

POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING - 21,1KM

B4SPORT

Organiser: PFNW
Date: 2015-06-27
Place: Polanica Zdrój
Distance: 21,1 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.7km	11.2km	13.7km	16.2km	18.7km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	SKIBA Krzysztof	336	ZG POLKOWICE-SIEROSZOWICE	M 50-59	1			00:00:07	00:06:38	00:21:44	00:37:11	00:52:56	01:08:50	01:24:51	01:41:00	01:57:07	02:13:40	02:13:47		6:20	9.5 (100%)
2	LUBIATOWSKI Ireneusz	327	KGHM METRAKO POLKOWICE	M 40-49	1			00:00:06	00:06:39	00:22:13	00:38:11	00:54:14	01:10:28	01:26:55	01:43:34	02:00:40	02:18:04	02:18:10	+00:04:24 (3.2%)	6:32	9.2 (96.8%)
3	KOLASA Wojciech	303	FIZJO-PLUS TEAM	M 40-49	2	1		00:00:06	00:07:16	00:24:32	00:41:53	00:59:09	01:16:15	01:33:22	01:50:40	02:08:14	02:25:33	02:25:39	+00:11:53 (8.2%)	6:53	8.7 (91.6%)
4	PIOTROWSKI Michał	320	PENDOLINO	M 30-39	1			00:00:05	00:07:18	00:24:31	00:41:55	00:59:09	01:16:17	01:33:22	01:50:41	02:08:15	02:26:09	02:26:14	+00:12:29 (8.5%)	6:55	8.7 (91.6%)
5	STUPNOWICZ Przemek	301	FOREVER YOUNG ŁÓDŹ	M 18-29	1			00:00:05	00:07:09	00:24:31	00:42:25	01:00:16	01:17:58	01:35:46	01:52:52	02:10:18	02:27:36	02:27:41	+00:13:56 (9.4%)	6:59	8.6 (90.5%)
6	BOGACKI Sławek	316	ENERGA NW TEAM	M 40-49	3			00:00:07	00:07:15	00:24:32	00:42:23	01:00:14	01:17:54	01:35:41	01:52:50	02:10:16	02:27:43	02:27:50	+00:14:03 (9.5%)	7:00	8.6 (90.5%)
7	ZACZYŃSKA Anna	335	KGHM METRAKO POLKOWICE	K 30-39	1			00:00:56	00:07:27	00:24:57	00:42:21	01:00:08	01:18:02	01:35:48	01:53:11	02:10:48	02:28:35	02:29:31	+00:14:55 (10.0%)	7:02	8.5 (89.5%)
8	LENZ Andrzej	305	DĄBROWA NORDIC TEAM	M 50-59	2			00:00:07	00:07:23	00:24:40	00:42:23	01:00:17	01:17:57	01:35:43	01:53:15	02:11:15	02:29:43	02:29:50	+00:16:03 (10.7%)	7:05	8.5 (89.5%)
9	ZAGAJA Janusz	302		M 60+	1			00:00:08	00:06:53	00:23:32	00:41:03	00:58:45	01:16:15	01:34:22	01:52:52	02:11:45	02:31:33	02:31:41	+00:17:53 (11.8%)	7:10	8.4 (88.4%)
10	MAKOWSKI Jan	328		M 50-59	3			00:00:08	00:07:17	00:24:44	00:42:23	01:00:37	01:18:51	01:36:55	01:55:47	02:14:26	02:33:08	02:33:16	+00:19:28 (12.7%)	7:15	8.3 (87.4%)
11	ŚLUSARCZYK Marcin	333	WESOŁY BORSUK TEAM	M 30-39	2			00:00:06	00:07:38	00:25:34	00:43:14	01:01:24	01:19:27	01:37:31	01:55:30	02:14:22	02:33:31	02:33:37	+00:19:51 (12.9%)	7:16	8.2 (86.3%)
12	SOBKOWSKI Janusz	326	SILESIA NORDIC TEAM	M 60+	2			00:00:08	00:07:28	00:25:06	00:43:08	01:01:21	01:19:59	01:38:38	01:57:16	02:15:54	02:34:15	02:34:23	+00:20:35 (13.3%)	7:18	8.2 (86.3%)
13	KACZKOWSKI Zbigniew	332	MARSZPOZDROWIE	M 30-39	3	1		00:00:06	00:07:37	00:25:33	00:43:33	01:01:28	01:19:40	01:38:12	01:56:36	02:15:34	02:34:48	02:34:54	+00:21:08 (13.7%)	7:20	8.2 (86.3%)
14	WOJCIECHOWSKI Tadeusz	321	DĄBROWA NORDIC TEAM	M 60+	3			00:00:09	00:07:28	00:25:06	00:43:09	01:01:24	01:19:59	01:38:30	01:57:14	02:15:55	02:34:53	02:35:02	+00:21:13 (13.7%)	7:20	8.2 (86.3%)
15	SMUS Damian	331	UCZELNIA WARSZAWSKA	M 18-29	2			00:00:05	00:07:39	00:25:58	00:44:23	01:02:40	01:20:44	01:38:51	01:57:10	02:15:52	02:35:20	02:35:25	+00:21:40 (13.9%)	7:21	8.2 (86.3%)
16	BAJER Piotr	309	BRAN-FROM TEAM	M 50-59	4			00:00:07	00:07:37	00:25:40	00:43:17	01:01:32	01:20:02	01:38:32	01:57:17	02:15:56	02:35:37	02:35:44	+00:21:57 (14.1%)	7:22	8.1 (85.3%)
17	WESOŁOWSKI Wojciech	304		M 60+	4			00:00:08	00:07:33	00:25:31	00:43:40	01:02:02	01:20:27	01:39:19	01:58:30	02:18:08	02:38:01	02:38:09	+00:24:21 (15.4%)	7:29	8 (84.2%)
18	PIETRZYK Jarosław	339	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	4	1		00:00:05	00:07:36	00:25:53	00:43:46	01:01:33	01:19:32	01:37:36	01:56:23	02:16:04	02:38:43	02:38:48	+00:25:03 (15.8%)	7:31	8 (84.2%)
19	MÓL Wioletta	306	SILESIA NORDIC TEAM	K 40-49	1			00:00:57	00:07:46	00:26:21	00:45:38	01:04:49	01:23:33	01:42:39	02:02:12	02:22:07	02:41:37	02:42:34	+00:27:57 (17.3%)	7:39	7.8 (82.1%)
20	STĘPIEŃ Lucyna	323	KGHM METRAKO POLKOWICE	K 50-59	1			00:00:58	00:07:49	00:26:24	00:45:16	01:04:21	01:23:39	01:43:02	02:02:40	02:22:29	02:41:55	02:42:53	+00:28:15 (17.4%)	7:40	7.8 (82.1%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	1.1km	3.6km	6.1km	8.7km	11.2km	13.7km	16.2km	18.7km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
																	21.1km	21.1km			
21	KOWALCZYK Mariusz	338	GREEN TEAM ZIELONA GÓRA	M 40-49	4			00:00:07	00:07:35	00:25:39	00:44:06	01:02:37	01:21:36	01:41:15	02:01:07	02:22:02	02:43:10	02:43:17	+00:29:30 (18.1%)	7:43	7.8 (82.1%)
22	GLOC Wojciech	325		M 40-49	5			00:00:07	00:07:38	00:25:35	00:44:32	01:03:52	01:23:32	01:43:13	02:02:54	02:22:59	02:43:41	02:43:48	+00:30:01 (18.3%)	7:45	7.7 (81.1%)
23	JANCZYK Małgorzata	313	FOREVER YOUNG ŁÓDŹ	K 30-39	2			00:00:57	00:07:54	00:26:33	00:45:38	01:04:49	01:24:15	01:43:40	02:03:35	02:23:49	02:44:10	02:45:07	+00:30:30 (18.6%)	7:46	7.7 (81.1%)
24	ROSADZIŃSKA Natalia	340	UMP	K 18-29	1	1		00:00:57	00:08:23	00:28:22	00:47:56	01:07:36	01:27:36	01:47:19	02:06:59	02:26:27	02:46:30	02:47:27	+00:32:50 (19.7%)	7:53	7.6 (80.0%)
25	SARNOWSKA Wanda	337	GREEN TEAM ZIELONA GÓRA	K 50-59	2			00:00:59	00:08:06	00:27:13	00:46:35	01:06:23	01:26:09	01:46:02	02:06:11	02:26:34	02:47:20	02:48:19	+00:33:40 (20.1%)	7:55	7.6 (80.0%)
26	SZULC Alicja	319	MOSIR MŁAWA	K 30-39	3			00:00:57	00:07:56	00:26:45	00:46:07	01:05:51	01:25:38	01:45:41	02:06:12	02:27:24	02:49:02	02:49:59	+00:35:22 (20.9%)	8:00	7.5 (78.9%)
27	KARASIEWICZ Irena	310	BRAN-FROM TEAM	K 50-59	3			00:00:59	00:07:59	00:27:16	00:47:08	01:07:18	01:27:47	01:48:19	02:09:10	02:30:44	02:52:01	02:53:00	+00:38:21 (22.3%)	8:09	7.4 (77.9%)
28	WITKOWSKA Maria	317	STADION ŚLĄSKI	K 60+	1			00:01:00	00:08:22	00:28:32	00:49:01	01:09:50	01:30:27	01:50:39	02:11:24	02:31:45	02:52:10	02:53:10	+00:38:30 (22.4%)	8:09	7.4 (77.9%)
29	KUBIACZYK Arkadiusz	329		M 50-59	5			00:00:08	00:08:09	00:28:38	00:47:51	01:07:24	01:27:14	01:47:36	02:09:27	02:32:16	02:55:33	02:55:41	+00:41:53 (23.9%)	8:19	7.2 (75.8%)
30	CIENNIK Wiktor	307	FOREVER YOUNG ŁÓDŹ	M 40-49	6			00:00:07	00:08:21	00:27:59	00:48:00	01:08:12	01:29:05	01:50:11	02:12:08	02:34:14	02:56:47	02:56:54	+00:43:07 (24.4%)	8:22	7.2 (75.8%)
31	CIENNIK Kalina	308		K 40-49	2	1		00:00:57	00:08:26	00:28:57	00:49:49	01:10:35	01:31:39	01:52:57	02:14:26	02:35:36	02:56:59	02:57:56	+00:43:19 (24.5%)	8:23	7.2 (75.8%)
32	KANIOWSKA Beata	322	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 40-49	3	1		00:00:58	00:07:50	00:26:58	00:47:14	01:08:02	01:29:21	01:50:41	02:12:35	02:35:01	02:57:40	02:58:38	+00:44:00 (24.8%)	8:25	7.1 (74.7%)
33	KMIECIK Grzegorz	318	SPALONA	M 50-59	6			00:00:10	00:09:03	00:29:54	00:50:43	01:11:27	01:32:05	01:53:08	02:14:46	02:36:24	02:57:43	02:57:53	+00:44:03 (24.8%)	8:25	7.1 (74.7%)
34	BEDYK Czesław	311	FOREVER YOUNG ŁÓDŹ	M 60+	5			00:00:08	00:07:59	00:27:17	00:47:31	01:07:49	01:28:21	01:49:14	02:11:33	02:34:21	02:58:02	02:58:10	+00:44:22 (24.9%)	8:26	7.1 (74.7%)
35	TYLUTKI Agnieszka	315	NORDIC ACTIVE	K 40-49	4	1		00:00:58	00:08:17	00:27:59	00:48:11	01:08:38	01:29:59	01:51:44	02:13:56	02:36:06	02:58:17	02:59:15	+00:44:37 (25.0%)	8:26	7.1 (74.7%)
36	JEZIERSKA Jolanta	314	RIGHTWAY	K 50-59	4	1		00:00:58	00:08:09	00:28:21	00:49:20	01:10:15	01:31:16	01:52:48	02:15:02	02:37:49	03:00:31	03:01:29	+00:46:51 (26.0%)	8:33	7 (73.7%)
37	JARONIEK-BEDYK Wiesława	312	FOREVER YOUNG ŁÓDŹ	K 60+	2			00:00:59	00:08:35	00:29:42	00:51:06	01:12:44	01:34:54	01:57:19	02:19:46	02:42:32	03:05:31	03:06:30	+00:51:51 (27.9%)	8:47	6.8 (71.6%)
38	ZAWADZKA Maria	324	KGHM METRAKO POLKOWICE	K 60+	3			00:01:00	00:08:45	00:30:18	00:52:19	01:14:35	01:36:55	01:59:24	02:22:25	02:46:08	03:10:54	03:11:54	+00:57:14 (30.0%)	9:02	6.6 (69.5%)
39	STUPNOWICZ Joanna	300	FOREVER YOUNG ŁÓDŹ	K 40-49	5			00:00:58	00:08:52	00:30:46	00:52:56	01:15:12	01:38:00	02:01:04	02:24:20	02:48:08	03:11:01	03:11:59	+00:57:21 (30.0%)	9:03	6.6 (69.5%)
40	KUBIACZYK Małgorzata	330		K 50-59	5			00:00:59	00:08:38	00:29:50	00:51:49	01:14:17	01:37:29	02:01:05	02:26:10	02:51:35	03:16:16	03:17:15	+01:02:36 (31.9%)	9:18	6.5 (68.4%)
DQ	ŻUCHOWICZ Monika	334	DĄBROWA NORDIC TEAM	K 18-29				DQ	00:08:08 DQ	00:27:20 DQ	00:47:06 DQ	01:07:00 DQ	01:26:29 DQ	01:46:22 DQ	02:06:46 DQ	02:26:18 DQ	2015-06-27 DQ	DQ		-	- (0.0%)

Total 41 results.