



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-04-23
Osielsko
42.195 km

OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas							Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h		
									4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km						33.756km	37.976km
1	MICHALEC Marcin	48	KKB MOSIR KROSNO	M18-29	1			00:00:05	00:26:31	00:52:59	01:19:27	01:45:46	02:12:46	02:40:34	03:08:44	03:37:41	04:07:07	04:35:40.70	04:35:46.45		6:31	9.2
2	KORDOWSKI I Piotr	34	UPOJENI WATREM	M40-49	1			00:00:09	00:28:05	00:56:27	01:24:52	01:54:13	02:23:33	02:52:55	03:22:02	03:51:42	04:21:12	04:50:49.25	04:50:58.25	+00:15:08	6:53	8.7
3	NIECHWIEJCZYK Piotr	51	OPEL ACTIVE TEAM	M40-49	2			00:00:08	00:28:39	00:57:23	01:26:25	01:55:28	02:24:39	02:53:47	03:23:04	03:52:31	04:21:58	04:51:26.95	04:51:34.95	+00:15:46	6:54	8.7
4	BIK Stanisław	4	KS METRACO POLKOWCE	M50-59	1			00:00:12	00:30:09	00:59:02	01:27:53	01:56:43	02:27:06	02:56:32	03:26:55	03:57:42	04:28:40	04:59:05.75	04:59:17.85	+00:23:25	7:05	8.5
5	ŻYWICKI Marcin	91	BŁĘKITNI DZIEMIANY	M30-39	1			00:00:07	00:30:10	00:59:37	01:29:12	01:58:41	02:28:15	02:57:59	03:28:11	03:58:43	04:29:22	04:59:40.85	04:59:48.10	+00:24:00	7:06	8.4
6	STUPNOWICZ Przemek	73	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:00:16	00:30:05	01:00:05	01:29:34	01:59:33	02:29:41	02:59:51	03:29:53	03:59:47	04:30:07	05:00:12.05	05:00:28.25	+00:24:31	7:06	8.4
7	WIŚNIEWSKI Jacek	86	UKS SIEDLESZCZANY	M50-59	2			00:00:14	00:29:08	00:58:35	01:27:33	01:56:32	02:26:02	02:55:39	03:25:53	03:57:39	04:30:22	05:02:24.50	05:02:38.50	+00:26:43	7:09	8.4
8	CZŁONKOWSKI Krzysztof	11	OLIMPIJCZYK SZCZECOCINY	M40-49	3			00:00:10	00:30:42	01:00:55	01:31:14	02:01:21	02:32:07	03:02:46	03:32:56	04:03:22	04:33:49	05:02:42.15	05:02:52.70	+00:27:01	7:10	8.4
9	KANIGOWSKI Grzegorz	27		M30-39	2			00:00:06	00:28:41	00:57:24	01:26:14	01:55:39	02:25:09	02:56:00	03:27:00	03:58:41	04:31:08	05:02:50.50	05:02:57.10	+00:27:09	7:10	8.4
10	PUSZKIEL Leszek	58	GREEN TEAM	M50-59	3			00:00:14	00:29:40	00:58:35	01:27:31	01:56:31	02:26:25	02:56:36	03:27:09	03:58:18	04:31:18	05:02:52.90	05:03:07.45	+00:27:12	7:10	8.4
11	BOGACKI Sławek	6	ENERGA NW TEAM	M40-49	4			00:00:06	00:28:20	00:56:44	01:25:37	01:55:19	02:25:17	02:56:20	03:27:49	03:59:43	04:31:57	05:03:15.70	05:03:21.95	+00:27:35	7:11	8.3
12	RACZYŃSKI Kazimierz	60	PASIEKAZPASJA.PL / FACE NORDIC WALKING TEAM	M40-49	5			00:00:08	00:28:37	00:57:22	01:26:11	01:55:45	02:25:53	02:56:19	03:27:35	03:59:58	04:32:46	05:04:50.40	05:04:58.50	+00:29:09	7:13	8.3
13	DOŁĘGOWSKI Marek	14	BKS MANIAK WOLIN	M40-49	6			00:00:06	00:28:07	00:56:50	01:26:44	01:57:22	02:28:36	03:00:44	03:31:44	04:05:07	04:39:39	05:12:21.45	05:12:28.05	+00:36:40	7:24	8.1
14	MITURA-ZIELONKA Paweł	50	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M30-39	3			00:00:07	00:30:20	01:00:14	01:29:27	01:59:05	02:29:27	03:00:02	03:32:30	04:07:10	04:40:23	05:12:50.70	05:12:58.00	+00:37:10	7:24	8.1
15	STEFANICKI Marek	67	WŁÓCZYKIJE	M50-59	4			00:00:11	00:30:10	00:59:50	01:29:39	01:59:38	02:30:12	03:01:49	03:33:50	04:07:15	04:40:57	05:13:43.55	05:13:55.45	+00:38:02	7:26	8.1
16	WESOŁOWSKI Wojciech	84	NIEZRZESZONY	M60-64	1			00:00:12	00:30:16	01:00:28	01:30:44	02:01:26	02:32:08	03:03:23	03:35:11	04:07:31	04:40:37	05:14:09.05	05:14:21.50	+00:38:28	7:26	8.1
17	KACORZYK Władysław	26	SILESIA NORDIC TEAM	M50-59	5			00:00:11	00:31:03	01:02:24	01:33:49	02:05:14	02:36:22	03:08:12	03:39:39	04:11:22	04:43:13	05:14:56.75	05:15:08.20	+00:39:16	7:27	8
18	SŁOMIAN Leszek	64	STADION ŚLASKI	M50-59	6			00:00:14	00:30:27	01:00:52	01:31:20	02:02:25	02:33:48	03:06:02	03:39:21	04:12:23	04:45:41	05:17:58.90	05:18:13.80	+00:42:18	7:32	8
19	LENZ Andrzej	39	ALTOM	M50-59	7			00:00:09	00:30:19	01:00:30	01:30:46	02:01:28	02:32:10	03:03:25	03:35:27	04:08:52	04:44:28	05:18:08.25	05:18:17.45	+00:42:27	7:32	8
20	SPYCHAŁA Marzena	66	WESOŁY BORSUK TEAM	K40-49	1			00:02:37	00:30:25	01:01:37	01:32:29	02:03:44	02:35:15	03:07:17	03:39:04	04:11:41	04:45:15	05:19:02.05	05:21:39.95	+00:43:21	7:33	7.9
21	BAJER Piotr	3	FACE NW TEAM	M50-59	8			00:00:11	00:31:04	01:02:25	01:33:50	02:05:14	02:36:23	03:08:13	03:39:39	04:11:23	04:44:15	05:19:06.95	05:19:18.00	+00:43:26	7:33	7.9
22	NOWROTEK Monika	52	WESOŁY BORSUK TEAM	K18-29	1			00:02:36	00:29:26	01:00:14	01:30:54	02:01:31	02:33:35	03:06:40	03:39:05	04:12:10	04:47:38	05:19:23.95	05:22:00.30	+00:43:43	7:34	7.9
23	DENCIKOWSKI Marek	13	KB BIAŁA BIEGA	M40-49	7			00:00:11	00:29:28	00:58:50	01:29:11	02:01:05	02:32:44	03:04:56	03:38:04	04:12:48	04:47:04	05:19:27.80	05:19:39.25	+00:43:47	7:34	7.9
24	SZCZĘBAK Jacek	74	TARNÓW	M40-49	8			00:00:08	00:29:37	00:59:31	01:29:44	02:00:35	02:31:51	03:03:57	03:36:44	04:10:49	04:45:21	05:19:30.90	05:19:39.50	+00:43:50	7:34	7.9
25	WARUSZEWSKI Karol	83	BIEGAJĄCY TCZEW	M40-49	9			00:00:07	00:30:36	01:00:57	01:31:15	02:01:23	02:32:12	03:04:17	03:37:31	04:11:08	04:46:34	05:21:24.75	05:21:32.30	+00:45:44	7:36	7.9
26	DZIADEK Remigiusz	15		M50-59	9			00:00:12	00:30:00	00:59:55	01:30:06	02:01:12	02:33:03	03:06:01	03:39:48	04:14:51	04:48:50	05:21:25.15	05:21:38.00	+00:45:44	7:37	7.9
27	STOPA Joanna	70	BŁĘKITNI DZIEMIANY	K18-29	2			00:02:36	00:30:26	01:01:38	01:32:56	02:04:35	02:36:49	03:09:06	03:41:25	04:14:21	04:48:24	05:22:50.00	05:25:26.10	+00:47:09	7:39	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas								Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
								startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	42.195km	42.195km			
66	WALECKA Krystyna	82	FACE NORDIC WALKING TEAM	K60-64	4			00:02:40	00:34:53	01:09:36	01:44:19	02:19:18	02:55:17	03:31:14	04:08:01	04:45:28	05:23:21	05:59:56.80	06:02:37.45	+01:24:16	8:31	7
67	ŁABUS Izabela	41	FABRIKANORDIKA	K18-29	3			00:02:36	00:32:20	01:05:19	01:39:00	02:13:14	02:48:24	03:24:21	04:03:21	04:44:29	05:23:19	05:59:57.90	06:02:33.95	+01:24:17	8:31	7
68	MARCINKOWSKI Wojciech	47	NORDIC WALKING LUBLINIEC	M40-49	12			00:00:10	00:34:05	01:08:48	01:43:51	02:19:34	02:56:03	03:33:14	04:11:19	04:49:38	05:26:13	06:00:21.00	06:00:31.00	+01:24:40	8:32	7
69	RACZYŃSKA Aleksandra	59	STADION ŚLĄSKI	K65+	2			00:02:43	00:33:31	01:07:36	01:42:12	02:17:13	02:52:50	03:29:17	04:06:46	04:44:40	05:23:36	06:01:34.85	06:04:17.95	+01:25:54	8:34	7
70	THIEL Jerzy	78	POSEJDON MORSY KOSZALIN	M50-59	17			00:00:13	00:33:14	01:06:34	01:40:06	02:15:17	02:50:41	03:27:46	04:06:36	04:44:53	05:24:17	06:01:46.90	06:02:00.85	+01:26:06	8:34	7
71	PASZKIEWICZ-KĘSIĄK Anita	55	FOREVER YOUNG ŁÓDŹ	K60-64	5			00:02:43	00:35:01	01:10:00	01:44:52	02:20:12	02:56:11	03:32:49	04:09:36	04:47:07	05:24:49	06:02:24.95	06:05:08.70	+01:26:44	8:35	7
72	DANA Kazimiera	94	PATYCZAKI	K60-64	6			00:02:42	00:33:21	01:07:22	01:42:00	02:17:14	02:53:00	03:30:32	04:09:10	04:47:35	05:25:45	06:03:20.15	06:06:02.50	+01:27:39	8:36	7
73	PIĄTKOWSKI Józef	97	KS METRACO POLKOWICE	M65+	5			00:00:11	00:34:19	01:08:35	01:43:48	02:19:17	02:54:45	03:31:17	04:08:47	04:47:53	05:27:05	06:05:36.60	06:05:47.65	+01:29:55	8:39	6.9
74	WACHOWIAK Sylwia	81	SAILING TEAM FERAJNA	K40-49	8			00:02:39	00:35:25	01:11:25	01:48:09	02:26:34	03:03:43	03:40:48	04:18:36	04:56:00	05:34:01	06:11:09.65	06:13:48.65	+01:35:28	8:47	6.8
75	PACZUSKA Małgorzata	54	FOREVER YOUNG ŁÓDŹ	K50-59	8			00:02:43	00:34:54	01:09:30	01:44:35	02:20:01	02:56:11	03:32:49	04:10:13	04:50:09	05:30:01	06:11:20.55	06:14:04.25	+01:35:39	8:47	6.8
76	CICHOŃ Aneta	9	FABRIKA NORDIKA	K30-39	5			00:02:36	00:31:18	01:03:48	01:37:37	02:12:54	02:48:22	03:25:23	04:04:55	04:48:06	05:30:19	06:11:25.75	06:14:02.70	+01:35:45	8:48	6.8
77	TYLUTKI Agnieszka	80	UKS SIEDLESZCZANY	K40-49	9			00:02:38	00:32:55	01:07:22	01:42:47	02:19:13	02:57:20	03:35:52	04:18:03	04:59:15	05:40:01	06:18:21.65	06:21:00.20	+01:42:40	8:57	6.7
78	MŁOSZ Artur	49	RTS	M40-49	13			00:00:09	00:34:20	01:08:35	01:43:49	02:19:41	02:58:22	03:38:40	04:19:37	05:01:52	05:43:08	06:22:08.65	06:22:18.40	+01:46:27	9:03	6.6
79	STRZELECKI Sebastian	71	SAILING TEAM FERAJNA	M40-49	14			00:00:06	00:36:35	01:13:10	01:49:30	02:26:12	03:03:28	03:41:26	04:21:10	05:01:15	05:42:20	06:24:01.70	06:24:08.35	+01:48:21	9:06	6.6
80	THOMALLA Bogdan	79	SILESIA NORDIC TEAM	M65+	6			00:00:18	00:36:12	01:12:48	01:49:53	02:26:58	03:05:24	03:45:26	04:26:06	05:08:21	05:47:21	06:27:23.95	06:27:42.20	+01:51:43	9:10	6.5
81	ADAMIEC Bożena	1	SKW	K30-39	6			00:02:38	00:40:10	01:19:13	01:57:53	02:36:00	03:14:36	03:53:13	04:31:36	05:11:05	05:51:02	06:30:46.20	06:33:25.15	+01:55:05	9:15	6.5
82	ROSIŃSKA Dorota	62		K50-59	9			00:02:41	00:36:55	01:14:21	01:52:24	02:30:37	03:09:50	03:50:18	04:31:51	05:13:47	05:54:56	06:35:07.45	06:37:49.00	+01:59:26	9:21	6.4
83	STUPNOWICZ Joanna	72	FOREVER YOUNG ŁÓDŹ	K40-49	10			00:02:40	00:35:43	01:12:28	01:53:19	02:32:21	03:21:11	04:15:39	05:07:03	06:00:30	06:45:22			+02:38:15	10:40	5.6
	GRZELAK Jakub	92	GOSIR OSIELSKO	M18-29				DNF	00:36:00 DNF	01:11:03 DNF	01:46:55 DNF	02:24:40 DNF	03:05:31 DNF	03:48:38 DNF	04:32:34 DNF	05:20:19 DNF	DNF	DNF	DNF	-	-	-
	FELIS Paweł	16		M40-49				DNF	00:31:49 DNF	01:03:42 DNF	01:35:06 DNF	02:06:41 DNF	02:38:59 DNF	03:11:55 DNF	03:47:58 DNF	DNF	DNF	DNF	DNF	-	-	-
	SZULC Alicja	98		K30-39				DNF	00:32:22 DNF	01:05:30 DNF	01:38:06 DNF	02:11:35 DNF	02:46:04 DNF	03:23:19 DNF	04:02:40 DNF	DNF	DNF	DNF	DNF	-	-	-
	ANTOSZEWSKI Piotr	2	DĄBROWA NORDIC TEAM	M40-49				DNF	00:30:48 DNF	01:01:57 DNF	01:32:41 DNF	02:03:24 DNF	02:35:20 DNF	03:08:30 DNF	DNF	DNF	DNF	DNF	DNF	-	-	-
	BOCZAR Beata	5	GREEN TEAM ZIELONA GÓRA	K50-59				DNF	00:31:40 DNF	01:03:44 DNF	01:36:21 DNF	02:09:24 DNF	02:43:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	-
	CEGŁA Zbyszko	8	NIEZRZESZONY	M60-64				DNF	00:34:09 DNF	01:08:44 DNF	01:43:39 DNF	02:19:10 DNF	02:55:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	-
	GLINIECKA Katarzyna	19		K40-49				DNF	00:33:25 DNF	01:08:11 DNF	01:45:07 DNF	02:24:57 DNF	03:12:11 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	-
	FORNAL Lech	95		M60-64				DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	-

Znaleziono 91 wynik(ów)