



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

POLANICA - PUCHAR POLSKI NORDIC WALKING  
PFNW  
2017-07-08  
Polanica  
21.1 km

B4SPORT



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	DZIEDZIEWICZ Andrzej	485		M30-39	1			00:05:55	00:20:40	00:35:32	00:50:28	01:05:28	01:20:43	01:36:21	01:52:15	<b>02:09:02.80</b>		6:06	9.8 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	438	BIEGAMYRAZEM	M50-59	1			00:06:34	00:21:47	00:37:26	00:53:29	01:10:08	01:27:10	01:44:39	02:03:12	<b>02:20:31.75</b>	+00:11:28 (8.2%)	6:39	9 (91.8%)
3	ZACZYŃSKA Anna	480	KGHM ZG LUBIN	K30-39	1			00:06:48	00:23:07	00:40:00	00:56:48	01:13:48	01:30:44	01:47:51	02:05:24	<b>02:23:05.15</b>	+00:14:02 (9.8%)	6:46	8.8 (89.8%)
4	PIETRZYK Jarosław	462	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:07:06	00:24:15	00:41:11	00:57:55	01:14:47	01:31:44	01:48:46	02:06:23	<b>02:24:18.05</b>	+00:15:15 (10.6%)	6:50	8.8 (89.8%)
5	STĘPNIEWSKI Paweł	474	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	1			00:07:02	00:24:05	00:41:19	00:58:25	01:15:21	01:32:33	01:49:58	02:07:44	<b>02:25:49.70</b>	+00:16:46 (11.5%)	6:54	8.7 (88.8%)
6	BOGACKI Sławek	435	ENERGA NW TEAM	M40-49	1			00:06:55	00:23:36	00:40:21	00:57:13	01:14:18	01:31:42	01:49:26	02:07:40	<b>02:25:59.05</b>	+00:16:56 (11.6%)	6:55	8.7 (88.8%)
7	KUBIAK Tomasz	451		M40-49	2			00:06:58	00:23:15	00:40:07	00:57:08	01:14:30	01:32:13	01:50:30	02:09:24	<b>02:28:33.25</b>	+00:19:30 (13.1%)	7:02	8.5 (86.7%)
8	BIK Stanisław	433	KS METRACO POLKOWICE	M50-59	2			00:07:02	00:24:00	00:41:16	00:58:40	01:15:58	01:33:50	01:52:20	02:10:33	<b>02:29:28.85</b>	+00:20:26 (13.7%)	7:05	8.5 (86.7%)
9	LESINSKI Grzegorz	453	KS METRACO POLKOWICE	M50-59	3			00:07:11	00:24:21	00:41:43	00:59:01	01:16:19	01:33:49	01:52:16	02:10:49	<b>02:29:39.10</b>	+00:20:36 (13.8%)	7:05	8.5 (86.7%)
10	NACZK Leonard	459	DYNAMIC	M40-49	3			00:07:07	00:24:03	00:41:17	00:58:42	01:16:00	01:33:56	01:52:22	02:10:50	<b>02:29:43.00</b>	+00:20:40 (13.8%)	7:05	8.5 (86.7%)
11	PASIKOWSKA Mariola	460	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:06:50	00:23:38	00:41:01	00:58:36	01:16:45	01:35:00	01:53:10	02:11:41	<b>02:29:49.10</b>	+00:20:46 (13.9%)	7:06	8.5 (86.7%)
12	MAKOWSKI Jan	455	RYBNICKI KLUB NORDIC WALKING	M50-59	4			00:07:02	00:23:58	00:41:14	00:58:46	01:16:54	01:35:01	01:53:47	02:12:42	<b>02:31:12.50</b>	+00:22:09 (14.7%)	7:09	8.4 (85.7%)
13	ZAGAJA Janusz	481	WESOŁY BORSUK TEAM	M60+	1			00:07:03	00:24:23	00:41:12	00:58:34	01:15:55	01:33:52	01:52:12	02:11:27	<b>02:31:21.90</b>	+00:22:19 (14.7%)	7:10	8.4 (85.7%)
14	GRAJCAR Adam	442		M40-49	4			00:07:39	00:25:34	00:43:16	01:01:05	01:18:40	01:36:28	01:54:43	02:13:20	<b>02:32:30.50</b>	+00:23:27 (15.4%)	7:13	8.3 (84.7%)
15	KIEDOWSKI Artur	447	ARTECH	M40-49	5			00:07:22	00:24:39	00:42:36	01:00:51	01:18:53	01:37:02	01:55:49	02:14:55	<b>02:34:09.20</b>	+00:25:06 (16.3%)	7:18	8.2 (83.7%)
16	SZULC Alicja	476	NW WERWA MŁAWA	K40-49	1			00:07:31	00:25:13	00:43:22	01:01:41	01:19:50	01:38:17	01:57:08	02:16:10	<b>02:35:22.30</b>	+00:26:19 (16.9%)	7:21	8.1 (82.7%)
17	SZCZEBAK Jacek	475	UNIA MIAST	M40-49	6			00:07:36	00:25:37	00:44:02	01:02:23	01:20:18	01:38:36	01:57:23	02:16:24	<b>02:35:35.95</b>	+00:26:33 (17.1%)	7:22	8.1 (82.7%)
18	STĘPIEŃ Lucyna	473	KS METRACO POLKOWICE	K60+	1	1		00:07:38	00:25:33	00:43:57	01:02:45	01:21:54	01:40:58	02:00:07	02:19:20	<b>02:38:13.30</b>	+00:29:10 (18.4%)	7:29	8 (81.6%)
19	BANASZKIEWICZ Katarzyna	432	PILSCY MIŁOŚNICZY NW	K40-49	2			00:07:37	00:25:45	00:44:19	01:03:01	01:22:02	01:41:10	02:00:27	02:19:52	<b>02:39:15.50</b>	+00:30:12 (19.0%)	7:32	7.9 (80.6%)
20	BOCZAR Beata	434	GREEN TEAM ZIELONA GÓRA	K50-59	1			00:07:41	00:25:36	00:44:12	01:03:00	01:22:05	01:41:11	02:00:25	02:19:49	<b>02:39:34.55</b>	+00:30:31 (19.1%)	7:33	7.9 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zół. Czer. Start_All										Czas netto		Tempo min/km	Tempo km/h
						kartki	kartki	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	Różn		
21	WESOŁOWSKI Wojciech	477	NORDIC TEAM GNIEZNO	M60+	2			00:07:46	00:26:10	00:44:39	01:03:22	01:22:15	01:40:58	02:00:10	02:19:55	<b>02:39:51.25</b>	+00:30:48 (19.3%)	7:34	7.9 (80.6%)
22	POGORZELSKA Wiesława	465	WESOŁY BORSUK TEAM	K30-39	3			00:07:19	00:25:10	00:43:46	01:02:20	01:21:43	01:41:21	02:01:35	02:21:29	<b>02:41:21.90</b>	+00:32:19 (20.0%)	7:38	7.8 (79.6%)
23	WOLNIEWICZ Katarzyna	487	FABRIKA NORDIKA	K40-49	3			00:07:46	00:26:12	00:44:43	01:03:31	01:22:54	01:42:14	02:01:44	02:21:45	<b>02:41:55.80</b>	+00:32:53 (20.3%)	7:40	7.8 (79.6%)
24	ZAWADZKI Andrzej	431	KS METRACO POLKOWICE	M50-59	5			00:07:44	00:25:32	00:43:43	01:02:14	01:20:20	01:39:50	01:59:51	02:21:09	<b>02:42:36.35</b>	+00:33:33 (20.6%)	7:42	7.8 (79.6%)
25	KOWALCZYK Mariusz	450	GREEN TEAM ZIELONA GÓRA	M50-59	6			00:07:48	00:26:09	00:44:42	01:03:17	01:22:20	01:41:48	02:02:07	02:22:41	<b>02:43:29.20</b>	+00:34:26 (21.1%)	7:44	7.7 (78.6%)
26	KARASIEWICZ Irena	446	FACE NORDIC WALKING TEAM	K50-59	2			00:07:45	00:26:01	00:44:32	01:03:22	01:22:27	01:42:10	02:02:03	02:24:37	<b>02:44:19.65</b>	+00:35:16 (21.5%)	7:47	7.7 (78.6%)
27	REJ Anna	467		K30-39	4			00:07:44	00:26:16	00:45:26	01:05:03	01:24:47	01:44:49	02:04:42	02:24:43	<b>02:44:26.35</b>	+00:35:23 (21.5%)	7:47	7.7 (78.6%)
28	CZYCZ Emilia	489		K60+	2			00:07:50	00:26:10	00:44:41	01:03:29	01:22:51	01:42:55	02:03:30	02:24:12	<b>02:44:31.75</b>	+00:35:28 (21.6%)	7:47	7.7 (78.6%)
29	KOBIELA Daria	448	BŁĘKITNI DZIEMIANY	K18-29	1			00:08:09	00:27:07	00:46:05	01:05:52	01:25:49	01:45:56	02:06:44	02:28:09	<b>02:48:09.30</b>	+00:39:06 (23.3%)	7:58	7.5 (76.5%)
30	GOIK Grzegorz	441	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:07:42	00:26:19	00:45:26	01:05:14	01:25:14	01:45:13	02:06:04	02:27:50	<b>02:49:33.45</b>	+00:40:30 (23.9%)	8:02	7.5 (76.5%)
31	PŁOCIENIAK Katarzyna	464		K30-39	5			00:07:59	00:27:07	00:47:15	01:07:14	01:27:00	01:47:11	02:07:48	02:28:55	<b>02:50:28.85</b>	+00:41:26 (24.3%)	8:04	7.4 (75.5%)
32	GERLE-KOTULA Anna	440	UNIA MIAST	K30-39	6			00:08:19	00:28:23	00:48:19	01:08:09	01:28:25	01:48:42	02:09:28	02:30:21	<b>02:51:09.75</b>	+00:42:06 (24.6%)	8:06	7.4 (75.5%)
33	ŻUCHOWICZ Elżbieta	483	DĄBROWA NORDIC TEAM	K50-59	3			00:08:04	00:27:16	00:46:49	01:06:55	01:27:13	01:48:01	02:08:59	02:30:12	<b>02:51:30.35</b>	+00:42:27 (24.8%)	8:07	7.4 (75.5%)
34	BUCZKOWSKA Wiesława	436	PENDOLINO	K60+	3			00:07:46	00:26:01	00:45:07	01:04:57	01:25:45	01:46:41	02:08:16	02:30:08	<b>02:51:43.70</b>	+00:42:40 (24.9%)	8:08	7.4 (75.5%)
35	LISIKIEWICZ Agnieszka	454	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:08:13	00:28:12	00:47:52	01:07:32	01:27:58	01:48:35	02:09:27	02:30:37	<b>02:52:01.75</b>	+00:42:58 (25.0%)	8:09	7.4 (75.5%)
36	LASKOWSKI Sławomir	452		M40-49	7			00:07:50	00:26:35	00:45:57	01:05:45	01:25:43	01:46:36	02:07:51	02:29:41	<b>02:52:01.85</b>	+00:42:59 (25.0%)	8:09	7.4 (75.5%)
37	MARCHEWKA Andrzej	456		M50-59	8			00:07:47	00:26:26	00:45:37	01:05:49	01:26:09	01:47:17	02:08:30	02:30:12	<b>02:52:54.90</b>	+00:43:52 (25.4%)	8:11	7.3 (74.5%)
38	KOTULA Jakub	449	UNIA MIAST	M30-39	3			00:08:06	00:27:38	00:47:17	01:07:32	01:28:23	01:48:51	02:10:16	02:32:24	<b>02:54:05.55</b>	+00:45:02 (25.9%)	8:15	7.3 (74.5%)
39	SARNOWSKA Wanda	470	GREEN TEAM ZIELONA GÓRA	K50-59	4			00:08:31	00:28:08	00:48:05	01:09:07	01:29:48	01:50:46	02:12:01	02:33:15	<b>02:54:35.35</b>	+00:45:32 (26.1%)	8:16	7.3 (74.5%)
40	DORSZEWSKA Bożena	439		K50-59	5			00:08:26	00:28:56	00:49:15	01:09:45	01:30:29	01:51:07	02:12:08	02:33:53	<b>02:55:43.95</b>	+00:46:41 (26.6%)	8:19	7.2 (73.5%)
41	ZAWADZKA Maria	482	KS METRACO POLKOWICE	K60+	4			00:08:48	00:29:44	00:50:36	01:11:26	01:32:19	01:53:28	02:14:32	02:35:54	<b>02:57:12.55</b>	+00:48:09 (27.2%)	8:23	7.1 (72.4%)
42	WISNIEWSKI Roman	478		M60+	3			00:07:59	00:27:15	00:47:04	01:07:03	01:27:43	01:48:55	02:10:52	02:34:05	<b>02:57:12.95</b>	+00:48:10 (27.2%)	8:23	7.1 (72.4%)
43	POSTEK Danuta	466	MARSZ PO ZDROWIE	K50-59	6			00:08:23	00:28:32	00:48:58	01:09:23	01:30:07	01:51:19	02:13:02	02:35:49	<b>02:58:07.50</b>	+00:49:04 (27.6%)	8:26	7.1 (72.4%)
44	RZECHOWSKA Ewa	469	KS METRACO POLKOWICE	K40-49	5			00:09:03	00:29:47	00:50:39	01:11:36	01:32:51	01:54:24	02:16:39	02:39:09	<b>03:01:23.65</b>	+00:52:20 (28.9%)	8:35	7 (71.4%)
45	PIOTROWSKA Krystyna	463	RYBNICKI KLUB NORDIC WALKING	K60+	5			00:09:11	00:30:13	00:51:22	01:13:20	01:34:53	01:57:37	02:19:59	02:43:20	<b>03:06:38.15</b>	+00:57:35 (30.9%)	8:50	6.8 (69.4%)
46	JASIŃSKI Michał	445	RYBNICKI KLUB NORDIC WALKING	M18-29	2			00:08:40	00:30:06	00:51:58	01:13:50	01:35:46	01:57:47	02:20:47	02:44:38	<b>03:08:39.05</b>	+00:59:36 (31.6%)	8:56	6.7 (68.4%)
47	ROT-LASKOWSKA Aleksandra	468		K30-39	7			00:08:47	00:29:51	00:51:23	01:13:19	01:35:38	01:58:34	02:22:18	02:46:24	<b>03:09:57.50</b>	+01:00:54 (32.1%)	9:00	6.7 (68.4%)
48	GĄTEK Gerard	484	AKTYWNA GRUPA CALYPSO CZĘSTOCHOWA CLUB FITNESS	M60+	4	1		00:08:34	00:30:04	00:52:01	01:14:13	01:36:01	01:57:48	02:21:32	02:47:07	<b>03:13:04.65</b>	+01:04:01 (33.2%)	9:09	6.6 (67.3%)
49	MILCZAREK Joanna	458	RIGHTWAY	K50-59	7			00:09:03	00:30:23	00:52:14	01:14:53	01:37:57	02:01:38	02:26:22	02:50:53	<b>03:15:16.20</b>	+01:06:13 (33.9%)	9:15	6.5 (66.3%)

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
DQ	<b>SKIBA Krzysztof</b>	<b>471</b>	ZG POLKOWICE -SIEROSZOWICE	M50-59		2	TAK	00:06:28 DQ	00:21:00 DQ	00:35:47 DQ	00:50:38 DQ	01:05:56 DQ	01:21:36 DQ	01:37:34 DQ	DQ	<b>DQ</b>		-	- (0.0%)
DQ	<b>NALEPKA Jerzy</b>	<b>488</b>	FACE NORDIC WALKING TEAM	M60+			TAK	00:07:02 DQ	00:24:23 DQ	00:41:11 DQ	00:58:34 DQ	DQ	DQ	DQ	DQ	<b>DQ</b>		-	- (0.0%)
	<b>ŻUCHOWICZ Robert</b>	<b>486</b>	DĄBROWA NORDIC TEAM	M50-59				00:07:49 DNF	00:28:14 DNF	00:47:47 DNF	01:07:54 DNF	02:31:15 DNF	02:45:19 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 52 wynik(ów)