

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM**

 Organizator: PFNW  
 Data: 2015-10-10  
 Miejsce: Polańczyk  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, OPEN**

| M-ce | Nazwisko i imię               | Nr  | Klub | M-scowość              | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-------------------------------|-----|------|------------------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MICHAŁEC MARCIN               | 175 |      | KROSNO                 |      | M 18-29 | 1      | M 1  |             |              | 00:14:43 | 00:29:55 | 00:45:01 | 01:00:02.50 | 6:00   | 10   |
| 2    | WINNICKI ROBERT               | 184 |      | STEFKOWA               |      | M 40-49 | 1      | M 2  |             |              | 00:16:04 | 00:31:47 | 00:47:26 | 01:03:11.45 | 6:19   | 9.5  |
| 3    | NALEPKA JERZY                 | 176 |      | SANOK                  |      | M 60-69 | 1      | M 3  |             |              | 00:15:59 | 00:32:05 | 00:48:35 | 01:05:10.30 | 6:31   | 9.2  |
| 4    | BOGACKI SŁAWEK                | 168 |      | BRZOZÓWKA<br>K.TORUNIA |      | M 40-49 | 2      | M 4  |             |              | 00:16:04 | 00:32:47 | 00:49:30 | 01:05:43.00 | 6:34   | 9.1  |
| 5    | NIECHWIEJCZYK PIOTR           | 160 |      | ŚWIĘTOCHŁOWIC<br>E     |      | M 30-39 | 1      | M 5  |             |              | 00:16:09 | 00:32:50 | 00:49:34 | 01:05:52.70 | 6:35   | 9.1  |
| 6    | KONIK JACEK                   | 157 |      | STEFKOWA               |      | M 40-49 | 3      | M 6  |             |              | 00:16:42 | 00:33:44 | 00:50:44 | 01:07:59.85 | 6:48   | 8.8  |
| 7    | SOBKOWSKI JANUSZ              | 182 |      | ŁODYGOWICE             |      | M 60-69 | 2      | M 7  |             |              | 00:17:14 | 00:34:35 | 00:51:59 | 01:09:32.25 | 6:57   | 8.6  |
| 8    | BILIK WOJCIECH                | 172 |      | KROSNO                 |      | M 40-49 | 4      | M 8  |             |              | 00:16:59 | 00:34:40 | 00:52:21 | 01:09:49.70 | 6:59   | 8.6  |
| 9    | KRÓLICKI DARIUSZ              | 177 |      | RYMANÓW                |      | M 40-49 | 5      | M 9  |             |              | 00:17:10 | 00:34:43 | 00:52:21 | 01:09:58.80 | 6:59   | 8.6  |
| 10   | ŁOPATKIEWICZ BEATA            | 171 |      | KROSNO                 |      | K 40-49 | 1      | K 1  |             |              | 00:17:30 | 00:35:31 | 00:53:38 | 01:11:54.45 | 7:11   | 8.3  |
| 11   | CIŚLIK-KASZANY ANNA           | 158 |      | USTRZYKI DOLNE         |      | K 30-39 | 1      | K 2  |             |              | 00:17:43 | 00:35:39 | 00:54:10 | 01:12:54.95 | 7:17   | 8.2  |
| 12   | LIS ROBERT                    | 169 |      | KORCZYNA               |      | M 50-59 | 1      | M 10 |             |              | 00:18:14 | 00:36:38 | 00:54:55 | 01:13:35.75 | 7:21   | 8.2  |
| 13   | PASIŃSKA - SKOWRON<br>SYLWIA  | 164 |      | SZCZODRKOWIC<br>E      |      | K 30-39 | 2      | K 3  |             |              | 00:17:35 | 00:35:59 | 00:54:49 | 01:13:41.50 | 7:22   | 8.1  |
| 14   | KRZANOWSKI<br>BARTŁOMIEJ      | 153 |      | WĘGLÓWKA               |      | M 40-49 | 6      | M 11 |             |              | 00:18:15 | 00:36:43 | 00:55:38 | 01:14:36.30 | 7:27   | 8    |
| 15   | REJ ANNA                      | 165 |      | HAJNÓWKA               |      | K 30-39 | 3      | K 4  |             |              | 00:18:25 | 00:36:59 | 00:55:54 | 01:14:54.70 | 7:29   | 8    |
| 16   | REJMAN DOROTA                 | 178 |      | TARNOBRZEG             |      | K 30-39 | 4      | K 5  |             |              | 00:18:30 | 00:37:15 | 00:56:11 | 01:15:39.90 | 7:34   | 7.9  |
| 17   | WAJDA MATEUSZ                 | 152 |      | RYMANÓW                |      | M 30-39 | 2      | M 12 |             |              | 00:18:45 | 00:38:05 | 00:57:23 | 01:16:41.85 | 7:40   | 7.8  |
| 18   | KATARZYNA<br>MARONDEL         | 150 |      | BYTOM                  |      | K 18-29 | 1      | K 6  |             |              | 00:19:05 | 00:38:21 | 00:57:39 | 01:17:12.95 | 7:43   | 7.8  |
| 19   | CETNARSKA-CZYŻ<br>IZABELA     | 163 |      | RYMANÓW                |      | K 40-49 | 2      | K 7  |             |              | 00:18:53 | 00:38:23 | 00:58:02 | 01:17:51.85 | 7:47   | 7.7  |
| 20   | MOCZARSKI MIROSLAW            | 156 |      | LEŻAJSK                |      | M 50-59 | 2      | M 13 |             |              | 00:18:49 | 00:38:13 | 00:58:06 | 01:18:02.80 | 7:48   | 7.7  |
| 21   | ĆWIAKAŁA HALINA               | 174 |      | KROSNO                 |      | K 30-39 | 5      | K 8  |             |              | 00:19:18 | 00:38:53 | 00:58:40 | 01:18:17.50 | 7:49   | 7.7  |
| 22   | PARYS ANDRZEJ                 | 179 |      | ELBLĄG                 |      | M 60-69 | 3      | M 14 |             |              | 00:19:56 | 00:40:09 | 01:00:18 | 01:19:42.05 | 7:58   | 7.5  |
| 23   | BARAN MAREK                   | 151 |      | RZESZÓW                |      | M 40-49 | 7      | M 15 |             |              | 00:19:04 | 00:39:00 | 00:59:27 | 01:20:15.25 | 8:01   | 7.5  |
| 24   | PASZKIEWICZ-KĘSIAK<br>ANITA   | 166 |      | ŁÓDŹ                   |      | K 60-69 | 1      | K 9  |             |              | 00:19:20 | 00:39:25 | 00:59:58 | 01:20:32.50 | 8:03   | 7.5  |
| 25   | WÓJCIK TADEUSZ                | 162 |      | JASŁO                  |      | M 60-69 | 4      | M 16 |             |              | 00:19:55 | 00:39:51 | 01:00:20 | 01:20:54.95 | 8:05   | 7.4  |
| 26   | SŁOBODA ELŻBIETA              | 170 |      | USTRZYKI DOLNE         |      | K 30-39 | 6      | K 10 |             |              | 00:20:24 | 00:41:26 | 01:01:47 | 01:22:00.05 | 8:12   | 7.3  |
| 27   | JARZĄBEK WOJCIECH             | 154 |      | OSTROŁĘKA              |      | M 50-59 | 3      | M 17 |             |              | 00:19:47 | 00:40:23 | 01:02:24 | 01:22:54.25 | 8:17   | 7.2  |
| 28   | KOCHANIAK MARIA               | 167 |      | ŁÓDŹ                   |      | K 60-69 | 2      | K 11 |             |              | 00:19:43 | 00:40:35 | 01:02:13 | 01:23:38.85 | 8:21   | 7.2  |
| 29   | OLEŚ-FERFECKA EDYTA           | 180 |      | ROPczyce               |      | K 18-29 | 2      | K 12 |             |              | 00:20:59 | 00:42:00 | 01:02:57 | 01:23:46.70 | 8:22   | 7.2  |
| 30   | RYSZ TOMASZ                   | 181 |      | SANOK                  |      | M 60-69 | 5      | M 18 |             |              | 00:20:08 | 00:41:10 | 01:02:22 | 01:23:49.30 | 8:22   | 7.2  |
| 31   | KUŹMA ELŻBIETA                | 155 |      | LEŻAJSK                |      | K 50-59 | 1      | K 13 |             |              | 00:20:32 | 00:41:38 | 01:02:51 | 01:24:07.95 | 8:24   | 7.1  |
| 32   | SŁOBODA KRZYSZTOF             | 161 |      | USTRZYKI DOLNE         |      | M 50-59 | 4      | M 19 |             |              | 00:20:48 | 00:42:36 | 01:04:12 | 01:25:13.75 | 8:31   | 7    |
| 33   | LECHOWICZ MARIA               | 183 |      | OLESZYCE               |      | K 50-59 | 2      | K 14 |             |              | 00:21:06 | 00:42:34 | 01:04:40 | 01:27:22.35 | 8:44   | 6.9  |
| 34   | HERBUT ELŻBIETA               | 185 |      | PRZEMYŚL               |      | K 40-49 | 3      | K 15 |             |              | 00:21:11 | 00:42:33 | 01:04:41 | 01:27:22.70 | 8:44   | 6.9  |
| 35   | HAŁCZYŃSKA-DROZD<br>AGNIESZKA | 173 |      | NOWOSIELCE             |      | K 18-29 | 3      | K 16 |             |              | 00:22:48 | 00:46:35 | 01:11:20 | 01:35:24.70 | 9:32   | 6.3  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, K 18-29**

| M-ce | Nazwisko i imię            | Nr  | Klub | M-scowość  | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|----------------------------|-----|------|------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KATARZYNA MARONDEL         | 150 |      | BYTOM      |      | K 18-29 | 1      | K 6  |             |              | 00:19:05 | 00:38:21 | 00:57:39 | 01:17:12.95 | 7:43   | 7.8  |
| 2    | OLEŚ-FERFECKA EDYTA        | 180 |      | ROPCZYCE   |      | K 18-29 | 2      | K 12 |             |              | 00:20:59 | 00:42:00 | 01:02:57 | 01:23:46.70 | 8:22   | 7.2  |
| 3    | HAŁCZYŃSKA-DROZD AGNIESZKA | 173 |      | NOWOSIELCE |      | K 18-29 | 3      | K 16 |             |              | 00:22:48 | 00:46:35 | 01:11:20 | 01:35:24.70 | 9:32   | 6.3  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, M 18-29**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|---------|--------|-----|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | MICHAŁEC MARCIN | 175 |      | KROSNO    |      | M 18-29 | 1      | M 1 |             |              | 00:14:43 | 00:29:55 | 00:45:01 | 01:00:02.50 | 6:00   | 10   |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, K 30-39**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość       | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|-----------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | CIŚLIK-KASZANY ANNA       | 158 |      | USTRZYKI DOLNE  |      | K 30-39 | 1      | K 2  |             |              | 00:17:43 | 00:35:39 | 00:54:10 | 01:12:54.95 | 7:17   | 8.2  |
| 2    | PASIŃSKA - SKOWRON SYLWIA | 164 |      | SZCZODRKO WIC E |      | K 30-39 | 2      | K 3  |             |              | 00:17:35 | 00:35:59 | 00:54:49 | 01:13:41.50 | 7:22   | 8.1  |
| 3    | REJ ANNA                  | 165 |      | HAJNÓWKA        |      | K 30-39 | 3      | K 4  |             |              | 00:18:25 | 00:36:59 | 00:55:54 | 01:14:54.70 | 7:29   | 8    |
| 4    | REJMAN DOROTA             | 178 |      | TARNOBRZEG      |      | K 30-39 | 4      | K 5  |             |              | 00:18:30 | 00:37:15 | 00:56:11 | 01:15:39.90 | 7:34   | 7.9  |
| 5    | ĆWIAKAŁA HALINA           | 174 |      | KROSNO          |      | K 30-39 | 5      | K 8  |             |              | 00:19:18 | 00:38:53 | 00:58:40 | 01:18:17.50 | 7:49   | 7.7  |
| 6    | SŁOBODA ELŻBIETA          | 170 |      | USTRZYKI DOLNE  |      | K 30-39 | 6      | K 10 |             |              | 00:20:24 | 00:41:26 | 01:01:47 | 01:22:00.05 | 8:12   | 7.3  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, M 30-39**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość       | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|-----------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | NIECHWIEJCZYK PIOTR | 160 |      | ŚWIĘTOCHŁOWIC E |      | M 30-39 | 1      | M 5  |             |              | 00:16:09 | 00:32:50 | 00:49:34 | 01:05:52.70 | 6:35   | 9.1  |
| 2    | WAJDA MATEUSZ       | 152 |      | RYMANÓW         |      | M 30-39 | 2      | M 12 |             |              | 00:18:45 | 00:38:05 | 00:57:23 | 01:16:41.85 | 7:40   | 7.8  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, K 40-49**

| M-ce | Nazwisko i imię        | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|------|-----------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | ŁOPATKIEWICZ BEATA     | 171 |      | KROSNO    |      | K 40-49 | 1      | K 1  |             |              | 00:17:30 | 00:35:31 | 00:53:38 | 01:11:54.45 | 7:11   | 8.3  |
| 2    | CETNARSKA-CZYŻ IZABELA | 163 |      | RYMANÓW   |      | K 40-49 | 2      | K 7  |             |              | 00:18:53 | 00:38:23 | 00:58:02 | 01:17:51.85 | 7:47   | 7.7  |
| 3    | HERBUT ELŻBIETA        | 185 |      | PRZEMYŚL  |      | K 40-49 | 3      | K 15 |             |              | 00:21:11 | 00:42:33 | 01:04:41 | 01:27:22.70 | 8:44   | 6.9  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, M 40-49**

| M-ce | Nazwisko i imię       | Nr  | Klub | M-scowość           | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|------|---------------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | WINNICKI ROBERT       | 184 |      | STEFKOWA            |      | M 40-49 | 1      | M 2  |             |              | 00:16:04 | 00:31:47 | 00:47:26 | 01:03:11.45 | 6:19   | 9.5  |
| 2    | BOGACKI SŁAWEK        | 168 |      | BRZOZÓWKA K.TORUNIA |      | M 40-49 | 2      | M 4  |             |              | 00:16:04 | 00:32:47 | 00:49:30 | 01:05:43.00 | 6:34   | 9.1  |
| 3    | KONIK JACEK           | 157 |      | STEFKOWA            |      | M 40-49 | 3      | M 6  |             |              | 00:16:42 | 00:33:44 | 00:50:44 | 01:07:59.85 | 6:48   | 8.8  |
| 4    | BILIK WOJCIECH        | 172 |      | KROSNO              |      | M 40-49 | 4      | M 8  |             |              | 00:16:59 | 00:34:40 | 00:52:21 | 01:09:49.70 | 6:59   | 8.6  |
| 5    | KRÓLICKI DARIUSZ      | 177 |      | RYMANÓW             |      | M 40-49 | 5      | M 9  |             |              | 00:17:10 | 00:34:43 | 00:52:21 | 01:09:58.80 | 6:59   | 8.6  |
| 6    | KRZANOWSKI BARTŁOMIEJ | 153 |      | WĘGLÓWKA            |      | M 40-49 | 6      | M 11 |             |              | 00:18:15 | 00:36:43 | 00:55:38 | 01:14:36.30 | 7:27   | 8    |
| 7    | BARAN MAREK           | 151 |      | RZESZÓW             |      | M 40-49 | 7      | M 15 |             |              | 00:19:04 | 00:39:00 | 00:59:27 | 01:20:15.25 | 8:01   | 7.5  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, K 50-59**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | KUŹMA ELŻBIETA  | 155 |      | LEŻAJSK   |      | K 50-59 | 1      | K 13 |             |              | 00:20:32 | 00:41:38 | 01:02:51 | 01:24:07.95 | 8:24   | 7.1  |
| 2    | LECHOWICZ MARIA | 183 |      | OLESZYCE  |      | K 50-59 | 2      | K 14 |             |              | 00:21:06 | 00:42:34 | 01:04:40 | 01:27:22.35 | 8:44   | 6.9  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, M 50-59**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość      | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|------|----------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | LIS ROBERT         | 169 |      | KORCZYNA       |      | M 50-59 | 1      | M 10 |             |              | 00:18:14 | 00:36:38 | 00:54:55 | 01:13:35.75 | 7:21   | 8.2  |
| 2    | MOCZARSKI MIROSŁAW | 156 |      | LEŻAJSK        |      | M 50-59 | 2      | M 13 |             |              | 00:18:49 | 00:38:13 | 00:58:06 | 01:18:02.80 | 7:48   | 7.7  |
| 3    | JARZĄBEK WOJCIECH  | 154 |      | OSTROŁĘKA      |      | M 50-59 | 3      | M 17 |             |              | 00:19:47 | 00:40:23 | 01:02:24 | 01:22:54.25 | 8:17   | 7.2  |
| 4    | SŁOBODA KRZYSZTOF  | 161 |      | USTRZYKI DOLNE |      | M 50-59 | 4      | M 19 |             |              | 00:20:48 | 00:42:36 | 01:04:12 | 01:25:13.75 | 8:31   | 7    |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, K 60-69**

| M-ce | Nazwisko i imię          | Nr  | Klub | M-scowość | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------|-----------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | PASZKIEWICZ-KĘSIĄK ANITA | 166 |      | ŁÓDŹ      |      | K 60-69 | 1      | K 9  |             |              | 00:19:20 | 00:39:25 | 00:59:58 | 01:20:32.50 | 8:03   | 7.5  |
| 2    | KOCHANIAK MARIA          | 167 |      | ŁÓDŹ      |      | K 60-69 | 2      | K 11 |             |              | 00:19:43 | 00:40:35 | 01:02:13 | 01:23:38.85 | 8:21   | 7.2  |

**POLAŃCZYK - PUCHAR WOJEWÓDZTWA PODKARPACKIEGO W NORDIC WALKING - 10KM, M 60-69**

| M-ce | Nazwisko i imię  | Nr  | Klub | M-scowość  | Kraj | Kat.    | M. kat | K/M  | Żół. kartki | Czer. kartki | 2.5km    | 5km      | 7.5km    | Netto       | min/km | km/h |
|------|------------------|-----|------|------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | NALEPKA JERZY    | 176 |      | SANOK      |      | M 60-69 | 1      | M 3  |             |              | 00:15:59 | 00:32:05 | 00:48:35 | 01:05:10.30 | 6:31   | 9.2  |
| 2    | SOBKOWSKI JANUSZ | 182 |      | ŁODYGOWICE |      | M 60-69 | 2      | M 7  |             |              | 00:17:14 | 00:34:35 | 00:51:59 | 01:09:32.25 | 6:57   | 8.6  |
| 3    | PARYS ANDRZEJ    | 179 |      | ELBLĄG     |      | M 60-69 | 3      | M 14 |             |              | 00:19:56 | 00:40:09 | 01:00:18 | 01:19:42.05 | 7:58   | 7.5  |
| 4    | WÓJCIK TADEUSZ   | 162 |      | JASŁO      |      | M 60-69 | 4      | M 16 |             |              | 00:19:55 | 00:39:51 | 01:00:20 | 01:20:54.95 | 8:05   | 7.4  |
| 5    | RYSZ TOMASZ      | 181 |      | SANOK      |      | M 60-69 | 5      | M 18 |             |              | 00:20:08 | 00:41:10 | 01:02:22 | 01:23:49.30 | 8:22   | 7.2  |