



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT
INTELEKTUALNY ENERGETYK

Organiser: PFNW
Date: 2016-05-15
Place: Konstancin-Jeziorna
Distance: 21.1 km



Classification: All

Split point: 18,6 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
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	01:55:35
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	01:57:58
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	01:59:28
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	01:59:52
5	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	02:00:21
6	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	02:01:16
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	02:01:42
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	02:03:45
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	02:04:05
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	02:04:58
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	02:05:21
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	02:05:35
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	02:05:45
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	02:06:04
15	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	02:07:07
16	WRÓBEL Łukasz	682	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	01:49:50	02:07:34
17	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	02:07:57
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	02:08:25
19	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	02:09:17
20	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	02:09:53
21	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	02:09:59
22	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	02:10:07

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
23	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	02:10:22
24	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	02:10:28
25	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	02:10:33
26	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	02:12:04
27	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	02:12:28
28	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	02:15:09
29	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	02:15:10
30	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	02:15:43
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	02:16:44
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	02:18:18
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	02:18:41
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	02:19:20
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	02:20:18
36	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	02:20:44
37	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	02:20:53
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	02:21:14
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	02:21:22
40	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	02:21:41
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	02:21:58
42	KANIEWSKA 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	02:22:00
43	CICHONĀ 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	02:23:29
44	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	02:23:41
45	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	02:23:55
46	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	02:24:20
47	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	02:24:40
48	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	02:25:08
49	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	02:25:38
50	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	02:25:56
51	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	02:26:02
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	02:26:09
53	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	02:27:25
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	02:27:45

Place	Participant	Number	Club	Category	Żół.	Czer.	Start	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
					kartki	kartki	time								
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	02:27:48
56	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	02:28:08
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	02:29:07
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	02:30:45
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	02:31:25
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	02:31:54
61	MOLENDĄ 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	02:31:55
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	02:35:03
63	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	02:35:33
64	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	02:36:25
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	02:38:44
66	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	02:39:06
67	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	02:39:20
68	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	02:39:22
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	02:42:15
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	02:45:55
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	02:57:30
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	03:05:01

Total 72 results.