



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-07-02  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 5,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km
1	KARASIŃSKI Maciej	288	KS METRACO POLKOWICE	M40-49			00:31:52	00:15:00	00:31:06
2	BIŁEK Artur	255	UNIA MIAST	M30-39			00:31:25	00:15:31	00:31:55
3	CYRUS Bogdan	391	SILESIA NORDIC TEAM	M40-49			00:31:53	00:15:08	00:31:57
4	WOJTASIŃSKI Daniel	379	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:31:24	00:15:34	00:32:09
5	MICHALSKI Andrzej	464	FACE NORDIC WALKING TEAM	M50-59			00:32:29	00:16:03	00:32:29
6	SIWAK Piotr	345	KS METRACO POLKOWICE	M50-59			00:32:29	00:16:02	00:32:30
7	PUSZKIEL Leszek	336	GREEN TEAM ZIELONA GÓRA	M50-59			00:32:25	00:15:50	00:32:35
8	PEŁCZYŃSKI Konrad	327	KS METRACO POLKOWICE	M30-39			00:31:25	00:15:34	00:32:41
9	SIEROŃ Jacek	344	TSA SANDOMIERZ	M50-59			00:32:28	00:16:01	00:32:48
10	PIOTROWSKI Michał	329	FACE NORDIC WALKING TEAM	M30-39			00:31:24	00:15:38	00:32:51
11	PUSZKIEL Adrian	335	GREEN TEAM ZIELONA GÓRA	M18-29			00:31:04	00:15:53	00:33:11
12	RECZULSKI Mariusz	338	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59			00:32:29	00:16:07	00:33:24
13	NIEDBAŁ Adam	390	SILESIA NORDIC TEAM	M40-49			00:31:55	00:16:44	00:33:56
14	KUŚMIEREK Patryk	302	BŁĘKITNI NW DZIEMIANY	M18-29			00:31:04	00:16:23	00:34:05
15	KUŚMIEREK Jan	301	BŁĘKITNI NW DZIEMIANY	M40-49			00:31:53	00:16:45	00:34:13
16	GRZEGORCZYK Marcin Joachim	276	FACE NORDIC WALKING TEAM	M18-29			00:31:04	00:17:04	00:34:32
17	SZWICHTENBERG Wioleta	362	FACE NORDIC WALKING TEAM	K18-29			00:33:50	00:17:01	00:35:01
18	LIPKO Adrianna	308	PENDOLINO	K18-29			00:33:49	00:17:04	00:35:02
19	KULIG Henryk	300	K S ELBŁĄSKIE WŁÓCZY-KIJE	M60-69			00:32:52	00:17:17	00:35:14
20	SMUL Andrzej	348	GREEN TEAM ZIELONA GÓRA	M60-69			00:32:53	00:17:11	00:35:16
21	DMOWSKA Aneta	398	UNIA MIAST	K40-49			00:34:48	00:17:13	00:35:16
22	MATECKI Ryszard	318	KS METRACO POLKOWICE	M60-69			00:32:55	00:17:17	00:35:22
23	STOPA Joanna	355	BŁĘKITNI NW DZIEMIANY	K18-29			00:33:50	00:17:17	00:35:22
24	SPYCHAŁA Marzena	351	WESOŁY BORSUK TEAM	K40-49			00:34:47	00:17:24	00:35:26
25	JĘDRASIAK Renata	281	KS METRACO POLKOWICE	K50-59			00:36:17	00:17:27	00:35:29
26	PSUT Robert	334	EPOKA NORDICA ŁÓDŹ	M18-29			00:31:03	00:17:17	00:35:35
27	SOBKOWSKI Janusz	392	SILESIA NORDIC TEAM	M60-69			00:32:52	00:17:21	00:35:35
28	STARZYŃSKA Ewa	352	KS METRACO POLKOWICE	K60-69			01:46:28	00:17:36	00:35:43
29	BORKOWSKI Jerzy	396		M60-69			00:32:52	00:17:53	00:36:01

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km
30	<b>JONDERKO Grzegorz</b>	<b>282</b>	WŁÓCZYKIJE SKOCZÓW	M40-49			00:31:54	00:17:56	00:36:16
31	<b>BADECKI Ryszard</b>	<b>252</b>	NIEZRZESZONY	M50-59			00:32:25	00:17:33	00:36:35
32	<b>ŚLUSARCZYK Marcin</b>	<b>364</b>	WESOŁY BORSUK TEAM	M30-39			00:31:27	00:17:38	00:36:36
33	<b>BOCZAR Beata</b>	<b>256</b>	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:17	00:17:41	00:36:36
34	<b>ŁUKASZEWICZ Joanna</b>	<b>311</b>	GREEN TEAM ZIELONA GÓRA	K40-49			00:34:48	00:17:48	00:36:43
35	<b>WALORYSZAK Andrzej</b>	<b>373</b>	MORSY RADZYMIN	M60-69			00:32:53	00:17:52	00:36:46
36	<b>KRZANOWSKI Grzegorz</b>	<b>296</b>	FACE NORDIC WALKING TEAM	M30-39			00:31:25	00:17:51	00:36:53
37	<b>SZULC Alicja</b>	<b>361</b>	NW WERWA MŁAWA	K30-39			00:34:13	00:18:12	00:36:55
38	<b>SZCZEPAŃSKI Rafał</b>	<b>358</b>	OPEL ACTIVE TEAM	M40-49			00:31:54	00:18:14	00:36:56
39	<b>SKRYCKA Katarzyna</b>	<b>346</b>	KS METRACO POLKOWICE	K30-39			00:34:12	00:18:06	00:36:56
40	<b>PASIŃSKA-SKOWRON Sylwia</b>	<b>325</b>	SILESIA NORDIC TEAM	K30-39			00:34:11	00:18:06	00:37:19
41	<b>JÓZEFIAN Dariusz</b>	<b>399</b>	SANTANDER CONSUMER BANK	M40-49			00:31:54	00:18:25	00:37:25
42	<b>SOKOŁOWSKI Krzysztof</b>	<b>395</b>	SANTANDER CONSUMER BANK	M40-49			00:31:55	00:18:31	00:37:25
43	<b>KOZŁOWSKA Sabina</b>	<b>293</b>	DĄBROWA NORDIC TEAM	K30-39			00:34:12	00:18:09	00:37:27
44	<b>MIERNICKI Mariusz</b>	<b>319</b>		M50-59			00:32:27	00:18:15	00:37:30
45	<b>ROGOS Henryk</b>	<b>339</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M70+			00:33:18	00:18:39	00:37:32
46	<b>DUSIEL Ewa</b>	<b>269</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49			00:34:48	00:18:30	00:37:36
47	<b>KOLARSKA Agnieszka</b>	<b>290</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39			00:34:12	00:18:28	00:37:37
48	<b>KOSICKI Dariusz</b>	<b>291</b>	DINOZAUUR	M50-59			00:32:27	00:18:45	00:37:51
49	<b>ŚLUSARCZYK Andrzej</b>	<b>366</b>	WESOŁY BORSUK TEAM	M60-69			00:32:54	00:18:23	00:37:59
50	<b>WIENSKO Ryszard</b>	<b>376</b>		M60-69			00:32:54	00:18:57	00:38:07
51	<b>PEŁCZYŃSKA Anna</b>	<b>326</b>	KS METRACO POLKOWICE	K30-39			00:34:49	00:18:28	00:38:10
52	<b>JANKOWSKA Katarzyna</b>	<b>279</b>	GREEN TEAM ZIELONA GÓRA	K18-29			00:33:50	00:18:38	00:38:14
53	<b>CZYCZ Kazimierz</b>	<b>263</b>	GREEN TEAM ZIELONA GÓRA	M60-69			00:32:54	00:18:39	00:38:22
54	<b>ROSZMAN Joanna</b>	<b>400</b>	PENDOLINO	K50-59			00:36:18	00:18:26	00:38:22
55	<b>TKOCZ Adam</b>	<b>369</b>	FABRIKANORDIKA	M50-59			00:32:26	00:18:51	00:38:31
56	<b>ŚLUSARCZYK Grzegorz</b>	<b>365</b>	WESOŁY BORSUK TEAM	M40-49			00:31:54	00:18:47	00:38:34
57	<b>POZNAŃSKI Wiesław</b>	<b>331</b>	AMATOR	M50-59			00:32:26	00:19:00	00:38:34
58	<b>BUSZYDŁO Adam</b>	<b>259</b>	SANTANDER CONSUMER BANK	M40-49			00:31:53	00:19:26	00:38:41
59	<b>SPERCZYŃSKI Andrzej</b>	<b>350</b>	FABRIKANORDIKA	M40-49			00:31:54	00:19:02	00:38:49
60	<b>KOWALCZYK Edyta</b>	<b>292</b>	KS METRACO POLKOWICE	K40-49			00:34:51	00:19:08	00:39:03
61	<b>MROCKOWSKI Janusz</b>	<b>321</b>	EPOKA NORDICA ŁÓDŹ	M60-69			00:32:53	00:19:21	00:39:19
62	<b>GRONALEWSKI Krzysztof</b>	<b>274</b>	BŁĘKITNI NW DZIEMIANY	M30-39			00:31:26	00:19:28	00:39:20
63	<b>JARZYŃSKA Małgorzata</b>	<b>280</b>	HIFI ARTE	K50-59			00:36:18	00:19:23	00:39:21
64	<b>ŁABUS Izabela</b>	<b>310</b>	FABRIKANORDIKA	K18-29			00:33:50	00:18:39	00:39:36
65	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>265</b>		K50-59			00:36:19	00:19:34	00:39:45
66	<b>SOBAŃSKA Grażyna</b>	<b>349</b>		K60-69			00:36:46	00:19:31	00:39:45
67	<b>WAŁECKA Krystyna</b>	<b>374</b>	FACE NORDIC WALKING TEAM	K60-69			00:36:45	00:19:35	00:39:47
68	<b>NETKOWSKI Wojciech</b>	<b>322</b>	PASJA NORDIC WALKING	M50-59			00:32:26	00:19:04	00:39:49
69	<b>ŚCIBISZ Bogdan</b>	<b>363</b>	DĄBROWA NORDIC TEAM	M70+			00:33:20	00:19:19	00:39:50
70	<b>SZCZEPAŃSKA Anna</b>	<b>357</b>	FABRIKANORDIKA	K30-39			00:34:11	00:19:24	00:39:50
71	<b>JURCZYŃSKA Bożena</b>	<b>284</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59			00:36:21	00:19:25	00:39:50
72	<b>DOBROWOLSKA Anna</b>	<b>264</b>		K50-59			00:36:19	00:19:20	00:39:52
73	<b>SITKO Małgorzata</b>	<b>393</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49			00:34:49	00:19:19	00:40:06
74	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>380</b>	KS METRACO POLKOWICE	K70+			00:37:00	00:19:45	00:40:22
75	<b>SZEWCZYK Marek</b>	<b>360</b>	FACE NORDIC WALKING TEAM	M50-59			00:32:28	00:19:32	00:40:23

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km
76	<b>THOMALLA Bogdan</b>	<b>367</b>	SILESIA NORDIC TEAM	M70+			00:33:19	00:19:34	00:40:27
77	<b>DUDEK Tomasz</b>	<b>268</b>	SANTANDER CONSUMER BANK	M30-39			00:31:27	00:19:39	00:40:35
78	<b>PIKSA Kazimierz</b>	<b>328</b>	NORDIC WALKING KRUSZYNA	M60-69			00:32:54	00:19:50	00:40:37
79	<b>KALINOWSKA Jolanta</b>	<b>285</b>	WESOŁY BORSUK TEAM	K40-49			00:35:43	00:20:30	00:40:47
80	<b>ROSOŁEK Elżbieta</b>	<b>340</b>	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:20	00:20:28	00:40:56
81	<b>PUZICHOWSKA Małgorzata</b>	<b>463</b>		K50-59			00:36:20	00:19:59	00:40:56
82	<b>DZIEMIŃSKA Magdalena</b>	<b>271</b>	BŁĘKITNI NW DZIEMIANY	K30-39			00:34:11	00:20:05	00:40:57
83	<b>WIŚNIEWSKI Roman</b>	<b>378</b>	NIEZRZESZONY	M60-69			00:32:54	00:20:02	00:41:09
84	<b>POSTEK Danuta</b>	<b>330</b>	MARSZ PO ZDROWIE	K50-59			00:36:18	00:20:02	00:41:10
85	<b>SUCHOWIECKA Marta</b>	<b>356</b>	GREEN TEAM ZIELONA GÓRA	K40-49			00:35:42	00:20:03	00:41:11
86	<b>WRONSKA Wiesława</b>	<b>382</b>	BŁĘKITNI NW DZIEMIANY	K40-49			00:35:41	00:20:19	00:41:19
87	<b>RACZYŃSKA Aleksandra</b>	<b>337</b>	UNIA MIAST	K70+			00:37:00	00:20:01	00:41:25
88	<b>BOROWSKI Marcin</b>	<b>257</b>	FACE NORDIC WALKING TEAM	M30-39			00:31:25	00:20:29	00:41:27
89	<b>KAŁUSKI Marek</b>	<b>295</b>	SANTANDER CONSUMER BANK	M50-59			00:32:29	00:20:23	00:41:33
90	<b>MOJSIEJCZUK Ryszard</b>	<b>320</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+			00:33:19	00:20:22	00:41:42
91	<b>TRUCHAN-BAJER Bożena</b>	<b>370</b>	FACE NORDIC WALKING TEAM	K50-59			00:36:21	00:19:57	00:41:42
92	<b>MACIĄG Andrzej</b>	<b>312</b>	ACTEAM	M50-59			00:32:29	00:19:55	00:41:43
93	<b>PRZYBYLSKA Maria</b>	<b>387</b>		K50-59			00:36:18	00:19:56	00:41:45
94	<b>KOZŁOWSKA Agnieszka</b>	<b>389</b>	FACE NORDIC WALKING TEAM	K40-49			00:35:40	00:20:24	00:42:06
95	<b>KAWKA Marek</b>	<b>289</b>		M60-69			00:32:52	00:20:42	00:42:07
96	<b>WYSOCKA Bernadeta</b>	<b>383</b>	BŁĘKITNI NW DZIEMIANY	K40-49			00:34:48	00:20:31	00:42:14
97	<b>STEFAŃSKI Andrzej</b>	<b>354</b>	FACE NORDIC WALKING TEAM	M50-59			00:32:25	00:20:26	00:42:16
98	<b>OMARSKA Grażyna</b>	<b>324</b>	PASJA NORDIC WALKING	K50-59			00:36:20	00:20:43	00:42:16
99	<b>LENARTOWICZ Barbara</b>	<b>305</b>	FOREVER YOUNG ŁÓDŹ	K40-49			00:35:41	00:20:57	00:42:21
100	<b>TURZYŃSKA - STOPA Maria</b>	<b>371</b>	BŁĘKITNI NW DZIEMIANY	K60-69			00:36:45	00:20:47	00:42:23
101	<b>MAŃKOWSKA Dorota</b>	<b>316</b>	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:22	00:21:14	00:42:39
102	<b>WASIELA Beata</b>	<b>375</b>	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:20:43	00:42:47
103	<b>GERLE-KOTULA Anna</b>	<b>273</b>		K30-39			00:34:12	00:21:23	00:43:05
DQ	<b>STAWNIAK Karol</b>	<b>353</b>	KS METRACO POLKOWICE	M60-69		1	DQ	00:17:12 DQ	00:43:09 DQ
105	<b>SZEWCZYK Agnieszka</b>	<b>359</b>	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:21:04	00:43:52
106	<b>LINKA Renata</b>	<b>306</b>		K40-49			00:35:43	00:21:23	00:44:10
107	<b>MAĆKOWIAK Krystyna</b>	<b>314</b>	FACE NORDIC WALKING TEAM	K60-69			00:36:45	00:21:19	00:44:11
108	<b>GRUDZIEN Małgorzata</b>	<b>275</b>		K50-59			00:36:22	00:21:06	00:44:17
109	<b>JANCZEWSKI Robert</b>	<b>277</b>	NORDIC WALKING KIEKRZ	M50-59			00:32:27	00:21:43	00:44:19
110	<b>TOMERA Dorota</b>	<b>386</b>		K40-49			00:35:42	00:21:46	00:44:23
111	<b>KALINOWSKI Andrzej</b>	<b>286</b>	WESOŁY BORSUK TEAM	M50-59			00:32:27	00:21:53	00:44:31
112	<b>DUDEK Izabela</b>	<b>267</b>	SANTANDER CONSUMER BANK	K30-39			00:34:50	00:22:02	00:44:39
113	<b>SMARUJ-SADOWSKA Janina</b>	<b>347</b>		K60-69			00:36:45	00:21:42	00:44:39
114	<b>RYSZKOWSKA Małgorzata</b>	<b>342</b>	WŁÓCZYKIJE SKOCZÓW	K50-59			00:36:18	00:22:21	00:44:43
115	<b>JASTRZĘBSKA Violetta</b>	<b>414</b>	3+1	K50-59			00:36:21	00:22:06	00:44:59
116	<b>UZORKO Anna</b>	<b>372</b>		K40-49			00:35:43	00:21:54	00:45:20
117	<b>MAJCHROWSKA Izabela</b>	<b>315</b>	FOREVER YOUNG ŁÓDŹ	K30-39			00:34:13	00:22:06	00:45:21
118	<b>LEHMANN Teresa</b>	<b>304</b>	BŁĘKITNI NW DZIEMIANY	K50-59			00:36:18	00:21:49	00:45:41
119	<b>MARCINKOWSKA Renata</b>	<b>317</b>	FACE NORDIC WALKING TEAM	K60-69			00:36:46	00:22:00	00:45:54
120	<b>MŁYŃSKA Elżbieta</b>	<b>287</b>		K40-49			00:35:43	00:22:42	00:45:59
121	<b>CHRAPEK Urszula</b>	<b>262</b>	KS RUDZICA	K18-29			00:33:50	00:21:59	00:46:02

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km
122	<b>RUBACHA Marek</b>	<b>341</b>	EPOKA NORDICA ŁÓDŹ	M60-69			00:32:51	00:22:38	00:46:13
123	<b>BARTNIK Anna</b>	<b>254</b>	SANTANDER CONSUMER BANK	K40-49			00:35:44	00:22:34	00:46:17
124	<b>TKOCZ Alicja</b>	<b>368</b>	FABRIKANORDIKA	K50-59			00:36:21	00:22:43	00:46:27
125	<b>KRYSIAK Małgorzata</b>	<b>394</b>	SANTANDER CONSUMER BANK	K40-49			00:34:51	00:22:48	00:46:33
126	<b>DYLEWSKA Barbara</b>	<b>270</b>	DĄBROWA NORDIC TEAM	K60-69			00:36:46	00:22:55	00:46:38
127	<b>KRZYŚCIN Rafał</b>	<b>298</b>	SANTANDER CONSUMER BANK	M40-49			00:31:55	00:23:04	00:46:51
128	<b>GABIS Ela</b>	<b>272</b>		K50-59			00:36:19	00:22:09	00:46:56
129	<b>BUSZYDŁO Ewa</b>	<b>260</b>	SANTANDER CONSUMER BANK	K40-49			00:34:51	00:23:06	00:46:58
130	<b>KRZYŚCIN Mirosława</b>	<b>297</b>	SANTANDER CONSUMER BANK	K40-49			00:35:42	00:23:25	00:47:21
131	<b>LIPIŃSKA Urszula</b>	<b>307</b>	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:23:10	00:47:31
132	<b>JÓŹWIAK Dominik</b>	<b>283</b>	WTW.WŁOCŁAWEK	M18-29			00:31:03	00:23:19	00:47:32
133	<b>PRZYWITOWSKA Daniela</b>	<b>333</b>		K60-69			00:36:47	00:23:10	00:48:16
134	<b>BRANDT-KWARCIAK Sylwia</b>	<b>258</b>	SANTANDER CONSUMER BANK	K30-39			00:34:50	00:23:54	00:49:48
135	<b>PÓŁTORZYCKA Aneta</b>	<b>332</b>	SANTANDER CONSUMER BANK	K40-49			00:34:49	00:23:55	00:49:49
136	<b>KWAPISZ Justyna</b>	<b>303</b>	SANTANDER CONSUMER BANK	K18-29			00:34:15	00:24:48	00:50:12
137	<b>NAWROCKA Danuta</b>	<b>388</b>	DĄBROWA NORDIC TEAM	K70+			00:37:01	00:29:09	01:02:50
DQ	<b>ŻUCHOWICZ Elzbieta</b>	<b>385</b>	DĄBROWA NORDIC TEAM	K50-59		1	DQ	01:03:35 DQ	01:35:43 DQ
139	<b>KRYSIAK Agnieszka</b>	<b>397</b>	SANTANDER CONSUMER BANK				00:34:52	00:22:48	
DQ	<b>BALCERAK-KOLASA Joanna</b>	<b>253</b>	EPOKA NORDICA ŁÓDŹ	K40-49		1	DQ	DQ	DQ
DQ	<b>BYTNIIEWSKI Mieczysław</b>	<b>261</b>	BIAŁA BIEGA	M70+		1	DQ	DQ	DQ
DQ	<b>MACKIEWICZ Marcin</b>	<b>313</b>	NW CIECHANÓW	M18-29		1	DQ	DQ	DQ
DQ	<b>OLSZOWSKA Janina</b>	<b>323</b>	WŁÓCZYKIJE SKOCZÓW	K60-69		1	DQ	00:21:54 DQ	DQ

Znaleziono 143 wynik(ów)