

POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

Organizator: Polska Federacja Nordic Walking
Data: 2019-06-02
Miejsce: Polańczyk
Dystans: 10 km
Klasyfikacja wg czasów netto.



POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.7km | 3.4km | 5km | 6.7km | 8.4km | Netto | min/km | km/h |
|------|------------------------|-----|---|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KUŹMICZ ADAM | 163 | POLIPACK TEAM GWE | MASZE WKO | POL | M30-39 | 1 | M 1 | | | 00:11:13 | 00:22:45 | 00:34:18 | 00:45:57 | 00:57:45 | 01:09:23.09 | 6:56 | 8.6 |
| 2 | KŁOS MACIEJ | 160 | | GDAŃSK | POL | M30-39 | 2 | M 2 | | | 00:11:56 | 00:23:49 | 00:35:29 | 00:47:12 | 00:59:10 | 01:10:26.55 | 7:02 | 8.5 |
| 3 | JANOCHA ROBERT | 157 | MUKS PODKARPACIE JEDLICZE | KROSN O | POL | M50-59 | 1 | M 3 | | | 00:12:03 | 00:23:49 | 00:35:34 | 00:47:14 | 00:59:00 | 01:11:00.21 | 7:06 | 8.5 |
| 4 | GRZADZIEL KAZIMIERZ | 154 | ZKN 'SOKÓŁ' ZAGÓRZ | PORAŻ | POL | M50-59 | 2 | M 4 | | | 00:12:05 | 00:23:49 | 00:35:36 | 00:47:17 | 00:59:14 | 01:11:28.53 | 7:08 | 8.4 |
| 5 | WOJTASIŃSKI DANIEL | 174 | NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | M40-49 | 1 | M 5 | | | 00:12:03 | 00:24:14 | 00:36:39 | 00:49:22 | 01:02:23 | 01:14:59.50 | 7:29 | 8 |
| 6 | KUBISZYN MAŁGORZATA | 183 | KS METRACO POLKOWICE | LUBAC ZÓW | POL | K30-39 | 1 | K 1 | | | 00:11:59 | 00:24:22 | 00:37:02 | 00:49:44 | 01:02:34 | 01:15:02.50 | 7:30 | 8 |
| 7 | ZYCH WITOLD | 177 | | ROGI | POL | M40-49 | 2 | M 6 | | | 00:12:22 | 00:24:49 | 00:37:32 | 00:50:23 | 01:03:21 | 01:16:05.39 | 7:36 | 7.9 |
| 8 | KLIMCZAK ADAM | 159 | GOSADI NORDIC TEAM | WARS ZAWA | POL | M50-59 | 3 | M 7 | | | 00:12:18 | 00:25:07 | 00:38:11 | 00:51:13 | 01:04:09 | 01:16:58.05 | 7:41 | 7.8 |
| 9 | PASIEKA AGNIESZKA | 178 | | USTRO BNA | POL | K40-49 | 1 | K 2 | | | 00:12:37 | 00:25:42 | 00:38:53 | 00:51:55 | 01:04:53 | 01:17:58.89 | 7:47 | 7.7 |
| 10 | WEINER JAKUB | 172 | CKZIU MECHANIK NYSA | PRUDN IK | POL | M18-29 | 1 | M 8 | | | 00:13:15 | 00:26:34 | 00:39:48 | 00:52:43 | 01:05:27 | 01:18:15.99 | 7:49 | 7.7 |
| 11 | GIERLASIŃSKI KRZYSZTOF | 17 | NWG PRZYSZŁOŚĆ | KROSN O | POL | M50-59 | 4 | M 9 | | | 00:12:49 | 00:26:03 | 00:39:25 | 00:52:30 | 01:05:32 | 01:18:26.36 | 7:50 | 7.6 |
| 12 | KOŃCZEWSKA BOŻENA | 162 | MKS HALICZ KLUB BIEGACZA BIESZCZADZKI KLUB NORDIC WALKING | USTRZ YKI DOLNE | POL | K50-59 | 1 | K 3 | | | 00:13:01 | 00:26:09 | 00:39:28 | 00:52:51 | 01:06:26 | 01:19:54.28 | 7:59 | 7.5 |
| 13 | KUBISZYN WIESŁAWA | 182 | | LUBAC ZÓW | POL | K50-59 | 2 | K 4 | | | 00:13:07 | 00:26:21 | 00:39:46 | 00:53:17 | 01:06:57 | 01:20:36.12 | 8:03 | 7.4 |
| 14 | KONIK KATARZYNA | 161 | BIESZCZADZKI KLUB NORDIC WALKING | USTRZ YKI DOLNE | POL | K30-39 | 2 | K 5 | | | 00:13:18 | 00:26:50 | 00:40:27 | 00:54:13 | 01:08:00 | 01:21:06.92 | 8:06 | 7.4 |
| 15 | RAJEK MAGDALENA | 167 | NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | K40-49 | 2 | K 6 | | | 00:13:15 | 00:26:39 | 00:40:09 | 00:53:49 | 01:07:38 | 01:21:33.67 | 8:09 | 7.4 |
| 16 | SZCZĘŚNIAK ZBIGNIEW | 169 | NORDIC TEAM CZĘSTOCHOWA | BLACH OWINIA | POL | M50-59 | 5 | M 10 | | | 00:13:20 | 00:27:13 | 00:41:26 | 00:55:33 | 01:09:43 | 01:23:50.39 | 8:23 | 7.2 |
| 17 | DUSIEL EWA | 152 | NORDIC TEAM CZĘSTOCHOWA | CZĘST OCHO WA | POL | K50-59 | 3 | K 7 | | | 00:13:24 | 00:27:20 | 00:41:28 | 00:55:28 | 01:09:41 | 01:24:19.22 | 8:25 | 7.1 |
| 18 | HRYNDIO JERZY | 155 | STADION ŚLĄSKI | KATO WICE | POL | M60-69 | 1 | M 11 | | | 00:13:40 | 00:27:39 | 00:42:02 | 00:56:46 | 01:11:10 | 01:25:17.88 | 8:31 | 7 |
| 19 | ADAMCZYK ADAM | 151 | PASJA NORDIC WALKING | WARS ZAWA | POL | M70+ | 1 | M 12 | | | 00:14:19 | 00:28:48 | 00:43:13 | 00:57:29 | 01:11:28 | 01:25:45.90 | 8:34 | 7 |

POLAŃCZYK - PUCHARY REGIONALNE NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.7km | 3.4km | 5km | 6.7km | 8.4km | Netto | min/km | km/h |
|------|---------------------|-----|----------------------------------|-------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 20 | STAWNIAK KAROL | 168 | KS METRACO POLKOWICE | ŻNIN | POL | M70+ | 2 | M 13 | | | 00:14:21 | 00:28:50 | 00:43:17 | 00:57:34 | 01:11:42 | 01:25:57.66 | 8:35 | 7 |
| 21 | SZULC ALICJA | 170 | NW WERWA MŁAWA | MŁAWA | POL | K40-49 | 3 | K 8 | | | 00:14:10 | 00:29:03 | 00:43:49 | 00:58:59 | 01:14:25 | 01:29:54.09 | 8:59 | 6.7 |
| 22 | OLEŚ-TERFECKA EDYTA | 180 | KOLBUSZOWSKI KLUB NORDIC WALKING | ROPCZYCA | POL | K18-29 | 1 | K 9 | | | 00:15:07 | 00:30:48 | 00:46:13 | 01:01:30 | 01:16:55 | 01:32:25.44 | 9:14 | 6.5 |
| 23 | JURCZYŃSKA BOŻENA | 158 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K60-69 | 1 | K 10 | | | 00:14:43 | 00:29:52 | 00:45:20 | 01:01:06 | 01:17:05 | 01:33:31.16 | 9:21 | 6.4 |
| 24 | DROZD STANISŁAW | 135 | CIDRY LOTAJOM | BYTOM | POL | M60-69 | 2 | M 14 | | | 00:14:47 | 00:31:12 | 00:47:41 | 01:05:05 | 01:21:37 | 01:38:38.17 | 9:51 | 6.1 |
| 25 | IRYGORIEVA LUDMILA | 181 | KARPATIYA | LVIV | UKR | K60-69 | 2 | K 11 | | | 00:15:27 | 00:31:35 | 00:47:56 | 01:04:36 | 01:21:16 | 01:38:43.27 | 9:52 | 6.1 |
| 26 | THOMALLA BOGDAN | 171 | STADION ŚLĄSKI | ZABRZE | POL | M70+ | 3 | M 15 | | | 00:15:59 | 00:32:12 | 00:48:58 | 01:06:16 | 01:23:30 | 01:40:04.03 | 10:00 | 6 |
| 27 | PINIS MICHAŁ | 166 | NORDIC TEAM CZĘSTOCHOWA | BLACHOWNIA | POL | M30-39 | 3 | M 16 | | | 00:16:26 | 00:33:24 | 00:50:39 | 01:07:27 | 01:23:56 | 01:40:20.00 | 10:02 | 6 |
| 28 | DROZD KRYSZYNA | 136 | CIDRY LOTAJOM | BYTOM | POL | K50-59 | 4 | K 12 | | | 00:16:09 | 00:32:43 | 00:49:19 | 01:06:32 | 01:24:12 | 01:41:56.91 | 10:11 | 5.9 |
| 29 | MĄDRY JULITA | 164 | | SANOK | POL | K50-59 | 5 | K 13 | | | 00:16:12 | 00:32:45 | 00:50:05 | 01:07:35 | 01:25:02 | 01:43:15.49 | 10:19 | 5.8 |
| 30 | KOBIALKA JANINA | 184 | | | POL | K60-69 | 3 | K 14 | 1 | | 00:16:13 | 00:33:21 | 00:50:44 | 01:09:08 | 01:28:12 | 01:48:11.05 | 10:49 | 5.5 |
| 31 | JÓZWIAK DOMINIK | 27 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 2 | M 17 | | | 00:18:32 | 00:37:19 | 00:56:06 | 01:14:32 | 01:32:18 | 01:50:05.33 | 11:00 | 5.5 |
| 32 | MOCHNAL EWA | 179 | | POLANÓW | POL | K50-59 | 6 | K 15 | | | 00:16:31 | 00:34:29 | 00:52:47 | 01:11:47 | 01:31:41 | 01:52:43.59 | 11:16 | 5.3 |