



# POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW  
Data: 2017-03-11  
Miejsce: Polkowice  
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Start_All 5km	Start_All 6.25km	Start_All 7.5km	Start_All 8.75km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Krzysztof	178	KS METRACO POLKOWICE	M50-59	1			00:00:03	00:07:20	00:14:43	00:22:13	00:29:57	00:37:34	00:45:16	00:53:07	<b>01:00:55.00</b>	<b>01:00:58.75</b>		6:05	9.8 (100%)
2	DZIEDIEWICZ Andrzej	176		M30-39	1			00:00:02	00:06:56	00:14:29	00:22:14	00:29:57	00:37:41	00:45:33	00:53:19	<b>01:01:12.65</b>	<b>01:01:14.70</b>	+00:00:17 (0.5%)	6:07	9.8 (100%)
3	WOJTASIŃSKI Daniel	171	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:01	00:07:48	00:16:05	00:24:29	00:32:58	00:41:29	00:49:55	00:58:16	<b>01:06:32.55</b>	<b>01:06:34.45</b>	+00:05:37 (8.5%)	6:39	9 (91.8%)
4	CYRUS Bogdan	144	SILESIA NORDIC TEAM	M40-49	1			00:00:01	00:07:24	00:15:24	00:23:39	00:32:03	00:40:45	00:49:23	00:57:59	<b>01:06:55.45</b>	<b>01:06:56.70</b>	+00:06:00 (9.0%)	6:41	9 (91.8%)
5	ZACZYŃSKA Anna	174	KS METRACO POLKOWICE	K30-39	1			00:00:26	00:08:13	00:16:44	00:25:11	00:33:37	00:42:05	00:50:34	00:59:03	<b>01:07:12.90</b>	<b>01:07:39.35</b>	+00:06:17 (9.4%)	6:43	8.9 (90.8%)
6	NIEDBAŁ Adam	179	SILESIA NORDIC TEAM	M40-49	2			00:00:01	00:08:10	00:16:40	00:25:13	00:33:45	00:42:08	00:50:41	00:59:12	<b>01:07:31.75</b>	<b>01:07:33.60</b>	+00:06:36 (9.8%)	6:45	8.9 (90.8%)
7	KOŁODZIEJ Joanna	153	FABRIKANORDIKA	K40-49	1			00:00:25	00:08:30	00:17:18	00:26:12	00:35:05	00:43:55	00:52:44	01:01:29	<b>01:10:15.30</b>	<b>01:10:41.00</b>	+00:09:20 (13.3%)	7:01	8.5 (86.7%)
8	JĘDRASIAK Renata	151	KS METRACO POLKOWICE	K50-59	1			00:00:26	00:08:22	00:17:07	00:25:57	00:34:51	00:43:48	00:52:46	01:01:47	<b>01:10:46.40</b>	<b>01:11:12.85</b>	+00:09:51 (13.9%)	7:04	8.5 (86.7%)
9	SKRYCKA Katarzyna	164	KS METRACO POLKOWICE	K30-39	2			00:00:24	00:08:43	00:18:04	00:27:15	00:36:12	00:45:07	00:54:04	01:02:56	<b>01:11:55.05</b>	<b>01:12:20.00</b>	+00:11:00 (15.3%)	7:11	8.3 (84.7%)
10	SPYCHAŁA Marzena	165	WESOŁY BORSUK TEAM	K40-49	2			00:00:25	00:08:35	00:17:24	00:26:18	00:35:22	00:44:32	00:53:44	01:03:08	<b>01:12:38.75</b>	<b>01:13:04.60</b>	+00:11:43 (16.1%)	7:15	8.3 (84.7%)
11	KLEPACZEK Dawid	152	DALEKO JESZCZE ???	M30-39	3			00:00:01	00:09:10	00:18:40	00:28:06	00:37:20	00:46:33	00:55:41	01:04:51	<b>01:14:11.75</b>	<b>01:14:13.50</b>	+00:13:16 (17.9%)	7:25	8.1 (82.7%)
12	SIKORA Bronisław	162	LKB AMATOR LESZNO	M60-69	1			00:00:04	00:08:56	00:18:02	00:27:14	00:36:36	00:45:55	00:55:21	01:04:45	<b>01:14:33.95</b>	<b>01:14:38.50</b>	+00:13:38 (18.3%)	7:27	8 (81.6%)
13	PASIŃSKA-SKOWRON Sylwia	158	PRUSZYŃSKI NORDIC WALKING	K40-49	3			00:00:25	00:08:56	00:18:07	00:27:27	00:36:48	00:46:11	00:55:43	01:05:13	<b>01:14:50.30</b>	<b>01:15:16.20</b>	+00:13:55 (18.6%)	7:29	8 (81.6%)
14	BIK Stanisław	142	KS METRACO POLKOWICE	M50-59	2			00:00:04	00:08:39	00:17:44	00:27:16	00:36:38	00:46:02	00:55:24	01:05:06	<b>01:15:08.25</b>	<b>01:15:12.50</b>	+00:14:13 (18.9%)	7:30	8 (81.6%)
15	ROGOS Henryk	160	ŚCINAWSKA GRUPA NORDIC WALKING	M70+	1			00:00:03	00:09:01	00:18:05	00:27:22	00:36:41	00:46:11	00:55:49	01:05:42	<b>01:15:48.50</b>	<b>01:15:52.25</b>	+00:14:53 (19.6%)	7:34	7.9 (80.6%)
16	STĘPIEŃ Lucyna	180	KS METRACO POLKOWICE	K60-69	1			00:00:28	00:09:02	00:18:23	00:27:47	00:37:15	00:46:51	00:56:35	01:06:18	<b>01:15:52.65</b>	<b>01:16:20.85</b>	+00:14:57 (19.7%)	7:35	7.9 (80.6%)
17	DOLBAK Jhar	177		M40-49	3			00:00:02	00:08:58	00:18:05	00:27:17	00:36:51	00:46:29	00:56:13	01:06:08	<b>01:15:58.60</b>	<b>01:16:01.50</b>	+00:15:03 (19.8%)	7:35	7.9 (80.6%)
18	WEGNER Jacek	170	RYBNICKI KLUB NORDIC WALKING	M40-49	4			00:00:02	00:09:21	00:19:02	00:28:45	00:38:29	00:48:16	00:57:57	01:07:13	<b>01:16:28.50</b>	<b>01:16:31.05</b>	+00:15:33 (20.3%)	7:38	7.8 (79.6%)
19	ŚLUSARCZYK Grzegorz	166	WESOŁY BORSUK TEAM	M40-49	5			00:00:02	00:09:08	00:18:38	00:28:12	00:37:48	00:47:31	00:57:23	01:07:17	<b>01:17:14.15</b>	<b>01:17:16.50</b>	+00:16:19 (21.1%)	7:43	7.8 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Start_All 5km	Start_All 6.25km	Start_All 7.5km	Start_All 8.75km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
20	<b>KOWALCZYK-LACNOWSKA Marta</b>	<b>172</b>	NORDIKI	K30-39	3			00:00:25	00:09:30	00:19:32	00:29:30	00:39:31	00:49:34	00:59:20	01:09:12	<b>01:19:05.30</b>	<b>01:19:30.75</b>	+00:18:10 (23.0%)	7:54	7.6 (77.6%)
21	<b>DOBROWOLSKA-ŚWIĄTEK Elżbieta</b>	<b>145</b>	KB HARCOWNIK JELCZ-LASKOWICE	K50-59	2			00:00:26	00:09:36	00:19:32	00:29:31	00:39:31	00:49:34	00:59:30	01:09:38	<b>01:19:47.05</b>	<b>01:20:13.65</b>	+00:18:52 (23.6%)	7:58	7.5 (76.5%)
22	<b>PIĄTKOWSKI Józef</b>	<b>163</b>		M70+	2			00:00:05	00:09:31	00:19:30	00:29:27	00:39:32	00:49:34	00:59:44	01:09:55	<b>01:19:56.40</b>	<b>01:20:01.40</b>	+00:19:01 (23.8%)	7:59	7.5 (76.5%)
23	<b>HRYNDIO Jerzy</b>	<b>149</b>	FABRIKANORDIKA	M60-69	2			00:00:03	00:09:27	00:19:18	00:29:41	00:39:44	00:49:59	01:00:13	01:10:21	<b>01:20:40.50</b>	<b>01:20:43.85</b>	+00:19:45 (24.5%)	8:04	7.4 (75.5%)
24	<b>MORYS Agnieszka</b>	<b>156</b>	FABRIKANORDIKA	K30-39	4			00:00:25	00:09:36	00:19:29	00:29:33	00:39:36	00:49:50	01:00:09	01:10:32	<b>01:20:55.85</b>	<b>01:21:21.20</b>	+00:20:00 (24.7%)	8:05	7.4 (75.5%)
25	<b>CHARCZUK Zenon</b>	<b>143</b>	WESOŁY BORSUK TEAM	M60-69	3			00:00:04	00:09:44	00:19:46	00:29:58	00:40:14	00:50:31	01:00:53	01:11:16	<b>01:21:30.25</b>	<b>01:21:34.80</b>	+00:20:35 (25.3%)	8:09	7.4 (75.5%)
26	<b>BAJ Danuta</b>	<b>141</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K50-59	3			00:00:26	00:09:53	00:20:06	00:30:17	00:40:21	00:50:30	01:00:49	01:11:12	<b>01:21:51.20</b>	<b>01:22:18.00</b>	+00:20:56 (25.6%)	8:11	7.3 (74.5%)
27	<b>PUZICHOWSKA Małgorzata</b>	<b>159</b>	NORDIKI	K50-59	4			00:00:27	00:09:46	00:19:59	00:30:17	00:40:32	00:50:48	01:01:10	01:11:38	<b>01:22:14.50</b>	<b>01:22:42.15</b>	+00:21:19 (25.9%)	8:13	7.3 (74.5%)
28	<b>ZAWADZKA Maria</b>	<b>175</b>	KS METRACO POLKOWICE	K60-69	2			00:00:28	00:10:16	00:20:54	00:31:32	00:42:10	00:52:46	01:03:12	01:13:42	<b>01:24:12.30</b>	<b>01:24:40.80</b>	+00:23:17 (27.7%)	8:25	7.1 (72.4%)
29	<b>DZIUBAK Janusz</b>	<b>147</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	3			00:00:03	00:09:52	00:20:04	00:30:36	00:41:13	00:51:56	01:02:45	01:13:37	<b>01:24:23.20</b>	<b>01:24:26.95</b>	+00:23:28 (27.8%)	8:26	7.1 (72.4%)
30	<b>RZECHOWSKA Ewa</b>	<b>161</b>		K40-49	4			00:00:26	00:10:29	00:21:02	00:31:53	00:42:45	00:53:38	01:04:23	01:15:02	<b>01:25:28.20</b>	<b>01:25:54.95</b>	+00:24:33 (28.7%)	8:32	7 (71.4%)
31	<b>JANKOWSKA Wioletta</b>	<b>150</b>	FABRIKANORDIKA	K50-59	5			00:00:26	00:10:11	00:20:40	00:31:14	00:41:51	00:52:36	01:03:33	01:14:32	<b>01:27:47.00</b>	<b>01:28:13.95</b>	+00:26:52 (30.6%)	8:46	6.8 (69.4%)
32	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>157</b>	STOWARZYSZENIE 'AZYMUT'	K50-59	6			00:00:27	00:10:47	00:22:02	00:33:24	00:44:30	00:55:27	01:06:41	01:17:47	<b>01:28:43.55</b>	<b>01:29:11.15</b>	+00:27:48 (31.3%)	8:52	6.8 (69.4%)
33	<b>MAJEWICZ Beata</b>	<b>181</b>		K50-59	7			00:00:27	00:10:47	00:22:09	00:33:30	00:44:47	00:56:11	01:07:28	01:18:42	<b>01:30:23.65</b>	<b>01:30:50.90</b>	+00:29:28 (32.6%)	9:02	6.6 (67.3%)
34	<b>WALKÓW Joanna</b>	<b>169</b>	NORDIKI	K18-29	1			00:00:25	00:10:55	00:22:12	00:33:29	00:44:53	00:56:17	01:07:30	01:19:02	<b>01:30:37.05</b>	<b>01:31:02.60</b>	+00:29:42 (32.8%)	9:03	6.6 (67.3%)
35	<b>DZIĘCIOŁ Ryszard</b>	<b>146</b>		M70+	3			00:00:03	00:10:41	00:21:45	00:33:07	00:44:44	00:56:15	01:07:40	01:19:20	<b>01:31:12.50</b>	<b>01:31:15.85</b>	+00:30:17 (33.2%)	9:07	6.6 (67.3%)
36	<b>KRZYŚCIN Rafał</b>	<b>154</b>	SANTANDER CONSUMER BANK	M40-49	6			00:00:03	00:10:43	00:21:44	00:32:56	00:44:33	00:56:17	01:08:01	01:20:17	<b>01:32:11.65</b>	<b>01:32:15.15</b>	+00:31:16 (33.9%)	9:13	6.5 (66.3%)
37	<b>TUREK Jan</b>	<b>168</b>		M60-69	4			00:00:02	00:11:02	00:22:31	00:34:12	00:45:47	00:57:17	01:09:02	01:20:55	<b>01:33:03.70</b>	<b>01:33:06.30</b>	+00:32:08 (34.5%)	9:18	6.4 (65.3%)

Znaleziono 37 wynik(ów)