



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-05-19
Miejsce: Konstancin-Jeziorna
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STILLER Karol	370	KABEX PODKOWA JANÓW	M30-39	1			00:13:54	00:27:51	00:41:55	00:56:14.80		5:37	10.7 (100%)
2	BIŁEK Artur	400	UNIA MIAST	M30-39	2			00:14:14	00:28:40	00:43:26	00:58:14.55	+00:01:59 (3.4%)	5:49	10.3 (96.3%)
3	NIECHWIEJCZYK Piotr	348	UNIA MIAST	M40-49	1			00:14:25	00:29:14	00:43:52	00:58:25.65	+00:02:10 (3.7%)	5:50	10.3 (96.3%)
4	SIWAK Piotr	362	KS METRACO POLKOWICE	M50-59	1	1		00:14:36	00:29:20	00:43:50	00:58:33.05	+00:02:18 (3.9%)	5:51	10.2 (95.3%)
5	JANOCHA Robert	322	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:14:38	00:29:22	00:43:53	00:58:45.05	+00:02:30 (4.3%)	5:52	10.2 (95.3%)
6	STACHOWIAK Sebastian	367	UNIA MIAST	M40-49	2			00:14:33	00:29:27	00:44:14	00:58:58.20	+00:02:43 (4.6%)	5:53	10.2 (95.3%)
7	RYCHLIK Grzegorz	359	FUNDACJA 'W TE PĘDY'	M30-39	3			00:14:28	00:29:18	00:44:26	00:59:48.20	+00:03:33 (5.9%)	5:58	10 (93.5%)
8	BORKOWSKI Dariusz	302	NOWI SIEDLCE NW WSCHÓD	M40-49	3			00:14:41	00:29:43	00:44:56	01:00:08.60	+00:03:53 (6.5%)	6:00	10 (93.5%)
9	REMBARZ Łukasz	357	KS IDMAR RACING TEAM	M40-49	4			00:14:41	00:29:47	00:45:05	01:00:12.60	+00:03:57 (6.6%)	6:01	10 (93.5%)
10	MIELECKA Agnieszka	347	KS IDMAR RACING TEAM	K40-49	1			00:15:00	00:30:05	00:45:19	01:00:26.90	+00:04:12 (7.0%)	6:02	9.9 (92.5%)
11	HELWICH Stefan	319	KS METRACO POLKOWICE	M60-69	1			00:14:55	00:29:59	00:45:26	01:00:48.90	+00:04:34 (7.5%)	6:04	9.9 (92.5%)
12	JUREK Adam	185	KS METRACO POLKOWICE	M50-59	3	1		00:15:02	00:30:24	00:45:51	01:01:54.50	+00:05:39 (9.1%)	6:11	9.7 (90.7%)
13	LENZ Andrzej	341	MUSZKIETEROWIE	M50-59	4			00:15:36	00:31:11	00:46:48	01:02:26.00	+00:06:11 (9.9%)	6:14	9.6 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											Czas netto 10km	Różn		
14	KUSTAL Marcin	340	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:14:56	00:30:56	00:46:43	01:02:29.95	+00:06:15 (10.0%)	6:15	9.6 (89.7%)
15	KUBIAK Przemysław	338	KS IDMAR RACING TEAM	M40-49	5			00:15:16	00:31:00	00:46:43	01:02:32.60	+00:06:17 (10.1%)	6:15	9.6 (89.7%)
16	SPYCHAŁA Lesław	356	WESOŁY BORSUK TEAM	M50-59	5			00:15:09	00:30:45	00:46:48	01:02:40.40	+00:06:25 (10.3%)	6:16	9.6 (89.7%)
17	ZAGAJA Janusz	312	WESOŁY BORSUK TEAM	M60-69	2			00:15:13	00:30:49	00:46:40	01:02:43.65	+00:06:28 (10.3%)	6:16	9.6 (89.7%)
18	GŁOWA Michał	316	UNIA MIAST	M18-29	1			00:15:18	00:30:51	00:46:57	01:02:44.05	+00:06:29 (10.3%)	6:16	9.6 (89.7%)
19	JĘDRASIAK Renata	324	KS METRACO POLKOWICE	K50-59	1			00:15:39	00:31:38	00:47:43	01:03:59.40	+00:07:44 (12.1%)	6:23	9.4 (87.9%)
20	KLIMCZAK Adam	329		M50-59	6			00:16:11	00:32:43	00:49:03	01:05:20.85	+00:09:06 (13.9%)	6:32	9.2 (86.0%)
21	SMUL Andrzej	366	MARSZ PO ZDROWIE POZNAŃ	M60-69	3			00:15:20	00:31:41	00:48:25	01:05:22.35	+00:09:07 (14.0%)	6:32	9.2 (86.0%)
22	SZARSZUNOWICZ Anna	373	KS METRACO POLKOWICE	K30-39	1			00:16:15	00:32:49	00:49:25	01:06:04.00	+00:09:49 (14.9%)	6:36	9.1 (85.0%)
23	DZIĘCZKOWSKI Marcin	311		M40-49	6			00:17:03	00:33:35	00:50:01	01:06:07.00	+00:09:52 (14.9%)	6:36	9.1 (85.0%)
24	WOLNIEWICZ Katarzyna	383	UNIA MIAST	K40-49	2			00:16:12	00:32:40	00:49:14	01:06:08.30	+00:09:53 (15.0%)	6:36	9.1 (85.0%)
25	ZIELIŃSKA Jolanta	402	GOSIR OSIELSKO	K50-59	2			00:15:53	00:32:15	00:49:02	01:06:13.90	+00:09:59 (15.1%)	6:37	9.1 (85.0%)
26	BUJNICKI Marcin	303	NORDIC WALKING PASŁĘK	M40-49	7			00:16:20	00:32:57	00:49:53	01:06:54.40	+00:10:39 (15.9%)	6:41	9 (84.1%)
27	PONIATOWSKI Dariusz	354		M50-59	7			00:17:10	00:33:48	00:50:29	01:06:59.20	+00:10:44 (16.0%)	6:42	9 (84.1%)
28	SŁOWIŃSKA Alicja	365	NOWI SIEDLCE NW WSCHÓD	K50-59	3			00:16:06	00:32:46	00:49:46	01:07:02.10	+00:10:47 (16.1%)	6:42	9 (84.1%)
29	STAWNIAK Karol	369	KS METRACO POLKOWICE	M70+	1			00:16:39	00:33:16	00:50:05	01:07:02.40	+00:10:47 (16.1%)	6:42	9 (84.1%)
30	HRYNDIO Jerzy	391	UNIA MIAST	M60-69	4			00:16:29	00:33:26	00:50:26	01:07:04.70	+00:10:49 (16.1%)	6:42	8.9 (83.2%)
31	KURZAWSKA Jolanta	339	KS METRACO POLKOWICE	K60-69	1			00:16:17	00:33:03	00:50:15	01:07:25.50	+00:11:10 (16.6%)	6:44	8.9 (83.2%)
32	CZAJKA Urszula	308	FACE NORDIC WALKING TEAM	K60-69	2			00:16:17	00:33:05	00:50:17	01:07:26.35	+00:11:11 (16.6%)	6:44	8.9 (83.2%)
33	ŚLUSARCZYK Andrzej	396	WESOŁY BORSUK TEAM	M60-69	5			00:16:41	00:33:32	00:50:33	01:07:38.35	+00:11:23 (16.8%)	6:45	8.9 (83.2%)
34	PAŻ Jacek	399	BÓBR TŁUSZCZ	M40-49	8			00:17:34	00:34:39	00:51:27	01:07:42.55	+00:11:27 (16.9%)	6:46	8.9 (83.2%)
35	KRAKOWIAN Piotr	335	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	9			00:16:25	00:33:26	00:50:38	01:07:48.25	+00:11:33 (17.0%)	6:46	8.8 (82.2%)
36	DOBROWOLSKA Anna	309		K50-59	4			00:16:26	00:33:35	00:50:55	01:07:51.95	+00:11:37 (17.1%)	6:47	8.8 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
37	POZNAŃSKI Wiesław	355		M60-69	6			00:16:44	00:33:58	00:51:04	01:07:53.50	+00:11:38 (17.2%)	6:47	8.8 (82.2%)
38	ŚLUSARCZYK Marcin	397	WESOŁY BORSUK TEAM	M30-39	5			00:16:49	00:34:12	00:51:27	01:08:05.60	+00:11:50 (17.4%)	6:48	8.8 (82.2%)
39	TRONIARZ Stanisław	403		M60-69	7			00:16:46	00:33:46	00:51:05	01:08:49.40	+00:12:34 (18.3%)	6:52	8.7 (81.3%)
40	RASZEWSKA Izabela	392	FORMA NA PIĄTKĘ NW	K40-49	3			00:17:00	00:34:18	00:51:40	01:08:58.55	+00:12:43 (18.5%)	6:53	8.7 (81.3%)
41	NIETRZEBKA Aleksandra	349	MIĘDZYBORÓW	K18-29	1			00:16:44	00:34:01	00:51:38	01:09:16.20	+00:13:01 (18.8%)	6:55	8.7 (81.3%)
42	ZACHARCZUK Zofia	381	NOWI SIEDLCE NW WSCHÓD	K60-69	3			00:17:10	00:34:32	00:51:58	01:09:33.40	+00:13:18 (19.1%)	6:57	8.6 (80.4%)
43	MALINOWSKA Katarzyna	344	LECYMY DURŚ	K30-39	2			00:17:06	00:34:47	00:52:14	01:09:40.15	+00:13:25 (19.3%)	6:58	8.6 (80.4%)
44	KOSECKA Katarzyna	333	FORMA NA PIĄTKĘ NW	K50-59	5			00:17:29	00:35:03	00:52:20	01:09:42.85	+00:13:28 (19.3%)	6:58	8.6 (80.4%)
45	KOŁPAK Jan	384	LKS ZANTYR	M70+	2			00:16:56	00:34:15	00:51:56	01:09:46.60	+00:13:31 (19.4%)	6:58	8.6 (80.4%)
46	DUDEK Edward	394	KS METRACO POLKOWICE	M60-69	8			00:16:30	00:33:29	00:51:15	01:09:47.45	+00:13:32 (19.4%)	6:58	8.6 (80.4%)
47	KOBIELA Daria	330	KABEX PODKOWA JANÓW	K18-29	2			00:17:07	00:34:40	00:52:24	01:09:48.90	+00:13:34 (19.4%)	6:58	8.6 (80.4%)
48	GADOMSKI Krzysztof	313		M50-59	8			00:17:11	00:34:25	00:52:04	01:09:51.15	+00:13:36 (19.5%)	6:59	8.6 (80.4%)
49	DOBROWOLSKA-ŚWIĄTEK Elżbieta	310		K50-59	6			00:17:09	00:34:54	00:52:27	01:09:55.55	+00:13:40 (19.6%)	6:59	8.6 (80.4%)
50	KORDOWSKA Bogusława	332	NOWA HUTA TEAM	K40-49	4			00:17:05	00:34:45	00:52:24	01:09:59.70	+00:13:44 (19.6%)	7:00	8.6 (80.4%)
51	TEODOROWSKI Dariusz	401	UNIA MIAST	M40-49	10			00:17:08	00:35:05	00:52:59	01:10:00.25	+00:13:45 (19.7%)	7:00	8.6 (80.4%)
52	ŚLUSARCZYK Grzegorz	395	WESOŁY BORSUK TEAM	M40-49	11			00:17:29	00:35:24	00:53:02	01:10:14.80	+00:14:00 (19.9%)	7:01	8.5 (79.4%)
53	GRUSZKA Michał	317	UNIA MIAST	M40-49	12			00:16:59	00:34:44	00:52:43	01:10:21.40	+00:14:06 (20.1%)	7:02	8.5 (79.4%)
54	GWAREK Anita	318	PASJA NORDIC WALKING	K40-49	5			00:17:14	00:34:47	00:52:36	01:10:51.20	+00:14:36 (20.6%)	7:05	8.5 (79.4%)
55	WIERZBA Lilla	379	PASJA NORDIC WALKING	K50-59	7			00:17:27	00:35:15	00:53:06	01:11:07.80	+00:14:53 (20.9%)	7:06	8.4 (78.5%)
56	CHYRA Janusz	305	UNIA MIAST	M40-49	13			00:17:44	00:35:55	00:53:42	01:11:26.25	+00:15:11 (21.3%)	7:08	8.4 (78.5%)
57	JEDYNAK Stanisław	323	PASJA NORDIC WALKING	M70+	3			00:17:28	00:35:33	00:53:44	01:11:28.30	+00:15:13 (21.3%)	7:08	8.4 (78.5%)
58	WASILEWSKI Sławomir	377	PASJA NORDIC WALKING	M70+	4			00:17:33	00:35:56	00:54:08	01:11:31.15	+00:15:16 (21.4%)	7:09	8.4 (78.5%)
59	SARNOWSKA Wanda	360	GREEN TEAM	K50-59	8			00:17:38	00:35:41	00:53:46	01:11:31.95	+00:15:17 (21.4%)	7:09	8.4 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
60	KOLASA Katarzyna	331	FORMA NA PIĄTKĘ NW	K30-39	3			00:17:17	00:34:53	00:53:11	01:11:37.55	+00:15:22 (21.5%)	7:09	8.4 (78.5%)
61	SURIAK Ewelina	372	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:17:08	00:35:20	00:53:34	01:11:54.65	+00:15:39 (21.8%)	7:11	8.3 (77.6%)
62	NIETRZEBKA Paweł	350	MIĘDZYBORÓW	M30-39	6			00:17:32	00:35:44	00:53:58	01:12:36.45	+00:16:21 (22.5%)	7:15	8.3 (77.6%)
63	KOTULA Jakub	334	UNIA MIAST	M30-39	7			00:17:34	00:35:49	00:54:15	01:12:47.15	+00:16:32 (22.7%)	7:16	8.2 (76.6%)
64	SURIAK Michał	371	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	8			00:18:46	00:37:35	00:55:35	01:13:03.25	+00:16:48 (23.0%)	7:18	8.2 (76.6%)
65	TOMASZEWSKA Mariola	376	FACE NORDIC WALKING TEAM	K50-59	9			00:17:35	00:35:54	00:54:28	01:13:11.35	+00:16:56 (23.1%)	7:19	8.2 (76.6%)
66	CZAKIERZ Marek	405	WIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M50-59	9			00:18:26	00:37:04	00:55:31	01:13:31.60	+00:17:16 (23.5%)	7:21	8.2 (76.6%)
67	CHMIELEWSKA Anna	382	KS METRACO POLKOWICE	K30-39	4			00:17:12	00:35:49	00:55:00	01:13:35.15	+00:17:20 (23.6%)	7:21	8.2 (76.6%)
68	HAJNUS Wojciech	43		M50-59	10			00:17:43	00:36:28	00:55:24	01:13:43.80	+00:17:29 (23.7%)	7:22	8.1 (75.7%)
69	GAWOR Renata	315	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	10			00:18:42	00:37:16	00:55:36	01:13:44.00	+00:17:29 (23.7%)	7:22	8.1 (75.7%)
70	PALUCH Paweł	353	AVOCADO WELLNESS CLUB	M50-59	11			00:18:12	00:37:05	00:55:45	01:14:21.45	+00:18:06 (24.4%)	7:26	8.1 (75.7%)
71	THOMALLA Bogdan	374	SILESIA NORDIC TEAM	M70+	5			00:17:37	00:35:54	00:54:43	01:14:41.35	+00:18:26 (24.7%)	7:28	8 (74.8%)
72	STANICKA Agnieszka	368	RYSIE RAZEM	K30-39	5			00:17:55	00:36:42	00:55:51	01:14:44.60	+00:18:29 (24.7%)	7:28	8 (74.8%)
73	KARPIŃSKI Rafał	325	GRĄB	M40-49	14			00:18:37	00:37:30	00:56:08	01:14:45.20	+00:18:30 (24.8%)	7:28	8 (74.8%)
74	CHOLEWKA Jolanta	304	MARSZ PO ZDROWIE POZNAŃ	K60-69	4			00:18:16	00:36:53	00:55:46	01:14:59.80	+00:18:45 (25.0%)	7:30	8 (74.8%)
75	RĘBIŚ Renata	358		K30-39	6			00:18:45	00:37:25	00:56:17	01:15:06.65	+00:18:51 (25.1%)	7:30	8 (74.8%)
76	KIDAWA Bożena	327	SANTANDER CONSUMER BANK	K60-69	5			00:18:36	00:37:21	00:56:28	01:15:34.35	+00:19:19 (25.6%)	7:33	7.9 (73.8%)
77	KASPRZYK Elżbieta	326	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	11			00:18:41	00:37:43	00:57:05	01:15:59.40	+00:19:44 (26.0%)	7:35	7.9 (73.8%)
78	JANIK-TYMIŃSKA Elżbieta	320		K50-59	12			00:18:43	00:37:59	00:57:07	01:16:29.05	+00:20:14 (26.5%)	7:38	7.8 (72.9%)
79	DAWIDKO Jarosław	390		M50-59	12			00:18:59	00:38:09	00:57:36	01:16:33.60	+00:20:18 (26.5%)	7:39	7.8 (72.9%)
80	CIERKOŃSKA Agata	307	RYSIE RAZEM	K30-39	7			00:18:47	00:37:47	00:57:18	01:16:45.70	+00:20:30 (26.7%)	7:40	7.8 (72.9%)
81	OMARSKA Grażyna	351	PASJA NORDIC WALKING	K60-69	6			00:19:05	00:38:14	00:57:37	01:17:00.30	+00:20:45 (27.0%)	7:42	7.8 (72.9%)
82	WORONKO-ZACZYŃSKA Janina	380	KS METRACO POLKOWICE	K70+	1			00:19:06	00:38:15	00:57:37	01:17:01.70	+00:20:46 (27.0%)	7:42	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
83	MUCHA Dorota	386		K40-49	6			00:19:13	00:38:27	00:58:04	01:17:34.90	+00:21:20 (27.5%)	7:45	7.7 (72.0%)
84	BIERNACKA Magdalena	387		K18-29	4			00:19:03	00:38:29	00:58:36	01:18:10.40	+00:21:55 (28.0%)	7:49	7.7 (72.0%)
85	WEĆLAWIAK Alina	378	MORS	K40-49	7			00:19:20	00:39:02	00:58:51	01:18:37.95	+00:22:23 (28.5%)	7:51	7.6 (71.0%)
86	LICHACZ Katarzyna	342		K18-29	5			00:19:10	00:39:17	00:59:08	01:19:16.80	+00:23:02 (29.1%)	7:55	7.6 (71.0%)
87	OWCZAREK Magdalena	352	MIĘDZYBORÓW	K50-59	13			00:19:14	00:39:15	00:59:41	01:19:19.40	+00:23:04 (29.1%)	7:56	7.6 (71.0%)
88	KRYSZCZUK Kacper	393	NOWI SIEDLCE NW WSCHÓD	M18-29	2			00:20:11	00:40:35	01:00:54	01:20:39.65	+00:24:24 (30.3%)	8:04	7.4 (69.2%)
89	CICHOCKA Renata	306		K40-49	8			00:19:14	00:39:28	00:59:48	01:20:58.65	+00:24:43 (30.5%)	8:05	7.4 (69.2%)
90	WOZNIAK Agnieszka	404		K30-39	8			00:20:02	00:41:21	01:01:35	01:21:28.75	+00:25:13 (31.0%)	8:08	7.4 (69.2%)
91	MALEŃCZYK Barbara	388		K60-69	7			00:20:08	00:40:29	01:00:59	01:21:37.95	+00:25:23 (31.1%)	8:09	7.3 (68.2%)
92	KRZYŚCIN Rafał	337	SANTANDER CONSUMER BANK	M40-49	15			00:20:05	00:40:24	01:01:23	01:22:22.05	+00:26:07 (31.7%)	8:14	7.3 (68.2%)
93	TOMASIEWICZ Aneta	406		K30-39	9			00:20:51	00:41:53	01:03:34	01:23:32.50	+00:27:17 (32.7%)	8:21	7.2 (67.3%)
94	SĄTOWICZ Małgorzata	361		K50-59	14			00:20:52	00:41:53	01:03:14	01:24:22.30	+00:28:07 (33.3%)	8:26	7.1 (66.4%)
95	DAWIDKO Dorota	389		K50-59	15			00:21:06	00:42:46	01:03:47	01:24:26.95	+00:28:12 (33.4%)	8:26	7.1 (66.4%)
96	LIGĘZA Elżbieta	385		K50-59	16			00:21:06	00:42:47	01:03:48	01:24:28.10	+00:28:13 (33.4%)	8:26	7.1 (66.4%)
97	TKACZYK Barbara	375		K60-69	8	1		00:21:14	00:42:34	01:03:43	01:25:09.15	+00:28:54 (33.9%)	8:30	7 (65.4%)
98	LITWIŃCZUK Iza	343		K40-49	9			00:21:09	00:42:56	01:04:43	01:26:16.25	+00:30:01 (34.8%)	8:37	7 (65.4%)
99	BORKOWSKA Monika	301		K40-49	10			00:22:15	00:49:45	01:15:55	01:40:53.65	+00:44:38 (44.3%)	10:05	5.9 (55.1%)
100	ROSŁAN Ewelina	209		K30-39	10			00:23:04	00:47:35			+00:19:45	9:31	6.3 (58.9%)

Znaleziono 100 wynik(ów)