

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
Organizator: Polanica Zdrój
Data: 2019-07-06
Miejsce: Polanica Zdrój
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŹMICZ Adam	251	POLIPACK TEAM GWE	M30-39	1	1		00:15:44	00:32:12	00:48:46	01:05:13.50		6:31	9.2 (100%)
2	KŁOS Maciej	240	NW WYSPA SOBIESZEWSKA	M30-39	2			00:15:57	00:32:27	00:49:08	01:05:46.05	+00:00:32 (0.8%)	6:34	9.1 (98.9%)
3	HELWICH Stefan	232	KS METRACO POLKOWICE	M60-69	1			00:16:34	00:33:35	00:50:41	01:07:33.95	+00:02:20 (3.5%)	6:45	8.9 (96.7%)
4	WOJTASIŃSKI Daniel	296	NORDIC TEAM CZĘSTOCHOWA	M40-49	1			00:16:29	00:33:25	00:50:43	01:07:55.55	+00:02:42 (4.0%)	6:47	8.8 (95.7%)
5	KUŚMIEREC Jan	250	BŁĘKITNI NW DZIEMIANY	M40-49	2			00:16:53	00:34:08	00:51:26	01:08:27.80	+00:03:14 (4.7%)	6:50	8.8 (95.7%)
6	PIETRZYK Jarosław	266	NORDIC TEAM CZĘSTOCHOWA	M30-39	3			00:16:49	00:34:04	00:51:30	01:09:07.40	+00:03:53 (5.6%)	6:54	8.7 (94.6%)
7	KUBISZYN Małgorzata	247	KS METRACO POLKOWICE	K30-39	1			00:16:58	00:34:34	00:52:05	01:09:51.80	+00:04:38 (6.6%)	6:59	8.6 (93.5%)
8	JUREK Adam	236	KS METRACO POLKOWICE	M50-59	1			00:16:48	00:34:16	00:51:56	01:09:52.80	+00:04:39 (6.7%)	6:59	8.6 (93.5%)
9	KLIMCZAK Adam	239	GOSADI NORDIC TEAM	M50-59	2			00:17:07	00:34:48	00:52:31	01:10:18.90	+00:05:05 (7.2%)	7:01	8.5 (92.4%)
10	WEŹOWICZ Ewa	292	STADION ŚLĄSKI	K40-49	1			00:17:22	00:35:04	00:53:00	01:11:10.10	+00:05:56 (8.4%)	7:07	8.4 (91.3%)
11	JĘDRASIAK Renata	235	KS METRACO POLKOWICE	K50-59	1			00:17:15	00:35:03	00:53:09	01:11:25.55	+00:06:12 (8.7%)	7:08	8.4 (91.3%)
12	DREWA Marian	224	POLIPACK TEAM GWE	M60-69	2			00:17:07	00:34:52	00:53:05	01:11:32.25	+00:06:18 (8.8%)	7:09	8.4 (91.3%)
13	ŚWISŁOCKI Bogdan	286	FACE NORDIC WALKING TEAM	M50-59	3			00:17:28	00:35:31	00:53:46	01:12:26.50	+00:07:13 (10.0%)	7:14	8.3 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
14	MĄDRY Grzegorz	255	KIJKOWE TRZEMESZNO	M60-69	3			00:17:29	00:35:47	00:54:14	01:12:44.55	+00:07:31 (10.3%)	7:16	8.2 (89.1%)
15	ADAMCZYK Adam	211	PASJA NORDIC WALKING	M70+	1			00:18:18	00:36:33	00:54:50	01:12:48.40	+00:07:34 (10.4%)	7:16	8.2 (89.1%)
16	HRYNDIO Jerzy	233	STADION ŚLĄSKI	M60-69	4			00:17:48	00:36:07	00:54:53	01:13:23.25	+00:08:09 (11.1%)	7:20	8.2 (89.1%)
17	KOŃCZEWSKA Bożena	180	BIESZCZADZKI KLUB NORDIC WALKING	K50-59	2			00:17:50	00:36:23	00:54:59	01:13:29.40	+00:08:15 (11.2%)	7:20	8.2 (89.1%)
18	RAJEK Magdalena	272	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:18:19	00:36:39	00:55:04	01:13:44.65	+00:08:31 (11.6%)	7:22	8.1 (88.0%)
19	SIEMIŃSKA Marta	277		K30-39	2			00:17:50	00:36:15	00:54:53	01:13:46.30	+00:08:32 (11.6%)	7:22	8.1 (88.0%)
20	RASZEWSKA Izabela	273	FORMA NA PIĄTKĘNW	K40-49	3			00:18:10	00:36:55	00:55:43	01:14:22.90	+00:09:09 (12.3%)	7:26	8.1 (88.0%)
21	KRÓLIKOWSKA Krystyna	246	POLIPACK TEAM GWE	K40-49	4			00:17:57	00:36:42	00:55:26	01:14:23.30	+00:09:09 (12.3%)	7:26	8.1 (88.0%)
22	GODZIŃSKI Paweł	229	BAŻANT NW ELBLĄG	M40-49	3			00:17:48	00:36:29	00:55:35	01:14:54.25	+00:09:40 (12.9%)	7:29	8 (87.0%)
23	DUSIEL Ewa	226	NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:18:13	00:37:06	00:56:20	01:15:46.60	+00:10:33 (13.9%)	7:34	7.9 (85.9%)
24	SZCZĘŚNIAK Zbigniew	284	NORDIC TEAM CZĘSTOCHOWA	M50-59	4			00:18:41	00:38:01	00:57:18	01:16:03.15	+00:10:49 (14.2%)	7:36	7.9 (85.9%)
25	STANIEC Stanisław	281	AMATOR	M60-69	5	1		00:17:40	00:36:37	00:56:28	01:16:18.80	+00:11:05 (14.5%)	7:37	7.9 (85.9%)
26	STAWNIAK Karol	283	KS METRACO POLKOWICE	M70+	2			00:18:26	00:37:20	00:56:42	01:16:18.95	+00:11:05 (14.5%)	7:37	7.9 (85.9%)
27	CZAJKA Urszula	221	FACE NORDIC WALKING TEAM	K60-69	1	1		00:18:18	00:37:32	00:56:51	01:16:43.15	+00:11:29 (15.0%)	7:40	7.8 (84.8%)
28	OSTROCHALSKA Aleksandra	262	POLIPACK TEAM GWE	K40-49	5	1		00:18:01	00:37:28	00:57:23	01:16:52.45	+00:11:38 (15.2%)	7:41	7.8 (84.8%)
29	POSIM Dariusz	269	WATAHA	M50-59	5			00:18:04	00:37:15	00:56:52	01:16:55.05	+00:11:41 (15.2%)	7:41	7.8 (84.8%)
30	GAPIŃSKA Janina	228	CKZIU NYSA MECHANIK	K60-69	2			00:18:48	00:38:06	00:57:21	01:16:56.85	+00:11:43 (15.2%)	7:41	7.8 (84.8%)
31	NETKOWSKI Wojciech	259	PASJA NORDIC WALKING	M60-69	6			00:18:12	00:37:39	00:57:20	01:16:59.95	+00:11:46 (15.3%)	7:42	7.8 (84.8%)
32	WOJDANOWSKA Małgorzata	295	LECYMY DURŚ	K30-39	3			00:19:12	00:38:42	00:58:01	01:17:09.45	+00:11:55 (15.5%)	7:42	7.8 (84.8%)
33	CHORABIK Stanisław	218	WESOŁY BORSUK TEAM	M60-69	7			00:18:30	00:38:02	00:57:40	01:17:33.40	+00:12:19 (15.9%)	7:45	7.7 (83.7%)
34	BERESZKO Waldemar	216	MOSIR TKKF SATURN CZELADŹ	M60-69	8			00:19:11	00:38:42	00:58:27	01:18:01.70	+00:12:48 (16.4%)	7:48	7.7 (83.7%)
35	DĄBROWA Wojciech	303	CHODŹ Z NAMI	M50-59	6			00:18:16	00:38:13	00:58:50	01:18:15.90	+00:13:02 (16.7%)	7:49	7.7 (83.7%)
36	PALUDKIEWICZ Piotr	263		M50-59	7			00:18:58	00:38:50	00:59:07	01:19:44.30	+00:14:30 (18.2%)	7:58	7.5 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
37	KACZMAREK Maja	237	POLIPACK TEAM GWE	K30-39	4			00:19:30	00:39:22	00:59:39	01:19:59.10	+00:14:45 (18.5%)	7:59	7.5 (81.5%)
38	CONTUCCI Ewa	220	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:45	00:40:26	01:00:32	01:20:22.60	+00:15:09 (18.9%)	8:02	7.5 (81.5%)
39	CZEMPIK Kornelia	223	STADION ŚLĄSKI	K50-59	4			00:18:51	00:39:03	00:59:49	01:20:32.70	+00:15:19 (19.0%)	8:03	7.5 (81.5%)
40	KURZAWSKA Jolanta	249	KS METRACO POLKOWICE	K70+	1			00:20:06	00:40:16	01:00:39	01:20:58.95	+00:15:45 (19.5%)	8:05	7.4 (80.4%)
41	PANEK Elwira	264	LĘBORSKIE LWY	K50-59	5			00:19:29	00:40:04	01:00:22	01:21:03.50	+00:15:50 (19.5%)	8:06	7.4 (80.4%)
42	FRYDRYCH Krzysztof	227	WESOŁY BORSUK TEAM	M40-49	4			00:19:35	00:40:08	01:00:34	01:21:22.25	+00:16:08 (19.8%)	8:08	7.4 (80.4%)
43	SKAWIŃSKA Ewa	280	NAKIJEZAPRASZAMY	K40-49	7			00:17:42	00:39:23	01:00:33	01:21:40.15	+00:16:26 (20.1%)	8:10	7.3 (79.3%)
44	JAŃCZY Gracjan	234	CKZIU NYSA MECHANIK	M18-29	1	1		00:19:24	00:40:16	01:01:22	01:21:49.45	+00:16:35 (20.3%)	8:11	7.3 (79.3%)
45	KORNECKI Sławomir	244		M40-49	5	1		00:20:42	00:41:05	01:01:21	01:22:12.55	+00:16:59 (20.7%)	8:13	7.3 (79.3%)
46	CHYRA Janusz	219	UNIA MIAST	M40-49	6			00:19:45	00:40:37	01:01:42	01:22:34.45	+00:17:20 (21.0%)	8:15	7.3 (79.3%)
47	WÓJCIK Mirosław	298	SANTANDER CONSUMER BANK	M40-49	7			00:19:46	00:41:13	01:02:38	01:23:54.45	+00:18:40 (22.3%)	8:23	7.2 (78.3%)
48	CZEMPIK Aniela	222	STADION ŚLĄSKI	K60-69	3			00:20:29	00:41:27	01:02:27	01:23:57.15	+00:18:43 (22.3%)	8:23	7.1 (77.2%)
49	KONSTANCIAK Piotr	242	SANTANDER CONSUMER BANK	M40-49	8			00:20:43	00:41:29	01:02:47	01:23:59.30	+00:18:45 (22.3%)	8:23	7.1 (77.2%)
50	SĘDZIK Katarzyna	276	LECYMY DURŚ	K40-49	8			00:19:52	00:40:50	01:02:17	01:24:17.10	+00:19:03 (22.6%)	8:25	7.1 (77.2%)
51	WNĘK Ewa	382		K60-69	4			00:20:12	00:41:20	01:03:05	01:25:20.20	+00:20:06 (23.6%)	8:32	7 (76.1%)
52	THOMALLA Bogdan	287	STADION ŚLĄSKI	M70+	3			00:20:47	00:42:27	01:03:56	01:25:24.50	+00:20:11 (23.6%)	8:32	7 (76.1%)
53	STANKOWSKA Marzena	282	KIJKOWE TRZEMESZNO	K40-49	9			00:20:11	00:41:14	01:03:10	01:25:25.60	+00:20:12 (23.6%)	8:32	7 (76.1%)
54	DĄBROWSKA Dorota	318	CHODŹ Z NAMI	K50-59	6			00:21:15	00:42:37	01:04:02	01:25:40.85	+00:20:27 (23.9%)	8:34	7 (76.1%)
55	PINIS Michał	267	NORDIC TEAM CZĘSTOCHOWA	M30-39	4			00:20:51	00:41:59	01:03:47	01:25:47.60	+00:20:34 (24.0%)	8:34	7 (76.1%)
56	JANOWSKA Emilia	374	TEATR ZDROJOWY- POLANICA	K30-39	5	1		00:20:29	00:42:02	01:03:59	01:25:50.45	+00:20:36 (24.0%)	8:35	7 (76.1%)
57	POHL Anna	268	CKZIU NYSA MECHANIK	K50-59	7			00:21:17	00:42:59	01:04:31	01:25:58.75	+00:20:45 (24.1%)	8:35	7 (76.1%)
58	PRZYBYLSKA Maria	271		K60-69	5			00:20:30	00:42:13	01:04:03	01:26:11.75	+00:20:58 (24.3%)	8:37	7 (76.1%)
59	KISZKA-MAZIARCZUK Berenika	238	LECYMY DURŚ	K30-39	6			00:22:14	00:44:11	01:05:41	01:27:18.40	+00:22:04 (25.3%)	8:43	6.9 (75.0%)

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											netto 10km	Różn		
60	PATER Zbigniew	241	PIAST WROCŁAW	M70+	4	1		00:21:12	00:42:43	01:04:21	01:27:27.15	+00:22:13 (25.4%)	8:44	6.9 (75.0%)
61	SKOLIMOWSKA-KULIG Magda	154	SANTANDER CONSUMER BANK	K40-49	10			00:21:24	00:43:29	01:05:33	01:27:37.55	+00:22:24 (25.6%)	8:45	6.8 (73.9%)
62	WYSOCKA Bernadeta	299	BŁĘKITNI NW DZIEMIANY	K40-49	11			00:20:52	00:42:53	01:05:45	01:28:19.00	+00:23:05 (26.1%)	8:49	6.8 (73.9%)
63	TURZYŃSKA-STOPA Maria	289	BŁĘKITNI NW DZIEMIANY	K60-69	6			00:20:49	00:42:48	01:05:25	01:28:27.70	+00:23:14 (26.3%)	8:50	6.8 (73.9%)
64	JASIŃSKI Paweł	381	POLANICA- ZDRÓJ	M30-39	5			00:21:05	00:43:16	01:05:58	01:28:42.20	+00:23:28 (26.5%)	8:52	6.8 (73.9%)
65	BZDYRA Małgorzata	378	DZIKI OSIOŁ	K40-49	12			00:22:05	00:44:31	01:07:23	01:29:41.85	+00:24:28 (27.3%)	8:58	6.7 (72.8%)
66	KORNECKA Anna	243		K40-49	13			00:21:24	00:44:03	01:07:12	01:30:17.95	+00:25:04 (27.8%)	9:01	6.6 (71.7%)
67	DROZD Krystyna	225	CIDRY LOTAJOM	K50-59	8			00:21:45	00:44:11	01:07:14	01:30:20.35	+00:25:06 (27.8%)	9:02	6.6 (71.7%)
68	MEGGER Agata	323	AKTYWNI POSTOMINO	K40-49	14	1		00:21:47	00:45:02	01:08:05	01:30:31.95	+00:25:18 (28.0%)	9:03	6.6 (71.7%)
69	GAŚIOREK Ewa	392	AKTYWNI	K60-69	7			00:21:59	00:44:36	01:07:31	01:30:39.40	+00:25:25 (28.1%)	9:04	6.6 (71.7%)
70	SZELIGA Justyna	285	LIDER GRODZISK MAZOWIECKI	K40-49	15			00:22:44	00:45:33	01:08:08	01:31:02.10	+00:25:48 (28.4%)	9:06	6.6 (71.7%)
71	MACIŃSKA Estera	254	LECYMY DURŚ	K18-29	1			00:22:17	00:44:50	01:07:31	01:31:08.55	+00:25:55 (28.4%)	9:06	6.6 (71.7%)
72	WĄTROBA Sebastian	290	VITADIET ŁÓDŹ	M40-49	9			00:21:40	00:44:47	01:08:07	01:31:14.50	+00:26:01 (28.5%)	9:07	6.6 (71.7%)
73	ORZEPOWSKA Renata	311	CHODŹ Z NAMI	K40-49	16			00:22:56	00:46:03	01:08:48	01:31:52.20	+00:26:38 (29.0%)	9:11	6.5 (70.7%)
74	PIASECKI Lech	265	STADION ŚLĄSKI	M70+	5			00:22:03	00:45:10	01:08:35	01:32:46.80	+00:27:33 (29.7%)	9:16	6.5 (70.7%)
75	MĘDRAK Alicja	256		K60-69	8			00:22:27	00:45:50	01:09:35	01:33:42.40	+00:28:28 (30.4%)	9:22	6.4 (69.6%)
76	BEDNARCZYK Agnieszka	215		K40-49	17			00:22:43	00:46:16	01:10:06	01:34:09.45	+00:28:55 (30.7%)	9:25	6.4 (69.6%)
77	POSIM Bogumiła	270	WATAHA	K50-59	9			00:21:50	00:44:57	01:09:01	01:34:11.50	+00:28:58 (30.8%)	9:25	6.4 (69.6%)
78	LIGĘZA Elżbieta	252		K50-59	10			00:23:33	00:47:55	01:11:25	01:34:47.80	+00:29:34 (31.2%)	9:28	6.3 (68.5%)
79	MILCZAREK Joanna	257		K50-59	11			00:22:14	00:46:26	01:10:55	01:35:33.95	+00:30:20 (31.7%)	9:33	6.3 (68.5%)
80	KRÓLIKOWSKA-ŁOSKOT Danuta	390	STADION ŚLĄSKI	K60-69	9			00:23:30	00:47:20	01:11:15	01:35:44.05	+00:30:30 (31.9%)	9:34	6.3 (68.5%)
81	WOŹNY Aleksandra	297		K40-49	18			00:22:18	00:46:50	01:11:42	01:37:03.85	+00:31:50 (32.8%)	9:42	6.2 (67.4%)
82	WINIARSKI Robert	293		M50-59	8			00:22:41	00:46:41	01:11:32	01:37:22.40	+00:32:08 (33.0%)	9:44	6.2 (67.4%)

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83	NOWAK Zofia	260	AMATOR	K60-69	10			00:22:45	00:47:36	01:11:36	01:37:24.90	+00:32:11 (33.0%)	9:44	6.2 (67.4%)
84	MILCZAREK Witold	258		M50-59	9			00:24:58	00:49:09	01:13:38	01:38:16.35	+00:33:02 (33.6%)	9:49	6.1 (66.3%)
85	WŁOCHOWICZ Olga	294	LECYMY DURŚ	K30-39	7			00:23:23	00:48:06	01:12:47	01:38:26.75	+00:33:13 (33.7%)	9:50	6.1 (66.3%)
86	BACDORF Alicja	212	LIDER GRODZISK MAZOWIECKI	K60-69	11			00:23:44	00:47:53	01:12:47	01:38:31.85	+00:33:18 (33.8%)	9:51	6.1 (66.3%)
87	BARTNIK Anna	214	SANTANDER CONSUMER BANK	K40-49	19			00:24:24	00:49:23	01:14:33	01:39:38.35	+00:34:24 (34.5%)	9:57	6 (65.2%)
88	BARTNIK Robert	213	SANTANDER CONSUMER BANK	M40-49	10			00:27:29	00:52:27	01:17:38	01:42:42.75	+00:37:29 (36.5%)	10:16	5.8 (63.0%)
89	JÓŹWIAK Dominik	71	SERCE NORDICA WŁOCŁAWEK	M18-29	2			00:25:15	00:51:45	01:18:28	01:45:07.90	+00:39:54 (38.0%)	10:30	5.7 (62.0%)
DQ	ROMAN Krzysztof	274	KUDOWIANKA RUN	M60-69			1	00:17:37 DQ	00:35:48 DQ	00:54:14 DQ	01:12:43.95 DQ		0:00	8.2 (89.1%)
DQ	ŚLUSARCZYK Andrzej	288	WESOŁY BORSUK TEAM	M60-69			1	00:18:35 DQ	00:41:35 DQ	01:02:42 DQ	01:22:00.80 DQ		0:00	7.3 (79.3%)

Znaleziono 91 wynik(ów)