



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: 7,5 km

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km
1	KARASIŃSKI Maciej	288	KS METRACO POLKOWICE	M40-49			00:31:52	00:15:00	00:31:06	00:47:46
2	BIŁEK Artur	255	UNIA MIAST	M30-39			00:31:25	00:15:31	00:31:55	00:48:41
3	MICHALSKI Andrzej	464	FACE NORDIC WALKING TEAM	M50-59			00:32:29	00:16:03	00:32:29	00:48:58
4	SIWAK Piotr	345	KS METRACO POLKOWICE	M50-59			00:32:29	00:16:02	00:32:30	00:49:08
5	WOJTASIŃSKI Daniel	379	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:31:24	00:15:34	00:32:09	00:49:19
6	CYRUS Bogdan	391	SILESIA NORDIC TEAM	M40-49			00:31:53	00:15:08	00:31:57	00:49:19
7	PUSZKIEL Leszek	336	GREEN TEAM ZIELONA GÓRA	M50-59			00:32:25	00:15:50	00:32:35	00:49:43
8	PEŁCZYŃSKI Konrad	327	KS METRACO POLKOWICE	M30-39			00:31:25	00:15:34	00:32:41	00:49:48
9	PIOTROWSKI Michał	329	FACE NORDIC WALKING TEAM	M30-39			00:31:24	00:15:38	00:32:51	00:50:19
10	PUSZKIEL Adrian	335	GREEN TEAM ZIELONA GÓRA	M18-29			00:31:04	00:15:53	00:33:11	00:50:22
11	SIEROŃ Jacek	344	TSA SANDOMIERZ	M50-59			00:32:28	00:16:01	00:32:48	00:50:36
12	NIEDBAŁ Adam	390	SILESIA NORDIC TEAM	M40-49			00:31:55	00:16:44	00:33:56	00:50:54
13	REZULSKI Mariusz	338	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59			00:32:29	00:16:07	00:33:24	00:51:27
14	GRZEGORCZYK Marcin Joachim	276	FACE NORDIC WALKING TEAM	M18-29			00:31:04	00:17:04	00:34:32	00:51:38
15	KUŚMIEREK Patryk	302	BŁĘKITNI NW DZIEMIANY	M18-29			00:31:04	00:16:23	00:34:05	00:51:40
16	KUŚMIEREK Jan	301	BŁĘKITNI NW DZIEMIANY	M40-49			00:31:53	00:16:45	00:34:13	00:52:10
17	LIPKO Adrianna	308	PENDOLINO	K18-29			00:33:49	00:17:04	00:35:02	00:53:00
18	SPYCHAŁA Marzena	351	WESOŁY BORSUK TEAM	K40-49			00:34:47	00:17:24	00:35:26	00:53:25
19	KULIG Henryk	300	K S ELBŁĄSKIE WŁÓCZY-KIJE	M60-69			00:32:52	00:17:17	00:35:14	00:53:31
20	DMOWSKA Aneta	398	UNIA MIAST	K40-49			00:34:48	00:17:13	00:35:16	00:53:36
21	STOPA Joanna	355	BŁĘKITNI NW DZIEMIANY	K18-29			00:33:50	00:17:17	00:35:22	00:53:37
22	SZWICHTENBERG Wioleta	362	FACE NORDIC WALKING TEAM	K18-29			00:33:50	00:17:01	00:35:01	00:53:38
23	SMUL Andrzej	348	GREEN TEAM ZIELONA GÓRA	M60-69			00:32:53	00:17:11	00:35:16	00:53:44
24	JĘDRASIAK Renata	281	KS METRACO POLKOWICE	K50-59			00:36:17	00:17:27	00:35:29	00:53:46
25	MATECKI Ryszard	318	KS METRACO POLKOWICE	M60-69			00:32:55	00:17:17	00:35:22	00:53:51
26	SOBKOWSKI Janusz	392	SILESIA NORDIC TEAM	M60-69			00:32:52	00:17:21	00:35:35	00:54:14
27	BORKOWSKI Jerzy	396		M60-69			00:32:52	00:17:53	00:36:01	00:54:22
28	PSUT Robert	334	EPOKA NORDICA ŁÓDŹ	M18-29			00:31:03	00:17:17	00:35:35	00:54:25
29	ŚLUSARCZYK Marcin	364	WESOŁY BORSUK TEAM	M30-39			00:31:27	00:17:38	00:36:36	00:55:36

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km
30	SZCZEPAŃSKI Rafał	358	OPEL ACTIVE TEAM	M40-49			00:31:54	00:18:14	00:36:56	00:55:36
31	JONDERKO Grzegorz	282	WŁÓCZYKIJE SKOCZÓW	M40-49			00:31:54	00:17:56	00:36:16	00:55:43
32	ŁUKASZEWICZ Joanna	311	GREEN TEAM ZIELONA GÓRA	K40-49			00:34:48	00:17:48	00:36:43	00:55:55
33	BADECKI Ryszard	252	NIEZRZESZONY	M50-59			00:32:25	00:17:33	00:36:35	00:56:04
34	BOCZAR Beata	256	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:17	00:17:41	00:36:36	00:56:04
35	WALORYSZAK Andrzej	373	MORSY RADZYMIN	M60-69			00:32:53	00:17:52	00:36:46	00:56:11
36	SKRYCKA Katarzyna	346	KS METRACO POLKOWICE	K30-39			00:34:12	00:18:06	00:36:56	00:56:13
37	KOSICKI Dariusz	291	DINOZAUUR	M50-59			00:32:27	00:18:45	00:37:51	00:56:27
38	SOKOŁOWSKI Krzysztof	395	SANTANDER CONSUMER BANK	M40-49			00:31:55	00:18:31	00:37:25	00:56:30
39	SZULC Alicja	361	NW WERWA MŁAWA	K30-39			00:34:13	00:18:12	00:36:55	00:56:41
40	KOLARSKA Agnieszka	290	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39			00:34:12	00:18:28	00:37:37	00:56:45
41	JÓZEFIAN Dariusz	399	SANTANDER CONSUMER BANK	M40-49			00:31:54	00:18:25	00:37:25	00:56:46
42	ROGOS Henryk	339	ŚCINAWSKA GRUPA NORDIC WALKING	M70+			00:33:18	00:18:39	00:37:32	00:56:53
43	PASIŃSKA-SKOWRON Sylwia	325	SILESIA NORDIC TEAM	K30-39			00:34:11	00:18:06	00:37:19	00:56:54
44	KRZANOWSKI Grzegorz	296	FACE NORDIC WALKING TEAM	M30-39			00:31:25	00:17:51	00:36:53	00:56:55
45	DUSIEL Ewa	269	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49			00:34:48	00:18:30	00:37:36	00:57:15
46	WIENSKO Ryszard	376		M60-69			00:32:54	00:18:57	00:38:07	00:57:21
47	MIERNICKI Mariusz	319		M50-59			00:32:27	00:18:15	00:37:30	00:57:23
48	KOZŁOWSKA Sabina	293	DĄBROWA NORDIC TEAM	K30-39			00:34:12	00:18:09	00:37:27	00:57:34
49	TKOCZ Adam	369	FABRIKANORDIKA	M50-59			00:32:26	00:18:51	00:38:31	00:57:43
50	BUSZYDŁO Adam	259	SANTANDER CONSUMER BANK	M40-49			00:31:53	00:19:26	00:38:41	00:57:47
51	JANKOWSKA Katarzyna	279	GREEN TEAM ZIELONA GÓRA	K18-29			00:33:50	00:18:38	00:38:14	00:58:14
52	SPERCZYŃSKI Andrzej	350	FABRIKANORDIKA	M40-49			00:31:54	00:19:02	00:38:49	00:58:15
53	ŚLUSARCZYK Andrzej	366	WESOŁY BORSUK TEAM	M60-69			00:32:54	00:18:23	00:37:59	00:58:16
54	POZNAŃSKI Wiesław	331	AMATOR	M50-59			00:32:26	00:19:00	00:38:34	00:58:19
55	PEŁCZYŃSKA Anna	326	KS METRACO POLKOWICE	K30-39			00:34:49	00:18:28	00:38:10	00:58:31
56	ŚLUSARCZYK Grzegorz	365	WESOŁY BORSUK TEAM	M40-49			00:31:54	00:18:47	00:38:34	00:58:43
57	CZYCZ Kazimierz	263	GREEN TEAM ZIELONA GÓRA	M60-69			00:32:54	00:18:39	00:38:22	00:58:57
58	ROSZMAN Joanna	400	PENDOLINO	K50-59			00:36:18	00:18:26	00:38:22	00:58:57
59	GRONALEWSKI Krzysztof	274	BŁĘKITNI NW DZIEMIANY	M30-39			00:31:26	00:19:28	00:39:20	00:59:29
60	MROCZKOWSKI Janusz	321	EPOKA NORDICA ŁÓDŹ	M60-69			00:32:53	00:19:21	00:39:19	00:59:48
61	JARZYŃSKA Małgorzata	280	HIFI ARTE	K50-59			00:36:18	00:19:23	00:39:21	00:59:48
62	KOWALCZYK Edyta	292	KS METRACO POLKOWICE	K40-49			00:34:51	00:19:08	00:39:03	00:59:49
63	WAŁECKA Krystyna	374	FACE NORDIC WALKING TEAM	K60-69			00:36:45	00:19:35	00:39:47	01:00:26
64	DOBROWOLSKA-ŚWIĄTEK Elżbieta	265		K50-59			00:36:19	00:19:34	00:39:45	01:00:36
65	SZCZEPAŃSKA Anna	357	FABRIKANORDIKA	K30-39			00:34:11	00:19:24	00:39:50	01:00:42
66	ŁABUS Izabela	310	FABRIKANORDIKA	K18-29			00:33:50	00:18:39	00:39:36	01:00:43
67	DOBROWOLSKA Anna	264		K50-59			00:36:19	00:19:20	00:39:52	01:00:45
68	SOBAŃSKA Grażyna	349		K60-69			00:36:46	00:19:31	00:39:45	01:01:05
69	PIKSA Kazimierz	328	NORDIC WALKING KRUSZYNA	M60-69			00:32:54	00:19:50	00:40:37	01:01:07
70	ŚCIBISZ Bogdan	363	DĄBROWA NORDIC TEAM	M70+			00:33:20	00:19:19	00:39:50	01:01:09
71	ROSOŁEK Elżbieta	340	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:20	00:20:28	00:40:56	01:01:10
72	KALINOWSKA Jolanta	285	WESOŁY BORSUK TEAM	K40-49			00:35:43	00:20:30	00:40:47	01:01:15
73	NETKOWSKI Wojciech	322	PASJA NORDIC WALKING	M50-59			00:32:26	00:19:04	00:39:49	01:01:23
74	JURCZYŃSKA Bożena	284	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59			00:36:21	00:19:25	00:39:50	01:01:27
75	DUDEK Tomasz	268	SANTANDER CONSUMER BANK	M30-39			00:31:27	00:19:39	00:40:35	01:01:46

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km
76	SZEWCZYK Marek	360	FACE NORDIC WALKING TEAM	M50-59			00:32:28	00:19:32	00:40:23	01:01:47
77	WORONKO-ZACZYNSKA Janina	380	KS METRACO POLKOWICE	K70+			00:37:00	00:19:45	00:40:22	01:01:50
78	BOROWSKI Marcin	257	FACE NORDIC WALKING TEAM	M30-39			00:31:25	00:20:29	00:41:27	01:02:14
79	THOMALLA Bogdan	367	SILESIA NORDIC TEAM	M70+			00:33:19	00:19:34	00:40:27	01:02:19
80	SITKO Małgorzata	393	KOLBUSZOWSKI KLUB NORDIC WALKING	K40-49			00:34:49	00:19:19	00:40:06	01:02:28
81	LENARTOWICZ Barbara	305	FOREVER YOUNG ŁÓDŹ	K40-49			00:35:41	00:20:57	00:42:21	01:02:33
82	DZIEMIŃSKA Magdalena	271	BŁĘKITNI NW DZIEMIANY	K30-39			00:34:11	00:20:05	00:40:57	01:02:34
83	PUZICHOWSKA Małgorzata	463		K50-59			00:36:20	00:19:59	00:40:56	01:02:45
84	SUCHOWIECKA Marta	356	GREEN TEAM ZIELONA GÓRA	K40-49			00:35:42	00:20:03	00:41:11	01:02:46
85	RACZYŃSKA Aleksandra	337	UNIA MIAST	K70+			00:37:00	00:20:01	00:41:25	01:02:46
86	KAŁUSKI Marek	295	SANTANDER CONSUMER BANK	M50-59			00:32:29	00:20:23	00:41:33	01:03:02
87	WIŚNIEWSKI Roman	378	NIEZRZESZONY	M60-69			00:32:54	00:20:02	00:41:09	01:03:05
88	POSTEK Danuta	330	MARSZ PO ZDROWIE	K50-59			00:36:18	00:20:02	00:41:10	01:03:07
89	MOJSIEJCZUK Ryszard	320	VIKING NORDIC TEAM CZĘSTOCHOWA	M70+			00:33:19	00:20:22	00:41:42	01:03:23
90	WROŃSKA Wiesława	382	BŁĘKITNI NW DZIEMIANY	K40-49			00:35:41	00:20:19	00:41:19	01:03:43
91	KAWKA Marek	289		M60-69			00:32:52	00:20:42	00:42:07	01:03:45
92	TRUCHAN-BAJER Bożena	370	FACE NORDIC WALKING TEAM	K50-59			00:36:21	00:19:57	00:41:42	01:04:11
93	PRZYBYLSKA Maria	387		K50-59			00:36:18	00:19:56	00:41:45	01:04:15
94	MAŃKOWSKA Dorota	316	GREEN TEAM ZIELONA GÓRA	K50-59			00:36:22	00:21:14	00:42:39	01:04:20
95	WYSOCKA Bernadeta	383	BŁĘKITNI NW DZIEMIANY	K40-49			00:34:48	00:20:31	00:42:14	01:04:29
96	STEFAŃSKI Andrzej	354	FACE NORDIC WALKING TEAM	M50-59			00:32:25	00:20:26	00:42:16	01:04:40
97	GERLE-KOTULA Anna	273		K30-39			00:34:12	00:21:23	00:43:05	01:04:41
98	TURZYŃSKA - STOPA Maria	371	BŁĘKITNI NW DZIEMIANY	K60-69			00:36:45	00:20:47	00:42:23	01:04:41
99	OMARSKA Grażyna	324	PASJA NORDIC WALKING	K50-59			00:36:20	00:20:43	00:42:16	01:04:44
100	MACIĄG Andrzej	312	ACTEAM	M50-59			00:32:29	00:19:55	00:41:43	01:04:46
101	KOZŁOWSKA Agnieszka	389	FACE NORDIC WALKING TEAM	K40-49			00:35:40	00:20:24	00:42:06	01:05:05
102	WASIELA Beata	375	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:20:43	00:42:47	01:05:42
103	MAĆKOWIAK Krystyna	314	FACE NORDIC WALKING TEAM	K60-69			00:36:45	00:21:19	00:44:11	01:07:25
104	JANCZEWSKI Robert	277	NORDIC WALKING KIEKRZ	M50-59			00:32:27	00:21:43	00:44:19	01:07:27
105	SZEWCZYK Agnieszka	359	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:21:04	00:43:52	01:07:27
106	RYSZKOWSKA Małgorzata	342	WŁÓCZYKIJE SKOCZÓW	K50-59			00:36:18	00:22:21	00:44:43	01:07:34
107	KALINOWSKI Andrzej	286	WESOŁY BORSUK TEAM	M50-59			00:32:27	00:21:53	00:44:31	01:08:04
108	LINKA Renata	306		K40-49			00:35:43	00:21:23	00:44:10	01:08:07
109	SMARUJ-SADOWSKA Janina	347		K60-69			00:36:45	00:21:42	00:44:39	01:08:18
110	DUDEK Izabela	267	SANTANDER CONSUMER BANK	K30-39			00:34:50	00:22:02	00:44:39	01:08:20
111	TOMERA Dorota	386		K40-49			00:35:42	00:21:46	00:44:23	01:08:20
112	GRUDZIEŃ Małgorzata	275		K50-59			00:36:22	00:21:06	00:44:17	01:08:21
113	MAJCHROWSKA Izabela	315	FOREVER YOUNG ŁÓDŹ	K30-39			00:34:13	00:22:06	00:45:21	01:08:26
114	JASTRZĘBSKA Violetta	414	3+1	K50-59			00:36:21	00:22:06	00:44:59	01:09:00
115	MŁYŃSKA Elżbieta	287		K40-49			00:35:43	00:22:42	00:45:59	01:09:28
116	UZORKO Anna	372		K40-49			00:35:43	00:21:54	00:45:20	01:09:37
117	BARTNIK Anna	254	SANTANDER CONSUMER BANK	K40-49			00:35:44	00:22:34	00:46:17	01:10:20
118	DYLEWSKA Barbara	270	DĄBROWA NORDIC TEAM	K60-69			00:36:46	00:22:55	00:46:38	01:10:27
119	LEHMANN Teresa	304	BŁĘKITNI NW DZIEMIANY	K50-59			00:36:18	00:21:49	00:45:41	01:10:37
120	RUBACHA Marek	341	EPOKA NORDICA ŁÓDŹ	M60-69			00:32:51	00:22:38	00:46:13	01:10:43
121	TKOCZ Alicja	368	FABRIKANORDIKA	K50-59			00:36:21	00:22:43	00:46:27	01:10:50

Msc	Zawodnik	Numer	Klub	Kategoria	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km
122	KRYSIAK Małgorzata	394	SANTANDER CONSUMER BANK	K40-49			00:34:51	00:22:48	00:46:33	01:10:52
123	BUSZYDŁO Ewa	260	SANTANDER CONSUMER BANK	K40-49			00:34:51	00:23:06	00:46:58	01:10:54
124	KRZYŚCIN Rafał	298	SANTANDER CONSUMER BANK	M40-49			00:31:55	00:23:04	00:46:51	01:11:03
125	CHRAPEK Urszula	262	KS RUDZICA	K18-29			00:33:50	00:21:59	00:46:02	01:11:06
126	MARCINKOWSKA Renata	317	FACE NORDIC WALKING TEAM	K60-69			00:36:46	00:22:00	00:45:54	01:11:27
127	JÓŹWIAK Dominik	283	WTW.WŁOCŁAWEK	M18-29			00:31:03	00:23:19	00:47:32	01:12:07
128	LIPIŃSKA Urszula	307	FACE NORDIC WALKING TEAM	K40-49			00:35:41	00:23:10	00:47:31	01:12:33
129	KRZYŚCIN Mirosława	297	SANTANDER CONSUMER BANK	K40-49			00:35:42	00:23:25	00:47:21	01:13:15
130	GABIS Ela	272		K50-59			00:36:19	00:22:09	00:46:56	01:13:32
131	PRZYWITOWSKA Daniela	333		K60-69			00:36:47	00:23:10	00:48:16	01:13:45
132	KWAPISZ Justyna	303	SANTANDER CONSUMER BANK	K18-29			00:34:15	00:24:48	00:50:12	01:14:55
133	PÓŁTORZYCKA Aneta	332	SANTANDER CONSUMER BANK	K40-49			00:34:49	00:23:55	00:49:49	01:15:27
134	BRANDT-KWARCIAK Sylwia	258	SANTANDER CONSUMER BANK	K30-39			00:34:50	00:23:54	00:49:48	01:15:27
135	NAWROCKA Danuta	388	DĄBROWA NORDIC TEAM	K70+			00:37:01	00:29:09	01:02:50	01:34:59
136	KRYSIAK Agnieszka	397	SANTANDER CONSUMER BANK				00:34:52	00:22:48		
137	STARZYŃSKA Ewa	352	KS METRACO POLKOWICE	K60-69			01:46:28	00:17:36	00:35:43	
DQ	BALCERAK-KOLASA Joanna	253	EPOKA NORDICA ŁÓDŹ	K40-49		1	DQ	DQ	DQ	DQ
DQ	BYTNIEWSKI Mieczysław	261	BIAŁA BIEGA	M70+		1	DQ	DQ	DQ	DQ
DQ	MACKIEWICZ Marcin	313	NW CIECHANÓW	M18-29		1	DQ	DQ	DQ	DQ
DQ	OLSZOWSKA Janina	323	WŁÓCZYKIJE SKOCZÓW	K60-69		1	DQ	00:21:54 DQ	DQ	DQ
DQ	STAWNIAK Karol	353	KS METRACO POLKOWICE	M60-69		1	DQ	00:17:12 DQ	00:43:09 DQ	DQ
DQ	ŻUCHOWICZ Elżbieta	385	DĄBROWA NORDIC TEAM	K50-59		1	DQ	01:03:35 DQ	01:35:43 DQ	DQ

Znaleziono 143 wynik(ów)