



OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-08-04
Miejsce: Osielsko
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	638	KKB MOSIR KROSNO	M30-39	1			00:06:27	00:36:45	01:07:22	01:38:25	02:09:49.55		6:09	9.8 (100%)
2	ROSAK Marcin	651	GREEN TEAM ZIELONA GÓRA	M40-49	1	2		00:06:41	00:38:10	01:09:04	01:39:42	02:10:33.85	+00:00:44 (0.6%)	6:11	9.7 (99.0%)
3	SKIBA Krzysztof	654	KS METRACO POLKOWICE	M50-59	1			00:06:27	00:36:52	01:08:10	01:39:53	02:11:06.45	+00:01:16 (1.0%)	6:12	9.7 (99.0%)
4	CZŁONKOWSKI Krzysztof	610	OLIMPIJCZYK SZCZEKOCINY	M40-49	2			00:06:49	00:39:09	01:12:04	01:44:19	02:16:21.15	+00:06:31 (4.8%)	6:27	9.3 (94.9%)
5	KORDOWSKI Piotr	631	NOWA HUTA TEAM	M40-49	3			00:06:41	00:38:43	01:11:31	01:44:21	02:18:53.55	+00:09:04 (6.5%)	6:34	9.1 (92.9%)
6	DEPKA PRĄDZYŃSKI Olgiard	611		M60+	1			00:07:00	00:39:04	01:11:59	01:45:14	02:19:59.70	+00:10:10 (7.3%)	6:38	9 (91.8%)
7	SZEREMETA Grzegorz	666	CIDRY LOTAJOM	M40-49	4			00:06:41	00:38:43	01:11:31	01:45:24	02:21:03.60	+00:11:14 (8.0%)	6:41	9 (91.8%)
8	WAWRZYŃIAK Łukasz	669	KS METRACO POLKOWICE	M30-39	2			00:07:02	00:40:28	01:14:37	01:48:33	02:22:18.15	+00:12:28 (8.8%)	6:44	8.9 (90.8%)
9	ROGAŁSKI Piotr	650	GDYNIA MOJE MIASTO	M40-49	5	2		00:06:49	00:39:21	01:13:25	01:47:54	02:22:59.55	+00:13:10 (9.2%)	6:46	8.9 (90.8%)
10	BARCZYK Bogdan	602	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:07:11	00:41:27	01:15:58	01:50:23	02:26:12.80	+00:16:23 (11.2%)	6:55	8.7 (88.8%)
11	SŁUPIANEK Paweł	655	LECZYMY DURŚ	M30-39	3			00:07:12	00:40:43	01:15:14	01:51:00	02:27:30.15	+00:17:40 (12.0%)	6:59	8.6 (87.8%)
12	CELIŃSKI Tomasz	608	TUPTUŚ OTWOCK	M50-59	3			00:07:10	00:41:10	01:16:26	01:52:08	02:27:55.55	+00:18:06 (12.2%)	7:00	8.6 (87.8%)
13	WOJCIECHOWSKA Elżbieta	677	KS IDMAR RACING TEAM	K30-39	1			00:07:01	00:40:51	01:15:53	01:51:05	02:28:01.35	+00:18:11 (12.3%)	7:00	8.6 (87.8%)
14	MACKIEWICZ Dariusz	636	AKTYWNI KODEŃ	M40-49	6	1		00:07:12	00:41:12	01:16:46	01:52:35	02:28:19.30	+00:18:29 (12.5%)	7:01	8.5 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 6.1km	Start_All 11.1km	Start_All 16.1km	Czas		Tempo min/km	Tempo km/h
												Czas netto 21.1km	Różn		
15	SZARZUNOWICZ Mariusz	663	KS METRACO POLKOWICE	M40-49	7			00:06:56	00:40:30	01:15:34	01:51:24	02:28:55.75	+00:19:06 (12.8%)	7:03	8.5 (86.7%)
16	PUSZKIEL Leszek	648	GREEN TEAM ZIELONA GÓRA	M60+	2			00:07:06	00:41:06	01:16:40	01:53:02	02:29:29.50	+00:19:39 (13.2%)	7:05	8.5 (86.7%)
17	ŻYDACZEWSKI Ryszard	676	KS METRACO POLKOWICE	M50-59	4			00:07:38	00:43:08	01:19:01	01:54:25	02:29:46.10	+00:19:56 (13.3%)	7:05	8.5 (86.7%)
18	MŁYŃSKI Krzysztof	640	POZYTYWNI DOBRE MIASTO	M40-49	8			00:07:36	00:42:56	01:18:38	01:54:57	02:31:11.65	+00:21:22 (14.1%)	7:09	8.4 (85.7%)
19	KOWALSKI Marek	633	UNIA MIAST	M50-59	5			00:07:38	00:43:07	01:19:06	01:55:08	02:31:12.75	+00:21:23 (14.1%)	7:09	8.4 (85.7%)
20	PIETRZYK Jarosław	644	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:07:12	00:41:46	01:17:06	01:54:04	02:31:56.95	+00:22:07 (14.6%)	7:12	8.3 (84.7%)
21	ŚWISŁOCKI Bogdan	668	FACE NORDIC WALKING TEAM	M50-59	6			00:07:17	00:42:08	01:17:48	01:54:28	02:32:22.35	+00:22:32 (14.8%)	7:13	8.3 (84.7%)
22	KOŁODZIEJ Joanna	630	CIDRY LOTAJOM	K50-59	1	1		00:07:39	00:43:13	01:18:58	01:55:30	02:32:39.70	+00:22:50 (15.0%)	7:14	8.3 (84.7%)
23	MAKOWSKI Jan	637	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:06:49	00:41:54	01:18:06	01:55:38	02:32:42.20	+00:22:52 (15.0%)	7:14	8.3 (84.7%)
24	PRZYBYSZ Grzegorz	647		M30-39	5			00:07:22	00:43:16	01:19:05	01:55:19	02:32:55.30	+00:23:05 (15.1%)	7:14	8.3 (84.7%)
25	BUŁAKOWSKI Bohdan	607	PASJA NORDIC WALKING	M60+	3			00:07:50	00:43:20	01:19:51	01:56:26	02:33:32.50	+00:23:42 (15.4%)	7:16	8.2 (83.7%)
26	SPYCHAŁA Marzena	658	CKZIU NYSA MECHANIK	K40-49	1			00:07:48	00:43:38	01:19:23	01:56:24	02:33:41.70	+00:23:52 (15.5%)	7:17	8.2 (83.7%)
27	CIESIELSKI Jan	609	PARKRUN TORUŃ	M40-49	9			00:07:24	00:42:11	01:17:52	01:54:50	02:34:02.75	+00:24:13 (15.7%)	7:18	8.2 (83.7%)
28	BEM Małgorzata	603	POZYTYWNI DOBRE MIASTO	K40-49	2			00:07:48	00:43:15	01:19:37	01:56:48	02:34:25.90	+00:24:36 (15.9%)	7:19	8.2 (83.7%)
29	FOLWARSKI Andrzej	613	FACE NORDIC WALKING TEAM	M50-59	8			00:07:59	00:44:18	01:20:38	01:58:12	02:36:11.20	+00:26:21 (16.9%)	7:24	8.1 (82.7%)
30	NIEDŹWIECKA Katarzyna	641	FACE NORDIC WALKING TEAM	K40-49	3			00:07:52	00:44:39	01:21:38	01:58:52	02:36:17.05	+00:26:27 (16.9%)	7:24	8.1 (82.7%)
31	JASIUKIEWICZ Jacek	620	POZYTYWNI DOBRE MIASTO	M50-59	9			00:07:38	00:44:15	01:21:55	01:59:28	02:37:40.20	+00:27:50 (17.7%)	7:28	8 (81.6%)
32	KAWCZYŃSKI Zbigniew	626	RYBNICKI KLUB NORDIC WALKING	M60+	4			00:08:13	00:45:30	01:22:58	02:00:35	02:38:46.20	+00:28:56 (18.2%)	7:31	8 (81.6%)
33	KUŚMIEREK Patryk	634	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:29	00:43:26	01:20:20	02:00:03	02:38:58.10	+00:29:08 (18.3%)	7:32	8 (81.6%)
34	STĘPIEŃ Lucyna	660	KS METRACO POLKOWICE	K60+	1			00:08:01	00:45:32	01:23:27	02:01:21	02:39:03.00	+00:29:13 (18.4%)	7:32	8 (81.6%)
35	BORKOWSKI Leszek	605	NOWI SIEDLCE/NW WSCHÓD	M50-59	10	1		00:07:59	00:45:09	01:22:58	02:00:47	02:39:14.85	+00:29:25 (18.5%)	7:32	8 (81.6%)
36	MITURA-ZIELONKA Paweł	639	RYBNICKI KLUB NORDIC WALKING	M30-39	6			00:07:39	00:43:02	01:19:08	01:57:34	02:39:25.05	+00:29:35 (18.6%)	7:33	7.9 (80.6%)
37	GRABOWSKA Manuela	616	KS METRACO POLKOWICE	K18-29	1			00:07:44	00:44:34	01:22:38	02:01:06	02:39:30.00	+00:29:40 (18.6%)	7:33	7.9 (80.6%)

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												netto 21.1km	Różn		
38	JANOSZKA Irena	617	CIDRY LOTAJOM	K50-59	2			00:07:57	00:45:18	01:23:22	02:01:23	02:39:41.20	+00:29:51 (18.7%)	7:34	7.9 (80.6%)
39	LIGĘZA Janusz	635		M50-59	11			00:07:58	00:44:31	01:22:24	02:01:17	02:39:48.85	+00:29:59 (18.8%)	7:34	7.9 (80.6%)
40	BOCZAR Beata	604	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:07:59	00:45:35	01:23:35	02:01:38	02:40:12.85	+00:30:23 (19.0%)	7:35	7.9 (80.6%)
41	STOPA Joanna	661	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:07:48	00:45:19	01:23:32	02:01:41	02:40:14.80	+00:30:25 (19.0%)	7:35	7.9 (80.6%)
42	WESOŁOWSKI Wojciech	670	MUSZKIETEROWIE	M60+	5	1		00:07:50	00:44:46	01:23:05	02:00:45	02:41:01.70	+00:31:12 (19.4%)	7:37	7.9 (80.6%)
43	ŻAMOJCIN Marek	674	NORDICLUB SZCZECIN	M50-59	12			00:08:00	00:46:28	01:24:38	02:02:40	02:42:11.25	+00:32:21 (20.0%)	7:41	7.8 (79.6%)
44	SZCZEBAK Jacek	664	UNIA MIAST	M40-49	10			00:08:03	00:46:03	01:24:12	02:02:38	02:43:04.20	+00:33:14 (20.4%)	7:43	7.8 (79.6%)
45	FRANKIEWICZ Mirosław	614	FORMA NA PIĄTKĘ NW	M40-49	11			00:07:44	00:44:50	01:23:20	02:02:45	02:43:12.95	+00:33:23 (20.5%)	7:44	7.8 (79.6%)
46	STEFANICKI Marek	659	WŁÓCZYKIJE ŚWINOUJŚCIE	M60+	6			00:07:48	00:44:45	01:22:54	02:02:00	02:43:22.25	+00:33:32 (20.5%)	7:44	7.7 (78.6%)
47	KOWALCZYK Mariusz	632	GREEN TEAM ZIELONA GÓRA	M50-59	13			00:08:08	00:45:26	01:23:29	02:02:21	02:44:04.30	+00:34:14 (20.9%)	7:46	7.7 (78.6%)
48	RACŁAWSKI Jan	649	AMATOR	M60+	7			00:07:59	00:45:08	01:23:08	02:03:02	02:46:16.55	+00:36:27 (21.9%)	7:52	7.6 (77.6%)
49	BUCZKOWSKA Wiesława	606	FACE NORDIC WALKING TEAM	K60+	2			00:08:10	00:46:12	01:25:37	02:05:50	02:46:37.95	+00:36:48 (22.1%)	7:53	7.6 (77.6%)
50	KARASIEWICZ Irena	625	FACE NORDIC WALKING TEAM	K50-59	4			00:08:27	00:47:15	01:27:11	02:07:50	02:48:12.50	+00:38:22 (22.8%)	7:58	7.5 (76.5%)
51	JUREWICZ Aleksandra	621	KS METRACO POLKOWICE	K18-29	3	1		00:08:00	00:46:35	01:25:51	02:07:04	02:48:16.45	+00:38:26 (22.8%)	7:58	7.5 (76.5%)
52	WITKOWSKA Maria	671	UNIA MIAST	K60+	3			00:08:28	00:47:41	01:27:50	02:08:08	02:48:37.50	+00:38:47 (23.0%)	7:59	7.5 (76.5%)
53	SMUS Damian	657	EPOKA NORDICA ŁÓDŹ	M18-29	2			00:07:39	00:44:21	01:22:39	02:03:41	02:49:18.55	+00:39:29 (23.3%)	8:01	7.5 (76.5%)
54	KOŁACZ Jakub	629		M30-39	7			00:08:05	00:47:18	01:26:31	02:06:49	02:49:51.10	+00:40:01 (23.6%)	8:02	7.5 (76.5%)
55	ROSOŁEK Elżbieta	652	GREEN TEAM ZIELONA GÓRA	K50-59	5			00:08:16	00:48:09	01:27:00	02:07:20	02:49:53.05	+00:40:03 (23.6%)	8:03	7.5 (76.5%)
56	BŁASZCZYK Grzegorz	678	STOWARZYSZENIE KIJOMANIAKI	M50-59	14			00:08:08	00:46:27	01:26:05	02:08:25	02:51:19.30	+00:41:29 (24.2%)	8:07	7.4 (75.5%)
57	SZYMCZYK Magdalena	667	NOWI SIEDLCE/NW WSCHÓD	K30-39	2			00:08:38	00:48:32	01:29:45	02:10:47	02:51:40.35	+00:41:50 (24.4%)	8:08	7.4 (75.5%)
58	BARCZYK Jolanta	601	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	6			00:08:36	00:48:28	01:29:22	02:10:45	02:52:31.05	+00:42:41 (24.7%)	8:10	7.3 (74.5%)
59	OLSZAŃSKA Krystyna	642	NOWI SIEDLCE/NW WSCHÓD	K60+	4			00:08:51	00:50:33	01:31:18	02:11:39	02:53:18.90	+00:43:29 (25.1%)	8:12	7.3 (74.5%)
60	JASIAK Radomir	618		M18-29	3	2		00:07:58	00:47:08	01:27:00	02:09:28	02:54:10.50	+00:44:20 (25.5%)	8:15	7.3 (74.5%)

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												netto 21.1km	Różn		
61	KABAŁA Marzena	622	BIEGAMYRAZEM	K40-49	4	2		00:08:21	00:47:38	01:28:31	02:10:26	02:54:16.40	+00:44:26 (25.5%)	8:15	7.3 (74.5%)
62	KOBIELA Daria	628	KABEX PODKOWA JANÓW	K18-29	4			00:08:07	00:46:40	01:25:53	02:06:15	02:54:21.80	+00:44:32 (25.5%)	8:15	7.3 (74.5%)
63	PALUCH Paweł	643	AWOCADO WELLNES CLUB	M50-59	15			00:08:14	00:48:52	01:29:24	02:11:14	02:54:22.60	+00:44:33 (25.5%)	8:15	7.3 (74.5%)
64	PIOTROWSKI Krzysztof	645	FACE NORDIC WALKING TEAM	M60+	8	1		00:08:16	00:46:20	01:27:10	02:10:09	02:56:27.05	+00:46:37 (26.4%)	8:21	7.2 (73.5%)
65	FOJCIK Gabriela	70	RYBNICKI KLUB NORDIC WALKING	K50-59	7			00:08:48	00:49:29	01:30:32	02:13:01	02:56:44.40	+00:46:54 (26.5%)	8:22	7.2 (73.5%)
66	GERLE-KOTULA Anna	615	UNIA MIAST	K30-39	3			00:08:46	00:50:58	01:33:16	02:14:45	02:57:00.05	+00:47:10 (26.7%)	8:23	7.2 (73.5%)
67	POSTEK Danuta	646	MARSZ PO ZDROWIE	K50-59	8			00:08:39	00:49:21	01:30:22	02:12:57	02:57:11.25	+00:47:21 (26.7%)	8:23	7.1 (72.4%)
68	DORSZEWSKA Bożena	612	GOSIR OSIELSKO	K50-59	9			00:08:47	00:51:24	01:33:39	02:16:10	02:59:20.15	+00:49:30 (27.6%)	8:29	7.1 (72.4%)
69	SZCZODROWSKI Krzysztof	665	FACE NORDIC WALKING TEAM	M50-59	16			00:08:15	00:48:43	01:31:38	02:16:05	03:01:49.90	+00:52:00 (28.6%)	8:37	7 (71.4%)
70	ZAWADZKA Maria	673	KS METRACO POLKOWICE	K60+	5			00:09:10	00:52:32	01:35:48	02:19:07	03:03:25.10	+00:53:35 (29.2%)	8:41	6.9 (70.4%)
71	ROZMUS Jolanta	653	FACE NORDIC WALKING TEAM	K60+	6			00:09:16	00:53:48	01:39:50	02:25:32	03:10:22.50	+01:00:32 (31.8%)	9:01	6.7 (68.4%)
72	KARASIEWICZ Iwona	624	NORDICLUB SZCZECIN	K30-39	4			00:09:27	00:54:24	01:40:26	02:27:41	03:17:42.75	+01:07:53 (34.3%)	9:22	6.4 (65.3%)
73	CHRAPEK Urszula	417	KS RUDZICA	K30-39	5			00:09:27	00:54:26	01:41:37	02:31:55	03:24:26.40	+01:14:36 (36.5%)	9:41	6.2 (63.3%)

Znaleziono 73 wynik(ów)