



POLAŃCZYK - PUCHAR POLSKI NORDIC WALKING 2018 - 10 KM

B4SPORT

Event: PUCHAR PODKARPACIA NORDIC WALKING
Organiser: Polska Federacja Nordic Walking
Date: 2018-06-03
Place: Polańczyk
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	M	Cat	Żół. kartki	Czer. kartki	Start_All	Start_All	Start_All	Start_All	Start_All	Net	Pace	Pace	
									1.66km	3.32km	5km	6.66km	8.32km	time			Gap
1	BIŁEK Artur	132	UNIA MIAST	M30-39	1				00:11:03	00:22:03	00:33:13	00:44:21	00:55:33	01:06:31.20	6:39	9 (100%)	
2	NIEPOKÓJ Radosław	209	BIESCZADZKI KLUB NORDIC WALKING	M30-39	2				00:10:54	00:21:59	00:33:09	00:44:18	00:55:33	01:06:48.10	+00:00:16 (0.4%)	6:40	9 (100%)
3	NIECHWIEJCZYK Piotr	157	UNIA MIAST	M40-49	1				00:11:05	00:22:15	00:33:44	00:45:15	00:56:30	01:07:54.45	+00:01:23 (2.0%)	6:47	8.8 (97.8%)
4	HAŁAS Marcin	142	UNIA MIAST	M30-39	3				00:11:06	00:22:15	00:33:43	00:45:15	00:56:43	01:08:24.80	+00:01:53 (2.8%)	6:50	8.8 (97.8%)
5	JANOCHA Robert	145	MUKS PODKARPACIE JEDLICZE	M50-59	1				00:11:16	00:22:40	00:34:11	00:45:43	00:57:32	01:09:07.90	+00:02:36 (3.8%)	6:54	8.7 (96.7%)
6	JUREK Adam	148	KS METRACO POLKOWICE	M50-59	2	1			00:11:27	00:22:59	00:34:52	00:47:04	00:59:04	01:11:01.55	+00:04:30 (6.3%)	7:06	8.4 (93.3%)
7	WAWRZYŃIAK Łukasz	165	KSMETRACOPOLKOWICE	M30-39	4				00:11:12	00:22:28	00:34:01	00:46:21	00:58:59	01:11:02.35	+00:04:31 (6.4%)	7:06	8.4 (93.3%)
8	RYCHLIK Grzegorz	168	FUNDACJA 'W TE PĘDY'	M30-39	5				00:11:08	00:22:31	00:34:48	00:47:08	00:59:30	01:11:21.50	+00:04:50 (6.8%)	7:08	8.4 (93.3%)
9	HELWICH Stefan	143	KS METRACOPOLKOWICE	M60-69	1				00:11:30	00:23:12	00:35:12	00:47:12	00:59:28	01:11:27.30	+00:04:56 (6.9%)	7:08	8.4 (93.3%)
10	MAKOWSKI Jan	123	RYBNICKI KLUB NW	M50-59	3				00:11:31	00:23:25	00:35:29	00:47:35	01:00:00	01:12:06.05	+00:05:34 (7.7%)	7:12	8.3 (92.2%)
11	GŁOWA Michał	141	UNIA MIAST	M18-29	1				00:11:54	00:23:56	00:36:06	00:48:04	01:00:29	01:12:22.85	+00:05:51 (8.1%)	7:14	8.3 (92.2%)
12	STĘPAK Piotr	172	ZG REJON NW WINNING TEAM	M18-29	2	2			00:11:56	00:23:58	00:36:10	00:48:06	01:00:30	01:12:30.55	+00:05:59 (8.3%)	7:15	8.3 (92.2%)
13	SPYCHAŁA Lesław	170	WESOŁY BORSUK TEAM	M50-59	4				00:11:26	00:23:15	00:35:39	00:48:09	01:01:14	01:14:09.20	+00:07:38 (10.3%)	7:24	8.1 (90.0%)
14	KUBISZYN Małgorzata	186	NWPL	K30-39	1				00:11:49	00:24:07	00:36:35	00:49:15	01:01:56	01:14:32.05	+00:08:00 (10.8%)	7:27	8.1 (90.0%)
15	JĘDRASIAK Renata	147	KS METRACO POLKOWICE	K50-59	1				00:12:12	00:24:43	00:37:32	00:50:31	01:03:33	01:16:32.10	+00:10:00 (13.1%)	7:39	7.8 (86.7%)
16	KLIMCZAK Adam	183		M50-59	5	1			00:11:56	00:24:49	00:37:59	00:50:51	01:03:51	01:16:36.15	+00:10:04 (13.2%)	7:39	7.8 (86.7%)
17	KOŃCZEWSKA Bożena	149	MKS HALICZ KLUB BIEGACZA /BIESCZADZKI KLUB NWUSTRZYKI DOLNE	K50-59	2				00:12:35	00:25:27	00:38:16	00:51:14	01:04:16	01:16:42.40	+00:10:11 (13.3%)	7:40	7.8 (86.7%)
18	STYŚ Elżbieta	181		K50-59	3				00:12:36	00:25:27	00:38:15	00:51:12	01:04:15	01:16:42.80	+00:10:11 (13.3%)	7:40	7.8 (86.7%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Start_All 5km	Start_All 6.66km	Start_All 8.32km	Net time		Pace min/km	Pace km/h
													10km	Gap		
19	WOLNIEWICZ Katarzyna	191	UNIA MIAST	K40-49	1			00:12:30	00:25:20	00:38:05	00:51:00	01:04:02	01:16:44.60	+00:10:13 (13.3%)	7:40	7.8 (86.7%)
20	KOSICKI Dariusz	185	ROXKIJE ROKIETNICA	M50-59	6			00:12:56	00:25:38	00:38:19	00:51:04	01:03:53	01:16:45.95	+00:10:14 (13.3%)	7:40	7.8 (86.7%)
21	KOWALSKI Marek	151	UNIA MIAST	M50-59	7			00:12:32	00:25:18	00:38:14	00:51:20	01:04:14	01:17:06.30	+00:10:35 (13.7%)	7:42	7.8 (86.7%)
22	PIESIAK Piotr	160		M50-59	8			00:12:18	00:25:11	00:38:38	00:51:51	01:05:04	01:18:14.10	+00:11:42 (15.0%)	7:49	7.7 (85.6%)
23	BUJNICKI Marcin	133	NORDIC WALKING PASŁĘK	M40-49	2			00:12:15	00:25:16	00:38:35	00:52:18	01:06:08	01:20:06.10	+00:13:34 (17.0%)	8:00	7.5 (83.3%)
24	STĘPIEŃ Lucyna	173	KS METRACO POLKOWICE	K60-69	1			00:13:06	00:26:14	00:39:35	00:53:09	01:06:42	01:20:12.50	+00:13:41 (17.1%)	8:01	7.5 (83.3%)
25	ŚLUSARCZYK Andrzej	188	WESOŁY BORSUK TEAM	M60-69	2	1		00:13:13	00:26:20	00:39:40	00:53:00	01:06:41	01:20:14.95	+00:13:43 (17.1%)	8:01	7.5 (83.3%)
26	TEODOROWSKI Dariusz	177	UNIA MIAST	M40-49	3			00:12:34	00:25:54	00:39:33	00:53:33	01:07:20	01:20:49.10	+00:14:17 (17.7%)	8:04	7.4 (82.2%)
27	STAWNIAK Karol	171	KS METRACO POLKOWICE	M70+	1			00:13:07	00:26:39	00:40:09	00:54:04	01:07:41	01:21:11.10	+00:14:39 (18.1%)	8:07	7.4 (82.2%)
28	RODZEŃ Katarzyna	167	BIEGAJĄCĄ KASTA MIEDZIOWEGO MIASTA	K30-39	2			00:12:28	00:25:28	00:39:07	00:53:07	01:07:17	01:21:19.85	+00:14:48 (18.2%)	8:08	7.4 (82.2%)
29	KUKLIŃSKI Arkadiusz	155	ZG REJON NW WINNING TEAM	M18-29	3			00:12:41	00:26:02	00:39:46	00:53:40	01:08:10	01:21:47.75	+00:15:16 (18.7%)	8:10	7.3 (81.1%)
30	ŚLUSARCZYK Grzegorz	187	WESOŁY BORSUK TEAM	M40-49	4	1		00:13:23	00:27:29	00:41:28	00:55:07	01:08:41	01:22:32.50	+00:16:01 (19.4%)	8:15	7.3 (81.1%)
31	BASARAB Grzegorz	131	SANTANDER CONSUMER BANK	M40-49	5			00:13:05	00:26:38	00:40:44	00:54:58	01:08:57	01:23:10.65	+00:16:39 (20.0%)	8:19	7.2 (80.0%)
32	DOBROWOLSKA-ŚWIĄTEK Elżbieta	135		K50-59	4			00:13:14	00:27:04	00:40:55	00:55:08	01:09:27	01:23:50.55	+00:17:19 (20.7%)	8:23	7.2 (80.0%)
33	SURIAK Michał	174	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	6			00:13:34	00:27:28	00:41:30	00:55:28	01:09:51	01:24:28.45	+00:17:57 (21.3%)	8:26	7.1 (78.9%)
34	KOTULA Jakub	150	UNIA MIAST	M30-39	7			00:13:50	00:28:09	00:42:31	00:56:42	01:11:09	01:25:28.35	+00:18:57 (22.2%)	8:32	7 (77.8%)
35	SURIAK Ewelina	175	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	1			00:13:19	00:27:50	00:42:18	00:56:46	01:11:08	01:25:28.95	+00:18:57 (22.2%)	8:32	7 (77.8%)
36	PALUCH Pawel	159	AVOCADO WELLNESS CLUB	M50-59	9			00:13:25	00:27:37	00:42:13	00:56:53	01:11:33	01:26:00.45	+00:19:29 (22.7%)	8:36	7 (77.8%)
37	WIERZBA Lilla	179	PASJA NORDIC WALKING	K50-59	5			00:13:31	00:27:28	00:41:53	00:56:42	01:11:35	01:26:37.95	+00:20:06 (23.2%)	8:39	6.9 (76.7%)
38	RACŁAWSKI Jan	166	AMATOR	M60-69	3			00:13:30	00:27:40	00:42:05	00:56:57	01:12:03	01:27:28.00	+00:20:56 (23.9%)	8:44	6.9 (76.7%)
39	JEDYNAK Stanislaw	146	PASJA NORDIC WALKING	M70+	2			00:13:28	00:27:50	00:42:45	00:57:42	01:12:54	01:27:50.80	+00:21:19 (24.3%)	8:47	6.8 (75.6%)
40	OLEŚ-FERFECKA Edyta	182		K18-29	2			00:14:51	00:29:25	00:44:24	00:59:15	01:14:11	01:29:05.10	+00:22:33 (25.3%)	8:54	6.7 (74.4%)
41	GERLE-KOTULA Anna	140	UNIA MIAST	K30-39	3	1		00:14:16	00:29:14	00:44:08	00:59:18	01:14:24	01:29:10.05	+00:22:38 (25.4%)	8:55	6.7 (74.4%)
42	KRÓL Grażyna	152	SANTANDER CONSUMER BANK	K40-49	2			00:14:30	00:28:57	00:43:50	00:58:51	01:14:14	01:29:27.90	+00:22:56 (25.6%)	8:56	6.7 (74.4%)
43	CHOLEWKA Jolanta	134	MARSZ PO ZDROWIE POZNAŃ	K60-69	2			00:14:12	00:28:42	00:43:32	00:58:46	01:14:15	01:29:36.70	+00:23:05 (25.8%)	8:57	6.7 (74.4%)
44	DZIEGŁO Adam	137	SANTANDER CONSUMER BANK	M40-49	6			00:13:53	00:28:28	00:43:29	00:59:07	01:14:55	01:30:25.20	+00:23:54 (26.4%)	9:02	6.6 (73.3%)
45	ZACZYŃSKA Janina	163		K70+	1			00:14:40	00:29:30	00:44:20	00:59:35	01:14:53	01:30:32.20	+00:24:01 (26.5%)	9:03	6.6 (73.3%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All	Start_All	Start_All	Start_All	Start_All	Net time	Gap	Pace min/km	Pace km/h
								1.66km	3.32km	5km	6.66km	8.32km	10km			
46	YRYGORIEWA Ludmiła	190	POLKOWICE	K60-69	3	1		00:14:07	00:29:01	00:44:45	01:00:20	01:15:49	01:31:09.55	+00:24:38 (27.0%)	9:07	6.6 (73.3%)
47	OMARSKA Grażyna	158	PASJA NORDIC WALKING	K60-69	4			00:15:01	00:30:08	00:45:16	01:00:37	01:16:05	01:31:21.95	+00:24:50 (27.2%)	9:08	6.6 (73.3%)
48	POSTEK Danuta	162	MARSZ PO ZDROWIE	K50-59	6			00:14:39	00:29:47	00:45:06	01:00:33	01:16:14	01:31:36.90	+00:25:05 (27.4%)	9:09	6.5 (72.2%)
49	THOMALLA Bogdan	178		M70+	3			00:14:46	00:29:52	00:45:33	01:01:48	01:18:17	01:34:59.70	+00:28:28 (30.0%)	9:30	6.3 (70.0%)
50	SOKOŁOWSKA Aneta	82	PTG SOKÓŁ RYMANÓW	K18-29	3	1		00:14:51	00:31:18	00:47:43	01:04:18	01:20:18	01:36:12.50	+00:29:41 (30.9%)	9:37	6.2 (68.9%)
51	DZIĘGŁO Agata	138	SANTANDER CONSUMER BANK	K40-49	3			00:14:44	00:30:21	00:46:29	01:03:00	01:19:39	01:36:50.75	+00:30:19 (31.3%)	9:41	6.2 (68.9%)
52	RACŁAWSKA Joanna	164	AMATORKA	K50-59	7			00:14:57	00:30:29	00:46:45	01:03:30	01:20:19	01:37:24.20	+00:30:53 (31.7%)	9:44	6.2 (68.9%)
53	KRZYŚCIN Rafał	153	SANTANDER CONSUMER BANK	M40-49	7			00:15:48	00:31:55	00:48:44	01:05:29	01:22:18	01:39:56.75	+00:33:25 (33.4%)	9:59	6 (66.7%)
54	KRZYŚCIN Mirosława	154	SANTANDER CONSUMER BANK	K40-49	4			00:19:01	00:38:33	00:58:54	01:19:19	01:39:54		+00:44:22	12:00	5 (55.6%)

Total 54 results.