



# POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW  
Data: 2015-10-10  
Miejsce: Polańczyk  
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	175	M 18-29	1			00:00:27	00:14:43	00:29:55	00:45:01	01:00:02.50	01:00:30.10		6:00	10 (100%)
2	WINNICKI Robert	184	M 40-49	1			00:00:29	00:16:04	00:31:47	00:47:26	01:03:11.45	01:03:41.10	+00:03:08 (5.0%)	6:19	9.5 (95.0%)
3	NALEPKA Jerzy	176	M 60-69	1			00:00:32	00:15:59	00:32:05	00:48:35	01:05:10.30	01:05:42.65	+00:05:07 (7.9%)	6:31	9.2 (92.0%)
4	BOGACKI Sławek	168	M 40-49	2			00:00:29	00:16:04	00:32:47	00:49:30	01:05:43.00	01:06:12.05	+00:05:40 (8.6%)	6:34	9.1 (91.0%)
5	NIECHWIEJCZYK Piotr	160	M 30-39	1			00:00:27	00:16:09	00:32:50	00:49:34	01:05:52.70	01:06:20.55	+00:05:50 (8.9%)	6:35	9.1 (91.0%)
6	KONIK Jacek	157	M 40-49	3			00:00:29	00:16:42	00:33:44	00:50:44	01:07:59.85	01:08:29.55	+00:07:57 (11.7%)	6:48	8.8 (88.0%)
7	SOBKOWSKI Janusz	182	M 60-69	2			00:00:32	00:17:14	00:34:35	00:51:59	01:09:32.25	01:10:05.05	+00:09:29 (13.7%)	6:57	8.6 (86.0%)
8	BILIK Wojciech	172	M 40-49	4			00:00:28	00:16:59	00:34:40	00:52:21	01:09:49.70	01:10:18.45	+00:09:47 (14.0%)	6:59	8.6 (86.0%)
9	KRÓLICKI Dariusz	177	M 40-49	5			00:00:29	00:17:10	00:34:43	00:52:21	01:09:58.80	01:10:28.55	+00:09:56 (14.2%)	6:59	8.6 (86.0%)
10	ŁOPATKIEWICZ Beata	171	K 40-49	1			00:01:36	00:17:30	00:35:31	00:53:38	01:11:54.45	01:13:30.80	+00:11:51 (16.5%)	7:11	8.3 (83.0%)
11	CIŚLIK-KASZANY Anna	158	K 30-39	1			00:01:36	00:17:43	00:35:39	00:54:10	01:12:54.95	01:14:31.80	+00:12:52 (17.7%)	7:17	8.2 (82.0%)
12	LIS Robert	169	M 50-59	1			00:00:31	00:18:14	00:36:38	00:54:55	01:13:35.75	01:14:07.40	+00:13:33 (18.4%)	7:21	8.2 (82.0%)
13	PASIŃSKA - SKOWRON Sylwia	164	K 30-39	2			00:01:35	00:17:35	00:35:59	00:54:49	01:13:41.50	01:15:17.35	+00:13:39 (18.5%)	7:22	8.1 (81.0%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	<b>KRZANOWSKI Bartłomiej</b>	<b>153</b>	M 40-49	6			00:00:29	00:18:15	00:36:43	00:55:38	<b>01:14:36.30</b>	<b>01:15:05.30</b>	+00:14:33 (19.5%)	7:27	8 (80.0%)
15	<b>REJ Anna</b>	<b>165</b>	K 30-39	3			00:01:36	00:18:25	00:36:59	00:55:54	<b>01:14:54.70</b>	<b>01:16:30.85</b>	+00:14:52 (19.9%)	7:29	8 (80.0%)
16	<b>REJMAN Dorota</b>	<b>178</b>	K 30-39	4			00:01:36	00:18:30	00:37:15	00:56:11	<b>01:15:39.90</b>	<b>01:17:16.00</b>	+00:15:37 (20.6%)	7:34	7.9 (79.0%)
17	<b>WAJDA Mateusz</b>	<b>152</b>	M 30-39	2			00:00:27	00:18:45	00:38:05	00:57:23	<b>01:16:41.85</b>	<b>01:17:09.65</b>	+00:16:39 (21.7%)	7:40	7.8 (78.0%)
18	<b>KATARZYNA Marondel</b>	<b>150</b>	K 18-29	1			00:01:35	00:19:05	00:38:21	00:57:39	<b>01:17:12.95</b>	<b>01:18:48.00</b>	+00:17:10 (22.2%)	7:43	7.8 (78.0%)
19	<b>CETNARSKA-CZYŻ Izabela</b>	<b>163</b>	K 40-49	2			00:01:37	00:18:53	00:38:23	00:58:02	<b>01:17:51.85</b>	<b>01:19:28.90</b>	+00:17:49 (22.9%)	7:47	7.7 (77.0%)
20	<b>MOCZARSKI Mirosław</b>	<b>156</b>	M 50-59	2			00:00:31	00:18:49	00:38:13	00:58:06	<b>01:18:02.80</b>	<b>01:18:33.95</b>	+00:18:00 (23.1%)	7:48	7.7 (77.0%)
21	<b>ĆWIAKAŁA Halina</b>	<b>174</b>	K 30-39	5			00:01:36	00:19:18	00:38:53	00:58:40	<b>01:18:17.50</b>	<b>01:19:53.55</b>	+00:18:15 (23.3%)	7:49	7.7 (77.0%)
22	<b>PARYS Andrzej</b>	<b>179</b>	M 60-69	3			00:00:32	00:19:56	00:40:09	01:00:18	<b>01:19:42.05</b>	<b>01:20:14.75</b>	+00:19:39 (24.7%)	7:58	7.5 (75.0%)
23	<b>BARAN Marek</b>	<b>151</b>	M 40-49	7			00:00:29	00:19:04	00:39:00	00:59:27	<b>01:20:15.25</b>	<b>01:20:44.55</b>	+00:20:12 (25.2%)	8:01	7.5 (75.0%)
24	<b>PASZKIEWICZ-KĘSIĄK Anita</b>	<b>166</b>	K 60-69	1			00:01:38	00:19:20	00:39:25	00:59:58	<b>01:20:32.50</b>	<b>01:22:10.75</b>	+00:20:30 (25.5%)	8:03	7.5 (75.0%)
25	<b>WÓJCIK Tadeusz</b>	<b>162</b>	M 60-69	4			00:00:32	00:19:55	00:39:51	01:00:20	<b>01:20:54.95</b>	<b>01:21:27.20</b>	+00:20:52 (25.8%)	8:05	7.4 (74.0%)
26	<b>SŁOBODA Elżbieta</b>	<b>170</b>	K 30-39	6			00:01:37	00:20:24	00:41:26	01:01:47	<b>01:22:00.05</b>	<b>01:23:37.10</b>	+00:21:57 (26.8%)	8:12	7.3 (73.0%)
27	<b>JARZĄBEK Wojciech</b>	<b>154</b>	M 50-59	3			00:00:31	00:19:47	00:40:23	01:02:24	<b>01:22:54.25</b>	<b>01:23:25.55</b>	+00:22:51 (27.6%)	8:17	7.2 (72.0%)
28	<b>KOCHANIAK Maria</b>	<b>167</b>	K 60-69	2			00:01:37	00:19:43	00:40:35	01:02:13	<b>01:23:38.85</b>	<b>01:25:16.65</b>	+00:23:36 (28.2%)	8:21	7.2 (72.0%)
29	<b>OLEŚ-FERFECKA Edyta</b>	<b>180</b>	K 18-29	2			00:01:35	00:20:59	00:42:00	01:02:57	<b>01:23:46.70</b>	<b>01:25:22.05</b>	+00:23:44 (28.3%)	8:22	7.2 (72.0%)
30	<b>RYSZ Tomasz</b>	<b>181</b>	M 60-69	5			00:00:32	00:20:08	00:41:10	01:02:22	<b>01:23:49.30</b>	<b>01:24:21.55</b>	+00:23:46 (28.4%)	8:22	7.2 (72.0%)
31	<b>KUŹMA Elżbieta</b>	<b>155</b>	K 50-59	1			00:01:36	00:20:32	00:41:38	01:02:51	<b>01:24:07.95</b>	<b>01:25:44.90</b>	+00:24:05 (28.6%)	8:24	7.1 (71.0%)
32	<b>SŁOBODA Krzysztof</b>	<b>161</b>	M 50-59	4			00:00:31	00:20:48	00:42:36	01:04:12	<b>01:25:13.75</b>	<b>01:25:45.20</b>	+00:25:11 (29.6%)	8:31	7 (70.0%)
33	<b>LECHOWICZ Maria</b>	<b>183</b>	K 50-59	2			00:01:37	00:21:06	00:42:34	01:04:40	<b>01:27:22.35</b>	<b>01:28:59.90</b>	+00:27:19 (31.3%)	8:44	6.9 (69.0%)
34	<b>HERBUT Elżbieta</b>	<b>185</b>	K 40-49	3			00:01:37	00:21:11	00:42:33	01:04:41	<b>01:27:22.70</b>	<b>01:29:00.35</b>	+00:27:20 (31.3%)	8:44	6.9 (69.0%)
35	<b>HAŁCZYŃSKA-DROZD Agnieszka</b>	<b>173</b>	K 18-29	3			00:01:35	00:22:48	00:46:35	01:11:20	<b>01:35:24.70</b>	<b>01:37:00.15</b>	+00:35:22 (37.1%)	9:32	6.3 (63.0%)

Znaleziono 35 wynik(ów)