

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

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-05-15  
**Miejsce:** Konstancin-Jeziorna  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 13,6 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km
1	<b>SKIBA Krzysztof</b>	<b>664</b>	KS METRAKO POLKOWICE	M 50-59	1		00:02:46	00:06:38	00:21:28	00:36:44	00:52:20	01:07:54	01:23:37
2	<b>DZIEDZIEWICZ Andrzej</b>	<b>689</b>	KS METRACO POLKOWICE	M 30-39			00:02:38	00:06:46	00:21:41	00:37:12	00:52:56	01:08:24	01:23:46
3	<b>KORDOWSKI Piotr</b>	<b>639</b>	NOWA HUTA TEAM	M 40-49			00:02:40	00:07:07	00:22:42	00:39:04	00:55:00	01:11:16	01:27:12
4	<b>STILLER Karol</b>	<b>696</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39			00:02:39	00:07:07	00:22:44	00:39:04	00:55:00	01:11:15	01:27:14
5	<b>STUPNOWICZ Przemek</b>	<b>669</b>	EPOKA NORDICA ŁÓDŹ	M 18-29			00:02:38	00:07:10	00:23:17	00:39:37	00:55:44	01:11:39	01:27:31
6	<b>WIŚNIEWSKI Jacek</b>	<b>677</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59			00:02:44	00:07:27	00:23:31	00:39:33	00:55:43	01:11:35	01:27:31
7	<b>HELWICH Stefan</b>	<b>634</b>	KS METRAKO POLKOWICE	M 60+			00:02:47	00:07:29	00:24:02	00:40:29	00:56:44	01:12:57	01:28:55
8	<b>BOGACKI Sławek</b>	<b>623</b>	ENERGA NW TEAM	M 40-49			00:02:41	00:07:14	00:23:35	00:39:54	00:56:16	01:12:39	01:29:07
9	<b>BIK Stanisław</b>	<b>622</b>	KS METRACO POLKOWICE	M 50-59			00:02:45	00:07:32	00:24:07	00:40:33	00:56:48	01:13:02	01:29:15
10	<b>ADAMSKI Robert</b>	<b>621</b>	DRUŻYNASZPIKU	M 40-49			00:02:42	00:07:12	00:23:35	00:39:53	00:56:15	01:12:39	01:29:36
11	<b>ZACZYŃSKA Anna</b>	<b>683</b>	KS METRACO POLKOWICE	K 30-39	1		00:04:07	00:07:12	00:23:50	00:40:39	00:57:23	01:14:12	01:30:53
12	<b>LENZ Andrzej</b>	<b>647</b>	ALTOM	M 50-59			00:02:44	00:07:27	00:24:15	00:40:50	00:57:21	01:14:01	01:31:01
13	<b>ŻYWICKI Marcin</b>	<b>688</b>	BŁĘKITNI DZIEMIANY	M 30-39			00:02:39	00:07:28	00:23:47	00:40:27	00:57:17	01:14:08	01:31:15
14	<b>NALEPKA Jerzy</b>	<b>651</b>	FACE NORDIC WALKING TEAM	M 60+			00:02:46	00:07:35	00:24:06	00:40:42	00:57:20	01:14:10	01:31:17
15	<b>PIETRZYK Jarosław</b>	<b>654</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39			00:02:39	00:07:27	00:24:32	00:41:34	00:58:18	01:15:08	01:31:59
16	<b>HAŁAS Marcin</b>	<b>693</b>	FACE NORDIC WALKING TEAM	M 30-39			00:02:40	00:07:33	00:24:10	00:40:50	00:57:34	01:14:30	01:32:10
17	<b>WRÓBEL Łukasz</b>	<b>682</b>	FUNDACJA 'W TE PĘDY'	M 30-39			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16	01:15:07	01:32:26
18	<b>DENCIKOWSKI Marek</b>	<b>629</b>	KBBB/TKKF	M 40-49			00:02:44	00:07:42	00:24:38	00:41:41	00:58:47	01:15:36	01:33:07
19	<b>WARUSZEWSKI Karol</b>	<b>675</b>	BIEGAJĄCY TCZEW	M 40-49			00:02:41	00:07:50	00:25:34	00:42:57	00:59:58	01:16:52	01:33:31

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas						
							startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km
20	<b>NOWROTEK Monika</b>	<b>652</b>	WESOŁY BORSUK TEAM	K 18-29			00:04:06	00:07:16	00:24:10	00:41:16	00:58:35	01:16:02	01:33:43
21	<b>JANCZYK Małgorzata</b>	<b>695</b>	EPOKA NORDICA ŁÓDŹ	K 30-39			00:04:07	00:07:23	00:24:22	00:41:41	00:58:59	01:16:16	01:33:43
22	<b>ZAGAJA Janusz</b>	<b>684</b>	WESOŁY BORSUK TEAM	M 60+			00:02:46	00:07:28	00:24:02	00:41:04	00:58:21	01:16:03	01:34:09
23	<b>WESOŁOWSKI Wojciech</b>	<b>676</b>	NORDIC TEAMGNIEZNO	M 60+			00:02:47	00:07:35	00:24:54	00:42:08	00:59:49	01:17:06	01:34:48
24	<b>ZAREMBA Jakub</b>	<b>685</b>		M 30-39			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56	01:17:12	01:34:55
25	<b>WOJCIECHOWSKI Tadeusz</b>	<b>679</b>	DĄBROWA NORDIC TEAM	M 60+			00:02:46	00:07:55	00:25:17	00:42:45	01:00:10	01:17:36	01:35:06
26	<b>SZCZEBAK Jacek</b>	<b>671</b>	UNIA MIAST	M 40-49			00:02:43	00:07:33	00:24:57	00:42:34	01:00:09	01:17:45	01:35:36
27	<b>MITURA- ZIELONKA Paweł</b>	<b>649</b>	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39			00:02:40	00:07:45	00:26:30	00:45:15	01:02:42	01:19:41	01:36:35
28	<b>FOLWARSKI Andrzej</b>	<b>630</b>	FACE NORDIC WALKING TEAM	M 50-59			00:02:45	00:07:52	00:25:58	00:44:14	01:02:36	01:20:27	01:38:40
29	<b>ZIĘTEK Sylwia</b>	<b>687</b>	SILESIA NORDIC TEAM	K 30-39			00:04:08	00:07:50	00:25:51	00:44:10	01:02:29	01:20:39	01:38:51
30	<b>OLSCHIMKE- MARMUROWICZ Barbara</b>	<b>653</b>	SILESIA NORDIC TEAM	K 40-49			00:04:10	00:08:15	00:26:08	00:44:13	01:02:26	01:20:40	01:38:51
31	<b>RADOMSKA Marta</b>	<b>656</b>	AVOCADO WELLNESS CLUB	K 30-39			00:04:09	00:08:15	00:26:20	00:44:22	01:02:29	01:20:44	01:39:17
32	<b>STĘPIEŃ Lucyna</b>	<b>667</b>	KS METRACO POLKOWICE	K 50-59			00:04:14	00:08:06	00:26:01	00:44:19	01:02:58	01:21:51	01:40:34
33	<b>GWIZDAŁA Marcin</b>	<b>633</b>	GOSIR OSIELSKO	M 30-39			00:02:39	00:08:03	00:26:34	00:45:29	01:04:10	01:22:32	01:40:56
34	<b>WOŁOWIEC Marcin</b>	<b>681</b>	FOREVER YOUNG ŁÓDŹ	M 40-49			00:02:43	00:07:50	00:26:35	00:45:12	01:03:54	01:22:17	01:41:09
35	<b>REJMAN Dorota</b>	<b>659</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39			00:04:09	00:08:22	00:27:06	00:45:40	01:04:09	01:22:42	01:41:34
36	<b>ŚLIWKA Wanda</b>	<b>672</b>	FACE NORDIC WALKING TEAM	K 50-59			00:04:16	00:08:31	00:26:52	00:45:27	01:04:04	01:22:48	01:41:44
37	<b>WOLNIEWICZ Katarzyna</b>	<b>680</b>	FABRIKANORDIKA	K 40-49			00:04:12	00:08:29	00:27:01	00:45:36	01:04:16	01:23:01	01:42:07
38	<b>KARASIEWICZ Irena</b>	<b>637</b>	FACE NORDIC WALKING TEAM	K 50-59	1		00:04:14	00:08:23	00:26:52	00:45:37	01:04:22	01:23:14	01:42:16
39	<b>WAJS Jerzy</b>	<b>674</b>	NW CIECHANÓW	M 50-59			00:02:45	00:08:04	00:26:39	00:45:28	01:04:20	01:23:09	01:42:20
40	<b>GRĄDZKA- MOŻYSZEK Aleksandra</b>	<b>632</b>	FORMA NA PIĄTKĘ NW	K 50-59			00:04:13	00:08:23	00:27:10	00:45:48	01:04:30	01:23:17	01:42:26
41	<b>KANIOWSKA Beata</b>	<b>692</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49			00:04:13	00:08:20	00:26:51	00:45:30	01:04:17	01:23:12	01:42:27
42	<b>CICHOŃ Aneta</b>	<b>626</b>	FABRIKA NORDIKA	K 30-39			00:04:09	00:08:21	00:27:13	00:45:59	01:05:03	01:23:48	01:43:12
43	<b>CHEČKO Ewa</b>	<b>625</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	K 30-39			00:04:07	00:08:35	00:27:52	00:47:16	01:06:15	01:24:54	01:43:48
44	<b>LASOTA Dorota</b>	<b>645</b>	LZS JUSTYNÓW	K 40-49			00:04:12	00:08:23	00:27:13	00:46:13	01:05:07	01:24:08	01:43:54
45	<b>CZYCZ Emilia</b>	<b>628</b>	GREEN TEAM ZIELONA GÓRA	K 60+	1		00:04:14	00:08:28	00:27:07	00:45:47	01:04:32	01:23:48	01:43:58
46	<b>KRYSZCZUK Krzysztof</b>	<b>643</b>		M 40-49			00:02:43	00:08:33	00:27:53	00:47:24	01:06:31	01:25:28	01:44:39
47	<b>ROSADZIŃSKA Natalia</b>	<b>660</b>		K 18-29			00:04:06	00:08:47	00:28:16	00:47:41	01:07:04	01:26:09	01:45:22

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas						
							startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km
48	<b>RUSZKOWSKA Bożena</b>	<b>662</b>	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	K 60+			00:04:16	00:08:38	00:27:34	00:46:44	01:05:55	01:25:26	01:45:22
49	<b>KOBIELA Daria</b>	<b>638</b>	BŁĘKITNI DZIEMIANY	K 18-29			00:04:06	00:08:38	00:28:20	00:48:01	01:07:26	01:26:41	01:45:46
50	<b>FRANKIEWICZ Mirosław</b>	<b>631</b>	FORMA NA PIĄTKĘ PABIANICE	M 40-49			00:02:42	00:08:35	00:27:46	00:46:55	01:06:18	01:25:56	01:45:50
51	<b>PIOTROWSKI Krzysztof</b>	<b>655</b>	FACE NORDIC WALKING TEAM	M 60+			00:02:48	00:09:18	00:27:32	00:46:15	01:05:30	01:25:16	01:45:52
52	<b>CIENNIK Wiktor</b>	<b>691</b>	FOREVER YOUNG	M 50-59			00:02:45	00:08:33	00:27:34	00:46:57	01:06:27	01:25:50	01:46:19
53	<b>IDKOWIAK Magdalena</b>	<b>635</b>	FACE NORDIC WALKING TEAM	K 30-39			00:04:08	00:08:33	00:28:30	00:48:18	01:07:51	01:27:08	01:46:31
54	<b>BEJTKA Agnieszka</b>	<b>694</b>		K 30-39			00:04:11	00:08:53	00:28:48	00:48:30	01:07:48	01:27:07	01:46:32
55	<b>CIENNIK Kalina</b>	<b>690</b>		K 40-49	1		00:04:14	00:08:31	00:27:40	00:47:15	01:07:14	01:27:08	01:47:01
56	<b>CEGŁA Zbyszko</b>	<b>624</b>		M 60+			00:02:47	00:08:39	00:28:00	00:47:44	01:07:28	01:26:50	01:47:13
57	<b>WITKOWSKA Maria</b>	<b>678</b>	UNIA MIAST	K 60+			00:04:17	00:08:38	00:28:11	00:47:55	01:07:28	01:27:22	01:47:23
58	<b>REGULSKI Paweł</b>	<b>658</b>		M 30-39			00:02:40	00:07:55	00:27:37	00:47:17	01:07:27	01:27:27	01:48:13
59	<b>TYLUTKI Agnieszka</b>	<b>673</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	K 40-49			00:04:11	00:08:41	00:28:28	00:48:22	01:08:11	01:28:24	01:48:38
60	<b>MOLENDĄ Magdalena</b>	<b>650</b>	FACE NORDIC WALKING TEAM	K 30-39			00:04:09	00:08:42	00:28:44	00:49:05	01:09:16	01:29:28	01:50:01
61	<b>SŁABOŃ-SIKORA Aneta</b>	<b>666</b>	DĄBROWA NORDIC TEAM	K 30-39			00:04:08	00:08:54	00:29:13	00:49:28	01:09:27	01:29:49	01:50:12
62	<b>KUCYPERA Dagmara</b>	<b>644</b>	DĄBROWA NORDIC TEAM	K 40-49			00:04:09	00:08:54	00:29:00	00:49:21	01:09:25	01:30:33	01:51:54
63	<b>REGULSKA Krystyna</b>	<b>657</b>		K 40-49			00:04:12	00:08:51	00:28:45	00:49:16	01:09:57	01:31:11	01:52:28
64	<b>STRZELECKI Sebastian</b>	<b>668</b>	SAILING TEAM FERAJNA	M 40-49			00:02:42	00:09:07	00:29:53	00:50:31	01:11:06	01:32:03	01:52:39
65	<b>KRAWCZYK Jarosław</b>	<b>641</b>		M 50-59			00:04:11	00:08:58	00:29:46	00:51:26	01:12:45	01:33:40	01:55:42
66	<b>KRAWCZYK Justyna</b>	<b>642</b>		K 30-39			00:04:11	00:08:59	00:29:49	00:51:27	01:12:42	01:33:38	01:55:48
67	<b>ZAWADZKA Maria</b>	<b>686</b>	KS METRACO POLKOWICE	K 60+			00:04:15	00:09:26	00:31:00	00:52:24	01:13:37	01:34:45	01:55:56
68	<b>SĄTOWICZ Małgorzata</b>	<b>663</b>		K 50-59			00:04:14	00:09:28	00:30:36	00:51:43	01:12:59	01:34:47	01:55:58
69	<b>ROZMUS Jolanta</b>	<b>661</b>	FACE NORDIC WALKING TEAM	K 60+			00:04:16	00:08:56	00:29:01	00:49:55	01:11:33	01:33:55	01:56:14
70	<b>STUPNOWICZ Joanna</b>	<b>670</b>		K 40-49			00:04:12	00:09:29	00:30:53	00:52:35	01:13:53	01:35:34	01:57:46
71	<b>LATOSEK Jan</b>	<b>646</b>		M 60+			00:02:50	00:10:29	00:34:45	00:58:21	01:21:38	01:45:08	02:08:54
72	<b>CIESIELSKI Jerzy</b>	<b>627</b>	FUNDACJA KRWINKA	M 60+			00:02:49	00:10:17	00:33:43	00:57:33	01:21:12	01:45:20	02:10:55

Znaleziono 72 wynik(ów)