



# POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2016-07-02  
**Place:** Polanica Zdrój  
**Distance:** 21.1 km



Classification: All

Split point: 8,6 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km
1	SKIBA Krzysztof	441	KS METRACO POLKOWICE	M 50-59			00:10:42	00:06:17	00:21:28	00:37:10	00:53:35
2	DZIEDIEWICZ Andrzej	410	KS METRACO POLKOWICE	M 30-39			00:10:37	00:06:07	00:21:35	00:38:16	00:55:13
3	HELWICH Stefan	459	KS METRACO POLKOWICE	M 60+			00:10:42	00:06:55	00:23:36	00:40:21	00:57:20
4	KORDOWSKI Piotr	420	NOWA HUTA TEAM	M 40-49			00:10:39	00:06:41	00:23:14	00:40:13	00:57:22
5	WIŚNIEWSKI Jacek	449	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	M 50-59			00:10:41	00:07:06	00:23:53	00:40:31	00:57:22
6	BOGACKI Sławek	404	ENERGA NW TEAM	M 40-49			00:10:38	00:06:41	00:23:29	00:40:33	00:57:40
7	KOLASA Wojciech	460	EPOKA NORDICA ŁÓDŹ	M 40-49			00:10:37	00:06:40	00:23:28	00:40:38	00:57:50
8	BIK Stanisław	403	KS METRACO POLKOWICE	M 50-59			00:10:41	00:07:05	00:23:53	00:40:43	00:58:06
9	STUPNOWICZ Przemek	445	EPOKA NORDICA ŁÓDŹ	M 18-29			00:10:36	00:07:06	00:23:57	00:40:49	00:58:08
10	MAKOWSKI Jan	427	RYBNICKI KLUB NORDIC WALKING	M 50-59			00:10:40	00:07:13	00:24:33	00:42:14	00:59:53
11	ZAGAJA Janusz	455	WESOŁY BORSUK TEAM	M 60+			00:10:42	00:07:08	00:24:27	00:42:09	01:00:04
12	ZACZYŃSKA Anna	454	KS METRACO POLKOWICE	K 30-39			00:11:48	00:07:30	00:25:21	00:42:49	01:00:36
13	ŻYWICKI Marcin	458	BŁĘKITNI NW DZIEMIANY	M 30-39			00:10:38	00:07:19	00:24:45	00:42:37	01:00:42
14	PIETRZYK Jarosław	431	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39			00:10:37	00:07:21	00:25:02	00:42:49	01:00:58
15	SZCZEBAK Jacek	447	UNIA MIAST	M 40-49			00:10:38	00:07:19	00:25:09	00:43:18	01:01:33
16	LENZ Andrzej	425	ALTOM	M 50-59			00:10:40	00:07:39	00:25:48	00:44:15	01:02:36
17	ZAREMBA Jakub	456		M 30-39			00:10:38	00:07:48	00:25:51	00:44:17	01:02:39
18	WOJCIECHOWSKI Tadeusz	451	DĄBROWA NORDIC TEAM	M 60+			00:10:43	00:07:34	00:25:48	00:44:13	01:02:56
19	OLSCHIMKE-MARMUROWICZ Barbara	430	SILESIA NORDIC TEAM	K 40-49			00:11:50	00:07:41	00:26:06	00:44:59	01:03:58
20	SMUS Damian	461	UCZELNIA WARSZAWSKA	M 18-29			00:10:36	00:07:56	00:27:14	00:46:35	01:05:15
21	REJMAN Dorota	434	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39			00:11:49	00:07:56	00:27:08	00:46:24	01:05:41
22	TYLUTKI Agnieszka	448	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 40-49			00:11:49	00:07:49	00:27:06	00:46:12	01:05:54
23	WOLNIEWICZ Katarzyna	452	FABRIKANORDIKA	K 40-49			00:11:50	00:07:47	00:26:54	00:46:20	01:06:05
24	JAMIŃSKI Rafał	413	SANTANDER CONSUMER BANK	M 40-49			00:10:39	00:07:54	00:26:53	00:46:27	01:06:12
25	BAJER Piotr	402	FACE NORDIC WALKING TEAM	M 50-59			00:10:41	00:08:11	00:27:48	00:47:28	01:06:27
26	KANIEWSKA Beata	415	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49			00:11:50	00:07:42	00:26:47	00:46:18	01:06:42
27	STĘPIEŃ Lucyna	443	KS METRACO POLKOWICE	K 50-59			00:11:52	00:08:01	00:27:04	00:46:52	01:06:55
28	RE CZULSKI Mikołaj	432	VIKING NORDIC TEAM CZĘSTOCHOWA	M 18-29			00:10:36	00:07:49	00:27:13	00:46:37	01:07:06
29	CZYCZ Emilia	409	GREEN TEAM ZIELONA GÓRA	K 60+			00:11:52	00:08:04	00:27:17	00:47:07	01:07:23

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km
30	<b>KARASIEWICZ Irena</b>	<b>416</b>	FACE NORDIC WALKING TEAM	K 50-59			00:11:53	00:08:04	00:27:12	00:47:05	01:07:24
31	<b>GRĄDZKA-MOŻYSZEK Aleksandra</b>	<b>412</b>	FORMA NA PIĄTKĘ NW PABIANICE	K 50-59			00:11:50	00:08:11	00:27:26	00:47:30	01:07:49
32	<b>MOŻYSZEK Piotr</b>	<b>428</b>	FORMA NA PIĄTKĘ NW PABIANICE	M 50-59			00:10:41	00:08:09	00:27:50	00:47:45	01:07:50
33	<b>GWIZDAŁA Marcin</b>	<b>462</b>	GOSIR OSIELSKO	M 30-39			00:10:37	00:08:06	00:27:51	00:47:47	01:07:52
34	<b>CICHOŃ Aneta</b>	<b>405</b>	FABRIKANORDIKA	K 30-39			00:11:48	00:07:55	00:27:24	00:47:31	01:07:57
35	<b>KOBIELA Daria</b>	<b>418</b>	BŁĘKITNI NW DZIEMIANY	K 18-29			00:11:48	00:08:10	00:28:03	00:48:06	01:08:19
36	<b>ROSADZIŃSKA Natalia</b>	<b>435</b>		K 18-29			00:11:48	00:08:17	00:28:07	00:48:24	01:08:27
37	<b>KUBIACZYK Arkadiusz</b>	<b>422</b>	3+1	M 50-59			00:10:40	00:07:55	00:27:38	00:47:55	01:08:36
38	<b>SIEMIŃSKA Marta</b>	<b>439</b>		K 18-29			00:11:48	00:08:08	00:28:08	00:48:26	01:08:48
39	<b>LISIKIEWICZ Agnieszka</b>	<b>426</b>	GREEN TEAM ZIELONA GÓRA	K 40-49			00:11:51	00:08:19	00:28:27	00:48:33	01:09:13
40	<b>KMIECIK Grzegorz</b>	<b>417</b>	NADLEŚNICTWO BYSTRZYCA KŁODZKA	M 50-59			00:10:41	00:08:40	00:28:51	00:48:55	01:09:28
41	<b>SARNOWSKA Wanda</b>	<b>438</b>	GREEN TEAM ZIELONA GÓRA	K 50-59			00:11:54	00:08:22	00:28:25	00:48:37	01:09:36
42	<b>WOŁOWIEC Marcin</b>	<b>453</b>	FOREVER YOUNG ŁÓDŹ	M 40-49			00:10:39	00:07:54	00:28:01	00:48:34	01:09:37
43	<b>WITKOWSKA Maria</b>	<b>450</b>	UNIA MIAST	K 60+			00:11:53	00:08:13	00:28:37	00:48:58	01:09:49
44	<b>FRANKIEWICZ Mirosław</b>	<b>411</b>	FORMA NA PIĄTKĘ NW PABIANICE	M 40-49			00:10:39	00:08:29	00:28:48	00:49:17	01:10:08
45	<b>KONIKOWSKA Klaudia</b>	<b>419</b>	UNIWERSYTET MEDYCZNY WROCŁAW	K 18-29			00:11:48	00:08:24	00:28:41	00:49:32	01:10:48
46	<b>CIENNIK Wiktor</b>	<b>407</b>	FOREVER YOUNG ŁÓDŹ	M 50-59			00:10:41	00:08:22	00:28:39	00:50:14	01:13:07
47	<b>CIENNIK Kalina</b>	<b>406</b>		K 40-49			00:11:51	00:08:24	00:29:26	00:51:14	01:13:17
48	<b>STRZELECKI Sebastian</b>	<b>444</b>	SAILING TEAM FERAJNA	M 40-49			00:10:39	00:08:25	00:29:30	00:51:43	01:13:37
49	<b>SŁABOŃ-SIKORA Aneta</b>	<b>442</b>	DĄBROWA NORDIC TEAM	K 30-39			00:11:50	00:08:33	00:29:50	00:52:04	01:13:40
50	<b>SIMIŃSKA Ilona</b>	<b>440</b>	BRAK - INDYWIDUALNIE	K 50-59			00:11:52	00:08:37	00:29:43	00:52:08	01:14:24
51	<b>ZAWADZKA Maria</b>	<b>457</b>	KS METRACO POLKOWICE	K 60+			00:11:52	00:08:50	00:30:34	00:52:32	01:15:03
52	<b>KUCYPERA Dagmara</b>	<b>424</b>	DĄBROWA NORDIC TEAM	K 40-49			00:11:51	00:08:37	00:30:34	00:52:49	01:15:27
53	<b>STUPNOWICZ Joanna</b>	<b>446</b>	EPOKA NORDICA ŁÓDŹ	K 40-49			00:11:51	00:08:52	00:30:47	00:53:07	01:16:05
54	<b>ROZMUS Jolanta</b>	<b>437</b>	FACE NORDIC WALKING TEAM	K 60+			00:11:52	00:08:52	00:30:39	00:52:55	01:16:22
55	<b>CIESIELSKI Jerzy</b>	<b>408</b>	FUNDACJA KRWINKA	M 60+			00:10:43	00:09:50	00:34:31	00:59:40	01:25:34

Total 55 results.