

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

B4SPORT
INTEGRALNY SYSTEM WSPARCIA

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-07-07
Miejsce: Polanica
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km	Start_All 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	ROSAK Marcin	426	GREEN TEAM	M40-49	1			00:06:40	00:23:09	00:39:33	00:55:52	01:12:22	01:28:36	01:44:37	02:00:42	02:17:17.85		6:30	9.2 (100%)
2	SKIBA Krzysztof	427	KS METRACO POLKOWICE	M50-59	1			00:06:25	00:22:00	00:38:06	00:54:24	01:10:52	01:27:25	01:44:02	02:00:41	02:18:04.05	+00:00:46 (0.6%)	6:32	9.2 (100%)
3	KORDOWSKI Piotr	414		M40-49	2			00:06:41	00:23:11	00:39:34	00:55:56	01:12:38	01:29:45	01:47:06	02:04:30	02:21:59.80	+00:04:41 (3.3%)	6:43	8.9 (96.7%)
4	WAWRZYNIAK Łukasz	442	KS METRACO POLKOWICE	M30-39	1	1		00:07:12	00:23:50	00:41:09	00:58:37	01:16:13	01:33:54	01:52:02	02:10:16	02:29:06.30	+00:11:48 (7.9%)	7:04	8.5 (92.4%)
5	BARCZYK Bogdan	401	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:07:14	00:24:39	00:42:02	00:59:41	01:17:37	01:35:28	01:53:34	02:12:10	02:30:51.90	+00:13:34 (9.0%)	7:09	8.4 (91.3%)
6	MAKOWSKI Jan	419	RYBNICKI KLUB NORDIC WALKING	M50-59	3			00:06:47	00:24:10	00:42:12	01:00:16	01:18:19	01:36:36	01:54:41	02:12:42	02:31:00.25	+00:13:42 (9.1%)	7:09	8.4 (91.3%)
7	PIETRZYK Jarosław	424	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:07:15	00:24:40	00:42:02	00:59:42	01:17:37	01:35:30	01:53:36	02:12:10	02:31:25.05	+00:14:07 (9.3%)	7:10	8.4 (91.3%)
8	PUSZKIEL Janek	362	GREEN TEAM ZIELONA GÓRA	M60+	1			00:07:05	00:23:43	00:41:07	00:59:02	01:16:40	01:35:06	01:53:44	02:13:01	02:32:27.85	+00:15:10 (9.9%)	7:13	8.3 (90.2%)
9	KOWALSKI Marek	415	UNIA MIAST	M50-59	4			00:07:26	00:25:15	00:43:14	01:01:21	01:19:26	01:37:50	01:56:38	02:15:58	02:35:25.50	+00:18:07 (11.7%)	7:21	8.1 (88.0%)
10	SŁUPIANEK Paweł	428	LECYMY DURŚ	M30-39	3			00:07:15	00:24:49	00:42:24	01:00:20	01:18:17	01:36:41	01:55:41	02:15:45	02:35:59.70	+00:18:41 (12.0%)	7:23	8.1 (88.0%)
11	KOŁODZIEJ Joanna	434	UDRY LOTAJOM	K50-59	1			00:07:50	00:26:29	00:45:14	01:04:12	01:22:55	01:41:40	02:00:10	02:18:51	02:37:45.75	+00:20:27 (13.0%)	7:28	8 (87.0%)
12	SPYCHAŁA Marzena	430	CKZIU NYSZA MECHANIK	K40-49	1			00:07:55	00:26:37	00:45:28	01:04:15	01:23:02	01:41:48	02:00:34	02:19:35	02:38:47.10	+00:21:29 (13.5%)	7:31	8 (87.0%)
13	NIEDŹWIECKA Katarzyna	422	FACE NORDIC WALKING TEAM	K40-49	2			00:07:57	00:26:49	00:45:32	01:04:20	01:23:19	01:42:18	02:01:22	02:20:26	02:39:20.25	+00:22:02 (13.8%)	7:33	7.9 (85.9%)
14	ŻYDACZEWSKI Ryszard	441	KS METRACO POLKOWICE	M50-59	5			00:07:21	00:25:13	00:43:40	01:02:40	01:21:42	01:40:54	02:00:13	02:19:30	02:39:26.60	+00:22:08 (13.9%)	7:33	7.9 (85.9%)
15	LESIŃSKI Grzegorz	92	KS METRACO POLKOWICE	M50-59	6			00:07:24	00:26:02	00:44:43	01:03:56	01:22:38	01:41:53	02:01:10	02:20:29	02:40:06.35	+00:22:48 (14.2%)	7:35	7.9 (85.9%)
16	BOCZAR Beata	404	GREEN TEAM	K50-59	2			00:07:54	00:26:43	00:45:36	01:04:34	01:24:00	01:43:18	02:02:32	02:21:41	02:40:58.85	+00:23:41 (14.7%)	7:37	7.9 (85.9%)
17	STĘPIEŃ Lucyna	432	KS METRACO POLKOWICE	K60+	1			00:07:57	00:26:30	00:45:17	01:04:24	01:23:44	01:43:14	02:02:36	02:22:03	02:41:29.85	+00:24:12 (15.0%)	7:39	7.8 (84.8%)
18	KRYSZCZUK Krzysztof	416	NOWI SIEDLCE/NW WSCHÓD	M50-59	7			00:07:55	00:26:34	00:45:35	01:04:41	01:23:57	01:43:09	02:02:45	02:22:58	02:42:27.00	+00:25:09 (15.5%)	7:41	7.8 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start										Czas		Tempo min/km	Tempo km/h
								All 1.1km	All 3.6km	All 6.1km	All 8.6km	All 11.1km	All 13.6km	All 16.1km	All 18.6km	netto 21.1km	Różn				
19	STEFANICKI Marek	431		M60+	2			00:07:39	00:26:07	00:44:59	01:04:02	01:23:15	01:42:43	02:02:37	02:22:56	02:43:52.30	+00:26:34 (16.2%)	7:45	7.7 (83.7%)		
20	WESOŁOWSKI Wojciech	436	MUSZKIETEROWIE	M60+	3			00:07:40	00:26:08	00:45:00	01:04:03	01:23:16	01:42:44	02:02:38	02:22:57	02:43:53.20	+00:26:35 (16.2%)	7:46	7.7 (83.7%)		
21	JANOSZKA Irena	411	CIDRY LOTAJOM	K50-59	3			00:07:53	00:26:42	00:45:48	01:05:10	01:24:54	01:44:41	02:04:31	02:24:53	02:45:31.25	+00:28:13 (17.1%)	7:50	7.6 (82.6%)		
22	ŻAMOJCIN Marek	440	NORDICLUB SZCZECIN	M50-59	8			00:07:40	00:26:56	00:46:44	01:06:39	01:26:39	01:46:16	02:06:03	02:26:12	02:46:34.00	+00:29:16 (17.6%)	7:53	7.6 (82.6%)		
23	RACŁAWSKI Jan	425	AMATOR	M60+	4			00:07:43	00:26:10	00:45:02	01:04:05	01:23:17	01:43:02	02:03:52	02:25:20	02:48:07.55	+00:30:49 (18.3%)	7:58	7.5 (81.5%)		
24	LIGĘZA Janusz	418		M50-59	9			00:07:44	00:26:14	00:45:28	01:05:06	01:25:03	01:45:27	02:06:03	02:27:08	02:48:27.55	+00:31:09 (18.5%)	7:59	7.5 (81.5%)		
25	GRABOWSKA Manuela	408	KS METRACO POLKOWICE	K18-29	1			00:07:49	00:26:29	00:45:36	01:05:37	01:25:53	01:46:23	02:06:59	02:27:59	02:48:43.65	+00:31:25 (18.6%)	7:59	7.5 (81.5%)		
26	KOWALCZYK Mariusz	359	GREEN TEAM	M50-59	10			00:07:53	00:27:15	00:46:59	01:06:57	01:27:13	01:47:43	02:08:19	02:29:19	02:50:02.95	+00:32:45 (19.3%)	8:03	7.4 (80.4%)		
27	WITKOWSKA Maria	438	UNIA MIAST	K60+	2			00:08:12	00:27:43	00:47:43	01:07:50	01:28:11	01:49:01	02:09:36	02:30:13	02:51:22.70	+00:34:04 (19.9%)	8:07	7.4 (80.4%)		
28	MARONDEL Katarzyna	421	SILESIA NORDIC TEAM	K30-39	1			00:08:00	00:27:32	00:47:13	01:07:26	01:27:31	01:47:54	02:08:38	02:30:09	02:52:07.75	+00:34:49 (20.2%)	8:09	7.4 (80.4%)		
29	MANDZIUK Marta	420	NOWI SIEDLCE/NW WSCHÓD	K40-49	3			00:08:28	00:28:18	00:48:17	01:08:47	01:29:20	01:49:46	02:10:24	02:31:32	02:52:53.05	+00:35:35 (20.6%)	8:11	7.3 (79.3%)		
30	BARCZYK Jolanta	402	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	4			00:08:25	00:28:19	00:48:55	01:10:00	01:30:55	01:51:54	02:12:37	02:33:50	02:55:19.35	+00:38:01 (21.7%)	8:18	7.2 (78.3%)		
31	WIŚNIEWSKI Roman	437		M60+	5	1		00:07:54	00:27:27	00:47:31	01:08:23	01:29:09	01:50:39	02:12:24	02:34:46	02:57:34.20	+00:40:16 (22.7%)	8:24	7.1 (77.2%)		
32	KARASIEWICZ Irena	412	FACE NORDIC WALKING TEAM	K50-59	5			00:08:02	00:27:33	00:47:48	01:08:27	01:29:44	01:51:16	02:13:22	02:35:48	02:57:54.10	+00:40:36 (22.8%)	8:25	7.1 (77.2%)		
33	SOBAŃSKA Grażyna	429		K60+	3			00:08:48	00:29:29	00:50:06	01:10:50	01:31:55	01:53:16	02:14:39	02:36:28	02:58:10.35	+00:40:52 (22.9%)	8:26	7.1 (77.2%)		
34	GERLE-KOTULA Anna	407	UNIA MIAST	K30-39	2			00:08:41	00:29:59	00:50:44	01:12:08	01:33:54	01:55:54	02:17:52	02:39:59	03:00:57.30	+00:43:39 (24.1%)	8:34	7 (76.1%)		
35	JAJTNER Ilona	410		K30-39	3			00:08:23	00:28:30	00:49:26	01:11:16	01:32:38	01:54:21	02:16:39	02:39:46	03:02:43.00	+00:45:25 (24.9%)	8:39	6.9 (75.0%)		
36	PANEK Elwira	423		K50-59	6			00:08:27	00:28:45	00:49:41	01:11:03	01:32:40	01:54:54	02:17:48	02:40:43	03:02:53.55	+00:45:35 (24.9%)	8:40	6.9 (75.0%)		
37	ZAWADZKA Maria	439	KS METRACO POLKOWICE	K60+	4			00:08:46	00:30:02	00:51:32	01:13:19	01:35:08	01:56:56	02:18:49	02:41:01	03:03:03.50	+00:45:45 (25.0%)	8:40	6.9 (75.0%)		
38	SURIAK Ewelina	433	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:08:19	00:28:56	00:49:54	01:11:18	01:32:40	01:54:29	02:17:41	02:40:51	03:03:15.30	+00:45:57 (25.1%)	8:41	6.9 (75.0%)		
39	POSTEK Danuta	397	MARSZ PO ZDROWIE POZNAŃ	K50-59	7			00:08:29	00:29:21	00:50:06	01:11:00	01:32:24	01:54:28	02:16:48	02:40:10	03:03:17.70	+00:45:59 (25.1%)	8:41	6.9 (75.0%)		
40	CHMIELEWSKA Anna	261		K30-39	4			00:08:35	00:29:56	00:51:56	01:15:03	01:37:34	02:00:19	02:23:23	02:46:39	03:09:00.80	+00:51:42 (27.4%)	8:57	6.7 (72.8%)		
41	ROZMUS Jolanta	399	FACE NORDIC WALKING TEAM	K60+	5			00:09:05	00:31:13	00:53:45	01:16:34	01:39:37	02:03:05	02:27:12	02:51:08	03:14:52.00	+00:57:34 (29.5%)	9:14	6.5 (70.7%)		
42	KARASIEWICZ Iwona	355	NORDIC CLUB SZCZECIN	K30-39	5			00:09:17	00:32:11	00:55:15	01:18:52	01:43:44	02:07:48	02:32:26	02:57:48	03:23:40.60	+01:06:22 (32.6%)	9:39	6.2 (67.4%)		
43	BEDNARCZYK Agnieszka	403		K40-49	4			00:09:27	00:32:44	00:56:04	01:19:15	01:42:50	02:07:25	02:32:54	02:59:06	03:26:03.25	+01:08:45 (33.4%)	9:45	6.1 (66.3%)		
44	GRABOWSKI Mirosław	409	SN KARPACZ	M50-59	11			00:07:37	00:26:42	00:46:04	01:05:50	01:26:05	01:46:38				+00:18:03	7:50	7.7 (83.7%)		
45	CHRAPEK Urszula	406	KS RUDZICA	K30-39	6			00:09:19	00:32:31	00:56:09	01:20:49	01:46:53					+00:34:30	9:37	6.2 (67.4%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km	Start_All 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
46	ŚWISŁOCKI Bogdan	398	FACE NORDIC WALKING TEAM	M50-59	12	1		00:07:20	00:25:09	00:43:11							+00:03:39	7:04	8.5 (92.4%)

Znaleziono 46 wynik(ów)