



Wydarzenie:  
Organizator:  
Data:  
Miejsce:  
Dystans:

## KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM

PUCHAR POLSKI NORDIC WALKING  
Polska Federacja Nordic Walking  
2018-06-02  
Kolbuszowa  
21.1 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 0.37km	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 7.4km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km	Start_All 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	388	KKB MOSIR KROSNO	M30-39	1			00:02:12	00:04:26	00:06:42	00:22:16	00:37:54	00:53:35	01:09:03	01:24:28	01:40:07	01:55:33	<b>02:11:05.10</b>		6:12	9.7 (100%)
2	ROSAK Marcin	539	RUNNERSKI.PL/ GREEN TEAM ZIELONA GÓRA	M40-49	1			00:02:17	00:04:38	00:07:03	00:23:24	00:39:28	00:55:25	01:11:23	01:27:20	01:43:25	01:59:29	<b>02:15:29.30</b>	+00:04:24 (3.2%)	6:25	9.3 (95.9%)
3	KORDOWSKI Piotr	519		M40-49	2			00:02:17	00:04:38	00:07:04	00:23:25	00:39:32	00:56:10	01:13:18	01:30:17	01:47:05	02:03:54	<b>02:21:02.30</b>	+00:09:57 (7.1%)	6:41	9 (92.8%)
4	DEPKA PRADZYŃSKI Olgierd	507	BIEGAMYRAZEM.PL	M60+	1			00:02:25	00:04:46	00:07:08	00:23:20	00:39:25	00:55:25	01:11:47	01:28:49	01:46:08	02:03:33	<b>02:22:11.15</b>	+00:11:06 (7.8%)	6:44	8.9 (91.8%)
5	WAWRZYŃIAK Łukasz	552	KS METRACO POLKOWICE	M30-39	2			00:02:27	00:04:56	00:07:27	00:24:26	00:41:51	00:59:09	01:16:12	01:32:52	01:49:51	02:07:06	<b>02:24:31.20</b>	+00:13:26 (9.3%)	6:50	8.8 (90.7%)
6	SZEREMETA Grzegorz	550	CIDRY LOTAJOM	M40-49	3			00:02:20	00:04:43	00:07:06	00:23:27	00:39:55	00:56:37	01:13:38	01:30:58	01:48:57	02:07:31	<b>02:26:07.15</b>	+00:15:02 (10.3%)	6:55	8.7 (89.7%)
7	SŁUPIANEK Paweł	543	LECYMY DURŚ	M30-39	3			00:02:23	00:04:52	00:07:20	00:24:01	00:40:46	00:57:43	01:15:05	01:32:15	01:50:05	02:08:30	<b>02:27:10.30</b>	+00:16:05 (10.9%)	6:58	8.6 (88.7%)
8	PIETRZYK Jarosław	535	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:02:22	00:04:53	00:07:27	00:24:55	00:42:23	00:59:45	01:17:12	01:34:31	01:51:44	02:09:41	<b>02:27:16.40</b>	+00:16:11 (11.0%)	6:58	8.6 (88.7%)
9	PUSZKIEL Leszek	537	GREEN TEAM ZIELONA GÓRA	M60+	2			00:02:22	00:04:49	00:07:17	00:24:11	00:41:33	00:59:21	01:17:20	01:35:15	01:53:06	02:11:10	<b>02:29:15.65</b>	+00:18:10 (12.2%)	7:04	8.5 (87.6%)
10	WOJTOWICZ Tomasz	230	NWPL/FNWT	M18-29	1			00:02:23	00:04:54	00:07:28	00:24:09	00:41:12	00:58:11	01:15:20	01:32:54	01:51:05	02:10:41	<b>02:31:26.25</b>	+00:20:21 (13.4%)	7:10	8.4 (86.6%)
11	WITCZUK Łukasz	334	NWPL / LUKI TEAM	M30-39	5			00:02:24	00:04:55	00:07:28	00:24:09	00:41:13	00:58:11	01:15:20	01:32:53	01:51:03	02:10:42	<b>02:31:26.95</b>	+00:20:21 (13.4%)	7:10	8.4 (86.6%)
12	SZARSZUNOWICZ Mariusz	548	KS METRACO POLKOWICE	M40-49	4			00:02:23	00:04:51	00:07:17	00:24:05	00:41:19	00:59:01	01:17:22	01:35:36	01:54:06	02:12:47	<b>02:32:16.75</b>	+00:21:11 (13.9%)	7:13	8.3 (85.6%)
13	BARCZYK Bogdan	503	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:02:21	00:04:46	00:07:13	00:24:01	00:41:18	00:59:00	01:16:57	01:35:24	01:54:33	02:13:57	<b>02:33:54.85</b>	+00:22:49 (14.8%)	7:17	8.2 (84.5%)
14	MARCZAK Krzysztof	529	NWPL/NW BEŁCHATÓW	M60+	3			00:02:28	00:04:58	00:07:30	00:25:12	00:43:00	01:01:00	01:18:54	01:37:06	01:55:46	02:14:40	<b>02:34:00.95</b>	+00:22:55 (14.9%)	7:17	8.2 (84.5%)
15	BUŁAKOWSKI Bohdan	505	PASJA NORDIC WALKING	M60+	4			00:02:36	00:05:13	00:07:50	00:25:23	00:43:16	01:01:21	01:19:24	01:37:57	01:56:32	02:15:13	<b>02:34:37.05</b>	+00:23:31 (15.2%)	7:19	8.2 (84.5%)
16	MAKOWSKI Jan	527	RYBNICKI KLUB NORDIC WALKING	M50-59	2			00:02:20	00:04:41	00:07:08	00:24:30	00:42:26	01:00:49	01:19:15	01:37:58	01:56:48	02:16:15	<b>02:35:24.30</b>	+00:24:19 (15.6%)	7:21	8.1 (83.5%)
17	KOWALSKI Marek	520	UNIA MIAST	M50-59	3			00:02:36	00:05:16	00:07:59	00:26:10	00:44:16	01:02:32	01:20:56	01:39:35	01:58:21	02:17:13	<b>02:35:46.50</b>	+00:24:41 (15.8%)	7:22	8.1 (83.5%)
18	KOŁODZIEJ Joanna	518		K50-59	1			00:02:37	00:05:17	00:08:01	00:26:42	00:45:19	01:03:45	01:22:15	01:40:50	01:59:07	02:17:37	<b>02:36:18.30</b>	+00:25:13 (16.1%)	7:24	8.1 (83.5%)
19	ŚWISŁOCKI Bogdan	551	FACE NORDIC WALKING TEAM	M50-59	4			00:02:25	00:04:53	00:07:24	00:24:51	00:42:42	01:00:48	01:18:52	01:37:28	01:57:27	02:17:14	<b>02:36:52.50</b>	+00:25:47 (16.4%)	7:26	8.1 (83.5%)
20	SPYCHAŁA Marzena	545	WESOLY BORSUK TEAM	K40-49	1			00:02:41	00:05:22	00:08:08	00:26:49	00:45:37	01:04:20	01:22:52	01:41:34	02:00:19	02:19:11	<b>02:38:09.80</b>	+00:27:04 (17.1%)	7:29	8 (82.5%)
21	NIEDŹWIECKA Katarzyna	532	FACE NORDIC WALKING TEAM	K40-49	2			00:02:41	00:05:23	00:08:08	00:26:55	00:45:39	01:04:20	01:22:50	01:41:32	02:00:31	02:19:48	<b>02:38:57.75</b>	+00:27:52 (17.5%)	7:32	8 (82.5%)
22	WARĘCKI Roman	558	LUBLIN ZNORDIC	M50-59	5			00:02:30	00:05:02	00:07:34	00:25:23	00:43:19	01:01:49	01:20:48	01:40:26	02:00:29	02:21:02	<b>02:40:45.45</b>	+00:29:40 (18.5%)	7:37	7.9 (81.4%)
23	KRZANOWSKI Bartłomiej	523	SAMOTNI WĘDROWCY	M40-49	5			00:02:28	00:04:59	00:07:33	00:25:33	00:44:10	01:03:39	01:22:44	01:41:57	02:01:32	02:21:20	<b>02:40:49.55</b>	+00:29:44 (18.5%)	7:37	7.9 (81.4%)
24	STEFANICKI Marek	546	WŁÓCZYKIJE SWINOUJŚCIE	M60+	5			00:02:42	00:05:28	00:08:15	00:26:26	00:44:59	01:03:51	01:22:38	01:41:52	02:01:26	02:21:14	<b>02:40:50.20</b>	+00:29:45 (18.5%)	7:37	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h	
								0.37km	1.1km	3.6km	6.1km	7.4km	8.6km	11.1km	13.6km	16.1km					18.6km
25	WESOŁOWSKI Wojciech	377	MUSZKIETEROWIE	M60+	6			00:02:42	00:05:28	00:08:15	00:26:33	00:45:00	01:03:52	01:22:39	01:41:53	02:01:27	02:21:15	02:40:57.85	+00:29:52 (18.6%)	7:37	7.9 (81.4%)
26	REJMAN Dorota	500	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K30-39	1			00:02:36	00:05:17	00:08:02	00:26:44	00:45:20	01:04:16	01:23:36	01:43:03	02:02:50	02:22:40	02:42:41.05	+00:31:35 (19.4%)	7:42	7.8 (80.4%)
27	ŻAMOJCIN Marek	557	NORDICLUB SZCZECIN	M50-59	6			00:02:33	00:05:12	00:07:52	00:26:35	00:45:27	01:04:35	01:23:59	01:43:22	02:03:04	02:23:09	02:43:00.25	+00:31:55 (19.6%)	7:43	7.8 (80.4%)
28	SZCZEBAK Jacek	549	UNIA MIAST	M40-49	6			00:02:33	00:05:16	00:08:00	00:26:46	00:45:42	01:04:35	01:23:40	01:43:10	02:02:50	02:22:48	02:43:20.75	+00:32:15 (19.8%)	7:44	7.8 (80.4%)
29	JANOSZKA Irena	512	CIDRY LOTAJOM	K50-59	2			00:02:44	00:05:27	00:08:12	00:26:59	00:46:03	01:05:20	01:24:43	01:44:10	02:03:55	02:23:52	02:43:29.90	+00:32:24 (19.8%)	7:44	7.7 (79.4%)
30	STĘPIEŃ Lucyna	547	KS METRACO POLKOWICE	K60+	1			00:02:45	00:05:29	00:08:17	00:27:20	00:46:50	01:06:23	01:25:58	01:45:34	02:05:07	02:24:48	02:44:38.75	+00:33:33 (20.4%)	7:48	7.7 (79.4%)
31	BOCZAR Beata	560	GREEN TEAM	K50-59	3			00:02:52	00:05:42	00:08:34	00:27:42	00:47:22	01:06:54	01:26:29	01:46:16	02:05:56	02:25:44	02:45:22.55	+00:34:17 (20.7%)	7:50	7.7 (79.4%)
32	LIGĘZA Janusz	526		M50-59	7			00:02:46	00:05:31	00:08:19	00:26:40	00:45:30	01:04:51	01:24:39	01:44:43	02:05:04	02:25:34	02:45:41.25	+00:34:36 (20.9%)	7:51	7.6 (78.4%)
33	RAKOWIECKI Zbigniew	499		M50-59	8			00:02:39	00:05:21	00:08:02	00:26:32	00:45:17	01:04:43	01:24:34	01:44:44	02:05:13	02:25:42	02:45:55.85	+00:34:50 (21.0%)	7:51	7.6 (78.4%)
34	BADECKI Ryszard	501	KS METRACO POLKOWICE	M50-59	9			00:02:46	00:05:33	00:08:21	00:26:53	00:45:49	01:05:11	01:24:37	01:44:07	02:03:28	02:23:32	02:45:59.90	+00:34:54 (21.0%)	7:52	7.6 (78.4%)
35	SMUS Damian	544	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:02:41	00:05:30	00:08:22	00:28:02	00:47:29	01:06:54	01:26:05	01:45:57	02:06:09	02:26:53	02:48:38.10	+00:37:33 (22.3%)	7:59	7.5 (77.3%)
36	MARONDEL Katarzyna	530	SILESIA NORDIC TEAM	K30-39	2			00:02:36	00:05:17	00:08:02	00:26:46	00:45:53	01:05:33	01:25:24	01:45:33	02:06:05	02:27:14	02:48:52.65	+00:37:47 (22.4%)	8:00	7.5 (77.3%)
37	RACŁAWSKI Jan	538	AMATOR	M60+	7			00:02:39	00:05:17	00:08:00	00:26:28	00:45:31	01:05:09	01:24:54	01:44:49	02:05:23	02:26:50	02:49:10.10	+00:38:05 (22.5%)	8:01	7.5 (77.3%)
38	KANIOWSKA Beata	514	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:02:43	00:05:28	00:08:16	00:27:43	00:47:40	01:07:45	01:27:50	01:48:00	02:08:12	02:28:55	02:49:38.45	+00:38:33 (22.7%)	8:02	7.5 (77.3%)
39	KRYSZCZUK Krzysztof	521	NOWI SIEDLCE/NW WSCHÓD	M50-59	10			00:02:42	00:05:29	00:08:20	00:27:01	00:46:08	01:05:34	01:25:10	01:45:41	02:06:37	02:28:24	02:49:40.10	+00:38:35 (22.7%)	8:02	7.5 (77.3%)
40	KARASIEWICZ Irena	516	FACE NORDIC WALKING TEAM	K50-59	4			00:02:52	00:05:43	00:08:33	00:28:04	00:48:04	01:08:27	01:28:38	01:48:43	02:09:01	02:29:34	02:50:05.40	+00:39:00 (22.9%)	8:03	7.4 (76.3%)
41	KRZANOWSKI Grzegorz	522	FACE NORDIC WALKING TEAM / JAROSŁAWSKIE WŁÓCZYKIJE	M30-39	6			00:02:34	00:05:06	00:07:42	00:25:43	00:44:12	01:03:43	01:23:32	01:43:56	02:05:14	02:27:51	02:50:22.40	+00:39:17 (23.1%)	8:04	7.4 (76.3%)
42	WITKOWSKA Maria	372	UNIA MIAST	K60+	2			00:02:56	00:05:48	00:08:40	00:28:18	00:48:18	01:08:32	01:28:49	01:49:47	02:10:25	02:31:17	02:51:57.70	+00:40:52 (23.8%)	8:09	7.4 (76.3%)
43	DUDEK Edward	508	KS METRACO POLKOWICE	M60+	8			00:02:44	00:05:31	00:08:18	00:26:50	00:45:47	01:05:12	01:25:41	01:46:46	02:08:44	02:31:08	02:53:27.80	+00:42:22 (24.4%)	8:13	7.3 (75.3%)
44	KUSAJ Tomasz	524	OSP ZAWADA	M50-59	11			00:02:45	00:05:39	00:08:35	00:28:48	00:49:10	01:09:31	01:29:39	01:49:54	02:10:29	02:32:14	02:53:42.30	+00:42:37 (24.5%)	8:13	7.3 (75.3%)
45	MAZUR Krzysztof	531	EKIPA Z TARNOWA	M40-49	7			00:02:46	00:05:35	00:08:25	00:28:01	00:47:59	01:08:37	01:29:07	01:49:52	02:11:05	02:32:55	02:55:17.65	+00:44:12 (25.2%)	8:18	7.2 (74.2%)
46	KUŹMA Ełżbieta	525	KLUB NW 'WŁÓCZYKIJE'	K50-59	5			00:02:50	00:05:44	00:08:40	00:28:49	00:49:27	01:10:10	01:30:50	01:51:54	02:13:01	02:34:25	02:56:17.40	+00:45:12 (25.6%)	8:21	7.2 (74.2%)
47	KOŁACZ Jakub	517		M30-39	7			00:02:37	00:05:28	00:08:20	00:28:00	00:48:00	01:07:34	01:27:14	01:48:15	02:10:02	02:33:06	02:56:29.10	+00:45:24 (25.7%)	8:21	7.2 (74.2%)
48	BARCZYK Jolanta	504	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:02:54	00:05:51	00:08:49	00:29:10	00:49:52	01:10:49	01:31:46	01:52:58	02:14:25	02:35:53	02:57:36.50	+00:46:31 (26.2%)	8:25	7.1 (73.2%)
49	KABAŁA Marzena	513	BIEGAMYRAZEM.PL	K40-49	4			00:02:49	00:05:41	00:08:31	00:28:17	00:48:56	01:09:54	01:30:13	01:51:36	02:13:45	02:36:00	02:58:31.65	+00:47:26 (26.6%)	8:27	7.1 (73.2%)
50	WIŚNIEWSKI Roman	553		M60+	9			00:02:44	00:05:32	00:08:21	00:28:00	00:48:24	01:09:30	01:30:58	01:52:47	02:14:57	02:37:26	02:59:24.85	+00:48:19 (26.9%)	8:30	7.1 (73.2%)
51	MARCINKOWSKI Wojciech	528	UNIA MIAST	M40-49	8			00:02:44	00:05:35	00:08:28	00:29:05	00:50:18	01:11:24	01:32:10	01:54:26	02:16:55	02:38:34	03:00:03.75	+00:48:58 (27.2%)	8:31	7 (72.2%)
52	GERLE-KOTULA Anna	510	UNIA MIAST	K30-39	3			00:02:47	00:05:44	00:08:48	00:29:48	00:51:06	01:12:18	01:33:43	01:55:14	02:16:56	02:38:45	03:00:24.65	+00:49:19 (27.3%)	8:33	7 (72.2%)
53	ZUZDA Jolanta Grażyna	555		K60+	3			00:03:08	00:06:17	00:09:26	00:31:28	00:53:36	01:15:08	01:36:25	01:58:05	02:19:19	02:41:32	03:02:59.70	+00:51:54 (28.4%)	8:40	6.9 (71.1%)
54	POSTEK Danuta	536	MARSZ PO ZDROWIE	K50-59	7			00:02:51	00:05:46	00:08:45	00:29:43	00:50:58	01:12:04	01:33:37	01:55:39	02:18:19	02:41:30	03:04:28.25	+00:53:23 (28.9%)	8:44	6.9 (71.1%)
55	ZAWADZKA Maria	556	KS METRACO POLKOWICE	K60+	4			00:02:54	00:05:58	00:09:08	00:30:43	00:52:15	01:13:45	01:35:31	01:57:40	02:19:54	02:42:30	03:05:31.95	+00:54:26 (29.3%)	8:47	6.8 (70.1%)
56	BARAN Marek	502	KLUBSPORTU.PL	M40-49	9			00:02:56	00:06:00	00:09:04	00:29:51	00:50:58	01:12:45	01:34:48	01:57:38	02:20:59	02:45:19	03:10:43.90	+00:59:38 (31.3%)	9:02	6.6 (68.0%)
57	ROZMUS Jolanta	540	FACE NORDIC WALKING TEAM	K60+	5			00:03:05	00:06:11	00:09:19	00:30:55	00:53:14	01:16:04	01:39:33	02:03:19	02:27:16	02:50:38	03:14:30.50	+01:03:25 (32.6%)	9:13	6.5 (67.0%)
58	KARASIEWICZ Iwona	515	NORDICLUB SZCZECIN	K30-39	4			00:03:00	00:06:11	00:09:26	00:32:10	00:54:49	01:17:45	01:40:36	02:04:07	02:28:37	02:53:14	03:18:22.30	+01:07:17 (33.9%)	9:24	6.4 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All														Czas		Tempo min/km	Tempo km/h
								0.37km	1.1km	3.6km	6.1km	7.4km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	Różn						
59	<b>CHRAPEK Urszula</b>	<b>559</b>	KS RUDZICA	K30-39	5			00:03:06	00:06:20	00:09:39	00:33:09	00:56:37	01:19:59	01:44:18	02:09:50	02:35:35	03:02:15	<b>03:29:47.25</b>	+01:18:42 (37.5%)	9:56	6 (61.9%)				
60	<b>OLSZAŃSKA Krystyna</b>	<b>534</b>	SEKCJA NW KLUBU BIAŁA BIEGA/TKKF	K60+	6			00:02:51	00:05:45	00:08:42	00:28:41	00:49:14	01:10:14	01:31:57	01:54:57	02:36:23	03:01:25	<b>03:29:59.95</b>	+01:18:54 (37.6%)	9:57	6 (61.9%)				
61	<b>SERAFIN Anna</b>	<b>541</b>	UKS SIEDLESZCZANY NORDIC WALKING/ FORSE NORDIC WALKING TEAM	K30-39	6			00:03:08	00:06:22	00:09:40	00:33:11	00:56:40	01:20:01	01:44:20	02:09:51	02:35:56	03:02:28	<b>03:30:52.65</b>	+01:19:47 (37.8%)	9:59	6 (61.9%)				

Znaleziono 61 wynik(ów)