



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT
POLSKIE STOWOZCZESNICTWO NORDIC WALKING

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



Klasyfikacja: Wszyscy

Punkt pomiarowy: 16,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km
1	DZIEDZIEWICZ Andrzej	689	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	01:39:24
2	SKIBA Krzysztof	664	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	01:40:13
3	KORDOWSKI Piotr	639	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	01:43:14
4	STUPNOWICZ Przemek	669	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	01:43:36
5	STILLER Karol	696	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	01:43:46
6	WIŚNIEWSKI Jacek	677	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	01:43:49
7	HELWICH Stefan	634	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	01:45:05
8	BIK Stanisław	622	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	01:46:00
9	BOGACKI Sławek	623	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	01:46:11
10	ADAMSKI Robert	621	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	01:47:13
11	ZACZYŃSKA Anna	683	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	01:48:04
12	LENZ Andrzej	647	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	01:48:12
13	NALEPKA Jerzy	651	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	01:48:27
14	ŻYWICKI Marcin	688	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	01:48:33
15	PIETRZYK Jarosław	654	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	01:49:26
16	WRÓBEL Łukasz	682	FUNDACJA 'W TE PEĘDY'	M 30-39			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16	01:15:07	01:32:26	01:49:50
17	WARUSZEWSKI Karol	675	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	01:50:11
18	DENCIKOWSKI Marek	629	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	01:50:35
19	HAŁAS Marcin	693	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	01:51:06
20	JANCZYK Małgorzata	695	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	01:51:23

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas							
							startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km
21	NOWROTEK Monika	652	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	01:51:47
22	WESOŁOWSKI Wojciech	676	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	01:52:24
23	ZAREMBA Jakub	685		M 30-39			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56	01:17:12	01:34:55	01:52:31
24	ZAGAJA Janusz	684	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	01:52:36
25	WOJCIECHOWSKI Tadeusz	679	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	01:52:43
26	MITURA-ZIELONKA Paweł	649	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	01:53:31
27	SZCZEBAK Jacek	671	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	01:53:38
28	FOLWARSKI Andrzej	630	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	01:56:59
29	OLSCHIMKE-MARMUROWICZ Barbara	653	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	01:57:00
30	ZIĘTEK Sylwia	687	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	01:57:01
31	RADOMSKA Marta	656	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	01:57:42
32	STĘPIEŃ Lucyna	667	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	01:59:29
33	GWIZDAŁA Marcin	633	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	01:59:45
34	REJMAN Dorota	659	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	02:00:35
35	ŚLIWKA Wanda	672	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	02:00:51
36	WOŁOWIEC Marcin	681	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	02:01:12
37	WOLNIEWICZ Katarzyna	680	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	02:01:16
38	WAJS Jerzy	674	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	02:01:38
39	KARASIEWICZ Irena	637	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	02:01:44
40	KANIOWSKA Beata	692	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	02:02:11
41	GRĄDZKA-MOŻYSZEK Aleksandra	632	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	02:02:12
42	CHEĆKO Ewa	625	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	02:02:48
43	CICHOŃ Aneta	626	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	02:03:02
44	LASOTA Dorota	645	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	02:04:04
45	KRYSZCZUK Krzysztof	643		M 40-49			00:02:43	00:08:33	00:27:53	00:47:24	01:06:31	01:25:28	01:44:39	02:04:12
46	ROSADZIŃSKA Natalia	660		K 18-29			00:04:06	00:08:47	00:28:16	00:47:41	01:07:04	01:26:09	01:45:22	02:04:31
47	CZYCZ Emilia	628	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	02:04:39
48	KOBIELA Daria	638	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	02:05:01
49	RUSZKOWSKA Bożena	662	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	02:05:33
50	FRANKIEWICZ Mirosław	631	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	02:05:53

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas							
							startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km
51	IDKOWIAK Magdalena	635	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	02:06:07
52	BEJTKA Agnieszka	694		K 30-39			00:04:11	00:08:53	00:28:48	00:48:30	01:07:48	01:27:07	01:46:32	02:06:16
53	PIOTROWSKI Krzysztof	655	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	02:06:52
54	CIENNIK Wiktor	691	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	02:06:57
55	CIENNIK Kalina	690		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	02:07:17
56	WITKOWSKA Maria	678	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	02:07:21
57	CEGŁA Zbyszko	624		M 60+			00:02:47	00:08:39	00:28:00	00:47:44	01:07:28	01:26:50	01:47:13	02:07:46
58	TYLUTKI Agnieszka	673	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	02:09:22
59	REGULSKI Paweł	658		M 30-39			00:02:40	00:07:55	00:27:37	00:47:17	01:07:27	01:27:27	01:48:13	02:09:28
60	SŁABOŃ-SIKORA Aneta	666	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	02:10:49
61	MOLENDNA Magdalena	650	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	02:10:51
62	STRZELECKI Sebastian	668	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	02:13:40
63	KUCYPERA Dagmara	644	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	02:13:49
64	REGULSKA Krystyna	657		K 40-49			00:04:12	00:08:51	00:28:45	00:49:16	01:09:57	01:31:11	01:52:28	02:14:07
65	KRAWCZYK Jarosław	641		M 50-59			00:04:11	00:08:58	00:29:46	00:51:26	01:12:45	01:33:40	01:55:42	02:17:21
66	ZAWADZKA Maria	686	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	02:17:24
67	SĄTOWICZ Małgorzata	663		K 50-59			00:04:14	00:09:28	00:30:36	00:51:43	01:12:59	01:34:47	01:55:58	02:17:27
68	KRAWCZYK Justyna	642		K 30-39			00:04:11	00:08:59	00:29:49	00:51:27	01:12:42	01:33:38	01:55:48	02:17:31
69	ROZMUS Jolanta	661	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	02:19:11
70	STUPNOWICZ Joanna	670		K 40-49			00:04:12	00:09:29	00:30:53	00:52:35	01:13:53	01:35:34	01:57:46	02:22:55
71	LATOSEK Jan	646		M 60+			00:02:50	00:10:29	00:34:45	00:58:21	01:21:38	01:45:08	02:08:54	02:32:54
72	CIESIELSKI Jerzy	627	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	02:38:00

Znaleziono 72 wynik(ów)