



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2015-06-27  
**Miejsce:** Polanica Zdrój  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	232	SILESIA NORDIC TEAM	M 40-49	1			00:00:05	00:15:09	00:31:36	00:48:08	01:04:13	01:04:18		6:25	9.3 (100%)
2	BIŁEK Artur	267	NW LUBLINIEC	M 30-39	1			00:00:05	00:15:41	00:32:12	00:48:32	01:04:30	01:04:35	+00:00:17 (0.4%)	6:27	9.3 (100%)
3	SIWAK Piotr	230	KGHM METRAKO POLKOWICE	M 50-59	1			00:00:55	00:15:47	00:32:24	00:48:41	01:05:04	01:05:59	+00:00:51 (1.3%)	6:30	9.2 (98.9%)
4	WOROCH Roman	237		M 50-59	2			00:00:55	00:16:10	00:32:24	00:48:40	01:05:07	01:06:02	+00:00:54 (1.4%)	6:30	9.2 (98.9%)
5	PEŁCZYŃSKI Konrad	276	MTB VOTUM TEAM WROCŁAW	M 30-39	2			00:00:06	00:15:31	00:32:02	00:48:27	01:05:18	01:05:24	+00:01:05 (1.7%)	6:31	9.2 (98.9%)
6	STILLER Karol	261	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	3			00:00:04	00:16:15	00:32:37	00:49:13	01:05:46	01:05:50	+00:01:33 (2.4%)	6:34	9.1 (97.8%)
7	NIEDBAŁ Adam	233	SILESIA NORDIC TEAM	M 30-39	4			00:00:04	00:16:18	00:32:54	00:49:40	01:06:23	01:06:27	+00:02:10 (3.3%)	6:38	9 (96.8%)
8	PUSZKIEL Leszek	274	GREEN TEAM ZIELONA GÓRA	M 50-59	3			00:00:56	00:15:54	00:32:31	00:49:35	01:06:37	01:07:33	+00:02:24 (3.6%)	6:39	9 (96.8%)
9	NIECHWIEJCZYK Piotr	263	OPEL ACTIVE TEAM	M 30-39	5			00:00:04	00:16:24	00:33:21	00:50:27	01:07:29	01:07:33	+00:03:16 (4.8%)	6:44	8.9 (95.7%)
10	PSUT Robert	202	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:03	00:16:56	00:34:21	00:52:28	01:10:37	01:10:40	+00:06:24 (9.1%)	7:03	8.5 (91.4%)
11	SZCZĘBAK Jacek	209	TARNÓW	M 40-49	2			00:00:06	00:17:20	00:35:12	00:53:06	01:10:59	01:11:05	+00:06:46 (9.5%)	7:05	8.5 (91.4%)
12	SPYCHAŁA Marzena	272	WESOŁY BORSUK TEAM	K 40-49	1			00:01:56	00:17:19	00:35:04	00:53:00	01:11:05	01:13:01	+00:06:52 (9.7%)	7:06	8.4 (90.3%)
13	FELIS Paweł	207		M 40-49	3			00:00:08	00:17:18	00:35:16	00:53:17	01:11:17	01:11:25	+00:07:04 (9.9%)	7:07	8.4 (90.3%)
14	BREWKA Joachim	262	NORDIC WALKING LUBLINIEC	M 50-59	4			00:00:56	00:17:11	00:35:33	00:53:47	01:11:31	01:12:27	+00:07:18 (10.2%)	7:09	8.4 (90.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
15	<b>NIEMIEC Waldemar</b>	<b>249</b>	ZGPOLKOWICE- SIEROSZOWICE	M 50-59	5			00:00:57	00:17:23	00:35:22	00:53:37	<b>01:11:34</b>	<b>01:12:31</b>	+00:07:21 (10.3%)	7:09	8.4 (90.3%)
16	<b>JĘDRASIAK Renata</b>	<b>226</b>	KGHM METRACO POLKOWICE	K 50-59	1			00:02:49	00:17:33	00:35:21	00:53:28	<b>01:11:39</b>	<b>01:14:28</b>	+00:07:26 (10.4%)	7:09	8.4 (90.3%)
17	<b>PANCEWICZ-KOSNO Karolina</b>	<b>270</b>	SILESIA NORDIC TEAM	K 30-39	1			00:01:55	00:17:20	00:35:27	00:53:49	<b>01:12:00</b>	<b>01:13:55</b>	+00:07:47 (10.8%)	7:12	8.3 (89.2%)
18	<b>GAPIŃSKI Łukasz</b>	<b>259</b>	PTTK PRUDNIK	M 30-39	6			00:00:05	00:16:31	00:34:26	00:53:17	<b>01:12:02</b>	<b>01:12:07</b>	+00:07:49 (10.9%)	7:12	8.3 (89.2%)
19	<b>KUBICKI Bernard</b>	<b>228</b>	KGHM METRACO POLKOWICE	M 60-69	1			00:00:58	00:17:28	00:35:33	00:53:53	<b>01:12:08</b>	<b>01:13:06</b>	+00:07:55 (11.0%)	7:12	8.3 (89.2%)
20	<b>REJ Anna</b>	<b>219</b>		K 30-39	2			00:01:56	00:17:36	00:35:44	00:54:01	<b>01:12:14</b>	<b>01:14:10</b>	+00:08:01 (11.1%)	7:13	8.3 (89.2%)
21	<b>BOCZAR Beata</b>	<b>247</b>	GREEN TEAM ZIELONA GÓRA	K 50-59	2			00:02:50	00:17:34	00:35:27	00:53:48	<b>01:12:19</b>	<b>01:15:09</b>	+00:08:06 (11.2%)	7:13	8.3 (89.2%)
22	<b>SMUL Andrzej</b>	<b>248</b>	GREEN TEAM ZIELONA GÓRA	M 50-59	6			00:00:56	00:17:12	00:35:18	00:53:46	<b>01:12:23</b>	<b>01:13:19</b>	+00:08:10 (11.3%)	7:14	8.3 (89.2%)
23	<b>ANTOSZEWSKI Piotr</b>	<b>206</b>	DĄBROWA NORDIC TEAM	M 40-49	4	1		00:00:06	00:17:48	00:36:07	00:54:19	<b>01:12:29</b>	<b>01:12:35</b>	+00:08:16 (11.4%)	7:14	8.3 (89.2%)
24	<b>PUSZKIEL Adrian</b>	<b>246</b>	GREEN TEAM ZIELONA GÓRA	M 18-29	2			00:00:04	00:17:54	00:37:11	00:55:11	<b>01:12:45</b>	<b>01:12:49</b>	+00:08:32 (11.7%)	7:16	8.2 (88.2%)
25	<b>KALISZ Krzysztof</b>	<b>256</b>	KGHM METRACO POLKOWICE	M 60-69	2			00:00:58	00:17:29	00:35:43	00:54:26	<b>01:12:59</b>	<b>01:13:57</b>	+00:08:46 (12.0%)	7:17	8.2 (88.2%)
26	<b>ROGOS Otto Henryk</b>	<b>269</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M 70+	1	1		00:01:00	00:17:48	00:36:02	00:54:46	<b>01:13:17</b>	<b>01:14:17</b>	+00:09:04 (12.4%)	7:19	8.2 (88.2%)
27	<b>ŚLUSARCZYK Andrzej</b>	<b>238</b>	WESOŁY BORSUK TEAM	M 60-69	3			00:00:58	00:17:37	00:36:09	00:54:44	<b>01:13:41</b>	<b>01:14:39</b>	+00:09:28 (12.8%)	7:22	8.1 (87.1%)
28	<b>NOWROTEK Monika</b>	<b>203</b>	MOKATE TEAM	K 18-29	1			00:01:54	00:17:20	00:35:50	00:54:37	<b>01:13:44</b>	<b>01:15:38</b>	+00:09:31 (12.9%)	7:22	8.1 (87.1%)
29	<b>ŚLUSARCZYK Paweł</b>	<b>279</b>	WESOŁY BORSUK TEAM	M 40-49	5			00:00:07	00:17:36	00:36:22	00:55:04	<b>01:13:46</b>	<b>01:13:53</b>	+00:09:33 (12.9%)	7:22	8.1 (87.1%)
30	<b>GAPIŃSKA Janina</b>	<b>258</b>	PTTK PRUDNIK	K 50-59	3			00:02:50	00:17:35	00:35:45	00:54:34	<b>01:13:48</b>	<b>01:16:38</b>	+00:09:35 (13.0%)	7:22	8.1 (87.1%)
31	<b>ŚLUSARCZYK Grzegorz</b>	<b>239</b>	WESOŁY BORSUK TEAM	M 40-49	6			00:00:06	00:18:13	00:36:50	00:55:29	<b>01:13:52</b>	<b>01:13:58</b>	+00:09:39 (13.1%)	7:23	8.1 (87.1%)
32	<b>BALCERAK-KOLASA Joanna</b>	<b>201</b>	FIZJO-PLUS TEAM	K 40-49	2			00:01:57	00:18:38	00:37:11	00:56:00	<b>01:14:45</b>	<b>01:16:42</b>	+00:10:32 (14.1%)	7:28	8 (86.0%)
33	<b>KURZAWSKA Jolanta</b>	<b>227</b>	KGHM METRACO POLKOWICE	K 60-69	1			00:02:52	00:17:58	00:36:18	00:55:23	<b>01:14:48</b>	<b>01:17:40</b>	+00:10:35 (14.1%)	7:28	8 (86.0%)
34	<b>MACHOLC Piotr</b>	<b>224</b>	DĄBROWA NORDIC TEAM	M 50-59	7	1		00:00:57	00:18:18	00:37:22	00:56:15	<b>01:14:49</b>	<b>01:15:46</b>	+00:10:36 (14.2%)	7:28	8 (86.0%)
35	<b>BUDZYŃ Anna</b>	<b>231</b>	SPEED TEAM	K 40-49	3			00:01:57	00:18:13	00:37:01	00:55:57	<b>01:15:12</b>	<b>01:17:09</b>	+00:10:59 (14.6%)	7:31	8 (86.0%)
36	<b>ŚWIĄTEK Joanna</b>	<b>235</b>	MARSZPOZDROWIE	K 30-39	3			00:01:56	00:18:19	00:37:07	00:56:20	<b>01:15:23</b>	<b>01:17:19</b>	+00:11:10 (14.8%)	7:32	8 (86.0%)
37	<b>DOBROTCZYŃSKI Damian</b>	<b>211</b>		M 40-49	7			00:00:07	00:18:08	00:36:49	00:56:05	<b>01:15:43</b>	<b>01:15:50</b>	+00:11:30 (15.2%)	7:34	7.9 (84.9%)

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38	<b>LISIKIEWICZ Agnieszka</b>	<b>245</b>	GREEN TEAM ZIELONA GÓRA	K 40-49	4			00:01:56	00:18:23	00:37:16	00:56:27	<b>01:15:44</b>	<b>01:17:40</b>	+00:11:31 (15.2%)	7:34	7.9 (84.9%)
39	<b>PASIŃSKA - SKOWRON Sylwia</b>	<b>218</b>	FACE NW TEAM	K 30-39	4			00:01:55	00:18:15	00:37:13	00:56:48	<b>01:15:45</b>	<b>01:17:40</b>	+00:11:32 (15.2%)	7:34	7.9 (84.9%)
40	<b>DEREŃ Beata</b>	<b>204</b>	LKS ISKRA JASZKOWA	K 18-29	2			00:01:54	00:18:59	00:38:05	00:56:55	<b>01:15:50</b>	<b>01:17:44</b>	+00:11:37 (15.3%)	7:35	7.9 (84.9%)
41	<b>KRUCZEK Anna</b>	<b>296</b>		K 30-39	5			00:01:56	00:18:28	00:37:32	00:56:49	<b>01:16:10</b>	<b>01:18:06</b>	+00:11:57 (15.7%)	7:37	7.9 (84.9%)
42	<b>GAPIŃSKI Leszek</b>	<b>260</b>	PTTK PRUDNIK	M 50-59	8			00:01:00	00:18:30	00:37:55	00:57:28	<b>01:16:13</b>	<b>01:17:13</b>	+00:12:00 (15.7%)	7:37	7.9 (84.9%)
43	<b>KRZANOWSKI Bartłomiej</b>	<b>210</b>	SAMOTNI WĘDROWCY	M 40-49	8	1		00:00:07	00:18:00	00:36:57	00:56:30	<b>01:16:16</b>	<b>01:16:23</b>	+00:12:03 (15.8%)	7:37	7.9 (84.9%)
44	<b>WARCZAŁSKA Teresa</b>	<b>220</b>	STADION ŚLĄSKI	K 60-69	2			00:02:51	00:18:12	00:36:59	00:56:26	<b>01:16:25</b>	<b>01:19:16</b>	+00:12:12 (16.0%)	7:38	7.9 (84.9%)
45	<b>BYTNIIEWSKI Mieczysław</b>	<b>212</b>	BIAŁA BIEGA	M 70+	2			00:01:01	00:18:37	00:37:31	00:56:52	<b>01:16:30</b>	<b>01:17:31</b>	+00:12:17 (16.1%)	7:39	7.8 (83.9%)
46	<b>KRYCZKA Zbigniew</b>	<b>250</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 50-59	9			00:00:56	00:18:39	00:37:54	00:57:19	<b>01:16:47</b>	<b>01:17:43</b>	+00:12:34 (16.4%)	7:40	7.8 (83.9%)
47	<b>MARCINKOWSKI Wojciech</b>	<b>264</b>	NORDIC WALKING LUBLINIEC	M 40-49	9			00:00:06	00:18:24	00:37:40	00:57:39	<b>01:17:13</b>	<b>01:17:19</b>	+00:13:00 (16.8%)	7:43	7.8 (83.9%)
48	<b>KĘDZIERSKA Edyta</b>	<b>222</b>	POLSKA FEDERACJA NORDIC WALKING	K 40-49	5			00:01:57	00:19:27	00:38:44	00:58:10	<b>01:17:29</b>	<b>01:19:26</b>	+00:13:16 (17.1%)	7:44	7.7 (82.8%)
49	<b>JARZYŃSKA Małgorzata</b>	<b>271</b>		K 50-59	4			00:02:51	00:18:50	00:38:20	00:58:10	<b>01:18:20</b>	<b>01:21:11</b>	+00:14:07 (18.0%)	7:50	7.7 (82.8%)
50	<b>WOŹNIAK Bartłomiej</b>	<b>265</b>	PODWÓJNY UŚMIECH	M 30-39	7			00:00:05	00:18:53	00:38:41	00:58:37	<b>01:18:51</b>	<b>01:18:56</b>	+00:14:38 (18.6%)	7:53	7.6 (81.7%)
51	<b>HORACZEWSKA Krystyna</b>	<b>244</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K 60-69	3			00:02:52	00:18:43	00:38:15	00:58:38	<b>01:19:15</b>	<b>01:22:07</b>	+00:15:02 (19.0%)	7:55	7.6 (81.7%)
52	<b>PEŁCZYŃSKA Anna</b>	<b>277</b>		K 30-39	6			00:02:54	00:19:19	00:39:06	00:59:07	<b>01:19:27</b>	<b>01:22:21</b>	+00:15:14 (19.2%)	7:56	7.6 (81.7%)
53	<b>MARONDEL Katarzyna</b>	<b>229</b>	SILESIA NORDIC TEAM	K 18-29	3			00:01:54	00:19:03	00:38:58	00:59:08	<b>01:19:40</b>	<b>01:21:34</b>	+00:15:27 (19.4%)	7:58	7.5 (80.6%)
54	<b>SIEMIEŃSKA Marta</b>	<b>252</b>		K 18-29	4		Kara 2+1 min	00:02:54	00:19:11	00:38:21	00:57:52	<b>01:20:05</b>	<b>01:22:59</b>	+00:15:52 (19.8%)	8:00	7.5 (80.6%)
55	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>273</b>		K 50-59	5			00:02:51	00:19:35	00:39:52	01:00:04	<b>01:20:18</b>	<b>01:23:09</b>	+00:16:05 (20.0%)	8:01	7.5 (80.6%)
56	<b>ŚCIBISZ Bogdan</b>	<b>254</b>	TKKF SATURN CZELADZ	M 70+	3			00:00:59	00:18:40	00:37:48	00:58:42	<b>01:20:22</b>	<b>01:21:21</b>	+00:16:09 (20.1%)	8:02	7.5 (80.6%)
57	<b>WAŁECKA Krystyna</b>	<b>215</b>		K 60-69	4			00:02:52	00:18:59	00:39:12	00:59:58	<b>01:20:34</b>	<b>01:23:26</b>	+00:16:21 (20.3%)	8:03	7.4 (79.6%)
58	<b>SZNAJDER Zenon</b>	<b>266</b>		M 60-69	4			00:00:58	00:19:05	00:39:24	01:00:24	<b>01:20:50</b>	<b>01:21:48</b>	+00:16:37 (20.6%)	8:05	7.4 (79.6%)
59	<b>TRUCHAN-BAJER Bożena</b>	<b>214</b>		K 50-59	6			00:02:49	00:19:03	00:39:14	01:00:15	<b>01:21:41</b>	<b>01:24:30</b>	+00:17:28 (21.4%)	8:10	7.3 (78.5%)
60	<b>KOTAS Brygida</b>	<b>240</b>	DĄBROWA NORDIC TEAM	K 50-59	7			00:02:50	00:20:13	00:41:00	01:01:34	<b>01:22:51</b>	<b>01:25:41</b>	+00:18:38 (22.5%)	8:17	7.2 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>KAWKA Marek</b>	<b>257</b>		M 60-69	5			00:00:57	00:20:18	00:41:02	01:02:04	<b>01:23:19</b>	<b>01:24:16</b>	+00:19:06 (22.9%)	8:19	7.2 (77.4%)
62	<b>CZAKIERT Marek</b>	<b>208</b>	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 40-49	10			00:00:07	00:20:23	00:41:49	01:02:54	<b>01:23:51</b>	<b>01:23:58</b>	+00:19:38 (23.4%)	8:23	7.2 (77.4%)
63	<b>POLACZEK Marta</b>	<b>243</b>	DĄBROWA NORDIC TEAM	K 30-39	7			00:01:55	00:20:36	00:41:43	01:03:04	<b>01:24:11</b>	<b>01:26:06</b>	+00:19:58 (23.7%)	8:25	7.1 (76.3%)
64	<b>MACIĄG Andrzej</b>	<b>216</b>	ACTEAM	M 50-59	10			00:00:58	00:19:38	00:40:46	01:02:46	<b>01:24:21</b>	<b>01:25:19</b>	+00:20:08 (23.9%)	8:26	7.1 (76.3%)
65	<b>KUREK Edward</b>	<b>213</b>	MOSIR CZELADŹ	M 70+	4			00:00:59	00:18:51	00:40:03	01:02:25	<b>01:25:32</b>	<b>01:26:31</b>	+00:21:19 (24.9%)	8:33	7 (75.3%)
66	<b>WIAK Wacław</b>	<b>251</b>	ISKRA JASZKOWA DOLNA	M 60-69	6			00:00:59	00:20:55	00:43:44	01:07:13	<b>01:29:58</b>	<b>01:30:57</b>	+00:25:45 (28.6%)	8:59	6.7 (72.0%)
67	<b>CHRAPEK Urszula</b>	<b>217</b>		K 18-29	5			00:01:54	00:21:40	00:44:27	01:07:53	<b>01:31:42</b>	<b>01:33:36</b>	+00:27:29 (30.0%)	9:10	6.5 (69.9%)
68	<b>SMARUJ - SADOWSKA Janina</b>	<b>275</b>		K 60-69	5			00:02:53	00:21:44	00:44:30	01:08:05	<b>01:31:44</b>	<b>01:34:37</b>	+00:27:31 (30.0%)	9:10	6.5 (69.9%)
69	<b>ŻUREK- TOMASZEWSKA Dorota</b>	<b>268</b>		K 40-49	6			00:01:56	00:22:25	00:45:43	01:09:07	<b>01:32:46</b>	<b>01:34:42</b>	+00:28:33 (30.8%)	9:16	6.5 (69.9%)
70	<b>JÓŹWIAK Dominik</b>	<b>221</b>	WTW WŁOCŁAWEK	M 18-29	3			00:00:04	00:23:00	00:48:50	01:11:24	<b>01:33:55</b>	<b>01:33:59</b>	+00:29:42 (31.6%)	9:23	6.4 (68.8%)
71	<b>BAKOWSKA Maria</b>	<b>205</b>	OŚLA ŁAWKA GNIEZNO	K 60-69	6			00:02:53	00:23:03	00:46:33	01:10:53	<b>01:34:59</b>	<b>01:37:52</b>	+00:30:46 (32.4%)	9:29	6.3 (67.7%)
72	<b>GĘBSKA Elżbieta</b>	<b>242</b>	DĄBROWA NORDIC TEAM	K 50-59	8			00:02:51	00:23:06	00:47:26	01:12:36	<b>01:38:20</b>	<b>01:41:11</b>	+00:34:07 (34.7%)	9:50	6.1 (65.6%)
73	<b>MICHALAK Teresa</b>	<b>234</b>		K 60-69	7			00:02:52	00:25:40	00:51:28	01:17:45	<b>01:44:11</b>	<b>01:47:03</b>	+00:39:58 (38.4%)	10:25	5.8 (62.4%)
74	<b>NAWROCKA Danuta</b>	<b>241</b>	DĄBROWA NORDIC TEAM	K 70+	1			00:02:53	00:26:05	00:53:19	01:20:36	<b>01:50:18</b>	<b>01:53:11</b>	+00:46:05 (41.8%)	11:01	5.4 (58.1%)
75	<b>SMACZYŃSKA Krystyna</b>	<b>295</b>	DĄBROWA NORDIC TEAM	K 70+	2	1		00:02:53	00:23:02	00:46:35	01:11:18	<b>01:50:21</b>	<b>01:53:14</b>	+00:46:08 (41.8%)	11:02	5.4 (58.1%)

Znaleziono 75 wynik(ów)