



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PUCHAR POLSKI NORDIC WALKING 2018
Polska Federacja Nordic Walking
2018-05-19
Konstancin-Jeziorna
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	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km				
1	ROSAK Marcin	461	RUNNERSKI.PL/GREEN TEAM ZIELONA GÓRA	M40-49	1			00:07:12	00:21:56	00:36:53	00:51:41	01:06:13	01:20:37	01:35:12	01:49:55	02:05:01.90		5:55	10.1 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	438	BIEGAMYRAZEM.PL	M60+	1			00:07:19	00:21:55	00:36:50	00:51:39	01:06:12	01:20:44	01:35:34	01:50:34	02:05:51.50	+00:00:49 (0.7%)	5:57	10.1 (100%)
3	KORDOWSKI Piotr	448	NOWA HUTA TEAM	M40-49	2			00:07:14	00:21:56	00:36:51	00:51:43	01:06:16	01:20:44	01:35:35	01:50:36	02:05:51.85	+00:00:49 (0.7%)	5:57	10.1 (100%)
4	PUSZKIEL Leszek	460	GREEN TEAM ZIELONA GÓRA	M60+	2			00:07:19	00:22:34	00:37:59	00:53:35	01:09:12	01:25:28	01:41:41	01:57:18	02:13:13.65	+00:08:11 (6.2%)	6:18	9.5 (94.1%)
5	BARCZYK Bogdan	431	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:15	00:22:17	00:37:38	00:53:03	01:08:49	01:24:32	01:40:49	01:57:22	02:13:18.00	+00:08:16 (6.2%)	6:19	9.5 (94.1%)
6	SZARSZUNOWICZ Mariusz	467	KS METRACO POLKOWICE	M40-49	3	1		00:07:20	00:22:21	00:37:39	00:53:11	01:08:48	01:24:52	01:41:09	01:57:16	02:13:24.25	+00:08:22 (6.3%)	6:19	9.5 (94.1%)
7	KUŚMIEREK Patryk	452	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:47	00:23:44	00:39:26	00:55:02	01:10:30	01:26:11	01:42:01	01:58:34	02:15:29.90	+00:10:28 (7.7%)	6:25	9.3 (92.1%)
8	PIETRZYK Jarosław	457	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:07:41	00:23:53	00:40:04	00:56:10	01:12:16	01:28:15	01:44:29	02:00:03	02:15:38.50	+00:10:36 (7.8%)	6:25	9.3 (92.1%)
9	ŻACZEK Władysław	479	ANDRESPOL AKTYWNI	M50-59	2			00:07:37	00:23:43	00:39:27	00:55:05	01:10:50	01:27:10	01:43:27	02:00:02	02:16:05.10	+00:11:03 (8.1%)	6:27	9.3 (92.1%)
10	SZEREMETA Grzegorz	468	CIDRY LOTAJOM	M40-49	4			00:07:16	00:22:19	00:37:39	00:53:05	01:08:53	01:24:54	01:41:12	01:58:37	02:16:33.45	+00:11:31 (8.4%)	6:28	9.3 (92.1%)
11	ŚWIŚŁOCKI Bogdan	471	FACE NORDIC WALKING TEAM	M50-59	3			00:07:40	00:23:49	00:39:58	00:56:05	01:12:10	01:28:10	01:44:23	02:01:00	02:17:35.30	+00:12:33 (9.1%)	6:31	9.2 (91.1%)
12	NACZK Leonard	454	DYNAMIC	M40-49	5			00:07:25	00:22:39	00:38:04	00:53:41	01:09:26	01:26:03	01:43:09	02:00:25	02:17:40.05	+00:12:38 (9.2%)	6:31	9.2 (91.1%)
13	BUŁAKOWSKI Bohdan	437	PASJA NORDIC WALKING	M60+	3			00:08:05	00:24:22	00:40:43	00:57:05	01:13:33	01:30:01	01:46:29	02:03:01	02:19:34.50	+00:14:32 (10.4%)	6:36	9.1 (90.1%)
14	KOWALSKI Marek	450	UNIA MIAST	M50-59	4			00:08:09	00:25:04	00:41:42	00:58:14	01:14:49	01:31:28	01:48:19	02:05:10	02:21:51.45	+00:16:49 (11.9%)	6:43	8.9 (88.1%)
15	STĘPIEŃ Lucyna	466	KS METRACO POLKOWICE	K60+	1			00:08:14	00:24:52	00:41:28	00:58:09	01:15:00	01:31:45	01:48:28	02:05:25	02:22:04.25	+00:17:02 (12.0%)	6:43	8.9 (88.1%)
16	NIEDŹWIECKA Katarzyna	455	FACE NORDIC WALKING TEAM	K40-49	1			00:08:21	00:25:34	00:42:33	00:59:13	01:15:47	01:32:15	01:48:33	02:05:11	02:22:05.30	+00:17:03 (12.0%)	6:44	8.9 (88.1%)
17	SPYCHAŁA Marzena	478	WESOŁY BORSUK TEAM	K40-49	2			00:08:22	00:25:34	00:42:35	00:59:14	01:15:50	01:32:17	01:48:38	02:05:34	02:22:13.65	+00:17:11 (12.1%)	6:44	8.9 (88.1%)
18	JANOSZKA Irena	442	CIDRY LOTAJOM	K50-59	1			00:08:20	00:25:06	00:41:55	00:58:38	01:15:21	01:32:02	01:48:52	02:06:12	02:23:24.90	+00:18:23 (12.8%)	6:47	8.8 (87.1%)
19	STEFANICKI Marek	465	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	4			00:08:09	00:25:13	00:42:02	00:58:44	01:15:27	01:32:20	01:49:23	02:06:40	02:24:15.80	+00:19:13 (13.3%)	6:50	8.8 (87.1%)

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	Różn	Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km				
20	ŚCIBUT Ania	470	FORMA NA PIĄTKĘ NW	K40-49	3			00:08:25	00:25:30	00:42:36	00:59:39	01:16:36	01:33:46	01:51:08	02:08:51	02:26:40.70	+00:21:38 (14.8%)	6:57	8.6 (85.1%)	
21	FRANKIEWICZ Mirosław	439	FORMA NA PIĄTKĘ NW	M40-49	6			00:08:14	00:24:50	00:41:28	00:58:24	01:15:39	01:33:15	01:51:06	02:09:04	02:27:12.85	+00:22:10 (15.1%)	6:58	8.6 (85.1%)	
22	RAKOWIECKI Zbigniew	477		M50-59	5			00:08:19	00:25:21	00:42:28	00:59:37	01:17:00	01:34:15	01:51:38	02:09:24	02:27:33.30	+00:22:31 (15.3%)	6:59	8.6 (85.1%)	
23	SMUS Damian Kamil	463	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:08:20	00:25:33	00:42:49	00:59:47	01:17:06	01:34:45	01:52:31	02:10:14	02:27:39.75	+00:22:37 (15.3%)	6:59	8.6 (85.1%)	
24	ŻAMOJCIN Marek	473	NORDICLUB SZCZECIN	M50-59	6			00:08:05	00:25:18	00:42:35	00:59:59	01:17:20	01:34:49	01:52:31	02:10:12	02:27:43.25	+00:22:41 (15.4%)	7:00	8.6 (85.1%)	
25	KRYSZCZUK Krzysztof	451	NOWI SIEDLCE/NW WSCHÓD	M50-59	7			00:08:03	00:24:44	00:41:34	00:58:24	01:15:29	01:33:03	01:51:05	02:09:27	02:27:59.60	+00:22:57 (15.5%)	7:00	8.6 (85.1%)	
26	BOCZAR Beata	434	GREEN TEAM ZIELONA GÓRA	K50-59	2			00:08:23	00:25:34	00:42:44	01:00:05	01:17:41	01:35:15	01:53:01	02:11:08	02:29:37.00	+00:24:35 (16.4%)	7:05	8.5 (84.2%)	
27	KANIEWSKA Beata	445	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:08:23	00:25:55	00:43:33	01:01:14	01:18:42	01:36:28	01:54:25	02:12:18	02:30:43.90	+00:25:42 (17.1%)	7:08	8.4 (83.2%)	
28	BORKOWSKI Leszek	435	NOWI SIEDLCE	M50-59	8			00:08:29	00:26:31	00:44:21	01:02:05	01:19:46	01:37:21	01:55:12	02:12:48	02:30:43.95	+00:25:42 (17.1%)	7:08	8.4 (83.2%)	
29	LIGĘZA Janusz	474		M50-59	9			00:08:34	00:25:31	00:42:43	01:00:20	01:18:16	01:36:28	01:54:50	02:13:23	02:32:15.10	+00:27:13 (17.9%)	7:12	8.3 (82.2%)	
30	KOWALCZYK Mariusz	449	GREEN TEAM ZIELONA GÓRA	M50-59	10			00:08:19	00:25:24	00:42:30	00:59:45	01:17:16	01:35:20	01:53:58	02:13:02	02:33:15.60	+00:28:13 (18.4%)	7:15	8.3 (82.2%)	
31	KARASIEWICZ Irena	464	FACE NORDIC WALKING TEAM	K50-59	3			00:08:28	00:25:57	00:43:43	01:01:51	01:20:16	01:38:51	01:57:33	02:16:20	02:35:26.85	+00:30:24 (19.6%)	7:22	8.1 (80.2%)	
32	WESOŁOWSKI Wojciech	475		M60+	5			00:08:09	00:25:14	00:42:28	01:00:35	01:19:08	01:38:25	01:58:03	02:17:27	02:36:35.30	+00:31:33 (20.2%)	7:25	8.1 (80.2%)	
33	MARCINKOWSKI Wojtek	453	UNIA MIAST	M40-49	7			00:08:36	00:27:02	00:45:31	01:03:59	01:22:30	01:40:55	01:59:56	02:19:25	02:38:37.25	+00:33:35 (21.2%)	7:31	8 (79.2%)	
34	OLSZAŃSKA Krystyna	456	SEKCJA NORDIC WALKING KLUBU BIAŁA BIEGA	K60+	2			00:08:47	00:27:15	00:45:31	01:03:54	01:22:25	01:41:12	02:00:14	02:19:37	02:39:23.25	+00:34:21 (21.6%)	7:33	7.9 (78.2%)	
35	KABAŁA Marzena	444	BIEGAMYRAZEM.PL	K40-49	5			00:08:52	00:27:20	00:45:51	01:04:20	01:23:04	01:41:34	02:00:32	02:20:00	02:39:26.90	+00:34:25 (21.6%)	7:33	7.9 (78.2%)	
36	KOŁACZ Jakub	447		M30-39	2			00:08:45	00:26:43	00:45:16	01:03:48	01:22:28	01:41:20	02:00:38	02:19:50	02:39:28.60	+00:34:26 (21.6%)	7:33	7.9 (78.2%)	
37	ROSOŁEK Elżbieta	441	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:08:50	00:27:24	00:45:52	01:04:05	01:22:10	01:40:25	01:59:09	02:18:34	02:39:37.20	+00:34:35 (21.7%)	7:33	7.9 (78.2%)	
38	BIŃCZYK Jacek	433	CISOWIANKA	M50-59	11			00:08:39	00:26:50	00:45:11	01:03:43	01:22:20	01:41:12	02:00:27	02:20:02	02:39:56.80	+00:34:54 (21.8%)	7:34	7.9 (78.2%)	
39	BARCZYK Jolanta	432	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	5			00:08:55	00:27:31	00:46:18	01:05:23	01:24:25	01:43:11	02:02:06	02:21:16	02:40:50.45	+00:35:48 (22.3%)	7:37	7.9 (78.2%)	
40	POSTEK Danuta	458	MARSZ PO ZDROWIE	K50-59	6			00:09:02	00:28:08	00:47:03	01:05:55	01:24:52	01:43:29	02:02:32	02:21:58	02:41:13.45	+00:36:11 (22.4%)	7:38	7.9 (78.2%)	
41	GERLE-KOTULA Anna	440	UNIA MIAST	K30-39	1			00:09:01	00:28:16	00:47:21	01:06:56	01:26:46	01:46:40	02:06:49	02:27:06	02:46:45.40	+00:41:43 (25.0%)	7:54	7.6 (75.2%)	
42	ZAWADZKA Maria	472	KS METRACO POLKOWICE	K60+	3			00:09:31	00:30:05	00:49:54	01:09:35	01:29:18	01:48:59	02:08:39	02:28:25	02:48:38.10	+00:43:36 (25.9%)	7:59	7.5 (74.3%)	
43	ROZMUS Jolanta	462	FACE NORDIC WALKING TEAM	K60+	4			00:09:46	00:30:06	00:50:09	01:10:23	01:30:42	01:51:08	02:11:40	02:32:15	02:52:47.30	+00:47:45 (27.6%)	8:11	7.3 (72.3%)	
44	KARASIEWICZ Iwona	446	NORDICLUB SZCZECIN	K30-39	2			00:09:40	00:30:36	00:51:23	01:11:45	01:32:16	01:53:01	02:14:28	02:35:51	02:57:57.60	+00:52:55 (29.7%)	8:26	7.1 (70.3%)	
45	BUCZKOWSKA Wiesława	436	FACE NORDIC WALKING TEAM	K60+	5			00:08:33	00:26:16	00:44:40	01:03:17	01:22:15	01:41:38	02:02:34			+00:27:21	7:36	7.9 (78.2%)	

Znaleziono 45 wynik(ów)