



# POTĘGOWO - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

B4SPORT

Wydarzenie:  
Organizator:  
Data:  
Miejsce:  
Dystans:

PUCHAR POLSKI NORDIC WALKING 2018  
PFNW  
2018-08-19  
Potęgowo  
21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1km	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Start_All 21.1km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>DEPKA PRĄDZYŃSKI Olgierd</b>	<b>428</b>	BIEGAMYRAZEM.PL	M60+	1			00:07:32	00:23:42	00:39:40	00:55:45	01:12:00	01:28:27	01:44:56	02:02:20	<b>02:19:39.55</b>			6:37	9.1 (100%)
2	<b>WAWRZYŃIAK Łukasz</b>	<b>463</b>	KS METRACO POLKOWICE	M30-39	1			00:07:37	00:24:00	00:40:23	00:56:52	01:13:11	01:29:50	01:46:47	02:03:36	<b>02:20:47.15</b>	+00:01:07 (0.8%)		6:40	9 (98.9%)
3	<b>SZEREMETA Grzegorz</b>	<b>460</b>	CIDRY LOTAJOM	M40-49	1			00:07:20	00:23:43	00:40:10	00:56:44	01:13:28	01:30:27	01:47:35	02:04:50	<b>02:22:09.70</b>	+00:02:30 (1.8%)		6:44	8.9 (97.8%)
4	<b>SŁUPIANEK Paweł</b>	<b>452</b>	LECYMY DURŚ	M30-39	2			00:07:40	00:24:07	00:40:38	00:57:21	01:14:01	01:30:54	01:47:55	02:05:14	<b>02:22:38.55</b>	+00:02:59 (2.1%)		6:45	8.9 (97.8%)
5	<b>PIOTROWSKI Michał</b>	<b>448</b>	FACE NORDIC WALKING TEAM	M30-39	3	1		00:07:40	00:24:06	00:40:43	00:57:39	01:14:25	01:31:37	01:49:13	02:06:40	<b>02:24:37.75</b>	+00:04:58 (3.4%)		6:51	8.8 (96.7%)
6	<b>KŁOS Maciej</b>	<b>437</b>		M30-39	4			00:08:08	00:24:59	00:41:53	00:58:48	01:15:53	01:33:16	01:50:47	02:08:48	<b>02:27:36.80</b>	+00:07:57 (5.4%)		6:59	8.6 (94.5%)
7	<b>SZARSZUNOWICZ Mariusz</b>	<b>459</b>	KS METRACO POLKOWICE	M40-49	2			00:07:40	00:24:12	00:41:23	00:59:03	01:16:45	01:34:22	01:52:28	02:11:06	<b>02:29:42.75</b>	+00:10:03 (6.7%)		7:05	8.5 (93.4%)
8	<b>BARCZYK Bogdan</b>	<b>422</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:50	00:24:39	00:41:53	00:59:24	01:17:27	01:35:25	01:53:45	02:12:21	<b>02:31:33.70</b>	+00:11:54 (7.9%)		7:10	8.4 (92.3%)
9	<b>PIETRZYK Jarosław</b>	<b>447</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:08:13	00:27:08	00:45:42	01:03:45	01:21:35	01:39:14	01:57:05	02:15:12	<b>02:33:23.00</b>	+00:13:43 (8.9%)		7:16	8.3 (91.2%)
10	<b>BUŁAKOWSKI Bohdan</b>	<b>425</b>	PASJA NORDIC WALKING	M60+	2			00:08:25	00:26:16	00:44:11	01:02:12	01:20:20	01:38:36	01:56:52	02:15:12	<b>02:33:29.30</b>	+00:13:49 (9.0%)		7:16	8.2 (90.1%)
11	<b>MAKOWSKI Jan</b>	<b>443</b>	RYBNICKI KLUB NORDIC WALKING	M50-59	2			00:07:15	00:24:17	00:41:50	01:00:05	01:18:24	01:36:57	01:55:59	02:14:51	<b>02:33:31.10</b>	+00:13:51 (9.0%)		7:16	8.2 (90.1%)
12	<b>KOWALSKI Marek</b>	<b>439</b>	UNIA MIAST	M50-59	3			00:08:17	00:26:08	00:44:19	01:02:20	01:20:37	01:39:10	01:57:50	02:16:41	<b>02:35:39.50</b>	+00:15:59 (10.3%)		7:22	8.1 (89.0%)
13	<b>KOŁODZIEJ Joanna</b>	<b>438</b>	CIDRY LOTAJOM	K50-59	1			00:08:28	00:26:55	00:45:28	01:03:51	01:22:09	01:40:40	01:58:55	02:17:18	<b>02:36:14.25</b>	+00:16:34 (10.6%)		7:24	8.1 (89.0%)
14	<b>SPYCHAŁA Marzena</b>	<b>455</b>	CKZIU NYSA MECHANIK	K40-49	1			00:08:41	00:27:29	00:45:46	01:03:52	01:22:42	01:41:44	02:00:52	02:20:07	<b>02:39:21.95</b>	+00:19:42 (12.4%)		7:33	7.9 (86.8%)
15	<b>TEODOROWSKI Dariusz</b>	<b>369</b>	UNIA MIAST	M40-49	3			00:08:32	00:27:21	00:46:13	01:04:52	01:23:40	01:42:29	02:01:27	02:20:53	<b>02:39:56.50</b>	+00:20:16 (12.7%)		7:34	7.9 (86.8%)
16	<b>FRANKIEWICZ Mirosław</b>	<b>429</b>	FORMA NA PIĄTKĘ NW	M40-49	4			00:08:33	00:27:08	00:45:36	01:04:24	01:23:20	01:42:16	02:01:31	02:20:59	<b>02:40:58.45</b>	+00:21:18 (13.2%)		7:37	7.9 (86.8%)
17	<b>WESOŁOWSKI Wojciech</b>	<b>464</b>	MUSZKIETEROWIE	M60+	3			00:08:28	00:26:16	00:44:13	01:02:44	01:21:54	01:41:22	02:00:53	02:20:38	<b>02:41:02.10</b>	+00:21:22 (13.3%)		7:37	7.9 (86.8%)
18	<b>BADECKI Ryszard</b>	<b>421</b>	KS METRACO POLKOWICE	M50-59	4			00:08:21	00:26:50	00:45:40	01:04:56	01:24:01	01:42:54	02:02:03	02:21:29	<b>02:41:26.05</b>	+00:21:46 (13.5%)		7:39	7.8 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 1km	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas		Tempo min/km	Tempo km/h
																netto 21.1km	Różn		
19	LIGĘZA Janusz	442		M50-59	5			00:08:21	00:26:32	00:45:05	01:03:59	01:23:20	01:42:34	02:02:01	02:21:49	<b>02:41:48.45</b>	+00:22:08 (13.7%)	7:40	7.8 (85.7%)
20	STĘPIEŃ Lucyna	457	KS METRACO POLKOWICE	K60+	1			00:08:41	00:27:13	00:45:58	01:05:09	01:24:34	01:44:00	02:03:12	02:22:34	<b>02:42:09.65</b>	+00:22:30 (13.9%)	7:41	7.8 (85.7%)
21	ŚCIBUT Anna	468	FORMA NA PIĄTKĘ NW	K40-49	2			00:08:29	00:26:56	00:45:31	01:04:29	01:23:50	01:43:50	02:03:43	02:23:56	<b>02:44:21.05</b>	+00:24:41 (15.0%)	7:47	7.7 (84.6%)
22	JANOSZKA Irena	431	CIDRY LOTAJOM	K50-59	2			00:08:40	00:27:34	00:46:41	01:06:04	01:25:24	01:44:55	02:04:43	02:24:39	<b>02:44:53.35</b>	+00:25:13 (15.3%)	7:48	7.7 (84.6%)
23	BOCZAR Beata	424	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:08:46	00:27:44	00:46:56	01:06:13	01:25:50	01:45:38	02:05:41	02:25:59	<b>02:46:17.80</b>	+00:26:38 (16.0%)	7:52	7.6 (83.5%)
24	KACZMAREK Eugeniusz	433	DWA KIJE SŁUPSK	M60+	4	1		00:08:27	00:26:20	00:44:46	01:03:56	01:23:14	01:42:56	02:03:31	02:25:18	<b>02:47:41.55</b>	+00:28:02 (16.7%)	7:56	7.5 (82.4%)
25	KANIOWSKA Beata	434	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	3			00:08:53	00:28:22	00:47:55	01:07:30	01:27:08	01:47:01	02:07:01	02:27:20	<b>02:48:04.00</b>	+00:28:24 (16.9%)	7:57	7.5 (82.4%)
26	ŻAMOJCIN Marek	467	NORDICLUB SZCZECIN	M50-59	6			00:08:26	00:27:56	00:47:50	01:07:41	01:27:46	01:47:36	02:07:36	02:27:45	<b>02:48:05.95</b>	+00:28:26 (16.9%)	7:58	7.5 (82.4%)
27	STOPA Joanna	458	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:09:02	00:28:40	00:48:31	01:08:28	01:28:39	01:48:40	02:08:32	02:28:28	<b>02:48:26.05</b>	+00:28:46 (17.1%)	7:58	7.5 (82.4%)
28	KUŚMIEREK Patryk	441	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:09:31	00:29:09	00:49:00	01:08:56	01:29:08	01:49:09	02:09:02	02:28:55	<b>02:48:55.45</b>	+00:29:15 (17.3%)	8:00	7.5 (82.4%)
29	KARASIEWICZ Irena	436	FACE NORDIC WALKING TEAM	K50-59	4			00:09:02	00:28:38	00:48:24	01:08:24	01:28:40	01:48:51	02:09:11	02:29:21	<b>02:49:39.60</b>	+00:30:00 (17.7%)	8:02	7.5 (82.4%)
30	SOBAŃSKA Grażyna	454		K60+	2			00:09:11	00:28:57	00:48:47	01:08:53	01:28:59	01:49:14	02:09:24	02:29:43	<b>02:50:47.90</b>	+00:31:08 (18.2%)	8:05	7.4 (81.3%)
31	ŚWISŁOCKI Bogdan	462	FACE NORDIC WALKING TEAM	M50-59	7			00:08:06	00:26:03	00:44:21	01:03:32	01:23:16	01:43:50	02:05:31	02:27:40	<b>02:50:52.55</b>	+00:31:13 (18.3%)	8:05	7.4 (81.3%)
32	OLSZAŃSKA Krystyna	445	NOWI SIEDLCE/NW WSCHÓD	K60+	3			00:09:22	00:29:39	00:49:47	01:10:01	01:30:08	01:50:06	02:10:30	02:31:29	<b>02:52:11.25</b>	+00:32:31 (18.9%)	8:09	7.4 (81.3%)
33	SZYMCZYK Magdalena	461	NOWI SIEDLCE/NW WSCHÓD	K30-39	1			00:09:27	00:30:26	00:50:57	01:11:09	01:31:21	01:51:57	02:12:18	02:33:12	<b>02:54:18.60</b>	+00:34:39 (19.9%)	8:15	7.3 (80.2%)
34	KRYSZCZUK Krzysztof	440	NOWI SIEDLCE/NW WSCHÓD	M50-59	8			00:09:58	00:30:55	00:51:26	01:11:39	01:31:49	01:52:26	02:12:47	02:33:41	<b>02:54:49.70</b>	+00:35:10 (20.1%)	8:17	7.2 (79.1%)
35	BARCZYK Jolanta	423	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59	5			00:09:23	00:29:33	00:49:46	01:10:16	01:31:04	01:51:58	02:12:50	02:34:01	<b>02:55:37.50</b>	+00:35:57 (20.5%)	8:19	7.2 (79.1%)
36	KABAŁA Marzena	432	BIEGAMYRAZEM.PL	K40-49	4			00:09:26	00:29:39	00:50:42	01:12:00	01:32:40	01:53:45	02:15:06	02:36:21	<b>02:58:03.25</b>	+00:38:23 (21.6%)	8:26	7.1 (78.0%)
37	GERLE-KOTULA Anna	430	UNIA MIAST	K30-39	2			00:09:27	00:30:27	00:51:22	01:12:08	01:32:55	01:53:55	02:15:14	02:36:41	<b>02:58:12.70</b>	+00:38:33 (21.6%)	8:26	7.1 (78.0%)
38	PANEK Elwira	446		K50-59	6			00:09:11	00:29:11	00:49:48	01:10:53	01:32:03	01:53:28	02:15:09	02:37:19	<b>03:00:20.05</b>	+00:40:40 (22.6%)	8:32	7 (76.9%)
39	POSTEK Danuta	449	MARSZ PO ZDROWIE	K50-59	7			00:09:12	00:29:30	00:49:55	01:11:05	01:32:21	01:53:57	02:16:36	02:39:47	<b>03:03:49.95</b>	+00:44:10 (24.0%)	8:42	6.9 (75.8%)
40	ZAWADZKA Maria	466	KS METRACO POLKOWICE	K60+	4			00:09:48	00:31:51	00:53:55	01:15:50	01:37:46	01:59:52	02:22:26	02:44:55	<b>03:07:52.05</b>	+00:48:12 (25.7%)	8:54	6.7 (73.6%)
41	CZECZOTT-SZYMAŃSKA Aleksandra	427	ORŁY WICKO	K50-59	8			00:10:07	00:31:52	00:53:49	01:15:56	01:38:32	02:01:17	02:24:22	02:47:41	<b>03:11:30.80</b>	+00:51:51 (27.1%)	9:04	6.6 (72.5%)
42	ROZMUS Jolanta	469	FACE NORDIC WALKING TEAM	K60+	5			00:09:43	00:31:20	00:53:18	01:15:45	01:38:56	02:02:32	02:25:46	02:48:44	<b>03:11:53.25</b>	+00:52:13 (27.2%)	9:05	6.6 (72.5%)
43	WIŚNIEWSKA Sylwia	465		K30-39	3	2		00:09:58	00:32:00	00:55:41	01:18:29	01:41:14	02:04:55	02:28:36	02:53:38	<b>03:19:27.05</b>	+00:59:47 (30.0%)	9:27	6.3 (69.2%)
44	KARASIEWICZ Iwona	435	NORDICLUB SZCZECIN	K30-39	4			00:10:20	00:33:31	00:56:20	01:19:07	01:42:05	02:05:30	02:29:33	02:54:43	<b>03:20:12.70</b>	+01:00:33 (30.2%)	9:29	6.3 (69.2%)
45	CHRAPEK Urszula	426	KS RUDZICA	K30-39	5			00:10:24	00:33:35	00:56:52	01:20:37	01:44:22	02:08:27	02:32:46	02:57:45	<b>03:23:55.60</b>	+01:04:16 (31.5%)	9:39	6.2 (68.1%)

Znaleziono 45 wynik(ów)