

LEGNICA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT
INTELEKTUALNE ZAKŁADY SPORTOWE

Event: PUCHAR POLSKI NORDIC WALKING 2019
Organiser: Legnica
Date: 2019-06-22
Place: Legnica
Distance: 21.1 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All								Net time 21.1km	Gap	Pace min/km	Pace km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km				
1	SKIBA Krzysztof	325	MSPORT TEAM	M50-59	1	1		00:06:06	00:22:27	00:38:28	00:54:48	01:11:52	01:28:42	01:45:43	02:02:45	02:20:01.00		6:38	9 (100%)
2	KORDOWSKI Piotr	314	LUX TORPEDA MAŁOPOLSKA	M40-49	1			00:06:09	00:22:32	00:39:14	00:56:18	01:13:40	01:31:13	01:48:49	02:06:37	02:24:43.00	+00:04:42 (3.2%)	6:51	8.7 (96.7%)
3	WOJCIECHOWSKA Elżbieta	340	KS METRACO POLKOWICE	K30-39	1			00:05:56	00:22:52	00:40:01	00:57:26	01:14:53	01:32:27	01:50:26	02:08:45	02:27:11.65	+00:07:10 (4.9%)	6:58	8.6 (95.6%)
4	HAŁAS Marcin	307	UNIA MIAST	M30-39	1			00:06:23	00:24:17	00:41:52	00:59:54	01:17:51	01:36:28	01:54:20	02:11:33	02:28:52.65	+00:08:51 (6.0%)	7:03	8.5 (94.4%)
5	KUBISZYN Mirosław	339	KS METRACO POLKOWICE	M30-39	2			00:06:24	00:24:19	00:42:10	00:59:57	01:17:53	01:36:30	01:54:23	02:11:57	02:29:25.10	+00:09:24 (6.3%)	7:04	8.5 (94.4%)
6	KOŁODZIEJ Joanna	312	STADION ŚLĄSKI	K50-59	1			00:06:16	00:23:51	00:41:54	01:00:09	01:18:03	01:36:19	01:54:55	02:13:11	02:32:16.35	+00:12:15 (8.0%)	7:13	8.3 (92.2%)
7	BARCZYK Bogdan	301	NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:06:21	00:24:07	00:41:48	00:59:52	01:17:51	01:36:26	01:54:59	02:13:46	02:32:24.50	+00:12:23 (8.1%)	7:13	8.3 (92.2%)
8	PODOLAK Mariusz	322	KS METRACO POLKOWICE	M30-39	3			00:06:23	00:24:12	00:41:51	00:59:54	01:17:53	01:36:29	01:55:01	02:13:58	02:33:03.30	+00:13:02 (8.5%)	7:15	8.3 (92.2%)
9	KUŚMIEREK Patryk	316	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:06:36	00:25:30	00:44:04	01:02:21	01:20:53	01:39:46	01:58:36	02:17:56	02:37:23.75	+00:17:22 (11.0%)	7:27	8 (88.9%)
10	SPYCHAŁA Marzena	327	CKZIU NYSA MECHANIK	K40-49	1			00:06:32	00:24:41	00:43:06	01:02:02	01:20:47	01:39:16	01:58:19	02:17:50	02:37:35.50	+00:17:34 (11.2%)	7:28	8 (88.9%)
11	LENZ Andrzej	317	MUSZKIETEROWIE	M50-59	3	2		00:06:42	00:25:22	00:44:02	01:02:51	01:21:43	01:40:40	01:59:37	02:18:48	02:38:41.60	+00:18:40 (11.8%)	7:31	8 (88.9%)
12	ŻYDACZEWSKI Ryszard	342	KS METRACO POLKOWICE	M50-59	4			00:06:40	00:24:57	00:45:59	01:04:02	01:22:35	01:41:30	02:00:43	02:20:13	02:40:09.90	+00:20:08 (12.6%)	7:35	7.9 (87.8%)
13	STĘPIEŃ Lucyna	328	KS METRACO POLKOWICE	K60+	1	1		00:06:44	00:25:24	00:44:21	01:03:20	01:22:42	01:42:08	02:01:45	02:21:19	02:40:42.75	+00:20:41 (12.9%)	7:37	7.9 (87.8%)
14	KOLMETZ Katarzyna	311	POLIPACK TEAM GWE	K40-49	2	1		00:06:57	00:25:43	00:44:27	01:03:23	01:22:35	01:41:51	02:01:23	02:21:14	02:40:58.45	+00:20:57 (13.0%)	7:37	7.9 (87.8%)
15	SZULC Alicja	329		K40-49	3			00:06:26	00:24:38	00:42:42	01:01:21	01:20:34	01:39:46	02:00:03	02:20:51	02:41:31.20	+00:21:30 (13.3%)	7:39	7.8 (86.7%)
16	ŻAMOJCIN Marek	338		M50-59	5			00:06:39	00:25:30	00:44:34	01:03:46	01:23:09	01:42:42	02:02:37	02:22:39	02:42:48.95	+00:22:47 (14.0%)	7:42	7.8 (86.7%)
17	RAKOWIECKI Zbigniew	324	FACE NORDIC WALKING TEAM	M50-59	6	1		00:06:56	00:25:46	00:44:48	01:04:03	01:23:31	01:43:11	02:03:05	02:23:07	02:43:32.50	+00:23:31 (14.4%)	7:45	7.7 (85.6%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Herk_All 1.1km	Herk_All 3.6km	Herk_All 6.1km	Herk_All 8.6km	Herk_All 11.1km	Herk_All 13.6km	Herk_All 16.1km	Herk_All 18.6km	Net time		Pace min/km	Pace km/h
																21.1km	Gap		
18	NOWICZ Mariusz	321	CIDRY LOTAJOM	M18-29	2			00:06:40	00:25:58	00:45:20	01:04:39	01:23:49	01:43:03	02:02:32	02:22:55	02:43:53.65	+00:23:52 (14.6%)	7:46	7.7 (85.6%)
19	GOŁĘBIEWSKI Krzysztof	305	ZAWSZE MŁODZI	M50-59	7			00:06:42	00:25:32	00:44:36	01:03:54	01:23:21	01:42:50	02:02:54	02:23:37	02:44:24.70	+00:24:23 (14.8%)	7:47	7.7 (85.6%)
20	WESOŁOWSKI Wojciech	334	MUSZKIETEROWIE	M60+	1			00:06:53	00:26:14	00:45:38	01:04:37	01:23:59	01:43:31	02:03:18	02:23:47	02:44:30.35	+00:24:29 (14.9%)	7:47	7.7 (85.6%)
21	ŚCIBUT Ania	331	FORMA NA PIĄTKĘ NW	K40-49	4			00:06:43	00:25:28	00:44:31	01:03:56	01:23:47	01:43:52	02:04:06	02:24:39	02:45:09.10	+00:25:08 (15.2%)	7:49	7.7 (85.6%)
22	SZYMAŃSKI Jacek	330	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	8			00:06:55	00:26:16	00:45:45	01:05:05	01:24:56	01:45:06	02:04:30	02:24:50	02:45:24.80	+00:25:23 (15.4%)	7:50	7.7 (85.6%)
23	JANOSZKA Irena	308	CIDRY LOTAJOM	K50-59	2			00:06:42	00:25:37	00:45:00	01:04:43	01:24:32	01:44:28	02:04:41	02:25:06	02:45:59.55	+00:25:58 (15.6%)	7:52	7.6 (84.4%)
24	ŚWIST Joanna	333	NESSI TEAM	K30-39	2	1		00:07:02	00:27:28	00:49:03	01:10:13	01:30:25	01:50:07	02:09:34	02:29:01	02:48:44.35	+00:28:43 (17.0%)	7:59	7.5 (83.3%)
25	BADECKI Ryszard	344	KS METRACO POLKOWICE	M50-59	9			00:06:42	00:25:31	00:44:35	01:03:48	01:23:24	01:44:19	02:04:54	02:27:49	02:50:23.05	+00:30:22 (17.8%)	8:04	7.4 (82.2%)
26	GROS Agnieszka	306	STADION ŚLĄSKI	K40-49	5			00:06:54	00:26:05	00:45:41	01:05:52	01:26:10	01:46:49	02:08:02	02:29:12	02:50:34.55	+00:30:33 (17.9%)	8:05	7.4 (82.2%)
27	BUCZKOWSKA Wiesława	302	FACE NORDIC WALKING TEAM	K60+	2			00:06:56	00:26:03	00:45:43	01:05:59	01:26:38	01:47:28	02:08:35	02:29:43	02:50:59.45	+00:30:58 (18.1%)	8:06	7.4 (82.2%)
28	LIGĘZA Janusz	318		M50-59	10	2		00:07:03	00:26:20	00:45:57	01:06:13	01:27:20	01:49:25	02:10:03	02:30:27	02:51:40.05	+00:31:39 (18.4%)	8:08	7.4 (82.2%)
29	WIĘSKO Ryszard	335		M60+	2			00:07:14	00:27:01	00:47:06	01:07:23	01:28:00	01:48:38	02:09:28	02:30:39	02:52:03.10	+00:32:02 (18.6%)	8:09	7.4 (82.2%)
30	KORYTOWSKA Agnieszka	315		K30-39	3			00:07:03	00:26:42	00:47:02	01:07:05	01:27:23	01:48:34	02:09:44	02:30:44	02:52:13.00	+00:32:12 (18.7%)	8:09	7.4 (82.2%)
31	KORDOWSKA Bogusława	313	LUX TORPEDA MAŁOPOLSKA	K40-49	6			00:07:09	00:27:04	00:46:42	01:06:45	01:27:05	01:48:33	02:09:24	02:30:53	02:52:28.30	+00:32:27 (18.8%)	8:10	7.3 (81.1%)
32	DANKIEWICZ Barbara	303	ZAWSZE MŁODZI	K40-49	7	1		00:07:30	00:28:15	00:48:38	01:08:44	01:29:05	01:49:29	02:10:17	02:31:36	02:52:49.00	+00:32:48 (19.0%)	8:11	7.3 (81.1%)
33	WILDAUER Jugo	341	TEAM ERDINGER ALKOHOLFREI	M50-59	11			00:06:57	00:26:11	00:45:49	01:06:31	01:27:31	01:48:57	02:10:58	02:33:35	02:56:03.65	+00:36:02 (20.5%)	8:20	7.2 (80.0%)
34	DUSZA Anna	304	NORDICLUB SZCZECIN	K50-59	3			00:07:03	00:27:07	00:48:08	01:09:11	01:30:18	01:51:46	02:13:35	02:36:06	02:58:15.00	+00:38:14 (21.4%)	8:26	7.1 (78.9%)
35	POSTEK Danuta	323	MARSZ PO ZDROWIE	K50-59	4			00:07:24	00:28:14	00:48:55	01:09:55	01:30:56	01:52:36	02:14:25	02:36:40	02:58:44.25	+00:38:43 (21.7%)	8:28	7.1 (78.9%)
36	SOBAŃSKA Grażyna	326		K60+	3			00:07:28	00:28:16	00:49:21	01:10:50	01:32:22	01:54:04	02:15:54	02:37:37	02:59:24.60	+00:39:23 (22.0%)	8:30	7.1 (78.9%)
37	MALINOWSKA Katarzyna	319	LECYMY DURŚ	K30-39	4			00:07:10	00:29:15	00:51:13	01:12:10	01:32:59	01:53:57	02:15:10	02:37:17	02:59:43.20	+00:39:42 (22.1%)	8:31	7 (77.8%)
38	PAPROTNA Agnieszka	343	NORDIC TEAM CZĘSTOCHOWA	K30-39	5			00:07:01	00:26:42	00:47:16	01:08:37	01:30:31	01:53:14	02:16:09	02:38:27	03:00:31.90	+00:40:30 (22.4%)	8:33	7 (77.8%)
39	NIETRZEBKA Paweł	320	MIĘDZYBORÓW	M30-39	4			00:07:17	00:28:33	00:49:52	01:11:09	01:33:07	01:55:58	02:19:12	02:42:44	03:06:27.25	+00:46:26 (24.9%)	8:50	6.8 (75.6%)
40	ZAWADZKA Maria	337	KS METRACO POLKOWICE	K60+	4			00:07:51	00:30:04	00:52:26	01:14:45	01:36:53	01:59:17	02:21:41	02:44:23	03:07:08.95	+00:47:07 (25.2%)	8:52	6.8 (75.6%)
41	WIŚNIEWSKA Sylwia	336	EDUWIS	K40-49	8			00:07:54	00:29:45	00:52:09	01:14:42	01:37:02	02:01:25	02:25:56	02:49:33	03:13:32.20	+00:53:31 (27.7%)	9:10	6.5 (72.2%)
42	KARASIEWICZ Iwona	309	NORDICLUB SZCZECIN	K30-39	6			00:08:14	00:31:44	00:55:10	01:19:01	01:43:38	02:08:49	02:34:38	03:01:21	03:29:36.95	+01:09:35 (33.2%)	9:56	6 (66.7%)
DQ	MACIEJEWSKI Robert	345		M30-39		3	1	00:06:57 DQ	00:26:26 DQ	00:47:54 DQ	01:09:21 DQ	01:31:06 DQ	01:53:58 DQ	02:15:46 DQ	02:38:05 DQ	03:00:31.15 DQ	-	-	- (0.0%)

Total 43 results.

