



# POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM

B4SPORT  
WIELKIE DROGI WIELKIE

Organizator: PFNW  
Data: 2016-09-03  
Miejsce: Polańczyk  
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.67km	Start_All 3.34km	Start_All 5km	Start_All 6.67km	Start_All 8.34km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BIŁEK Artur</b>	<b>154</b>	UNIA MIAST	M30-39	1			00:00:33	00:09:51	00:20:03	00:30:19	00:40:35	00:51:07	<b>01:01:58.50</b>	<b>01:02:32.10</b>		6:11	9.7 (100%)
2	<b>CYRUS Bogdan</b>	<b>185</b>	SILESIA NORDIC TEAM	M40-49	1			00:00:34	00:09:45	00:20:00	00:30:18	00:40:46	00:52:01	<b>01:03:28.25</b>	<b>01:04:02.70</b>	+00:01:29 (2.4%)	6:20	9.5 (97.9%)
3	<b>NIECHWIEJCZYK Piotr</b>	<b>173</b>	UNIA MIAST	M40-49	2			00:00:34	00:10:06	00:20:38	00:31:28	00:42:24	00:53:28	<b>01:04:30.45</b>	<b>01:05:05.25</b>	+00:02:31 (3.9%)	6:27	9.3 (95.9%)
4	<b>BOGACKI Sławek</b>	<b>155</b>	ENERGA NW TEAM	M40-49	3			00:00:34	00:10:28	00:21:33	00:32:50	00:43:58	00:54:57	<b>01:05:41.85</b>	<b>01:06:16.30</b>	+00:03:43 (5.7%)	6:34	9.1 (93.8%)
5	<b>NEMŚ Arkadiusz</b>	<b>172</b>	OSIR STASZÓW	M30-39	2			00:00:35	00:10:52	00:21:49	00:32:53	00:44:07	00:55:04	<b>01:05:51.65</b>	<b>01:06:27.40</b>	+00:03:53 (5.9%)	6:35	9.1 (93.8%)
6	<b>KOWALSKI Marek</b>	<b>165</b>	UNIA MIAST	M50-59	1			00:00:35	00:11:11	00:22:42	00:34:31	00:46:28	00:58:35	<b>01:10:39.15</b>	<b>01:11:14.45</b>	+00:08:40 (12.3%)	7:03	8.5 (87.6%)
7	<b>SOBKOWSKI Janusz</b>	<b>180</b>	SILESIA NORDIC TEAM	M60-69	1			00:00:37	00:11:18	00:22:49	00:34:35	00:46:38	00:58:48	<b>01:10:44.10</b>	<b>01:11:21.15</b>	+00:08:45 (12.4%)	7:04	8.5 (87.6%)
8	<b>KUBISZYN Małgorzata</b>	<b>167</b>		K30-39	1			00:00:55	00:11:18	00:22:57	00:34:47	00:46:44	00:58:55	<b>01:11:20.35</b>	<b>01:12:15.60</b>	+00:09:21 (13.1%)	7:08	8.4 (86.6%)
9	<b>ZIĘBA Krzysztof</b>	<b>183</b>		M50-59	2			00:00:36	00:11:25	00:23:10	00:35:16	00:47:36	00:59:43	<b>01:12:02.20</b>	<b>01:12:38.70</b>	+00:10:03 (14.0%)	7:12	8.3 (85.6%)
10	<b>JONDERKO Grzegorz</b>	<b>160</b>	WŁÓCZYKIJE SKOCZÓW	M40-49	4			00:00:35	00:11:38	00:23:16	00:35:06	00:47:35	01:00:12	<b>01:12:46.45</b>	<b>01:13:21.65</b>	+00:10:47 (14.8%)	7:16	8.2 (84.5%)
11	<b>CIŚLIK-KASZANY Anna</b>	<b>156</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	2			00:00:54	00:11:17	00:22:53	00:34:47	00:46:55	00:59:26	<b>01:13:06.65</b>	<b>01:14:00.85</b>	+00:11:08 (15.2%)	7:18	8.2 (84.5%)
12	<b>STYŚ Elżbieta</b>	<b>186</b>		K40-49	1			00:00:54	00:11:27	00:23:19	00:35:29	00:48:04	01:00:49	<b>01:13:36.95</b>	<b>01:14:31.30</b>	+00:11:38 (15.8%)	7:21	8.2 (84.5%)
13	<b>LIS Robert</b>	<b>169</b>		M50-59	3			00:00:35	00:11:52	00:23:58	00:36:40	00:49:23	01:02:28	<b>01:15:07.20</b>	<b>01:15:43.10</b>	+00:13:08 (17.5%)	7:30	8 (82.5%)
14	<b>MARCINKOWSKI Wojciech</b>	<b>170</b>	UNIA MIAST	M40-49	5			00:00:34	00:11:46	00:24:20	00:37:10	00:50:13	01:02:58	<b>01:15:08.25</b>	<b>01:15:42.60</b>	+00:13:09 (17.5%)	7:30	8 (82.5%)
15	<b>REJMAN Dorota</b>	<b>177</b>	UKS SIEDLESZCZANY NORDIC WALKING	K30-39	3			00:00:55	00:12:07	00:24:31	00:37:12	00:49:53	01:02:39	<b>01:15:29.20</b>	<b>01:16:24.80</b>	+00:13:30 (17.9%)	7:32	7.9 (81.4%)
16	<b>GUZOWSKI Maciej</b>	<b>158</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M18-29	1			00:00:33	00:11:30	00:23:46	00:36:37	00:49:37	01:02:51	<b>01:15:54.80</b>	<b>01:16:28.50</b>	+00:13:56 (18.4%)	7:35	7.9 (81.4%)
17	<b>POKRYWKA Bożena</b>	<b>175</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K40-49	2			00:00:54	00:12:14	00:24:40	00:37:18	00:49:59	01:02:52	<b>01:15:58.90</b>	<b>01:16:53.75</b>	+00:14:00 (18.4%)	7:35	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas startu	Start_All 1.67km	Start_All 3.34km	Start_All 5km	Start_All 6.67km	Start_All 8.34km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	<b>KUPIBIDA Bogusława</b>	<b>184</b>	SILESIA NORDIC TEAM	K50-59	1			00:00:56	00:12:32	00:25:08	00:37:54	00:50:57	01:04:00	<b>01:17:21.85</b>	<b>01:18:18.70</b>	+00:15:23 (19.9%)	7:44	7.8 (80.4%)
19	<b>REJ Anna</b>	<b>188</b>		K30-39	4			00:00:55	00:12:31	00:25:19	00:38:01	00:51:05	01:04:13	<b>01:17:37.95</b>	<b>01:18:33.80</b>	+00:15:39 (20.2%)	7:45	7.7 (79.4%)
20	<b>MIERZWA Mariusz</b>	<b>171</b>		M50-59	4			00:00:35	00:11:24	00:23:52	00:36:37	00:49:41	01:03:15	<b>01:18:02.80</b>	<b>01:18:38.60</b>	+00:16:04 (20.6%)	7:48	7.7 (79.4%)
21	<b>KUBALSKI Dariusz</b>	<b>166</b>	OSIR STASZÓW	M40-49	6			00:00:34	00:13:21	00:26:48	00:39:58	00:53:18	01:05:58	<b>01:18:19.30</b>	<b>01:18:54.05</b>	+00:16:20 (20.9%)	7:50	7.7 (79.4%)
22	<b>SITKO Małgorzata</b>	<b>179</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49	3			00:00:55	00:12:21	00:25:06	00:38:19	00:51:46	01:05:38	<b>01:18:47.90</b>	<b>01:19:43.75</b>	+00:16:49 (21.3%)	7:52	7.6 (78.4%)
23	<b>KOTULA Jakub</b>	<b>164</b>		M30-39	3			00:00:34	00:12:28	00:25:39	00:38:59	00:52:23	01:05:45	<b>01:19:06.65</b>	<b>01:19:40.70</b>	+00:17:08 (21.7%)	7:54	7.6 (78.4%)
24	<b>KORCZAK Monika</b>	<b>162</b>	OSIR STASZÓW	K40-49	4			00:00:55	00:12:52	00:25:55	00:39:20	00:52:59	01:06:28	<b>01:19:55.50</b>	<b>01:20:51.40</b>	+00:17:57 (22.5%)	7:59	7.5 (77.3%)
25	<b>BARAN Marek</b>	<b>151</b>	KLUBSPORTU.PL	M40-49	7			00:00:35	00:12:40	00:25:54	00:39:23	00:53:12	01:06:32	<b>01:20:54.45</b>	<b>01:21:29.75</b>	+00:18:55 (23.4%)	8:05	7.4 (76.3%)
26	<b>POPIELSKA-NEMŚ Dorota</b>	<b>176</b>	OSIR STASZÓW	K40-49	5			00:00:55	00:13:04	00:26:27	00:39:54	00:53:36	01:07:26	<b>01:21:10.20</b>	<b>01:22:05.50</b>	+00:19:11 (23.6%)	8:07	7.4 (76.3%)
27	<b>POCAŁUŃ Adam</b>	<b>187</b>		M70+	1			00:00:37	00:12:53	00:26:11	00:40:05	00:54:08	01:08:06	<b>01:21:50.60</b>	<b>01:22:27.85</b>	+00:19:52 (24.3%)	8:11	7.3 (75.3%)
28	<b>SURDEJ Barbara</b>	<b>181</b>	RZESZOWSKA AKADEMIA SPORTU	K50-59	2			00:00:56	00:13:01	00:26:34	00:40:14	00:53:58	01:08:06	<b>01:21:55.00</b>	<b>01:22:51.15</b>	+00:19:56 (24.3%)	8:11	7.3 (75.3%)
29	<b>KOSIŃSKA Maria</b>	<b>163</b>	MOSIR RYPIN	K60-69	1			00:00:57	00:13:04	00:26:38	00:40:20	00:54:23	01:08:23	<b>01:22:26.90</b>	<b>01:23:24.05</b>	+00:20:28 (24.8%)	8:14	7.3 (75.3%)
30	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>182</b>	KS METRACO POLKOWICE	K70+	1			00:00:57	00:13:34	00:27:17	00:41:10	00:55:18	01:09:32	<b>01:23:24.30</b>	<b>01:24:22.15</b>	+00:21:25 (25.7%)	8:20	7.2 (74.2%)
31	<b>SIMKO Zbigniew</b>	<b>178</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M60-69	2			00:00:37	00:12:44	00:25:59	00:40:10	00:54:55	01:09:20	<b>01:23:28.80</b>	<b>01:24:05.80</b>	+00:21:30 (25.8%)	8:20	7.2 (74.2%)
32	<b>GERLE-KOTULA Anna</b>	<b>157</b>		K30-39	5			00:00:54	00:13:35	00:27:49	00:41:51	00:55:50	01:09:59	<b>01:23:30.35</b>	<b>01:24:24.70</b>	+00:21:31 (25.8%)	8:21	7.2 (74.2%)
33	<b>OLEŚ-FERFECKA Edyta</b>	<b>174</b>		K18-29	1			00:00:54	00:13:31	00:27:17	00:41:06	00:55:18	01:09:33	<b>01:23:36.85</b>	<b>01:24:31.50</b>	+00:21:38 (25.9%)	8:21	7.2 (74.2%)
34	<b>KUŹMA Elżbieta</b>	<b>168</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K50-59	3			00:00:56	00:13:10	00:26:50	00:40:45	00:55:01	01:09:21	<b>01:23:41.50</b>	<b>01:24:38.05</b>	+00:21:43 (25.9%)	8:22	7.2 (74.2%)
35	<b>JAROSZ Anna</b>	<b>159</b>	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K60-69	2			00:00:56	00:13:41	00:27:27	00:41:27	00:55:20	01:09:36	<b>01:24:04.25</b>	<b>01:25:00.95</b>	+00:22:05 (26.3%)	8:24	7.1 (73.2%)
36	<b>CYBRUCH Kamila</b>	<b>189</b>	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	4			00:00:54	00:13:51	00:28:20	00:43:10	00:58:25	01:14:07	<b>01:30:02.00</b>	<b>01:30:56.15</b>	+00:28:03 (31.2%)	9:00	6.7 (69.1%)
37	<b>BARAN Ewa</b>	<b>152</b>	RZESZOWSKA AKADEMIA SPORTU	K40-49	6			00:00:56	00:14:10	00:29:35	00:44:43	01:00:20	01:15:54	<b>01:31:31.10</b>	<b>01:32:28.00</b>	+00:29:32 (32.3%)	9:09	6.6 (68.0%)
38	<b>BARAN Leszek</b>	<b>153</b>	RZESZOWSKA AKADEMIA SPORTU	M50-59	5			00:00:37	00:14:30	00:29:55	00:45:02	01:00:39	01:16:12	<b>01:31:48.20</b>	<b>01:32:25.60</b>	+00:29:49 (32.5%)	9:10	6.5 (67.0%)
39	<b>JÓŹWIAK Dominik</b>	<b>161</b>	WTW.WŁOCLAWEK	M18-29	2			00:00:33	00:15:50	00:31:59	00:47:56	01:03:30	01:19:23	<b>01:35:05.90</b>	<b>01:35:39.85</b>	+00:33:07 (34.8%)	9:30	6.3 (64.9%)
40	<b>KONIECZNA-ZUPLET Izabela</b>	<b>190</b>		K40-49	7			00:00:54	00:15:04	00:31:10	00:47:12	01:03:27	01:19:56	<b>01:36:03.60</b>	<b>01:36:58.55</b>	+00:34:05 (35.5%)	9:36	6.2 (63.9%)

Znaleziono 40 wynik(ów)