

POLAŃCZYK - PUCHAR POLSKI NORDIC WALKING 2018 - 5 KM

B4SPORT
POLSKIE STOWOZISKO NORDIC WALKING

Wydarzenie: PUCHAR PODKARPACIA NORDIC WALKING
Organizator: GOSiR Polańczyk
Data: 2018-06-03
Miejsce: Polańczyk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	180		M18-29	1	1		00:10:46	00:21:52	00:33:02.35		6:36	9.1 (100%)
2	KONIK Jacek	129	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1			00:11:06	00:22:20	00:33:39.70	+00:00:37 (1.8%)	6:44	8.9 (97.8%)
3	TRZCIŃSKI Franciszek	98	SPORT I REKREACJA START (CHEŁMNO)	M50-54	1			00:11:03	00:22:25	00:33:50.45	+00:00:48 (2.4%)	6:46	8.9 (97.8%)
4	GRZĄDZIEL Kazimierz	210	SOKÓŁ ZAGÓRZ	M50-54	2			00:11:03	00:22:26	00:33:57.90	+00:00:55 (2.7%)	6:47	8.8 (96.7%)
5	WOJTASIŃSKI Daniel	104	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-44	2			00:11:14	00:22:55	00:34:42.60	+00:01:40 (4.8%)	6:56	8.6 (94.5%)
6	ŻALISKO Oksana	120	POLKOWICE	K60-64	1			00:11:35	00:23:29	00:35:05.10	+00:02:02 (5.8%)	7:01	8.5 (93.4%)
7	CYRUS Bogdan	9	SILESIA NORDIC TEAM	M45-49	1			00:11:24	00:23:18	00:35:11.85	+00:02:09 (6.1%)	7:02	8.5 (93.4%)
8	SANIUK Edward	77	FACE NORDIC WALKING TEAM	M65-69	1			00:11:35	00:23:34	00:35:32.25	+00:02:29 (7.0%)	7:06	8.4 (92.3%)
9	PASIERB Marek	66		M60-64	1			00:11:39	00:23:34	00:35:33.35	+00:02:31 (7.1%)	7:06	8.4 (92.3%)
10	SCHRÖDER Karol	78	SILESIA NORDIC TEAM	M40-44	3			00:11:19	00:23:19	00:35:35.80	+00:02:33 (7.2%)	7:07	8.4 (92.3%)
11	TOPOLNICKI Konrad	95	CKZIU NYSA MECHANIK	M-Jun.	1			00:11:22	00:23:29	00:35:39.30	+00:02:36 (7.3%)	7:08	8.4 (92.3%)
12	KONIK Jarek	117	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	1	2		00:11:53	00:23:49	00:35:58.00	+00:02:55 (8.1%)	7:11	8.3 (91.2%)
13	KASZANY Piotr	38	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	4			00:11:45	00:23:40	00:36:00.25	+00:02:57 (8.2%)	7:12	8.3 (91.2%)
14	TRZCIŃSKI Eugeniusz	97	SPORT I REKREACJA START (CHEŁMNO)	M60-64	2			00:11:42	00:24:00	00:36:22.05	+00:03:19 (9.2%)	7:16	8.2 (90.1%)
15	STAROŃ Krzysztof	85		M30-39	2	1		00:11:47	00:24:17	00:36:31.55	+00:03:29 (9.5%)	7:18	8.2 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.66km	Start_All 3.32km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
16	FRĄCKOWIAK Roman	13	KS METRACO POLKOWICE	M50-54	3			00:12:04	00:24:18	00:36:35.65	+00:03:33 (9.7%)	7:19	8.2 (90.1%)
17	DUSZEŃKO Zygmunt	11	KS METRACO POLKOWICE	M55-59	1			00:12:02	00:24:06	00:36:37.00	+00:03:34 (9.8%)	7:19	8.2 (90.1%)
18	SZYMAŃSKI Stefan	91	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	M70+	1			00:11:50	00:24:15	00:36:58.30	+00:03:55 (10.6%)	7:23	8.1 (89.0%)
19	OLEKSYK Malgorzta	63	MKS HALICZ KLUB BIEGACZ, BK NORDIC WALKING USTRZYKI DOLNE	K55-59	1	1		00:12:13	00:24:32	00:36:59.60	+00:03:57 (10.7%)	7:24	8.1 (89.0%)
20	SOKOŁOWSKI Marek	83	PTG SOKÓŁ RYMANÓW	M50-54	4			00:12:11	00:24:21	00:37:05.45	+00:04:03 (10.9%)	7:25	8.1 (89.0%)
21	BUL Dariusz	112	WESOŁY BORSUK TEAM	M40-44	5			00:11:55	00:24:35	00:37:10.60	+00:04:08 (11.1%)	7:26	8.1 (89.0%)
22	GIERLASIŃSKI Krzysztof	19	NWG PRZYSZŁOŚĆ	M55-59	2			00:12:07	00:24:36	00:37:16.60	+00:04:14 (11.4%)	7:27	8.1 (89.0%)
23	CISLIK-KASZANY Anna	8	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	1			00:12:12	00:24:42	00:37:31.55	+00:04:29 (12.0%)	7:30	8 (87.9%)
24	SULIKOWSKA Agnieszka	110	PASJA NORDIC WALKING	K30-39	2			00:12:27	00:25:09	00:37:44.65	+00:04:42 (12.5%)	7:33	7.9 (86.8%)
25	KONIK Katarzyna	116	BIESZCZADZKI KLUB NORDIC WALKING	K30-39	3			00:12:17	00:25:15	00:37:49.60	+00:04:47 (12.7%)	7:34	7.9 (86.8%)
26	GŁĄBICA Ewa	118	WESOŁY BORSUK TEAM	K30-39	4			00:12:32	00:25:12	00:37:56.00	+00:04:53 (12.9%)	7:35	7.9 (86.8%)
27	OKRZESIK-FRĄCKOWIAK Izabela	62	KS METRACO POLKOWICE	K50-54	1			00:12:30	00:25:17	00:38:02.50	+00:05:00 (13.2%)	7:36	7.9 (86.8%)
28	SPYCHAŁA Marzena	84	WESOŁY BORSUK TEAM	K45-49	1			00:12:37	00:25:22	00:38:04.95	+00:05:02 (13.2%)	7:37	7.9 (86.8%)
29	DUSIEL Ewa	10	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-54	2			00:12:32	00:25:23	00:38:16.05	+00:05:13 (13.7%)	7:39	7.8 (85.7%)
30	JÓŹWIAK Marianna	31	SERCE NORDICA WŁOCŁAWEK	K45-49	2			00:12:38	00:25:25	00:38:19.90	+00:05:17 (13.8%)	7:40	7.8 (85.7%)
31	TOMCZYK Edward	94	MARSZ PO ZDROWIE POZNAŃ	M70+	2			00:12:15	00:25:09	00:38:27.55	+00:05:25 (14.1%)	7:41	7.8 (85.7%)
32	DUDEK Edward	126	KS METRACO POLKOWICE	M65-69	2			00:12:55	00:25:45	00:38:59.60	+00:05:57 (15.3%)	7:48	7.7 (84.6%)
33	WRÓŃSKI Włodzimierz	107	PASJA NORDIC WALKING	M65-69	3			00:12:45	00:25:57	00:39:11.60	+00:06:09 (15.7%)	7:50	7.7 (84.6%)
34	BADECKI Ryszard	127		M55-59	3			00:12:58	00:26:27	00:39:43.30	+00:06:40 (16.8%)	7:56	7.6 (83.5%)
35	KONIK Aleksandra	128	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	1			00:12:45	00:26:04	00:39:51.55	+00:06:49 (17.1%)	7:58	7.5 (82.4%)
36	MARCINKOWSKA Agnieszka	56	UNIA MIAST	K-Jun.	1			00:12:46	00:26:27	00:39:59.65	+00:06:57 (17.4%)	8:00	7.5 (82.4%)
37	PASIŃSKA-SKOWRON Sylwia	125	PRUSZYŃSKI SPORT TEAM	K40-44	2			00:12:56	00:26:29	00:40:12.30	+00:07:09 (17.8%)	8:02	7.5 (82.4%)
38	FRĄCKOWIAK Mateusz	14	KS METRACO POLKOWICE	M-Jun.	2			00:11:49	00:25:45	00:40:14.45	+00:07:12 (17.9%)	8:02	7.5 (82.4%)

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										netto 5km	Różn		
39	PANEK Katarzyna	65		K30-39	5			00:12:58	00:26:40	00:40:18.35	+00:07:16 (18.0%)	8:03	7.4 (81.3%)
40	GRYGOROWICZ Bogdan	22	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:12:52	00:26:29	00:40:24.85	+00:07:22 (18.2%)	8:04	7.4 (81.3%)
41	KUPIBIDA Bogusława	49	SILESIA NORDIC TEAM	K55-59	2			00:13:09	00:26:44	00:40:26.85	+00:07:24 (18.3%)	8:05	7.4 (81.3%)
42	KRAWCZYK Krzysztof	124		M30-39	3			00:13:08	00:26:56	00:40:28.60	+00:07:26 (18.4%)	8:05	7.4 (81.3%)
43	KOWALCZYK Edyta	46	KS METRACO POLKOWICE	K45-49	3			00:13:04	00:26:55	00:40:38.20	+00:07:35 (18.7%)	8:07	7.4 (81.3%)
44	PUKAS Małgorzata	113	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	3			00:13:12	00:26:53	00:40:52.30	+00:07:49 (19.2%)	8:10	7.3 (80.2%)
45	MARCINKOWSKI Jakub	57	UNIA MIAST	M18-29	2			00:12:49	00:26:47	00:40:52.55	+00:07:50 (19.2%)	8:10	7.3 (80.2%)
46	KĘDZIERSKA Edyta	39		K40-44	3			00:13:38	00:27:07	00:40:52.75	+00:07:50 (19.2%)	8:10	7.3 (80.2%)
47	JAKUBIEC Piotr	29	SANTANDER CONSUME BANK	M30-39	4	1		00:12:47	00:26:53	00:41:16.15	+00:08:13 (19.9%)	8:15	7.3 (80.2%)
48	KASZANY Karol	37	UKS KRZEMIEŃ / BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	1			00:13:19	00:27:04	00:41:21.35	+00:08:19 (20.1%)	8:16	7.3 (80.2%)
49	GRYGOROWICZ Teresa	23	KS METRACO POLKOWICE	K65-69	1			00:13:21	00:27:24	00:41:27.45	+00:08:25 (20.3%)	8:17	7.2 (79.1%)
50	PIETRUSEWICZ Joanna	70	AVOCADO WELLNESS CLUB	K40-44	4			00:13:24	00:27:29	00:41:52.25	+00:08:49 (21.1%)	8:22	7.2 (79.1%)
51	SELWA Zuzanna	79	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	2	1		00:13:04	00:27:29	00:41:57.00	+00:08:54 (21.2%)	8:23	7.2 (79.1%)
52	KONIK Mikołaj	44	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	2			00:13:20	00:27:08	00:42:02.15	+00:08:59 (21.4%)	8:24	7.1 (78.0%)
53	NIECHWIEJCZYK Kinga	61	UNIA MIAST	K-Jun.	3			00:13:49	00:28:14	00:42:13.45	+00:09:11 (21.8%)	8:26	7.1 (78.0%)
54	LACHOWSKA Ewa	114	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	4			00:13:13	00:27:40	00:42:14.70	+00:09:12 (21.8%)	8:27	7.1 (78.0%)
55	HANUS Joanna	24		K-Niepełnosprawni(B)	1			00:13:56	00:28:26	00:42:24.90	+00:09:22 (22.1%)	8:29	7.1 (78.0%)
56	MICHALIK Krystyna	115	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:13:36	00:28:05	00:42:42.15	+00:09:39 (22.6%)	8:32	7 (76.9%)
57	BUJNICKA Magdalena	3	NORDIC WALKING PASŁĘK	K-Dzieci	1			00:13:47	00:28:09	00:42:45.95	+00:09:43 (22.7%)	8:33	7 (76.9%)
58	KARWOWSKA Anna	36	AKTYWNI Z PASJĄ ŁUKÓW	K-Niepełnosprawni(B)	2			00:13:55	00:28:18	00:42:48.65	+00:09:46 (22.8%)	8:33	7 (76.9%)
59	ANGIELCZYK Małgorzata	2	MARSZ PO ZDROWIE POZNAŃ	K65-69	2			00:13:48	00:28:26	00:43:04.15	+00:10:01 (23.3%)	8:37	7 (76.9%)
60	PYKA Aleksandra	72	UNIA MIAST	K-Dzieci	2			00:14:16	00:28:42	00:43:19.50	+00:10:17 (23.7%)	8:39	6.9 (75.8%)
61	AGARWAL Ritu	1		K45-49	4			00:14:11	00:28:48	00:43:20.10	+00:10:17 (23.8%)	8:40	6.9 (75.8%)
62	BURACZYŃSKI Marcin	4	AKTYWNI Z PASJĄ ŁUKÓW	M30-39	5			00:13:51	00:28:31	00:43:25.60	+00:10:23 (23.9%)	8:41	6.9 (75.8%)

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										netto 5km	Różn		
63	ZAWADZKA Maria	108	KS METRACO POLKOWICE	K65-69	3			00:14:03	00:28:59	00:43:47.55	+00:10:45 (24.6%)	8:45	6.9 (75.8%)
64	JAKUBIEC Ewelina	28	SANTANDER CONSUMER BANK	K30-39	6			00:13:51	00:28:59	00:43:47.65	+00:10:45 (24.6%)	8:45	6.8 (74.7%)
65	PELCZAR Beata	67		K30-39	7	1		00:14:05	00:29:04	00:44:01.10	+00:10:58 (24.9%)	8:48	6.8 (74.7%)
66	JURCZYŃSKA Bożena	33	VIKING NORDIC TEAM CZĘSTOCHOWA	K55-59	5			00:14:07	00:29:01	00:44:01.95	+00:10:59 (25.0%)	8:48	6.8 (74.7%)
67	SZNAJDER Zenon	88	UNIA MIAST	M65-69	4			00:14:35	00:29:41	00:44:26.90	+00:11:24 (25.7%)	8:53	6.7 (73.6%)
68	CHRZYGŁÓD Halina	184		K45-49	5			00:14:22	00:29:23	00:44:34.50	+00:11:32 (25.9%)	8:55	6.7 (73.6%)
69	VEKLYCH Olena	119	POLKOWICEL	K30-39	8			00:14:28	00:29:29	00:44:48.80	+00:11:46 (26.3%)	8:57	6.7 (73.6%)
70	CHRAPKIEWICZ Olivia	6	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	4			00:14:22	00:29:41	00:45:10.60	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
71	KOCIK Julia	41	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	K-Jun.	5			00:14:23	00:29:42	00:45:11.00	+00:12:08 (26.9%)	9:02	6.6 (72.5%)
72	LESIUK Mirosława	51	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	3			00:14:50	00:30:08	00:45:12.90	+00:12:10 (26.9%)	9:02	6.6 (72.5%)
73	TRZCINIECKA Janina	96	NW RELAKS ZAGÓRZ	K60-64	4			00:14:19	00:29:47	00:45:13.75	+00:12:11 (27.0%)	9:02	6.6 (72.5%)
74	WALCZAK Grzegorz	99	OCTOPUS SUCHY LAS	M45-49	2			00:15:19	00:31:01	00:45:24.25	+00:12:21 (27.2%)	9:04	6.6 (72.5%)
75	WOJDA Angelika	103	CKZIU NYSA' MECHANIK'	K18-29	1			00:14:24	00:30:17	00:45:50.15	+00:12:47 (27.9%)	9:10	6.5 (71.4%)
76	CHLEBIŃSKI Jerzy	5		M60-64	3			00:15:05	00:30:27	00:46:02.65	+00:13:00 (28.2%)	9:12	6.5 (71.4%)
77	SZEWCZYK Genowefa	87	NW RELAKS ZAGÓRZ	K65-69	4			00:14:50	00:30:17	00:46:06.10	+00:13:03 (28.3%)	9:13	6.5 (71.4%)
78	HERBUT Elżbieta	27		K45-49	6			00:15:03	00:30:41	00:46:11.85	+00:13:09 (28.5%)	9:14	6.5 (71.4%)
79	SZYMAŃSKA Lucyna	90	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW DYWITY	K-Niepełnosprawni(A)	1			00:15:31	00:31:03	00:46:45.05	+00:13:42 (29.3%)	9:21	6.4 (70.3%)
80	ŚLUSARCZYK Karolina	92	WESOŁY BORSUK TEAM	K-Jun.	6			00:14:33	00:30:58	00:46:56.95	+00:13:54 (29.6%)	9:23	6.4 (70.3%)
81	KOCIK Miłosz	40	UKS KRZEMIEŃ PRZY SP NR 1 W USTRZYKACH DOLNYCH	M-Dzieci	3			00:14:42	00:30:53	00:47:02.55	+00:14:00 (29.8%)	9:24	6.4 (70.3%)
82	SAŁAK Maria	76	NW RELAKS ZAGÓRZ	K65-69	5			00:15:24	00:31:38	00:47:28.15	+00:14:25 (30.4%)	9:29	6.3 (69.2%)
83	PACYNA Helena	64	KS METRACO POLKOWICE	K65-69	6			00:15:52	00:31:46	00:47:31.40	+00:14:29 (30.5%)	9:30	6.3 (69.2%)
84	GAWŁOWSKA Justyna	16	SANTANDER CONSUMER BANK	K18-29	2			00:15:36	00:31:40	00:47:33.90	+00:14:31 (30.5%)	9:30	6.3 (69.2%)
85	HATAŁSKA Sabina	25	SANTANDER CONSUMER BANK	K18-29	3			00:15:28	00:31:41	00:47:34.95	+00:14:32 (30.6%)	9:31	6.3 (69.2%)
86	PYKA Tomasz	73	UNIA MIAST	M40-44	6			00:14:55	00:31:15	00:47:41.90	+00:14:39 (30.7%)	9:32	6.3 (69.2%)

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										netto 5km	Różn		
87	KWIATKOWSKA Jadwiga	50	KS METRACO POLKOWICE	K70+	1			00:15:40	00:31:54	00:48:01.50	+00:14:59 (31.2%)	9:36	6.2 (68.1%)
88	CIEŚLIŃSKA Wiesława	7	AKTYWNI Z PASJĄ ŁUKÓW	K55-59	6			00:15:26	00:32:18	00:48:47.25	+00:15:44 (32.3%)	9:45	6.1 (67.0%)
89	WOLAK Iwona	105		K40-44	5			00:15:40	00:32:16	00:49:31.90	+00:16:29 (33.3%)	9:54	6.1 (67.0%)
90	SKRĘTKOWSKA Dorota	80		K- Niepełnosprawni(B)	3			00:15:49	00:32:06	00:49:32.15	+00:16:29 (33.3%)	9:54	6.1 (67.0%)
91	WALCZAK Henryk	100	OCTOPUS SUCHY LAS	M70+	3			00:15:54	00:32:32	00:49:40.80	+00:16:38 (33.5%)	9:56	6 (65.9%)
92	ALEKSANDROVA Anna	122	POLKOWICE	K70+	2			00:16:23	00:33:05	00:49:58.50	+00:16:56 (33.9%)	9:59	6 (65.9%)
93	ŁOMNICKA-GUT Ewa	53	NW RELAKS ZAGÓRZ	K70+	3			00:16:26	00:33:12	00:50:05.80	+00:17:03 (34.0%)	10:01	6 (65.9%)
94	RYCHLIK Fabian	75	FUNDACJA 'W TE PĘDY'	M-Dzieci	4			00:16:02	00:33:54	00:51:18.80	+00:18:16 (35.6%)	10:15	5.8 (63.7%)
95	DUSZEŃKO Elwira	12	KS METRACO POLKOWICE	K- Niepełnosprawni(A)	2			00:16:43	00:34:28	00:52:13.60	+00:19:11 (36.7%)	10:26	5.7 (62.6%)
96	KULCZYCKI Jan	48		M65-69	5			00:16:51	00:34:38	00:52:21.55	+00:19:19 (36.9%)	10:28	5.7 (62.6%)
97	GROBELNA Jadwiga	20	KSMETRACOPOLKOWICE	K- Niepełnosprawni(B)	4			00:16:51	00:35:02	00:52:56.75	+00:19:54 (37.6%)	10:35	5.7 (62.6%)
98	JÓŹWIAK Dominik	32	SERCE NORDICA WŁOCŁAWEK	M18-29	3			00:17:50	00:35:46	00:52:58.95	+00:19:56 (37.6%)	10:35	5.7 (62.6%)
99	WILCZYŃSKA Barbara	102	AKTYWNI Z PASJĄ	K65-69	7			00:17:01	00:35:44	00:54:29.60	+00:21:27 (39.4%)	10:53	5.5 (60.4%)
100	RAK Wanda	74		K- Niepełnosprawni(B)	5			00:17:24	00:35:28	00:54:35.15	+00:21:32 (39.5%)	10:55	5.5 (60.4%)
101	GAGATKO Krystyna	15	NW RELAKS ZAGÓRZ	K65-69	8			00:19:42	00:39:49	01:00:41.05	+00:27:38 (45.6%)	12:08	4.9 (53.8%)
102	ŻUBRYD Renata	109	NW RELAKS ZAGÓRZ	K70+	4			00:21:14	00:42:53	01:04:58.15	+00:31:55 (49.1%)	12:59	4.6 (50.5%)
103	NIEBRZEGOWSKA Helena	59	AKTYWNI Z PASJĄ ŁUKÓW	K60-64	5			00:17:04			+00:06:18	10:16	5.8 (63.7%)
104	NIEBRZEGOWSKI Grzegorz	60	AKTYWNI Z PASJĄ ŁUKÓW	M65-69	6								(0.0%)
105	PIĄTKOWSKA Małgorzata	68	KS METRACO POLKOWICE	K70+	5								(0.0%)
DQ	PIĄTKOWSKI Józef	69	KS METRACO POLKOWICE	M70+			2	00:14:11 DQ	00:32:54 DQ	00:51:18.75 DQ		-	- (0.0%)
DQ	ADAMUS Marian	121	SILESIA NORDIC TEAM	M65-69			1	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 107 wynik(ów)