



# SIANÓW - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR

## NORDIC WALKING - 10 KM

B4SPORT

**Organiser:** PFNW  
**Date:** 2017-05-01  
**Place:** Sianów  
**Distance:** 10 km



Classification: All

Split point: 8,3 km

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	Start_All 1.666km	Start_All 3.332km	Start_All 5km	Start_All 6.666km	Start_All 8.332km
1	DEPKA PRĄDZYŃSKI Olgierd	161	BIEGAMYRAZEM	M50-59			00:00:30	00:10:27	00:21:02	00:31:54	00:42:44	00:53:26
2	KLICZKA Kamil	175	SANPROBI SZCZECIN	M40-49			00:00:14	00:10:33	00:21:16	00:32:09	00:43:00	00:53:41
3	NIECHWIEJCZYK Piotr	191	UNIA MIAST	M40-49			00:00:15	00:10:31	00:21:16	00:32:10	00:43:00	00:53:42
4	WOJTASIŃSKI Daniel	215	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:00:02	00:10:25	00:21:19	00:32:06	00:42:53	00:53:43
5	HELWICH Stefan	170	KS METRACO POLKOWICE	M60-69			00:00:54	00:10:39	00:21:32	00:32:22	00:43:15	00:54:05
6	KUŚMIEREK Patryk	184	BŁĘKITNI DZIEMIANY	M18-29			00:00:02	00:11:23	00:22:34	00:33:31	00:44:15	00:54:56
7	NAKONIECZNY Grzegorz	189	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	1		00:00:15	00:10:40	00:21:50	00:33:03	00:44:11	00:55:28
8	CZECHOWSKI Dariusz	158	RYBNICKI KLUB NORDIC WALKING	M30-39			00:00:03	00:11:08	00:22:27	00:33:47	00:45:13	00:56:37
9	SIWAK Piotr	198	KS METRACO POLKOWICE	M50-59			00:00:32	00:10:55	00:22:14	00:33:47	00:45:13	00:56:38
10	BOGACKI Sławek	154	ENERGA NW TEAM	M40-49			00:00:17	00:11:06	00:22:33	00:34:04	00:45:29	00:56:54
11	ŚWISŁOCKI Bogdan	211	FACE NORDIC WALKING TEAM	M50-59			00:00:31	00:11:00	00:22:23	00:33:59	00:45:34	00:56:56
12	KUŚMIEREK Jan	183	BŁĘKITNI DZIEMIANY	M40-49			00:00:16	00:11:10	00:22:35	00:34:07	00:45:33	00:56:58
13	WARUSZEWSKI Karol	213	BIEGAJĄCY TCZEW	M40-49			00:00:17	00:11:17	00:22:47	00:34:20	00:45:49	00:57:11
14	RACZYŃSKI Kazimierz	223	LINUX MAGAZINE TEAM / FACE NORDIC WALKING TEAM	M40-49			00:00:16	00:11:04	00:22:37	00:34:08	00:45:49	00:57:23
15	NACZK Leonard	188	DYNAMIC	M40-49			00:00:16	00:11:21	00:22:52	00:34:33	00:46:07	00:57:24
16	PIETRZYK Jarosław	197	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39			00:00:02	00:11:06	00:22:54	00:34:29	00:46:05	00:57:27
17	JĘDRASIAK Renata	171	KS METRACO POLKOWICE	K50-59			00:02:05	00:11:37	00:23:19	00:34:56	00:46:33	00:58:14
18	PASIKOWSKA Mariola	195	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39			00:01:32	00:11:32	00:23:18	00:35:07	00:46:52	00:58:32
19	SPYCHAŁA Marzena	202	WESOŁY BORSUK TEAM	K40-49			00:01:54	00:11:26	00:23:15	00:35:04	00:46:51	00:59:00
20	KOLARSKA Agnieszka	178	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39			00:01:32	00:11:33	00:23:23	00:35:22	00:47:22	00:59:24
21	SKRYCKA Katarzyna	199	KS METRACO POLKOWICE	K30-39			00:01:32	00:11:49	00:23:42	00:35:38	00:47:35	00:59:39
22	KULIG Henryk	182	ELBLĄSKIE WŁÓCZY-KIJE	M60-69			00:00:54	00:11:36	00:23:34	00:35:37	00:47:41	00:59:54
23	SZPILMAN Katarzyna	224	FACE NORDIC WALKING TEAM	K40-49			00:01:54	00:11:43	00:23:41	00:35:34	00:47:40	00:59:57
24	STĘPIEŃ Lucyna	205	KS METRACO POLKOWICE	K60-69			00:02:21	00:11:58	00:23:59	00:36:07	00:48:16	01:00:16
25	BIK Stanisław	153	KS METRACO POLKOWICE	M50-59			00:00:32	00:11:31	00:23:34	00:35:50	00:48:04	01:00:18

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	Start_All 1.666km	Start_All 3.332km	Start_All 5km	Start_All 6.666km	Start_All 8.332km
26	<b>PALIWODA Kasia</b>	<b>193</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49			00:01:54	00:11:25	00:23:31	00:35:43	00:48:04	01:00:26
27	<b>STACHOWICZ Marcin</b>	<b>203</b>	BŁĘKITNI DZIEMIANY	M30-39			00:00:03	00:11:40	00:23:39	00:35:51	00:48:10	01:00:37
28	<b>WROŃSKI Włodzimierz</b>	<b>218</b>	PASJA NORDIC WALKING	M60-69			00:00:55	00:12:03	00:24:07	00:36:13	00:48:29	01:00:58
29	<b>FOLWARSKI Andrzej</b>	<b>166</b>	FACE NORDIC WALKING TEAM	M50-59			00:00:34	00:11:44	00:23:57	00:36:22	00:48:43	01:01:05
30	<b>KORYTOWSKA Agnieszka</b>	<b>179</b>		K30-39			00:01:34	00:11:52	00:24:14	00:36:38	00:49:07	01:01:33
31	<b>NETKOWSKI Wojciech</b>	<b>190</b>	PASJA NORDIC WALKING	M50-59			00:00:31	00:11:58	00:24:26	00:37:03	00:49:46	01:02:30
32	<b>SORN Łukasz</b>	<b>201</b>	ELITE TEAM/FACE NORDIC WALKING TEAM	M30-39			00:00:03	00:12:30	00:25:02	00:37:36	00:50:11	01:02:57
33	<b>LENER Sławomir</b>	<b>186</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69			00:00:55	00:12:05	00:24:37	00:37:20	00:50:08	01:03:08
34	<b>ŻAMOJCIN Marek</b>	<b>221</b>	NIEZRZESZONY	M50-59			00:00:31	00:11:56	00:24:41	00:37:33	00:50:24	01:03:10
35	<b>STOPA Joanna</b>	<b>206</b>	BŁĘKITNI DZIEMIANY	K18-29			00:01:31	00:12:12	00:25:19	00:38:15	00:50:59	01:03:24
36	<b>KOBIELA Daria</b>	<b>177</b>	BŁĘKITNI DZIEMIANY	K18-29			00:01:31	00:12:33	00:25:22	00:38:17	00:51:02	01:03:39
37	<b>PAŁUBICKI Marcin</b>	<b>194</b>		M40-49			00:00:15	00:12:35	00:25:37	00:38:39	00:51:28	01:04:09
38	<b>CZYCZ Emilia</b>	<b>159</b>	GREEN TEAM ZIELONA GÓRA	K60-69			00:02:21	00:12:24	00:25:10	00:38:13	00:51:12	01:04:17
39	<b>KOTULA Jakub</b>	<b>180</b>	UNIA MIAST	M30-39			00:00:02	00:12:20	00:25:11	00:38:08	00:51:09	01:04:20
40	<b>BIAŁK Roman</b>	<b>152</b>		M60-69			00:00:54	00:12:29	00:25:27	00:38:33	00:51:32	01:04:24
41	<b>KLOSKA Kazimierz</b>	<b>176</b>		M70+			00:00:59	00:13:08	00:25:59	00:38:39	00:51:29	01:04:28
42	<b>ŻOŁNO Magdalena</b>	<b>222</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59			00:02:05	00:12:37	00:25:40	00:38:46	00:51:47	01:04:43
43	<b>WECHTA Paweł</b>	<b>225</b>	KS METRACO POLKOWICE	M40-49			00:00:17	00:12:29	00:25:23	00:38:07	00:51:26	01:04:48
44	<b>PIĄTKOWSKI Józef</b>	<b>196</b>	KS METRACO POLKOWICE	M70+			00:00:59	00:13:06	00:26:03	00:38:59	00:51:56	01:05:02
45	<b>CZYCZ Kazimierz</b>	<b>160</b>	GREEN TEAM ZIELONA GÓRA	M60-69			00:00:56	00:12:29	00:25:21	00:38:19	00:51:21	01:05:10
46	<b>SURIAK Michał</b>	<b>207</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29			00:00:01	00:12:43	00:25:59	00:39:15	00:52:14	01:05:11
47	<b>WASILEWSKI Sławomir</b>	<b>214</b>	PASJA NORDIC WALKING	M70+	1		00:01:00	00:13:08	00:26:08	00:39:04	00:52:01	01:05:21
48	<b>URANTÓWKA Henryk</b>	<b>212</b>	N/Z	M70+			00:01:00	00:13:10	00:26:13	00:39:10	00:52:16	01:05:26
49	<b>FARON Monika</b>	<b>165</b>	ELITE TEAM	K30-39			00:01:33	00:12:51	00:25:53	00:39:12	00:52:30	01:05:48
50	<b>KASZUBOWSKA Monika</b>	<b>174</b>		K50-59			00:02:05	00:13:24	00:26:34	00:39:42	00:53:14	01:06:31
51	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>217</b>	KS METRACO POLKOWICE	K70+			00:02:22	00:12:52	00:26:09	00:39:38	00:53:09	01:06:48
52	<b>GOLUS Urszula</b>	<b>168</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69			00:02:22	00:12:53	00:26:29	00:40:09	00:53:28	01:07:03
53	<b>DZIEMIŃSKA Magdalena</b>	<b>164</b>	BŁĘKITNI DZIEMIANY	K30-39			00:01:32	00:12:48	00:26:19	00:40:03	00:53:29	01:07:11
54	<b>BOROWSKI Marcin</b>	<b>216</b>	FACE NORDIC WALKING TEAM / KATORŻNIK MUROWANA GOŚLINA	M30-39	1		00:00:03	00:13:03	00:26:28	00:39:59	00:53:36	01:07:16
55	<b>DUSZA Anna</b>	<b>163</b>		K40-49			00:01:55	00:13:12	00:26:55	00:40:32	00:53:53	01:07:26
56	<b>WYSOCKA Bernadeta</b>	<b>219</b>	BŁĘKITNI DZIEMIANY	K40-49	1		00:01:53	00:13:21	00:26:53	00:40:30	00:53:58	01:07:34
57	<b>CZAKIERT Marek</b>	<b>157</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M40-49			00:00:16	00:13:00	00:26:32	00:39:52	00:53:27	01:07:41
58	<b>SURIAK Ewelina</b>	<b>208</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K18-29			00:01:32	00:13:09	00:26:48	00:40:31	00:54:20	01:08:02
59	<b>STEFAŃSKI Andrzej</b>	<b>204</b>	FACE NORDIC WALKING TEAM	M50-59			00:00:31	00:13:43	00:27:27	00:41:05	00:54:31	01:08:13
60	<b>GERLE-KOTULA Anna</b>	<b>167</b>	UNIA MIAST	K30-39			00:01:33	00:13:39	00:27:34	00:41:11	00:54:46	01:08:16
61	<b>JURCZYŃSKA Bożena</b>	<b>172</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K50-59			00:02:06	00:13:32	00:27:40	00:41:45	00:55:44	01:09:41
62	<b>OMARSKA Grażyna</b>	<b>192</b>	PASJA NORDIC WALKING	K50-59			00:02:06	00:13:47	00:27:56	00:42:04	00:56:07	01:10:16
63	<b>SZEWczyk Marek</b>	<b>210</b>	FACE NORDIC WALKING TEAM	M50-59			00:00:32	00:13:42	00:27:30	00:41:37	00:56:00	01:10:36
64	<b>ZAWADZKA Maria</b>	<b>220</b>	KS METRACO POLKOWICE	K60-69			00:02:22	00:13:54	00:28:26	00:42:53	00:56:52	01:10:49
65	<b>LEHMANN Teresa</b>	<b>185</b>	BŁĘKITNI DZIEMIANY	K50-59			00:02:05	00:14:03	00:28:27	00:43:05	00:57:58	01:13:06

Place	Participant	Number	Club	Category	Żół. kartki	Czer. kartki	Start time	Start_All 1.666km	Start_All 3.332km	Start_All 5km	Start_All 6.666km	Start_All 8.332km
66	<b>BORUCZYŃSKI Dariusz</b>	<b>155</b>		M40-49			00:00:15	00:14:14	00:29:18	00:44:10	00:58:51	01:13:39
67	<b>KIELAŃSKA Edyta</b>	<b>226</b>		K40-49			00:01:54	00:14:32	00:29:03	00:43:54	00:58:47	01:14:01
68	<b>SZEWCZYK Agnieszka</b>	<b>209</b>	FACE NORDIC WALKING TEAM	K40-49			00:01:55	00:14:35	00:29:13	00:44:02	00:58:56	01:14:07
69	<b>GOLUS Lech</b>	<b>169</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69			00:00:56	00:14:25	00:29:11	00:44:06	00:59:03	01:14:10
70	<b>DOBROWOLSKA Dorota</b>	<b>162</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59			00:02:05	00:14:10	00:29:06	00:44:01	00:58:56	01:14:17
71	<b>SMARUJ-SADOWSKA Janina</b>	<b>200</b>		K60-69			00:02:22	00:14:44	00:29:46	00:44:58	01:00:12	01:15:26
72	<b>LIPIŃSKA Urszula</b>	<b>187</b>	FACE NORDIC WALKING TEAM	K40-49			00:01:55	00:14:54	00:30:27	00:45:56	01:01:16	01:16:38
73	<b>KALINOWSKI Andrzej</b>	<b>173</b>	CHEMACK	M50-59			00:00:33	00:17:36	00:34:26	00:51:51	01:08:12	01:24:29

Total 73 results.