

POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM

Organiser: Polska Federacja Nordic Walking
 Date: 2018-07-07
 Place: Polanica
 Distance: 21.1 km
 Klasyfikacja wg czasów netto.


POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	8.6km	11.1km	13.6km	16.1km	18.6km	Netto	min/km	km/h
1	ROSAK MARCIN	426	GREEN TEAM	ZIELO NA GÓRA	POL	M40-49	1	M 1			00:55:52	01:12:22	01:28:36	01:44:37	02:00:42	02:17:17.85	6:30	9.2
2	SKIBA KRZYSZTOF	427	KS METRACO POLKOWICE	POLKO WICE	POL	M50-59	1	M 2			00:54:24	01:10:52	01:27:25	01:44:02	02:00:41	02:18:04.05	6:32	9.2
3	KORDOWSKI PIOTR	414		KRAKÓ W	POL	M40-49	2	M 3			00:55:56	01:12:38	01:29:45	01:47:06	02:04:30	02:21:59.80	6:43	8.9
4	WAWRZYNIAK ŁUKASZ	442	KS METRACO POLKOWICE	WALIM	POL	M30-39	1	M 4	1		00:58:37	01:16:13	01:33:54	01:52:02	02:10:16	02:29:06.30	7:04	8.5
5	BARCZYK BOGDAN	401	VIKING NORDIC TEAM	CZĘST OCHO WA	POL	M50-59	2	M 5			00:59:41	01:17:37	01:35:28	01:53:34	02:12:10	02:30:51.90	7:09	8.4
6	MAKOWSKI JAN	419	RYBNICKI KLUB NORDIC WALKING	RYBNI K	POL	M50-59	3	M 6			01:00:16	01:18:19	01:36:36	01:54:41	02:12:42	02:31:00.25	7:09	8.4
7	PIETRZYK JAROSŁAW	424	VIKING NORDIC TEAM	CZĘST OCHO WA	POL	M30-39	2	M 7			00:59:42	01:17:37	01:35:30	01:53:36	02:12:10	02:31:25.05	7:10	8.4
8	PUSZKIEL JANEK	362	GREEN TEAM ZIELONA GÓRA	ZIELO NA GÓRA		M60+	1	M 8			00:59:02	01:16:40	01:35:06	01:53:44	02:13:01	02:32:27.85	7:13	8.3
9	KOWALSKI MAREK	415	UNIA MIAST	STRZE BIŃ	POL	M50-59	4	M 9			01:01:21	01:19:26	01:37:50	01:56:38	02:15:58	02:35:25.50	7:21	8.1
10	SŁUPIANEK PAWEŁ	428	LECYMY DURŚ	KATO WICE	POL	M30-39	3	M 10			01:00:20	01:18:17	01:36:41	01:55:41	02:15:45	02:35:59.70	7:23	8.1
11	KOŁODZIEJ JOANNA	434	UDRY LOTAJOM	RUDA ŚLĄSK A	POL	K50-59	1	K 1			01:04:12	01:22:55	01:41:40	02:00:10	02:18:51	02:37:45.75	7:28	8
12	SPYCHAŁA MARZENA	430	CKZIU NYSA MECHANIK	BIAŁA	POL	K40-49	1	K 2			01:04:15	01:23:02	01:41:48	02:00:34	02:19:35	02:38:47.10	7:31	8
13	NIEDŹWIECKA KATARZYNA	422	FACE NORDIC WALKING TEAM	BRANI EWO	POL	K40-49	2	K 3			01:04:20	01:23:19	01:42:18	02:01:22	02:20:26	02:39:20.25	7:33	7.9
14	ŻYDACZEWSKI RYSZARD	441	KS METRACO POLKOWICE	LUBIN	POL	M50-59	5	M 11			01:02:40	01:21:42	01:40:54	02:00:13	02:19:30	02:39:26.60	7:33	7.9
15	LESIŃSKI GRZEGORZ	92	KS METRACO POLKOWICE	OLSZA NY	POL	M50-59	6	M 12			01:03:56	01:22:38	01:41:53	02:01:10	02:20:29	02:40:06.35	7:35	7.9
16	BOCZAR BEATA	404	GREEN TEAM	ZIELO NA GÓRA	POL	K50-59	2	K 4			01:04:34	01:24:00	01:43:18	02:02:32	02:21:41	02:40:58.85	7:37	7.9
17	STĘPIEŃ LUCYNA	432	KS METRACO POLKOWICE	LUBIN	POL	K60+	1	K 5			01:04:24	01:23:44	01:43:14	02:02:36	02:22:03	02:41:29.85	7:39	7.8
18	KRYSZCZUK KRZYSZTOF	416	NOWI SIEDLCE/NW WSCHÓD	SIEDLC E	POL	M50-59	7	M 13			01:04:41	01:23:57	01:43:09	02:02:45	02:22:58	02:42:27.00	7:41	7.8
19	STEFANICKI MAREK	431		ŚWINO UJŚCIE	POL	M60+	2	M 14			01:04:02	01:23:15	01:42:43	02:02:37	02:22:56	02:43:52.30	7:45	7.7

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20	WESOŁOWSKI WOJCIECH	436	MUSZKIETEROWI E	GNIEZ NO	POL	M60+	3	M 15			01:04:03	01:23:16	01:42:44	02:02:38	02:22:57	02:43:53.20	7:46	7.7
21	JANOSZKA IRENA	411	CIDRY LOTAJOM	PIEKAR Y ŚLĄSKI E	POL	K50-59	3	K 6			01:05:10	01:24:54	01:44:41	02:04:31	02:24:53	02:45:31.25	7:50	7.6
22	ŻAMOJCIN MAREK	440	NORDICLUB SZCZECIN	SZCZE CIN	POL	M50-59	8	M 16			01:06:39	01:26:39	01:46:16	02:06:03	02:26:12	02:46:34.00	7:53	7.6
23	RACŁAWSKI JAN	425	AMATOR	SKARBI MIERZ OSIEDL E	POL	M60+	4	M 17			01:04:05	01:23:17	01:43:02	02:03:52	02:25:20	02:48:07.55	7:58	7.5
24	LIGEŻA JANUSZ	418		TYCHY	POL	M50-59	9	M 18			01:05:06	01:25:03	01:45:27	02:06:03	02:27:08	02:48:27.55	7:59	7.5
25	GRABOWSKA MANUELA	408	KS METRACO POLKOWICE	KARPA CZ	POL	K18-29	1	K 7			01:05:37	01:25:53	01:46:23	02:06:59	02:27:59	02:48:43.65	7:59	7.5
26	KOWALCZYK MARIUSZ	359	GREEN TEAM	ZIELO NA GÓRA		M50-59	10	M 19			01:06:57	01:27:13	01:47:43	02:08:19	02:29:19	02:50:02.95	8:03	7.4
27	WITKOWSKA MARIA	438	UNIA MIAST	KATO WICE	POL	K60+	2	K 8			01:07:50	01:28:11	01:49:01	02:09:36	02:30:13	02:51:22.70	8:07	7.4
28	MARONDEL KATARZYNA	421	SILESIA NORDIC TEAM	BYTOM	POL	K30-39	1	K 9			01:07:26	01:27:31	01:47:54	02:08:38	02:30:09	02:52:07.75	8:09	7.4
29	MANDZIUK MARTA	420	NOWI SIEDLCE/NW WSCHÓD	BIAŁA PODLA SKA	POL	K40-49	3	K 10			01:08:47	01:29:20	01:49:46	02:10:24	02:31:32	02:52:53.05	8:11	7.3
30	BARCZYK JOLANTA	402	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘST OCHO WA	POL	K50-59	4	K 11			01:10:00	01:30:55	01:51:54	02:12:37	02:33:50	02:55:19.35	8:18	7.2
31	WIŚNIEWSKI ROMAN	437		TWAR DORZE CZKA	POL	M60+	5	M 20	1		01:08:23	01:29:09	01:50:39	02:12:24	02:34:46	02:57:34.20	8:24	7.1
32	KARASIEWICZ IRENA	412	FACE NORDIC WALKING TEAM	BRANI EWO	POL	K50-59	5	K 12			01:08:27	01:29:44	01:51:16	02:13:22	02:35:48	02:57:54.10	8:25	7.1
33	SOBAŃSKA GRAŻYNA	429		DRUŻB ICE	POL	K60+	3	K 13			01:10:50	01:31:55	01:53:16	02:14:39	02:36:28	02:58:10.35	8:26	7.1
34	GERLE-KOTULA ANNA	407	UNIA MIAST	KATO WICE	POL	K30-39	2	K 14			01:12:08	01:33:54	01:55:54	02:17:52	02:39:59	03:00:57.30	8:34	7
35	JAJTNER ILONA	410		KRAKÓ W	POL	K30-39	3	K 15			01:11:16	01:32:38	01:54:21	02:16:39	02:39:46	03:02:43.00	8:39	6.9
36	PANEK ELWIRA	423		LĘBOR K	POL	K50-59	6	K 16			01:11:03	01:32:40	01:54:54	02:17:48	02:40:43	03:02:53.55	8:40	6.9
37	ZAWADZKA MARIA	439	KS METRACO POLKOWICE	LUBIN	POL	K60+	4	K 17			01:13:19	01:35:08	01:56:56	02:18:49	02:41:01	03:03:03.50	8:40	6.9
38	SURIAK EWELINA	433	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘST OCHO WA	POL	K18-29	2	K 18			01:11:18	01:32:40	01:54:29	02:17:41	02:40:51	03:03:15.30	8:41	6.9
39	POSTEK DANUTA	397	MARSZ PO ZDROWIE POZNAŃ	POZNA Ń		K50-59	7	K 19			01:11:00	01:32:24	01:54:28	02:16:48	02:40:10	03:03:17.70	8:41	6.9
40	CHMIELEWSKA ANNA	261		JEDLIN A-ZDR ÓJ	POL	K30-39	4	K 20			01:15:03	01:37:34	02:00:19	02:23:23	02:46:39	03:09:00.80	8:57	6.7
41	ROZMUS JOLANTA	399	FACE NORDIC WALKING TEAM	GDYNI A		K60+	5	K 21			01:16:34	01:39:37	02:03:05	02:27:12	02:51:08	03:14:52.00	9:14	6.5
42	KARASIEWICZ IWONA	355	NORDIC CLUB SZCZECIN	WARS ZAWA		K30-39	5	K 22			01:18:52	01:43:44	02:07:48	02:32:26	02:57:48	03:23:40.60	9:39	6.2

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43	BEDNARCZYK AGNIESZKA	403		KUDO WA-ZD RÓJ	POL	K40-49	4	K 23			01:19:15	01:42:50	02:07:25	02:32:54	02:59:06	03:26:03.25	9:45	6.1
44	GRABOWSKI MIROSŁAW	409	SN KARPACZ	KARPA CZ	POL	M50-59	11	M 21			01:05:50	01:26:05	01:46:38				7:50	7.7
45	CHRAPEK URSZULA	406	KS RUDZICA	RUDZI CA	POL	K30-39	6	K 24			01:20:49	01:46:53					9:37	6.2
46	ŚWISŁOCKI BOGDAN	398	FACE NORDIC WALKING TEAM	MIKOS ZEWO		M50-59	12	M 22	1								7:04	8.5