

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

B4SPORT  
WALKING AND FITNESS

**Wydarzenie:** OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING  
**Organizator:** PFNW  
**Data:** 2017-08-05  
**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	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>301</b>	BIEGAMYRAZEM.PL	M50-59	1			00:06:51	00:38:42	01:10:56	01:43:53	<b>02:17:07.45</b>		6:29	9.2 (100%)
2	<b>CZŁONKOWSKI Krzysztof</b>	<b>512</b>	OLIMPIJCZYK SZCZEKOCINY	M40-49	1			00:06:59	00:39:58	01:13:36	01:45:54	<b>02:17:43.70</b>	+00:00:36 (0.4%)	6:31	9.2 (100%)
3	<b>KARASIŃSKI Maciej</b>	<b>529</b>		M40-49	2			00:06:45	00:38:47	01:11:50	01:45:51	<b>02:20:30.60</b>	+00:03:23 (2.4%)	6:39	9 (97.8%)
4	<b>WIŚNIEWSKI Jacek</b>	<b>579</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	M50-59	2			00:06:56	00:39:58	01:13:36	01:47:03	<b>02:21:28.30</b>	+00:04:20 (3.1%)	6:42	8.9 (96.7%)
5	<b>KNITTER Tomasz</b>	<b>530</b>	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:06:57	00:39:56	01:13:23	01:47:06	<b>02:21:42.35</b>	+00:04:34 (3.2%)	6:42	8.9 (96.7%)
6	<b>PIETRZYK Jarosław</b>	<b>551</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:06:55	00:40:52	01:14:19	01:47:40	<b>02:21:44.50</b>	+00:04:37 (3.3%)	6:43	8.9 (96.7%)
7	<b>ROGALSKI Piotr</b>	<b>557</b>	POLSKA	M40-49	3			00:06:57	00:40:11	01:13:52	01:47:44	<b>02:22:38.85</b>	+00:05:31 (3.9%)	6:45	8.9 (96.7%)
8	<b>ŻYWICKI Marcin</b>	<b>586</b>	BŁĘKITNI NW DZIEMIANY	M30-39	2			00:07:01	00:40:27	01:13:50	01:47:35	<b>02:22:58.45</b>	+00:05:51 (4.1%)	6:46	8.9 (96.7%)
9	<b>STĘPNIEWSKI Paweł</b>	<b>564</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:06:56	00:40:17	01:13:52	01:47:07	<b>02:23:12.80</b>	+00:06:05 (4.3%)	6:47	8.8 (95.7%)
10	<b>PIOTROWSKI Michał</b>	<b>553</b>	FACE NORDIC WALKING TEAM	M30-39	3			00:06:57	00:39:59	01:13:49	01:47:38	<b>02:25:53.60</b>	+00:08:46 (6.0%)	6:54	8.7 (94.6%)
11	<b>ZACZYŃSKA Anna</b>	<b>582</b>	KGHM ZG LUBIN	K30-39	1			00:07:22	00:42:57	01:16:54	01:51:19	<b>02:25:56.85</b>	+00:08:49 (6.0%)	6:55	8.7 (94.6%)
12	<b>BOGACKI Sławek</b>	<b>507</b>	ENERGA NW TEAM	M40-49	4	1		00:06:56	00:41:11	01:16:23	01:51:51	<b>02:27:09.85</b>	+00:10:02 (6.8%)	6:58	8.6 (93.5%)
13	<b>ADAMSKI Robert</b>	<b>501</b>	DYNAMIC	M50-59	3			00:06:57	00:40:50	01:15:03	01:50:34	<b>02:27:28.90</b>	+00:10:21 (7.0%)	6:59	8.6 (93.5%)

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
												netto 21.1km	Różn		
14	ZAGAJA Janusz	583	WESOŁY BORSUK TEAM	M60+	1			00:06:58	00:41:10	01:16:23	01:51:51	<b>02:27:30.00</b>	+00:10:22 (7.0%)	6:59	8.6 (93.5%)
15	NACZK Leonard	546	DYNAMIC	M40-49	5			00:07:01	00:41:12	01:16:24	01:51:53	<b>02:27:56.80</b>	+00:10:49 (7.3%)	7:00	8.6 (93.5%)
16	GRAJCAR Adam	522		M40-49	6			00:07:27	00:43:06	01:18:09	01:53:47	<b>02:29:57.90</b>	+00:12:50 (8.6%)	7:06	8.4 (91.3%)
17	LESINSKI Grzegorz	537	KS METRACO POLKOWICE	M50-59	4			00:06:57	00:41:22	01:15:56	01:52:15	<b>02:30:02.30</b>	+00:12:54 (8.6%)	7:06	8.4 (91.3%)
18	MELZER Hanna	545		K40-49	1			00:07:37	00:43:07	01:19:07	01:55:38	<b>02:32:11.30</b>	+00:15:03 (9.9%)	7:12	8.3 (90.2%)
19	NIEDŹWIECKA Katarzyna	547	FACE NORDIC WALKING TEAM	K40-49	2			00:07:49	00:44:07	01:19:54	01:55:53	<b>02:32:21.90</b>	+00:15:14 (10.0%)	7:13	8.3 (90.2%)
20	MAKOWSKI Jan	542	RYBNICKI KLUB NORDIC WALKING	M50-59	5			00:06:55	00:41:49	01:17:51	01:54:25	<b>02:32:25.30</b>	+00:15:17 (10.0%)	7:13	8.3 (90.2%)
21	BUŁAKOWSKI Bohdan	510	PASJA NORDIC WALKING	M60+	2			00:07:40	00:43:29	01:19:33	01:56:01	<b>02:32:50.00</b>	+00:15:42 (10.3%)	7:14	8.3 (90.2%)
22	BREWKA Joachim	508	UNIA MIAST	M50-59	6	1		00:07:17	00:42:08	01:18:03	01:55:25	<b>02:34:16.85</b>	+00:17:09 (11.1%)	7:18	8.2 (89.1%)
23	SZULC Alicja	572	NW WERWA MŁAWA	K40-49	3			00:07:34	00:43:06	01:19:06	01:56:11	<b>02:34:39.00</b>	+00:17:31 (11.3%)	7:19	8.2 (89.1%)
24	SZCZEBAK Jacek	568	UNIA MIAST	M40-49	7			00:07:25	00:43:27	01:20:12	01:57:24	<b>02:35:00.00</b>	+00:17:52 (11.5%)	7:20	8.2 (89.1%)
25	STAWNIAK Karol	561	KS SOKÓŁ GAŚAWA	M60+	3	2		00:07:25	00:43:07	01:19:44	01:57:05	<b>02:35:28.05</b>	+00:18:20 (11.8%)	7:22	8.1 (88.0%)
26	ANDRZEJ Zawadzki	502	KS METRACO POLKOWICE	M50-59	7			00:07:58	00:43:52	01:20:19	01:58:41	<b>02:36:18.10</b>	+00:19:10 (12.3%)	7:24	8.1 (88.0%)
27	BANASZKIEWICZ Katarzyna	503	PILSCY MIŁOŚNICZY NW	K40-49	4			00:07:36	00:43:57	01:20:48	01:58:18	<b>02:36:27.65</b>	+00:19:20 (12.4%)	7:24	8.1 (88.0%)
28	STĘPIEŃ Lucyna	563	KS METRACO POLKOWICE	K60+	1			00:07:58	00:44:24	01:21:44	01:59:40	<b>02:36:48.30</b>	+00:19:40 (12.6%)	7:25	8.1 (88.0%)
29	WESOŁOWSKI Wojciech	577	NORDIC TEAM GNIEZNO	M60+	4			00:07:31	00:43:08	01:19:59	01:57:48	<b>02:37:00.60</b>	+00:19:53 (12.7%)	7:26	8.1 (88.0%)
30	KACZMARCZYK-PIASECKA Renata	527	CZARNE PANTERY	K40-49	5			00:07:58	00:44:36	01:21:45	01:59:22	<b>02:37:21.85</b>	+00:20:14 (12.9%)	7:27	8 (87.0%)
31	BOCZAR Beata	506	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:08:02	00:44:54	01:22:16	02:00:01	<b>02:38:16.60</b>	+00:21:09 (13.4%)	7:30	8 (87.0%)
32	KOWALCZUK Robert	534	ELITE TEAM	M50-59	8			00:07:38	00:43:27	01:20:27	01:58:35	<b>02:38:23.85</b>	+00:21:16 (13.4%)	7:30	8 (87.0%)
33	POGORZELSKA Wiesława	554	WESOŁY BORSUK TEAM	K30-39	2			00:07:40	00:43:58	01:21:30	02:00:04	<b>02:38:48.85</b>	+00:21:41 (13.7%)	7:31	8 (87.0%)
34	STOPA Joanna	565	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:52	00:45:52	01:23:09	02:01:15	<b>02:39:32.15</b>	+00:22:24 (14.0%)	7:33	7.9 (85.9%)
35	KUŚMIEREK Patryk	536	BŁĘKITNI NW DZIEMIANY	M18-29	3			00:06:57	00:39:59	01:13:52	02:00:31	<b>02:39:37.40</b>	+00:22:29 (14.1%)	7:33	7.9 (85.9%)
36	KARASIEWICZ Irena	528	FACE NORDIC WALKING TEAM	K50-59	2			00:08:02	00:44:55	01:22:18	02:00:34	<b>02:39:37.50</b>	+00:22:30 (14.1%)	7:33	7.9 (85.9%)

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
												netto 21.1km	Różn		
37	<b>SŁOMIŃSKA Marta</b>	<b>560</b>	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:08:06	00:46:34	01:24:02	02:01:55	<b>02:40:16.80</b>	+00:23:09 (14.4%)	7:35	7.9 (85.9%)
38	<b>KOWALCZYK Mariusz</b>	<b>535</b>	GREEN TEAM ZIELONA GÓRA	M50-59	9			00:07:59	00:44:50	01:21:56	02:00:25	<b>02:40:19.05</b>	+00:23:11 (14.5%)	7:35	7.9 (85.9%)
39	<b>REJ Anna</b>	<b>555</b>		K30-39	3			00:07:48	00:44:45	01:22:16	02:00:46	<b>02:40:21.10</b>	+00:23:13 (14.5%)	7:35	7.9 (85.9%)
40	<b>KOBIELA Daria</b>	<b>531</b>	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:08:19	00:47:01	01:25:33	02:03:54	<b>02:42:56.55</b>	+00:25:49 (15.8%)	7:43	7.8 (84.8%)
41	<b>BIK Stanisław</b>	<b>504</b>	KS METRACO POLKOWICE	M50-59	10			00:07:05	00:40:44	01:16:02	01:55:54	<b>02:43:10.20</b>	+00:26:02 (16.0%)	7:43	7.8 (84.8%)
42	<b>WOLNIEWICZ Katarzyna</b>	<b>581</b>	FABRIKANORDIKA	K40-49	6			00:07:56	00:44:42	01:22:41	02:02:08	<b>02:43:29.15</b>	+00:26:21 (16.1%)	7:44	7.7 (83.7%)
43	<b>STĘPCZYŃSKA Angelika</b>	<b>562</b>	GOSIR OSIELSKO	K30-39	4			00:08:03	00:45:10	01:23:19	02:03:09	<b>02:43:57.00</b>	+00:26:49 (16.4%)	7:46	7.7 (83.7%)
44	<b>BUCZKOWSKA Wiesława</b>	<b>509</b>	PENDOLINO	K60+	2			00:07:59	00:45:07	01:24:09	02:04:23	<b>02:45:06.05</b>	+00:27:58 (16.9%)	7:49	7.7 (83.7%)
45	<b>RESEMAN Sylwia</b>	<b>556</b>	FACE NORDIC WALKING TEAM	K40-49	7			00:08:19	00:46:54	01:26:22	02:06:47	<b>02:46:07.35</b>	+00:28:59 (17.5%)	7:52	7.6 (82.6%)
46	<b>ROSOŁEK Elżbieta</b>	<b>558</b>	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:08:33	00:48:05	01:26:45	02:06:24	<b>02:46:13.65</b>	+00:29:06 (17.5%)	7:52	7.6 (82.6%)
47	<b>WIŚNIEWSKI Roman</b>	<b>578</b>		M60+	5			00:08:10	00:47:05	01:26:18	02:05:52	<b>02:46:15.25</b>	+00:29:07 (17.5%)	7:52	7.6 (82.6%)
48	<b>TYLUTKI Agnieszka</b>	<b>574</b>	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY	K40-49	8			00:08:00	00:47:03	01:25:29	02:06:11	<b>02:46:18.15</b>	+00:29:10 (17.5%)	7:52	7.6 (82.6%)
49	<b>LIGĘZA Janusz</b>	<b>538</b>		M50-59	11			00:08:03	00:46:18	01:25:59	02:06:09	<b>02:46:34.55</b>	+00:29:27 (17.7%)	7:53	7.6 (82.6%)
50	<b>DUDEK Edward</b>	<b>517</b>	RKB BACA - GOŚC SPECJALNY	M60+	6			00:08:17	00:48:47	01:28:30	02:07:15	<b>02:46:37.95</b>	+00:29:30 (17.7%)	7:53	7.6 (82.6%)
51	<b>FOLWARSKI Andrzej</b>	<b>518</b>	FACE NORDIC WALKING TEAM	M50-59	12			00:07:53	00:53:06	01:29:47	02:07:46	<b>02:47:29.65</b>	+00:30:22 (18.1%)	7:56	7.6 (82.6%)
52	<b>GOIK Grzegorz</b>	<b>520</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	13			00:07:54	00:46:08	01:25:37	02:06:12	<b>02:47:33.50</b>	+00:30:26 (18.2%)	7:56	7.6 (82.6%)
53	<b>MACIEJEWSKA Joanna</b>	<b>541</b>	GOSIR OSIELSKO	K40-49	9			00:08:10	00:46:06	01:25:18	02:04:51	<b>02:47:35.70</b>	+00:30:28 (18.2%)	7:56	7.6 (82.6%)
54	<b>WACHOWIAK Sylwia</b>	<b>575</b>	DYNAMIC	K40-49	10			00:08:48	00:48:55	01:27:56	02:07:14	<b>02:47:38.15</b>	+00:30:30 (18.2%)	7:56	7.6 (82.6%)
55	<b>ŁOPIŃSKI Aleksy</b>	<b>540</b>		M60+	7			00:08:30	00:48:02	01:27:42	02:07:36	<b>02:48:24.35</b>	+00:31:16 (18.6%)	7:58	7.5 (81.5%)
56	<b>GÓRSKA Weronika</b>	<b>521</b>	GOSIR OSIELSKO	K18-29	4			00:08:25	00:47:09	01:26:42	02:06:59	<b>02:48:37.05</b>	+00:31:29 (18.7%)	7:59	7.5 (81.5%)
57	<b>CZYCZ Emilia</b>	<b>513</b>	GREEN TEAM ZIELONA GÓRA	K60+	3			00:08:02	00:45:47	01:25:16	02:06:21	<b>02:49:16.95</b>	+00:32:09 (19.0%)	8:01	7.5 (81.5%)
58	<b>GWIAZDOWICZ Izabela</b>	<b>524</b>	CAMINOMED	K40-49	11			00:08:16	00:47:35	01:27:28	02:07:47	<b>02:49:23.40</b>	+00:32:15 (19.0%)	8:01	7.5 (81.5%)
59	<b>KOTULA Jakub</b>	<b>533</b>	UNIA MIAST	M30-39	4			00:07:54	00:47:02	01:27:05	02:07:59	<b>02:51:02.20</b>	+00:33:54 (19.8%)	8:06	7.4 (80.4%)
60	<b>GRZELAK Jakub</b>	<b>523</b>	GOSIR OSIELSKO	M18-29	4			00:08:52	00:48:52	01:27:45	02:09:06	<b>02:51:04.55</b>	+00:33:57 (19.8%)	8:06	7.4 (80.4%)

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
												netto 21.1km	Różn		
61	<b>SZCZODROWSKI Krzysztof</b>	<b>569</b>	FACE NORDIC WALKING TEAM	M50-59	14			00:07:51	00:46:07	01:26:36	02:08:52	<b>02:51:37.05</b>	+00:34:29 (20.1%)	8:08	7.4 (80.4%)
62	<b>SURIAK Ewelina</b>	<b>567</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	5			00:08:23	00:47:12	01:27:36	02:09:08	<b>02:51:48.80</b>	+00:34:41 (20.2%)	8:08	7.4 (80.4%)
63	<b>DORSZEWSKA Bożena</b>	<b>516</b>	GOSIR OSIELSKO	K50-59	4			00:08:33	00:49:20	01:29:52	02:10:26	<b>02:52:00.80</b>	+00:34:53 (20.3%)	8:09	7.4 (80.4%)
64	<b>GERLE-KOTULA Anna</b>	<b>519</b>	UNIA MIAST	K30-39	5			00:08:32	00:49:12	01:29:55	02:11:02	<b>02:52:15.40</b>	+00:35:07 (20.4%)	8:09	7.3 (79.3%)
65	<b>PATOCKA Marta</b>	<b>549</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	6			00:08:37	00:50:26	01:30:31	02:11:41	<b>02:52:29.95</b>	+00:35:22 (20.5%)	8:10	7.3 (79.3%)
66	<b>POSTEK Danuta</b>	<b>589</b>	MARSZ PO ZDROWIE	K50-59	5			00:08:30	00:48:22	01:28:45	02:10:56	<b>02:52:56.70</b>	+00:35:49 (20.7%)	8:11	7.3 (79.3%)
67	<b>MARCINKOWSKI Wojciech</b>	<b>544</b>	UNIA MIAST	M40-49	8			00:08:18	00:48:10	01:28:58	02:10:37	<b>02:53:18.80</b>	+00:36:11 (20.9%)	8:12	7.3 (79.3%)
68	<b>GWIAZDOWICZ Ryszard</b>	<b>525</b>		M50-59	15			00:08:49	00:50:35	01:31:40	02:13:00	<b>02:54:49.50</b>	+00:37:42 (21.6%)	8:17	7.2 (78.3%)
69	<b>STRZELECKI Sebastian</b>	<b>566</b>	SAILING TEAMFERAJNA	M40-49	9			00:08:31	00:48:31	01:29:30	02:11:54	<b>02:55:29.90</b>	+00:38:22 (21.9%)	8:19	7.2 (78.3%)
70	<b>ZAWADZKA Maria</b>	<b>584</b>	KS METRACO POLKOWICE	K60+	4			00:08:52	00:50:28	01:32:02	02:14:11	<b>02:57:20.15</b>	+00:40:12 (22.7%)	8:24	7.1 (77.2%)
71	<b>WOJEWSKA Natalia</b>	<b>580</b>	CHODZEZKIJAMI.PL ELITE TEAM	K18-29	6			00:08:32	00:49:10	01:31:08	02:14:06	<b>02:59:01.70</b>	+00:41:54 (23.4%)	8:29	7.1 (77.2%)
72	<b>WANDEL Agnieszka</b>	<b>576</b>	FACE NORDIC WALKING TEAM	K40-49	12			00:08:49	00:50:31	01:33:21	02:16:59	<b>02:59:25.95</b>	+00:42:18 (23.6%)	8:30	7.1 (77.2%)
73	<b>ROZMUS Jolanta</b>	<b>514</b>	FACE NORDIC WALKING TEAM	K60+	5			00:08:52	00:50:28	01:33:38	02:17:05	<b>03:00:21.40</b>	+00:43:13 (24.0%)	8:32	7 (76.1%)
74	<b>PIOTROWSKA Krystyna</b>	<b>552</b>	RYBNICKI KLUB NORDIC WALKING	K60+	6			00:09:08	00:52:00	01:35:44	02:19:36	<b>03:04:23.10</b>	+00:47:15 (25.6%)	8:44	6.9 (75.0%)
75	<b>SZEWczyk Agnieszka</b>	<b>570</b>	FACE NORDIC WALKING TEAM	K40-49	13			00:09:12	00:52:35	01:37:39	02:25:02	<b>03:14:54.85</b>	+00:57:47 (29.6%)	9:14	6.5 (70.7%)
76	<b>MALINOWSKA Agnieszka</b>	<b>543</b>		K40-49	14			00:09:38	00:56:19	01:42:09	02:28:35	<b>03:15:52.40</b>	+00:58:44 (30.0%)	9:16	6.5 (70.7%)
77	<b>SZEWczyk Marek</b>	<b>571</b>	FACE NORDIC WALKING TEAM	M50-59	16			00:09:00	00:52:03	01:38:37	02:25:56	<b>03:15:55.35</b>	+00:58:47 (30.0%)	9:17	6.5 (70.7%)
78	<b>LIPińska Urszula</b>	<b>539</b>	FACE NORDIC WALKING TEAM	K40-49	15			00:09:27	00:55:20	01:41:32	02:29:06	<b>03:18:10.70</b>	+01:01:03 (30.8%)	9:23	6.4 (69.6%)
79	<b>BŁASZczyk Łukasz</b>	<b>505</b>	KIJANKI POZNAŃ	M40-49	10	1		00:10:07	00:59:36	01:51:29	02:45:28	<b>03:41:09.05</b>	+01:24:01 (38.0%)	10:28	5.7 (62.0%)
	<b>SORN Łukasz</b>	<b>588</b>	FACE NORDIC WALKING TEAM	M30-39				00:08:12 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 80 wynik(ów)