

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT
POLSKIE STOWOZISKO 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 | MOLEND 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)