



# OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT  
INTELEKTUALNE SPORTOWE

**Organizator:** PFNW  
**Data:** 2016-07-16  
**Miejsce:** Okonek  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KLICZKA Kamil</b>	<b>21</b>	PUSZCZYK BUKOWY	M40-49	1			00:02:20	00:16:03	00:32:27	00:49:09	<b>01:05:24.75</b>	<b>01:07:44.95</b>		6:32	9.2 (100%)
2	<b>STILLER Karol</b>	<b>83</b>	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M30-39	1			00:02:03	00:16:45	00:33:29	00:50:02	<b>01:06:18.30</b>	<b>01:08:21.55</b>	+00:00:53 (1.3%)	6:37	9 (97.8%)
3	<b>PUSZKIEL Adrian</b>	<b>34</b>	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:06:03	00:16:21	00:33:31	00:50:47	<b>01:07:49.90</b>	<b>01:13:53.05</b>	+00:02:25 (3.6%)	6:47	8.8 (95.7%)
4	<b>HELWICH Stefan</b>	<b>16</b>	KS METRACO POLKOWICE	M60-69	1			00:02:52	00:17:16	00:34:17	00:51:19	<b>01:08:27.35</b>	<b>01:11:19.75</b>	+00:03:02 (4.4%)	6:50	8.8 (95.7%)
5	<b>ADAMSKI Robert</b>	<b>1</b>	MARSZ PO ZDROWIE	M40-49	2			00:02:20	00:17:00	00:34:25	00:51:38	<b>01:08:45.10</b>	<b>01:11:05.90</b>	+00:03:20 (4.9%)	6:52	8.7 (94.6%)
6	<b>RECZULSKI Mariusz</b>	<b>82</b>	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M50-59	1			00:02:34	00:17:33	00:34:26	00:51:37	<b>01:08:45.30</b>	<b>01:11:19.75</b>	+00:03:20 (4.9%)	6:52	8.7 (94.6%)
7	<b>JĘDRASIAK Renata</b>	<b>17</b>	KS METRACO POLKOWICE	K50-59	1			00:04:02	00:17:23	00:35:00	00:52:54	<b>01:10:57.05</b>	<b>01:14:59.20</b>	+00:05:32 (7.8%)	7:05	8.5 (92.4%)
8	<b>BIK Stanisław</b>	<b>5</b>	KS METRACO POLKOWICE	M50-59	2			00:02:33	00:17:35	00:34:50	00:52:53	<b>01:11:05.00</b>	<b>01:13:38.90</b>	+00:05:40 (8.0%)	7:06	8.4 (91.3%)
9	<b>KASPRZYK Lilianna</b>	<b>20</b>	KS METRACO POLKOWICE	K50-59	2			00:04:01	00:17:26	00:35:28	00:53:45	<b>01:12:02.30</b>	<b>01:16:03.85</b>	+00:06:37 (9.2%)	7:12	8.3 (90.2%)
10	<b>SPYCHAŁA Marzena</b>	<b>37</b>	WESOŁY BORSUK TEAM	K40-49	1			00:03:39	00:18:04	00:36:31	00:55:01	<b>01:12:58.35</b>	<b>01:16:37.40</b>	+00:07:33 (10.4%)	7:17	8.2 (89.1%)
11	<b>CZEKAJŁO Franciszek</b>	<b>47</b>	TEAM Meprozet	M60-69	2			00:02:51	00:17:31	00:36:01	00:54:28	<b>01:13:01.25</b>	<b>01:15:52.60</b>	+00:07:36 (10.4%)	7:18	8.2 (89.1%)
12	<b>KRZYŻANOWSKI Robert</b>	<b>51</b>	GOSIR OSIELSKO	M40-49	3			00:02:20	00:17:50	00:35:58	00:54:35	<b>01:13:10.70</b>	<b>01:15:31.65</b>	+00:07:45 (10.6%)	7:19	8.2 (89.1%)
13	<b>STAWNIAK Karol</b>	<b>38</b>	KS METRACO POLKOWICE	M60-69	3			00:02:50	00:17:32	00:36:02	00:55:01	<b>01:13:24.70</b>	<b>01:16:15.65</b>	+00:07:59 (10.9%)	7:20	8.2 (89.1%)
14	<b>ŁUKASZEWICZ Joanna</b>	<b>73</b>	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:05:11	00:17:51	00:36:34	00:55:11	<b>01:13:37.45</b>	<b>01:18:48.65</b>	+00:08:12 (11.2%)	7:21	8.2 (89.1%)
15	<b>CHOLEWIŃSKI Wojciech</b>	<b>55</b>		M50-59	3			00:02:34	00:17:34	00:35:45	00:54:49	<b>01:13:42.85</b>	<b>01:16:17.05</b>	+00:08:18 (11.3%)	7:22	8.1 (88.0%)
16	<b>KOSICKI Dariusz</b>	<b>22</b>	NORDIC WALKING KIEKRZ	M50-59	4			00:02:33	00:18:38	00:36:59	00:55:26	<b>01:13:43.40</b>	<b>01:16:17.15</b>	+00:08:18 (11.3%)	7:22	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
17	<b>FALKOWSKA Beata</b>	10	UKS GIMNAZJON SUCHY LAS	K50-59	3			00:04:02	00:18:08	00:36:39	00:55:22	<b>01:14:02.15</b>	<b>01:18:05.05</b>	+00:08:37 (11.6%)	7:24	8.1 (88.0%)
18	<b>ZIĘBA Krzysztof</b>	45		M50-59	5			00:02:34	00:18:11	00:36:48	00:55:56	<b>01:15:06.75</b>	<b>01:17:41.20</b>	+00:09:42 (12.9%)	7:30	8 (87.0%)
19	<b>SKRYCKA Katarzyna</b>	35	KS METRACO POLKOWICE	K30-39	1			00:03:24	00:19:00	00:38:07	00:56:54	<b>01:15:15.45</b>	<b>01:18:39.65</b>	+00:09:50 (13.1%)	7:31	8 (87.0%)
20	<b>BANASZKIEWICZ Katarzyna</b>	4	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:03:39	00:18:22	00:37:38	00:56:45	<b>01:15:40.90</b>	<b>01:19:20.85</b>	+00:10:16 (13.6%)	7:34	7.9 (85.9%)
21	<b>KACZMARCZYK-PIASECKA Renata</b>	19	CZARNE PANTERY	K40-49	4			00:03:40	00:18:54	00:37:59	00:56:49	<b>01:15:54.60</b>	<b>01:19:35.35</b>	+00:10:29 (13.8%)	7:35	7.9 (85.9%)
22	<b>MIERNICKI Mariusz</b>	27		M50-59	6	1		00:02:34	00:18:46	00:37:38	00:57:05	<b>01:16:19.20</b>	<b>01:18:53.25</b>	+00:10:54 (14.3%)	7:37	7.9 (85.9%)
23	<b>PRAWUCKI Krzysztof</b>	32	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:02:02	00:19:19	00:38:45	00:58:13	<b>01:17:13.20</b>	<b>01:19:15.80</b>	+00:11:48 (15.3%)	7:43	7.8 (84.8%)
24	<b>PAŁUBICKI Marcin</b>	29		M40-49	4			00:02:20	00:19:48	00:39:47	00:59:32	<b>01:18:28.25</b>	<b>01:20:48.75</b>	+00:13:03 (16.6%)	7:50	7.6 (82.6%)
25	<b>BANACH Joanna</b>	3	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:03:39	00:19:18	00:39:06	00:59:19	<b>01:19:18.05</b>	<b>01:22:57.55</b>	+00:13:53 (17.5%)	7:55	7.6 (82.6%)
26	<b>NOWAKOWSKI Rafał</b>	28	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:02:02	00:19:19	00:39:32	00:59:33	<b>01:19:31.70</b>	<b>01:21:33.85</b>	+00:14:06 (17.7%)	7:57	7.5 (81.5%)
27	<b>FOT Krzysztof</b>	79	MARSZ PO ZDROWIE	M50-59	7			00:02:34	00:20:15	00:40:41	01:00:13	<b>01:19:32.50</b>	<b>01:22:07.25</b>	+00:14:07 (17.8%)	7:57	7.5 (81.5%)
28	<b>CHOLEWIŃSKA Longina</b>	54		K50-59	4			00:04:02	00:19:18	00:38:58	00:59:16	<b>01:19:34.90</b>	<b>01:23:37.15</b>	+00:14:10 (17.8%)	7:57	7.5 (81.5%)
29	<b>ŁOPIŃSKI Aleksy</b>	25	CZARNE PANTERY	M60-69	4			00:02:52	00:19:35	00:39:20	00:59:32	<b>01:19:39.95</b>	<b>01:22:31.95</b>	+00:14:15 (17.9%)	7:57	7.5 (81.5%)
30	<b>PATELSKA Katarzyna</b>	30	CZARNE PANTERY	K30-39	2			00:03:25	00:19:29	00:39:43	01:00:17	<b>01:20:31.15</b>	<b>01:23:56.60</b>	+00:15:06 (18.8%)	8:03	7.5 (81.5%)
31	<b>GRZESZCZAK Andrzej</b>	14	KS METRACO POLKOWICE	M50-59	8			00:02:34	00:19:12	00:39:33	01:00:04	<b>01:21:07.15</b>	<b>01:23:41.65</b>	+00:15:42 (19.4%)	8:06	7.4 (80.4%)
32	<b>SOBECKA Marzena</b>	36		K40-49	6			00:03:40	00:20:32	00:40:57	01:01:07	<b>01:21:12.35</b>	<b>01:24:52.80</b>	+00:15:47 (19.4%)	8:07	7.4 (80.4%)
33	<b>WALKOWIAK Michał</b>	41		M30-39	4			00:02:03	00:20:51	00:41:46	01:02:01	<b>01:21:37.20</b>	<b>01:23:40.40</b>	+00:16:12 (19.9%)	8:09	7.4 (80.4%)
34	<b>KOZŁOWSKA Agnieszka</b>	48	FACE NORDIC WALKING TEAM	K40-49	7			00:03:39	00:20:01	00:40:40	01:00:57	<b>01:21:43.40</b>	<b>01:25:22.75</b>	+00:16:18 (20.0%)	8:10	7.3 (79.3%)
35	<b>POSTEK Danuta</b>	31	MARSZ PO ZDROWIE	K50-59	5			00:04:02	00:20:32	00:41:15	01:01:36	<b>01:21:45.65</b>	<b>01:25:47.80</b>	+00:16:20 (20.0%)	8:10	7.3 (79.3%)
36	<b>APPEL Jerzy</b>	2	GOSIR_ OSIELSKO	M70+	1			00:03:06	00:20:08	00:40:24	01:01:09	<b>01:21:54.95</b>	<b>01:25:01.40</b>	+00:16:30 (20.1%)	8:11	7.3 (79.3%)
37	<b>WORONKO-ZACZYŃSKA Janina</b>	49	KS METRACO POLKOWICE	K70+	1			00:04:22	00:19:58	00:40:32	01:01:17	<b>01:22:00.15</b>	<b>01:26:22.40</b>	+00:16:35 (20.2%)	8:12	7.3 (79.3%)
38	<b>WACHOWIAK Sylwia</b>	40		K40-49	8			00:03:39	00:20:30	00:40:57	01:01:29	<b>01:22:01.60</b>	<b>01:25:41.15</b>	+00:16:36 (20.3%)	8:12	7.3 (79.3%)
39	<b>KOSIŃSKA Maria</b>	23	MOSIR RYPIN	K60-69	1			00:04:21	00:19:53	00:40:19	01:01:08	<b>01:22:11.50</b>	<b>01:26:32.95</b>	+00:16:46 (20.4%)	8:13	7.3 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>ZWOLENKIEWICZ Joanna</b>	<b>46</b>	KS SOKÓŁ GAŚAWA	K40-49	9			00:03:40	00:20:35	00:40:55	01:01:27	<b>01:22:38.90</b>	<b>01:26:19.00</b>	+00:17:14 (20.9%)	8:15	7.3 (79.3%)
41	<b>BOROWSKI Marcin</b>	<b>7</b>	FACE NORDIC WALKING TEAM	M30-39	5			00:02:02	00:20:22	00:40:58	01:01:53	<b>01:22:46.20</b>	<b>01:24:48.95</b>	+00:17:21 (21.0%)	8:16	7.2 (78.3%)
42	<b>NOWAK Maciej</b>	<b>52</b>	SAILING TEAM FERAJNA	M40-49	5			00:02:19	00:20:37	00:41:14	01:01:57	<b>01:23:02.10</b>	<b>01:25:21.95</b>	+00:17:37 (21.2%)	8:18	7.2 (78.3%)
43	<b>ZBIELSKA Agnieszka</b>	<b>44</b>	SAILING TEAM FERAJNA	K30-39	3			00:03:24	00:20:49	00:41:32	01:02:31	<b>01:23:52.20</b>	<b>01:27:16.45</b>	+00:18:27 (22.0%)	8:23	7.2 (78.3%)
44	<b>MAJSIEJCZAK Ryszard</b>	<b>81</b>	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M70+	2			00:03:05	00:20:24	00:41:34	01:02:34	<b>01:23:56.25</b>	<b>01:27:02.10</b>	+00:18:31 (22.1%)	8:23	7.1 (77.2%)
45	<b>CHĘCIŃSKA Krystyna</b>	<b>8</b>	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:04:21	00:20:38	00:41:51	01:03:34	<b>01:25:24.95</b>	<b>01:29:46.70</b>	+00:20:00 (23.4%)	8:32	7 (76.1%)
46	<b>ZAWISŁA Stanisław</b>	<b>43</b>	MARSZ PO ZDROWIE	M60-69	5			00:02:51	00:20:15	00:41:38	01:03:23	<b>01:25:58.10</b>	<b>01:28:49.35</b>	+00:20:33 (23.9%)	8:35	7 (76.1%)
47	<b>HACZYK Anna</b>	<b>15</b>	UKS GIMNAZJON SUCHY LAS	K30-39	4			00:03:25	00:21:33	00:43:01	01:04:31	<b>01:25:58.55</b>	<b>01:29:23.80</b>	+00:20:33 (23.9%)	8:35	7 (76.1%)
48	<b>MAĆKOWIAK Krystyna</b>	<b>26</b>	FACE NORDIC WALKING TEAM	K60-69	3			00:04:21	00:21:16	00:42:56	01:05:14	<b>01:27:44.45</b>	<b>01:32:06.25</b>	+00:22:19 (25.4%)	8:46	6.8 (73.9%)
49	<b>PILECKI Gustaw</b>	<b>50</b>	GOSIR OSIELSKO	M70+	3			00:03:05	00:22:09	00:45:05	01:07:29	<b>01:30:27.45</b>	<b>01:33:33.20</b>	+00:25:02 (27.7%)	9:02	6.6 (71.7%)
50	<b>KULKA Maciej</b>	<b>24</b>	FACE NORDIC WALKING TEAM	M50-59	9			00:12:53	00:22:39	00:45:38	01:08:41	<b>01:30:54.60</b>	<b>01:43:47.65</b>	+00:25:29 (28.0%)	9:05	6.6 (71.7%)
51	<b>DROZDOWICZ Dorota</b>	<b>9</b>	CZARNE PANTERY	K40-49	10			00:03:41	00:22:27	00:45:33	01:08:40	<b>01:32:35.40</b>	<b>01:36:16.55</b>	+00:27:10 (29.4%)	9:15	6.5 (70.7%)
52	<b>GIERSENDORF Monika</b>	<b>12</b>	FACE NORDIC WALKING TEAM	K40-49	11			00:03:40	00:22:46	00:45:33	01:08:43	<b>01:32:36.80</b>	<b>01:36:16.90</b>	+00:27:12 (29.4%)	9:15	6.5 (70.7%)
53	<b>GACZKOWSKA-KSIAŻKIEWICZ Magdalena</b>	<b>11</b>	KS SOKÓŁ GAŚAWA	K30-39	5			00:03:24	00:23:04	00:46:43	01:09:10	<b>01:32:52.05</b>	<b>01:36:16.70</b>	+00:27:27 (29.6%)	9:17	6.5 (70.7%)
54	<b>STRZELECKI Sebastian</b>	<b>39</b>	SAILING TEAM FERAJNA	M40-49	6			00:02:19	00:21:43	00:46:57	01:10:05	<b>01:33:57.05</b>	<b>01:36:16.90</b>	+00:28:32 (30.4%)	9:23	6.4 (69.6%)
55	<b>JÓZWIAK Dominik</b>	<b>18</b>	WTW.WŁOCLAWEK	M18-29	2			00:02:02	00:22:52	00:47:17	01:11:07	<b>01:34:58.15</b>	<b>01:37:01.05</b>	+00:29:33 (31.1%)	9:29	6.3 (68.5%)

Znaleziono 55 wynik(ów)