

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM**

Organizator: Polska Federacja Nordic Walking  
 Data: 2018-07-07  
 Miejsce: Polanica  
 Dystans: 21.1 km  
 Klasyfikacja wg czasów netto.


**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN**

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-sc owoś     | Kraj | Kat.   | M. kat | K/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 CZĘSTOCHOWA | 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   | RYBNIK        | 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 CZĘSTOCHOWA | 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 | LECZYM 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 ŚLĄSKA   | 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   | LEŚIŃSKI GRZEGORZ     | 92  | KS METRACO POLKOWICE           | OLSZANY       | 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         | SIEDLCE       | 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  |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-sc owoś ć         | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------------------|---------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 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  |
| 20   | WESOŁOWSKI WOJCIECH | 436 | MUSZKIETEROWIE                 | GNIEZNO             | 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                  | PIEKARY ŚLĄSKIE     | 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             | SZCZECIN            | 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                         | SKARBIMIERZ OSIEDLE | 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                     | KATOWICE            | 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 PODLASKA      | 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 | CZĘSTOCHOWA         | 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 DORZECZKA      | 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       | BRANIEWO            | 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 |                                | DRUŻBICE            | 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                     | KATOWICE            | 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 |                                | KRAKÓW              | 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 |                                | LEBORK              | 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 | CZĘSTOCHOWA         | 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        | POZNAŃ              |      | 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 |                                | JEDLINIA-ZDRÓJ      | 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  |

**POLANICA - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                     | M-sc owość     | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 8.6km    | 11.1km   | 13.6km   | 16.1km   | 18.6km   | Netto       | min/km | km/h |
|------|----------------------|-----|--------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 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  |
| 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  |