



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALSKI Andrzej	518	FACE NORDIC WALKING TEAM	M50-59	1			00:02:25	00:30:33	01:01:34.40	01:03:59.70		6:09	9.7 (100%)
2	KLICZKA Kamil	439	PUSZCZYK BUKOWY	M40-49	1			00:01:58	00:30:58	01:01:39.00	01:03:37.45	+00:00:04 (0.1%)	6:09	9.7 (100%)
3	KARASIŃSKI Maciej	438	KS METRACO POLKOWICE	M40-49	2	1		00:02:00	00:30:57	01:01:55.15	01:03:55.55	+00:00:20 (0.6%)	6:11	9.7 (100%)
4	BIŁEK Artur	406	UNIA MIAST	M30-39	1			00:01:37	00:31:05	01:02:19.45	01:03:57.20	+00:00:45 (1.2%)	6:14	9.6 (99.0%)
5	WOJTASIŃSKI Daniel	510	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:01:38	00:31:09	01:02:39.80	01:04:18.15	+00:01:05 (1.7%)	6:16	9.6 (99.0%)
6	PIOTROWSKI Michał	476	FACE NORDIC WALKING TEAM	M30-39	3			00:01:38	00:31:13	01:02:50.90	01:04:29.00	+00:01:16 (2.0%)	6:17	9.5 (97.9%)
7	RECZULSKI Mariusz	482	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:02:27	00:31:13	01:03:05.15	01:05:32.20	+00:01:30 (2.4%)	6:18	9.5 (97.9%)
8	SIWAK Piotr	485	KS METRACO POLKOWICE	M50-59	3			00:02:25	00:30:35	01:03:13.65	01:05:39.40	+00:01:39 (2.6%)	6:19	9.5 (97.9%)
9	LESIŃSKI Grzegorz	535	KS METRACO POLKOWICE	M50-59	4			00:02:27	00:31:12	01:03:44.95	01:06:12.55	+00:02:10 (3.4%)	6:22	9.4 (96.9%)
10	PUSZKIEL Leszek	540	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:25	00:31:26	01:04:31.15	01:06:57.05	+00:02:56 (4.6%)	6:27	9.3 (95.9%)
11	ANACZKOWSKI Mirosław	402	LKS ZANTYR	M60-69	1			00:03:12	00:31:56	01:04:37.20	01:07:49.50	+00:03:02 (4.7%)	6:27	9.3 (95.9%)
12	GRZEGORCZYK Marcin Joachim	427	FACE NORDIC WALKING TEAM	M18-29	1	1		00:01:18	00:31:42	01:04:41.15	01:05:59.60	+00:03:06 (4.8%)	6:28	9.3 (95.9%)
13	NIECHWIEJCZYK Piotr	546	UNIA MIAST	M40-49	3			00:01:58	00:31:54	01:04:59.25	01:06:57.30	+00:03:24 (5.3%)	6:29	9.2 (94.8%)

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14	PUSZKIEL Adrian	480	GREEN TEAM ZIELONA GÓRA	M18-29	2	1		00:01:18	00:32:34	01:05:30.25	01:06:48.25	+00:03:55 (6.0%)	6:33	9.2 (94.8%)
15	CIEŚLAK Roman	542	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:02:24	00:32:19	01:05:57.90	01:08:22.70	+00:04:23 (6.7%)	6:35	9.1 (93.8%)
16	NIEDBAŁ Adam	471	SILESIA NORDIC TEAM	M40-49	4			00:01:59	00:32:51	01:06:08.25	01:08:07.65	+00:04:33 (6.9%)	6:36	9.1 (93.8%)
17	NAKONIECZNY Grzegorz	400	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	5			00:01:58	00:32:23	01:06:13.80	01:08:11.85	+00:04:39 (7.0%)	6:37	9.1 (93.8%)
18	KUŚMIEREK Patryk	457	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:01:18	00:32:47	01:06:39.35	01:07:57.95	+00:05:04 (7.6%)	6:39	9 (92.8%)
19	ŚWISŁOCKI Bogdan	532	FACE NORDIC WALKING TEAM	M50-59	7			00:02:25	00:33:09	01:07:33.05	01:09:58.30	+00:05:58 (8.8%)	6:45	8.9 (91.8%)
20	KRZYŻANOWSKI Robert	647	GOSIR OSIELSKO	M40-49	6			00:01:59	00:33:17	01:07:48.15	01:09:47.30	+00:06:13 (9.2%)	6:46	8.8 (90.7%)
21	KUŚMIEREK Jan	456	BŁĘKITNI NW DZIEMIANY	M40-49	7			00:01:58	00:33:40	01:08:13.15	01:10:11.40	+00:06:38 (9.7%)	6:49	8.8 (90.7%)
22	SZYMAŃSKI Zbigniew	399		M50-59	8			00:02:24	00:33:16	01:08:13.65	01:10:38.10	+00:06:39 (9.8%)	6:49	8.8 (90.7%)
23	KULIG Henryk	451	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M60-69	2			00:03:12	00:33:29	01:08:18.90	01:11:31.70	+00:06:44 (9.9%)	6:49	8.8 (90.7%)
24	KOCIMSKI Jan	441	KM AKTYWNI SOCHACZEW	M60-69	3			00:03:12	00:34:05	01:09:02.90	01:12:15.15	+00:07:28 (10.8%)	6:54	8.7 (89.7%)
25	WARDACH Jan	505	WIGOR OSIR ZAMOŚĆ	M60-69	4			00:03:14	00:34:02	01:09:16.30	01:12:30.65	+00:07:41 (11.1%)	6:55	8.7 (89.7%)
26	STAWNIAK Karol	491	KS METRACO POLKOWICE	M60-69	5	1		00:03:13	00:34:09	01:09:26.35	01:12:40.25	+00:07:51 (11.3%)	6:56	8.6 (88.7%)
27	SOBKOWSKI Janusz	489	SILESIA NORDIC TEAM	M60-69	6			00:03:13	00:34:17	01:09:28.75	01:12:42.45	+00:07:54 (11.4%)	6:56	8.6 (88.7%)
28	WIERCHANOWSKI Bogdan	606	KS METRACO POLKOWICE	M50-59	9	1		00:02:24	00:33:57	01:09:40.70	01:12:05.50	+00:08:06 (11.6%)	6:58	8.6 (88.7%)
29	SZCZEPAŃSKI Rafał	549	OPEL ACTIVE TEAM	M40-49	8			00:01:59	00:35:05	01:10:29.10	01:12:28.80	+00:08:54 (12.6%)	7:02	8.5 (87.6%)
30	PSUT Robert	479	EPOKA NORDICA ŁÓDŹ	M18-29	4			00:01:17	00:34:12	01:10:32.05	01:11:49.85	+00:08:57 (12.7%)	7:03	8.5 (87.6%)
31	CZEKAJŁO Franciszek	530	TEAM Meprozt	M60-69	7			00:03:14	00:34:09	01:10:45.70	01:14:00.25	+00:09:11 (13.0%)	7:04	8.5 (87.6%)
32	ŚLUSARCZYK Marcin	500	WESOŁY BORSUK TEAM	M30-39	4			00:01:38	00:35:06	01:10:53.45	01:12:31.50	+00:09:19 (13.1%)	7:05	8.5 (87.6%)
33	JONDERKO Grzegorz	436	WŁÓCZYKIJE SKOCZÓW	M40-49	9			00:01:59	00:34:48	01:11:04.80	01:13:03.85	+00:09:30 (13.4%)	7:06	8.4 (86.6%)
34	KOWALSKI Marek	448	UNIA MIAST	M50-59	10			00:02:26	00:35:44	01:11:36.70	01:14:02.75	+00:10:02 (14.0%)	7:09	8.4 (86.6%)
35	BOROWCZYK Marian	409	K.M.MALTA POZNAŃ	M60-69	8			00:03:14	00:34:41	01:11:37.95	01:14:52.40	+00:10:03 (14.0%)	7:09	8.4 (86.6%)
36	SZULC Jarek	496	MARSZ PO ZDROWIE	M50-59	11			00:02:24	00:35:30	01:12:14.40	01:14:38.65	+00:10:40 (14.8%)	7:13	8.3 (85.6%)

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37	DREGER Michał	415	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	10			00:02:00	00:36:04	01:12:25.20	01:14:25.75	+00:10:50 (15.0%)	7:14	8.3 (85.6%)
38	MIERNICKI Mariusz	533		M50-59	12			00:02:53	00:35:59	01:12:33.10	01:15:26.20	+00:10:58 (15.1%)	7:15	8.3 (85.6%)
39	NETKOWSKI Wojciech	470	PASJA NORDIC WALKING	M50-59	13			00:02:53	00:36:23	01:13:08.95	01:16:02.90	+00:11:34 (15.8%)	7:18	8.2 (84.5%)
40	ŚLUSARCZYK Andrzej	528	WESOŁY BORSUK TEAM	M60-69	9	1		00:03:11	00:35:59	01:13:11.20	01:16:23.15	+00:11:36 (15.9%)	7:19	8.2 (84.5%)
41	POZNAŃSKI Wiesław	478	K.S. AMATOR NW	M50-59	14			00:02:54	00:36:24	01:13:25.00	01:16:19.15	+00:11:50 (16.1%)	7:20	8.2 (84.5%)
42	CZYCZ Kazimierz	538	GREEN TEAM ZIELONA GÓRA	M60-69	10			00:03:15	00:35:34	01:13:27.00	01:16:42.25	+00:11:52 (16.2%)	7:20	8.2 (84.5%)
43	KOMAJDA Jarosław	524	GOSIR OSIELSKO	M50-59	15			00:02:26	00:36:48	01:13:44.20	01:16:11.10	+00:12:09 (16.5%)	7:22	8.1 (83.5%)
44	MARCINKOWSKI Wojciech	466	UNIA MIAST	M40-49	11			00:01:59	00:36:35	01:13:45.85	01:15:45.65	+00:12:11 (16.5%)	7:22	8.1 (83.5%)
45	HAJNUS Wojciech	430	FACE NORDIC WALKING TEAM	M50-59	16			00:02:25	00:36:38	01:14:14.25	01:16:39.65	+00:12:39 (17.1%)	7:25	8.1 (83.5%)
46	BYTNIEWSKI Mieczysław	526	BIAŁA BIEGA	M70+	1			00:03:38	00:37:22	01:14:30.20	01:18:08.95	+00:12:55 (17.4%)	7:27	8.1 (83.5%)
47	PIOTROWSKI Krzysztof	531	FACE NORDIC WALKING TEAM	M60-69	11			00:03:13	00:36:12	01:14:31.05	01:17:44.60	+00:12:56 (17.4%)	7:27	8.1 (83.5%)
48	ŚLUSARCZYK Grzegorz	527	WESOŁY BORSUK TEAM	M40-49	12			00:02:00	00:37:05	01:14:32.20	01:16:33.00	+00:12:57 (17.4%)	7:27	8 (82.5%)
49	FOT Krzysztof	392	MARSZ PO ZDROWIE	M50-59	17			00:02:26	00:38:05	01:14:43.45	01:17:10.40	+00:13:09 (17.6%)	7:28	8 (82.5%)
50	WIĘCEK Kamil	506	KLUB ZDROWEGO STYLU ŻYCIA	M18-29	5			00:01:18	00:37:17	01:15:15.55	01:16:34.20	+00:13:41 (18.2%)	7:31	8 (82.5%)
51	BUJNICKI Marcin	411		M40-49	13			00:01:58	00:37:02	01:15:41.00	01:17:39.95	+00:14:06 (18.6%)	7:34	7.9 (81.4%)
52	GRZESZCZAK Andrzej	394	KS METRACO POLKOWICE	M50-59	18			00:02:54	00:37:36	01:16:02.35	01:18:57.25	+00:14:27 (19.0%)	7:36	7.9 (81.4%)
53	APPEL Jerzy	403	GOSIR OSIELSKO	M70+	2			00:03:38	00:37:21	01:16:07.00	01:19:45.50	+00:14:32 (19.1%)	7:36	7.9 (81.4%)
54	LEWANDOWSKI Robert	539	GOSIR OSIELSKO	M30-39	5			00:01:38	00:37:30	01:16:08.10	01:17:46.85	+00:14:33 (19.1%)	7:36	7.9 (81.4%)
55	GRONALEWSKI Krzysztof	425	BŁĘKITNI NW DZIEMIANY	M30-39	6			00:01:37	00:37:55	01:16:09.95	01:17:47.80	+00:14:35 (19.2%)	7:37	7.9 (81.4%)
56	CHWIAŁKOWSKI Maciej	545		M60-69	12			00:03:13	00:37:59	01:16:19.65	01:19:32.65	+00:14:45 (19.3%)	7:37	7.9 (81.4%)
57	KOTULA Jakub	446		M30-39	7			00:01:39	00:38:10	01:16:59.55	01:18:38.60	+00:15:25 (20.0%)	7:41	7.8 (80.4%)
58	ŚCIBISZ Bogdan	499	DĄBROWA NORDIC TEAM	M70+	3			00:03:38	00:37:45	01:17:09.80	01:20:47.90	+00:15:35 (20.2%)	7:42	7.8 (80.4%)
59	WIŚNIEWSKI Roman	507	NIEZRZESZONY	M60-69	13			00:03:15	00:38:19	01:17:14.50	01:20:29.50	+00:15:40 (20.3%)	7:43	7.8 (80.4%)

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60	ADAMOWSKI Jacek	401	UNIA MIAST	M30-39	8			00:01:39	00:39:45	01:17:39.25	01:19:19.05	+00:16:04 (20.7%)	7:46	7.7 (79.4%)
61	WIŚNIEWSKI Kazimierz	390	ZGÓRKI	M60-69	14			00:03:14	00:38:51	01:17:58.95	01:21:13.85	+00:16:24 (21.0%)	7:47	7.7 (79.4%)
62	THOMALLA Bogdan	502	SILESIA NORDIC TEAM	M70+	4			00:03:39	00:38:09	01:18:14.45	01:21:54.35	+00:16:40 (21.3%)	7:49	7.7 (79.4%)
63	KRZYŻANOWSKI Wojciech	454	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M40-49	14	2 min kary		00:05:44	00:38:01	01:18:29.05	01:24:14.00	+00:16:54 (21.5%)	7:51	7.6 (78.4%)
64	CHYRA Janusz	412	UNIA MIAST	M40-49	15			00:02:00	00:38:55	01:18:32.00	01:20:32.80	+00:16:57 (21.6%)	7:51	7.6 (78.4%)
65	DZIUBAK Janusz	419	RYBNICKI KLUB NORDIC WALKING	M50-59	19			00:02:54	00:39:00	01:18:55.95	01:21:50.35	+00:17:21 (22.0%)	7:53	7.6 (78.4%)
66	SZEWCZYK Marek	494	FACE NORDIC WALKING TEAM	M50-59	20			00:02:25	00:39:29	01:19:50.95	01:22:16.25	+00:18:16 (22.9%)	7:59	7.5 (77.3%)
67	STACHYRA Alfred	536	BŁĘKITNI NW DZIEMIANY	M70+	5			00:03:39	00:39:42	01:20:09.35	01:23:48.80	+00:18:34 (23.2%)	8:00	7.5 (77.3%)
68	MOJSIEJCZUK Ryszard	468	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+	6			00:03:38	00:40:06	01:20:38.70	01:24:17.55	+00:19:04 (23.6%)	8:03	7.4 (76.3%)
69	STEFAŃSKI Andrzej	492	FACE NORDIC WALKING TEAM	M50-59	21	1		00:02:53	00:39:44	01:20:48.25	01:23:41.35	+00:19:13 (23.8%)	8:04	7.4 (76.3%)
70	BIŃCZYK Jacek	207		M40-49	16			00:02:00	00:41:06	01:21:20.05	01:23:20.10	+00:19:45 (24.3%)	8:08	7.4 (76.3%)
71	BOROWSKI Marcin	410	FACE NORDIC WALKING TEAM	M30-39	9			00:01:39	00:41:12	01:22:11.50	01:23:50.55	+00:20:37 (25.1%)	8:13	7.3 (75.3%)
72	KOSSOWSKI Marian	445	MARYSIN	M50-59	22			00:02:26	00:40:36	01:22:48.20	01:25:14.85	+00:21:13 (25.6%)	8:16	7.2 (74.2%)
73	FAJNAS Ryszard	420	FACE NORDIC WALKING TEAM	M50-59	23			00:02:53	00:40:39	01:23:43.60	01:26:36.70	+00:22:09 (26.5%)	8:22	7.2 (74.2%)
74	KULKA Maciej	455	FACE NORDIC WALKING TEAM	M50-59	24			00:02:55	00:42:23	01:24:14.00	01:27:09.65	+00:22:39 (26.9%)	8:25	7.1 (73.2%)
75	PILECKI Gustaw	525	GOSIR OSIELSKO	M70+	7			00:03:39	00:42:34	01:25:19.90	01:28:59.20	+00:23:45 (27.8%)	8:32	7 (72.2%)
76	KRZYŚCIN Rafał	453	SANTANDER CONSUMER BANK	M40-49	17			00:01:59	00:43:28	01:26:07.30	01:28:06.50	+00:24:32 (28.5%)	8:36	7 (72.2%)
77	POLAKIEWICZ Dariusz	520	ZDROWIA	M50-59	25			00:02:53	00:41:22	01:26:18.25	01:29:11.90	+00:24:43 (28.7%)	8:37	7 (72.2%)
78	RUBACHA Marek	534	EPOKA NORDICA ŁÓDŹ	M60-69	15			00:03:13	00:43:31	01:27:43.90	01:30:57.35	+00:26:09 (29.8%)	8:46	6.8 (70.1%)
79	JÓŹWIAK Dominik	437	WTW.WŁOCŁAWEK	M18-29	6			00:01:19	00:43:29	01:29:00.25	01:30:19.30	+00:27:25 (30.8%)	8:54	6.7 (69.1%)
80	BIERYT Arkadiusz	20	KLUB WELLNESS	M50-59	26			00:02:55	00:47:18	01:35:27.50	01:38:23.15	+00:33:53 (35.5%)	9:32	6.3 (64.9%)
DQ	GWIZDAŁA Michał	429	GOSIR OSIELSKO	M60-69			Tak	DQ	00:42:02 DQ	01:33:28.65 DQ	DQ	-	-	- (0.0%)
DQ	KĘPA Andrzej	529	SKI FAMILY TEAM	M60-69			Tak	DQ	00:34:09 DQ	DQ	DQ	-	-	- (0.0%)

Znaleziono 82 wynik(ów)