



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

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

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

Znaleziono 75 wynik(ów)