



POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM

B4SPORT
INTEGRATED SPORTS PROMOTION

Wydarzenie: POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-04
Miejsce: Polańczyk
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 1.66km | Start_All 3.3km | Start_All 5km | Start_All 6.66km | Start_All 8.3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------------------|-----------|------|-------------|--------------|-------------|------------------|-----------------|---------------|------------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | SIWAK Piotr | 193 | KS METRACO POLKOWICE | M50-59 | 1 | | | 00:00:28 | 00:11:03 | 00:22:16 | 00:33:29 | 00:45:00 | 00:56:31 | 01:07:48.85 | 01:08:17.75 | | 6:46 | 8.8 (100%) |
| 2 | NIECHWIEJCZYK Piotr | 172 | UNIA MIAST | M40-49 | 1 | | | 00:00:27 | 00:10:59 | 00:22:13 | 00:33:31 | 00:44:58 | 00:56:30 | 01:07:49.55 | 01:08:16.85 | +00:00:00 (0.0%) | 6:46 | 8.8 (100%) |
| 3 | BIŁEK Artur | 151 | UNIA MIAST | M30-39 | 1 | | | 00:00:26 | 00:11:08 | 00:22:38 | 00:34:11 | 00:45:55 | 00:57:22 | 01:08:23.40 | 01:08:50.05 | +00:00:34 (0.8%) | 6:50 | 8.8 (100%) |
| 4 | WOJTASIŃSKI Daniel | 188 | VIKING NORDIC TEAM CZĘSTOCHOWA | M30-39 | 2 | | | 00:00:26 | 00:11:12 | 00:22:41 | 00:34:21 | 00:45:55 | 00:57:21 | 01:08:59.10 | 01:09:25.45 | +00:01:10 (1.7%) | 6:53 | 8.7 (98.9%) |
| 5 | GRZĄDZIEL Kazimierz | 159 | ZKN 'SOKÓŁ' ZAGÓRZ | M50-59 | 2 | | | 00:00:28 | 00:11:03 | 00:22:45 | 00:34:52 | 00:46:59 | 00:59:18 | 01:11:37.50 | 01:12:05.95 | +00:03:48 (5.3%) | 7:09 | 8.4 (95.5%) |
| 6 | GRZYBAŁA Piotr | 160 | | M40-49 | 2 | | | 00:00:28 | 00:11:09 | 00:22:54 | 00:34:57 | 00:47:03 | 00:59:25 | 01:11:55.75 | 01:12:24.30 | +00:04:06 (5.7%) | 7:11 | 8.3 (94.3%) |
| 7 | DOŁŻYCKI Jarosław | 157 | | M30-39 | 3 | | | 00:00:26 | 00:11:07 | 00:22:47 | 00:34:56 | 00:47:24 | 01:00:09 | 01:12:51.90 | 01:13:18.80 | +00:05:03 (6.9%) | 7:17 | 8.2 (93.2%) |
| 8 | NALEPKA Jerzy | 170 | PITBULL WALKING SANOK | M60-69 | 1 | | | 00:00:31 | 00:11:52 | 00:23:51 | 00:35:57 | 00:48:18 | 01:00:44 | 01:13:08.05 | 01:13:39.60 | +00:05:19 (7.3%) | 7:18 | 8.2 (93.2%) |
| 9 | KOWALSKI Marek | 166 | UNIA MIAST | M50-59 | 3 | | | 00:00:27 | 00:12:01 | 00:24:24 | 00:37:03 | 00:49:47 | 01:02:37 | 01:15:20.70 | 01:15:48.15 | +00:07:31 (10.0%) | 7:32 | 8 (90.9%) |
| 10 | JĘDRASIAK Renata | 163 | KS METRACO POLKOWICE | K50-59 | 1 | | | 00:00:55 | 00:12:05 | 00:24:21 | 00:36:50 | 00:49:44 | 01:02:38 | 01:15:20.90 | 01:16:16.15 | +00:07:32 (10.0%) | 7:32 | 8 (90.9%) |
| 11 | SPYCHAŁA Marzena | 181 | WESOŁY BORSUK TEAM | K40-49 | 1 | | | 00:00:54 | 00:12:20 | 00:24:47 | 00:37:28 | 00:50:23 | 01:03:30 | 01:16:16.65 | 01:17:11.50 | +00:08:27 (11.1%) | 7:37 | 7.9 (89.8%) |
| 12 | ŚLUSARCZYK Marcin | 192 | WESOŁY BORSUK TEAM | M30-39 | 4 | | | 00:00:26 | 00:12:11 | 00:25:19 | 00:38:41 | 00:51:36 | 01:04:23 | 01:16:29.30 | 01:16:55.75 | +00:08:40 (11.3%) | 7:38 | 7.8 (88.6%) |
| 13 | NETKOWSKI Wojciech | 171 | PASJA NORDIC WALKING | M50-59 | 4 | | | 00:00:29 | 00:12:15 | 00:24:55 | 00:37:58 | 00:51:02 | 01:04:08 | 01:16:59.95 | 01:17:29.00 | +00:09:11 (11.9%) | 7:42 | 7.8 (88.6%) |
| 14 | STĘPIEŃ Lucyna | 182 | KS METRACO POLKOWICE | K60-69 | 1 | | | 00:00:57 | 00:12:48 | 00:25:29 | 00:38:19 | 00:51:40 | 01:04:41 | 01:17:31.85 | 01:18:28.90 | +00:09:43 (12.5%) | 7:45 | 7.7 (87.5%) |
| 15 | WRÓŃSKI Włodzimierz | 190 | PASJA NORDIC WALKING | M60-69 | 2 | | | 00:00:30 | 00:12:24 | 00:25:07 | 00:38:04 | 00:51:12 | 01:04:25 | 01:17:44.00 | 01:18:14.45 | +00:09:55 (12.8%) | 7:46 | 7.7 (87.5%) |
| 16 | SZCZĘBAK Jacek | 183 | UNIA MIAST | M40-49 | 3 | | | 00:00:27 | 00:12:16 | 00:25:09 | 00:38:06 | 00:51:09 | 01:04:23 | 01:17:46.75 | 01:18:14.30 | +00:09:57 (12.8%) | 7:46 | 7.7 (87.5%) |
| 17 | BUŁAKOWSKI Bohdan | 154 | PASJA NORDIC WALKING | M60-69 | 3 | | | 00:00:30 | 00:13:15 | 00:26:15 | 00:39:12 | 00:52:09 | 01:05:11 | 01:18:03.05 | 01:18:33.35 | +00:10:14 (13.1%) | 7:48 | 7.7 (87.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Żół. kartki | Czer. kartki | Czas startu | Start_All 1.66km | Start_All 3.3km | Start_All 5km | Start_All 6.66km | Start_All 8.3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|----------------------------------|-----------|------|-------------|--------------|-------------|------------------|-----------------|---------------|------------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | | | | | | | | | | |
| 18 | BODNAR Adrian | 152 | | M18-29 | 1 | | | 00:00:28 | 00:12:34 | 00:25:25 | 00:38:28 | 00:51:49 | 01:05:14 | 01:18:38.80 | 01:19:07.10 | +00:10:49 (13.8%) | 7:51 | 7.6 (86.4%) |
| 19 | KOSICKI Dariusz | 165 | | M50-59 | 5 | | | 00:00:29 | 00:13:35 | 00:26:41 | 00:39:51 | 00:53:12 | 01:06:14 | 01:19:14.20 | 01:19:43.65 | +00:11:25 (14.4%) | 7:55 | 7.6 (86.4%) |
| 20 | PASIŃSKA-SKOWRON Sylwia | 176 | PRUSZYŃSKI NORDIC WALKING | K40-49 | 2 | | | 00:00:54 | 00:12:57 | 00:26:09 | 00:39:23 | 00:52:46 | 01:06:17 | 01:20:01.95 | 01:20:56.90 | +00:12:13 (15.3%) | 8:00 | 7.5 (85.2%) |
| 21 | KOŃCZEWSKA Bożena | 191 | BIESZCZADZKI KLUN NORDIC WALKING | K50-59 | 2 | | | 00:00:55 | 00:12:21 | 00:25:09 | 00:38:43 | 00:52:40 | 01:06:51 | 01:20:40.60 | 01:21:36.25 | +00:12:51 (15.9%) | 8:04 | 7.4 (84.1%) |
| 22 | SKRYCKA Katarzyna | 179 | KS METRACO POLKOWICE | K30-39 | 1 | | | 00:00:53 | 00:13:04 | 00:26:15 | 00:39:39 | 00:53:43 | 01:07:20 | 01:21:09.20 | 01:22:03.15 | +00:13:20 (16.4%) | 8:07 | 7.4 (84.1%) |
| 23 | PIĄTKOWSKI Józef | 177 | KS METRACO POLKOWICE | M70+ | 1 | | | 00:00:30 | 00:13:12 | 00:26:44 | 00:40:22 | 00:54:19 | 01:07:59 | 01:22:13.70 | 01:22:44.50 | +00:14:24 (17.5%) | 8:13 | 7.3 (83.0%) |
| 24 | MOCZARSKI Mirosław | 169 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | M50-59 | 6 | | | 00:00:28 | 00:13:02 | 00:26:54 | 00:41:03 | 00:55:24 | 01:09:21 | 01:23:29.20 | 01:23:57.35 | +00:15:40 (18.8%) | 8:20 | 7.2 (81.8%) |
| 25 | MARONDEL Katarzyna | 168 | SILESIA NORDIC TEAM | K30-39 | 2 | | | 00:00:54 | 00:13:14 | 00:26:51 | 00:40:43 | 00:54:56 | 01:09:20 | 01:23:47.85 | 01:24:42.05 | +00:15:59 (19.1%) | 8:22 | 7.2 (81.8%) |
| 26 | SOBAŃSKA Grażyna | 180 | | K60-69 | 2 | | | 00:00:57 | 00:13:44 | 00:27:43 | 00:41:46 | 00:55:50 | 01:10:05 | 01:24:32.30 | 01:25:29.50 | +00:16:43 (19.8%) | 8:27 | 7.1 (80.7%) |
| 27 | TROJAN Elżbieta | 185 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | K30-39 | 3 | | | 00:00:53 | 00:13:51 | 00:27:56 | 00:42:17 | 00:56:55 | 01:11:27 | 01:25:55.05 | 01:26:48.95 | +00:18:06 (21.1%) | 8:35 | 7 (79.5%) |
| 28 | WIŚNIEWSKI Kazimierz | 187 | PASJA NORDIC WALKING | M60-69 | 4 | | | 00:00:30 | 00:14:01 | 00:28:14 | 00:42:22 | 00:56:43 | 01:11:17 | 01:25:56.60 | 01:26:27.20 | +00:18:07 (21.1%) | 8:35 | 7 (79.5%) |
| 29 | WORONKO-ZACZYŃSKA Janina | 189 | KS METRACO POLKOWICE | K70+ | 1 | | | 00:00:57 | 00:14:00 | 00:28:01 | 00:42:12 | 00:56:51 | 01:11:43 | 01:26:48.65 | 01:27:46.60 | +00:18:59 (21.9%) | 8:40 | 6.9 (78.4%) |
| 30 | THOMALLA Bogdan | 184 | SILESIA NORDIC TEAM | M70+ | 2 | | | 00:00:29 | 00:13:47 | 00:27:51 | 00:42:18 | 00:57:08 | 01:12:18 | 01:27:21.30 | 01:27:50.45 | +00:19:32 (22.4%) | 8:44 | 6.9 (78.4%) |
| 31 | KUŹMA Elżbieta | 167 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | K50-59 | 3 | | | 00:00:55 | 00:13:54 | 00:28:06 | 00:42:29 | 00:57:19 | 01:12:15 | 01:27:24.90 | 01:28:20.65 | +00:19:36 (22.4%) | 8:44 | 6.9 (78.4%) |
| 32 | OLEŚ-FERFECKA Edyta | 174 | | K18-29 | 1 | | | 00:00:53 | 00:13:57 | 00:28:40 | 00:43:28 | 00:58:34 | 01:13:45 | 01:29:15.45 | 01:30:08.45 | +00:21:26 (24.0%) | 8:55 | 6.7 (76.1%) |
| 33 | DZIUBAK Janusz | 158 | RYBNICKI KLUB NORDIC WALKING | M50-59 | 7 | | | 00:00:29 | 00:14:11 | 00:29:15 | 00:44:42 | 01:00:00 | 01:15:33 | 01:30:55.45 | 01:31:24.85 | +00:23:06 (25.4%) | 9:05 | 6.6 (75.0%) |
| 34 | GRYGORIEWA Liudmila | 194 | DĄBROWA GÓRNICZA NORDNIC WALKING | K60-69 | 3 | | | 00:00:55 | 00:13:52 | 00:28:56 | 00:44:05 | 00:59:37 | 01:15:13 | 01:30:59.30 | 01:31:55.10 | +00:23:10 (25.5%) | 9:06 | 6.6 (75.0%) |
| 35 | JAROSZ Anna | 162 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | K60-69 | 4 | | | 00:00:56 | 00:14:42 | 00:29:40 | 00:44:53 | 01:00:19 | 01:15:47 | 01:31:44.20 | 01:32:40.85 | +00:23:55 (26.1%) | 9:10 | 6.5 (73.9%) |
| 36 | OMARSKA Grażyna | 175 | PASJA NORDIC WALKING | K50-59 | 4 | | | 00:00:56 | 00:15:15 | 00:30:27 | 00:45:56 | 01:01:30 | 01:16:58 | 01:32:17.60 | 01:33:13.65 | +00:24:28 (26.5%) | 9:13 | 6.5 (73.9%) |
| 37 | HERBUT Elżbieta | 161 | | K40-49 | 3 | | | 00:00:55 | 00:15:15 | 00:30:44 | 00:46:41 | 01:02:42 | 01:18:31 | 01:34:02.35 | 01:34:57.40 | +00:26:13 (27.9%) | 9:24 | 6.4 (72.7%) |
| 38 | KLUCZNIK Elżbieta | 164 | | K40-49 | 4 | | | 00:00:54 | 00:15:22 | 00:30:58 | 00:46:56 | 01:03:06 | 01:19:32 | 01:35:54.95 | 01:36:49.80 | +00:28:06 (29.3%) | 9:35 | 6.3 (71.6%) |
| 39 | CHRAPEK Urszula | 155 | KS RUDZICA | K18-29 | 2 | | | 00:00:52 | 00:16:07 | 00:32:24 | 00:48:56 | 01:05:17 | 01:22:09 | 01:39:08.20 | 01:40:00.80 | +00:31:19 (31.6%) | 9:54 | 6.1 (69.3%) |
| 40 | GUZOWSKI Maciej | 195 | KLUB NW 'WŁÓCZYKIJE' | M30-39 | 5 | | | 00:00:27 | 00:15:49 | 00:32:58 | 00:50:15 | 01:08:46 | 01:27:42 | 01:45:30.05 | 01:45:57.60 | +00:37:41 (35.7%) | 10:33 | 5.7 (64.8%) |

Znaleziono 40 wynik(ów)