



LEGNICA - WYŚCIG PRZYJAŹNI NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: PUCHAR EUROPY NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-23
Miejsce: Legnica
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TOPOLNICKI Konrad	91	CKZIU MECHANIK NYSA	M18-44	1			00:16:13	00:31:44.65		6:21	9.4 (100%)
2	STĘPAK Piotr	82	LUX TORPEDA MAŁOPOLSKA	M18-44	2			00:16:16	00:32:00.10	+00:00:15 (0.8%)	6:24	9.4 (100%)
3	KŁYŚ Ryszard	37	STADION ŚLĄSKI	M45-59	1	2		00:16:10	00:32:39.35	+00:00:54 (2.8%)	6:31	9.2 (97.9%)
4	ROŻYNEK Miron	73	KS METRACO POLKOWICE	M45-59	2			00:16:08	00:32:51.50	+00:01:06 (3.4%)	6:34	9.1 (96.8%)
5	SPYCHAŁA Lesław	76	CKZIUMECHANIK NYSA	M45-59	3			00:16:35	00:33:31.00	+00:01:46 (5.3%)	6:42	9 (95.7%)
6	PODGÓRSKI Szymon	66	CKZIU MECHANIKNYSA	M-Jun.	1	1		00:16:49	00:33:39.75	+00:01:55 (5.7%)	6:44	8.9 (94.7%)
7	HOŁUBKA Mariusz	29		M45-59	4			00:16:35	00:33:43.60	+00:01:58 (5.9%)	6:44	8.9 (94.7%)
8	HAŁAS Marcin	26		M18-44	3			00:16:28	00:33:46.75	+00:02:02 (6.0%)	6:45	8.9 (94.7%)
9	KLIMCZAK Adam	36	GOSADI NORDIC TEAM	M45-59	5			00:17:09	00:34:15.10	+00:02:30 (7.3%)	6:51	8.8 (93.6%)
10	WOJTASIŃSKI Daniel	104	NORDIC TEAM CZĘSTOCHOWA	M18-44	4			00:16:46	00:34:24.15	+00:02:39 (7.7%)	6:52	8.7 (92.6%)
11	WIŚNIEWSKI Sławomir	123	FUIGGER TEAM	M45-59	6			00:16:56	00:34:49.45	+00:03:04 (8.8%)	6:58	8.6 (91.5%)
12	KUBISZYN Małgorzata	42	KS METRACO POLKOWICE	K18-44	1			00:17:43	00:35:23.05	+00:03:38 (10.3%)	7:04	8.5 (90.4%)
13	MICHALSKI Andrzej	52	NORDIC WALKING SANOK	M60+	1			00:16:47	00:35:27.00	+00:03:42 (10.5%)	7:05	8.5 (90.4%)
14	PODOLAK Marius	124		M18-44	5			00:17:13	00:35:42.85	+00:03:58 (11.1%)	7:08	8.4 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
15	SPYCHAŁA Marzena	77	CKZIU MECHANIK NYSA	K45-59	1			00:17:43	00:35:47.30	+00:04:02 (11.3%)	7:09	8.4 (89.4%)
16	HRYNBIO Jerzy	120	STADION ŚLĄSKI	M60+	2			00:17:46	00:36:12.05	+00:04:27 (12.3%)	7:14	8.3 (88.3%)
17	KRYŚ Artur	121		M45-59	7			00:18:03	00:36:28.90	+00:04:44 (13.0%)	7:17	8.2 (87.2%)
18	TOMCZYK Edward	90	MARSZ PO ZDROWIE	M60+	3	2		00:18:05	00:36:38.20	+00:04:53 (13.4%)	7:19	8.2 (87.2%)
19	PUSZKARSKA Małgorzata	69	GOSADI NORDIC TEAM	K18-44	2			00:18:17	00:36:41.50	+00:04:56 (13.5%)	7:20	8.2 (87.2%)
20	MIKOŁAJCZAK Jan	54		M60+	4			00:18:11	00:36:59.50	+00:05:14 (14.2%)	7:24	8.1 (86.2%)
21	WOLNIEWICZ Katarzyna	105	1970	K45-59	2			00:17:58	00:37:02.35	+00:05:17 (14.3%)	7:24	8.1 (86.2%)
22	MARCINKOWSKA Agnieszka	49	UNIA MIAST	K-Jun.	1			00:18:28	00:37:20.60	+00:05:35 (15.0%)	7:28	8 (85.1%)
23	PIĄTEK Dariusz	117	POLIPACK TEAM GWE	M18-44	6			00:18:36	00:37:29.30	+00:05:44 (15.3%)	7:30	8 (85.1%)
24	GĄGÓŁ Krzysztof	20		M18-44	7	2		00:18:22	00:37:40.95	+00:05:56 (15.8%)	7:32	8 (85.1%)
25	JÓŻWIAK Marianna	228	SERCE NORDICA WŁOCŁAWEK	K45-59	3			00:18:34	00:37:59.20	+00:06:14 (16.4%)	7:35	7.9 (84.0%)
26	PASIŃSKA - SKOWRON Sylwia	64	PRUSZYŃSKI SPORT TEAM	K18-44	3			00:18:41	00:38:02.65	+00:06:18 (16.6%)	7:36	7.9 (84.0%)
27	STAŃCZAK Grażyna	79		K60+	1			00:18:40	00:38:05.65	+00:06:21 (16.7%)	7:37	7.9 (84.0%)
28	GRYGOROWICZ Bogdan	40	KS METRACO POLKOWICE	M60+	5	1		00:19:04	00:38:07.45	+00:06:22 (16.7%)	7:37	7.9 (84.0%)
29	ADAMUS Marian	118	SILESIA NORDIC TEAM	M60+	6			00:18:55	00:38:34.40	+00:06:49 (17.7%)	7:43	7.8 (83.0%)
30	KAMIŃSKA Beata	34	NORDIC TEAM CZĘSTOCHOWA	K45-59	4			00:19:38	00:38:37.85	+00:06:53 (17.8%)	7:43	7.8 (83.0%)
31	WILDAUER Ingo	115	TEAM ERDINGER ALKOHOLFREI	M45-59	8			00:19:36	00:38:39.40	+00:06:54 (17.9%)	7:43	7.8 (83.0%)
32	SULECKA Gabriela	83		K60+	2			00:19:14	00:38:46.50	+00:07:01 (18.1%)	7:45	7.7 (81.9%)
33	GAPIŃSKI Leszek	151	ŁŻE TRZEBINA	M60+	7			00:20:02	00:38:52.90	+00:07:08 (18.4%)	7:46	7.7 (81.9%)
34	GOGÓŁ Jolanta	22		K45-59	5			00:19:27	00:38:57.20	+00:07:12 (18.5%)	7:47	7.7 (81.9%)
35	TOPOLNICKI Mariusz	92	CKZIU MECHANIK NYSA	M45-59	9			00:19:56	00:39:01.15	+00:07:16 (18.6%)	7:48	7.7 (81.9%)
36	KOWALCZYK Edyta	122	KS METRACO POLKOWICE	K45-59	6			00:19:09	00:39:05.45	+00:07:20 (18.8%)	7:49	7.7 (81.9%)
37	KONASZCZUK Agnieszka	125		K18-44	4			00:19:26	00:39:10.55	+00:07:25 (19.0%)	7:50	7.7 (81.9%)

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									netto 5km	Różn		
38	LADEMANN Anita	44	POLIPACK TEAM GWE	K18-44	5	2		00:19:35	00:39:14.45	+00:07:29 (19.1%)	7:51	7.6 (80.9%)
39	KOSECKA Katarzyna	41	FORMA NA PIĄTKĘ NW	K45-59	7			00:19:25	00:39:24.25	+00:07:39 (19.4%)	7:52	7.6 (80.9%)
40	TUZIMEK Agata	93		K18-44	6			00:19:43	00:39:25.65	+00:07:41 (19.5%)	7:53	7.6 (80.9%)
41	WALESZKO Andrzej	97		M45-59	10			00:19:35	00:39:37.50	+00:07:52 (19.9%)	7:55	7.6 (80.9%)
42	WOJCIECHOWSKI Adam	103	PLESZEWSKIE WŁÓCZYKIJE	M18-44	8	1		00:19:09	00:39:38.45	+00:07:53 (19.9%)	7:55	7.6 (80.9%)
43	DAROSZEWSKA Krystyna	12	SERCE NORDICA WŁOCLAWEK	K60+	3			00:19:33	00:39:38.60	+00:07:53 (19.9%)	7:55	7.6 (80.9%)
44	SZYJKA Izabela	87	NORDIKI	K18-44	7			00:19:34	00:39:48.85	+00:08:04 (20.3%)	7:57	7.5 (79.8%)
45	WOJCIECHOWSKA Katarzyna	102	PLESZEWSKIE WŁÓCZYKIJE	K18-44	8			00:19:40	00:39:51.25	+00:08:06 (20.3%)	7:58	7.5 (79.8%)
46	NOGA Boleslaw	58	ZESPÓŁ NIESPOKOJNYCH NÓG	M60+	8			00:19:34	00:39:55.25	+00:08:10 (20.5%)	7:59	7.5 (79.8%)
47	CZEKAŃSKI Damian	63	WESOŁY BORSUK TEAM	M18-44	9	1		00:19:41	00:39:57.85	+00:08:13 (20.6%)	7:59	7.5 (79.8%)
48	STAŃCZAK Ryszard	80		M60+	9			00:19:47	00:39:59.70	+00:08:15 (20.6%)	8:00	7.5 (79.8%)
49	GAŁKOWSKA Elżbieta	19	PUSZCZA ZIELONKA	K60+	4			00:19:43	00:40:01.10	+00:08:16 (20.7%)	8:00	7.5 (79.8%)
50	ŚLUSARCZYK Karolina	88	WESOŁY BORSUK TEAM	K-Jun.	2			00:19:32	00:40:23.70	+00:08:39 (21.4%)	8:04	7.4 (78.7%)
50	MARONDEL Katarzyna	50	SILESIA NORDIC TEAM	K18-44	9			00:19:53	00:40:23.70	+00:08:39 (21.4%)	8:04	7.4 (78.7%)
52	URBANIAK Krystyna	95		K45-59	8			00:20:51	00:40:31.15	+00:08:46 (21.7%)	8:06	7.4 (78.7%)
53	GUTOWSKI Paweł	2		M18-44	10			00:19:50	00:40:32.70	+00:08:48 (21.7%)	8:06	7.4 (78.7%)
54	ZGRZEBNICKI Krzysztof	114		M18-44	11			00:19:52	00:40:44.70	+00:09:00 (22.1%)	8:08	7.4 (78.7%)
55	PONKA Barbara	67	POLIPACK TEAM GWE	K45-59	9			00:20:07	00:40:46.45	+00:09:01 (22.1%)	8:09	7.4 (78.7%)
56	WALESZKO Anna	98		K45-59	10			00:20:29	00:40:57.90	+00:09:13 (22.5%)	8:11	7.3 (77.7%)
57	TOMALA Bogdan	119	STADION ŚLĄSKI	M60+	10			00:20:36	00:41:20.45	+00:09:35 (23.2%)	8:16	7.3 (77.7%)
58	WOROCH Jolanta	107	KS METRACO POLKOWICE	K45-59	11			00:20:49	00:41:21.40	+00:09:36 (23.2%)	8:16	7.3 (77.7%)
59	GÓRSKI Henryk	23	OUTW OLEŚNICA	M60+	11			00:20:37	00:41:25.45	+00:09:40 (23.4%)	8:17	7.2 (76.6%)
60	REMISZEWSKI Adam	72	OUTW OLEŚNICA	M60+	12			00:20:39	00:41:28.00	+00:09:43 (23.4%)	8:17	7.2 (76.6%)

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									netto 5km	Różn		
61	NIECHWIEJCZYK Kinga	57	UNIA MIAST	K-Jun.	3			00:20:34	00:41:36.35	+00:09:51 (23.7%)	8:19	7.2 (76.6%)
62	POSTEK Danuta	68	MARSZ PO ZDROWIE	K45-59	12			00:20:29	00:41:42.85	+00:09:58 (23.9%)	8:20	7.2 (76.6%)
63	BABUŚKA Mariola	53		K45-59	13	1		00:20:42	00:41:51.40	+00:10:06 (24.2%)	8:22	7.2 (76.6%)
64	DYBEŁ Agnieszka	17	NORDIC TEAM CZĘSTOCHOWA	K18-44	10			00:20:59	00:42:20.70	+00:10:36 (25.0%)	8:28	7.1 (75.5%)
65	DRAPIKOWSKI Marek	15	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	11			00:20:42	00:42:21.00	+00:10:36 (25.0%)	8:28	7.1 (75.5%)
66	BERNASIEWICZ Józef	8	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	12			00:20:42	00:42:21.20	+00:10:36 (25.0%)	8:28	7.1 (75.5%)
67	ANGIELCZYK Małgorzata	1	MARSZ PO ZDROWIE	K60+	5			00:20:51	00:42:35.20	+00:10:50 (25.5%)	8:31	7 (74.5%)
68	WALESZKO Adam	99		M-Jun.	2			00:21:14	00:42:58.90	+00:11:14 (26.1%)	8:35	7 (74.5%)
69	ZGRZEBNICKA Agnieszka	113		K45-59	14			00:21:18	00:43:04.10	+00:11:19 (26.3%)	8:36	7 (74.5%)
70	WRONECKA Julia	110	SISU WROCŁAW	K18-44	11			00:21:00	00:43:06.00	+00:11:21 (26.3%)	8:37	7 (74.5%)
71	DUDA Marek	16		M-Child	1	2		00:22:00	00:43:19.55	+00:11:34 (26.7%)	8:40	6.9 (73.4%)
72	MACIEJEWSKA Beata	47		K45-59	15			00:21:14	00:43:36.25	+00:11:51 (27.2%)	8:43	6.9 (73.4%)
73	POLITOVA Tatiana	96	SISU LIFESTYLE & SPORTS	K18-44	12			00:21:32	00:43:51.20	+00:12:06 (27.6%)	8:46	6.8 (72.3%)
74	NOWAK Ewa	59	STADION ŚLĄSKI	K45-59	16			00:22:13	00:44:44.50	+00:12:59 (29.1%)	8:56	6.7 (71.3%)
75	DRAPIKOWSKA Beata	14	DRAPIKI I PASJONACI NORDIC WALKING	K45-59	17			00:23:04	00:46:09.00	+00:14:24 (31.2%)	9:13	6.5 (69.1%)
76	WINIARSKI Robert	101		M45-59	13			00:22:26	00:46:12.45	+00:14:27 (31.3%)	9:14	6.5 (69.1%)
77	MALINOWSKA Grażyna	48	LKS ZANTYR SZTUM	K60+	6			00:22:58	00:46:33.30	+00:14:48 (31.8%)	9:18	6.4 (68.1%)
78	MAZUR Marlena	51	LEGNICKA GRUPA GŁUCHYCH	K18-44	13			00:23:21	00:46:40.95	+00:14:56 (32.0%)	9:20	6.4 (68.1%)
79	OWCZAREK Henryka	62	MARSZ PO ZDROWIE	K60+	7			00:23:14	00:46:44.50	+00:14:59 (32.1%)	9:21	6.4 (68.1%)
80	KUCHAR Magdalena	43	DRAPIKI I PASJONACI NORDIC WALKING	K18-44	14			00:23:09	00:46:49.25	+00:15:04 (32.2%)	9:22	6.4 (68.1%)
81	HABOWSKA Aneta	24	DRAPIKI I PASJONACI NORDIC WALKING	K18-44	15			00:22:27	00:46:51.95	+00:15:07 (32.3%)	9:22	6.4 (68.1%)
82	SPYT Teresa	78	DRAPIKI I PASJONACI NORDIC WALKING	K60+	8			00:23:26	00:46:55.75	+00:15:11 (32.4%)	9:23	6.4 (68.1%)
83	WÓJCIK Irena	108	OUTW OLEŚNICA	K60+	9			00:23:30	00:46:59.00	+00:15:14 (32.4%)	9:23	6.4 (68.1%)

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									netto 5km	Różn		
84	ONDY CZ Sylwia	60	NORDIKI	K45-59	18			00:23:26	00:47:13.20	+00:15:28 (32.8%)	9:26	6.4 (68.1%)
85	KALINOWSKA Małgorzata	31	LEGNICKA GRUPA GŁUCHYCH	K45-59	19	1		00:23:10	00:48:03.20	+00:16:18 (33.9%)	9:36	6.2 (66.0%)
86	BACDORF Alicja	3	LIDER GRODZISK MAZOWIECKI	K60+	10			00:23:47	00:48:04.60	+00:16:19 (34.0%)	9:37	6.2 (66.0%)
87	WÓJCIK Henryk	109	OUTW OLEŚNICA	M60+	13			00:24:12	00:48:07.90	+00:16:23 (34.0%)	9:37	6.2 (66.0%)
88	NICPOŃ Roman	56	DRAPIKI I PASJONACI NORDIC WALKING	M60+	14			00:23:04	00:48:14.80	+00:16:30 (34.2%)	9:39	6.2 (66.0%)
89	HARASIMOWICZ Maria	28	DRAPIKI I PASJONACI NORDIC WALKING	K60+	11			00:23:54	00:48:56.20	+00:17:11 (35.1%)	9:47	6.1 (64.9%)
90	GŁODO Genowefa	21	DRAPIKI I PASJONACI NORDIC WALKING	K60+	12			00:23:58	00:48:59.05	+00:17:14 (35.2%)	9:47	6.1 (64.9%)
91	SULIKOWSKA Stanisława	84	DRAPIKI I PASJONACI NORDIC WALKING	K60+	13			00:23:59	00:48:59.40	+00:17:14 (35.2%)	9:47	6.1 (64.9%)
92	RAKOWSKA Agnieszka	71	LEGNICKA GRUPA GŁUCHYCH	K18-44	16			00:25:20	00:50:01.75	+00:18:17 (36.5%)	10:00	6 (63.8%)
93	DZIURA Piotr	18	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	14	1		00:25:45	00:50:30.95	+00:18:46 (37.2%)	10:06	5.9 (62.8%)
94	MOROZ Czesława	55		K60+	14			00:24:54	00:50:50.05	+00:19:05 (37.6%)	10:10	5.9 (62.8%)
95	LEWANDOWSKI Jacek	45	STADION ŚLĄSKI	M45-59	15			00:25:09	00:50:53.25	+00:19:08 (37.6%)	10:10	5.9 (62.8%)
96	MACHAJEK Krzysztof	46	STOWARZYSZENIE TRANSPLANTACJI SERCA KOŁO ZABRZE	M60+	15			00:24:59	00:51:36.35	+00:19:51 (38.5%)	10:19	5.8 (61.7%)
97	STERKOWICZ Franciszek	81	DRAPIKI I PASJONACI NORDIC WALKING	M60+	16			00:25:32	00:51:57.10	+00:20:12 (38.9%)	10:23	5.8 (61.7%)
98	TATARYNOWICZ Eugeniusz	89	NIEZRZESZONY	M60+	17			00:24:48	00:52:07.20	+00:20:22 (39.1%)	10:25	5.8 (61.7%)
99	OSMAN Justyna	61	LEGNICKA GRUPA GŁUCHYCH	K18-44	17			00:26:17	00:53:10.70	+00:21:26 (40.3%)	10:38	5.6 (59.6%)
100	DMOCHOWSKA Halinka	13	DRAPIKI I PASJONACI NORDIC WALKING	K60+	15			00:25:23	00:53:35.20	+00:21:50 (40.8%)	10:43	5.6 (59.6%)
101	HANUSZEWICZ-DROZD Zofia	27	DRAPIKI I PASJONACI NORDIC WALKING	K60+	16			00:26:52	00:55:22.85	+00:23:38 (42.7%)	11:04	5.4 (57.4%)
102	BIERNACKA Jadwiga	9	DRAPKI I PASJONACI NORDIC WALKING	K60+	17			00:26:53	00:55:23.00	+00:23:38 (42.7%)	11:04	5.4 (57.4%)
DQ	WOROCH Roman	106	KS METRACO POLKOWICE	M60+		3	1	00:16:25 DQ	00:33:47.90 DQ		-	- (0.0%)
DQ	URBANI AK Waldemar	94		M45-59		3	1	00:18:04 DQ	00:37:09.25 DQ		-	- (0.0%)
DQ	KOŁPAK Jan	39	LKS SZTUM	M60+		3	1	00:18:20 DQ	00:37:24.65 DQ		-	- (0.0%)
	KĄLAMAJSKA Barbara	32	KLUB NW PATYCZAKI-GRUDZIĄDZ	K60+				00:28:05 DNF	DNF		-	- (0.0%)

Znaleziono 106 wynik(ów)