



POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: POTĘGOWO - PUCHAR POLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-05-14
Miejsce: Potęgowo
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	HELWICH Stefan	711	KS METRACO POLKOWICE	M60-69	1			00:01:06	00:15:43	00:32:04	00:48:32	01:05:06.90	01:06:13.45		6:30	9.2 (100%)
2	KLICZKA Kamil	717	SANPROBI SZCZECIN	M40-49	1			00:00:34	00:16:08	00:32:34	00:49:03	01:05:24.35	01:05:59.10	+00:00:17 (0.4%)	6:32	9.2 (100%)
3	NIECHWIEJCZYK Piotr	732	UNIA MIAST	M40-49	2			00:00:34	00:16:09	00:32:36	00:49:04	01:05:46.60	01:06:21.45	+00:00:39 (1.0%)	6:34	9.1 (98.9%)
4	PUSZKIEL Leszek	737	GREEN TEAM ZIELONA GÓRA	M60-69	2			00:01:06	00:16:05	00:32:46	00:49:51	01:07:01.10	01:08:07.65	+00:01:54 (2.8%)	6:42	9 (97.8%)
5	WOJTASIŃSKI Daniel	756	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:00:24	00:16:22	00:33:12	00:50:06	01:07:15.10	01:07:39.45	+00:02:08 (3.2%)	6:43	8.9 (96.7%)
6	SIWAK Piotr	740	KS METRACO POLKOWICE	M50-59	1			00:00:47	00:16:51	00:34:10	00:51:29	01:08:52.80	01:09:40.45	+00:03:45 (5.5%)	6:53	8.7 (94.6%)
7	PUSZKIEL Adrian	725	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:00:15	00:16:52	00:34:50	00:52:22	01:09:58.85	01:10:14.00	+00:04:51 (7.0%)	6:59	8.6 (93.5%)
8	ŚWISŁOCKI Bogdan	751	FACE NORDIC WALKING TEAM	M50-59	2			00:00:47	00:16:59	00:34:35	00:52:22	01:10:36.15	01:11:24.10	+00:05:29 (7.8%)	7:03	8.5 (92.4%)
9	JĘDRASIAK Renata	713	KS METRACO POLKOWICE	K50-59	1			00:03:40	00:17:26	00:35:08	00:52:56	01:10:39.65	01:14:20.55	+00:05:32 (7.8%)	7:04	8.5 (92.4%)
10	LIPKO Adrianna	727	PENDOLINO	K18-29	1			00:02:56	00:17:38	00:35:39	00:53:27	01:11:07.95	01:14:04.65	+00:06:01 (8.5%)	7:06	8.4 (91.3%)
11	SPYCHAŁA Marzena	744	WESOŁY BORSUK TEAM	K40-49	1			00:03:16	00:17:33	00:35:30	00:53:46	01:12:07.90	01:15:23.90	+00:07:01 (9.7%)	7:12	8.3 (90.2%)
12	SMUL Andrzej	742	MARSZ PO ZDROWIE POZNAŃ	M60-69	3			00:01:07	00:17:09	00:35:01	00:53:19	01:12:11.10	01:13:18.30	+00:07:04 (9.8%)	7:13	8.3 (90.2%)
13	UKLEJEWSKI Kacper	759	GOSIR OSIELSKO	M18-29	2			00:00:14	00:17:30	00:35:55	00:54:05	01:12:20.00	01:12:34.95	+00:07:13 (10.0%)	7:14	8.3 (90.2%)
14	SZPILMAN Katarzyna	749	FACE NORDIC WALKING TEAM	K40-49	2			00:03:16	00:17:42	00:36:09	00:54:53	01:13:47.70	01:17:04.65	+00:08:40 (11.8%)	7:22	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
15	WROŃSKI Włodzimierz	758	PASJA NORDIC WALKING	M60-69	4			00:01:06	00:17:52	00:36:26	00:55:15	01:14:07.05	01:15:13.15	+00:09:00 (12.1%)	7:24	8.1 (88.0%)
16	GÓRSKI Jacek	710	GOSIR OSIELSKO	M50-59	3			00:00:48	00:18:09	00:36:50	00:55:47	01:14:39.85	01:15:28.60	+00:09:32 (12.8%)	7:28	8 (87.0%)
17	KOLARSKA Agnieszka	719	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:03:06	00:17:45	00:36:27	00:55:35	01:14:44.05	01:17:50.20	+00:09:37 (12.9%)	7:28	8 (87.0%)
18	PASIŃSKA-SKOWRON Sylwia	735	PRUSZYŃSKI NORDIC WALKING	K40-49	3			00:03:16	00:18:10	00:36:56	00:56:02	01:15:05.45	01:18:22.10	+00:09:58 (13.3%)	7:30	8 (87.0%)
19	ŁUKASZEWICZ Joanna	728	GREEN TEAM ZIELONA GÓRA	K40-49	4			00:03:16	00:18:21	00:37:16	00:56:27	01:15:35.30	01:18:51.95	+00:10:28 (13.9%)	7:33	7.9 (85.9%)
20	KALISZ Krzysztof	715	KS METRACO POLKOWICE	M60-69	5			00:01:07	00:17:56	00:36:32	00:55:46	01:15:46.40	01:16:53.60	+00:10:39 (14.1%)	7:34	7.9 (85.9%)
21	KORYTOWSKA Agnieszka	761		K30-39	2			00:03:05	00:18:15	00:37:10	00:56:20	01:15:49.00	01:18:54.90	+00:10:42 (14.1%)	7:34	7.9 (85.9%)
22	KOWALSKI Marek	722	UNIA MIAST	M50-59	4			00:00:49	00:18:29	00:37:40	00:56:57	01:16:21.10	01:17:10.95	+00:11:14 (14.7%)	7:38	7.9 (85.9%)
23	KUCHARSKA Ela	726		K50-59	2			00:03:41	00:18:02	00:37:00	00:56:36	01:16:21.30	01:20:02.40	+00:11:14 (14.7%)	7:38	7.9 (85.9%)
24	BUJNICKI Marcin	768	NORDIC WALKING PASŁĘK	M40-49	3			00:00:36	00:18:16	00:37:22	00:56:48	01:16:22.50	01:16:58.50	+00:11:15 (14.7%)	7:38	7.9 (85.9%)
25	DUSIEL Ewa	708	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	3			00:03:42	00:18:20	00:37:25	00:56:55	01:16:45.85	01:20:28.40	+00:11:38 (15.2%)	7:40	7.8 (84.8%)
26	HINC Iwona	765	FACE NORDIC WALKING TEAM	K40-49	5			00:03:16	00:18:44	00:37:49	00:57:19	01:17:09.95	01:20:26.80	+00:12:03 (15.6%)	7:43	7.8 (84.8%)
27	KOŁPAK Jan	720	LKS ZANTYR	M60-69	6	1		00:01:07	00:18:50	00:38:16	00:57:57	01:17:19.00	01:18:26.10	+00:12:12 (15.8%)	7:43	7.8 (84.8%)
28	NETKOWSKI Wojciech	731	PASJA NORDIC WALKING	M50-59	5			00:00:48	00:18:27	00:37:54	00:57:37	01:17:26.75	01:18:15.15	+00:12:19 (15.9%)	7:44	7.7 (83.7%)
29	KREFFT Barbara	723		K50-59	4	1		00:03:41	00:19:25	00:38:41	00:57:52	01:17:28.35	01:21:10.05	+00:12:21 (16.0%)	7:44	7.7 (83.7%)
30	CHARCZUK Zenon	704	WESOŁY BORSUK TEAM	M60-69	7			00:01:08	00:18:50	00:38:13	00:57:52	01:17:31.95	01:18:39.95	+00:12:25 (16.0%)	7:45	7.7 (83.7%)
31	HEMPEL Jan	712		M60-69	8			00:01:10	00:18:31	00:37:44	00:57:26	01:17:32.40	01:18:42.40	+00:12:25 (16.0%)	7:45	7.7 (83.7%)
32	KRUSZKA Arleta	763	MARSZ PO ZDROWIE POZNAŃ	K50-59	5			00:03:40	00:19:22	00:38:43	00:58:03	01:18:02.85	01:21:43.75	+00:12:55 (16.6%)	7:48	7.7 (83.7%)
33	HIMMEL Mirosław	764	88°TEAM	M60-69	9			00:01:07	00:18:52	00:38:23	00:58:17	01:18:11.70	01:19:19.65	+00:13:04 (16.7%)	7:49	7.7 (83.7%)
34	BYTNIIEWSKI Mieczysław	703	BIAŁA BIEGA	M70+	1	1		00:01:27	00:19:29	00:39:10	00:58:45	01:18:24.65	01:19:51.80	+00:13:17 (17.0%)	7:50	7.7 (83.7%)
35	STĘPCZYŃSKA Angelika	746	GOSIR OSIELSKO	K30-39	3			00:03:05	00:18:41	00:38:08	00:58:12	01:18:53.30	01:21:59.25	+00:13:46 (17.5%)	7:53	7.6 (82.6%)
36	KOMAJDA Jarosław	721	GOSIR OSIELSKO	M50-59	6			00:00:49	00:19:13	00:39:10	00:59:18	01:19:01.15	01:19:50.15	+00:13:54 (17.6%)	7:54	7.6 (82.6%)
37	PIĄTKOWSKI Józef	736	KS METRACO POLKOWICE	M70+	2			00:01:27	00:19:30	00:39:13	00:59:17	01:19:33.35	01:21:01.20	+00:14:26 (18.2%)	7:57	7.5 (81.5%)

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												netto 10km	brutto 10km			
38	BIAŁK Roman	701		M60-69	10			00:01:08	00:19:42	00:39:49	01:00:09	01:20:08.90	01:21:16.90	+00:15:02 (18.8%)	8:00	7.5 (81.5%)
39	KLOSKA Kazimierz	718		M70+	3			00:01:28	00:19:28	00:39:10	00:59:15	01:20:31.00	01:21:59.40	+00:15:24 (19.1%)	8:03	7.5 (81.5%)
40	SOBAŃSKA Grażyna	743		K60-69	1			00:04:02	00:19:40	00:39:50	01:00:18	01:20:31.95	01:24:34.05	+00:15:25 (19.1%)	8:03	7.5 (81.5%)
41	KASZUBOWSKA Monika	716		K50-59	6			00:03:42	00:19:26	00:39:06	00:59:33	01:20:33.50	01:24:16.30	+00:15:26 (19.2%)	8:03	7.4 (80.4%)
42	ŚLUSARCZYK Marcin	750	WESOŁY BORSUK TEAM	M30-39	2			00:00:24	00:20:05	00:40:34	01:00:39	01:20:50.85	01:21:15.45	+00:15:43 (19.5%)	8:05	7.4 (80.4%)
43	RESEMAN Sylwia	739	FACE NORDIC WALKING TEAM	K40-49	6			00:03:17	00:20:20	00:41:04	01:01:33	01:21:29.60	01:24:47.55	+00:16:22 (20.1%)	8:09	7.4 (80.4%)
44	CZYCZ Kazimierz	707	GREEN TEAM ZIELONA GÓRA	M60-69	11			00:01:08	00:18:33	00:39:14	00:59:39	01:21:47.05	01:22:56.00	+00:16:40 (20.4%)	8:10	7.3 (79.3%)
45	SURIAK Ewelina	748	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29	2			00:02:56	00:19:49	00:40:41	01:01:28	01:21:57.70	01:24:54.50	+00:16:50 (20.6%)	8:11	7.3 (79.3%)
46	WAŁECKA Krystyna	754	FACE NORDIC WALKING TEAM	K60-69	2			00:04:01	00:20:12	00:40:48	01:01:32	01:22:25.95	01:26:27.85	+00:17:19 (21.0%)	8:14	7.3 (79.3%)
47	CZAKIERT Marek	705	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49	4			00:00:35	00:19:54	00:40:57	01:02:07	01:22:49.15	01:23:25.05	+00:17:42 (21.4%)	8:17	7.2 (78.3%)
48	MICHALAK Janusz	760	PASJA NORDIC WALKING	M60-69	12			00:01:08	00:20:04	00:40:50	01:01:51	01:22:58.10	01:24:06.80	+00:17:51 (21.5%)	8:17	7.2 (78.3%)
49	WALCZYK Marek	753		M30-39	3			00:00:24	00:20:22	00:40:46	01:01:53	01:22:59.30	01:23:23.80	+00:17:52 (21.5%)	8:17	7.2 (78.3%)
50	KACPERSKA-SASS Anna	714		K18-29	3			00:02:57	00:20:24	00:41:09	01:01:47	01:23:11.55	01:26:08.90	+00:18:04 (21.7%)	8:19	7.2 (78.3%)
51	WORONKO-ZACZYŃSKA Janina	757	KS METRACO POLKOWICE	K70+	1			00:04:02	00:19:51	00:40:44	01:02:05	01:23:31.90	01:27:34.30	+00:18:25 (22.0%)	8:21	7.2 (78.3%)
52	THOMALLA Bogdan	752	SILESIA NORDIC TEAM	M70+	4			00:01:29	00:19:31	00:39:18	01:00:45	01:23:37.35	01:25:06.65	+00:18:30 (22.1%)	8:21	7.2 (78.3%)
53	OMARSKA Grażyna	733	PASJA NORDIC WALKING	K50-59	7			00:03:43	00:20:29	00:41:15	01:02:25	01:23:44.10	01:27:27.65	+00:18:37 (22.2%)	8:22	7.2 (78.3%)
54	STEFAŃSKI Andrzej	745	FACE NORDIC WALKING TEAM	M50-59	7			00:00:47	00:20:34	00:41:27	01:02:47	01:24:16.20	01:25:03.80	+00:19:09 (22.7%)	8:25	7.1 (77.2%)
55	PANEK Elwira	734		K50-59	8			00:03:42	00:19:54	00:40:29	01:02:32	01:24:17.70	01:27:59.75	+00:19:10 (22.8%)	8:25	7.1 (77.2%)
56	SURIAK Michał	747	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	3			00:00:15	00:21:38	00:44:39	01:05:31	01:25:53.80	01:26:08.80	+00:20:46 (24.2%)	8:35	7 (76.1%)
57	RACZYŃSKA Aleksandra	738	UNIA MIAST	K70+	2			00:04:01	00:20:26	00:42:08	01:04:08	01:26:35.20	01:30:36.90	+00:21:28 (24.8%)	8:39	6.9 (75.0%)
58	ŁOZIŃSKA Wioletta	755		K40-49	7			00:03:17	00:20:41	00:42:47	01:05:14	01:27:19.40	01:30:36.55	+00:22:12 (25.4%)	8:43	6.9 (75.0%)
59	MADEJCZUK Edmund	766	KB TUPOT USTKA	M70+	5			00:01:28	00:20:35	00:42:11	01:04:54	01:27:45.20	01:29:13.45	+00:22:38 (25.8%)	8:46	6.8 (73.9%)
60	KRZYŚCIN Rafał	724	SANTANDER CONSUMER BANK	M40-49	5			00:00:35	00:21:52	00:43:56	01:06:16	01:28:53.55	01:29:28.80	+00:23:46 (26.7%)	8:53	6.8 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	ANSOLM Jadwiga	769		K50-59	9			00:03:42	00:21:56	00:44:21	01:07:14	01:30:45.65	01:34:28.60	+00:25:38 (28.3%)	9:04	6.6 (71.7%)
62	WŁODARCZYK Danuta	767		K50-59	10			00:03:43	00:22:54	00:46:34	01:10:18	01:34:26.05	01:38:09.80	+00:29:19 (31.0%)	9:26	6.4 (69.6%)
63	MLECZAK Eugeniusz	730		M70+	6			00:01:27	00:23:51	00:48:26	01:13:22	01:38:29.65	01:39:56.90	+00:33:22 (33.9%)	9:50	6.1 (66.3%)
64	ELWART Lidia	709		K50-59	11	1		00:03:41	00:23:03	00:47:46	01:14:17	01:39:15.30	01:42:57.05	+00:34:08 (34.4%)	9:55	6 (65.2%)
65	CZERWIŃSKA Michalina	706		K30-39	4	1		00:03:06	00:23:37	00:49:12	01:14:51	01:39:49.50	01:42:56.40	+00:34:42 (34.8%)	9:59	6 (65.2%)
	GÓRECKA Ewa	762		K40-49		1		DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 66 wynik(ów)