



POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2018
Organizator: PFNW
Data: 2018-08-19
Miejsce: Potęgowo
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	YANKOVSKIY Dmitriy	374	KLUB SPORTOWY DED	M40-49	1			00:15:28	00:31:24	00:47:29	01:03:20.25		6:20	9.5 (100%)
2	SIWAK Piotr	354	KS METRACO POLKOWICE	M50-59	1			00:16:00	00:32:00	00:47:57	01:03:53.40	+00:00:33 (0.9%)	6:23	9.4 (98.9%)
3	BIŁEK Artur	301	UNIA MIAST	M30-39	1			00:15:49	00:31:59	00:48:03	01:03:55.20	+00:00:34 (0.9%)	6:23	9.4 (98.9%)
4	JANOCHA Robert	380	MUKS PODKARPACIE JEDLICZE	M50-59	2			00:16:01	00:32:01	00:47:59	01:04:00.85	+00:00:40 (1.1%)	6:24	9.4 (98.9%)
5	NIECHWIEJCZYK Piotr	343	UNIA MIAST	M40-49	2			00:15:40	00:32:05	00:48:28	01:04:44.90	+00:01:24 (2.2%)	6:28	9.3 (97.9%)
6	HAŁAS Marcin	317	UNIA MIAST	M30-39	2			00:16:13	00:32:39	00:49:02	01:05:01.80	+00:01:41 (2.6%)	6:30	9.2 (96.8%)
7	KUBISZYN Mirosław	333		M30-39	3			00:16:16	00:32:57	00:49:01	01:05:03.20	+00:01:42 (2.6%)	6:30	9.2 (96.8%)
8	RYCHLIK Grzegorz	352	NOWI SIEDLCE/NW WSCHÓD	M30-39	4			00:16:13	00:32:41	00:49:04	01:05:03.45	+00:01:43 (2.6%)	6:30	9.2 (96.8%)
9	JUREK Adam	322	KS METRACO POLKOWICE	M50-59	3			00:16:02	00:32:04	00:48:36	01:05:18.35	+00:01:58 (3.0%)	6:31	9.2 (96.8%)
10	BORKOWSKI Dariusz	302	NOWI SIEDLCE/NW WSCHÓD	M40-49	3			00:16:00	00:32:29	00:49:03	01:05:36.90	+00:02:16 (3.5%)	6:33	9.1 (95.8%)
11	NIEDBAŁ Adam	381	SILESIA NORDIC TEAM	M40-49	4			00:16:36	00:33:24	00:50:13	01:06:48.60	+00:03:28 (5.2%)	6:40	9 (94.7%)
12	NACZK Leonard	342	DYNAMIC	M40-49	5			00:16:03	00:32:53	00:49:57	01:07:08.30	+00:03:48 (5.7%)	6:42	8.9 (93.7%)
13	MIELECKA Agnieszka	341	KS IDMAR RACING TEAM	K40-49	1			00:16:14	00:33:04	00:50:26	01:07:15.40	+00:03:55 (5.8%)	6:43	8.9 (93.7%)
14	HELWICH Stefan	318	KS METRACO POLKOWICE	M60-69	1			00:16:20	00:33:18	00:50:25	01:07:23.05	+00:04:02 (6.0%)	6:44	8.9 (93.7%)

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											netto 10km	Różn		
15	KUBISZYN Małgorzata	332		K30-39	1			00:16:42	00:34:06	00:51:40	01:08:54.35	+00:05:34 (8.1%)	6:53	8.7 (91.6%)
16	KUBIAK Przemysław	331	KS IDMAR RACING TEAM	M40-49	6			00:16:52	00:34:25	00:51:57	01:09:27.40	+00:06:07 (8.8%)	6:56	8.6 (90.5%)
17	JĘDRASIAK Renata	321	KS METRACO POLKOWICE	K50-59	1			00:17:20	00:34:51	00:52:22	01:09:51.15	+00:06:30 (9.3%)	6:59	8.6 (90.5%)
18	GŁOWA Michał	314	UNIA MIAST	M18-29	1			00:16:55	00:34:44	00:52:20	01:09:52.45	+00:06:32 (9.4%)	6:59	8.6 (90.5%)
19	ZAGAJA Janusz	376	WESOŁY BORSUK TEAM	M60-69	2			00:17:03	00:34:14	00:51:57	01:10:00.60	+00:06:40 (9.5%)	7:00	8.6 (90.5%)
20	SMUL Andrzej	358	MARSZ PO ZDROWIE POZNAŃ	M60-69	3			00:17:05	00:34:15	00:51:53	01:10:08.60	+00:06:48 (9.7%)	7:00	8.6 (90.5%)
21	SPYCHAŁA Lesław	359		M50-59	4			00:16:45	00:34:17	00:52:14	01:10:22.05	+00:07:01 (10.0%)	7:02	8.5 (89.5%)
22	GIERSZEWSKI Arkadiusz	386		M40-49	7			00:17:14	00:34:55	00:53:09	01:11:03.85	+00:07:43 (10.9%)	7:06	8.4 (88.4%)
23	PASIKOWSKA Mariola	348	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	2			00:17:06	00:34:50	00:52:56	01:11:04.75	+00:07:44 (10.9%)	7:06	8.4 (88.4%)
24	SALAŁON Grzegorz	353	TEAM NORDICUS LĘBORK	M50-59	5	1		00:17:03	00:34:48	00:53:43	01:11:39.20	+00:08:18 (11.6%)	7:09	8.4 (88.4%)
25	STYŚ Elżbieta	379		K50-59	2			00:17:22	00:35:31	00:53:47	01:12:25.30	+00:09:05 (12.5%)	7:14	8.3 (87.4%)
26	SMARSZCZ Wiesław	357	TEAM NORDICUS LĘBORK	M60-69	4	1		00:17:34	00:35:52	00:54:20	01:12:44.45	+00:09:24 (12.9%)	7:16	8.2 (86.3%)
27	SZARSZUNOWICZ Anna	363	KS METRACO POLKOWICE	K30-39	3			00:17:25	00:35:35	00:54:01	01:12:46.90	+00:09:26 (13.0%)	7:16	8.2 (86.3%)
28	ŚLUSARCZYK Andrzej	367	WESOŁY BORSUK TEAM	M60-69	5			00:17:52	00:36:24	00:55:18	01:13:19.05	+00:09:58 (13.6%)	7:19	8.2 (86.3%)
29	BUJNICKI Marcin	303	NORDIC WALKING PASŁĘK	M40-49	8			00:17:55	00:36:19	00:54:51	01:13:36.90	+00:10:16 (14.0%)	7:21	8.2 (86.3%)
30	HRYNDIO Jerzy	319	UNIA MIAST	M60-69	6			00:17:25	00:35:51	00:54:51	01:13:37.30	+00:10:17 (14.0%)	7:21	8.2 (86.3%)
31	KONCEWICZ Marek	325	ELITE TEAM CHODZE Z KIJAMI GDYNIA	M50-59	6			00:18:01	00:36:34	00:55:10	01:13:48.00	+00:10:27 (14.2%)	7:22	8.1 (85.3%)
32	ŚLUSARCZYK Marcin	366	WESOŁY BORSUK TEAM	M30-39	5			00:18:25	00:37:21	00:55:53	01:13:57.60	+00:10:37 (14.4%)	7:23	8.1 (85.3%)
33	SŁOWIŃSKA Alicja	356	NOWI SIEDLCE/NW WSCHÓD	K50-59	3	1		00:17:26	00:36:04	00:54:57	01:14:08.75	+00:10:48 (14.6%)	7:24	8.1 (85.3%)
34	KRÓLIKOWSKA Krystyna	329		K40-49	2			00:18:09	00:36:51	00:55:38	01:14:32.25	+00:11:12 (15.0%)	7:27	8.1 (85.3%)
35	KRAKOWIAN Piotr	328	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	9			00:17:47	00:36:15	00:55:18	01:14:54.90	+00:11:34 (15.5%)	7:29	8 (84.2%)
36	ZIELIŃSKA Jolanta	377		K50-59	4	1		00:17:56	00:36:51	00:56:01	01:15:33.80	+00:12:13 (16.2%)	7:33	7.9 (83.2%)
37	CZAJKA Urszula	308	FACE NORDIC WALKING TEAM	K60-69	1			00:18:15	00:37:05	00:56:26	01:15:35.95	+00:12:15 (16.2%)	7:33	7.9 (83.2%)

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											netto 10km	Różn		
38	KURZAWSKA Jolanta	334	KS METRACO POLKOWICE	K60-69	2			00:18:14	00:37:06	00:56:27	01:15:36.05	+00:12:15 (16.2%)	7:33	7.9 (83.2%)
39	STAWNIAK Karol	360	KS METRACO POLKOWICE	M70+	1			00:18:49	00:37:35	00:56:44	01:15:55.05	+00:12:34 (16.6%)	7:35	7.9 (83.2%)
40	WIERZBA Lilla	372	PASJA NORDIC WALKING	K50-59	5			00:18:26	00:37:29	00:56:43	01:16:12.80	+00:12:52 (16.9%)	7:37	7.9 (83.2%)
41	ZACHARCZUK Zofia	375	NOWI SIEDLCE/NW WSCHÓD	K60-69	3			00:18:42	00:38:01	00:57:19	01:16:36.40	+00:13:16 (17.3%)	7:39	7.8 (82.1%)
42	DZIĘCZKOWSKI Marcin	387		M40-49	10			00:18:55	00:38:15	00:57:45	01:16:47.60	+00:13:27 (17.5%)	7:40	7.8 (82.1%)
43	POZNAŃSKI Wiesław	351		M60-69	7			00:18:01	00:36:56	00:56:33	01:16:52.75	+00:13:32 (17.6%)	7:41	7.8 (82.1%)
44	DOBROWOLSKA-ŚWIĄTEK Elżbieta	311		K50-59	6			00:18:52	00:38:26	00:57:52	01:16:57.40	+00:13:37 (17.7%)	7:41	7.8 (82.1%)
45	KOŁPAK Jan	323	LKS ZANTYR SZTUM	M70+	2			00:19:00	00:38:01	00:57:24	01:16:59.40	+00:13:39 (17.7%)	7:42	7.8 (82.1%)
46	KREFFT Barbara	385		K50-59	7			00:18:57	00:38:17	00:57:38	01:17:03.40	+00:13:43 (17.8%)	7:42	7.8 (82.1%)
47	KORDOWSKA Bogusława	326		K40-49	3			00:18:55	00:38:06	00:57:38	01:17:13.85	+00:13:53 (18.0%)	7:43	7.8 (82.1%)
48	MALINOWSKA Katarzyna	339	LECYMY DURŚ	K30-39	4			00:19:07	00:39:03	00:58:10	01:17:18.70	+00:13:58 (18.1%)	7:43	7.8 (82.1%)
49	NIETRZEBKA Aleksandra	344	MIĘDZYBORÓW	K18-29	1			00:18:51	00:38:13	00:57:47	01:17:19.20	+00:13:58 (18.1%)	7:44	7.8 (82.1%)
50	ŚLUSARCZYK Grzegorz	368	WESOŁY BORSUK TEAM	M40-49	11			00:19:23	00:39:17	00:58:57	01:18:09.75	+00:14:49 (19.0%)	7:49	7.7 (81.1%)
51	CHYRA Janusz	306	UNIA MIAST	M40-49	12			00:19:32	00:39:29	00:59:09	01:18:16.95	+00:14:56 (19.1%)	7:49	7.7 (81.1%)
52	KONCEWICZ Aneta	324	ELITE TEAM CHODZE Z KIJAMI GDYNIA	K18-29	2			00:18:58	00:38:30	00:58:16	01:18:19.60	+00:14:59 (19.1%)	7:50	7.7 (81.1%)
53	SZUL-MŁOCZYŃSKA Aleksandra	365		K30-39	5			00:18:58	00:38:49	00:58:43	01:18:36.85	+00:15:16 (19.4%)	7:51	7.6 (80.0%)
54	KOTULA Jakub	327	UNIA MIAST	M30-39	6			00:19:41	00:39:37	00:59:18	01:18:52.10	+00:15:31 (19.7%)	7:53	7.6 (80.0%)
55	MALKIEWICZ Małgorzata	340	ŻYJ AKTYWNI W WERSZYNO	K50-59	8			00:19:19	00:39:11	00:59:20	01:19:26.20	+00:16:05 (20.3%)	7:56	7.6 (80.0%)
56	SURIAK Ewelina	362	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	3			00:19:10	00:39:15	00:59:27	01:19:55.35	+00:16:35 (20.8%)	7:59	7.5 (78.9%)
57	GWAREK Anita	315	PASJA NORDIC WALKING	K40-49	4			00:19:01	00:38:55	00:59:29	01:20:02.20	+00:16:41 (20.9%)	8:00	7.5 (78.9%)
58	PINIS Agnieszka	349	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	5			00:19:05	00:39:04	00:59:46	01:20:07.95	+00:16:47 (21.0%)	8:00	7.5 (78.9%)
59	CONTUCCI Ewa	307	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:19:34	00:39:49	01:00:05	01:20:08.10	+00:16:47 (21.0%)	8:00	7.5 (78.9%)
60	BIAŁK Roman	383		M60-69	8			00:19:43	00:39:57	01:00:11	01:20:08.15	+00:16:47 (21.0%)	8:00	7.5 (78.9%)

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61	CYRNY Bogusław	345		M50-59	7	1		00:20:00	00:39:41	00:59:37	01:20:14.60	+00:16:54 (21.1%)	8:01	7.5 (78.9%)
62	CZAKIERT Marek	309	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	8			00:19:47	00:39:53	01:00:32	01:20:40.45	+00:17:20 (21.5%)	8:04	7.4 (77.9%)
63	OMARSKA Grażyna	346	PASJA NORDIC WALKING	K60-69	4			00:19:49	00:40:09	01:00:37	01:21:08.85	+00:17:48 (21.9%)	8:06	7.4 (77.9%)
64	CHOLEWKA Jolanta	304	MARSZ PO ZDROWIE POZNAŃ	K60-69	5			00:19:49	00:40:06	01:00:37	01:21:23.90	+00:18:03 (22.2%)	8:08	7.4 (77.9%)
65	FARON Monika	312		K30-39	6			00:19:59	00:40:15	01:00:45	01:21:27.85	+00:18:07 (22.3%)	8:08	7.4 (77.9%)
66	SZOT Magdalena	364		K18-29	4			00:19:24	00:39:59	01:00:45	01:21:48.45	+00:18:28 (22.6%)	8:10	7.3 (76.8%)
67	WIELGUS Aleksandra	371		K30-39	7			00:20:05	00:40:55	01:02:16	01:22:36.55	+00:19:16 (23.3%)	8:15	7.3 (76.8%)
68	PINIS Michał	350	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	7			00:20:09	00:41:13	01:02:07	01:22:46.45	+00:19:26 (23.5%)	8:16	7.2 (75.8%)
69	KLUK Sylwia	384		K30-39	8			00:20:03	00:40:59	01:02:01	01:23:04.35	+00:19:44 (23.8%)	8:18	7.2 (75.8%)
70	JEDYNAK Stanisław	320	PASJA NORDIC WALKING	M70+	3			00:20:02	00:41:03	01:02:41	01:23:19.55	+00:19:59 (24.0%)	8:20	7.2 (75.8%)
71	MACUŁO Ola	338		K30-39	9			00:21:04	00:42:26	01:03:36	01:24:46.90	+00:21:26 (25.3%)	8:28	7.1 (74.7%)
72	WIĘCKOWSKI Janusz	373		M40-49	13			00:20:34	00:42:03	01:04:00	01:25:40.00	+00:22:19 (26.1%)	8:34	7 (73.7%)
73	SIKORRA Janina	195	'ORŁY WICKO'	K70+	1			00:21:30	00:43:08	01:04:52	01:26:26.40	+00:23:06 (26.7%)	8:38	6.9 (72.6%)
74	LABUDDA Katarzyna	336		K30-39	10			00:19:59	00:42:04	01:05:02	01:27:09.30	+00:23:49 (27.3%)	8:42	6.9 (72.6%)
75	OWCZAREK Magdalena	347	MIĘDZYBORÓW	K50-59	9			00:20:28	00:42:39	01:05:29	01:29:01.00	+00:25:40 (28.8%)	8:54	6.7 (70.5%)
76	KRZYŚCIN Rafał	382	SANTANDER CONSUMER BANK	M40-49	14			00:21:44	00:44:01	01:06:48	01:30:12.20	+00:26:51 (29.8%)	9:01	6.7 (70.5%)
77	SIŁKA Roman	451		M50-59	9			00:21:57	00:44:44	01:07:31	01:30:49.55	+00:27:29 (30.3%)	9:05	6.6 (69.5%)
78	LIGĘZA Elżbieta	337		K50-59	10			00:22:38	00:45:31	01:08:24	01:31:31.45	+00:28:11 (30.8%)	9:09	6.6 (69.5%)
79	KRYSZCZUK Kacper	330	NOWI SIEDLCE/NW WSCHÓD	M18-29	2			00:22:55	00:45:59	01:09:05	01:31:54.05	+00:28:33 (31.1%)	9:11	6.5 (68.4%)
80	SIWCZYK Grażyna	355	LECYMY DURŚ	K60-69	6			00:23:10	00:47:07	01:10:35	01:33:35.40	+00:30:15 (32.3%)	9:21	6.4 (67.4%)

Znaleziono 80 wynik(ów)