



# 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: 18,6 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
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	01:10:20	01:27:00	01:43:54	02:01:05
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	01:12:17	01:29:23	01:46:43	02:04:33
3	HELWICH Stefan	459	KS METRACO POLKOWICE	M 60+			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
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	01:14:48	01:32:31	01:50:18	02:08:31
5	BOGACKI Sławek	404	ENERGA NW TEAM	M 40-49			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
6	STUPNOWICZ Przemek	445	EPOKA NORDICA ŁÓDŹ	M 18-29			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
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	01:15:22	01:33:25	01:51:29	02:09:50
8	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	01:15:02	01:32:56	01:51:06	02:09:59
9	ZACZYŃSKA Anna	454	KS METRACO POLKOWICE	K 30-39			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
10	BIK Stanisław	403	KS METRACO POLKOWICE	M 50-59			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
11	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	01:18:58	01:37:13	01:55:39	02:14:26
12	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	01:18:08	01:36:27	01:55:18	02:14:27
13	SZCZEBAK Jacek	447	UNIA MIAST	M 40-49			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
14	ZAGAJA Janusz	455	WESOŁY BORSUK TEAM	M 60+			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
15	LENZ Andrzej	425	ALTOM	M 50-59			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
16	ŻYWICKI Marcin	458	BŁĘKITNI NW DZIEMIANY	M 30-39			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
17	ZAREMBA Jakub	456		M 30-39			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
18	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	01:23:03	01:42:10	02:01:11	02:20:33
19	WOJCIECHOWSKI Tadeusz	451	DĄBROWA NORDIC TEAM	M 60+			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

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
20	<b>BAJER Piotr</b>	<b>402</b>	FACE NORDIC WALKING TEAM	M 50-59			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
21	<b>SMUS Damian</b>	<b>461</b>	UCZELNIA WARSZAWSKA	M 18-29			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
22	<b>REJMAN Dorota</b>	<b>434</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 30-39			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
23	<b>TYLUTKI Agnieszka</b>	<b>448</b>	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	K 40-49			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
24	<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	01:28:04	01:48:27	02:08:20	02:28:24
25	<b>STĘPIEŃ Lucyna</b>	<b>443</b>	KS METRACO POLKOWICE	K 50-59			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
26	<b>WOLNIEWICZ Katarzyna</b>	<b>452</b>	FABRIKANORDIKA	K 40-49			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
27	<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	01:28:08	01:48:17	02:08:32	02:29:26
28	<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	01:28:34	01:48:37	02:08:50	02:29:26
29	<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	01:28:24	01:48:29	02:08:43	02:29:51
30	<b>JAMIŃSKI Rafał</b>	<b>413</b>	SANTANDER CONSUMER BANK	M 40-49			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
31	<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	01:28:11	01:48:36	02:09:39	02:31:16
32	<b>SIEMIENSKA Marta</b>	<b>439</b>		K 18-29			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
33	<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	01:28:56	01:50:12	02:11:59	02:34:07
34	<b>KANIOWSKA Beata</b>	<b>415</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K 40-49			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
35	<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	01:30:35	01:51:51	02:13:21	02:34:39
36	<b>CZYCZ Emilia</b>	<b>409</b>	GREEN TEAM ZIELONA GÓRA	K 60+			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
37	<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	01:30:29	01:51:56	02:13:44	02:35:16
38	<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	01:30:58	01:52:09	02:13:42	02:35:23
39	<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	01:28:47	01:50:04	02:12:58	02:35:51
40	<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	01:31:11	01:52:24	02:14:16	02:36:37
41	<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	01:30:55	01:52:13	02:13:56	02:36:52
42	<b>RE CZULSKI Mikołaj</b>	<b>432</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M 18-29			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
43	<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	01:31:18	01:53:15	02:15:36	02:38:13
44	<b>KONIKOWSKA Klaudia</b>	<b>419</b>	UNI WERSYTET MEDYCZNY WROCŁAW	K 18-29			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
45	<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	01:30:27	01:52:45	02:15:51	02:41:26
46	<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	01:35:40	01:57:40	02:20:06	02:42:57
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	01:35:38	01:58:15	02:20:38	02:43:15

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km
48	<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	01:35:31	01:58:46	02:21:48	02:45:04
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	01:36:06	01:58:48	02:22:21	02:46:06
50	<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	01:38:42	02:02:17	02:26:23	02:49:58
51	<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	01:37:20	02:00:51	02:25:35	02:50:05
52	<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	01:38:19	02:01:48	02:26:08	02:50:47
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	01:40:00	02:05:06	02:30:30	02:55:42
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	01:41:15	02:06:42	02:32:14	02:55:54
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	01:51:35	02:18:24	02:45:42	03:13:12

Total 55 results.