



Organizator:
Data:
Miejsce:
Dystans:

PFNW
2016-07-02
Polanica Zdrój
21.1 km

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Krzysztof	441	KS METRACO POLKOWICE	M 50-59	1			00:10:42	00:06:17	00:21:28	00:37:10	00:53:35	01:10:20	01:27:00	01:43:54	02:01:05	02:18:46.25	02:29:28.90		6:34	9.1 (100%)
2	DZIEDIEWICZ Andrzej	410	KS METRACO POLKOWICE	M 30-39	1			00:10:37	00:06:07	00:21:35	00:38:16	00:55:13	01:12:17	01:29:23	01:46:43	02:04:33	02:23:16.85	02:33:54.30	+00:04:30 (3.1%)	6:47	8.8 (96.7%)
3	HELWICH Stefan	459	KS METRACO POLKOWICE	M 60+	1			00:10:42	00:06:55	00:23:36	00:40:21	00:57:20	01:15:00	01:32:29	01:50:14	02:08:13	02:26:31.05	02:37:13.20	+00:07:44 (5.3%)	6:56	8.6 (94.5%)
4	KORDOWSKI Piotr	420	NOWA HUTA TEAM	M 40-49	1			00:10:39	00:06:41	00:23:14	00:40:13	00:57:22	01:14:48	01:32:31	01:50:18	02:08:31	02:27:01.60	02:37:40.80	+00:08:15 (5.6%)	6:58	8.6 (94.5%)
5	STUPNOWICZ Przemek	445	EPOKA NORDICA ŁÓDŹ	M 18-29	1			00:10:36	00:07:06	00:23:57	00:40:49	00:58:08	01:15:56	01:33:53	01:51:20	02:09:21	02:27:23.65	02:38:00.30	+00:08:37 (5.9%)	6:59	8.6 (94.5%)
6	BOGACKI Sławek	404	ENERGA NW TEAM	M 40-49	2			00:10:38	00:06:41	00:23:29	00:40:33	00:57:40	01:15:03	01:32:58	01:51:02	02:09:09	02:27:38.10	02:38:16.80	+00:08:51 (6.0%)	6:59	8.6 (94.5%)
7	KOLASA Wojciech	460	EPOKA NORDICA ŁÓDŹ	M 40-49	3			00:10:37	00:06:40	00:23:28	00:40:38	00:57:50	01:15:22	01:33:25	01:51:29	02:09:50	02:28:11.35	02:38:49.10	+00:09:25 (6.4%)	7:01	8.5 (93.4%)
8	WIŚNIEWSKI Jacek	449	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	M 50-59	2			00:10:41	00:07:06	00:23:53	00:40:31	00:57:22	01:15:02	01:32:56	01:51:06	02:09:59	02:29:26.00	02:40:07.30	+00:10:39 (7.1%)	7:04	8.5 (93.4%)
9	ZACZYŃSKA Anna	454	KS METRACO POLKOWICE	K 30-39	1			00:11:48	00:07:30	00:25:21	00:42:49	01:00:36	01:18:32	01:36:37	01:54:29	02:12:26	02:30:54.70	02:42:43.65	+00:12:08 (8.0%)	7:09	8.4 (92.3%)
10	PIETRZYK Jarosław	431	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:10:37	00:07:21	00:25:02	00:42:49	01:00:58	01:18:58	01:37:13	01:55:39	02:14:26	02:33:44.75	02:44:22.10	+00:14:58 (9.7%)	7:17	8.2 (90.1%)
11	MAKOWSKI Jan	427	RYBNICKI KLUB NORDIC WALKING	M 50-59	3			00:10:40	00:07:13	00:24:33	00:42:14	00:59:53	01:18:08	01:36:27	01:55:18	02:14:27	02:33:54.15	02:44:34.45	+00:15:07 (9.8%)	7:17	8.2 (90.1%)
12	BIK Stanisław	403	KS METRACO POLKOWICE	M 50-59	4			00:10:41	00:07:05	00:23:53	00:40:43	00:58:06	01:16:24	01:35:32	01:54:40	02:14:02	02:34:29.50	02:45:10.55	+00:15:43 (10.2%)	7:19	8.2 (90.1%)
13	SZCZEBAK Jacek	447	UNIA MIAST	M 40-49	4			00:10:38	00:07:19	00:25:09	00:43:18	01:01:33	01:20:00	01:38:35	01:57:24	02:16:36	02:35:59.85	02:46:38.45	+00:17:13 (11.0%)	7:23	8.1 (89.0%)
14	LENZ Andrzej	425	ALTOM	M 50-59	5			00:10:40	00:07:39	00:25:48	00:44:15	01:02:36	01:21:06	01:39:34	01:58:08	02:17:04	02:36:27.10	02:47:07.60	+00:17:40 (11.3%)	7:24	8.1 (89.0%)
15	ZAGAJA Janusz	455	WESOŁY BORSUK TEAM	M 60+	2			00:10:42	00:07:08	00:24:27	00:42:09	01:00:04	01:18:38	01:37:39	01:56:55	02:16:48	02:37:17.60	02:48:00.45	+00:18:31 (11.8%)	7:27	8 (87.9%)
16	ŻYWICKI Marcin	458	BŁĘKITNI NW DZIEMIANY	M 30-39	3			00:10:38	00:07:19	00:24:45	00:42:37	01:00:42	01:19:31	01:38:43	01:57:58	02:17:38	02:38:33.65	02:49:12.05	+00:19:47 (12.5%)	7:30	8 (87.9%)
17	ZAREMBA Jakub	456		M 30-39	4			00:10:38	00:07:48	00:25:51	00:44:17	01:02:39	01:21:09	01:39:37	01:58:46	02:19:09	02:39:16.15	02:49:54.50	+00:20:29 (12.9%)	7:32	7.9 (86.8%)
18	OLSCHIMKE-MARMUROWICZ Barbara	430	SILESIA NORDIC TEAM	K 40-49	1			00:11:50	00:07:41	00:26:06	00:44:59	01:03:58	01:23:03	01:42:10	02:01:11	02:20:33	02:40:26.80	02:52:17.00	+00:21:40 (13.5%)	7:36	7.9 (86.8%)
19	WOJCIECHOWSKI Tadeusz	451	DĄBROWA NORDIC TEAM	M 60+	3			00:10:43	00:07:34	00:25:48	00:44:13	01:02:56	01:22:04	01:41:29	02:01:05	02:20:53	02:41:16.10	02:51:59.25	+00:22:29 (14.0%)	7:38	7.9 (86.8%)
20	BAJER Piotr	402	FACE NORDIC WALKING TEAM	M 50-59	6			00:10:41	00:08:11	00:27:48	00:47:28	01:06:27	01:24:53	01:43:49	02:03:14	02:23:02	02:42:37.25	02:53:18.40	+00:23:51 (14.7%)	7:42	7.8 (85.7%)
21	SMUS Damian	461	UCZELNIA WARSZAWSKA	M 18-29	2			00:10:36	00:07:56	00:27:14	00:46:35	01:05:15	01:24:09	01:43:18	02:02:51	02:23:34	02:45:51.40	02:56:28.20	+00:27:05 (16.3%)	7:51	7.6 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas								Czas netto 21.1km	Czas brutto 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					
22	REJMAN Dorota	434	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39	2			00:11:49	00:07:56	00:27:08	00:46:24	01:05:41	01:25:30	01:45:25	02:05:26	02:25:39	02:46:01.80	02:57:51.30	+00:27:15 (16.4%)	7:52	7.6 (83.5%)
23	KARASIEWICZ Irena	416	FACE NORDIC WALKING TEAM	K 50-59	1			00:11:53	00:08:04	00:27:12	00:47:05	01:07:24	01:28:04	01:48:27	02:08:20	02:28:24	02:48:22.35	03:00:15.70	+00:29:36 (17.6%)	7:58	7.5 (82.4%)
24	TYLUTKI Agnieszka	448	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 40-49	2			00:11:49	00:07:49	00:27:06	00:46:12	01:05:54	01:26:06	01:46:26	02:06:56	02:27:42	02:48:34.20	03:00:23.85	+00:29:47 (17.7%)	7:59	7.5 (82.4%)
25	GWIZDAŁA Marcin	462	GOSIR OSIELSKO	M 30-39	5			00:10:37	00:08:06	00:27:51	00:47:47	01:07:52	01:28:08	01:48:17	02:08:32	02:29:26	02:49:36.00	03:00:13.55	+00:30:49 (18.2%)	8:02	7.5 (82.4%)
26	ROSADZIŃSKA Natalia	435		K 18-29	1			00:11:48	00:08:17	00:28:07	00:48:24	01:08:27	01:28:34	01:48:37	02:08:50	02:29:26	02:49:51.20	03:01:39.65	+00:31:04 (18.3%)	8:02	7.5 (82.4%)
27	STĘPIEŃ Lucyna	443	KS METRACO POLKOWICE	K 50-59	2			00:11:52	00:08:01	00:27:04	00:46:52	01:06:55	01:27:39	01:48:17	02:08:34	02:29:21	02:50:30.65	03:02:23.30	+00:31:44 (18.6%)	8:04	7.4 (81.3%)
28	WOLNIEWICZ Katarzyna	452	FABRIKANORDIKA	K 40-49	3			00:11:50	00:07:47	00:26:54	00:46:20	01:06:05	01:26:21	01:46:43	02:07:54	02:29:24	02:51:21.60	03:03:11.60	+00:32:35 (19.0%)	8:07	7.4 (81.3%)
29	KOBIELA Daria	418	BŁĘKITNI NW DZIEMIANY	K 18-29	2			00:11:48	00:08:10	00:28:03	00:48:06	01:08:19	01:28:24	01:48:29	02:08:43	02:29:51	02:52:19.05	03:04:07.35	+00:33:32 (19.5%)	8:09	7.3 (80.2%)
30	MOŻYSZEK Piotr	428	FORMA NA PIĄTKĘ NW PABIANICE	M 50-59	7			00:10:41	00:08:09	00:27:50	00:47:45	01:07:50	01:28:11	01:48:36	02:09:39	02:31:16	02:53:06.85	03:03:48.15	+00:34:20 (19.8%)	8:12	7.3 (80.2%)
31	JAMIŃSKI Rafał	413	SANTANDER CONSUMER BANK	M 40-49	5			00:10:39	00:07:54	00:26:53	00:46:27	01:06:12	01:26:33	01:47:19	02:08:42	02:30:50	02:53:31.70	03:04:11.20	+00:34:45 (20.0%)	8:13	7.3 (80.2%)
32	SIEMIŃSKA Marta	439		K 18-29	3			00:11:48	00:08:08	00:28:08	00:48:26	01:08:48	01:29:08	01:50:01	02:11:02	02:32:32	02:54:05.80	03:05:54.20	+00:35:19 (20.3%)	8:15	7.3 (80.2%)
33	SARNOWSKA Wanda	438	GREEN TEAM ZIELONA GÓRA	K 50-59	3			00:11:54	00:08:22	00:28:25	00:48:37	01:09:36	01:30:35	01:51:51	02:13:21	02:34:39	02:54:51.05	03:06:45.15	+00:36:04 (20.6%)	8:17	7.2 (79.1%)
34	GRĄDZKA-MOŻYSZEK Aleksandra	412	FORMA NA PIĄTKĘ NW PABIANICE	K 50-59	4			00:11:50	00:08:11	00:27:26	00:47:30	01:07:49	01:28:56	01:50:12	02:11:59	02:34:07	02:55:23.10	03:07:13.70	+00:36:36 (20.9%)	8:18	7.2 (79.1%)
35	CZYCZ Emilia	409	GREEN TEAM ZIELONA GÓRA	K 60+	1			00:11:52	00:08:04	00:27:17	00:47:07	01:07:23	01:28:29	01:50:11	02:12:32	02:34:56	02:56:12.10	03:08:04.75	+00:37:25 (21.2%)	8:21	7.2 (79.1%)
36	KMIECIK Grzegorz	417	NADLEŚNICTWO BYSTRZYCA KŁODZKA	M 50-59	8			00:10:41	00:08:40	00:28:51	00:48:55	01:09:28	01:30:29	01:51:56	02:13:44	02:35:16	02:56:25.50	03:07:06.55	+00:37:39 (21.3%)	8:21	7.2 (79.1%)
37	KANIOWSKA Beata	415	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49	4			00:11:50	00:07:42	00:26:47	00:46:18	01:06:42	01:28:18	01:49:53	02:12:07	02:34:27	02:56:47.35	03:08:38.05	+00:38:01 (21.5%)	8:22	7.2 (79.1%)
38	WITKOWSKA Maria	450	UNIA MIAST	K 60+	2			00:11:53	00:08:13	00:28:37	00:48:58	01:09:49	01:30:58	01:52:09	02:13:42	02:35:23	02:56:49.50	03:08:43.30	+00:38:03 (21.5%)	8:22	7.2 (79.1%)
39	CICHOŃ Aneta	405	FABRIKANORDIKA	K 30-39	3			00:11:48	00:07:55	00:27:24	00:47:31	01:07:57	01:28:47	01:50:04	02:12:58	02:35:51	02:58:47.50	03:10:36.45	+00:40:01 (22.4%)	8:28	7.1 (78.0%)
40	LISIKIEWICZ Agnieszka	426	GREEN TEAM ZIELONA GÓRA	K 40-49	5			00:11:51	00:08:19	00:28:27	00:48:33	01:09:13	01:30:55	01:52:13	02:13:56	02:36:52	02:59:47.85	03:11:38.90	+00:41:01 (22.8%)	8:31	7 (76.9%)
41	WOŁOWIEC Marcin	453	FOREVER YOUNG ŁÓDŹ	M 40-49	6			00:10:39	00:07:54	00:28:01	00:48:34	01:09:37	01:31:18	01:53:15	02:15:36	02:38:13	03:00:41.55	03:11:20.85	+00:41:55 (23.2%)	8:33	7 (76.9%)
42	RECZULSKI Mikołaj	432	VIKING NORDIC TEAM CZĘSTOCHOWA	M 18-29	3			00:10:36	00:07:49	00:27:13	00:46:37	01:07:06	01:28:27	01:52:23	02:15:15	02:37:50	03:01:06.35	03:11:42.80	+00:42:20 (23.4%)	8:34	7 (76.9%)
43	KONIKOWSKA Klaudia	419	UNIwersytet Medyczny Wrocław	K 18-29	4			00:11:48	00:08:24	00:28:41	00:49:32	01:10:48	01:32:40	01:54:32	02:17:03	02:39:44	03:02:46.95	03:14:35.40	+00:44:00 (24.1%)	8:39	6.9 (75.8%)
44	CIENNIK Kalina	406		K 40-49	6			00:11:51	00:08:24	00:29:26	00:51:14	01:13:17	01:35:38	01:58:15	02:20:38	02:43:15	03:05:01.10	03:16:52.75	+00:46:14 (25.0%)	8:46	6.8 (74.7%)
45	FRANKIEWICZ Mirosław	411	FORMA NA PIĄTKĘ NW PABIANICE	M 40-49	7			00:10:39	00:08:29	00:28:48	00:49:17	01:10:08	01:31:11	01:52:24	02:14:16	02:36:37	03:05:10.05	03:15:49.85	+00:46:23 (25.1%)	8:46	6.8 (74.7%)
46	STRZELECKI Sebastian	444	SAILING TEAM FERAJNA	M 40-49	8			00:10:39	00:08:25	00:29:30	00:51:43	01:13:37	01:35:40	01:57:40	02:20:06	02:42:57	03:05:21.00	03:16:00.25	+00:46:34 (25.1%)	8:47	6.8 (74.7%)
47	KUBIACZYK Arkadiusz	422	3+1	M 50-59	9			00:10:40	00:07:55	00:27:38	00:47:55	01:08:36	01:30:27	01:52:45	02:15:51	02:41:26	03:06:50.65	03:17:30.95	+00:48:04 (25.7%)	8:51	6.8 (74.7%)
48	CIENNIK Wiktor	407	FOREVER YOUNG ŁÓDŹ	M 50-59	10			00:10:41	00:08:22	00:28:39	00:50:14	01:13:07	01:35:31	01:58:46	02:21:48	02:45:04	03:08:09.60	03:18:51.55	+00:49:23 (26.2%)	8:55	6.7 (73.6%)
49	SŁABOŃ-SIKORA Aneta	442	DĄBROWA NORDIC TEAM	K 30-39	4			00:11:50	00:08:33	00:29:50	00:52:04	01:13:40	01:36:06	01:58:48	02:22:21	02:46:06	03:09:15.55	03:21:05.65	+00:50:29 (26.7%)	8:58	6.7 (73.6%)
50	KUCYPERA Dagmara	424	DĄBROWA NORDIC TEAM	K 40-49	7			00:11:51	00:08:37	00:30:34	00:52:49	01:15:27	01:38:42	02:02:17	02:26:23	02:49:58	03:13:22.50	03:25:13.95	+00:54:36 (28.2%)	9:09	6.5 (71.4%)
51	SIMIŃSKA Ilona	440	BRAK - INDYWIDUALNIE	K 50-59	5			00:11:52	00:08:37	00:29:43	00:52:08	01:14:24	01:37:20	02:00:51	02:25:35	02:50:05	03:13:59.10	03:25:51.55	+00:55:12 (28.5%)	9:11	6.5 (71.4%)
52	ZAWADZKA Maria	457	KS METRACO POLKOWICE	K 60+	3			00:11:52	00:08:50	00:30:34	00:52:32	01:15:03	01:38:19	02:01:48	02:26:08	02:50:47	03:15:48.50	03:27:40.50	+00:57:02 (29.1%)	9:16	6.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
53	STUPNOWICZ Joanna	446	EPOKA NORDICA ŁÓDŹ	K 40-49	8			00:11:51	00:08:52	00:30:47	00:53:07	01:16:05	01:40:00	02:05:06	02:30:30	02:55:42	03:19:46.65	03:31:37.85	+01:01:00 (30.5%)	9:28	6.3 (69.2%)
54	ROZMUS Jolanta	437	FACE NORDIC WALKING TEAM	K 60+	4			00:11:52	00:08:52	00:30:39	00:52:55	01:16:22	01:41:15	02:06:42	02:32:14	02:55:54	03:19:47.75	03:31:39.75	+01:01:01 (30.5%)	9:28	6.3 (69.2%)
55	CIESIELSKI Jerzy	408	FUNDACJA KRWINKA	M 60+	4			00:10:43	00:09:50	00:34:31	00:59:40	01:25:34	01:51:35	02:18:24	02:45:42	03:13:12	03:41:27.20	03:52:11.10	+01:22:40 (37.3%)	10:29	5.7 (62.6%)

Znaleziono 55 wynik(ów)