

POTĘGOWO - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT
INTELEKTUALNE ZAMOWIENIA SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2019
 Organizator: Potęgowo
 Data: 2019-08-24
 Miejsce: Potęgowo
 Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps 1.1km	laps 3.6km	laps 6.1km	laps 8.6km	laps 11.1km	laps 13.6km	laps 16.1km	laps 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	HAŁAS Marcin	340	UNIA MIAST	M30-39	1			00:07:46	00:24:48	00:41:49	00:59:09	01:16:05	01:32:56	01:49:42	02:06:40	02:23:53.35		6:49	8.8 (100%)
2	KNITTER Tomasz	346	TOMASZ KNITTER	M18-29	1			00:07:20	00:23:59	00:40:50	00:57:36	01:14:28	01:31:28	01:48:46	02:06:45	02:26:01.25	+00:02:07 (1.5%)	6:55	8.7 (98.9%)
3	KUBISZYN Mirosław	350	KS METRACO POLKOWICE	M30-39	2			00:07:47	00:25:50	00:43:47	01:01:41	01:18:19	01:34:53	01:52:05	02:10:12	02:29:04.40	+00:05:11 (3.5%)	7:03	8.5 (96.6%)
4	NACZK Leonard	105	LĘBORSKIE LWY	M40-49	1	1		00:07:45	00:24:53	00:42:08	00:59:37	01:17:18	01:35:11	01:53:15	02:11:34	02:30:13.05	+00:06:19 (4.2%)	7:07	8.4 (95.5%)
5	BARCZYK Bogdan	331	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:30	00:24:29	00:41:44	00:59:09	01:16:45	01:34:41	01:53:06	02:11:55	02:30:30.10	+00:06:36 (4.4%)	7:08	8.4 (95.5%)
6	KOŁODZIEJ Joanna	348	STADION ŚLĄSKI	K50-59	1			00:07:38	00:24:56	00:42:32	01:00:25	01:18:14	01:36:10	01:54:11	02:12:12	02:30:55.55	+00:07:02 (4.7%)	7:09	8.4 (95.5%)
7	ŻYDACZEWSKI Ryszard	377	KS METRACO POLKOWICE	M50-59	2			00:07:35	00:24:38	00:42:02	00:59:36	01:17:19	01:35:19	01:53:38	02:12:20	02:31:11.65	+00:07:18 (4.8%)	7:09	8.4 (95.5%)
8	SPYCHAŁA Marzena	365	CKZIU NYSA MECHANIK	K40-49	1			00:07:44	00:25:05	00:43:03	01:01:14	01:19:34	01:38:01	01:56:34	02:15:11	02:34:04.60	+00:10:11 (6.6%)	7:18	8.2 (93.2%)
9	LENZ Andrzej	352	MUSZKIETEROWIE	M50-59	3			00:08:07	00:26:17	00:44:10	01:02:21	01:20:43	01:39:06	01:57:18	02:15:32	02:34:22.65	+00:10:29 (6.8%)	7:19	8.2 (93.2%)
10	KOLMETZ Katarzyna	347	POLIPACK TEAM GWE	K40-49	2			00:07:57	00:25:45	00:43:43	01:02:03	01:20:40	01:39:11	01:57:59	02:16:50	02:35:52.05	+00:11:58 (7.7%)	7:23	8.1 (92.0%)
11	KUŚMIEREK Patryk	351	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:09:00	00:27:31	00:46:42	01:06:14	01:22:54	01:40:27	01:59:03	02:17:41	02:36:02.75	+00:12:09 (7.8%)	7:23	8.1 (92.0%)
12	CIESIELSKI Jerzy	334	TORUŃ - IDZIEMY BEZ RYZYKA	M18-29	3	2		00:08:04	00:26:51	00:45:25	01:04:01	01:22:26	01:40:50	01:59:48	02:18:27	02:36:36.00	+00:12:42 (8.1%)	7:25	8.1 (92.0%)
13	CIESIELSKI Jan	333	TORUŃ - IDZIEMY BEZ RYZYKA	M40-49	2	1		00:08:02	00:26:01	00:44:00	01:02:34	01:21:16	01:40:40	01:59:35	02:18:42	02:37:17.95	+00:13:24 (8.5%)	7:27	8 (90.9%)
14	SZULC Alicja	368		K40-49	3			00:07:42	00:25:37	00:43:47	01:02:24	01:21:11	01:40:29	01:59:57	02:19:59	02:40:08.80	+00:16:15 (10.2%)	7:35	7.9 (89.8%)
15	ŻAMOJCIN Marek	376	NORDICLUB SZCZECIN	M50-59	4			00:08:07	00:26:23	00:44:54	01:03:34	01:22:33	01:41:47	02:01:32	02:21:40	02:41:06.95	+00:17:13 (10.7%)	7:38	7.9 (89.8%)
16	MĄDRY Grzegorz	354	KIJKOWE TRZEMESZNO	M60+	1			00:08:39	00:26:58	00:45:20	01:03:53	01:22:41	01:41:51	02:01:13	02:21:10	02:41:56.75	+00:18:03 (11.1%)	7:40	7.8 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps										Czas netto		Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	Różn				
17	STĘPIEŃ Lucyna	366	KS METRACO POLKOWICE	K60+	1			00:08:16	00:27:04	00:46:08	01:05:34	01:24:58	01:44:44	02:03:58	02:23:00	02:42:36.05	+00:18:42 (11.5%)	7:42	7.8 (88.6%)		
18	FRANKIEWICZ Miroslaw	337	FORMA NA PIĄTKĘ NW	M40-49	3			00:08:21	00:27:21	00:46:22	01:05:10	01:24:29	01:43:59	02:03:30	02:23:12	02:43:07.50	+00:19:14 (11.8%)	7:43	7.8 (88.6%)		
19	ŚCIBUT Ania	369	FORMA NA PIĄTKĘ NW	K40-49	4			00:07:57	00:26:05	00:44:53	01:04:12	01:23:46	01:43:41	02:03:42	02:24:04	02:44:22.10	+00:20:28 (12.5%)	7:47	7.7 (87.5%)		
20	STACHOWICZ Joanna	367	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:07:48	00:26:21	00:45:31	01:05:02	01:24:24	01:43:58	02:03:55	02:24:17	02:44:40.90	+00:20:47 (12.6%)	7:48	7.7 (87.5%)		
21	PAPROTNA Agnieszka	358	NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:08:16	00:27:08	00:46:27	01:05:46	01:25:27	01:45:17	02:05:16	02:25:12	02:45:02.70	+00:21:09 (12.8%)	7:49	7.7 (87.5%)		
22	RAKOWIECKI Zbigniew	361	FACE NORDIC WALKING TEAM	M50-59	5			00:08:10	00:26:33	00:45:19	01:04:29	01:24:05	01:43:50	02:04:12	02:24:25	02:45:13.10	+00:21:19 (12.9%)	7:49	7.7 (87.5%)		
23	NOWICZ Mariusz	357	CIDRY LOTAJOM	M18-29	4			00:07:58	00:26:50	00:46:05	01:05:24	01:24:54	01:44:59	02:05:11	02:25:32	02:45:57.30	+00:22:03 (13.3%)	7:51	7.6 (86.4%)		
24	GROS Agnieszka	339	STADION ŚLĄSKI	K40-49	5			00:07:56	00:26:47	00:45:57	01:05:30	01:25:03	01:45:04	02:05:25	02:25:50	02:47:00.95	+00:23:07 (13.8%)	7:54	7.6 (86.4%)		
25	WESOŁOWSKI Wojciech	372	MUSZKIETEROWIE	M60+	2			00:08:39	00:27:30	00:46:41	01:06:12	01:25:54	01:45:33	02:05:42	02:26:32	02:47:46.25	+00:23:52 (14.2%)	7:57	7.5 (85.2%)		
26	RESEMAN Sylvia	362	FACE NORDIC WALKING TEAM	K50-59	2			00:08:26	00:27:34	00:46:46	01:06:08	01:25:53	01:46:01	02:06:38	02:27:55	02:49:03.10	+00:25:09 (14.9%)	8:00	7.5 (85.2%)		
27	BUCZKOWSKA Wiesława	332	FACE NORDIC WALKING TEAM	K60+	2			00:08:32	00:27:25	00:46:50	01:06:47	01:26:58	01:47:36	02:08:16	02:28:55	02:49:28.75	+00:25:35 (15.1%)	8:01	7.5 (85.2%)		
28	GOŁĘBIEWSKI Krzysztof	338	ZAWSZE MŁODZI NORDIC WALKING	M50-59	6			00:08:20	00:26:51	00:46:03	01:05:24	01:24:56	01:44:55	02:05:32	02:28:03	02:50:25.50	+00:26:32 (15.6%)	8:04	7.4 (84.1%)		
29	JANOSZKA Irena	341	CIDRY LOTAJOM	K50-59	3			00:08:19	00:27:19	00:46:57	01:07:09	01:27:50	01:48:26	02:09:20	02:30:41	02:52:10.25	+00:28:16 (16.4%)	8:09	7.4 (84.1%)		
30	PLEWIŃSKI Rafał	359		M30-39	3			00:07:51	00:26:33	00:46:02	01:05:41	01:25:30	01:46:17	02:08:03	02:30:57	02:54:25.25	+00:30:31 (17.5%)	8:15	7.3 (83.0%)		
31	NIETRZEBKA Aleksandra	378	MIĘDZYBORÓW	K18-29	2			00:08:52	00:29:26	00:50:11	01:10:24	01:30:07	01:50:20	02:11:19	02:33:07	02:54:53.85	+00:31:00 (17.7%)	8:17	7.2 (81.8%)		
32	WENDT Jarosław	371	POLIPACK TEAM GWE	M50-59	7			00:09:30	00:31:14	00:52:17	01:13:06	01:33:50	01:54:25	02:15:17	02:36:00	02:56:45.35	+00:32:52 (18.6%)	8:22	7.2 (81.8%)		
33	DANKIEWICZ Barbara	335	ZAWSZE MŁODZI NORDIC WALKING	K40-49	6			00:08:56	00:29:01	00:49:08	01:09:22	01:29:58	01:51:24	02:12:57	02:35:26	02:57:29.60	+00:33:36 (18.9%)	8:24	7.1 (80.7%)		
34	SOBAŃSKA Grażyna	364		K60+	3			00:09:22	00:30:06	00:51:05	01:12:02	01:32:49	01:53:30	02:14:32	02:36:05	02:58:11.75	+00:34:18 (19.3%)	8:26	7.1 (80.7%)		
35	KACZMAREK Jarosław	342	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:08:54	00:28:52	00:49:12	01:09:57	01:30:49	01:52:17	02:14:05	02:36:04	02:58:14.45	+00:34:21 (19.3%)	8:26	7.1 (80.7%)		
36	NIETRZEBKA Paweł	356	MIĘDZYBORÓW	M30-39	4			00:08:40	00:28:44	00:49:14	01:09:58	01:31:09	01:52:51	02:15:12	02:37:38	03:00:44.30	+00:36:50 (20.4%)	8:33	7 (79.5%)		
37	DUSZA Anna	336	NORDICLUB SZCZECIN	K50-59	4			00:08:46	00:29:04	00:49:53	01:10:50	01:31:44	01:53:15	02:15:30	02:38:15	03:01:01.85	+00:37:08 (20.5%)	8:34	7 (79.5%)		
38	POSTEK Danuta	360	MARSZ PO ZDROWIE	K50-59	5			00:08:55	00:29:31	00:50:10	01:11:03	01:32:01	01:53:42	02:16:07	02:38:44	03:01:51.75	+00:37:58 (20.9%)	8:37	7 (79.5%)		
39	MALINOWSKA Katarzyna	353	LECYMY DURŚ	K30-39	2			00:09:01	00:29:18	00:49:59	01:11:08	01:32:34	01:53:57	02:16:50	02:41:04	03:02:53.30	+00:38:59 (21.3%)	8:40	6.9 (78.4%)		
40	KACZMAREK Zofia	343	SERCE NORDICA WŁOCŁAWEK	K50-59	6			00:09:04	00:29:37	00:50:25	01:11:17	01:32:31	01:54:09	02:16:43	02:40:11	03:03:34.95	+00:39:41 (21.6%)	8:42	6.9 (78.4%)		
41	ROZMUS Jolanta	363	FACE NORDIC WALKING TEAM	K60+	4			00:09:25	00:30:23	00:51:35	01:13:20	01:34:57	01:57:19	02:19:27	02:41:31	03:04:02.80	+00:40:09 (21.8%)	8:43	6.9 (78.4%)		
42	ZAWADZKA Maria	375	KS METRACO POLKOWICE	K60+	5			00:09:26	00:31:17	00:53:17	01:15:03	01:36:41	01:58:31	02:20:39	02:43:03	03:05:48.80	+00:41:55 (22.6%)	8:48	6.8 (77.3%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	laps								Czas netto		Różn	Tempo min/km	Tempo km/h
								1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	21.1km	21.1km			
43	MÓRAWSKI Sławomir	355	TORUŃ - IDZIEMY BEZ RYZYKA	M50-59	9			00:10:21	00:33:52	00:57:00	01:19:52	01:43:33	02:07:56	02:32:12	02:56:56	03:21:30.40	+00:57:37 (28.6%)	9:32	6.3 (71.6%)	
44	KARASIEWICZ Iwona	344	NORDICLUB SZCZECIN	K30-39	3			00:09:52	00:33:13	00:57:07	01:21:05	01:45:09	02:10:18	02:36:39	03:03:19	03:31:44.40	+01:07:51 (32.0%)	10:02	6 (68.2%)	

Znaleziono 44 wynik(ów)