

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 21.1 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2020
Organizator: Polanica Zdrój
Data: 2020-07-11
Miejsce: Polanica Zdrój
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 1km	Lap_2 11km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Krzysztof	37	MSPORT TEAM	M60+	1			00:05:12	01:08:18	02:15:09.15		6:24	9.4 (100%)
2	HAŁAS Marcin	16		M30-39	1			00:05:22	01:12:29	02:21:32.55	+00:06:23 (4.5%)	6:42	8.9 (94.7%)
3	PIETRZYK Jarosław	34	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:05:13	01:12:14	02:21:49.00	+00:06:39 (4.7%)	6:43	8.9 (94.7%)
4	MACKIEWICZ Dariusz	25	AKTYWNY KODEŃ	M40-49	1			00:05:28	01:13:28	02:22:42.60	+00:07:33 (5.3%)	6:45	8.9 (94.7%)
5	CZERSKI Krzysztof	9	KS ULTRA TEAM ŁÓDŹ / EPOKA NORDICA ŁÓDŹ	M40-49	2			00:05:26	01:13:01	02:22:46.25	+00:07:37 (5.3%)	6:45	8.9 (94.7%)
6	WETOSZKA Piotr	45	TKKF KRZNA BIAŁA PODLASKA	M30-39	3			00:05:33	01:14:37	02:22:49.30	+00:07:40 (5.4%)	6:46	8.9 (94.7%)
7	BARCZYK Bogdan	4	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:05:58	01:14:22	02:23:26.30	+00:08:17 (5.8%)	6:47	8.8 (93.6%)
8	WILCZEK Krzysztof	46	CIDRY LOTAJOM	M40-49	3			00:05:30	01:13:42	02:23:27.00	+00:08:17 (5.8%)	6:47	8.8 (93.6%)
9	ŻYDACZEWSKI Ryszard	49	KS METRACO POLKOWICE	M50-59	2			00:05:20	01:14:10	02:25:13.25	+00:10:04 (6.9%)	6:52	8.7 (92.6%)
10	CYRUS Bogdan	8	SILESIA NORDIC TEAM	M50-59	3			00:05:22	01:12:25	02:25:57.95	+00:10:48 (7.4%)	6:55	8.7 (92.6%)
11	MICHALSKI Andrzej	29	PŁOMIEŃ ZMIENNICA	M60+	2			00:05:30	01:13:35	02:27:54.25	+00:12:45 (8.6%)	7:00	8.6 (91.5%)
12	ZYCH Witold	48		M50-59	4			00:05:30	01:16:20	02:28:56.15	+00:13:47 (9.3%)	7:03	8.5 (90.4%)
13	NIEDBAŁ Adam	32	SIEWIERZ	M40-49	4			00:05:33	01:16:57	02:29:19.05	+00:14:09 (9.5%)	7:04	8.5 (90.4%)

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										netto 21.1km	Różn		
14	KOŁODZIEJ Joanna	21	MALINOWE GWIAZDY	K50-59	1			00:05:36	01:16:50	02:30:16.80	+00:15:07 (10.1%)	7:07	8.4 (89.4%)
15	NACZK Leonard	31	POLIPACK TEAM GWE	M40-49	5			00:05:41	01:17:03	02:33:06.00	+00:17:56 (11.7%)	7:15	8.3 (88.3%)
16	MĄDRY Grzegorz	28	KIJKOWE TRZEMESZNO	M60+	3			00:05:36	01:16:47	02:33:23.05	+00:18:13 (11.9%)	7:16	8.3 (88.3%)
17	KOWALSKI Marek	23		M50-59	5			00:06:01	01:19:32	02:35:13.50	+00:20:04 (12.9%)	7:21	8.2 (87.2%)
18	KLUCZYŃSKI Remigiusz	18	SZUKAM KLUBU	M50-59	6			00:05:50	01:19:48	02:36:45.90	+00:21:36 (13.8%)	7:25	8.1 (86.2%)
19	MARCZAK Krzysztof	26	NW BEŁCHATÓW	M60+	4			00:05:27	01:16:57	02:37:16.20	+00:22:07 (14.1%)	7:27	8.1 (86.2%)
20	KOLMETZ Katarzyna	20	POLIPACK TEAM GWE	K40-49	1			00:06:15	01:21:33	02:37:30.50	+00:22:21 (14.2%)	7:27	8 (85.1%)
21	RAJEK Magdalena	35	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:06:08	01:20:57	02:37:31.05	+00:22:21 (14.2%)	7:27	8 (85.1%)
22	GOŁĘBIEWSKI Krzysztof	15	ZAWSZE MŁODZI NORDIC WALKING	M50-59	7			00:06:04	01:19:59	02:37:58.90	+00:22:49 (14.5%)	7:29	8 (85.1%)
23	KRAWĘTEK Agnieszka	24	NWPL/NW BEŁCHATÓW	K40-49	3			00:05:56	01:20:05	02:38:19.35	+00:23:10 (14.6%)	7:30	8 (85.1%)
24	KORSAKOV Kostiantyn	22	NW CZŁAPSKI TEAM	M40-49	6			00:05:58	01:19:26	02:38:42.25	+00:23:33 (14.8%)	7:31	8 (85.1%)
25	SZYMAŃSKI Jacek	42	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	8			00:05:54	01:22:00	02:41:41.80	+00:26:32 (16.4%)	7:39	7.8 (83.0%)
26	SZCZUDLIK Małgorzata	40	KIJKOWE TRZEMESZNO	K40-49	4			00:06:18	01:22:21	02:42:12.60	+00:27:03 (16.7%)	7:41	7.8 (83.0%)
27	WENDT Jarosław	44	POLIPACK TEAM GWE	M50-59	9			00:06:04	01:24:04	02:43:03.60	+00:27:54 (17.1%)	7:43	7.8 (83.0%)
28	NACZK Wiktoria	30	POLIPACK TEAM GWE	K18-29	1			00:06:10	01:24:44	02:43:43.35	+00:28:34 (17.5%)	7:45	7.7 (81.9%)
29	JÓŹWIAK Marianna	17	SERCE NORDICA WŁOCŁAWEK	K40-49	5			00:06:18	01:24:07	02:44:36.60	+00:29:27 (17.9%)	7:48	7.7 (81.9%)
30	ROWIŃSKI Paweł	36	NW CZŁAPSKI TEAM	M30-39	4			00:06:11	01:27:09	02:51:06.00	+00:35:56 (21.0%)	8:06	7.4 (78.7%)
31	KOBIELA Magdalena	19	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:06:21	01:28:13	02:53:04.50	+00:37:55 (21.9%)	8:12	7.3 (77.7%)
32	CHORABIK Stanisław	7	WESOŁY BORSUK TEAM	M60+	5			00:06:13	01:26:32	02:54:36.85	+00:39:27 (22.6%)	8:16	7.3 (77.7%)
33	DANKIEWICZ Barbara	10	ZAWSZE MŁODZI NORDIC WALKING	K40-49	7			00:06:47	01:32:42	02:57:29.55	+00:42:20 (23.9%)	8:24	7.1 (75.5%)
34	DZIAKIEWICZ Iwona	12	DZIKITEAM	K50-59	2			00:06:33	01:29:01	02:57:47.90	+00:42:38 (24.0%)	8:25	7.1 (75.5%)
35	MARONDEL Katarzyna	27	SILESIA NORDIC TEAM	K30-39	1			00:06:22	01:30:02	03:00:10.30	+00:45:01 (25.0%)	8:32	7 (74.5%)
36	FRANCZAK Anna	13	NW CZŁAPSKI TEAM	K50-59	3			00:06:40	01:32:27	03:07:28.85	+00:52:19 (27.9%)	8:53	6.8 (72.3%)

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37	GERLE-KOTULA Anna	14	UNIA MIAST	K30-39	2			00:06:51	01:36:27	03:09:45.35	+00:54:36 (28.8%)	8:59	6.7 (71.3%)
38	ZAWADZKA Maria	47	KS METRACO POLKOWICE	K60+	1			00:07:00	01:38:30	03:13:41.35	+00:58:32 (30.2%)	9:10	6.5 (69.1%)
39	SOMIAK Marta	39	NORDICUS STRZYBNICA	K40-49	8			00:07:29	01:43:16	03:16:47.45	+01:01:38 (31.3%)	9:19	6.4 (68.1%)
40	SOMIAK Piotr	38	NORDICUS STRZYBNICA	M40-49	7			00:07:30	01:43:17	03:16:49.30	+01:01:40 (31.3%)	9:19	6.4 (68.1%)
41	OMARSKA Grażyna	33	PASJA NORDIC WALKING	K60+	2			00:07:22	01:41:28	03:21:03.55	+01:05:54 (32.8%)	9:31	6.3 (67.0%)
42	SZWED Dorota	41	SKRZYDLACI DZIECIOM	K30-39	3			00:07:23	01:43:20	03:25:30.35	+01:10:21 (34.2%)	9:44	6.2 (66.0%)
43	BRONISZEWSKA Milena	6		K30-39	4			00:07:11	01:40:38	03:25:31.00	+01:10:21 (34.2%)	9:44	6.2 (66.0%)

Znaleziono 43 wynik(ów)