



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-04-23
Osielesko
42.195 km

OSIELSKO - III MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	MICHAŁEC 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 (100%)
2	KORDOWSKI I Piotr	34	UPOJENI WIATREM	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 (5.2%)	6:53	8.7 (94.6%)
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 (5.4%)	6:54	8.7 (94.6%)
4	BIK Stanisław	4	KS METRACO POLKOWICE	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 (7.8%)	7:05	8.5 (92.4%)
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 (8.0%)	7:06	8.4 (91.3%)
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 (8.2%)	7:06	8.4 (91.3%)
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 (8.8%)	7:09	8.4 (91.3%)
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 (8.9%)	7:10	8.4 (91.3%)
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 (9.0%)	7:10	8.4 (91.3%)
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 (9.0%)	7:10	8.4 (91.3%)
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 (9.1%)	7:11	8.3 (90.2%)
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 (9.6%)	7:13	8.3 (90.2%)
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 (11.7%)	7:24	8.1 (88.0%)
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 (11.9%)	7:24	8.1 (88.0%)
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 (12.1%)	7:26	8.1 (88.0%)
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 (12.2%)	7:26	8.1 (88.0%)
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 (12.5%)	7:27	8 (87.0%)
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 (13.3%)	7:32	8 (87.0%)
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 (13.3%)	7:32	8 (87.0%)
20	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 (13.6%)	7:33	7.9 (85.9%)
21	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 (13.7%)	7:34	7.9 (85.9%)
22	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 (13.7%)	7:34	7.9 (85.9%)
23	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 (14.2%)	7:36	7.9 (85.9%)
24	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 (14.2%)	7:37	7.9 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
25	SOBKOWSKI Janusz	65	SILESIA NORDIC TEAM	M60-64	2			00:00:15	00:30:36	01:01:57	01:33:30	02:05:09	02:37:36	03:10:38	03:44:03	04:16:29	04:49:59	05:22:52.80	05:23:08.25	+00:47:12 (14.6%)	7:39	7.8 (84.8%)
26	ŚLUSARCZYK Marcin	77	WESOŁY BORSUK TEAM	M30-39	4			00:00:06	00:31:05	01:02:12	01:32:55	02:03:59	02:36:36	03:10:17	03:44:02	04:18:08	04:53:05	05:27:34.40	05:27:40.85	+00:51:53 (15.8%)	7:45	7.7 (83.7%)
27	ZAMRZYCKI Leszek	90		M50-59	10			00:00:10	00:31:02	01:02:09	01:32:52	02:03:57	02:36:33	03:10:09	03:43:49	04:19:08	04:54:46	05:28:35.50	05:28:45.95	+00:52:54 (16.1%)	7:47	7.7 (83.7%)
28	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M50-59	11			00:00:12	00:30:53	01:02:01	01:33:25	02:05:35	02:39:08	03:13:03	03:47:17	04:22:07	04:56:25	05:29:43.80	05:29:56.35	+00:54:03 (16.4%)	7:48	7.7 (83.7%)
29	ZAGAJA Janusz	89	WESOŁY BORSUK TEAM	M60-64	3			00:00:11	00:30:05	01:00:14	01:30:31	02:01:28	02:33:18	03:07:01	03:42:49	04:17:42	04:55:44	05:33:51.50	05:34:03.40	+00:58:10 (17.4%)	7:54	7.6 (82.6%)
30	KUBICKI Bernard	36	KLUB SPORTOWY POLKOWICE	M65+	1			00:00:10	00:32:42	01:04:33	01:37:04	02:10:05	02:43:41	03:17:23	03:52:18	04:26:45	05:01:07	05:36:21.50	05:36:31.50	+01:00:40 (18.0%)	7:58	7.5 (81.5%)
31	ŁABĘCKI Edward	40	MOSIR RYPIN	M65+	2			00:00:14	00:32:53	01:05:42	01:39:25	02:12:33	02:47:36	03:21:47	03:56:14	04:31:30	05:06:11	05:40:54.80	05:41:09.30	+01:05:14 (19.1%)	8:04	7.4 (80.4%)
32	DANA Andrzej	93	PATYCZAKI	M65+	3			00:00:15	00:31:48	01:04:21	01:36:35	02:09:11	02:43:14	03:18:17	03:53:44	04:30:18	05:07:49	05:42:39.70	05:42:55.50	+01:06:59 (19.5%)	8:07	7.4 (80.4%)
33	KOWALCZYK Mariusz	35	GREEN TEAM ZIELONA GÓRA	M50-59	12			00:00:13	00:30:22	01:00:42	01:31:12	02:02:54	02:36:18	03:11:20	03:48:22	04:26:06	05:05:27	05:44:02.10	05:44:15.10	+01:08:21 (19.9%)	8:09	7.4 (80.4%)
34	SZCZODROWSKI Krzysztof	75		M50-59	13			00:00:10	00:31:30	01:03:40	01:36:36	02:09:48	02:44:27	03:20:18	03:56:05	04:31:49	05:08:08	05:44:29.75	05:44:39.75	+01:08:49 (20.0%)	8:09	7.4 (80.4%)
35	KLIMCZEWSKI Marek	31	FOREVER YOUNG ŁÓDŹ	M50-59	14			00:00:08	00:31:31	01:03:00	01:34:11	02:05:52	02:38:23	03:12:36	03:48:59	04:26:19	05:04:29	05:45:25.05	05:45:33.55	+01:09:44 (20.2%)	8:11	7.3 (79.3%)
36	JÓŹWIAK Łukasz	25	WTWWŁOŚLAWEK	M40-49	10			00:00:09	00:32:37	01:04:55	01:37:38	02:10:59	02:45:58	03:21:04	03:57:20	04:33:54	05:10:00	05:47:13.35	05:47:22.70	+01:11:32 (20.6%)	8:13	7.3 (79.3%)
37	PRAWUCKI Krzysztof	57	JEZIORKI AKTYWNA WIEŚ	M30-39	5			00:00:05	00:33:11	01:05:58	01:38:39	02:12:31	02:47:30	03:23:24	03:59:42	04:36:00	05:12:11	05:48:43.15	05:48:48.95	+01:13:02 (20.9%)	8:15	7.3 (79.3%)
38	STEPNIAK Bogdan	69		M50-59	15			00:00:12	00:32:36	01:04:53	01:37:36	02:10:28	02:45:50	03:21:02	03:57:59	04:37:17	05:15:39	05:51:20.65	05:51:33.05	+01:15:39 (21.5%)	8:19	7.2 (78.3%)
39	JASINSKI Marian	23	K.S ELBLASKIE WŁÓCZY- KIJE	M65+	4			00:00:13	00:32:22	01:05:12	01:39:06	02:13:52	02:50:43	03:27:35	04:04:11	04:40:27	05:16:57	05:52:59.25	05:53:12.70	+01:17:18 (21.9%)	8:21	7.2 (78.3%)
40	MANDZIUK Marek	45	KBBB SEKCJA NW	M40-49	11			00:00:19	00:35:16	01:08:36	01:42:23	02:16:44	02:51:17	03:26:07	04:02:17	04:39:25	05:17:16	05:56:50.00	05:57:09.00	+01:21:09 (22.7%)	8:27	7.1 (77.2%)
41	KULKA Maciej	37	FACE NORDIC WALKING TEAM	M50-59	16			00:00:15	00:37:30	01:14:08	01:49:09	02:23:55	02:59:08	03:33:58	04:09:35	04:44:56	05:21:20	05:57:34.80	05:57:50.75	+01:21:54 (22.9%)	8:28	7.1 (77.2%)
42	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 (23.5%)	8:32	7 (76.1%)
43	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 (23.8%)	8:34	7 (76.1%)
44	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 (24.6%)	8:39	6.9 (75.0%)
45	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 (27.9%)	9:03	6.6 (71.7%)
46	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 (28.2%)	9:06	6.6 (71.7%)
47	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 (28.8%)	9:10	6.5 (70.7%)
	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	-	-	(0.0%)
	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	-	-	(0.0%)
	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	-	-	(0.0%)
	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	-	-	(0.0%)
	FORNAL Lech	95		M60-64				DNF	00:50:19 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 52 wynik(ów)