

POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-02
Miejsce: Polańczyk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.7km	Start_All 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTOWICZ Tomasz	111	BIESZCZADZKI KLUB NORDIC WALKING	M18-29	1			00:11:06	00:22:27	00:33:19.20		6:40	9 (100%)
2	TOPOLNICKI Konrad	96	CKZIU MECHANIK NYSA	M18-29	2			00:11:08	00:22:27	00:33:20.19	+00:00:00 (0.0%)	6:40	9 (100%)
3	KONIK Jacek	37	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1			00:11:55	00:23:41	00:35:21.62	+00:02:02 (5.8%)	7:04	8.5 (94.4%)
4	PODGÓRSKI Szymon	65	CKZIU MECHANIK NYSA	M-Jun.	1			00:11:29	00:23:32	00:35:36.39	+00:02:17 (6.4%)	7:07	8.4 (93.3%)
5	WOROCH Roman	102	KS METRACO POLKOWICE	M60-64	1			00:11:58	00:23:50	00:35:36.80	+00:02:17 (6.4%)	7:07	8.4 (93.3%)
6	GRZĄDZIEL Dariusz	137	BIESZCZADZKI KLUB NORDIC WALKING	M50-54	1			00:12:03	00:23:58	00:35:45.87	+00:02:26 (6.8%)	7:09	8.4 (93.3%)
7	SPYCHAŁA Lesław	81	CKZIU MECHANIK NYSA	M50-54	2			00:11:42	00:23:53	00:36:18.36	+00:02:59 (8.2%)	7:15	8.3 (92.2%)
8	ŻALISKO Oksana	131	KARPATIYA	K60-64	1			00:11:57	00:24:24	00:36:39.58	+00:03:20 (9.1%)	7:19	8.2 (91.1%)
9	DUSZEŃKO Zygmunt	10	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:12:14	00:24:43	00:37:00.06	+00:03:40 (9.9%)	7:24	8.1 (90.0%)
10	FRĄCKOWIAK Roman	12	KS METRACO POLKOWICE	M50-54	3			00:12:01	00:24:32	00:37:15.12	+00:03:55 (10.6%)	7:27	8.1 (90.0%)
11	KONIK Jarosław	112	BIESZCZADZKI KLUB NORDIC WALKING	M30-39	1			00:12:35	00:25:15	00:37:25.78	+00:04:06 (11.0%)	7:29	8 (88.9%)
12	MATSEIKO Yevhenii	108	KARPATIYA	M30-39	2			00:12:29	00:25:09	00:37:32.67	+00:04:13 (11.3%)	7:30	8 (88.9%)
13	OLEKSYK Małgorzata	56	KLUB BIEGACZA HALICZ, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1			00:12:35	00:25:26	00:38:21.16	+00:05:01 (13.1%)	7:40	7.8 (86.7%)
14	POLISZCZUK Piotr	66	PIERNIKI NA CHODZIE	M-Niepełnosprawni(A)	2			00:12:33	00:25:32	00:38:22.65	+00:05:03 (13.2%)	7:40	7.8 (86.7%)

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15	PASIERB Marek	59		M65-69	1			00:12:53	00:26:02	00:38:22.96	+00:05:03 (13.2%)	7:40	7.8 (86.7%)
16	JANIEC Jakub	140	PTG 'SOKÓŁ' RYMANÓW	M-Jun.	2			00:12:27	00:25:30	00:38:26.46	+00:05:07 (13.3%)	7:41	7.8 (86.7%)
17	SZYMAŃSKI Stefan	95	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW DYWITY	M70+	1			00:12:47	00:26:02	00:38:57.50	+00:05:38 (14.5%)	7:47	7.7 (85.6%)
18	BUCZKOWSKI Jerzy	5	KS SOKÓŁ GAŚAWA	M65-69	2			00:12:52	00:26:02	00:39:06.76	+00:05:47 (14.8%)	7:49	7.7 (85.6%)
19	ZIELIŃSKI Szczepan	105	SERCE NORDICA WŁOCŁAWEK	M45-49	1			00:12:24	00:25:35	00:39:07.70	+00:05:48 (14.8%)	7:49	7.7 (85.6%)
20	KRAWCZYK Małgorzata	117		K30-39	1			00:13:00	00:25:57	00:39:11.28	+00:05:52 (15.0%)	7:50	7.7 (85.6%)
21	OKRZESIK-FRĄCKOWIAK Izabela	55	KS METRACO POLKOWICE	K50-54	1			00:12:44	00:26:07	00:39:28.92	+00:06:09 (15.6%)	7:53	7.6 (84.4%)
22	PIĄTEK Dariusz	60	POLIPACK TEAM GWE	M-Niepełnosprawni(A)	3			00:12:52	00:26:19	00:39:32.04	+00:06:12 (15.7%)	7:54	7.6 (84.4%)
23	RAJEK Tomasz	72	NORDIC TEAM CZĘSTOCHOWA	M50-54	4			00:12:54	00:26:36	00:39:38.37	+00:06:19 (15.9%)	7:55	7.6 (84.4%)
24	KOŁPAK Jan	35	LKS ZANTYR SZTUM	M70+	2	1		00:13:12	00:26:28	00:39:40.84	+00:06:21 (16.0%)	7:56	7.6 (84.4%)
25	DUDEK Edward	9	KS METRACO POLKOWICE	M65-69	3			00:12:53	00:26:05	00:39:45.61	+00:06:26 (16.2%)	7:57	7.5 (83.3%)
26	PUSZKARSKA Małgorzata	70	GOSADI NORDIC TEAM	K40-44	1			00:12:49	00:26:13	00:39:48.83	+00:06:29 (16.3%)	7:57	7.5 (83.3%)
27	WASILEWSKI Sławomir	99	PASJA NORDIC WALKING	M70+	3			00:13:08	00:26:34	00:40:03.46	+00:06:44 (16.8%)	8:00	7.5 (83.3%)
28	WROŃSKI Włodzimierz	104	PASJA NORDIC WALKING	M65-69	4			00:13:04	00:26:32	00:40:13.45	+00:06:54 (17.2%)	8:02	7.5 (83.3%)
29	JÓŻWIAK Marianna	26	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:12:58	00:26:40	00:40:29.61	+00:07:10 (17.7%)	8:05	7.4 (82.2%)
30	MALINOWSKA Monika	130	LKS ZANTYR SZTUM	K30-39	2			00:13:05	00:26:33	00:40:31.86	+00:07:12 (17.8%)	8:06	7.4 (82.2%)
31	RÓWIŃSKI Paweł	76	KLUB SCB	M30-39	3			00:13:28	00:27:08	00:40:43.14	+00:07:23 (18.2%)	8:08	7.4 (82.2%)
32	MOCHNAL Mirosław	132		M70+	4			00:15:10	00:31:05	00:40:50.51	+00:07:31 (18.4%)	8:10	7.3 (81.1%)
33	KONIK Aleksandra	36	BIESZCZADZKI KLUB NORDIC WALKING	K40-44	2			00:13:08	00:27:09	00:41:21.99	+00:08:02 (19.5%)	8:16	7.3 (81.1%)
34	KRAWCZYK Krzysztof	115		M30-39	4			00:13:24	00:27:28	00:41:25.58	+00:08:06 (19.6%)	8:17	7.2 (80.0%)
35	PIETRUSEWICZ Joanna	61	PASJA NORDIC WALKING	K45-49	2			00:13:31	00:27:32	00:41:31.59	+00:08:12 (19.8%)	8:18	7.2 (80.0%)
36	SZYDŁOWSKI Oliwiusz	94		M-Jun.	3			00:12:44	00:27:07	00:41:41.73	+00:08:22 (20.1%)	8:20	7.2 (80.0%)
37	TOPOLNICKI Mariusz	97	CKZIU MECHANIK NYSA	M45-49	2			00:13:49	00:28:21	00:41:47.06	+00:08:27 (20.3%)	8:21	7.2 (80.0%)

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										5km	Różn		
38	PUKAS Małgorzata	69	BIESZCZADZKI KLUB NORDIC WALKING	K55-59	2			00:13:48	00:27:53	00:41:58.45	+00:08:39 (20.6%)	8:23	7.1 (78.9%)
39	STAŃCZAK Grażyna	85	FACE NORDIC TEAM	K65-69	1			00:13:41	00:27:50	00:42:17.64	+00:08:58 (21.2%)	8:27	7.1 (78.9%)
40	GAŁAŚ Joanna	15	PASJA NORDIC WALKING	K18-29	1			00:13:48	00:28:22	00:42:27.64	+00:09:08 (21.5%)	8:29	7.1 (78.9%)
41	PINIS Agnieszka	63	NORDIC TEAM CZĘSTOCHOWA	K40-44	3			00:13:34	00:28:15	00:42:58.34	+00:09:39 (22.5%)	8:35	7 (77.8%)
42	KOZIARZ Roman	39	STADION ŚLĄSKI	M60-64	2			00:14:10	00:28:42	00:43:29.30	+00:10:10 (23.4%)	8:42	6.9 (76.7%)
43	GRYGOROWICZ Bogdan	20	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:14:41	00:29:13	00:43:31.01	+00:10:11 (23.4%)	8:42	6.9 (76.7%)
44	SOŁDECKA Anna	80		K45-49	3			00:14:27	00:28:48	00:43:31.06	+00:10:11 (23.4%)	8:42	6.9 (76.7%)
45	LACHOWSKA Ewa	41	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	2			00:14:04	00:28:50	00:43:32.38	+00:10:13 (23.5%)	8:42	6.9 (76.7%)
46	STAŃCZAK Ryszard	86	FACE NORDIC TEAM	M70+	5			00:13:55	00:28:43	00:43:39.68	+00:10:20 (23.7%)	8:44	6.9 (76.7%)
47	WOROCH Jolanta	103	KS METRACO POLKOWICE	K50-54	2			00:14:28	00:29:06	00:43:49.84	+00:10:30 (24.0%)	8:46	6.8 (75.6%)
48	SOWIŃSKI Jan	139	AGROS ZAMOŚĆ	M65-69	5			00:14:08	00:29:01	00:43:59.73	+00:10:40 (24.3%)	8:48	6.8 (75.6%)
49	WOLAK Michał	175		M-Dzieci	1			00:14:16	00:29:32	00:44:02.33	+00:10:43 (24.3%)	8:48	6.8 (75.6%)
50	DĄBROWSKI Andrzej	7	MARSZ PO ZDROWIE	M70+	6			00:14:15	00:29:16	00:44:05.77	+00:10:46 (24.4%)	8:49	6.8 (75.6%)
51	JÓŹWIAK Łukasz	25	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	4			00:14:27	00:29:28	00:44:20.85	+00:11:01 (24.9%)	8:52	6.8 (75.6%)
52	KONIK Mikołaj	38	BIESZCZADZKI KLUB NORDIC WALKING	M-Dzieci	2			00:14:33	00:29:42	00:44:23.15	+00:11:03 (24.9%)	8:52	6.8 (75.6%)
53	SOVA Mariana	107	KARPATIYA	K18-29	2	1		00:13:47	00:28:21	00:44:40.95	+00:11:21 (25.4%)	8:56	6.7 (74.4%)
54	MICHALIK Krystyna	110	USTRZYCKI KLUB NORDIC WALKING	K60-64	3			00:14:11	00:28:56	00:44:46.79	+00:11:27 (25.6%)	8:57	6.7 (74.4%)
55	GRYGOROWICZ Teresa	19	KS METRACO POLKOWICE	K65-69	2			00:14:44	00:30:03	00:45:16.04	+00:11:56 (26.4%)	9:03	6.6 (73.3%)
56	MALINOWSKI Paweł	46		M18-29	3			00:14:43	00:30:03	00:45:21.48	+00:12:02 (26.5%)	9:04	6.6 (73.3%)
57	ZAPORA Henryk	138	AGROS ZAMOŚĆ	M65-69	6			00:14:55	00:30:25	00:45:27.70	+00:12:08 (26.7%)	9:05	6.6 (73.3%)
58	SURIAK Michał	89	NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:14:08	00:29:50	00:45:45.93	+00:12:26 (27.2%)	9:09	6.6 (73.3%)
59	RÓWIŃSKA Joanna	75	KLUB SCB	K30-39	3			00:15:06	00:30:40	00:46:01.34	+00:12:42 (27.6%)	9:12	6.5 (72.2%)
60	PINIS Gabriela	62	NORDIC TEAM CZĘSTOCHOWA	K-Dzieci	1			00:14:43	00:30:20	00:46:06.64	+00:12:47 (27.7%)	9:13	6.5 (72.2%)

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										netto 5km	Różn		
61	SOŁDECKI Wojciech	109		M-Dzieci	3			00:14:56	00:30:42	00:46:21.13	+00:13:01 (28.1%)	9:16	6.5 (72.2%)
62	NYLEC Dawid	53	KLUB SCB	M30-39	6			00:15:32	00:31:05	00:46:24.56	+00:13:05 (28.2%)	9:17	6.5 (72.2%)
63	NOWAK Ewa	51	STADION ŚLĄSKI	K50-54	3			00:14:35	00:30:28	00:46:45.45	+00:13:26 (28.7%)	9:21	6.4 (71.1%)
64	STACHYRA Gracjan	84		M-Jun.	4			00:14:45	00:31:55	00:47:18.06	+00:13:58 (29.6%)	9:27	6.3 (70.0%)
65	BAK Krzysztof	3		M30-39	7			00:15:57	00:31:54	00:47:35.76	+00:14:16 (30.0%)	9:31	6.3 (70.0%)
66	JAROCH Miłosz	22		M-Jun.	5			00:14:43	00:31:54	00:48:01.48	+00:14:42 (30.6%)	9:36	6.2 (68.9%)
67	KASPRZYK Karol	29		M-Jun.	6			00:14:18	00:31:59	00:48:25.86	+00:15:06 (31.2%)	9:41	6.2 (68.9%)
68	HANUS Joanna	133	PASJONAUCI KROSNO	K-Niepełnosprawni(B)	1			00:16:03	00:32:51	00:48:31.06	+00:15:11 (31.3%)	9:42	6.2 (68.9%)
69	PROKOP Agnieszka	67	KLUB SCB	K30-39	4			00:16:18	00:33:04	00:49:32.49	+00:16:13 (32.7%)	9:54	6.1 (67.8%)
70	NYLEC Urszula	52	KLUB SCB	K30-39	5			00:16:23	00:33:01	00:49:34.07	+00:16:14 (32.8%)	9:54	6.1 (67.8%)
71	KOZIARZ Jadwiga	40	STADION ŚLĄSKI	K55-59	3			00:16:00	00:32:57	00:49:59.80	+00:16:40 (33.4%)	10:00	6 (66.7%)
72	SZEWCZYK Genowefa	91	NW RELAKS ZAGÓRZ	K65-69	3			00:15:48	00:32:51	00:50:21.90	+00:17:02 (33.8%)	10:04	6 (66.7%)
73	WOLAK Iwona	101		K40-44	4			00:17:22	00:35:00	00:51:53.80	+00:18:34 (35.8%)	10:22	5.8 (64.4%)
74	TRZCINIECKA Janina	98	NW RELAKS ZAGÓRZ	K60-64	4	1		00:16:52	00:34:00	00:51:58.45	+00:18:39 (35.9%)	10:23	5.8 (64.4%)
75	BRZEZIŃSKI Jan	113	OLIMPIA OSOWA	M-Dzieci	4			00:18:06	00:36:53	00:53:35.75	+00:20:16 (37.8%)	10:43	5.6 (62.2%)
76	KĘDZIERSKA Edyta	114	PFNW	K45-49	4			00:18:07	00:36:55	00:53:37.58	+00:20:18 (37.9%)	10:43	5.6 (62.2%)
77	OBSZARNA Aleksandra	54		K-Jun.	1			00:17:55	00:36:51	00:54:20.73	+00:21:01 (38.7%)	10:52	5.5 (61.1%)
78	GROBELNA Jadwiga	18	KS METRACO POLKOWICE	K-Niepełnosprawni(B)	2			00:18:04	00:36:29	00:55:06.63	+00:21:47 (39.5%)	11:01	5.4 (60.0%)
79	SZARUGA Natalia	90		K-Jun.	2			00:17:57	00:36:53	00:55:27.59	+00:22:08 (39.9%)	11:05	5.4 (60.0%)
80	SALAŁAK Maria	77	NW RELAKS ZAGÓRZ	K65-69	4			00:16:59	00:35:47	00:55:56.31	+00:22:37 (40.4%)	11:11	5.4 (60.0%)
81	ŁOMNICKA-GUT Ewa	44	NW RELAKS ZAGÓRZ	K70+	1			00:18:18	00:36:58	00:56:00.81	+00:22:41 (40.5%)	11:12	5.4 (60.0%)
82	APANASOWICZ Danuta	1	NW RELAKS ZAGÓRZ	K65-69	5			00:18:27	00:37:03	00:56:01.56	+00:22:42 (40.5%)	11:12	5.4 (60.0%)
83	STACHYRA Agata	83		K-Jun.	3			00:19:04	00:38:43	00:57:16.62	+00:23:57 (41.8%)	11:27	5.2 (57.8%)

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84	RODZEŃ Anna	74		K-Jun.	4			00:19:06	00:38:45	00:57:16.80	+00:23:57 (41.8%)	11:27	5.2 (57.8%)
85	ŁOCHA Aleksandra	43		K-Jun.	5			00:19:03	00:38:43	00:57:16.82	+00:23:57 (41.8%)	11:27	5.2 (57.8%)
86	BAK Magda	2		K30-39	6			00:18:52	00:38:49	00:58:10.89	+00:24:51 (42.7%)	11:38	5.2 (57.8%)
87	DROP Mieczysław	8	KS SOKÓŁ GAŚAWA	M70+	7			00:19:29	00:38:52	00:58:35.25	+00:25:16 (43.1%)	11:43	5.1 (56.7%)
88	GAGATKO Krystyna	14	NW RELAKS ZAGÓRZ	K65-69	6			00:18:27	00:37:32	00:58:50.17	+00:25:30 (43.4%)	11:46	5.1 (56.7%)
89	LEWANDOWSKI Jacek	42	STADION ŚLĄSKI	M- Niepełnosprawni(B)	2			00:20:38	00:41:20	01:02:15.07	+00:28:55 (46.5%)	12:27	4.8 (53.3%)
90	HANUS Teresa	134	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	3			00:19:43	00:41:23	01:03:29.73	+00:30:10 (47.5%)	12:42	4.7 (52.2%)
91	MYSZAK Zuzanna	50		K-Jun.	6			00:20:54	00:44:52	01:08:18.00	+00:34:58 (51.2%)	13:39	4.4 (48.9%)
92	GAMANDA Maria	16		K-Jun.	7			00:20:54	00:44:52	01:08:18.13	+00:34:58 (51.2%)	13:39	4.4 (48.9%)
DQ	DAROSZEWSKA Krystyna	6	SERCE NORDICA WŁOCŁAWEK	K60-64			1	00:14:29 DQ	00:29:01 DQ	00:44:00.55 DQ		-	- (0.0%)
DQ	WILK Andrzej	100		M60-64			1	00:13:47 DQ	00:28:25 DQ	DQ		-	- (0.0%)
DQ	KOCHANOWICZ Adam	34	WŁÓCZYKIJE	M-Jun.			1	00:36:34 DQ	DQ	DQ		-	- (0.0%)
	ŻUBRYD Renata	106	NW RELAKS ZAGÓRZ	K70+				00:48:27 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 96 wynik(ów)