



MIELNO - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-05-05
Miejsce: Mielno
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	526	RUNNERSKI.PL/GREEN TEAM ZIELONA GÓRA	M40-49	1			00:23:43	00:41:04	00:58:41	01:16:13	01:33:13	01:50:25	02:07:38	02:25:02.20		6:52	8.7 (100%)
2	KORDOWSKI Piotr	513	NOWA HUTA TEAM	M40-49	2			00:23:14	00:40:19	00:57:26	01:14:51	01:32:19	01:49:46	02:07:36	02:26:10.25	+00:01:08 (0.8%)	6:55	8.7 (100%)
3	DEPKA PRADZYŃSKI Olgierd	505	BIEGAMYRAZEM.PL	M60+	1			00:23:38	00:40:59	00:58:36	01:16:08	01:33:28	01:51:22	02:09:42	02:28:25.90	+00:03:23 (2.3%)	7:02	8.5 (97.7%)
4	PUSZKIEL Leszek	541	GREEN TEAM ZIELONA GÓRA	M60+	2			00:23:59	00:41:44	00:59:41	01:17:42	01:36:25	01:55:11	02:14:37	02:34:18.25	+00:09:16 (6.0%)	7:18	8.2 (94.3%)
5	BARCZYK Bogdan	501	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:25:08	00:43:37	01:02:07	01:20:48	01:39:25	01:58:12	02:17:01	02:36:00.15	+00:10:57 (7.0%)	7:23	8.1 (93.1%)
6	SZEREMETA Grzegorz	529	CIDRY LOTAJOM	M40-49	3			00:24:13	00:42:03	01:00:11	01:18:40	01:37:51	01:57:28	02:17:05	02:36:13.20	+00:11:11 (7.2%)	7:24	8.1 (93.1%)
7	KUŚMIEREK Patryk	516	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:25:46	00:43:49	01:01:50	01:20:15	01:38:56	01:57:54	02:17:02	02:36:39.30	+00:11:37 (7.4%)	7:25	8.1 (93.1%)
8	SZARSZUNOWICZ Mariusz	538		M40-49	4			00:24:12	00:42:31	01:01:05	01:19:33	01:38:33	01:57:55	02:17:12	02:36:48.55	+00:11:46 (7.5%)	7:25	8.1 (93.1%)
9	WAWRZYŃIAK Łukasz	531	KS METRACO POLKOWICE	M30-39	1			00:25:25	00:43:51	01:02:04	01:20:57	01:39:54	01:58:47	02:18:10	02:38:23.80	+00:13:21 (8.4%)	7:30	8 (92.0%)
10	NACZK Leonard	519	DYNAMIC LĘBORK	M40-49	5			00:25:15	00:43:41	01:02:05	01:20:59	01:39:55	01:59:20	02:19:15	02:39:42.35	+00:14:40 (9.2%)	7:34	7.9 (90.8%)
11	ŚWIŚŁOCKI Bogdan	530	FACE NORDIC WALKING TEAM	M50-59	2			00:25:10	00:43:56	01:03:04	01:22:20	01:41:44	02:01:03	02:20:51	02:41:20.40	+00:16:18 (10.1%)	7:38	7.8 (89.7%)
12	BUŁAKOWSKI Bohdan	537	PASJA NW	M60+	3	1		00:25:42	00:45:00	01:04:07	01:23:19	01:42:44	02:02:15	02:22:04	02:41:51.80	+00:16:49 (10.4%)	7:40	7.8 (89.7%)
13	ZAGAJA Janusz	474	WESOŁY BORSUK TEAM	M60+	4			00:25:35	00:44:24	01:03:14	01:22:30	01:41:56	02:01:48	02:22:05	02:42:48.50	+00:17:46 (10.9%)	7:42	7.8 (89.7%)
14	JASIUKIEWICZ Jacek	542	POZYTYWNI DOBRE MIASTO	M50-59	3	1		00:25:51	00:45:11	01:04:27	01:23:43	01:43:01	02:02:42	02:23:00	02:42:53.15	+00:17:50 (11.0%)	7:43	7.8 (89.7%)
15	KONCEWICZ Marek	512	ELITE TEAM CHODZĘ Z KIJAMI GDYNIA	M50-59	4			00:25:49	00:45:08	01:04:25	01:23:41	01:43:09	02:02:55	02:22:58	02:43:01.40	+00:17:59 (11.0%)	7:43	7.8 (89.7%)
16	KOŁODZIEJ Joanna	511		K50-59	1			00:26:59	00:46:38	01:06:26	01:26:32	01:46:33	02:05:52	02:25:27	02:44:50.05	+00:19:47 (12.0%)	7:48	7.7 (88.5%)
17	NIEDŹWIECKA Katarzyna	521	FACE NORDIC WALKING TEAM	K40-49	1			00:27:19	00:47:39	01:07:34	01:27:08	01:46:34	02:06:01	02:25:30	02:44:52.35	+00:19:50 (12.0%)	7:48	7.7 (88.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas		Tempo min/km	Tempo km/h
															netto 21.1km	Różn		
18	STEFANICKI Marek	527	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	5			00:26:42	00:46:05	01:05:27	01:24:58	01:44:56	02:05:19	02:25:56	02:47:02.55	+00:22:00 (13.2%)	7:54	7.6 (87.4%)
19	ŻAMOJCIN Marek	534	NORDICLUB SZCZECIN	M50-59	5			00:26:09	00:45:44	01:05:32	01:25:36	01:45:46	02:06:32	02:27:29	02:48:26.40	+00:23:24 (13.9%)	7:59	7.5 (86.2%)
20	SPYCHAŁA Marzena	459	WESOŁY BORSUK TEAM	K40-49	2			00:26:57	00:46:37	01:06:25	01:26:30	01:46:36	02:06:48	02:27:39	02:48:28.95	+00:23:26 (13.9%)	7:59	7.5 (86.2%)
21	STĘPIEŃ Lucyna	528	KS METRACO POLKOWICE	K60+	1			00:27:03	00:46:50	01:07:02	01:27:30	01:48:33	02:09:11	02:29:58	02:51:15.40	+00:26:13 (15.3%)	8:06	7.4 (85.1%)
22	RAKOWIECKI Zbigniew	536		M50-59	6			00:26:55	00:47:03	01:07:08	01:27:44	01:48:34	02:09:33	02:30:39	02:51:19.85	+00:26:17 (15.3%)	8:07	7.4 (85.1%)
23	PIETRZYK Jarosław	522	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:25:14	00:43:42	01:02:08	01:21:36	01:42:46	02:05:11	02:28:31	02:51:23.30	+00:26:21 (15.4%)	8:07	7.4 (85.1%)
24	JANOSZKA Irena	535	CYDRYLATAJOM	K50-59	2			00:27:36	00:47:59	01:08:18	01:28:48	01:49:18	02:09:53	02:30:43	02:51:33.80	+00:26:31 (15.5%)	8:07	7.4 (85.1%)
25	LIGĘZA Janusz	517		M50-59	7			00:26:54	00:47:00	01:07:28	01:28:25	01:49:51	02:11:35	02:33:32	02:55:07.40	+00:30:05 (17.2%)	8:17	7.2 (82.8%)
26	KANIOWSKA Beata	508	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:27:07	00:47:13	01:07:19	01:28:05	01:49:12	02:11:08	02:33:20	02:55:49.05	+00:30:46 (17.5%)	8:19	7.2 (82.8%)
27	WESOŁOWSKI Wojciech	532	NORDIC TEAM GNIEZNO	M60+	6			00:26:49	00:46:59	01:08:11	01:29:48	01:51:22	02:12:59	02:34:36	02:56:25.90	+00:31:23 (17.8%)	8:21	7.2 (82.8%)
28	POGORZELSKA Wiesława	523	KS FORMA WODZISŁAW ŚLĄSKI	K30-39	1			00:28:28	00:49:10	01:09:47	01:30:36	01:51:46	02:13:24	02:35:16	02:57:29.10	+00:32:26 (18.3%)	8:24	7.1 (81.6%)
29	KOWALCZYK Mariusz	514	GREEN TEAM ZIELONA GÓRA	M50-59	8			00:27:25	00:47:48	01:08:08	01:28:46	01:50:26	02:12:39	02:35:20	02:58:42.55	+00:33:40 (18.8%)	8:28	7.1 (81.6%)
30	KARASIEWICZ Irena	509	FACE NORDIC WALKING TEAM	K50-59	3			00:28:44	00:49:54	01:11:16	01:32:35	01:54:30	02:16:37	02:38:43	03:00:55.05	+00:35:52 (19.8%)	8:34	7 (80.5%)
31	SARNOWSKA Wanda	540	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:28:38	00:49:48	01:11:16	01:33:14	01:55:58	02:19:20	02:42:11	03:04:40.55	+00:39:38 (21.5%)	8:45	6.9 (79.3%)
32	ROSOŁEK Elżbieta	539	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:31:12	00:53:36	01:15:20	01:36:45	01:58:22	02:20:41	02:43:11	03:05:38.20	+00:40:36 (21.9%)	8:47	6.8 (78.2%)
33	MARCINKOWSKI Wojciech	518	UNIA MIAST	M40-49	6			00:28:39	00:50:10	01:13:38	01:35:44	01:58:10	02:21:15	02:44:16	03:07:09.65	+00:42:07 (22.5%)	8:52	6.8 (78.2%)
34	PANEK Elwira	545		K50-59	6			00:29:03	00:50:38	01:12:37	01:34:50	01:57:27	02:20:27	02:43:46	03:07:13.65	+00:42:11 (22.5%)	8:52	6.8 (78.2%)
35	KABAŁA Marzena	544	BIEGAMYRAZEM.PL	K40-49	4	2		00:29:16	00:51:27	01:13:53	01:36:10	01:59:05	02:22:09	02:45:03	03:08:10.00	+00:43:07 (22.9%)	8:55	6.7 (77.0%)
36	BIŃCZYK Jacek	503	CISOWIANKA	M50-59	9			00:30:05	00:52:04	01:14:24	01:36:44	01:59:11	02:21:52	02:44:57	03:08:47.80	+00:43:45 (23.2%)	8:56	6.7 (77.0%)
37	BARCZYK Jolanta	502	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	7			00:30:35	00:53:11	01:16:01	01:38:41	02:01:40	02:24:16	02:47:19	03:10:14.75	+00:45:12 (23.8%)	9:00	6.7 (77.0%)
38	GERLE-KOTULA Anna	507	UNIA MIAST	K30-39	2			00:30:52	00:53:45	01:16:34	01:39:36	02:02:04	02:24:53	02:47:38	03:10:19.35	+00:45:17 (23.8%)	9:01	6.7 (77.0%)
39	BUCZKOWSKA Wiesława	543	FACE NORDIC WALKING TEAM	K60+	2			00:29:06	00:51:00	01:13:30	01:36:23	01:59:41	02:23:51	02:47:42	03:11:49.35	+00:46:47 (24.4%)	9:05	6.6 (75.9%)
40	POSTEK Danuta	524	MARSZ PO ZDROWIE	K50-59	8			00:30:39	00:53:36	01:16:08	01:39:10	02:01:49	02:25:24	02:49:25	03:13:50.70	+00:48:48 (25.2%)	9:11	6.5 (74.7%)
41	DUSZA Anna	506	NORDICLUB SZCZECIN	K40-49	5			00:29:11	00:51:00	01:13:30	01:36:06	01:59:01	02:23:17	02:49:29	03:19:34.45	+00:54:32 (27.3%)	9:27	6.3 (72.4%)
42	ZAWADZKA Maria	533	KS METRACO POLKOWICE	K60+	3			00:31:41	00:55:14	01:18:54	01:42:39	02:06:23	02:30:18	02:55:00	03:19:58.85	+00:54:56 (27.5%)	9:28	6.3 (72.4%)
43	ROZMUS Jolanta	525	FACE NORDIC WALKING TEAM	K60+	4			00:31:54	00:55:47	01:19:55	01:44:34	02:09:53	02:35:18	03:00:30	03:25:47.80	+01:00:45 (29.5%)	9:45	6.2 (71.3%)
44	KARASIEWICZ Iwona	510	NORDICLUB SZCZECIN	K30-39	3			00:34:00	00:59:29	01:23:38	01:47:59	02:12:37	02:38:14	03:03:21	03:30:09.40	+01:05:07 (31.0%)	9:57	6 (69.0%)

Znaleziono 44 wynik(ów)