

ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 21.1KM

Organizator: PFNW
 Data: 2016-08-27
 Miejsce: Elbląg
 Dystans: 21.1 km
 Klasyfikacja wg czasów netto.

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

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|---------------------|-----|---|------------------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DZIEDIEWICZ ANDRZEJ | 560 | KS METRACO POLKOWICE | GRODNO | BLR | M 30-39 | 1 | M 1 | | | 00:02:50 | 00:05:59 | 00:36:53 | 01:08:25 | 01:40:14 | 02:13:45.85 | 6:20 | 9.5 |
| 2 | SKIBA KRZYSZTOF | 612 | KS METRACO POLKOWICE | POLKO WICE | POL | M 50-59 | 1 | M 2 | | | 00:03:18 | 00:06:41 | 00:38:03 | 01:10:05 | 01:42:45 | 02:16:56.95 | 6:29 | 9.2 |
| 3 | KOLASA WOJCIECH | 570 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M 40-49 | 1 | M 3 | | | 00:03:27 | 00:06:56 | 00:39:53 | 01:13:04 | 01:46:35 | 02:20:51.30 | 6:40 | 9 |
| 4 | KORDOWSKI PIOTR | 571 | NOWA HUTA TEAM | KRAKOW | POL | M 40-49 | 2 | M 4 | | | 00:03:24 | 00:06:55 | 00:39:55 | 01:13:40 | 01:48:26 | 02:24:38.20 | 6:51 | 8.8 |
| 5 | HELWICH STEFAN | 562 | KSMETRACOPOLKOWICE | WIELEŃ | POL | M 60+ | 1 | M 5 | | | 00:03:41 | 00:07:19 | 00:40:57 | 01:15:23 | 01:50:25 | 02:24:42.20 | 6:51 | 8.7 |
| 6 | WIŚNIEWSKI JACEK | 599 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING | SANDOMIERZ | POL | M 50-59 | 2 | M 6 | | | 00:03:47 | 00:07:24 | 00:41:32 | 01:15:36 | 01:50:27 | 02:26:35.25 | 6:56 | 8.6 |
| 7 | TOFIL ADRIAN | 613 | | GDYNIA | POL | M 30-39 | 2 | M 7 | | | 00:03:30 | 00:07:05 | 00:40:29 | 01:13:43 | 01:49:39 | 02:27:33.45 | 6:59 | 8.6 |
| 8 | NACZK LEONARD | 576 | | ŁĘBORK | POL | M 40-49 | 3 | M 8 | | | 00:03:36 | 00:07:18 | 00:41:12 | 01:15:39 | 01:50:51 | 02:27:43.85 | 7:00 | 8.6 |
| 9 | STUPNOWICZ PRZEMEK | 594 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M 18-29 | 1 | M 9 | | | 00:03:46 | 00:07:27 | 00:42:49 | 01:17:51 | 01:52:53 | 02:28:23.90 | 7:01 | 8.5 |
| 10 | ZAREMBA JAKUB | 605 | | BIAŁO WIEŹA | POL | M 30-39 | 3 | M 10 | | | 00:03:44 | 00:07:29 | 00:42:27 | 01:17:50 | 01:54:16 | 02:29:36.90 | 7:05 | 8.5 |
| 11 | BOGACKI SŁAWEK | 553 | ENERGA NW TEAM | BRZOZÓWKA KOŁO TORUNIA | POL | M 40-49 | 4 | M 11 | | | 00:03:29 | 00:07:02 | 00:41:00 | 01:15:36 | 01:52:51 | 02:30:59.30 | 7:09 | 8.4 |
| 12 | PIETRZYK JAROSŁAW | 579 | VIKING NORDIC TEAM | CZEŚTOKOCHA | POL | M 30-39 | 4 | M 12 | | | 00:03:34 | 00:07:20 | 00:42:27 | 01:17:50 | 01:54:17 | 02:32:00.80 | 7:12 | 8.3 |
| 13 | ZACZYŃSKA ANNA | 603 | KS METRACO POLKOWICE | LUBIN | POL | K 30-39 | 1 | K 1 | | | 00:03:41 | 00:07:30 | 00:43:50 | 01:20:53 | 01:57:10 | 02:33:07.95 | 7:15 | 8.3 |
| 14 | WARUSZEWSKI KAROL | 598 | BIEGAJĄCY TCZEW | TCZEW | POL | M 40-49 | 5 | M 13 | | | 00:03:55 | 00:07:52 | 00:43:47 | 01:19:56 | 01:56:10 | 02:33:39.65 | 7:16 | 8.2 |
| 15 | ZAGAJA JANUSZ | 604 | WESOŁY BORSUK TEAM | POKÓJ | POL | M 60+ | 2 | M 14 | | | 00:03:38 | 00:07:20 | 00:42:37 | 01:18:29 | 01:55:17 | 02:33:50.00 | 7:17 | 8.2 |
| 16 | BIK STANISŁAW | 552 | KS METRACO POLKOWICE | LUBIN | POL | M 50-59 | 3 | M 15 | | | 00:03:50 | 00:07:37 | 00:43:17 | 01:20:01 | 01:57:41 | 02:34:58.75 | 7:20 | 8.2 |
| 17 | LENZ ANDRZEJ | 574 | ALTOM | GNIEZNO | POL | M 50-59 | 4 | M 16 | | | 00:04:01 | 00:08:00 | 00:45:00 | 01:21:42 | 01:58:20 | 02:35:39.00 | 7:22 | 8.1 |
| 18 | ŻYWICKI MARCIN | 607 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M 30-39 | 5 | M 17 | | | 00:03:56 | 00:07:53 | 00:43:53 | 01:20:15 | 01:57:06 | 02:35:55.70 | 7:23 | 8.1 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------------|-----|---|--------------|------|---------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 19 | SZCZEBAK JACEK | 595 | UNIA MIAST | TARNÓW | POL | M 40-49 | 6 | M 18 | | | 00:03:42 | 00:07:36 | 00:43:49 | 01:20:33 | 01:58:15 | 02:37:04.00 | 7:26 | 8.1 |
| 20 | PLATOS SŁAWOMIR | 580 | | BĘDZIŃ | POL | M 30-39 | 6 | M 19 | | | 00:04:00 | 00:07:56 | 00:44:14 | 01:21:23 | 01:59:43 | 02:38:36.20 | 7:30 | 8 |
| 21 | NOWROTEK MONIKA | 577 | WESOŁY BORSUK TEAM | CIESZYŃ | POL | K 18-29 | 1 | K 2 | | | 00:04:05 | 00:08:08 | 00:45:36 | 01:24:12 | 02:02:11 | 02:39:48.45 | 7:34 | 7.9 |
| 22 | OLSCHIMKE-MA RMUROWICZ BARBARA | 578 | SILESIA NORDIC TEAM | KATO WICE | POL | K 40-49 | 1 | K 3 | | | 00:04:02 | 00:08:05 | 00:45:34 | 01:24:10 | 02:02:10 | 02:40:43.30 | 7:37 | 7.9 |
| 23 | KOWALCZYK MARIUSZ | 572 | GREEN TEAM ZIELONA GÓRA | ZIEŁONA GÓRA | POL | M 50-59 | 5 | M 20 | | | 00:03:48 | 00:07:47 | 00:45:04 | 01:23:26 | 02:02:33 | 02:42:13.80 | 7:41 | 7.8 |
| 24 | WESOŁOWSKI WOJCIECH | 608 | NORDICK TEAM GNIEZNO | GNIEZNO | POL | M 60+ | 3 | M 21 | | | 00:03:59 | 00:08:02 | 00:45:23 | 01:23:34 | 02:02:58 | 02:42:30.70 | 7:42 | 7.8 |
| 25 | JANCZYK MAŁGORZATA | 564 | EPOKA NORDICA | ŁÓDŹ | POL | K 30-39 | 2 | K 4 | | | 00:04:03 | 00:08:06 | 00:45:37 | 01:24:12 | 02:02:19 | 02:43:20.15 | 7:44 | 7.8 |
| 26 | REJMAN DOROTA | 583 | FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING | TARNO BRZEG | POL | K 30-39 | 3 | K 5 | | | 00:04:08 | 00:08:21 | 00:46:52 | 01:25:23 | 02:04:27 | 02:43:53.35 | 7:46 | 7.7 |
| 27 | STĘPIEŃ LUCYNA | 591 | KS METRACO POLKOWICE | LUBIN | POL | K 50-59 | 1 | K 6 | | | 00:04:06 | 00:08:12 | 00:46:18 | 01:25:43 | 02:05:03 | 02:44:16.10 | 7:47 | 7.7 |
| 28 | WOLNIEWICZ KATARZYNA | 601 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K 40-49 | 2 | K 7 | | | 00:04:06 | 00:08:14 | 00:46:14 | 01:24:52 | 02:04:17 | 02:44:51.75 | 7:48 | 7.7 |
| 29 | SORN ŁUKASZ | 590 | FACE NORDIC WALKING TEAM | GDYŃ | POL | M 18-29 | 2 | M 22 | | | 00:04:06 | 00:08:12 | 00:46:27 | 01:26:51 | 02:05:55 | 02:45:02.85 | 7:49 | 7.7 |
| 30 | TYLUTKI AGNIESZKA | 597 | FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY | TARNO BRZEG | POL | K 40-49 | 3 | K 8 | | | 00:04:07 | 00:08:22 | 00:47:17 | 01:26:24 | 02:06:48 | 02:47:41.05 | 7:56 | 7.5 |
| 31 | SMUS DAMIAN | 589 | UCZELNIA WARSZAWSKA | SOCHA CZEW | POL | M 18-29 | 3 | M 23 | | | 00:04:15 | 00:08:27 | 00:48:02 | 01:26:46 | 02:06:01 | 02:49:06.15 | 8:00 | 7.5 |
| 32 | KOBIELA DARIA | 569 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | K 18-29 | 2 | K 9 | | | 00:04:11 | 00:08:29 | 00:47:51 | 01:27:57 | 02:08:42 | 02:49:35.90 | 8:02 | 7.5 |
| 33 | KAZIMIERSKI ARTUR | 611 | KM AKTYWNI SOCHACZEW | SOCHA CZEW | POL | M 40-49 | 7 | M 24 | | | 00:04:15 | 00:08:28 | 00:48:02 | 01:29:19 | 02:10:35 | 02:49:36.90 | 8:02 | 7.5 |
| 34 | ROSOLEK ELŻBIETA | 585 | GREEN TEAM ZIELONA GÓRA | ZIEŁONA GÓRA | POL | K 50-59 | 2 | K 10 | | | 00:04:20 | 00:08:56 | 00:50:54 | 01:30:12 | 02:10:02 | 02:50:39.55 | 8:05 | 7.4 |
| 35 | LISIKIEWICZ AGNIESZKA | 575 | GREEN TEAM ZIELONA GÓRA | ZIEŁONA GÓRA | POL | K 40-49 | 4 | K 11 | | | 00:04:16 | 00:08:37 | 00:49:10 | 01:29:28 | 02:09:53 | 02:51:07.70 | 8:06 | 7.4 |
| 36 | KANIEWSKA BEATA | 567 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K 40-49 | 5 | K 12 | | | 00:04:13 | 00:08:28 | 00:48:37 | 01:29:02 | 02:10:07 | 02:51:47.35 | 8:08 | 7.4 |
| 37 | BARCIKOWSKA WIOLETTA | 551 | | ELBLĄG | POL | K 40-49 | 6 | K 13 | | | 00:04:14 | 00:08:23 | 00:48:08 | 01:28:36 | 02:10:00 | 02:51:50.45 | 8:08 | 7.4 |
| 38 | WITKOWSKA MARIA | 600 | UNIA MIAST | KATO WICE | POL | K 60+ | 1 | K 14 | | | 00:04:18 | 00:08:36 | 00:49:06 | 01:29:33 | 02:10:57 | 02:53:09.30 | 8:12 | 7.3 |
| 39 | BORIS ANETA | 554 | EL - AKTYWNI | ELBLĄG | POL | K 30-39 | 4 | K 15 | | | 00:04:06 | 00:08:12 | 00:46:31 | 01:27:40 | 02:10:07 | 02:54:12.45 | 8:15 | 7.3 |
| 40 | HENRYK JERZY | 563 | | ELBLĄG | POL | M 60+ | 4 | M 25 | | | 00:04:19 | 00:08:48 | 00:49:19 | 01:30:20 | 02:11:24 | 02:54:31.95 | 8:16 | 7.3 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-sc owość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 0.55km | 1.1km | 6.1km | 11.1km | 16.1km | Netto | min/km | km/h |
|------|--------------------------------|-----|---------------------------------------|--------------|------|---------|--------|------|-------------|--------------|-------------|-------------|-------------|-------------|-------------|----------------|--------|------|
| 41 | KACHEL ANNA | 566 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K 50-59 | 3 | K 16 | | | 00:04:13 | 00:08:28 | 00:48:42 | 01:29:11 | 02:10:44 | 02:54:43.75 | 8:16 | 7.2 |
| 42 | SZCZODROWSKI KRZYSZTOF | 596 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | M 50-59 | 6 | M 26 | | | 00:04:04 | 00:08:08 | 00:47:49 | 01:29:10 | 02:11:24 | 02:54:50.25 | 8:17 | 7.2 |
| 43 | ROSADZIŃSKA NATALIA | 584 | | LESZNO | POL | K 18-29 | 3 | K 17 | | | 00:04:22 | 00:08:44 | 00:49:13 | 01:29:57 | 02:13:17 | 02:55:21.35 | 8:18 | 7.2 |
| 44 | RUSZKOWSKA BOŻENA | 587 | KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE' | ELBLĄG | POL | K 60+ | 2 | K 18 | | | 00:04:14 | 00:08:29 | 00:48:41 | 01:29:09 | 02:10:44 | 02:55:22.05 | 8:18 | 7.2 |
| 45 | CZYCZ EMILIA | 614 | GREN TEAM | GÓRA ZIELONA | POL | K 60+ | 3 | K 19 | | | 00:04:17 | 00:08:28 | 00:47:44 | 01:28:47 | 02:11:41 | 02:57:08.90 | 8:23 | 7.1 |
| 46 | BUCZKOWSKA WIESŁAWA | 555 | | GDYŃA | POL | K 60+ | 4 | K 20 | | | 00:04:13 | 00:08:32 | 00:48:18 | 01:30:02 | 02:12:43 | 02:57:45.80 | 8:25 | 7.1 |
| 47 | RECZULSKI MIKOŁAJ | 582 | VIKING NORDIC TEAM CZESTOCHOWA | WARSZAWA | POL | M 18-29 | 4 | M 27 | | | 00:04:07 | 00:08:13 | 00:48:05 | 01:30:10 | 02:14:15 | 02:57:49.40 | 8:25 | 7.1 |
| 48 | GRABOWSKA KATARZYNA | 561 | PASJA NORDIC WALKING | WARSZAWA | POL | K 40-49 | 7 | K 21 | | | 00:04:33 | 00:09:14 | 00:51:31 | 01:34:19 | 02:18:18 | 03:03:15.60 | 8:41 | 6.9 |
| 49 | DEMCZUK ANDRZEJ | 558 | KLUB SPORTOWY TADEUSZA | ELBLĄG | POL | M 30-39 | 7 | M 28 | | | 00:04:19 | 00:08:41 | 00:49:28 | 01:31:24 | 02:15:05 | 03:03:58.10 | 8:43 | 6.9 |
| 50 | STRZELECKI SEBASTIAN 'KASZANA' | 593 | SAILING TEAM FERAJNA | PIŁA | POL | M 40-49 | 8 | M 29 | | | 00:04:27 | 00:09:00 | 00:51:37 | 01:34:39 | 02:18:45 | 03:03:59.75 | 8:43 | 6.9 |
| 51 | PYZIK-KAPSZE WICZ ANGELIKA | 581 | | SZTUM | POL | K 18-29 | 4 | K 22 | | | 00:04:10 | 00:08:25 | 00:48:54 | 01:29:57 | 02:15:00 | 03:04:04.75 | 8:43 | 6.9 |
| 52 | STĘPKOWSKI ANDRZEJ | 610 | | ELBLĄG | POL | M 50-59 | 7 | M 30 | | | 00:04:25 | 00:08:59 | 00:51:25 | 01:34:47 | 02:18:29 | 03:05:42.00 | 8:48 | 6.8 |
| 53 | DRÓDŹ PAWEŁ | 559 | EPOKA NORDICA ŁÓDŹ | ŁÓDŹ | POL | M 50-59 | 8 | M 31 | | | 00:04:29 | 00:09:03 | 00:51:59 | 01:34:38 | 02:19:52 | 03:06:11.45 | 8:49 | 6.8 |
| 54 | SŁABOŃ-SIKORA ANETA | 588 | DĄBROWA NORDIC TEAM | SOSNOWIEC | POL | K 30-39 | 5 | K 23 | | | 00:04:24 | 00:08:58 | 00:51:18 | 01:34:12 | 02:20:03 | 03:06:35.10 | 8:50 | 6.8 |
| 55 | KUCYPERA DAGMARA | 573 | DĄBROWA NORDIC TEAM | BĘDZIŃ | POL | K 40-49 | 8 | K 24 | | | 00:04:30 | 00:09:12 | 00:52:20 | 01:36:43 | 02:23:04 | 03:09:19.05 | 8:58 | 6.7 |
| 56 | MODZELEWSKA ANNA | 609 | PASJA NORDICK WALKING | WARSZAWA | POL | K 40-49 | 9 | K 25 | | | 00:04:31 | 00:08:57 | 00:51:33 | 01:35:14 | 02:20:53 | 03:09:29.65 | 8:58 | 6.7 |
| 57 | ROZMUS JOLANTA | 586 | FACE NORDIC WALKING TEAM | GDAŃSK | POL | K 60+ | 5 | K 26 | | | 00:04:32 | 00:09:10 | 00:52:38 | 01:37:50 | 02:24:01 | 03:09:49.80 | 8:59 | 6.7 |
| 58 | ZAWADZKA MARIA | 606 | KS METRACO POLKOWICE | LUBIN | POL | K 60+ | 6 | K 27 | | | 00:04:34 | 00:09:13 | 00:52:40 | 01:36:35 | 02:23:08 | 03:10:19.65 | 9:01 | 6.7 |
| 59 | JÓŹWIK KATARZYNA | 565 | PASJA NORDICK WALKING | WARSZAWA | POL | K 40-49 | 10 | K 28 | | | 00:04:35 | 00:09:18 | 00:53:13 | 01:37:43 | 02:24:07 | 03:13:32.95 | 9:10 | 6.5 |
| 60 | CIESIELSKI JERZY | 557 | EPOKA NORDICA | ŁÓDŹ | POL | M 60+ | 5 | M 32 | | | 00:05:05 | 00:10:13 | 00:59:51 | 01:51:32 | 02:46:58 | 03:45:01.20 | 10:39 | 5.6 |
| 61 | CICHON ANETA | 556 | FABRIKANORDIKA | RUDA ŚLĄSKA | POL | K 30-39 | 6 | K 29 | | | 00:04:13 | 00:08:40 | 00:49:20 | 01:36:05 | | | 8:39 | 6.9 |
| DQ | KARASIEWICZ IRENA | 568 | FACE NORDIC WALKINGTEAM | BRANIEWO | POL | K 50-59 | DQ | DQ | | 1 | 00:04:13 DQ | 00:08:22 DQ | 00:47:22 DQ | 01:27:22 DQ | 02:07:36 DQ | 02:48:37.50 DQ | - | - |