING	M40-49	5			00:01:16	00:16:55	00:34:53	00:53:08	01:11:30.80	01:12:47.45	+00:13:34 (19.0%)	7:09	8.4 (80.8%)
22	KOWALSKI Marek	326	UNIA MIAST	M50-59	5			00:01:34	00:17:40	00:35:54	00:54:00	01:11:43.60	01:13:18.15	+00:13:47 (19.2%)	7:10	8.4 (80.8%)
23	WIĘSKO Ryszard	369	NIEZRZESZONY	M60-69	3			00:02:00	00:17:58	00:35:59	00:54:14	01:12:12.70	01:14:13.05	+00:14:16 (19.8%)	7:13	8.3 (79.8%)
24	SKRYCKA Katarzyna	353	KS METRACO POLKOWICE	K30-39	3			00:02:57	00:17:33	00:35:24	00:53:28	01:12:15.05	01:15:12.05	+00:14:18 (19.8%)	7:13	8.3 (79.8%)
25	KRUK Zbigniew	328	PRZEWORSKA GRUPA BIEGOWA	M30-39	4			00:00:57	00:17:24	00:35:48	00:54:18	01:12:20.05	01:13:17.05	+00:14:23 (19.9%)	7:14	8.3 (79.8%)
26	NETKOWSKI Wojciech	336	PASJA NORDIC WALKING	M50-59	6			00:01:34	00:17:55	00:36:10	00:54:05	01:12:22.90	01:13:57.25	+00:14:26 (20.0%)	7:14	8.3 (79.8%)
27	WRÓŃSKI Włodzimierz	373	PASJA NORDIC WALKING	M60-69	4			00:01:58	00:17:42	00:35:39	00:54:01	01:12:31.20	01:14:29.90	+00:14:34 (20.1%)	7:15	8.3 (79.8%)
28	ŁUKASZEWICZ Joanna	332	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:03:17	00:17:43	00:35:58	00:54:26	01:12:31.90	01:15:48.95	+00:14:35 (20.1%)	7:15	8.3 (79.8%)
29	KOLARSKA Agnieszka	323	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	4			00:02:57	00:17:19	00:35:37	00:54:28	01:12:49.15	01:15:46.15	+00:14:52 (20.4%)	7:16	8.2 (78.8%)
30	KUBISZYN Wiesława	329	GRUPA KRESY NORDIC WALKING	K40-49	4			00:03:18	00:17:33	00:35:53	00:54:29	01:12:57.40	01:16:15.45	+00:15:01 (20.6%)	7:17	8.2 (78.8%)
31	POZNAŃSKI Wiesław	344	AMATOR NW	M60-69	5			00:01:58	00:18:03	00:36:29	00:55:04	01:13:37.20	01:15:35.90	+00:15:40 (21.3%)	7:21	8.2 (78.8%)
32	HRYNDIO Jerzy	317	FABRIKANORDIKA	M60-69	6			00:01:59	00:17:41	00:35:53	00:55:02	01:13:41.80	01:15:41.45	+00:15:45 (21.4%)	7:22	8.1 (77.9%)
33	RYKAŁA Irena	347	GRUPA KRESY NORDIC WALKING	K30-39	5			00:02:57	00:17:51	00:36:15	00:55:05	01:13:56.00	01:16:53.00	+00:15:59 (21.6%)	7:23	8.1 (77.9%)
34	CZYCZ Kazimierz	309	GREEN TEAM ZIELONA GÓRA	M60-69	7			00:01:59	00:18:11	00:36:27	00:55:09	01:14:02.75	01:16:02.35	+00:16:06 (21.8%)	7:24	8.1 (77.9%)
35	ŚLUSARCZYK Marcin	366	WESOŁY BORSUK TEAM	M30-39	5			00:00:57	00:18:02	00:36:26	00:55:19	01:14:09.00	01:15:06.80	+00:16:12 (21.9%)	7:24	8.1 (77.9%)
36	DUSIEL Ewa	311	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	2			00:03:42	00:18:06	00:36:39	00:55:37	01:14:36.65	01:18:18.85	+00:16:40 (22.3%)	7:27	8 (76.9%)
37	PASIŃSKA-SKOWRON Sylwia	340	PRUSZYŃSKI NORDIC WALKING	K40-49	5			00:03:17	00:17:39	00:36:25	00:55:46	01:14:38.40	01:17:56.25	+00:16:42 (22.4%)	7:27	8 (76.9%)
38	POKRYWKA Bożena	343	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K40-49	6			00:03:18	00:18:05	00:36:48	00:55:49	01:15:13.30	01:18:31.30	+00:17:17 (23.0%)	7:31	8 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
39	CHARCZUK Zenon	305	WESOŁY BORSUK TEAM	M60-69	8			00:02:00	00:18:25	00:37:22	00:56:25	01:15:22.55	01:17:22.60	+00:17:26 (23.1%)	7:32	8 (76.9%)
40	PIĄTKOWSKI Józef	341	KS METRACO POLKOWICE	M70+	1			00:02:15	00:19:03	00:38:26	00:57:38	01:16:19.70	01:18:34.95	+00:18:23 (24.1%)	7:37	7.9 (76.0%)
41	BYTNIIEWSKI Mieczysław	304	TKKF KRZNA	M70+	2			00:02:14	00:19:04	00:38:26	00:57:38	01:16:25.65	01:18:40.05	+00:18:29 (24.2%)	7:38	7.8 (75.0%)
42	SOBAŃSKA Grażyna	355		K60-69	1			00:04:05	00:19:00	00:38:21	00:57:44	01:17:00.50	01:21:06.35	+00:19:04 (24.8%)	7:42	7.8 (75.0%)
43	SURIAK Michał	360	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:00:40	00:19:23	00:39:03	00:58:21	01:17:25.80	01:18:06.00	+00:19:29 (25.2%)	7:44	7.7 (74.0%)
44	CHYRA Janusz	307	UNIA MIAST	M40-49	6			00:01:17	00:19:00	00:38:21	00:57:41	01:17:26.25	01:18:43.30	+00:19:30 (25.2%)	7:44	7.7 (74.0%)
45	POCAŁUŃ Adam	342	RELAKS ZAGÓRZ	M70+	3			00:02:16	00:19:04	00:38:37	00:58:12	01:17:40.95	01:19:57.10	+00:19:44 (25.4%)	7:46	7.7 (74.0%)
46	SITKO Małgorzata	350	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	7			00:03:18	00:18:13	00:37:32	00:57:56	01:18:16.20	01:21:34.95	+00:20:19 (26.0%)	7:49	7.7 (74.0%)
47	SURIAK Ewelina	361	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:02:37	00:19:21	00:39:00	00:58:48	01:18:56.25	01:21:33.25	+00:21:00 (26.6%)	7:53	7.6 (73.1%)
48	STYRC Lidia	358	RYBNICKI KLUB NORDIC WALKING	K40-49	8			00:03:18	00:19:17	00:39:01	00:59:01	01:18:57.90	01:22:16.50	+00:21:01 (26.6%)	7:53	7.6 (73.1%)
49	MOSKA Waldemar	381	AWFIS GDAŃSK	M50-59	7			01:03:28	00:18:38	00:37:37	00:58:01	01:19:01.40	02:22:29.65	+00:21:05 (26.7%)	7:54	7.6 (73.1%)
50	WIŚNIEWSKI Kazimierz	370	PASJA NORDIC WALKING	M60-69	9			00:02:00	00:19:20	00:39:10	00:59:22	01:19:02.40	01:21:03.25	+00:21:06 (26.7%)	7:54	7.6 (73.1%)
51	THOMALLA Bogdan	384	SILESIA NORDIC TEAM	M70+	4			00:02:15	00:19:06	00:38:28	00:58:23	01:19:15.15	01:21:30.35	+00:21:18 (26.9%)	7:55	7.6 (73.1%)
52	DUDZIK Henryk	310	RYBNICKI KLUB NORDIC WALKING	M50-59	8			00:01:35	00:19:54	00:39:55	00:59:49	01:19:20.10	01:20:55.30	+00:21:23 (27.0%)	7:56	7.6 (73.1%)
53	WĘGRZYN Mirosława	395	FABRIKANORDIKA	K40-49	9			00:03:20	00:19:44	00:39:45	00:59:46	01:19:35.70	01:22:56.55	+00:21:39 (27.2%)	7:57	7.5 (72.1%)
54	WORONKO-ZACZYŃSKA Janina	372	KS METRACO POLKOWICE	K70+	1			00:04:06	00:19:19	00:39:18	00:59:26	01:19:37.90	01:23:44.65	+00:21:41 (27.2%)	7:57	7.5 (72.1%)
55	SZALWA-NIEZGODA Agnieszka	382	KKNW	K40-49	10			00:03:19	00:19:35	00:39:42	00:59:56	01:19:47.30	01:23:06.70	+00:21:51 (27.4%)	7:58	7.5 (72.1%)
56	ŻUREK Grzegorz	380		M40-49	7			00:01:18	00:20:09	00:40:08	00:59:42	01:19:57.20	01:21:15.60	+00:22:00 (27.5%)	7:59	7.5 (72.1%)
57	SURDEJ Barbara	359	RZESZOWSKI KLUB SPORTU	K50-59	3			00:03:42	00:19:27	00:39:34	00:59:48	01:19:59.10	01:23:42.05	+00:22:02 (27.6%)	8:00	7.5 (72.1%)
58	TROJAN Elżbieta	368	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K30-39	6			00:02:58	00:19:48	00:40:02	01:00:13	01:20:08.10	01:23:06.85	+00:22:11 (27.7%)	8:00	7.5 (72.1%)
59	RATKOWSKI Wojciech	379	AWFIS GDAŃSK	M60-69	10			00:01:59	00:25:33	00:43:53	01:02:02	01:20:08.55	01:22:07.55	+00:22:12 (27.7%)	8:00	7.5 (72.1%)
60	GRZESZCZAK Andrzej	316	KS METRACO POLKOWICE	M50-59	9			00:01:33	00:19:26	00:39:54	01:00:06	01:20:34.95	01:22:08.30	+00:22:38 (28.1%)	8:03	7.4 (71.2%)
61	DZIUBAK Janusz	313	RYBNICKI KLUB NORDIC WALKING	M50-59	10			00:01:33	00:19:21	00:39:39	01:00:14	01:21:32.15	01:23:05.40	+00:23:35 (28.9%)	8:09	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas	Start_All	Start_All	Start_All	Czas	Czas	Różn	Tempo	Tempo
						kartki	kartki	startu	2.5km	5km	7.5km	netto	brutto		10km	10km
62	RACZYŃSKA Aleksandra	346	UNIA MIAST	K70+	2			00:04:07	00:19:59	00:40:25	01:01:07	01:21:38.85	01:25:46.15	+00:23:42 (29.0%)	8:09	7.3 (70.2%)
63	OMARSKA Grażyna	338	PASJA NORDIC WALKING	K50-59	4			00:03:42	00:20:19	00:40:57	01:01:40	01:22:13.40	01:25:56.30	+00:24:17 (29.5%)	8:13	7.3 (70.2%)
64	SINIKO Zbigniew	393	NW „WŁÓCZYKIJE”	M60-69	11			00:02:00	00:19:33	00:40:05	01:01:03	01:22:15.25	01:24:16.10	+00:24:19 (29.6%)	8:13	7.3 (70.2%)
65	SZEWCZYK Marek	364	FACE NORDIC WALKING TEAM	M50-59	11			00:01:34	00:19:40	00:40:04	01:01:06	01:22:19.30	01:23:53.60	+00:24:23 (29.6%)	8:13	7.3 (70.2%)
66	KUŻMA Ełżbieta	392		K50-59	5			00:03:42	00:20:19	00:40:56	01:01:39	01:22:31.35	01:26:13.95	+00:24:35 (29.8%)	8:15	7.3 (70.2%)
67	MICHOŃ Anna	333	ŻUBRY NIEPOŁOMICE NW TEAM	K40-49	11			00:03:19	00:20:18	00:41:15	01:02:28	01:23:43.45	01:27:03.25	+00:25:47 (30.8%)	8:22	7.2 (69.2%)
68	GRYGORIEVA Ludmyła	376	DĄBROWA NORDIC TEAM	K60-69	2			00:04:06	00:20:00	00:40:53	01:02:33	01:24:29.15	01:28:35.40	+00:26:32 (31.4%)	8:26	7.1 (68.3%)
69	KRZYŚCIN Rafał	375	SANTANDER CONSUMER BANK S.A.	M40-49	8			00:01:18	00:21:02	00:42:05	01:03:40	01:24:40.60	01:25:59.25	+00:26:44 (31.6%)	8:28	7.1 (68.3%)
70	JAROSZ Anna	319	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K60-69	3			00:04:05	00:21:10	00:42:52	01:04:43	01:26:38.55	01:30:44.20	+00:28:42 (33.1%)	8:39	6.9 (66.3%)
71	KUBUSIAK Alicja	331	SANTANDER CONSUMER BANK S.A.	K30-39	7			00:02:58	00:21:34	00:43:14	01:05:05	01:27:03.85	01:30:02.15	+00:29:07 (33.5%)	8:42	6.9 (66.3%)
72	SZEWCZYK Agnieszka	363	FACE NORDIC WALKING TEAM	K40-49	12			00:03:19	00:21:34	00:43:23	01:05:23	01:27:12.15	01:30:31.85	+00:29:15 (33.6%)	8:43	6.9 (66.3%)
73	LATUSZEK Małgorzata	394	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K50-59	6			00:03:43	00:21:30	00:43:57	01:06:12	01:29:00.15	01:32:43.20	+00:31:03 (34.9%)	8:54	6.7 (64.4%)
74	FRAŃCZEK Krystyna	314		K60-69	4			00:04:06	00:21:56	00:44:39	01:07:05	01:29:29.85	01:33:35.90	+00:31:33 (35.3%)	8:56	6.7 (64.4%)
75	ZAGÓRSKI Mariusz	497		M40-49	9			00:01:17	00:22:48	00:45:41	01:08:03	01:29:54.70	01:31:12.00	+00:31:58 (35.6%)	8:59	6.7 (64.4%)
76	CHRAPEK Urszula	306	KS RUDZICA	K18-29	2			00:02:37	00:21:58	00:45:04	01:07:54	01:30:06.75	01:32:44.10	+00:32:10 (35.7%)	9:00	6.7 (64.4%)
77	RYMARZ Magdalena	348	SANTANDER CONSUMER BANK S.A.	K18-29	3			00:02:37	00:21:14	00:43:31	01:06:23	01:30:09.05	01:32:46.45	+00:32:12 (35.7%)	9:00	6.7 (64.4%)
78	DYLEWSKA Barbara	312	DĄBROWA NORDIC TEAM	K60-69	5			00:04:06	00:22:58	00:46:20	01:09:47	01:33:16.50	01:37:23.25	+00:35:20 (37.9%)	9:19	6.4 (61.5%)
79	KRZYŚCIN Mirosława	374	SANTANDER CONSUMER BANK S.A.	K40-49	13			00:03:20	00:22:34	00:45:39	01:10:11	01:33:50.75	01:37:10.80	+00:35:54 (38.3%)	9:23	6.4 (61.5%)
80	ZAGÓRSKA Anna	498		K30-39	8			00:02:57	00:22:54	00:46:01	01:10:33	01:33:59.20	01:36:57.05	+00:36:02 (38.4%)	9:24	6.4 (61.5%)
81	CHYŁEK Justyna	397	SANTANDER CONSUMER BANK S.A.	K30-39	9			00:02:58	00:26:05	00:52:52	01:19:38	01:46:08.70	01:49:07.30	+00:48:12 (45.4%)	10:36	5.7 (54.8%)
82	SKOWRON Justyna	352	SANTANDER CONSUMER BANK S.A.	K30-39	10			00:02:59	00:26:05	00:52:52	01:19:37	01:46:09.65	01:49:08.85	+00:48:13 (45.4%)	10:36	5.7 (54.8%)
83	BARŁOWSKI Wojciech	396	SANTANDER CONSUMER BANK S.A.	M40-49	10			00:01:18	00:26:14	00:54:39	01:22:12	01:51:25.10	01:52:43.25	+00:53:28 (48.0%)	11:08	5.4 (51.9%)
84	BAŁOWSKA Małgorzata	301	SANTANDER CONSUMER BANK S.A.	K40-49	14			00:03:00	00:30:18	00:59:53	01:29:18	01:58:47.65	02:01:48.00	+01:00:51 (51.2%)	11:52	5.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	CICHOWICZ- SKAŁA Katarzyna	308	SANTANDER CONSUMER BANK S.A.	K30-39	11			00:03:00	00:30:17	00:59:52	01:29:18	01:58:47.90	02:01:48.05	+01:00:51 (51.2%)	11:52	5.1 (49.0%)

Znaleziono 85 wynik(ów)