

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-01
Miejsce: Kolbuszowa
Dystans: 21.1 km



Klasyfikacja: Wszyscy

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
								0.55km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km				
1	WOŁOSZKA Artur	456	LUKITEAM SIEDLCE	M18-29	1	2		00:03:23	00:06:49	00:22:34	00:39:03	00:55:35	01:12:17	01:29:22	01:46:22	02:02:44	02:19:24.03		6:36	9.1 (100%)
2	KNITTER Tomasz	382	BŁĘKITNI DZIEMIANY	M18-29	2			00:03:34	00:07:16	00:23:40	00:40:12	00:56:58	01:13:43	01:30:25	01:47:06	02:04:06	02:21:06.54	+00:01:42 (1.2%)	6:41	9 (98.9%)
3	SŁUPIANEK Paweł	436	LECYMY DURŚ	M40-49	1			00:03:47	00:07:31	00:24:09	00:40:37	00:57:10	01:13:45	01:30:55	01:47:36	02:04:29	02:21:36.66	+00:02:12 (1.6%)	6:42	8.9 (97.8%)
4	HAŁAS Marcin	411	UNIA MIAST	M30-39	1			00:03:48	00:07:42	00:24:54	00:41:47	00:58:39	01:15:39	01:33:11	01:50:11	02:06:48	02:23:47.98	+00:04:23 (3.1%)	6:48	8.8 (96.7%)
5	KUBISZYN Mirosław	422	KS METRACO POLKOWICE	M30-39	2	1		00:03:48	00:07:42	00:24:54	00:41:48	00:58:40	01:15:40	01:33:10	01:50:11	02:07:29	02:25:16.57	+00:05:52 (4.0%)	6:53	8.7 (95.6%)
6	KORDOWSKI Piotr	417	LUX TORPEDA MAŁOPOLSKA	M40-49	2			00:03:39	00:07:16	00:23:37	00:40:09	00:56:58	01:13:44	01:31:06	01:48:59	02:07:54	02:26:34.99	+00:07:10 (4.9%)	6:56	8.6 (94.5%)
7	BARCZYK Bogdan	402	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:03:52	00:07:41	00:24:53	00:41:46	00:58:38	01:15:38	01:33:10	01:50:33	02:08:42	02:26:35.73	+00:07:11 (4.9%)	6:56	8.6 (94.5%)
8	KUŚMIEREK Patryk	383	BŁĘKITNI DZIEMIANY	M18-29	3			00:03:44	00:07:31	00:24:50	00:41:52	00:58:45	01:16:03	01:34:10	01:52:34	02:11:46	02:30:56.08	+00:11:32 (7.6%)	7:09	8.4 (92.3%)
9	LENZ Andrzej	424	MUSZKIETEROWIE	M50-59	2			00:04:10	00:08:12	00:25:52	00:43:33	01:01:16	01:18:53	01:36:37	01:54:30	02:12:40	02:30:57.93	+00:11:33 (7.7%)	7:09	8.4 (92.3%)
10	KOŁODZIEJ Joanna	415	STADION ŚLĄSKI	K50-59	1			00:03:54	00:07:49	00:25:11	00:42:45	01:00:33	01:18:15	01:36:14	01:54:25	02:12:37	02:30:58.01	+00:11:33 (7.7%)	7:09	8.4 (92.3%)
11	ZYCH Witold	454		M40-49	3			00:03:57	00:07:50	00:25:09	00:42:27	01:00:02	01:17:42	01:35:48	01:54:23	02:13:02	02:32:19.48	+00:12:55 (8.5%)	7:13	8.3 (91.2%)
12	KOWALSKI Marek	419	UNIA MIAST	M50-59	3			00:04:08	00:08:12	00:25:57	00:43:37	01:01:23	01:19:28	01:37:46	01:56:17	02:15:06	02:34:07.88	+00:14:43 (9.6%)	7:18	8.2 (90.1%)
13	WITCZUK Łukasz	451	NWPL/LUKI TEAM SIEDLCE	M30-39	3			00:03:57	00:07:49	00:25:02	00:42:26	01:00:27	01:18:52	01:37:39	01:57:06	02:17:01	02:37:20.19	+00:17:56 (11.4%)	7:27	8 (87.9%)
14	SZULC Alicja	441		K40-49	1			00:03:57	00:07:52	00:25:32	00:43:20	01:01:35	01:19:55	01:38:35	01:57:34	02:17:05	02:37:22.85	+00:17:58 (11.4%)	7:27	8 (87.9%)
15	SZCZYGIELSKI Paweł	440	NWPL/LUKI TEAM SIEDLCE	M18-29	4	1		00:04:01	00:08:10	00:26:25	00:44:17	01:02:21	01:20:51	01:39:38	01:58:33	02:18:22	02:38:25.66	+00:19:01 (12.0%)	7:30	8 (87.9%)
16	SPYCHAŁA Marzena	437	CKZIU NYSZA MECHANIK	K40-49	2			00:03:58	00:07:59	00:25:42	00:43:39	01:02:17	01:21:19	01:40:30	01:59:52	02:19:24	02:38:35.83	+00:19:11 (12.1%)	7:30	8 (87.9%)
17	ŻAMOJCIN Marek	455	NORDICLUB SZCZECIN	M50-59	4			00:04:00	00:08:08	00:26:46	00:45:28	01:04:18	01:23:08	01:42:05	02:01:10	02:20:18	02:39:34.47	+00:20:10 (12.6%)	7:33	7.9 (86.8%)
18	FRANKIEWICZ Mirosław	406	FORMA NA PIĄTKĘ NW	M40-49	4			00:03:57	00:07:56	00:25:59	00:44:14	01:02:44	01:21:46	01:41:01	02:00:28	02:20:11	02:39:39.63	+00:20:15 (12.7%)	7:34	7.9 (86.8%)
19	SZYMAŃSKI Jacek	442	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	5			00:04:06	00:08:13	00:26:38	00:45:22	01:04:09	01:22:52	01:41:48	02:01:03	02:20:28	02:40:05.07	+00:20:41 (12.9%)	7:35	7.9 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Starty														Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								0.55km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km									
20	NOWICZ Mariusz	429	CIDRY LOTAJOM	M18-29	5			00:04:01	00:08:10	00:26:35	00:45:22	01:04:12	01:22:55	01:41:47	02:01:05	02:20:35	02:40:20.23	+00:20:56 (13.1%)	7:35	7.9 (86.8%)					
21	STĘPIEŃ Lucyna	439	KS METRACO POLKOWICE	K60+	1	1		00:04:03	00:08:07	00:26:29	00:45:06	01:04:16	01:23:24	01:42:43	02:01:46	02:20:58	02:40:59.34	+00:21:35 (13.4%)	7:37	7.9 (86.8%)					
22	GROS Agnieszka	409	STADION ŚLĄSKI	K40-49	3			00:04:24	00:08:37	00:27:15	00:45:59	01:04:43	01:23:35	01:42:51	02:02:28	02:22:14	02:42:04.45	+00:22:40 (14.0%)	7:40	7.8 (85.7%)					
23	ŚCIBUT Ania	443	FORMA NA PIĄTKĘ NW	K40-49	4			00:04:02	00:08:06	00:26:37	00:45:28	01:04:27	01:23:37	01:42:58	02:02:33	02:22:21	02:42:23.97	+00:22:59 (14.2%)	7:41	7.8 (85.7%)					
24	GOŁĘBIEWSKI Krzysztof	408	ZAWSZE MŁODZI	M50-59	6			00:04:09	00:08:18	00:26:59	00:45:53	01:04:45	01:24:06	01:43:45	02:03:27	02:23:12	02:43:09.50	+00:23:45 (14.6%)	7:43	7.8 (85.7%)					
25	KRZANOWSKI Grzegorz	421	FACE NORDIC WALKING TEAM	M30-39	4	1		00:04:01	00:08:01	00:25:48	00:43:50	01:02:21	01:21:15	01:40:44	02:00:45	02:22:11	02:43:54.26	+00:24:30 (15.0%)	7:46	7.7 (84.6%)					
26	WESOŁOWSKI Wojciech	447	MUSZKIETEROWIE	M60+	1			00:04:06	00:08:17	00:26:50	00:45:31	01:04:38	01:24:02	01:43:41	02:03:42	02:23:55	02:44:31.95	+00:25:07 (15.3%)	7:47	7.7 (84.6%)					
27	JANOSZKA Irena	412	CIDRY LOTAJOM	K50-59	2			00:04:19	00:08:26	00:27:11	00:46:05	01:05:21	01:24:47	01:44:25	02:04:30	02:24:25	02:44:41.14	+00:25:17 (15.4%)	7:48	7.7 (84.6%)					
28	RAKOWIECKI Zbigniew	434	FACE NORDIC WALKING TEAM	M50-59	7			00:04:11	00:08:23	00:26:51	00:45:28	01:04:24	01:23:31	01:42:55	02:03:16	02:24:06	02:45:26.48	+00:26:02 (15.7%)	7:50	7.7 (84.6%)					
29	WIĘSKO Ryszard	448		M60+	2			00:04:12	00:08:26	00:27:16	00:46:18	01:05:30	01:24:59	01:44:40	02:04:39	02:24:56	02:45:48.81	+00:26:24 (15.9%)	7:51	7.6 (83.5%)					
30	MOCZARSKI Mirosław	427	KLUB NW 'WŁÓCZYKIJE'	M50-59	8			00:04:09	00:08:24	00:27:24	00:46:36	01:06:20	01:25:56	01:45:26	02:05:32	02:25:51	02:46:19.29	+00:26:55 (16.2%)	7:52	7.6 (83.5%)					
31	GWÓZDŹ Andrzej	410	WICHURA JAROSŁAW	M50-59	9			00:04:20	00:08:46	00:28:12	00:47:18	01:06:33	01:26:05	01:45:43	02:05:41	02:25:54	02:46:26.27	+00:27:02 (16.2%)	7:53	7.6 (83.5%)					
32	KORDOWSKA Bogusława	416	LUX TORPEDA MAŁOPOLSKA	K40-49	5			00:04:13	00:08:26	00:27:54	00:47:33	01:07:08	01:27:14	01:47:12	02:07:15	02:27:42	02:47:35.85	+00:28:11 (16.8%)	7:56	7.6 (83.5%)					
33	PAPROTNA Agnieszka	431	NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:04:02	00:08:07	00:26:37	00:45:52	01:05:39	01:26:03	01:46:27	02:06:43	02:27:44	02:48:04.80	+00:28:40 (17.1%)	7:57	7.5 (82.4%)					
34	STEFANIAK Emilia	438	STADION ŚLĄSKI	K60+	2			00:04:31	00:09:02	00:28:56	00:48:41	01:08:27	01:28:16	01:48:08	02:08:05	02:28:22	02:48:42.79	+00:29:18 (17.4%)	7:59	7.5 (82.4%)					
35	KORYTOWSKA Agnieszka	418	NW WERWA MŁAWA	K30-39	2			00:04:07	00:08:19	00:27:23	00:46:41	01:06:23	01:26:25	01:46:55	02:07:37	02:28:17	02:48:48.18	+00:29:24 (17.4%)	7:59	7.5 (82.4%)					
36	BADECKI Ryszard	401	KS METRACO POLKOWICE	M50-59	10			00:04:06	00:08:18	00:26:57	00:45:42	01:04:57	01:24:35	01:45:39	02:06:41	02:27:55	02:49:14.72	+00:29:50 (17.6%)	8:01	7.5 (82.4%)					
37	DANKIEWICZ Barbara	404	ZAWSZE MŁODZI	K40-49	6			00:04:26	00:08:56	00:29:10	00:48:58	01:08:25	01:28:14	01:48:06	02:08:27	02:29:11	02:50:06.67	+00:30:42 (18.1%)	8:03	7.4 (81.3%)					
38	TROJAN Elżbieta	446	KLUB NW 'WŁÓCZYKIJE'	K40-49	7			00:04:25	00:08:52	00:28:44	00:48:16	01:08:16	01:28:33	01:49:01	02:09:24	02:29:50	02:50:14.64	+00:30:50 (18.1%)	8:04	7.4 (81.3%)					
39	GODAWA Ireneusz	407	STADION ŚLĄSKI	M50-59	11	1		00:04:20	00:08:46	00:28:00	00:47:13	01:06:56	01:27:10	01:47:51	02:09:23	02:30:40	02:51:47.01	+00:32:22 (18.9%)	8:08	7.4 (81.3%)					
40	KALISZ Krzysztof	413	KS METRACO POLKOWICE	M60+	3			00:04:27	00:08:54	00:28:50	00:49:05	01:09:06	01:29:24	01:49:53	02:10:35	02:31:27	02:52:16.58	+00:32:52 (19.1%)	8:09	7.3 (80.2%)					
41	KRAWCZYK Jakub	420		M30-39	5			00:04:21	00:08:49	00:28:24	00:47:53	01:07:28	01:27:07	01:47:53	02:09:16	02:31:23	02:53:29.78	+00:34:05 (19.7%)	8:13	7.3 (80.2%)					
42	DUSZA Anna	405	NORDICLUB SZCZECIN	K50-59	3			00:04:19	00:08:47	00:28:43	00:48:31	01:08:52	01:30:13	01:51:47	02:13:09	02:34:48	02:56:43.38	+00:37:19 (21.1%)	8:22	7.2 (79.1%)					
43	KUŹMA Elżbieta	423	KLUB NW 'WŁÓCZYKIJE'	K60+	3	1		00:04:22	00:08:49	00:28:48	00:48:57	01:09:24	01:30:49	01:52:24	02:13:58	02:36:30	02:59:00.74	+00:39:36 (22.1%)	8:29	7.1 (78.0%)					
44	ŚWIRSZCZ Tomasz	445	KS METRACO POLKOWICE	M60+	4			00:04:19	00:08:38	00:28:29	00:49:04	01:10:12	01:31:41	01:53:20	02:15:41	02:38:26	03:00:51.39	+00:41:27 (22.9%)	8:34	7 (76.9%)					
45	POSTEK Danuta	433	MARSZ PO ZDROWIE	K50-59	4	1		00:04:26	00:09:01	00:30:08	00:51:22	01:12:45	01:33:58	01:55:52	02:18:13	02:40:38	03:03:00.62	+00:43:36 (23.8%)	8:40	6.9 (75.8%)					
46	MALINOWSKA Katarzyna	426	LECZYMY DURŚ	K30-39	3			00:04:36	00:09:22	00:30:39	00:51:45	01:12:53	01:34:15	01:56:09	02:18:19	02:40:58	03:03:06.45	+00:43:42 (23.9%)	8:40	6.9 (75.8%)					

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All										Czas netto		Tempo min/km	Tempo km/h
								0.55km	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	Różn			
47	POHL Anna	432	CKZIU NYSA MECHANIK	K50-59	5			00:04:35	00:09:18	00:30:49	00:51:58	01:13:15	01:34:51	01:56:39	02:18:53	02:41:13	03:03:29.45	+00:44:05 (24.0%)	8:41	6.9 (75.8%)	
48	ZAWADZKA Maria	453	KS METRACO POLKOWICE	K60+	4			00:04:40	00:09:41	00:31:58	00:54:06	01:16:10	01:38:17	02:00:31	02:22:49	02:45:21	03:08:03.04	+00:48:39 (25.9%)	8:54	6.7 (73.6%)	
49	NIEMCZYK Bogusław	347	KLUB NW 'WŁÓCZYKIJE'	M50-59	12			00:04:22	00:09:03	00:31:11	00:52:26	01:28:27	01:50:40	02:13:45	02:36:46	02:58:29	03:20:47.85	+01:01:23 (30.6%)	9:30	6.3 (69.2%)	
50	KARASIEWICZ Iwona	414	NORDICLUB SZCZECIN	K30-39	4			00:04:51	00:09:56	00:32:59	00:56:14	01:19:44	01:44:35	02:09:11	02:34:15	03:00:04	03:27:46.83	+01:08:22 (32.9%)	9:50	6.1 (67.0%)	
	ZAGAJA Janusz	452	WESOŁY BORSUK TEAM	M60+				00:04:01 DNF	00:07:57 DNF	00:25:43 DNF	00:43:45 DNF	01:02:21 DNF	01:21:16 DNF	01:40:55 DNF	02:01:03 DNF	DNF	DNF		-	- (0.0%)	
	WIŚNIEWSKI Jacek	450	UKS SIEDLESZCZANY	M50-59				00:04:02 DNF	00:07:45 DNF	00:24:53 DNF	00:41:46 DNF	00:58:38 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	
	CWANEK-FLOREK Ewa	403	PRZEWORSKA GRUPA BIEGOWA	K40-49	2			00:04:20 DNF	00:08:36 DNF	00:28:37 DNF	00:48:31 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)	

Znaleziono 53 wynik(ów)