

**OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM**

 Organiser: PFNW  
 Date: 2016-08-06  
 Place: Osielsko  
 Distance: 21.1 km  
 Klasyfikacja wg czasów netto.

**OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 21.1KM, OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	1.1km	6.1km	11.1km	16.1km	Netto	min/km	km/h
1	DZIEDIEWICH ANDRZEJ	610	KS METRACO POLKOWICE	GRODNO	BLR	M30-39	1	M 1			00:05:37	00:36:07	01:06:28	01:37:13	02:08:02.80	6:04	9.9
2	KOLASA WOJCIECH	626	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	M40-49	1	M 2			00:06:33	00:39:12	01:10:32	01:42:08	02:14:05.65	6:21	9.4
3	SKIBA KRZYSZTOF	675	KS METRACO POLKOWICE	POLKOWICE	POL	M50-59	1	M 3	1		00:06:06	00:37:01	01:08:09	01:40:55	02:14:27.15	6:22	9.4
4	DEPKA PRĄDZYŃSKI OLGIERD	674	BIEGAMY RAZEM PENDOLINO	GDYNIA	POL	M50-59	2	M 4	1		00:06:35	00:39:11	01:10:45	01:42:54	02:15:56.95	6:26	9.3
5	WIŚNIEWSKI JACEK	660	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	SANDOMIERZ	POL	M50-59	3	M 5			00:06:35	00:39:12	01:10:48	01:43:59	02:16:37.75	6:28	9.3
6	STILLER KAROL	649	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	2	M 6			00:06:35	00:39:48	01:12:31	01:45:08	02:16:47.15	6:28	9.3
7	KORDOWSKI PIOTR	627	NOWA HUTA TEAM	KRAKÓW	POL	M40-49	2	M 7			00:06:32	00:39:46	01:12:30	01:45:09	02:17:45.15	6:31	9.2
8	STUPNOWICZ PRZEMEK	651	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	M18-29	1	M 8			00:06:37	00:39:50	01:12:33	01:45:19	02:18:32.65	6:33	9.1
9	NALEPKA JERZY	636	FACE NORDIC WALKING TEAM	SANOK	POL	M60+	1	M 9			00:07:03	00:40:29	01:13:12	01:46:37	02:19:31.25	6:36	9.1
10	HELWICH STEFAN	617	KS METRACO POLKOWICE	WIELEŃ	POL	M60+	2	M 10			00:06:57	00:40:29	01:13:14	01:46:47	02:20:02.45	6:38	9
11	GALIŃSKI RAFAŁ	613	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	PARKOSZOWICE	POL	M40-49	3	M 11			00:07:03	00:41:44	01:15:11	01:48:34	02:20:40.25	6:40	9
12	CZŁONKOWSKI KRZYSZTOF	629	OLIMPIJCZYK SZCZEKOCINY	SZCZEKOCINY	POL	M40-49	4	M 12			00:06:50	00:40:58	01:14:39	01:48:36	02:20:48.25	6:40	9
13	PIETRZYK JAROSŁAW	680	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	3	M 13			00:06:44	00:41:22	01:14:45	01:48:42	02:22:28.95	6:45	8.9
14	ZACZYŃSKA ANNA	666	KS METRACO POLKOWICE	LUBIN	POL	K30-39	1	K 1			00:06:28	00:40:49	01:14:29	01:48:24	02:22:51.90	6:46	8.9
15	ZAREMBA JAKUB	668		BIAŁOWIEŻA	POL	M30-39	4	M 14			00:07:15	00:41:51	01:15:17	01:49:18	02:23:23.85	6:47	8.8
16	BOGACKI SŁAWEK	603	ENERGA NW TEAM	BRZOZÓWKA K.TORUNIA	POL	M40-49	5	M 15			00:06:35	00:41:05	01:15:03	01:49:52	02:25:19.75	6:53	8.7
17	WARUSZEWSKI KAROL	659	BIEGAJĄCY TCZEW	TCZEW	POL	M40-49	6	M 16			00:07:03	00:42:44	01:17:08	01:51:20	02:26:06.10	6:55	8.7
18	ŻYWIcki MARCIN	670	BŁĘKITNI NW DZIEMIANY	DZIEMIANY	POL	M30-39	5	M 17	1		00:06:59	00:41:36	01:15:32	01:50:42	02:26:33.35	6:56	8.6
19	ZAGAJA JANUSZ	667	WESOŁY BORSUK TEAM	POKÓJ	POL	M60+	3	M 18			00:07:01	00:41:33	01:15:45	01:50:51	02:26:58.80	6:57	8.6
20	MITURA-ZIELONKA PAWEŁ	673	RYBNICKI KLUB NORDIC WALKING	RYBNIK	POL	M30-39	6	M 19			00:06:50	00:41:55	01:16:20	01:51:49	02:27:28.65	6:59	8.6
21	WRÓBEL ŁUKASZ ERYK	665	FUNDACJA 'W TE PĘDY'	MIĘDZYRZEC PODLASKI	POL	M30-39	7	M 20			00:06:38	00:41:21	01:15:14	01:49:55	02:27:44.30	7:00	8.6
22	PASIKOWSKA MARIOLA	679	VIKING NORDIC TEAM CZĘSTOCHOWA	ŻARE	POL	K30-39	2	K 2			00:06:36	00:41:36	01:16:16	01:52:03	02:28:05.15	7:01	8.5

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POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	1.1km	6.1km	11.1km	16.1km	Netto	min/km	km/h
23	BIK STANISŁAW	602	KS METRACO POLKOWICE	LUBIN	POL	M50-59	4	M 21			00:07:05	00:41:31	01:15:47	01:51:05	02:28:59.40	7:03	8.5
24	WOJCIECHOWSKI TADEUSZ	662	DĄBROWA NORDIC TEAM	DĄBROWA GÓRNICZA	POL	M60+	4	M 22			00:07:19	00:42:47	01:18:14	01:54:13	02:29:37.05	7:05	8.5
25	LENZ ANDRZEJ	630	ALTOM	GNIEZNO	POL	M50-59	5	M 23			00:07:18	00:42:17	01:17:00	01:52:33	02:29:54.35	7:06	8.4
26	JANCZYK MAŁGORZATA	682	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	K30-39	3	K 3			00:06:54	00:42:59	01:18:47	01:54:24	02:30:10.70	7:07	8.4
27	KACORZYK WŁADYSŁAW	620	SILESIA NORDIC TEAM	MIKOŁÓW	POL	M50-59	6	M 24			00:07:18	00:42:46	01:18:13	01:54:12	02:30:39.05	7:08	8.4
28	SZCZĘBAK JACEK	653	UNIA MIAST	TARNÓW	POL	M40-49	7	M 25			00:06:58	00:43:02	01:18:28	01:54:15	02:30:49.15	7:08	8.4
29	NOWROTEK MONIKA	637	WESOŁY BORSUK TEAM	CIESZYN	POL	K18-29	1	K 4			00:06:34	00:41:20	01:16:32	01:53:58	02:31:45.80	7:11	8.3
30	GWIZDAŁA MARCIN	616	GOSIR OSIELSKO	OSIELSKO	POL	M30-39	8	M 26			00:07:09	00:43:23	01:19:14	01:55:34	02:31:50.20	7:11	8.3
31	WESOŁOWSKI WOJCIECH	677	NORDIC TEAM GNIEZNO	GNIEZNO	POL	M60+	5	M 27			00:07:12	00:43:36	01:19:26	01:55:36	02:32:29.70	7:13	8.3
32	STOPA JOANNA	650	BŁĘKITNI NW DZIEMIANY	DZIEMIANY	POL	K18-29	2	K 5			00:06:46	00:42:57	01:18:46	01:55:08	02:32:31.70	7:13	8.3
33	BRYNKIEWICZ DOROTA	604	FACE NORDIC WALKING TEAM / SPHINX AC	COVENTRY/ UK	POL	K30-39	4	K 6	1		00:06:49	00:42:37	01:18:36	01:55:26	02:33:10.00	7:15	8.3
34	FOLWARSKI ANDRZEJ	612	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M50-59	7	M 28			00:07:18	00:43:50	01:19:45	01:56:46	02:34:21.60	7:18	8.2
35	SMUS DAMIAN	644	UCZELNIA WARSZAWSKA	SOCHACZE W	POL	M18-29	2	M 29			00:07:28	00:45:01	01:21:25	01:58:32	02:34:32.35	7:19	8.2
36	OLSCHIMKE-MARM UROWICZ BARBARA	638	SILESIA NORDIC TEAM	KATOWICE	POL	K40-49	1	K 7			00:07:10	00:44:02	01:20:35	01:57:37	02:34:34.00	7:19	8.2
37	SORN ŁUKASZ	646	FACE NORDIC WALKING TEAM	GDYNIA	POL	M18-29	3	M 30	1		00:07:26	00:44:17	01:21:29	01:58:54	02:34:48.65	7:20	8.2
38	REJMAN DOROTA	641	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	TARNOBRZE G	POL	K30-39	5	K 8			00:07:20	00:44:55	01:21:47	01:59:18	02:36:55.95	7:26	8.1
39	STĘPIEŃ LUCYNA	648	KS METRACO POLKOWICE	LUBIN	POL	K50-59	1	K 9			00:07:31	00:44:42	01:21:52	01:59:31	02:36:56.50	7:26	8.1
40	KOWALCZYK MARIUSZ	628	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	M50-59	8	M 31			00:07:22	00:43:50	01:19:39	01:57:42	02:37:22.60	7:27	8
41	BANASZKIEWICZ KATARZYNA	601	JEZIORKI - AKTYWNA WIEŚ	KACZORY	POL	K40-49	2	K 10			00:07:15	00:45:15	01:22:39	01:59:44	02:37:26.15	7:27	8
42	WOLNIEWICZ KATARZYNA	663	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K40-49	3	K 11			00:07:29	00:44:51	01:22:05	01:59:41	02:38:47.10	7:31	8
43	KACZMARCZYK-PIA SECKA RENATA	621	CZARNE PANTERY	PIŁA	POL	K40-49	4	K 12			00:07:59	00:47:24	01:24:45	02:02:19	02:40:14.65	7:35	7.9
44	ANTOSZEWSKI PIOTR	655	DĄBROWA NORDIC TEAM	GNIEZNO	POL	M40-49	8	M 32			00:07:26	00:45:01	01:22:06	01:59:55	02:40:15.05	7:35	7.9
45	KARASIEWICZ IRENA	684	FACE NORDIC WALKING TEAM	BRANIEWO	POL	K50-59	2	K 13			00:07:31	00:45:23	01:23:35	02:02:05	02:40:26.20	7:36	7.9
46	GRĄDZKA-MOŻYSZ EK ALEKSANDRA	615	FORMA NA PIĄTKĘ NW	PABIANICE	POL	K50-59	3	K 14			00:07:37	00:45:40	01:23:39	02:02:06	02:40:35.90	7:36	7.9
47	MOŻYSZEK PIOTR	635	FORMA NA PIĄTKĘ NW	PABIANICE	POL	M50-59	9	M 33			00:07:41	00:46:20	01:23:57	02:02:18	02:40:59.40	7:37	7.9
48	LISIKIEWICZ AGNIESZKA	631	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K40-49	5	K 15			00:07:42	00:46:52	01:24:17	02:02:21	02:41:02.95	7:37	7.9
49	ROSOŁEK ELŻBIETA	678	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K50-59	4	K 16			00:07:59	00:47:21	01:24:44	02:02:35	02:41:21.80	7:38	7.8
50	TYLUTKI AGNIESZKA	656	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	TARNOBRZE G	POL	K40-49	6	K 17			00:07:29	00:45:06	01:22:26	02:00:30	02:42:21.15	7:41	7.8

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51	KUHARCZYK KRZYSZTOF	683		CZĘSTOCHOWA		M30-39	9	M 34	1		00:07:26	00:45:19	01:23:25	02:02:14	02:43:28.85	7:44	7.7
52	JANKOWSKA KATARZYNA	618	MOSIR	RYPIN	POL	K50-59	5	K 18			00:08:09	00:47:00	01:25:29	02:04:27	02:43:36.25	7:45	7.7
53	SZCZODROWSKI KRZYSZTOF	654		GDAŃSK	POL	M50-59	10	M 35			00:07:26	00:45:17	01:23:50	02:02:57	02:43:38.05	7:45	7.7
54	WITKOWSKA MARIA	661	UNIA MIAST	KATOWICE	POL	K60+	1	K 19			00:07:44	00:46:28	01:25:20	02:04:42	02:43:54.20	7:46	7.7
55	POTRYKUS MAŁGORZATA	681		BOJANO		K50-59	6	K 20			00:07:36	00:45:40	01:23:59	02:03:41	02:45:40.20	7:51	7.6
56	WOŁOWIEC MARCIN	664	FOREVER YOUNG ŁÓDŹ	GŁOWNO	POL	M40-49	9	M 36			00:07:39	00:46:45	01:25:27	02:06:11	02:45:57.95	7:51	7.6
57	FINC MARIUSZ	611		BYDGOSZCZ	POL	M40-49	10	M 37			00:07:36	00:45:22	01:23:08	02:04:16	02:47:20.15	7:55	7.6
58	ROSADZIŃSKA NATALIA	676		LESZNO	POL	K18-29	3	K 21			00:07:49	00:48:26	01:29:06	02:09:39	02:47:54.40	7:57	7.5
59	CZYCZ EMILIA	608	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K60+	2	K 22			00:07:36	00:45:47	01:24:32	02:05:32	02:48:05.45	7:57	7.5
60	KOBIELA DARIA	625	BŁĘKITNI NW DZIEMIANY	DZIEMIANY	POL	K18-29	4	K 23			00:07:49	00:48:26	01:29:05	02:09:40	02:48:15.35	7:58	7.5
61	CICHOŃ ANETA	605	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K30-39	6	K 24			00:07:38	00:47:03	01:26:48	02:07:27	02:49:10.90	8:01	7.5
62	WACHOWIAK SYLWIA	657		PIŁA	POL	K40-49	7	K 25			00:07:57	00:48:06	01:27:35	02:07:55	02:49:26.35	8:01	7.5
63	CIENNIK KALINA	671		ŁÓDŹ	POL	K40-49	8	K 26			00:07:39	00:47:59	01:28:34	02:09:20	02:49:29.20	8:01	7.5
64	SYSIK TOMASZ	652	LEGIA RUN CLUB	SIEDLCE	POL	M30-39	10	M 38	1		00:08:13	00:51:55	01:32:00	02:10:51	02:49:30.95	8:02	7.5
65	FRANKIEWICZ MIROŚLAW	634	FORMA NA PIĄTKĘ NW	PABIANICE	POL	M40-49	11	M 39	1		00:07:54	00:48:03	01:27:44	02:08:21	02:50:04.40	8:03	7.4
66	SOBECKA MARZENA	645		WAŁCZ	POL	K40-49	9	K 27			00:08:20	00:48:55	01:28:44	02:08:59	02:50:34.10	8:05	7.4
67	JASOŃ GRAŻYNA	619	CZARNE PANTERY	PIŁA	POL	K50-59	7	K 28			00:08:15	00:48:33	01:28:47	02:09:43	02:50:50.65	8:05	7.4
68	RECZULSKI MIKOŁAJ	640	VIKING NORDIC TEAM	CZĘSTOCHOWA	POL	M18-29	4	M 40			00:06:59	00:45:19	01:25:14	02:07:52	02:51:22.90	8:07	7.4
69	CIENNIK WIKTOR	672	FOREVER YOUNG ŁÓDŹ	ŁÓDŹ	POL	M50-59	11	M 41			00:07:49	00:46:36	01:27:49	02:09:59	02:52:15.45	8:09	7.3
70	SŁABOŃ-SIKORA ANETA	643	DĄBROWA NORDIC TEAM	SOSNOWIEC	POL	K30-39	7	K 29			00:08:01	00:49:58	01:30:06	02:11:47	02:54:31.50	8:16	7.3
71	MATYJA ANNA	633		ŚREM	POL	K40-49	10	K 30			00:07:59	00:48:53	01:29:17	02:11:14	02:54:34.50	8:16	7.3
72	CZAKIERT MAREK	607	VIKING NORDIC TEAM	CZĘSTOCHOWA	POL	M40-49	12	M 42			00:07:59	00:48:51	01:29:21	02:11:58	02:55:12.05	8:18	7.2
73	WOŹNIAK BARTŁOMIEJ	685	UNIA MIAST	TOSZEK		M40-49	13	M 43			00:07:47	00:49:03	01:31:06	02:14:05	02:59:16.20	8:29	7.1
74	ZAWADZKA MARIA	669	KS METRACO POLKOWICE	LUBIN	POL	K60+	3	K 31			00:08:13	00:50:51	01:32:46	02:15:16	02:59:33.65	8:30	7.1
75	STRZELECKI SEBASTIAN	688	SAILING TEAM FERAJNA	PIŁA		M40-49	14	M 44			00:07:59	00:50:20	01:32:32	02:16:10	03:00:35.35	8:33	7
76	ROZMUS JOLANTA	642	FACE NORDIC WALKING TEAM	GDYNIA	POL	K60+	4	K 32			00:08:22	00:50:50	01:33:58	02:17:56	03:00:51.20	8:34	7
77	DRÓŹDŹ PAWEŁ	609	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	M50-59	12	M 45			00:07:51	00:49:16	01:31:23	02:16:28	03:01:42.30	8:36	7
78	MARCINKOWSKA RENATA	632	FACE NORDIC WALKING TEAM	SOCHACZE W	POL	K60+	5	K 33			00:08:29	00:51:25	01:34:59	02:22:23	03:11:40.95	9:05	6.6
79	KĄCKOWSKA BEATA	623	JEZIORKI - AKTYWNA WIEŚ	JEZIORKI	POL	K40-49	11	K 34			00:09:05	00:55:39	01:42:07	02:27:52	03:14:48.55	9:13	6.5
80	CZAJA ANETA	687	JEZIORKI - AKTYWNA WIEŚ	SOLEC KUJAWSKI		K30-39	8	K 35			00:09:07	00:55:41	01:42:10	02:27:54	03:14:50.95	9:14	6.5