



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING
PFNW
2017-06-03
Kolbuszowa
21.1 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas startu	Start_All 0.38km	Start_All 0.76km	Start_All 1.1km	Start_All 1.5km	Start_All 2km	Start_All 2.5km	Start_All 3km	Start_All 3.5km	Start_All 4km	Start_All 4.5km	Start_All 5km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICH Andrzej	410		M30-39	1			00:00:45	00:01:56	00:04:01	00:06:09	00:21:09	00:36:26	00:51:37	01:06:51	01:22:12	01:37:42	01:53:54	02:10:35.65	02:11:20.70		6:11	9.7 (100%)	
2	DEPKA PRĄDZYŃSKI Olgiert	409	BIEGAMYRAZEM.PL	M50-59	1	1		00:00:48	00:02:20	00:04:42	00:07:04	00:22:57	00:38:54	00:55:11	01:11:35	01:28:05	01:44:47	02:01:27	02:18:23.10	02:19:11.30	+00:07:47 (5.6%)	6:33	9.1 (93.8%)	
3	KORDOWSKI Piotr	454	DYNAMIC	M40-49	1			00:00:47	00:02:13	00:04:30	00:06:52	00:22:48	00:38:50	00:55:13	01:11:37	01:28:08	01:44:49	02:01:33	02:18:50.45	02:19:38.05	+00:08:14 (5.9%)	6:34	9.1 (93.8%)	
4	PIETRZYK Jarosław	429	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:46	00:02:19	00:04:45	00:07:17	00:24:11	00:41:10	00:57:54	01:14:56	01:32:02	01:49:09	02:06:49	02:24:19.20	02:25:05.25	+00:13:43 (9.5%)	6:50	8.8 (90.7%)	
5	NACZK Leonard	425	DYNAMIC	M40-49	2			00:00:46	00:02:24	00:04:47	00:07:15	00:24:11	00:41:14	00:57:55	01:14:57	01:32:03	01:49:18	02:07:01	02:25:12.90	02:25:59.80	+00:14:37 (10.1%)	6:52	8.7 (89.7%)	
6	NALEPKA Jerzy	426	FACE NORDIC WALKING TEAM	M60+	1			00:00:50	00:02:22	00:04:45	00:07:12	00:24:07	00:41:11	00:58:27	01:15:45	01:33:11	01:51:03	02:09:03	02:26:55.40	02:27:45.40	+00:16:19 (11.1%)	6:57	8.6 (88.7%)	
7	STĘPNIEWSKI Paweł	435	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:00:46	00:02:24	00:04:51	00:07:20	00:24:13	00:41:15	00:58:22	01:15:37	01:32:59	01:50:42	02:08:44	02:28:35.40	02:29:21.55	+00:17:59 (12.1%)	7:02	8.5 (87.6%)	
8	BOGACKI Sławomir	453	ENERGA NW TEAM	M40-49	3			00:00:47	00:02:22	00:04:45	00:07:13	00:24:09	00:41:13	00:58:35	01:16:12	01:34:45	01:53:17	02:10:57	02:28:45.55	02:29:32.85	+00:18:09 (12.2%)	7:02	8.5 (87.6%)	
9	PASIKOWSKA Mariola	428	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:01:19	00:02:23	00:04:53	00:07:29	00:25:02	00:42:39	01:00:19	01:18:11	01:36:10	01:54:52	02:13:49	02:32:09.70	02:33:29.60	+00:21:34 (14.2%)	7:12	8.3 (85.6%)	
10	BIK Stanisław	402	KS METRACO POLKOWICE	M50-59	2			00:00:49	00:02:30	00:05:02	00:07:37	00:25:12	00:42:53	01:00:51	01:18:40	01:36:30	01:54:48	02:13:37	02:32:26.15	02:33:15.95	+00:21:50 (14.3%)	7:13	8.3 (85.6%)	
11	MAKOWSKI Jan	421	RYBNICKI KLUB NORDIC WALKING	M50-59	3			00:00:48	00:02:23	00:04:49	00:07:18	00:24:39	00:42:31	01:00:37	01:18:36	01:36:33	01:55:02	02:14:00	02:32:44.85	02:33:33.05	+00:22:09 (14.5%)	7:14	8.3 (85.6%)	
12	ZAGAJA Janusz	447	WESOŁY BORSUK TEAM	M60+	2			00:00:49	00:02:21	00:04:46	00:07:13	00:24:27	00:41:59	00:59:48	01:17:59	01:36:20	01:54:50	02:13:57	02:33:20.40	02:34:09.95	+00:22:44 (14.8%)	7:16	8.3 (85.6%)	
13	KOŁODZIEJ Joanna	416	FABRIKANORDIKA	K40-49	1			00:01:21	00:02:35	00:05:14	00:07:53	00:25:58	00:43:53	01:01:58	01:19:54	01:38:21	01:57:11	02:15:32	02:33:43.10	02:35:04.35	+00:23:07 (15.0%)	7:17	8.2 (84.5%)	
14	BUŁAKOWSKI Bohdan	405	PASJA NORDIC WALKING	M60+	3			00:00:51	00:02:35	00:05:14	00:07:53	00:25:35	00:43:23	01:01:15	01:19:24	01:37:50	01:56:33	02:15:31	02:34:45.10	02:35:36.25	+00:24:09 (15.6%)	7:20	8.2 (84.5%)	
15	SZULC Alicja	438	NW WERWA MŁAWA	K40-49	2			00:01:21	00:02:45	00:05:30	00:08:12	00:26:07	00:44:04	01:02:12	01:20:24	01:38:36	01:57:13	02:15:49	02:35:12.95	02:36:34.75	+00:24:37 (15.9%)	7:21	8.2 (84.5%)	
16	STĘPIEŃ Lucyna	434	KS METRACO POLKOWICE	K60+	1			00:01:24	00:02:38	00:05:14	00:07:50	00:25:53	00:43:46	01:01:54	01:20:13	01:38:57	01:57:55	02:16:49	02:35:43.75	02:37:07.75	+00:25:08 (16.1%)	7:22	8.1 (83.5%)	
17	KRZANOWSKI Bartek	420	SAMOTNI WĘDROWCY	M40-49	4			00:00:47	00:02:30	00:05:01	00:07:36	00:25:13	00:43:11	01:01:32	01:20:23	01:39:26	01:58:30	02:17:33	02:36:54.40	02:37:42.35	+00:26:18 (16.8%)	7:26	8.1 (83.5%)	
18	WESOŁOWSKI Wojciech	442	NORDIC TEAM GNIEZNO	M60+	4			00:00:49	00:02:32	00:05:09	00:07:48	00:25:36	00:43:20	01:01:15	01:19:26	01:38:04	01:57:47	02:17:51	02:37:24.95	02:38:14.15	+00:26:49 (17.0%)	7:27	8 (82.5%)	
19	SZCZĘBAK Jacek	437	UNIA MIAST	M40-49	5			00:00:47	00:02:31	00:05:09	00:07:49	00:26:08	00:44:29	01:03:04	01:21:33	01:40:17	01:59:14	02:18:21	02:38:00.00	02:38:47.75	+00:27:24 (17.3%)	7:29	8 (82.5%)	
20	BOCZAR Beata	403	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:01:22	00:02:46	00:05:30	00:08:15	00:26:49	00:45:30	01:04:15	01:22:47	01:41:20	02:00:11	02:19:08	02:38:02.80	02:39:25.75	+00:27:27 (17.4%)	7:29	8 (82.5%)	
21	KOWALCZYK Mariusz	418	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:00:48	00:02:38	00:05:20	00:08:06	00:26:32	00:44:44	01:03:23	01:22:20	01:41:39	02:01:19	02:21:34	02:42:04.15	02:42:52.90	+00:31:28 (19.4%)	7:40	7.8 (80.4%)	
22	WOLNIEWICZ Katarzyna	445	FABRIKANORDIKA	K40-49	3			00:01:21	00:02:39	00:05:17	00:07:55	00:26:18	00:44:53	01:03:46	01:22:51	01:42:11	02:02:02	02:22:06	02:42:06.60	02:43:27.95	+00:31:30 (19.4%)	7:40	7.8 (80.4%)	
23	POGORZEŁSKA Wiesława	430	WESOŁY BORSUK TEAM	K30-39	2			00:01:20	00:02:29	00:05:12	00:07:57	00:26:21	00:44:38	01:03:23	01:22:30	01:42:02	02:01:49	02:22:08	02:42:29.70	02:43:50.45	+00:31:54 (19.6%)	7:42	7.8 (80.4%)	
24	BANASZKIEWICZ Katarzyna	401	PILSCY MIŁOŚNICZY NW	K40-49	4			00:01:21	00:02:39	00:05:20	00:08:04	00:26:58	00:46:02	01:05:07	01:24:18	01:43:38	02:03:05	02:22:50	02:42:39.30	02:44:00.75	+00:32:03 (19.7%)	7:42	7.8 (80.4%)	
25	KOBIELA Daria	415	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:01:20	00:02:43	00:05:29	00:08:19	00:27:15	00:46:06	01:05:06	01:24:20	01:43:56	02:03:52	02:24:14	02:45:15.95	02:46:36.30	+00:34:40 (21.0%)	7:49	7.7 (79.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									0.38km	0.76km	1.1km	3.5km	6km	8.5km	11km	13.5km	16km	18.5km	21.1km	21.1km				
26	GOIK Grzegorz	413	RYBNICKI KLUB NORDIC WALKING	M50-59	5			00:00:48	00:02:38	00:05:19	00:08:03	00:26:41	00:45:53	01:05:15	01:24:49	01:44:11	02:04:06	02:24:51	02:45:16.80	02:46:05.55	+00:34:41 (21.0%)	7:49	7.7 (79.4%)	
27	CZYCZ Emilia	408	GREEN TEAM ZIELONA GÓRA	K60+	2			00:01:24	00:02:46	00:05:25	00:08:09	00:26:41	00:45:34	01:04:57	01:24:33	01:45:01	02:05:53	02:25:31	02:45:41.10	02:47:05.55	+00:35:05 (21.2%)	7:51	7.6 (78.4%)	
28	WITKOWSKA Maria	444	UNIA MIAST	K60+	3			00:01:24	00:02:45	00:05:31	00:08:18	00:27:33	00:46:55	01:06:21	01:26:05	01:45:55	02:05:54	02:26:02	02:45:51.10	02:47:15.65	+00:35:15 (21.3%)	7:51	7.6 (78.4%)	
29	SZABLIŃSKI Maciej	436	AWF WARSZAWA	M18-29	2			00:00:46	00:02:32	00:05:11	00:07:50	00:26:08	00:44:52	01:04:11	01:23:13	01:42:49	02:03:33	02:25:28	02:46:26.95	02:47:13.20	+00:35:51 (21.5%)	7:53	7.6 (78.4%)	
30	KRZANOWSKA Małgorzata	419	SAMOTNI WĘDROWCY	K40-49	5			00:01:22	00:02:45	00:05:31	00:08:15	00:27:00	00:46:13	01:05:52	01:25:37	01:45:40	02:05:50	02:26:20	02:47:05.90	02:48:28.85	+00:36:30 (21.8%)	7:55	7.6 (78.4%)	
31	KARASIEWICZ Irena	414	FACE NORDIC WALKING TEAM	K50-59	2			00:01:23	00:02:48	00:05:33	00:08:21	00:27:21	00:46:51	01:06:46	01:26:46	01:46:47	02:06:51	02:27:17	02:47:30.35	02:48:53.95	+00:36:54 (22.0%)	7:56	7.6 (78.4%)	
32	MOCZARSKI Mirosław	424	KLUB NW 'WŁÓCZYKJE' LEŻAJSK	M50-59	6			00:00:49	00:02:39	00:05:23	00:08:07	00:27:02	00:46:28	01:06:16	01:26:06	01:45:56	02:06:16	02:27:04	02:47:57.80	02:48:47.50	+00:37:22 (22.2%)	7:57	7.5 (77.3%)	
33	MIERZWA Mariusz	423	KLUB SPORTU	M50-59	7			00:00:48	00:02:34	00:05:10	00:07:48	00:25:37	00:43:46	01:02:36	01:22:31	01:43:03	02:04:14	02:26:23	02:48:39.20	02:49:28.05	+00:38:03 (22.6%)	7:59	7.5 (77.3%)	
34	KOTULA Jakub	417	UNIA MIAST	M30-39	3			00:00:46	00:02:37	00:05:21	00:08:10	00:27:53	00:47:37	01:07:36	01:27:43	01:47:44	02:08:32	02:29:43	02:49:55.30	02:50:41.45	+00:39:19 (23.1%)	8:03	7.5 (77.3%)	
35	REJ Anna	432		K30-39	3			00:01:21	00:02:44	00:05:32	00:08:23	00:27:51	00:47:57	01:08:07	01:28:43	01:49:14	02:10:34	02:30:11	02:50:00.65	02:51:21.80	+00:39:25 (23.2%)	8:03	7.4 (76.3%)	
36	GUZOWSKI Maciej	455	WŁÓCZYKJE	M30-39	4			00:00:47	00:02:46	00:05:36	00:08:29	00:28:23	00:48:19	01:08:21	01:28:22	01:48:57	02:09:40	02:30:19	02:50:49.00	02:51:36.00	+00:40:13 (23.5%)	8:05	7.4 (76.3%)	
37	MARCINKOWSKI Wojciech	422	UNIA MIAST	M40-49	6			00:00:48	00:02:39	00:05:26	00:08:16	00:27:38	00:47:22	01:07:06	01:27:18	01:47:49	02:09:02	02:30:17	02:51:10.75	02:51:58.75	+00:40:35 (23.7%)	8:06	7.4 (76.3%)	
38	GERLE-KOTULA Anna	412	UNIA MIAST	K30-39	4			00:01:20	00:02:46	00:05:41	00:08:39	00:28:59	00:49:27	01:10:01	01:30:18	01:50:37	02:11:00	02:31:17	02:51:32.90	02:52:53.75	+00:40:57 (23.9%)	8:07	7.4 (76.3%)	
39	TYLUTKI Agnieszka	440	UKS SIEDLESZCZANY/ FACE NORDIC WALKING TEAM	K40-49	6			00:01:22	00:02:40	00:05:23	00:08:08	00:26:58	00:45:50	01:06:45	01:28:04	01:48:25	02:09:04	02:30:15	02:51:51.15	02:53:13.30	+00:41:15 (24.0%)	8:08	7.4 (76.3%)	
40	WIŚNIEWSKI Roman	443		M60+	5			00:00:51	00:02:37	00:05:22	00:08:09	00:27:24	00:46:54	01:06:43	01:27:00	01:47:47	02:09:17	02:31:01	02:52:39.30	02:53:30.55	+00:42:03 (24.4%)	8:10	7.3 (75.3%)	
41	ŻUCHOWICZ Elżbieta	449	DĄBROWA NORDIC TEAM	K50-59	3			00:01:22	00:02:43	00:05:27	00:08:15	00:27:49	00:47:43	01:08:05	01:28:42	01:49:12	02:10:34	02:32:30	02:54:43.85	02:56:06.80	+00:44:08 (25.3%)	8:16	7.2 (74.2%)	
42	BUCZKOWSKA Wiesława	404	PENDOLINO	K60+	4			00:01:25	00:02:45	00:05:32	00:08:20	00:27:34	00:46:56	01:06:54	01:27:27	01:48:44	02:10:55	02:34:05	02:55:58.85	02:57:24.30	+00:45:23 (25.8%)	8:20	7.2 (74.2%)	
43	POSTEK Danuta	431	MARSZ PO ZDROWIE	K50-59	4			00:01:23	00:02:44	00:05:33	00:08:25	00:28:52	00:49:21	01:09:57	01:30:40	01:52:13	02:14:04	02:36:34	02:59:05.65	03:00:29.00	+00:48:30 (27.1%)	8:29	7.1 (73.2%)	
44	ZAWADZKA Maria	448	KS METRACO POLKOWICE	K60+	5			00:01:23	00:02:58	00:06:00	00:09:05	00:30:45	00:52:01	01:13:11	01:34:30	01:55:54	02:17:36	02:39:24	03:01:12.15	03:02:36.00	+00:50:36 (27.9%)	8:35	7 (72.2%)	
45	CWANEK-FLOREK Ewa	407	PRZEWORSKA GRUPA BIEGOWA	K40-49	7			00:01:21	00:02:43	00:05:26	00:08:09	00:27:23	00:47:56	01:09:22	01:30:58	01:53:14	02:16:03	02:40:36	03:06:05.15	03:07:27.10	+00:55:29 (29.8%)	8:49	6.8 (70.1%)	
46	TRĘTOWICZ Beata	451	FACE NORDIC WALKING TEAM	K40-49	8			00:01:22	00:03:07	00:06:20	00:09:32	00:31:44	00:54:15	01:17:03	01:40:36	02:05:08	02:29:27	02:55:47	03:22:39.50	03:24:02.00	+01:12:03 (35.6%)	9:36	6.2 (63.9%)	
47	TRĘTOWICZ Aleksandra	452	FACE NORDIC WALKING TEAM	K18-29	2			00:01:20	00:03:08	00:06:17	00:09:24	00:31:44	00:54:15	01:17:00	01:40:40	02:05:09	02:29:29	02:55:50	03:22:41.50	03:24:01.80	+01:12:05 (35.6%)	9:36	6.2 (63.9%)	
48	SORN Łukasz	433	ELITE TEAM/FACE NORDIC WALKING TEAM	M30-39	5			00:00:47	00:03:01	00:06:01	00:09:03	00:29:24	00:49:57	01:10:06							+00:18:29	8:14	7.3 (75.3%)	

Znaleziono 48 wynik(ów)