

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT
INTELEKTUALNE ZAKŁADY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
 Organizator: Polanica Zdrój
 Data: 2019-07-06
 Miejsce: Polanica Zdrój
 Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 1.1km	Herk_All 3.6km	Herk_All 6.1km	Herk_All 8.6km	Herk_All 11.1km	Herk_All 13.6km	Herk_All 16.1km	Herk_All 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KORDOWSKI Piotr	317	LUX TORPEDA MAŁOPOLSKA	M40-49	1			00:07:26	00:24:24	00:41:51	00:59:34	01:16:16	01:33:05	01:50:27	02:08:05	02:25:59.40		6:55	8.7 (100%)
2	HAŁAS Marcin	308	UNIA MIAST	M30-39	1			00:07:28	00:24:42	00:42:15	00:59:47	01:17:06	01:34:18	01:51:49	02:09:22	02:27:31.25	+00:01:31 (1.0%)	6:59	8.6 (98.9%)
3	KNITTER Tomasz	313	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:07:27	00:24:26	00:41:52	00:59:37	01:16:35	01:34:07	01:52:13	02:10:44	02:29:17.00	+00:03:17 (2.2%)	7:04	8.5 (97.7%)
4	KUBISZYN Mirosław	321	KS METRACO POLKOWICE	M30-39	2			00:07:31	00:24:59	00:42:40	00:59:48	01:17:18	01:35:04	01:52:23	02:10:46	02:30:28.70	+00:04:29 (3.0%)	7:07	8.4 (96.6%)
5	BARCZYK Bogdan	301	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:28	00:24:42	00:42:15	00:59:47	01:17:14	01:34:57	01:53:03	02:11:42	02:30:28.95	+00:04:29 (3.0%)	7:07	8.4 (96.6%)
6	KLIMSIAK Sebastian	312	KS METRACO POLKOWICE	M40-49	2			00:07:33	00:24:46	00:42:17	00:59:52	01:17:24	01:35:06	01:53:10	02:11:43	02:30:32.05	+00:04:32 (3.0%)	7:08	8.4 (96.6%)
7	KOŁODZIEJ Joanna	315	STADION ŚLĄSKI	K50-59	1			00:07:28	00:25:12	00:43:26	01:01:40	01:19:32	01:37:56	01:56:33	02:15:32	02:34:09.20	+00:08:09 (5.3%)	7:18	8.2 (94.3%)
8	ŻYDACZEWSKI Ryszard	349	KS METRACO POLKOWICE	M50-59	2			00:07:40	00:25:17	00:43:10	01:01:04	01:19:24	01:37:58	01:56:48	02:15:48	02:34:47.50	+00:08:48 (5.7%)	7:20	8.2 (94.3%)
9	WILCZEK Krzysztof	344	UNIA MIAST	M40-49	3			00:07:27	00:24:44	00:42:15	01:00:03	01:18:04	01:36:28	01:55:06	02:14:18	02:35:31.20	+00:09:31 (6.1%)	7:22	8.1 (93.1%)
10	KUŚMIEREK Patryk	322	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:07:50	00:25:31	00:43:44	01:02:15	01:20:59	01:39:42	01:58:25	02:17:42	02:37:42.25	+00:11:42 (7.4%)	7:28	8 (92.0%)
11	SPYCHAŁA Marzena	336	CKZIU NYSA MECHANIK	K40-49	1			00:07:39	00:25:51	00:44:18	01:03:04	01:21:40	01:40:23	01:59:20	02:18:36	02:38:01.25	+00:12:01 (7.6%)	7:29	8 (92.0%)
12	KOWALSKI Marek	319	UNIA MIAST	M50-59	3			00:07:45	00:25:39	00:43:52	01:02:29	01:21:11	01:40:13	01:59:28	02:18:50	02:38:20.05	+00:12:20 (7.8%)	7:30	8 (92.0%)
13	KOLMETZ Katarzyna	314	POLIPACK TEAM GWE	K40-49	2			00:08:08	00:26:31	00:45:18	01:04:27	01:23:39	01:43:06	02:02:53	02:23:02	02:43:38.85	+00:17:39 (10.8%)	7:45	7.7 (88.5%)
14	STĘPIEŃ Lucyna	337	KS METRACO POLKOWICE	K60+	1	2		00:07:46	00:26:10	00:45:15	01:04:42	01:24:36	01:44:59	02:04:51	02:24:31	02:44:28.70	+00:18:29 (11.2%)	7:47	7.7 (88.5%)
15	NOWICZ Mariusz	328	CIDRY LOTAJOM	M18-29	3			00:08:02	00:27:44	00:47:16	01:06:51	01:26:35	01:46:22	02:06:07	02:25:42	02:45:00.15	+00:19:00 (11.5%)	7:49	7.7 (88.5%)
16	GOŁĘBIEWSKI Krzysztof	306	ZAWSZE MŁODZI NORDIC WALKING	M50-59	4	1		00:08:06	00:27:05	00:46:02	01:05:26	01:25:11	01:45:00	02:04:55	02:25:05	02:45:39.55	+00:19:40 (11.9%)	7:51	7.6 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk								Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km				
17	RAKOWIECKI Zbigniew	332	FACE NORDIC WALKING TEAM	M50-59	5			00:08:03	00:27:03	00:46:13	01:05:33	01:25:20	01:45:15	02:05:30	02:25:50	02:46:40.20	+00:20:40 (12.4%)	7:53	7.6 (87.4%)
18	GROS Agnieszka	307	STADION ŚLĄSKI	K40-49	3			00:07:49	00:26:25	00:45:43	01:05:30	01:25:44	01:46:18	02:07:14	02:27:59	02:49:02.80	+00:23:03 (13.6%)	8:00	7.5 (86.2%)
19	JANOSZKA Irena	309	CIDRY LOTAJOM	K50-59	2			00:07:53	00:26:57	00:46:30	01:06:30	01:26:50	01:47:42	02:08:16	02:28:53	02:49:53.35	+00:23:53 (14.1%)	8:03	7.5 (86.2%)
20	ŚCIBUT Ania	340	FORMA NA PIAKĘ NW	K40-49	4			00:07:49	00:26:32	00:45:59	01:06:06	01:26:31	01:47:25	02:08:03	02:29:04	02:50:07.10	+00:24:07 (14.2%)	8:03	7.4 (85.1%)
21	BADECKI Ryszard	350	KS METRACO POLKOWICE	M50-59	6	1		00:07:57	00:26:52	00:45:56	01:05:28	01:25:06	01:45:21	02:05:28	02:26:40	02:50:29.10	+00:24:29 (14.4%)	8:04	7.4 (85.1%)
22	ŻAMOJCIN Marek	348	NORDICLUB SZCZECIN	M50-59	7			00:07:52	00:26:49	00:45:56	01:05:24	01:25:09	01:48:16	02:06:14	02:28:49	02:52:05.05	+00:26:05 (15.2%)	8:09	7.4 (85.1%)
23	PAPROTNA Agnieszka	329	NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:08:24	00:28:06	00:48:11	01:08:35	01:29:36	01:50:33	02:11:53	02:32:58	02:54:08.00	+00:28:08 (16.2%)	8:15	7.3 (83.9%)
24	LIGĘZA Janusz	324		M50-59	8	1		00:08:08	00:27:19	00:47:18	01:07:33	01:28:05	01:48:51	02:10:01	02:32:01	02:54:31.85	+00:28:32 (16.4%)	8:16	7.3 (83.9%)
25	WIĘNSKO Ryszard	343		M60+	1			00:08:14	00:28:14	00:48:04	01:08:14	01:29:14	01:50:31	02:11:54	02:33:37	02:55:02.95	+00:29:03 (16.6%)	8:17	7.2 (82.8%)
26	GODAWA Ireneusz	394	STADION ŚLĄSKI	M50-59	9			00:08:09	00:27:21	00:46:36	01:06:37	01:27:09	01:48:17	02:09:52	02:32:15	02:55:24.25	+00:29:24 (16.8%)	8:18	7.2 (82.8%)
27	STACHOWICZ Joanna	338	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:08:23	00:28:00	00:48:01	01:08:12	01:28:51	01:49:45	02:11:22	02:33:35	02:55:43.75	+00:29:44 (16.9%)	8:19	7.2 (82.8%)
28	SŁOMIŃSKA Marta	334	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:08:23	00:28:01	00:48:02	01:08:13	01:28:52	01:49:55	02:11:22	02:33:36	02:55:44.75	+00:29:45 (16.9%)	8:19	7.2 (82.8%)
29	SOBAŃSKA Grażyna	335		K60+	2			00:08:34	00:29:02	00:49:33	01:10:38	01:31:23	01:52:27	02:13:38	02:35:04	02:57:12.20	+00:31:12 (17.6%)	8:23	7.1 (81.6%)
30	KORDOWSKA Bogusława	316	LUX TORPEDA MAŁOPOLSKA	K40-49	5	1		00:08:23	00:28:52	00:49:38	01:10:53	01:31:43	01:52:58	02:14:39	02:36:19	02:58:48.75	+00:32:49 (18.4%)	8:28	7.1 (81.6%)
31	DANKIEWICZ Barbara	304	ZAWSZE MŁODZI NORDIC WALKING	K40-49	6			00:08:45	00:29:27	00:50:05	01:11:09	01:31:54	01:53:18	02:14:43	02:37:22	02:59:55.90	+00:33:56 (18.9%)	8:31	7 (80.5%)
32	BUCZKOWSKA Wiesława	302	FACE NORDIC WALKING TEAM	K60+	3	1		00:08:14	00:27:55	00:48:13	01:09:07	01:30:29	01:52:37	02:15:08	02:38:08	03:00:46.65	+00:34:47 (19.2%)	8:34	7 (80.5%)
33	ZAWADZKA Maria	347	KS METRACO POLKOWICE	K60+	4	1		00:08:59	00:30:50	00:52:44	01:14:38	01:36:32	01:58:41	02:21:02	02:43:38	03:06:28.95	+00:40:29 (21.7%)	8:50	6.8 (78.2%)
34	DUSZA Anna	305	NORDICLUB SZCZECIN	K50-59	3			00:08:19	00:28:55	00:50:21	01:12:09	01:34:43	01:57:51	02:21:25	02:45:46	03:11:07.50	+00:45:08 (23.6%)	9:03	6.6 (75.9%)
35	MALINOWSKA Katarzyna	326	LECZYMY DURŚ	K30-39	2			00:08:54	00:31:32	00:53:33	01:15:31	01:38:12	02:01:19	02:24:59	02:49:20	03:12:17.30	+00:46:17 (24.1%)	9:06	6.6 (75.9%)
36	KRZEMIŃSKI Rafał	320	SANTANDER CONSUMER BANK	M30-39	3	1		00:08:14	00:28:53	00:50:20	01:12:27	01:35:15	01:58:20	02:22:41	02:48:53	03:16:12.60	+00:50:13 (25.6%)	9:17	6.5 (74.7%)
37	NIETRZEBKA Paweł	327	MIĘDZYBORÓW	M30-39	4			00:08:30	00:29:25	00:51:02	01:12:53	01:35:17	01:58:21	02:22:41	02:48:55	03:16:13.00	+00:50:13 (25.6%)	9:17	6.5 (74.7%)
38	ROZMUS Jolanta	333	FACE NORDIC WALKING TEAM	K60+	5			00:09:05	00:30:59	00:53:49	01:17:22	01:41:18	02:05:34	02:29:16	02:52:54	03:17:00.20	+00:51:00 (25.9%)	9:20	6.4 (73.6%)
39	KARASIEWICZ Iwona	310	NORDICLUB SZCZECIN	K30-39	3			00:09:44	00:33:46	00:58:26	01:22:09	01:46:48	02:11:53	02:37:35	03:04:45	03:32:32.20	+01:06:32 (31.3%)	10:04	6 (69.0%)
	POSTEK Danuta	331	MARSZ PO ZDROWIE	K50-59				00:08:27 DNF	00:29:20 DNF	00:50:54 DNF	01:13:06 DNF	01:36:02 DNF	01:59:19 DNF	02:23:25 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 40 wynik(ów)