

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

Organiser: PFNW
 Date: 2016-05-15
 Place: Konstancin-Jeziorna
 Distance: 21.1 km
 Klasyfikacja wg czasów netto.

**KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM, OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Żół. kartki	Czer. kartki	8.6km	11.1km	13.6km	16.1km	18.6km	Netto	min/km	km/h
1	DZIEDZIEWICZ ANDRZEJ	689	KS METRACO POLKOWICE		BLR	M 30-39	1	M 1			00:52:56	01:08:24	01:23:46	01:39:24	01:55:35	02:12:46.75	6:17	9.5
2	KORDOWSKI PIOTR	639	NOWA HUTA TEAM	KRAKÓW	POL	M 40-49	1	M 2			00:55:00	01:11:16	01:27:12	01:43:14	01:59:28	02:15:42.50	6:25	9.3
3	SKIBA KRZYSZTOF	664	KS METRACO POLKOWICE	POLKO WICE	POL	M 50-59	1	M 3	1		00:52:20	01:07:54	01:23:37	01:40:13	01:57:58	02:15:59.90	6:26	9.3
4	STUPNOWICZ PRZEMEK	669	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	M 18-29	1	M 4			00:55:44	01:11:39	01:27:31	01:43:36	01:59:52	02:16:19.30	6:27	9.3
5	WIŚNIEWSKI JACEK	677	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	SANDO MIERZ	POL	M 50-59	2	M 5			00:55:43	01:11:35	01:27:31	01:43:49	02:00:21	02:17:22.75	6:30	9.2
6	HELWICH STEFAN	634	KS METRACO POLKOWICE	WIELE N	POL	M 60+	1	M 6			00:56:44	01:12:57	01:28:55	01:45:05	02:01:42	02:18:15.80	6:33	9.2
7	STILLER KAROL	696	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M 30-39	2	M 7			00:55:00	01:11:15	01:27:14	01:43:46	02:01:16	02:19:50.35	6:37	9.1
8	BIK STANISŁAW	622	KS METRACO POLKOWICE	LUBIN	POL	M 50-59	3	M 8			00:56:48	01:13:02	01:29:15	01:46:00	02:03:45	02:22:11.10	6:44	8.9
9	ADAMSKI ROBERT	621	DRUŻYNASZPIKU	LUBON	POL	M 40-49	2	M 9			00:56:15	01:12:39	01:29:36	01:47:13	02:04:58	02:22:22.50	6:44	8.9
10	ZACZYŃSKA ANNA	683	KS METRACO POLKOWICE	LUBIN	POL	K 30-39	1	K 1	1		00:57:23	01:14:12	01:30:53	01:48:04	02:05:21	02:22:34.00	6:45	8.9
11	BOGACKI SŁAWEK	623	ENERGA NW TEAM	BRZOZÓWKA K.TORUNIA	POL	M 40-49	3	M 10			00:56:16	01:12:39	01:29:07	01:46:11	02:04:05	02:22:49.40	6:46	8.9
12	NALEPKA JERZY	651	FACE NORDIC WALKING TEAM	SANOK	POL	M 60+	2	M 11			00:57:20	01:14:10	01:31:17	01:48:27	02:05:45	02:22:59.50	6:46	8.9
13	LENZ ANDRZEJ	647	ALTOM	GNIEZNO	POL	M 50-59	4	M 12			00:57:21	01:14:01	01:31:01	01:48:12	02:05:35	02:23:14.85	6:47	8.8
14	ŻYWICKI MARCIN	688	BŁĘKITNI DZIEMIANY	DZIEMIANY	POL	M 30-39	3	M 13			00:57:17	01:14:08	01:31:15	01:48:33	02:06:04	02:23:52.55	6:49	8.8
15	WARUSZEWSKI KAROL	675	BIEGAJĄCY TCZEW	TCZEW	POL	M 40-49	4	M 14			00:59:58	01:16:52	01:33:31	01:50:11	02:07:07	02:23:59.20	6:49	8.8
16	WRÓBEL ŁUKASZ	682	FUNDACJA 'W TE PĘDY'	MIĘDZYRZEC PODLASKI	POL	M 30-39	4	M 15			00:58:16	01:15:07	01:32:26	01:49:50	02:07:34	02:25:47.40	6:54	8.7
17	DENCIKOWSKI MAREK	629	KBBB/TKKF	KONSTANTYNÓW NAD BUGIEM	POL	M 40-49	5	M 16			00:58:47	01:15:36	01:33:07	01:50:35	02:08:25	02:26:22.55	6:56	8.6

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18	JANCZYK MAŁGORZATA	695	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	K 30-39	2	K 2			00:58:59	01:16:16	01:33:43	01:51:23	02:09:17	02:27:12.75	6:58	8.6
19	MITURA-ZIELONKA PAWEŁ	649	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	RYBNIK	POL	M 30-39	5	M 17			01:02:42	01:19:41	01:36:35	01:53:31	02:10:22	02:27:18.60	6:58	8.6
20	PIETRZYK JAROSŁAW	654	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M 30-39	6	M 18			00:58:18	01:15:08	01:31:59	01:49:26	02:07:57	02:27:23.60	6:59	8.6
21	WESOŁOWSKI WOJCIECH	676	NORDIC TEAMGNIEZNO	GNIEZNO	POL	M 60+	3	M 19			00:59:49	01:17:06	01:34:48	01:52:24	02:09:53	02:27:30.85	6:59	8.6
22	ZAREMBA JAKUB	685		BIĄŁO WIEŹA	POL	M 30-39	7	M 20			00:59:56	01:17:12	01:34:55	01:52:31	02:09:59	02:27:36.85	6:59	8.6
23	WOJCIECHOWSKI TADEUSZ	679	DĄBROWA NORDIC TEAM	DĄBROWA GÓRNICZA	POL	M 60+	4	M 21			01:00:10	01:17:36	01:35:06	01:52:43	02:10:28	02:28:31.55	7:02	8.5
24	NOWROTEK MONIKA	652	WESOŁY BORSUK TEAM	CIESZYŃ	POL	K 18-29	1	K 3			00:58:35	01:16:02	01:33:43	01:51:47	02:10:07	02:28:44.45	7:02	8.5
25	SZCZEBAK JACEK	671	UNIA MIAST	TARNÓW	POL	M 40-49	6	M 22			01:00:09	01:17:45	01:35:36	01:53:38	02:12:04	02:30:40.20	7:08	8.4
26	ZAGAJA JANUSZ	684	WESOŁY BORSUK TEAM	POKÓJ	POL	M 60+	5	M 23			00:58:21	01:16:03	01:34:09	01:52:36	02:12:28	02:33:05.40	7:15	8.3
27	OLSCHIMKE-MARMUROWICZ BARBARA	653	SILESIA NORDIC TEAM	KATOWICE	POL	K 40-49	1	K 4			01:02:26	01:20:40	01:38:51	01:57:00	02:15:09	02:33:09.40	7:15	8.3
28	ZIĘTEK SYLWIA	687	SILESIA NORDIC TEAM	DĄBROWA GÓRNICZA	POL	K 30-39	3	K 5			01:02:29	01:20:39	01:38:51	01:57:01	02:15:10	02:33:10.20	7:15	8.3
29	HAŁAS MARCIN	693	FACE NORDIC WALKING TEAM	CZECHOWICE - DZIEDZICE	POL	M 30-39	8	M 24			00:57:34	01:14:30	01:32:10	01:51:06	02:10:33	02:34:31.60	7:19	8.2
30	FOLWARSKI ANDRZEJ	630	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M 50-59	5	M 25			01:02:36	01:20:27	01:38:40	01:56:59	02:15:43	02:34:39.75	7:19	8.2
31	RADOMSKA MARTA	656	AVOCADO WELLNESS CLUB	WARSZAWA	POL	K 30-39	4	K 6			01:02:29	01:20:44	01:39:17	01:57:42	02:16:44	02:35:21.20	7:21	8.1
32	STĘPIEŃ LUCYNA	667	KS METRACO POLKOWICE	LUBIN	POL	K 50-59	1	K 7			01:02:58	01:21:51	01:40:34	01:59:29	02:18:18	02:37:13.95	7:27	8.1
33	GWIZDAŁA MARCIN	633	GOSIR OSIELSKO	OSIELSKO	POL	M 30-39	9	M 26			01:04:10	01:22:32	01:40:56	01:59:45	02:18:41	02:37:37.95	7:28	8
34	REJMAN DOROTA	659	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	TARNOBRZEG	POL	K 30-39	5	K 8			01:04:09	01:22:42	01:41:34	02:00:35	02:19:20	02:38:13.05	7:29	8
35	RUSZKOWSKA BOŻENA	662	KLUB SPORTOWY 'ELBŁĄSKIE WŁÓCZY-KIJE'	ELBŁĄG	POL	K 60+	1	K 9			01:05:55	01:25:26	01:45:22	02:05:33	02:25:08	02:39:08.70	7:32	8
36	ŚLIWKA WANDA	672	FACE NORDIC WALKING TEAM	CZEPIN	POL	K 50-59	2	K 10			01:04:04	01:22:48	01:41:44	02:00:51	02:20:18	02:40:01.55	7:35	7.9
37	WOŁOWIEC MARCIN	681	FOREVER YOUNG	GŁÓWNO	POL	M 40-49	7	M 27			01:03:54	01:22:17	01:41:09	02:01:12	02:20:53	02:40:37.30	7:36	7.9
38	WOLNIEWICZ KATARZYNA	680	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K 40-49	2	K 11			01:04:16	01:23:01	01:42:07	02:01:16	02:20:44	02:40:41.40	7:36	7.9

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39	CHEĆKO EWA	625	KLUB BIEGAJĄCYCH LEŚNIKÓW	BIAŁO WIEZA	POL	K 30-39	6	K 12			01:06:15	01:24:54	01:43:48	02:02:48	02:21:41	02:40:44.80	7:37	7.9
40	KARASIEWICZ IRENA	637	FACE NORDIC WALKING TEAM	BRANI EWO	POL	K 50-59	3	K 13	1		01:04:22	01:23:14	01:42:16	02:01:44	02:21:22	02:40:55.05	7:37	7.9
41	WAJS JERZY	674	NW CIECHANÓW	CIECHANÓW	POL	M 50-59	6	M 28			01:04:20	01:23:09	01:42:20	02:01:38	02:21:14	02:41:07.20	7:38	7.9
42	CZYCZ EMILIA	628	GREEN TEAM ZIELONA GÓRA	ZIELO NA GÓRA	POL	K 60+	2	K 14	1		01:04:32	01:23:48	01:43:58	02:04:39	02:25:38	02:41:11.05	7:38	7.9
43	GRĄDZKA-MOŻYSZEK ALEKSANDRA	632	FORMA NA PIĄTKĘ NW	PABIA NICE	POL	K 50-59	4	K 15			01:04:30	01:23:17	01:42:26	02:02:12	02:21:58	02:41:22.90	7:38	7.8
44	KANIEWSKA BEATA	692	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K 40-49	3	K 16			01:04:17	01:23:12	01:42:27	02:02:11	02:22:00	02:42:22.90	7:41	7.8
45	KRYSZCZUK KRZYSZTOF	643		SIEDLCE	POL	M 40-49	8	M 29			01:06:31	01:25:28	01:44:39	02:04:12	02:23:41	02:43:18.25	7:44	7.8
46	ROSADZIŃSKA NATALIA	660		LESZNO	POL	K 18-29	2	K 17			01:07:04	01:26:09	01:45:22	02:04:31	02:23:55	02:43:23.40	7:44	7.7
47	KOBIELA DARIA	638	BŁĘKITNI DZIEMIANY	DZIEMIANY	POL	K 18-29	3	K 18			01:07:26	01:26:41	01:45:46	02:05:01	02:24:20	02:43:56.40	7:46	7.7
48	CICHOŃ ANETA	626	FABRIKA NORDIKA	RUDA ŚLĄSKA	POL	K 30-39	7	K 19			01:05:03	01:23:48	01:43:12	02:03:02	02:23:29	02:44:33.25	7:47	7.7
49	LASOTA DOROTA	645	LZS JUSTYNÓW	JUSTYNÓW	POL	K 40-49	4	K 20			01:05:07	01:24:08	01:43:54	02:04:04	02:24:40	02:45:42.00	7:51	7.6
50	IDKOWIAK MAGDALENA	635	FACE NORDIC WALKING TEAM	KROŚNKO/MOSINA	POL	K 30-39	8	K 21			01:07:51	01:27:08	01:46:31	02:06:07	02:25:56	02:45:53.90	7:51	7.6
51	FRANKIEWICZ MIROŚLAW	631	FORMA NA PIĄTKĘ PABIANICE	PABIA NICE	POL	M 40-49	9	M 30			01:06:18	01:25:56	01:45:50	02:05:53	02:26:02	02:46:11.80	7:52	7.6
52	BEJTKA AGNIESZKA	694		WARSAWA	POL	K 30-39	9	K 22			01:07:48	01:27:07	01:46:32	02:06:16	02:26:09	02:46:27.85	7:53	7.6
53	WITKOWSKA MARIA	678	UNIA MIAST	KATOWICE	POL	K 60+	3	K 23			01:07:28	01:27:22	01:47:23	02:07:21	02:27:25	02:47:34.00	7:56	7.6
54	CIENNIK KALINA	690		ŁÓDŹ	POL	K 40-49	5	K 24	1		01:07:14	01:27:08	01:47:01	02:07:17	02:27:48	02:48:13.85	7:58	7.5
55	CIENNIK WIKTOR	691	FOREVER YOUNG	ŁÓDŹ	POL	M 50-59	7	M 31			01:06:27	01:25:50	01:46:19	02:06:57	02:27:45	02:48:58.05	8:00	7.5
56	CEGŁA ZBYSZKO	624		PIASECZNO	POL	M 60+	6	M 32			01:07:28	01:26:50	01:47:13	02:07:46	02:29:07	02:50:55.90	8:06	7.4
57	TYLUTKI AGNIESZKA	673	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	TARNOBRZEG	POL	K 40-49	6	K 25			01:08:11	01:28:24	01:48:38	02:09:22	02:30:45	02:51:47.35	8:08	7.4
58	MOLENDAMAGDALENA	650	FACE NORDIC WALKING TEAM	MOSINA	POL	K 30-39	10	K 26			01:09:16	01:29:28	01:50:01	02:10:51	02:31:55	02:52:49.60	8:11	7.3
59	SŁABOŃ-SIKORA ANETA	666	DĄBROWA NORDIC TEAM	SOSNOWIEC	POL	K 30-39	11	K 27			01:09:27	01:29:49	01:50:12	02:10:49	02:31:54	02:53:05.15	8:12	7.3
60	REGULSKI PAWEŁ	658		LEGIONÓWO	POL	M 30-39	10	M 33			01:07:27	01:27:27	01:48:13	02:09:28	02:31:25	02:53:26.00	8:13	7.3
61	PIOTROWSKI KRZYSZTOF	655	FACE NORDIC WALKING TEAM	GDYNIA	POL	M 60+	7	M 34			01:05:30	01:25:16	01:45:52	02:06:52	02:28:08	02:53:41.70	8:13	7.3

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62	STRZELECKI SEBASTIAN	668	SAILING TEAM FERAJNA	PIŁA	POL	M 40-49	10	M 35			01:11:06	01:32:03	01:52:39	02:13:40	02:35:03	02:56:36.75	8:22	7.2
63	REGULSKA KRYSZYNA	657		LEGIO NOWO	POL	K 40-49	7	K 28			01:09:57	01:31:11	01:52:28	02:14:07	02:35:33	02:57:01.45	8:23	7.2
64	KUCYPERA DAGMARA	644	DĄBROWA NORDIC TEAM	BĘDZI N	POL	K 40-49	8	K 29			01:09:25	01:30:33	01:51:54	02:13:49	02:36:25	02:59:11.45	8:29	7.1
65	KRAWCZYK JAROSŁAW	641		PRAŻM ÓW	POL	M 50-59	8	M 36			01:12:45	01:33:40	01:55:42	02:17:21	02:38:44	02:59:38.90	8:30	7
66	KRAWCZYK JUSTYNA	642		PRAŻM ÓW	POL	K 30-39	12	K 30			01:12:42	01:33:38	01:55:48	02:17:31	02:39:06	03:00:42.95	8:33	7
67	ZAWADZKA MARIA	686	KS METRACO POLKOWICE	LUBIN	POL	K 60+	4	K 31			01:13:37	01:34:45	01:55:56	02:17:24	02:39:20	03:01:40.75	8:36	7
68	SĄTOWICZ MAŁGORZATA	663		ZĄBKI	POL	K 50-59	5	K 32			01:12:59	01:34:47	01:55:58	02:17:27	02:39:22	03:01:43.70	8:36	7
69	ROZMUS JOLANTA	661	FACE NORDIC WALKING TEAM	GDYNI A	POL	K 60+	5	K 33			01:11:33	01:33:55	01:56:14	02:19:11	02:42:15	03:06:26.60	8:50	6.8
70	STUPNOWICZ JOANNA	670		ŁÓDŹ	POL	K 40-49	9	K 34			01:13:53	01:35:34	01:57:46	02:22:55	02:45:55	03:09:47.00	8:59	6.7
71	LATOSEK JAN	646		WARS ZAWA	POL	M 60+	8	M 37			01:21:38	01:45:08	02:08:54	02:32:54	02:57:30	03:21:54.10	9:34	6.3
72	CIESIELSKI JERZY	627	FUNDACJA KRWINKA	ŁÓDŹ	POL	M 60+	9	M 38			01:21:12	01:45:20	02:10:55	02:38:00	03:05:01	03:34:07.10	10:08	5.9