



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICH Andrzej	610	KS METRACO POLKOWICE	M30-39	1			00:00:05	00:05:37	00:36:07	01:06:28	01:37:13	02:08:02.80	02:08:08.55		6:04	9.9 (100%)
2	KOLASA Wojciech	626	EPOKA NORDICA ŁÓDŹ	M40-49	1			00:00:08	00:06:33	00:39:12	01:10:32	01:42:08	02:14:05.65	02:14:13.95	+00:06:02 (4.5%)	6:21	9.4 (94.9%)
3	SKIBA Krzysztof	675	KS METRACO POLKOWICE	M50-59	1	1		00:00:11	00:06:06	00:37:01	01:08:09	01:40:55	02:14:27.15	02:14:39.00	+00:06:24 (4.8%)	6:22	9.4 (94.9%)
4	DEPKA PRĄDZYŃSKI Olgierd	674	BIEGAMY RAZEM PENDOLINO	M50-59	2	1		00:00:12	00:06:35	00:39:11	01:10:45	01:42:54	02:15:56.95	02:16:08.95	+00:07:54 (5.8%)	6:26	9.3 (93.9%)
5	WIŚNIEWSKI Jacek	660	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	M50-59	3			00:00:12	00:06:35	00:39:12	01:10:48	01:43:59	02:16:37.75	02:16:50.00	+00:08:34 (6.3%)	6:28	9.3 (93.9%)
6	STILLER Karol	649	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:07	00:06:35	00:39:48	01:12:31	01:45:08	02:16:47.15	02:16:54.20	+00:08:44 (6.4%)	6:28	9.3 (93.9%)
7	KORDOWSKI Piotr	627	NOWA HUTA TEAM	M40-49	2			00:00:08	00:06:32	00:39:46	01:12:30	01:45:09	02:17:45.15	02:17:53.50	+00:09:42 (7.0%)	6:31	9.2 (92.9%)
8	STUPNOWICZ Przemek	651	EPOKA NORDICA ŁÓDŹ	M18-29	1			00:00:06	00:06:37	00:39:50	01:12:33	01:45:19	02:18:32.65	02:18:39.50	+00:10:29 (7.6%)	6:33	9.1 (91.9%)
9	NALEPKA Jerzy	636	FACE NORDIC WALKING TEAM	M60+	1			00:00:14	00:07:03	00:40:29	01:13:12	01:46:37	02:19:31.25	02:19:45.55	+00:11:28 (8.2%)	6:36	9.1 (91.9%)
10	HELWICH Stefan	617	KS METRACO POLKOWICE	M60+	2			00:00:13	00:06:57	00:40:29	01:13:14	01:46:47	02:20:02.45	02:20:15.60	+00:11:59 (8.6%)	6:38	9 (90.9%)
11	GALIŃSKI Rafał	613	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	M40-49	3			00:00:09	00:07:03	00:41:44	01:15:11	01:48:34	02:20:40.25	02:20:49.80	+00:12:37 (9.0%)	6:40	9 (90.9%)
12	CZŁONKOWSKI Krzysztof	629	OLIMPIJCZYK SZCZOKOCINY	M40-49	4			00:00:08	00:06:50	00:40:58	01:14:39	01:48:36	02:20:48.25	02:20:56.75	+00:12:45 (9.1%)	6:40	9 (90.9%)
13	PIETRZYK Jarosław	680	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:00:06	00:06:44	00:41:22	01:14:45	01:48:42	02:22:28.95	02:22:35.50	+00:14:26 (10.1%)	6:45	8.9 (89.9%)
14	ZACZYŃSKA Anna	666	KS METRACO POLKOWICE	K30-39	1			00:01:03	00:06:28	00:40:49	01:14:29	01:48:24	02:22:51.90	02:23:55.45	+00:14:49 (10.4%)	6:46	8.9 (89.9%)
15	ZAREMBA Jakub	668		M30-39	4			00:00:07	00:07:15	00:41:51	01:15:17	01:49:18	02:23:23.85	02:23:31.05	+00:15:21 (10.7%)	6:47	8.8 (88.9%)
16	BOGACKI Sławek	603	ENERGA NW TEAM	M40-49	5			00:00:07	00:06:35	00:41:05	01:15:03	01:49:52	02:25:19.75	02:25:26.90	+00:17:16 (11.9%)	6:53	8.7 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki		Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto		Czas brutto		Tempo min/km	Tempo km/h
													21.1km	21.1km	Różn			
17	WARUSZEWSKI Karol	659	BIEGAJĄCY TCZEW	M40-49	6			00:00:08	00:07:03	00:42:44	01:17:08	01:51:20	02:26:06.10	02:26:15.05	+00:18:03 (12.4%)		6:55	8.7 (87.9%)
18	ŻYWICKI Marcin	670	BŁĘKITNI NW DZIEMIANY	M30-39	5	1		00:00:07	00:06:59	00:41:36	01:15:32	01:50:42	02:26:33.35	02:26:40.85	+00:18:30 (12.6%)		6:56	8.6 (86.9%)
19	ZAGAJA Janusz	667	WESOŁY BORSUK TEAM	M60+	3			00:00:12	00:07:01	00:41:33	01:15:45	01:50:51	02:26:58.80	02:27:11.65	+00:18:56 (12.9%)		6:57	8.6 (86.9%)
20	MITURA-ZIELONKA Paweł	673	RYBNICKI KLUB NORDIC WALKING	M30-39	6			00:00:07	00:06:50	00:41:55	01:16:20	01:51:49	02:27:28.65	02:27:35.85	+00:19:25 (13.2%)		6:59	8.6 (86.9%)
21	WRÓBEL Łukasz Eryk	665	FUNDACJA 'W TE PĘDY'	M30-39	7			00:00:06	00:06:38	00:41:21	01:15:14	01:49:55	02:27:44.30	02:27:51.25	+00:19:41 (13.3%)		7:00	8.6 (86.9%)
22	PASIKOWSKA Mariola	679	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:01:02	00:06:36	00:41:36	01:16:16	01:52:03	02:28:05.15	02:29:08.05	+00:20:02 (13.5%)		7:01	8.5 (85.9%)
23	BIK Stanisław	602	KS METRACO POLKOWICE	M50-59	4			00:00:11	00:07:05	00:41:31	01:15:47	01:51:05	02:28:59.40	02:29:11.25	+00:20:56 (14.1%)		7:03	8.5 (85.9%)
24	WOJCIECHOWSKI Tadeusz	662	DĄBROWA NORDIC TEAM	M60+	4			00:00:12	00:07:19	00:42:47	01:18:14	01:54:13	02:29:37.05	02:29:49.85	+00:21:34 (14.4%)		7:05	8.5 (85.9%)
25	LENZ Andrzej	630	ALTOM	M50-59	5			00:00:11	00:07:18	00:42:17	01:17:00	01:52:33	02:29:54.35	02:30:05.90	+00:21:51 (14.6%)		7:06	8.4 (84.8%)
26	JANCZYK Małgorzata	682	EPOKA NORDICA ŁÓDŹ	K30-39	3			00:01:02	00:06:54	00:42:59	01:18:47	01:54:24	02:30:10.70	02:31:13.65	+00:22:07 (14.7%)		7:07	8.4 (84.8%)
27	KACORZYK Władysław	620	SILESIA NORDIC TEAM	M50-59	6			00:00:12	00:07:18	00:42:46	01:18:13	01:54:12	02:30:39.05	02:30:51.05	+00:22:36 (15.0%)		7:08	8.4 (84.8%)
28	SZCZEBAK Jacek	653	UNIA MIAST	M40-49	7			00:00:08	00:06:58	00:43:02	01:18:28	01:54:15	02:30:49.15	02:30:57.15	+00:22:46 (15.1%)		7:08	8.4 (84.8%)
29	NOWROTEK Monika	637	WESOŁY BORSUK TEAM	K18-29	1			00:01:02	00:06:34	00:41:20	01:16:32	01:53:58	02:31:45.80	02:32:47.95	+00:23:43 (15.6%)		7:11	8.3 (83.8%)
30	GWIZDAŁA Marcin	616	GOSIR OSIELSKO	M30-39	8			00:00:06	00:07:09	00:43:23	01:19:14	01:55:34	02:31:50.20	02:31:56.75	+00:23:47 (15.7%)		7:11	8.3 (83.8%)
31	WESOŁOWSKI Wojciech	677	NORDIC TEAM GNIEZNO	M60+	5			00:00:13	00:07:12	00:43:36	01:19:26	01:55:36	02:32:29.70	02:32:43.65	+00:24:26 (16.0%)		7:13	8.3 (83.8%)
32	STOPA Joanna	650	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:01:02	00:06:46	00:42:57	01:18:46	01:55:08	02:32:31.70	02:33:34.00	+00:24:28 (16.1%)		7:13	8.3 (83.8%)
33	BRYNKIEWICZ Dorota	604	FACE NORDIC WALKING TEAM / SPHINX AC	K30-39	4	1		00:01:04	00:06:49	00:42:37	01:18:36	01:55:26	02:33:10.00	02:34:14.00	+00:25:07 (16.4%)		7:15	8.3 (83.8%)
34	FOLWARSKI Andrzej	612	FACE NORDIC WALKING TEAM	M50-59	7			00:00:10	00:07:18	00:43:50	01:19:45	01:56:46	02:34:21.60	02:34:32.15	+00:26:18 (17.0%)		7:18	8.2 (82.8%)
35	SMUS Damian	644	UCZELNIA WARSZAWSKA	M18-29	2			00:00:09	00:07:28	00:45:01	01:21:25	01:58:32	02:34:32.35	02:34:41.40	+00:26:29 (17.1%)		7:19	8.2 (82.8%)
36	OLSCHIMKE-MARMUROWICZ Barbara	638	SILESIA NORDIC TEAM	K40-49	1			00:01:04	00:07:10	00:44:02	01:20:35	01:57:37	02:34:34.00	02:35:38.55	+00:26:31 (17.2%)		7:19	8.2 (82.8%)
37	SORN Łukasz	646	FACE NORDIC WALKING TEAM	M18-29	3	1		00:00:05	00:07:26	00:44:17	01:21:29	01:58:54	02:34:48.65	02:34:54.45	+00:26:45 (17.3%)		7:20	8.2 (82.8%)
38	REJMAN Dorota	641	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K30-39	5			00:01:03	00:07:20	00:44:55	01:21:47	01:59:18	02:36:55.95	02:37:59.05	+00:28:53 (18.4%)		7:26	8.1 (81.8%)
39	STĘPIEŃ Lucyna	648	KS METRACO POLKOWICE	K50-59	1			00:01:07	00:07:31	00:44:42	01:21:52	01:59:31	02:36:56.50	02:38:04.45	+00:28:53 (18.4%)		7:26	8.1 (81.8%)
40	KOWALCZYK Mariusz	628	GREEN TEAM ZIELONA GÓRA	M50-59	8			00:00:11	00:07:22	00:43:50	01:19:39	01:57:42	02:37:22.60	02:37:33.60	+00:29:19 (18.6%)		7:27	8 (80.8%)
41	BANASZKIEWICZ Katarzyna	601	JEZIORKI - AKTYWNA WIEŚ	K40-49	2			00:01:06	00:07:15	00:45:15	01:22:39	01:59:44	02:37:26.15	02:38:32.35	+00:29:23 (18.7%)		7:27	8 (80.8%)
42	WOLNIEWICZ Katarzyna	663	FABRIKANORDIKA	K40-49	3			00:01:04	00:07:29	00:44:51	01:22:05	01:59:41	02:38:47.10	02:39:51.95	+00:30:44 (19.4%)		7:31	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													netto 21.1km	brutto 21.1km			
43	KACZMARCZYK-PIASECKA Renata	621	CZARNE PANTERY	K40-49	4			00:01:07	00:07:59	00:47:24	01:24:45	02:02:19	02:40:14.65	02:41:21.70	+00:32:11 (20.1%)	7:35	7.9 (79.8%)
44	ANTOSZEWSKI Piotr	655	DĄBROWA NORDIC TEAM	M40-49	8			00:00:10	00:07:26	00:45:01	01:22:06	01:59:55	02:40:15.05	02:40:25.90	+00:32:12 (20.1%)	7:35	7.9 (79.8%)
45	KARASIEWICZ Irena	684	FACE NORDIC WALKING TEAM	K50-59	2			00:01:08	00:07:31	00:45:23	01:23:35	02:02:05	02:40:26.20	02:41:34.50	+00:32:23 (20.2%)	7:36	7.9 (79.8%)
46	GRĄDZKA-MOŻYSZEK Aleksandra	615	FORMA NA PIĄTKĘ NW	K50-59	3			00:01:09	00:07:37	00:45:40	01:23:39	02:02:06	02:40:35.90	02:41:44.95	+00:32:33 (20.3%)	7:36	7.9 (79.8%)
47	MOŻYSZEK Piotr	635	FORMA NA PIĄTKĘ NW	M50-59	9			00:00:12	00:07:41	00:46:20	01:23:57	02:02:18	02:40:59.40	02:41:12.00	+00:32:56 (20.5%)	7:37	7.9 (79.8%)
48	LISIKIEWICZ Agnieszka	631	GREEN TEAM ZIELONA GÓRA	K40-49	5			00:01:04	00:07:42	00:46:52	01:24:17	02:02:21	02:41:02.95	02:42:07.50	+00:33:00 (20.5%)	7:37	7.9 (79.8%)
49	ROSOŁEK Elżbieta	678	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:01:09	00:07:59	00:47:21	01:24:44	02:02:35	02:41:21.80	02:42:31.20	+00:33:19 (20.6%)	7:38	7.8 (78.8%)
50	TYLUTKI Agnieszka	656	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	K40-49	6			00:01:05	00:07:29	00:45:06	01:22:26	02:00:30	02:42:21.15	02:43:26.80	+00:34:18 (21.1%)	7:41	7.8 (78.8%)
51	KUCHARCZYK Krzysztof	683		M30-39	9	1		00:00:08	00:07:26	00:45:19	01:23:25	02:02:14	02:43:28.85	02:43:37.15	+00:35:26 (21.7%)	7:44	7.7 (77.8%)
52	JANKOWSKA Katarzyna	618	MOSIR	K50-59	5			00:01:08	00:08:09	00:47:00	01:25:29	02:04:27	02:43:36.25	02:44:44.25	+00:35:33 (21.7%)	7:45	7.7 (77.8%)
53	SZCZODROWSKI Krzysztof	654		M50-59	10			00:00:09	00:07:26	00:45:17	01:23:50	02:02:57	02:43:38.05	02:43:47.80	+00:35:35 (21.7%)	7:45	7.7 (77.8%)
54	WITKOWSKA Maria	661	UNIA MIAST	K60+	1			00:01:09	00:07:44	00:46:28	01:25:20	02:04:42	02:43:54.20	02:45:04.05	+00:35:51 (21.9%)	7:46	7.7 (77.8%)
55	POTRYKUS Małgorzata	681		K50-59	6			00:01:07	00:07:36	00:45:40	01:23:59	02:03:41	02:45:40.20	02:46:47.25	+00:37:37 (22.7%)	7:51	7.6 (76.8%)
56	WOŁOWIEC Marcin	664	FOREVER YOUNG ŁÓDŹ	M40-49	9			00:00:09	00:07:39	00:46:45	01:25:27	02:06:11	02:45:57.95	02:46:07.50	+00:37:55 (22.8%)	7:51	7.6 (76.8%)
57	FINC Mariusz	611		M40-49	10			00:00:05	00:07:36	00:45:22	01:23:08	02:04:16	02:47:20.15	02:47:26.10	+00:39:17 (23.5%)	7:55	7.6 (76.8%)
58	ROSADZIŃSKA Natalia	676		K18-29	3			00:01:02	00:07:49	00:48:26	01:29:06	02:09:39	02:47:54.40	02:48:56.90	+00:39:51 (23.7%)	7:57	7.5 (75.8%)
59	CZYCZ Emilia	608	GREEN TEAM ZIELONA GÓRA	K60+	2			00:01:09	00:07:36	00:45:47	01:24:32	02:05:32	02:48:05.45	02:49:14.65	+00:40:02 (23.8%)	7:57	7.5 (75.8%)
60	KOBIELA Daria	625	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:01:02	00:07:49	00:48:26	01:29:05	02:09:40	02:48:15.35	02:49:17.50	+00:40:12 (23.9%)	7:58	7.5 (75.8%)
61	CICHOŃ Aneta	605	FABRIKANORDIKA	K30-39	6			00:01:03	00:07:38	00:47:03	01:26:48	02:07:27	02:49:10.90	02:50:14.30	+00:41:08 (24.3%)	8:01	7.5 (75.8%)
62	WACHOWIAK Sylwia	657		K40-49	7			00:01:06	00:07:57	00:48:06	01:27:35	02:07:55	02:49:26.35	02:50:32.70	+00:41:23 (24.4%)	8:01	7.5 (75.8%)
63	CIENNIK Kalina	671		K40-49	8			00:01:07	00:07:39	00:47:59	01:28:34	02:09:20	02:49:29.20	02:50:36.75	+00:41:26 (24.5%)	8:01	7.5 (75.8%)
64	SYSIK Tomasz	652	LEGIA RUN CLUB	M30-39	10	1		00:00:08	00:08:13	00:51:55	01:32:00	02:10:51	02:49:30.95	02:49:39.55	+00:41:28 (24.5%)	8:02	7.5 (75.8%)
65	FRANKIEWICZ Mirosław	634	FORMA NA PIĄTKĘ NW	M40-49	11	1		00:00:10	00:07:54	00:48:03	01:27:44	02:08:21	02:50:04.40	02:50:14.60	+00:42:01 (24.7%)	8:03	7.4 (74.7%)
66	SOBECKA Marzena	645		K40-49	9			00:01:06	00:08:20	00:48:55	01:28:44	02:08:59	02:50:34.10	02:51:40.70	+00:42:31 (24.9%)	8:05	7.4 (74.7%)
67	JASOŃ Grażyna	619	CZARNE PANTERY	K50-59	7			00:01:08	00:08:15	00:48:33	01:28:47	02:09:43	02:50:50.65	02:51:58.75	+00:42:47 (25.1%)	8:05	7.4 (74.7%)
68	RECZULSKI Mikołaj	640	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	4			00:00:05	00:06:59	00:45:19	01:25:14	02:07:52	02:51:22.90	02:51:28.70	+00:43:20 (25.3%)	8:07	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas		Różn	Tempo min/km	Tempo km/h
													21.1km	21.1km			
69	CIENNIK Wiktor	672	FOREVER YOUNG ŁÓDŹ	M50-59	11			00:00:13	00:07:49	00:46:36	01:27:49	02:09:59	02:52:15.45	02:52:28.85	+00:44:12 (25.7%)	8:09	7.3 (73.7%)
70	SŁABOŃ-SIKORA Aneta	643	DĄBROWA NORDIC TEAM	K30-39	7			00:01:04	00:08:01	00:49:58	01:30:06	02:11:47	02:54:31.50	02:55:36.20	+00:46:28 (26.6%)	8:16	7.3 (73.7%)
71	MATYJA Anna	633		K40-49	10			00:01:05	00:07:59	00:48:53	01:29:17	02:11:14	02:54:34.50	02:55:40.05	+00:46:31 (26.7%)	8:16	7.3 (73.7%)
72	CZAKIERT Marek	607	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	12			00:00:10	00:07:59	00:48:51	01:29:21	02:11:58	02:55:12.05	02:55:22.45	+00:47:09 (26.9%)	8:18	7.2 (72.7%)
73	WOŹNIAK Bartłomiej	685	UNIA MIAST	M40-49	13			00:00:09	00:07:47	00:49:03	01:31:06	02:14:05	02:59:16.20	02:59:25.45	+00:51:13 (28.6%)	8:29	7.1 (71.7%)
74	ZAWADZKA Maria	669	KS METRACO POLKOWICE	K60+	3			00:01:09	00:08:13	00:50:51	01:32:46	02:15:16	02:59:33.65	03:00:43.20	+00:51:30 (28.7%)	8:30	7.1 (71.7%)
75	STRZELECKI Sebastian	688	SAILING TEAM FERAJNA	M40-49	14			00:00:09	00:07:59	00:50:20	01:32:32	02:16:10	03:00:35.35	03:00:45.25	+00:52:32 (29.1%)	8:33	7 (70.7%)
76	ROZMUS Jolanta	642	FACE NORDIC WALKING TEAM	K60+	4			00:01:10	00:08:22	00:50:50	01:33:58	02:17:56	03:00:51.20	03:02:01.45	+00:52:48 (29.2%)	8:34	7 (70.7%)
77	DRÓŹDŹ Paweł	609	EPOKA NORDICA ŁÓDŹ	M50-59	12			00:00:11	00:07:51	00:49:16	01:31:23	02:16:28	03:01:42.30	03:01:53.85	+00:53:39 (29.5%)	8:36	7 (70.7%)
78	MARCINKOWSKA Renata	632	FACE NORDIC WALKING TEAM	K60+	5			00:01:10	00:08:29	00:51:25	01:34:59	02:22:23	03:11:40.95	03:12:51.15	+01:03:38 (33.2%)	9:05	6.6 (66.7%)
79	KĄCKOWSKA Beata	623	JEZIORKI - AKTYWNA WIEŚ	K40-49	11			00:01:06	00:09:05	00:55:39	01:42:07	02:27:52	03:14:48.55	03:15:55.10	+01:06:45 (34.3%)	9:13	6.5 (65.7%)
80	CZAJA Aneta	687	JEZIORKI - AKTYWNA WIEŚ	K30-39	8			00:01:04	00:09:07	00:55:41	01:42:10	02:27:54	03:14:50.95	03:15:55.20	+01:06:48 (34.3%)	9:14	6.5 (65.7%)

Znaleziono 80 wynik(ów)