



PUCHAR NORDIC WALKING - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Puchar Nordic Walking w Sercu Podhala
Gmina Szaflary
2021-10-16
Szaflary
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.67km	3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	43		M50-54	1	00:11:19	00:22:37	00:33:54.45		6:46	8.8 (100%)
2	ORDZOWIAŁY Piotr	73	NIWAOSIELEC	M50-54	2	00:11:22	00:22:39	00:33:56.85	+00:00:02 (0.1%)	6:47	8.8 (100%)
3	NOSAL Marek	71		M50-54	3	00:11:49	00:23:48	00:35:33.45	+00:01:39 (4.6%)	7:06	8.4 (95.5%)
4	MISZTAL Grzegorz	70	NORDIC ARMY	M30-39	1	00:11:36	00:23:33	00:35:33.60	+00:01:39 (4.6%)	7:06	8.4 (95.5%)
5	KONIK Jarosław	60	BIESZCZADZKI KLUB NORDIC WALKING	M40-44	1	00:11:58	00:23:58	00:36:04.80	+00:02:10 (6.0%)	7:12	8.3 (94.3%)
6	KRAKOWSKI Jerzy	64	PTG SOKÓŁ 1893 MIELEC	M55-59	1	00:11:45	00:24:02	00:36:26.40	+00:02:31 (6.9%)	7:17	8.2 (93.2%)
7	STĘPIEŃ Dorota	82	KIJOWE LEJDIS	K40-44	1	00:12:25	00:25:08	00:37:56.20	+00:04:01 (10.6%)	7:35	7.9 (89.8%)
8	OLEKSYK Małgorzata	72	MKS HALICZ USTRZYKI DOLNE, BIESZCZADZKI KLUB NORDIC WALKING	K55-59	1	00:12:36	00:25:27	00:38:04.70	+00:04:10 (11.0%)	7:36	7.9 (89.8%)
9	KOWALCZYK Tadeusz	62	LUX TORPEDA	M65-69	1	00:12:44	00:25:44	00:39:04.80	+00:05:10 (13.2%)	7:48	7.7 (87.5%)
10	BERNACKI Leszek	42	NIEŻŻESZONY	M55-59	2	00:13:17	00:26:35	00:40:08.65	+00:06:14 (15.5%)	8:01	7.5 (85.2%)
11	RYŚ Wacław	80	ZARABIE-BIEGA	M60-64	1	00:13:22	00:26:51	00:40:16.05	+00:06:21 (15.8%)	8:03	7.5 (85.2%)
12	ŁYSIAK Paulina	69		K30-39	1	00:13:14	00:26:58	00:40:52.70	+00:06:58 (17.1%)	8:10	7.3 (83.0%)
13	ŚLUSARCZYK Jerzy	83	AZS AWF KRAKÓW MASTERS	M60-64	2	00:13:25	00:27:02	00:41:02.60	+00:07:08 (17.4%)	8:12	7.3 (83.0%)
14	GUTOWSKA Magda	48	PAUL TEAM	K45-49	1	00:13:33	00:27:35	00:41:27.85	+00:07:33 (18.2%)	8:17	7.2 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		5km	Różn	Tempo min/km	Tempo km/h
						1.67km	3.3km				
15	PANKIEWICZ Ewelina	76	NORDIC SPORT 2021	K30-39	2	00:13:36	00:27:39	00:41:28.40	+00:07:33 (18.2%)	8:17	7.2 (81.8%)
16	ŚLUSARCZYK Grażyna	84	AZS AWF KRAKÓW MASTERS	K55-59	2	00:13:56	00:27:50	00:41:45.05	+00:07:50 (18.8%)	8:21	7.2 (81.8%)
17	PAKASZEWSKA Dorota	75	KIJOWE LEJDIS	K40-44	2	00:13:57	00:27:51	00:41:45.60	+00:07:51 (18.8%)	8:21	7.2 (81.8%)
18	PAŹDZIORA Mariusz	77	LUX TORPEDA	M50-54	4	00:13:14	00:27:15	00:41:57.90	+00:08:03 (19.2%)	8:23	7.2 (81.8%)
19	URBAN Iwona	93	KKNW	K50-54	1	00:14:06	00:28:48	00:43:29.15	+00:09:34 (22.0%)	8:41	6.9 (78.4%)
20	GRZYWOCZ Bernard	101		M70-74	1	00:14:31	00:29:15	00:43:50.65	+00:09:56 (22.7%)	8:46	6.8 (77.3%)
21	KRUPA Franciszek	66		M70-74	2	00:14:35	00:29:19	00:43:59.90	+00:10:05 (22.9%)	8:47	6.8 (77.3%)
22	ŁOSAK Anna	68	KIJOWE LEJDIS	K40-44	3	00:14:26	00:29:28	00:44:09.50	+00:10:15 (23.2%)	8:49	6.8 (77.3%)
23	HANUS Joanna	51	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	1	00:14:33	00:29:27	00:44:14.40	+00:10:19 (23.4%)	8:50	6.8 (77.3%)
24	MALINOWSKI Paweł	96	YACHT CLUB NOWA HUTA	M18-29	1	00:14:22	00:29:14	00:44:23.85	+00:10:29 (23.6%)	8:52	6.8 (77.3%)
25	CHOMNICKA Beata	98	LUX TORPEDA	K50-54	2	00:14:27	00:29:33	00:44:48.25	+00:10:53 (24.3%)	8:57	6.7 (76.1%)
26	CZERWIŃSKA Anna	44	NW CZŁAPSKI TEAM	K- Niepełnosprawni(A)	1	00:15:28	00:30:34	00:45:21.60	+00:11:27 (25.2%)	9:04	6.6 (75.0%)
27	KOWALCZYK Joanna	61	LUX TORPEDA	K45-49	2	00:15:01	00:30:16	00:45:32.50	+00:11:38 (25.5%)	9:06	6.6 (75.0%)
28	NOSAL Bronisław	99		M70-74	3	00:14:49	00:30:14	00:45:41.15	+00:11:46 (25.8%)	9:08	6.6 (75.0%)
29	WĘCEK Katarzyna	85	ŚWIĘTOKRZYSKA SZKOŁA NORDIC WALKING	K45-49	3	00:15:08	00:30:41	00:46:11.75	+00:12:17 (26.6%)	9:14	6.5 (73.9%)
30	GUL-BOGACZ Jolanta	91	KKNW	K40-44	4	00:15:37	00:31:02	00:46:14.10	+00:12:19 (26.7%)	9:14	6.5 (73.9%)
31	ZAREMBA Milena	88	KIJOWE LEKDIS	K40-44	5	00:15:10	00:30:44	00:46:15.20	+00:12:20 (26.7%)	9:15	6.5 (73.9%)
32	ADAMOWICZ Andrzej	41		M75-79	1	00:15:33	00:31:40	00:47:49.10	+00:13:54 (29.1%)	9:33	6.3 (71.6%)
33	LACHOWSKA Ewa	97	BIESZCZADZKI KLUB NORDIC WALKING	K60-64	1	00:15:34	00:31:40	00:48:11.45	+00:14:17 (29.6%)	9:38	6.2 (70.5%)
34	KULAK Olga	67		K30-39	3	00:16:18	00:33:00	00:49:24.85	+00:15:30 (31.4%)	9:52	6.1 (69.3%)
35	GRZYWOCZ Irena	100		K70-74	1	00:15:50	00:32:27	00:49:30.50	+00:15:36 (31.5%)	9:54	6.1 (69.3%)
36	GUTOWSKI Paweł	49	PAUL TEAM	M- Niepełnosprawni(A)	1	00:15:58	00:33:06	00:50:36.80	+00:16:42 (33.0%)	10:07	5.9 (67.0%)
37	GOLECKA Agnieszka	47		K45-49	4	00:16:45	00:33:47	00:50:39.35	+00:16:44 (33.1%)	10:07	5.9 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.67km	3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	KOZIEŁ Anna	63	KIJOWE LEJDIS	K55-59	3	00:17:16	00:34:37	00:52:18.90	+00:18:24 (35.2%)	10:27	5.7 (64.8%)
39	POCHEĆ Mariola	78		K45-49	5	00:17:33	00:35:46	00:54:44.75	+00:20:50 (38.1%)	10:56	5.5 (62.5%)
40	FIT Agnieszka	45	KIJOWE LEJDIS	K45-49	6	00:17:34	00:35:49	00:54:46.15	+00:20:51 (38.1%)	10:57	5.5 (62.5%)
41	RYŚ Wiktoria	81	ZARABIE-BIEGA	K-Jun.	1	00:18:23	00:37:21	00:55:04.60	+00:21:10 (38.4%)	11:00	5.4 (61.4%)
42	PYTLAK Urszula	92	KKNW	K55-59	4	00:19:29	00:36:53	00:55:08.70	+00:21:14 (38.5%)	11:01	5.4 (61.4%)
43	PODSIADŁO Marta	79	NW NA LUZIE I Z UŚMIECHEM	K30-39	4	00:18:22	00:37:23	00:56:24.10	+00:22:29 (39.9%)	11:16	5.3 (60.2%)
44	PROKOPIEC Bronisława	94	KKNW	K75-79	1	00:18:42	00:37:20	00:56:42.35	+00:22:47 (40.2%)	11:20	5.3 (60.2%)
45	WIKTOR Irena	86	SPORTOWY ISKRA MIELEC	K65-69	1	00:20:20	00:40:27	00:58:48.15	+00:24:53 (42.3%)	11:45	5.1 (58.0%)
46	SITO Agata	89	KKNW	K55-59	5	00:19:56	00:39:31	00:59:23.25	+00:25:28 (42.9%)	11:52	5.1 (58.0%)
47	NOWAK Barbara	95	KKNW	K50-54	3	00:19:46	00:39:36	00:59:41.90	+00:25:47 (43.2%)	11:56	5 (56.8%)
48	KICMAL Małgorzata	53	FUNDACJA HANDICAP ZAKOPANE	K- Niepełnosprawni(A)	2	00:19:11	00:39:21	00:59:44.65	+00:25:50 (43.2%)	11:56	5 (56.8%)
49	HANUS Teresa	52	PASJONAUCI KROSNO	K- Niepełnosprawni(B)	2	00:21:14	00:44:02	01:06:53.80	+00:32:59 (49.3%)	13:22	4.5 (51.1%)
50	WIKTOR Dawid	87	SPORTOWY ISKRA MIELEC	M- Niepełnosprawni(B)	1	00:21:21	00:44:55	01:24:22.05	+00:50:27 (59.8%)	16:52	3.6 (40.9%)
DNC	GUŻNICZAK Marzena	50	KIJOWE LEJDIS	K45-49		00:18:22	00:32:34				(0.0%)

Znaleziono 51 wynik(ów)