



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

B4SPORT

**Wydarzenie:** PUCHAR POLSKI NORDIC WALKING 2018  
**Organizator:** Polska Federacja Nordic Walking  
**Data:** 2018-05-19  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 16,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km
1	<b>ROSAK Marcin</b>	<b>461</b>	RUNNERSKI.PL/GREEN TEAM ZIELONA GÓRA	M40-49			00:07:12	00:21:56	00:36:53	00:51:41	01:06:13	01:20:37	01:35:12
2	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>438</b>	BIEGAMYRAZEM.PL	M60+			00:07:19	00:21:55	00:36:50	00:51:39	01:06:12	01:20:44	01:35:34
3	<b>KORDOWSKI Piotr</b>	<b>448</b>	NOWA HUTA TEAM	M40-49			00:07:14	00:21:56	00:36:51	00:51:43	01:06:16	01:20:44	01:35:35
4	<b>BARCZYK Bogdan</b>	<b>431</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59			00:07:15	00:22:17	00:37:38	00:53:03	01:08:49	01:24:32	01:40:49
5	<b>SZARSZUNOWICZ Mariusz</b>	<b>467</b>	KS METRACO POLKOWICE	M40-49	1		00:07:20	00:22:21	00:37:39	00:53:11	01:08:48	01:24:52	01:41:09
6	<b>SZEREMETA Grzegorz</b>	<b>468</b>	CIDRY LOTAJOM	M40-49			00:07:16	00:22:19	00:37:39	00:53:05	01:08:53	01:24:54	01:41:12
7	<b>PUSZKIEL Leszek</b>	<b>460</b>	GREEN TEAM ZIELONA GÓRA	M60+			00:07:19	00:22:34	00:37:59	00:53:35	01:09:12	01:25:28	01:41:41
8	<b>KUŚMIEREK Patryk</b>	<b>452</b>	BŁĘKITNI NW DZIEMIANY	M18-29			00:07:47	00:23:44	00:39:26	00:55:02	01:10:30	01:26:11	01:42:01
9	<b>NACZK Leonard</b>	<b>454</b>	DYNAMIC	M40-49			00:07:25	00:22:39	00:38:04	00:53:41	01:09:26	01:26:03	01:43:09
10	<b>ŻACZEK Władysław</b>	<b>479</b>	ANDRESPOL AKTYWNI	M50-59			00:07:37	00:23:43	00:39:27	00:55:05	01:10:50	01:27:10	01:43:27
11	<b>ŚWISŁOCKI Bogdan</b>	<b>471</b>	FACE NORDIC WALKING TEAM	M50-59			00:07:40	00:23:49	00:39:58	00:56:05	01:12:10	01:28:10	01:44:23
12	<b>PIETRZYK Jarosław</b>	<b>457</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:07:41	00:23:53	00:40:04	00:56:10	01:12:16	01:28:15	01:44:29
13	<b>BUŁAKOWSKI Bohdan</b>	<b>437</b>	PASJA NORDIC WALKING	M60+			00:08:05	00:24:22	00:40:43	00:57:05	01:13:33	01:30:01	01:46:29
14	<b>KOWALSKI Marek</b>	<b>450</b>	UNIA MIAST	M50-59			00:08:09	00:25:04	00:41:42	00:58:14	01:14:49	01:31:28	01:48:19
15	<b>STĘPIEŃ Lucyna</b>	<b>466</b>	KS METRACO POLKOWICE	K60+			00:08:14	00:24:52	00:41:28	00:58:09	01:15:00	01:31:45	01:48:28
16	<b>NIEDŹWIECKA Katarzyna</b>	<b>455</b>	FACE NORDIC WALKING TEAM	K40-49			00:08:21	00:25:34	00:42:33	00:59:13	01:15:47	01:32:15	01:48:33
17	<b>SPYCHAŁA Marzena</b>	<b>478</b>	WESOŁY BORSUK TEAM	K40-49			00:08:22	00:25:34	00:42:35	00:59:14	01:15:50	01:32:17	01:48:38
18	<b>JANOSZKA Irena</b>	<b>442</b>	CIDRY LOTAJOM	K50-59			00:08:20	00:25:06	00:41:55	00:58:38	01:15:21	01:32:02	01:48:52
19	<b>STEFANICKI Marek</b>	<b>465</b>	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+			00:08:09	00:25:13	00:42:02	00:58:44	01:15:27	01:32:20	01:49:23
20	<b>KRYSZCZUK Krzysztof</b>	<b>451</b>	NOWI SIEDLCE/NW WSCHÓD	M50-59			00:08:03	00:24:44	00:41:34	00:58:24	01:15:29	01:33:03	01:51:05
21	<b>FRANKIEWICZ Mirosław</b>	<b>439</b>	FORMA NA PIĄTKĘ NW	M40-49			00:08:14	00:24:50	00:41:28	00:58:24	01:15:39	01:33:15	01:51:06
22	<b>ŚCIBUT Ania</b>	<b>470</b>	FORMA NA PIĄTKĘ NW	K40-49			00:08:25	00:25:30	00:42:36	00:59:39	01:16:36	01:33:46	01:51:08
23	<b>RAKOWIECKI Zbigniew</b>	<b>477</b>		M50-59			00:08:19	00:25:21	00:42:28	00:59:37	01:17:00	01:34:15	01:51:38
24	<b>SMUS Damian Kamil</b>	<b>463</b>	EPOKA NORDICA ŁÓDŹ	M18-29			00:08:20	00:25:33	00:42:49	00:59:47	01:17:06	01:34:45	01:52:31
25	<b>ŻAMOJCIN Marek</b>	<b>473</b>	NORDICLUB SZCZECIN	M50-59			00:08:05	00:25:18	00:42:35	00:59:59	01:17:20	01:34:49	01:52:31
26	<b>BOCZAR Beata</b>	<b>434</b>	GREEN TEAM ZIELONA GÓRA	K50-59			00:08:23	00:25:34	00:42:44	01:00:05	01:17:41	01:35:15	01:53:01

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km
27	<b>KOWALCZYK Mariusz</b>	<b>449</b>	GREEN TEAM ZIELONA GÓRA	M50-59			00:08:19	00:25:24	00:42:30	00:59:45	01:17:16	01:35:20	01:53:58
28	<b>KANIOWSKA Beata</b>	<b>445</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49			00:08:23	00:25:55	00:43:33	01:01:14	01:18:42	01:36:28	01:54:25
29	<b>LIGĘZA Janusz</b>	<b>474</b>		M50-59			00:08:34	00:25:31	00:42:43	01:00:20	01:18:16	01:36:28	01:54:50
30	<b>BORKOWSKI Leszek</b>	<b>435</b>	NOWI SIEDLCE	M50-59			00:08:29	00:26:31	00:44:21	01:02:05	01:19:46	01:37:21	01:55:12
31	<b>KARASIEWICZ Irena</b>	<b>464</b>	FACE NORDIC WALKING TEAM	K50-59			00:08:28	00:25:57	00:43:43	01:01:51	01:20:16	01:38:51	01:57:33
32	<b>WESOŁOWSKI Wojciech</b>	<b>475</b>		M60+			00:08:09	00:25:14	00:42:28	01:00:35	01:19:08	01:38:25	01:58:03
33	<b>ROSOŁEK Elżbieta</b>	<b>441</b>	GREEN TEAM ZIELONA GÓRA	K50-59			00:08:50	00:27:24	00:45:52	01:04:05	01:22:10	01:40:25	01:59:09
34	<b>MARCINKOWSKI Wojtek</b>	<b>453</b>	UNIA MIAST	M40-49			00:08:36	00:27:02	00:45:31	01:03:59	01:22:30	01:40:55	01:59:56
35	<b>OLSZAŃSKA Krystyna</b>	<b>456</b>	SEKCJA NORDIC WALKING KLUBU BIAŁA BIEGA	K60+			00:08:47	00:27:15	00:45:31	01:03:54	01:22:25	01:41:12	02:00:14
36	<b>BIŃCZYK Jacek</b>	<b>433</b>	CISOWIANKA	M50-59			00:08:39	00:26:50	00:45:11	01:03:43	01:22:20	01:41:12	02:00:27
37	<b>KABAŁA Marzena</b>	<b>444</b>	BIEGAMYRAZEM.PL	K40-49			00:08:52	00:27:20	00:45:51	01:04:20	01:23:04	01:41:34	02:00:32
38	<b>KOŁACZ Jakub</b>	<b>447</b>		M30-39			00:08:45	00:26:43	00:45:16	01:03:48	01:22:28	01:41:20	02:00:38
39	<b>BARCZYK Jolanta</b>	<b>432</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59			00:08:55	00:27:31	00:46:18	01:05:23	01:24:25	01:43:11	02:02:06
40	<b>POSTEK Danuta</b>	<b>458</b>	MARSZ PO ZDROWIE	K50-59			00:09:02	00:28:08	00:47:03	01:05:55	01:24:52	01:43:29	02:02:32
41	<b>BUCZKOWSKA Wiesława</b>	<b>436</b>	FACE NORDIC WALKING TEAM	K60+			00:08:33	00:26:16	00:44:40	01:03:17	01:22:15	01:41:38	02:02:34
42	<b>GERLE-KOTULA Anna</b>	<b>440</b>	UNIA MIAST	K30-39			00:09:01	00:28:16	00:47:21	01:06:56	01:26:46	01:46:40	02:06:49
43	<b>ZAWADZKA Maria</b>	<b>472</b>	KS METRACO POLKOWICE	K60+			00:09:31	00:30:05	00:49:54	01:09:35	01:29:18	01:48:59	02:08:39
44	<b>ROZMUS Jolanta</b>	<b>462</b>	FACE NORDIC WALKING TEAM	K60+			00:09:46	00:30:06	00:50:09	01:10:23	01:30:42	01:51:08	02:11:40
45	<b>KARASIEWICZ Iwona</b>	<b>446</b>	NORDICLUB SZCZECIN	K30-39			00:09:40	00:30:36	00:51:23	01:11:45	01:32:16	01:53:01	02:14:28

Znaleziono 45 wynik(ów)