

POLANICA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: POLANICA - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-07-08
Miejsce: Polanica
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	327	SANPROBI SZCZECIN	M40-49	1			00:14:57	00:30:50	00:46:55	01:02:53.50		6:17	9.5 (100%)
2	NIECHWIEJCZYK Piotr	343	UNIA MIAST	M40-49	2			00:15:15	00:31:04	00:47:05	01:03:03.80	+00:00:10 (0.3%)	6:18	9.5 (100%)
3	HELWICH Stefan	320	KS METRACO POLKOWICE	M60-69	1			00:15:00	00:31:02	00:47:29	01:04:08.75	+00:01:15 (2.0%)	6:24	9.4 (98.9%)
4	WOJTASIŃSKI Daniel	378	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:15:28	00:31:39	00:48:04	01:04:37.05	+00:01:43 (2.7%)	6:27	9.3 (97.9%)
5	SIWAK Piotr	359	KS METRACO POLKOWICE	M50-59	1			00:15:25	00:31:57	00:48:45	01:06:08.90	+00:03:15 (4.9%)	6:36	9.1 (95.8%)
6	JĘDRASIAK Renata	323	KS METRACO POLKOWICE	K50-59	1			00:16:43	00:33:44	00:50:51	01:07:53.80	+00:05:00 (7.4%)	6:47	8.8 (92.6%)
7	PUSZKIEL Adrian	351	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:15:51	00:32:52	00:50:18	01:08:19.00	+00:05:25 (7.9%)	6:49	8.8 (92.6%)
8	DMOWSKA Aneta	310	UNIA MIAST	K40-49	1			00:16:24	00:33:35	00:50:57	01:08:25.85	+00:05:32 (8.1%)	6:50	8.8 (92.6%)
9	SMUL Andrzej	360	MARSZ PO ZDROWIE	M60-69	2			00:16:30	00:33:40	00:51:19	01:09:38.25	+00:06:44 (9.7%)	6:57	8.6 (90.5%)
10	SPYCHAŁA Marzena	362	WESOŁY BORSUK TEAM	K40-49	2			00:16:50	00:34:19	00:51:58	01:09:51.85	+00:06:58 (10.0%)	6:59	8.6 (90.5%)
11	KOWALSKI Marek	332	UNIA MIAST	M50-59	2			00:17:12	00:34:51	00:52:41	01:10:16.05	+00:07:22 (10.5%)	7:01	8.5 (89.5%)
12	KOLARSKA Agnieszka	328	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:16:59	00:34:44	00:53:00	01:11:24.95	+00:08:31 (11.9%)	7:08	8.4 (88.4%)
13	SZPILMAN Katarzyna	369	FACE NORDIC WALKING TEAM	K40-49	3			00:16:57	00:34:44	00:52:59	01:11:33.25	+00:08:39 (12.1%)	7:09	8.4 (88.4%)
14	STYRC Bernard	365	RYBNICKI KLUB NORDIC WALKING	M40-49	3			00:17:06	00:34:48	00:53:18	01:11:47.00	+00:08:53 (12.4%)	7:10	8.4 (88.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											Czas netto 10km	Różn		
15	ŁUKASZEWICZ Joanna	339	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:17:18	00:35:23	00:53:39	01:11:47.50	+00:08:54 (12.4%)	7:10	8.4 (88.4%)
16	WROŃSKI Włodzimierz	381	PASJA NORDIC WALKING	M60-69	3			00:17:20	00:35:16	00:53:25	01:11:48.80	+00:08:55 (12.4%)	7:10	8.4 (88.4%)
17	NETKOWSKI Wojciech	342	PASJA NORDIC WALKING	M50-59	3			00:17:16	00:35:23	00:53:42	01:12:11.05	+00:09:17 (12.9%)	7:13	8.3 (87.4%)
18	KAWCZYŃSKI Zbigniew	326	RYBNICKI KLUB NORDIC WALKING	M60-69	4			00:17:50	00:35:50	00:54:06	01:12:12.60	+00:09:19 (12.9%)	7:13	8.3 (87.4%)
19	KORYTOWSKA Agnieszka	331	NW WERWA MŁAWA	K30-39	2			00:17:02	00:34:59	00:53:28	01:12:17.80	+00:09:24 (13.0%)	7:13	8.3 (87.4%)
20	RYZIŃSKI Jarek	357	RYBNICKI KLUB NORDIC WALKING	M40-49	4			00:17:35	00:35:50	00:54:06	01:12:36.10	+00:09:42 (13.4%)	7:15	8.3 (87.4%)
21	WIEŃSKO Ryszard	375		M60-69	5	1		00:17:42	00:35:52	00:54:35	01:13:11.90	+00:10:18 (14.1%)	7:19	8.2 (86.3%)
22	RACŁAWSKI Jan	353	AMATOR	M60-69	6			00:17:48	00:36:09	00:54:51	01:13:13.90	+00:10:20 (14.1%)	7:19	8.2 (86.3%)
23	ŚLUSARCZYK Marcin	370	WESOŁY BORSUK TEAM	M30-39	2			00:17:31	00:35:58	00:54:36	01:13:16.20	+00:10:22 (14.2%)	7:19	8.2 (86.3%)
24	CZAJKA Urszula	309		K60-69	1			00:17:46	00:35:55	00:54:31	01:13:33.70	+00:10:40 (14.5%)	7:21	8.2 (86.3%)
25	PASIŃSKA-SKOWRON Sylwia	346	PRUSZYŃSKI NORDIC WALKING	K40-49	5			00:17:31	00:35:51	00:54:39	01:13:38.90	+00:10:45 (14.6%)	7:21	8.1 (85.3%)
26	DUSIEL Ewa	314	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	2			00:17:49	00:36:12	00:55:00	01:13:49.20	+00:10:55 (14.8%)	7:22	8.1 (85.3%)
27	MIKSIK Zdenek	384		M50-59	4			00:17:47	00:36:22	00:54:57	01:13:57.20	+00:11:03 (15.0%)	7:23	8.1 (85.3%)
28	JÓZEFIAK Dariusz	388	SANTANDER CONSUMER BANK S.A.	M40-49	5			00:17:53	00:36:29	00:55:27	01:14:11.55	+00:11:18 (15.2%)	7:25	8.1 (85.3%)
29	SIEMIŃSKA Marta	358		K30-39	3			00:17:51	00:36:30	00:55:38	01:14:41.60	+00:11:48 (15.8%)	7:28	8 (84.2%)
30	CHARCZUK Zenon	305	WESOŁY BORSUK TEAM	M60-69	7			00:18:04	00:37:18	00:56:37	01:15:09.05	+00:12:15 (16.3%)	7:30	8 (84.2%)
31	BERESZKO Waldemar	386	TKKF SATURN CZELADŹ	M60-69	8			00:18:23	00:36:57	00:56:29	01:15:44.80	+00:12:51 (17.0%)	7:34	7.9 (83.2%)
32	PTAS Agnieszka	349	MOSIR CZELADŹ	K18-29	1			00:18:18	00:37:02	00:56:12	01:15:45.95	+00:12:52 (17.0%)	7:34	7.9 (83.2%)
33	DOBROWOLSKA Anna	311		K50-59	3			00:18:30	00:37:39	00:57:03	01:15:57.30	+00:13:03 (17.2%)	7:35	7.9 (83.2%)
34	JARZYŃSKA Małgorzata	321	HIFI ARTE	K50-59	4			00:17:59	00:36:54	00:56:30	01:16:01.45	+00:13:07 (17.3%)	7:36	7.9 (83.2%)
35	WITKOWSKA Maria	377	UNIA MIAST	K60-69	2			00:18:46	00:37:52	00:57:02	01:16:25.70	+00:13:32 (17.7%)	7:38	7.8 (82.1%)
36	CHYRA Janusz	348	UNIA MIAST	M40-49	6			00:18:29	00:37:12	00:56:50	01:16:28.20	+00:13:34 (17.8%)	7:38	7.8 (82.1%)
37	KRUSZKA Arleta	334	MARSZ PO ZDROWIE	K50-59	5			00:18:29	00:37:51	00:57:06	01:16:45.25	+00:13:51 (18.1%)	7:40	7.8 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
38	SOBAŃSKA Grażyna	361	KS METRACO POLKOWICE	K60-69	3			00:18:37	00:37:50	00:57:15	01:16:57.65	+00:14:04 (18.3%)	7:41	7.8 (82.1%)
39	WAŁECKA Krystyna	374	FACE NORDIC WALKING TEAM	K60-69	4			00:18:49	00:37:56	00:57:17	01:17:06.80	+00:14:13 (18.4%)	7:42	7.8 (82.1%)
40	DOBROWOLSKA-ŚWIĄTEK Elżbieta	312	KB HARCOWNIK JELCZ- LASKOWICE	K50-59	6			00:18:49	00:38:18	00:57:50	01:17:13.25	+00:14:19 (18.6%)	7:43	7.8 (82.1%)
41	BAJ Stanisław	7	ŚCINAWSKA GRUPA NORDIC WALKING	M50-59	5			00:18:21	00:37:35	00:57:30	01:17:37.20	+00:14:43 (19.0%)	7:45	7.7 (81.1%)
42	CZYCZ Kazimierz	385		M60-69	9	1		00:18:06	00:36:49	00:56:40	01:17:41.15	+00:14:47 (19.0%)	7:46	7.7 (81.1%)
43	KUBIACZYK Arkadiusz	338	3 PLUS 1	M50-59	6			00:18:57	00:38:19	00:57:57	01:17:57.00	+00:15:03 (19.3%)	7:47	7.7 (81.1%)
44	PIĄTKOWSKI Józef	347	KS METRACO POLKOWICE	M70+	1			00:18:38	00:37:55	00:57:41	01:17:57.40	+00:15:03 (19.3%)	7:47	7.7 (81.1%)
45	STYRC Lidia	318	RYBNICKI KLUB NORDIC WALKING	K40-49	6			00:18:35	00:38:07	00:58:11	01:18:23.05	+00:15:29 (19.8%)	7:50	7.7 (81.1%)
46	KOPACKI Tomasz	330	SANTANDER CONSUMER BANK S.A.	M40-49	7			00:19:39	00:38:57	00:58:52	01:18:44.90	+00:15:51 (20.1%)	7:52	7.6 (80.0%)
47	PANEK Elwira	345		K50-59	7			00:18:44	00:38:23	00:58:39	01:18:49.95	+00:15:56 (20.2%)	7:53	7.6 (80.0%)
48	ŻUREK Grzegorz	393		M40-49	8			00:19:25	00:38:55	00:58:33	01:18:58.45	+00:16:04 (20.4%)	7:53	7.6 (80.0%)
49	KWAPIS Mariusz	394	KS METRACO POLKOWICE	M18-29	2			00:18:58	00:38:20	00:58:34	01:18:59.15	+00:16:05 (20.4%)	7:53	7.6 (80.0%)
50	WORONKO-ZACZYŃSKA Janina	380	KS METRACO POLKOWICE	K70+	1	1		00:18:45	00:38:25	00:58:47	01:19:14.55	+00:16:21 (20.6%)	7:55	7.6 (80.0%)
51	THOMALLA Bogdan	372	SILESIA NORDIC TEAM	M70+	2			00:18:47	00:38:29	00:59:17	01:19:48.35	+00:16:54 (21.2%)	7:58	7.5 (78.9%)
52	SURIAK Michał	366	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:20:11	00:40:12	01:00:07	01:19:49.40	+00:16:55 (21.2%)	7:58	7.5 (78.9%)
53	PIKSA Kazimierz	352		M60-69	10			00:19:17	00:39:05	00:59:32	01:20:20.55	+00:17:27 (21.7%)	8:02	7.5 (78.9%)
54	DUDZIK Henryk	313	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:19:57	00:40:11	01:00:17	01:20:23.85	+00:17:30 (21.8%)	8:02	7.5 (78.9%)
55	SURIAK Ewelina	367	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:19:30	00:39:41	00:59:59	01:20:35.75	+00:17:42 (22.0%)	8:03	7.4 (77.9%)
56	STARZYK Jacek	364		M50-59	8			00:20:31	00:41:06	01:01:47	01:21:58.95	+00:19:05 (23.3%)	8:11	7.3 (76.8%)
57	CHMIELEWSKA Anna	306		K30-39	4			00:19:08	00:39:39	01:01:23	01:22:07.85	+00:19:14 (23.4%)	8:12	7.3 (76.8%)
58	JANOWSKA Emilia	395	TEATR ZDROJOWY	K30-39	5			00:19:51	00:40:26	01:01:27	01:22:13.75	+00:19:20 (23.5%)	8:13	7.3 (76.8%)
59	OMARSKA Grażyna	344	PASJA NORDIC WALKING	K50-59	8			00:20:05	00:40:37	01:01:27	01:22:35.40	+00:19:41 (23.9%)	8:15	7.3 (76.8%)
60	DUSZEŃKO Maciej	315	KS METRACO POLKOWICE	M18-29	4			00:20:12	00:40:44	01:02:04	01:23:06.00	+00:20:12 (24.3%)	8:18	7.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											Czas netto 10km	Różn		
61	RACZYŃSKA Aleksandra	383	UNIA MIAST	K70+	2			00:19:51	00:40:37	01:01:44	01:23:26.15	+00:20:32 (24.6%)	8:20	7.2 (75.8%)
62	TUREK Jan	373		M60-69	11			00:20:07	00:41:21	01:02:47	01:23:41.90	+00:20:48 (24.9%)	8:22	7.2 (75.8%)
63	CIASTOCH Eliza	308		K30-39	6			00:20:21	00:41:02	01:02:07	01:23:44.60	+00:20:51 (24.9%)	8:22	7.2 (75.8%)
64	MACIĄG Andrzej	340	ACTEAM	M50-59	9			00:19:54	00:40:35	01:02:21	01:24:17.20	+00:21:23 (25.4%)	8:25	7.1 (74.7%)
65	KRZEMIŃSKI Rafał	336	SANTANDER CONSUMER BANK S.A.	M30-39	3	1		00:20:44	00:42:00	01:02:56	01:24:30.35	+00:21:36 (25.6%)	8:27	7.1 (74.7%)
66	WOLSKA Wioletta	379		K40-49	7			00:20:33	00:41:28	01:02:33	01:24:40.85	+00:21:47 (25.7%)	8:28	7.1 (74.7%)
67	DZIUBAK Janusz	317	RYBNICKI KLUB NORDIC WALKING	M50-59	10			00:20:32	00:41:35	01:02:59	01:24:45.45	+00:21:51 (25.8%)	8:28	7.1 (74.7%)
68	JASTRZĘBSKA Violetta	392	3 PLUS 1	K50-59	9			00:20:13	00:41:44	01:03:19	01:25:12.15	+00:22:18 (26.2%)	8:31	7 (73.7%)
69	TOKAREK Paulina	382		K30-39	7			00:20:22	00:41:38	01:03:25	01:25:13.20	+00:22:19 (26.2%)	8:31	7 (73.7%)
70	RAPACZ Magdalena	355		K30-39	8	1		00:21:17	00:42:56	01:04:10	01:25:59.70	+00:23:06 (26.9%)	8:36	7 (73.7%)
71	RADLICA Dorota	354		K40-49	8			00:21:02	00:42:42	01:04:21	01:26:27.75	+00:23:34 (27.3%)	8:38	6.9 (72.6%)
72	KRZYŚCIN Rafał	337	SANTANDER CONSUMER BANK S.A.	M40-49	9			00:20:46	00:42:40	01:04:28	01:26:51.35	+00:23:57 (27.6%)	8:41	6.9 (72.6%)
73	KRÓL Edyta	333		K40-49	9			00:20:52	00:42:39	01:04:45	01:27:22.50	+00:24:29 (28.0%)	8:44	6.9 (72.6%)
74	JEDYNAK Stanisław	322	AMATOR	M70+	3			00:20:37	00:42:54	01:05:57	01:29:19.80	+00:26:26 (29.6%)	8:56	6.7 (70.5%)
75	KAFKA Justyna	324		K30-39	9			00:22:59	00:45:21	01:07:23	01:30:25.90	+00:27:32 (30.5%)	9:02	6.6 (69.5%)
76	BEDNARCZYK Agnieszka	302		K40-49	10			00:21:49	00:44:38	01:07:40	01:30:32.40	+00:27:38 (30.5%)	9:03	6.6 (69.5%)
77	STARZYK Bożena	363		K40-49	11			00:22:08	00:44:52	01:08:10	01:31:14.15	+00:28:20 (31.1%)	9:07	6.6 (69.5%)
78	CHRAPEK Urszula	307	KS RUDZICA	K18-29	3			00:22:14	00:45:19	01:08:29	01:31:56.05	+00:29:02 (31.6%)	9:11	6.5 (68.4%)
79	MĘDRAK Alicja	341		K60-69	5			00:21:56	00:44:54	01:08:30	01:32:19.45	+00:29:25 (31.9%)	9:13	6.5 (68.4%)
80	KRZEMIŃSKA Joanna	335		K30-39	10			00:22:28	00:45:28	01:09:05	01:32:51.90	+00:29:58 (32.3%)	9:17	6.5 (68.4%)
81	DYLEWSKA Barbara	316	DABROWA NORDIC TEAM	K60-69	6			00:22:17	00:45:27	01:09:17	01:33:02.65	+00:30:09 (32.4%)	9:18	6.4 (67.4%)
82	GAJSKA Anna	319		K40-49	12			00:22:38	00:46:09	01:09:58	01:33:29.40	+00:30:35 (32.7%)	9:20	6.4 (67.4%)
83	DOMINIAK Jjerzy	390		M50-59	11			00:22:05	00:45:08	01:09:16	01:34:19.45	+00:31:25 (33.3%)	9:25	6.4 (67.4%)

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84	WINIARSKI Robert	376		M40-49	10			00:21:07	00:43:48	01:09:17	01:36:06.30	+00:33:12 (34.6%)	9:36	6.2 (65.3%)
85	WIAK Wacław	387		M70+	4			00:22:12	00:46:52	01:12:55	01:38:58.30	+00:36:04 (36.5%)	9:53	6.1 (64.2%)
86	DOMINIAK Renata	389		K50-59	10			00:23:01	00:48:43	01:18:25	01:47:29.90	+00:44:36 (41.5%)	10:45	5.6 (58.9%)
87	KOPACKA Małgorzata	329	SANTANDER CONSUMER BANK S.A.	K40-49	13	2		00:22:15	00:49:25	01:19:02	01:48:15.75	+00:45:22 (41.9%)	10:49	5.5 (57.9%)
DQ	PUSZKIEL Leszek	350	GREEN TEAM ZIELONA GÓRA	M60-69			TAK	00:15:00 DQ	00:31:07 DQ	00:47:41 DQ	01:04:26.45 DQ		-	- (0.0%)
DQ	ŚWISŁOCKI Bogdan	371	FACE NORDIC WALKING TEAM	M50-59			TAK	00:16:20 DQ	00:33:41 DQ	00:51:03 DQ	01:10:51.80 DQ		-	- (0.0%)
DQ	BUŁAKOWSKI Bohdan	303	PASJA NORDIC WALKING	M60-69			TAK	00:17:40 DQ	00:35:20 DQ	00:53:02 DQ	01:11:07.15 DQ		-	- (0.0%)
DQ	KALISZ Krzysztof	325	KS METRACO POLKOWICE	M60-69			TAK	00:17:47 DQ	00:36:10 DQ	00:55:07 DQ	01:14:54.70 DQ		-	- (0.0%)
DQ	SZPIŁA Piotr	368	WĄS SPORT	M30-39			TAK	00:24:04 DQ	00:45:42 DQ	01:06:57 DQ	01:28:45.65 DQ		-	- (0.0%)
DQ	ROGOS Henryk	356	ŚCINAWSKA GRUPA NORDIC WALKING	M70+			TAK	00:17:57 DQ	00:36:07 DQ	DQ	DQ		-	- (0.0%)
DQ	ADAMSKI Robert	301		M40-49			TAK	00:17:05 DQ	DQ	DQ	DQ		-	- (0.0%)
DQ	BYTNIEWSKI Mieczysław	304	TKKF KRZNA	M70+			TAK	00:19:00 DQ	DQ	DQ	DQ		-	- (0.0%)
	DOMINIAK Paweł	391		K18-29				00:22:29 DNF	00:47:40 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 96 wynik(ów)