

POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM

Organizator: PFNW
 Data: 2016-09-03
 Miejsce: Polańczyk
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

**POLAŃCZYK - PUCHAR PODKARPACIA 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 | 1.67km | 3.34km | 5km | 6.67km | 8.34km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------------|--------------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1 | BIŁEK ARTUR | 154 | UNIA MIAST | LUBLIN IEC | POL | M30-39 | 1 | M 1 | | | 00:09:51 | 00:20:03 | 00:30:19 | 00:40:35 | 00:51:07 | 01:01:58.50 | 6:11 | 9.7 |
| 2 | CYRUS BOGDAN | 185 | SILESIA NORDIC TEAM | STRZE BIŃ | POL | M40-49 | 1 | M 2 | | | 00:09:45 | 00:20:00 | 00:30:18 | 00:40:46 | 00:52:01 | 01:03:28.25 | 6:20 | 9.5 |
| 3 | NIECHWIEJCZYK PIOTR | 173 | UNIA MIAST | ŚWIĘT OCHŁO WICE | POL | M40-49 | 2 | M 3 | | | 00:10:06 | 00:20:38 | 00:31:28 | 00:42:24 | 00:53:28 | 01:04:30.45 | 6:27 | 9.3 |
| 4 | BOGACKI SŁAWEK | 155 | ENERGA NW TEAM | BRZOZ ÓWKA KOŁO TORUN IA | POL | M40-49 | 3 | M 4 | | | 00:10:28 | 00:21:33 | 00:32:50 | 00:43:58 | 00:54:57 | 01:05:41.85 | 6:34 | 9.1 |
| 5 | NEMŚ ARKADIUSZ | 172 | OSIR STASZÓW | STASZ ÓW | POL | M30-39 | 2 | M 5 | | | 00:10:52 | 00:21:49 | 00:32:53 | 00:44:07 | 00:55:04 | 01:05:51.65 | 6:35 | 9.1 |
| 6 | KOWALSKI MAREK | 165 | UNIA MIAST | STRZE BIŃ | POL | M50-59 | 1 | M 6 | | | 00:11:11 | 00:22:42 | 00:34:31 | 00:46:28 | 00:58:35 | 01:10:39.15 | 7:03 | 8.5 |
| 7 | SOBKOWSKI JANUSZ | 180 | SILESIA NORDIC TEAM | ŁODYG OWICE | POL | M60-69 | 1 | M 7 | | | 00:11:18 | 00:22:49 | 00:34:35 | 00:46:38 | 00:58:48 | 01:10:44.10 | 7:04 | 8.5 |
| 8 | KUBISZYN MAŁGORZATA | 167 | | LUBAC ZÓW | POL | K30-39 | 1 | K 1 | | | 00:11:18 | 00:22:57 | 00:34:47 | 00:46:44 | 00:58:55 | 01:11:20.35 | 7:08 | 8.4 |
| 9 | ZIĘBA KRZYSZTOF | 183 | | SZCZECIN | POL | M50-59 | 2 | M 8 | | | 00:11:25 | 00:23:10 | 00:35:16 | 00:47:36 | 00:59:43 | 01:12:02.20 | 7:12 | 8.3 |
| 10 | JONDERKO GRZEGORZ | 160 | WŁÓCZYKIJE SKOCZÓW | RYBNIK | POL | M40-49 | 4 | M 9 | | | 00:11:38 | 00:23:16 | 00:35:06 | 00:47:35 | 01:00:12 | 01:12:46.45 | 7:16 | 8.2 |
| 11 | CIŚLIK-KASZANY ANNA | 156 | BIESZCZADZKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL | K30-39 | 2 | K 2 | | | 00:11:17 | 00:22:53 | 00:34:47 | 00:46:55 | 00:59:26 | 01:13:06.65 | 7:18 | 8.2 |
| 12 | STYŚ ELŻBIETA | 186 | | WROCANKA KORCZYNA | POL | K40-49 | 1 | K 3 | | | 00:11:27 | 00:23:19 | 00:35:29 | 00:48:04 | 01:00:49 | 01:13:36.95 | 7:21 | 8.2 |
| 13 | LIS ROBERT | 169 | | KORCZYNA | POL | M50-59 | 3 | M 10 | | | 00:11:52 | 00:23:58 | 00:36:40 | 00:49:23 | 01:02:28 | 01:15:07.20 | 7:30 | 8 |
| 14 | MARCINKOWSKI WOJCIECH | 170 | UNIA MIAST | LUBLIN IEC | POL | M40-49 | 5 | M 11 | | | 00:11:46 | 00:24:20 | 00:37:10 | 00:50:13 | 01:02:58 | 01:15:08.25 | 7:30 | 8 |
| 15 | REJMAN DOROTA | 177 | UKS SIEDLESZCZANY NORDIC WALKING | TARNO BRZEG | POL | K30-39 | 3 | K 4 | | | 00:12:07 | 00:24:31 | 00:37:12 | 00:49:53 | 01:02:39 | 01:15:29.20 | 7:32 | 7.9 |
| 16 | GUZOWSKI MACIEJ | 158 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | M18-29 | 1 | M 12 | | | 00:11:30 | 00:23:46 | 00:36:37 | 00:49:37 | 01:02:51 | 01:15:54.80 | 7:35 | 7.9 |
| 17 | POKRYWKA BOŻENA | 175 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK | LEŻAJSK | POL | K40-49 | 2 | K 5 | | | 00:12:14 | 00:24:40 | 00:37:18 | 00:49:59 | 01:02:52 | 01:15:58.90 | 7:35 | 7.9 |
| 18 | KUPIBIDA BOGUSŁAWA | 184 | SILESIA NORDIC TEAM | KATO WICE | POL | K50-59 | 1 | K 6 | | | 00:12:32 | 00:25:08 | 00:37:54 | 00:50:57 | 01:04:00 | 01:17:21.85 | 7:44 | 7.8 |

POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sc owoś ć | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | 1.67km | 3.34km | 5km | 6.67km | 8.34km | Netto | min/km | km/h |
|------|--------------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 19 | REJ ANNA | 188 | | HAJNÓ WKA | POL | K30-39 | 4 | K 7 | | | 00:12:31 | 00:25:19 | 00:38:01 | 00:51:05 | 01:04:13 | 01:17:37.95 | 7:45 | 7.7 |
| 20 | MIERZWA MARIUSZ | 171 | | RZESZ ÓW | POL | M50-59 | 4 | M 13 | | | 00:11:24 | 00:23:52 | 00:36:37 | 00:49:41 | 01:03:15 | 01:18:02.80 | 7:48 | 7.7 |
| 21 | KUBALSKI DARIUSZ | 166 | OSIR STASZÓW | STASZ ÓW | POL | M40-49 | 6 | M 14 | | | 00:13:21 | 00:26:48 | 00:39:58 | 00:53:18 | 01:05:58 | 01:18:19.30 | 7:50 | 7.7 |
| 22 | SITKO MAŁGORZATA | 179 | KOLBUSZOWSKI KLUB NORDIC WALKING | KOLBU SZOW A | POL | K40-49 | 3 | K 8 | | | 00:12:21 | 00:25:06 | 00:38:19 | 00:51:46 | 01:05:38 | 01:18:47.90 | 7:52 | 7.6 |
| 23 | KOTULA JAKUB | 164 | | KATO WICE | POL | M30-39 | 3 | M 15 | | | 00:12:28 | 00:25:39 | 00:38:59 | 00:52:23 | 01:05:45 | 01:19:06.65 | 7:54 | 7.6 |
| 24 | KORCZAK MONIKA | 162 | OSIR STASZÓW | STASZ ÓW | POL | K40-49 | 4 | K 9 | | | 00:12:52 | 00:25:55 | 00:39:20 | 00:52:59 | 01:06:28 | 01:19:55.50 | 7:59 | 7.5 |
| 25 | BARAN MAREK | 151 | KLUBSPORTU.PL | RZESZ ÓW | POL | M40-49 | 7 | M 16 | | | 00:12:40 | 00:25:54 | 00:39:23 | 00:53:12 | 01:06:32 | 01:20:54.45 | 8:05 | 7.4 |
| 26 | POPIELSKA-NE MŚ DOROTA | 176 | OSIR STASZÓW | STASZ ÓW | POL | K40-49 | 5 | K 10 | | | 00:13:04 | 00:26:27 | 00:39:54 | 00:53:36 | 01:07:26 | 01:21:10.20 | 8:07 | 7.4 |
| 27 | POCALUŃ ADAM | 187 | | ZAGÓR Z | POL | M70+ | 1 | M 17 | | | 00:12:53 | 00:26:11 | 00:40:05 | 00:54:08 | 01:08:06 | 01:21:50.60 | 8:11 | 7.3 |
| 28 | SURDEJ BARBARA | 181 | RZESZOWSKA AKADEMIA SPORTU | RZESZ ÓW | POL | K50-59 | 2 | K 11 | | | 00:13:01 | 00:26:34 | 00:40:14 | 00:53:58 | 01:08:06 | 01:21:55.00 | 8:11 | 7.3 |
| 29 | KOSIŃSKA MARIA | 163 | MOSIR RYPIN | RYPIN | POL | K60-69 | 1 | K 12 | | | 00:13:04 | 00:26:38 | 00:40:20 | 00:54:23 | 01:08:23 | 01:22:26.90 | 8:14 | 7.3 |
| 30 | WORONKO-ZACZYŃSKA JANINA | 182 | KS METRACO POLKOWICE | LUBIEŃ | POL | K70+ | 1 | K 13 | | | 00:13:34 | 00:27:17 | 00:41:10 | 00:55:18 | 01:09:32 | 01:23:24.30 | 8:20 | 7.2 |
| 31 | SIMKO ZBIGNIEW | 178 | KLUB NW 'WŁÓCZYKIE' LEŻAJSK | LEŻAJSK | POL | M60-69 | 2 | M 18 | | | 00:12:44 | 00:25:59 | 00:40:10 | 00:54:55 | 01:09:20 | 01:23:28.80 | 8:20 | 7.2 |
| 32 | GERLE-KOTULA ANNA | 157 | | KATO WICE | POL | K30-39 | 5 | K 14 | | | 00:13:35 | 00:27:49 | 00:41:51 | 00:55:50 | 01:09:59 | 01:23:30.35 | 8:21 | 7.2 |
| 33 | OLEŚ-FERFECKA EDYTA | 174 | | RÓPCZYCE | POL | K18-29 | 1 | K 15 | | | 00:13:31 | 00:27:17 | 00:41:06 | 00:55:18 | 01:09:33 | 01:23:36.85 | 8:21 | 7.2 |
| 34 | KUŻMA ELŻBIETA | 168 | KLUB NW 'WŁÓCZYKIE' LEŻAJSK | LEŻAJSK | POL | K50-59 | 3 | K 16 | | | 00:13:10 | 00:26:50 | 00:40:45 | 00:55:01 | 01:09:21 | 01:23:41.50 | 8:22 | 7.2 |
| 35 | JAROSZ ANNA | 159 | KLUB NW 'WŁÓCZYKIE' LEŻAJSK | LEŻAJSK | POL | K60-69 | 2 | K 17 | | | 00:13:41 | 00:27:27 | 00:41:27 | 00:55:20 | 01:09:36 | 01:24:04.25 | 8:24 | 7.1 |
| 36 | CYBRUCH KAMILA | 189 | BIESZCZADZKI KLUB NORDIC WALKING | USTRZYKI DOLNE | POL | K50-59 | 4 | K 18 | | | 00:13:51 | 00:28:20 | 00:43:10 | 00:58:25 | 01:14:07 | 01:30:02.00 | 9:00 | 6.7 |
| 37 | BARAN EWA | 152 | RZESZOWSKA AKADEMIA SPORTU | RZESZ ÓW | POL | K40-49 | 6 | K 19 | | | 00:14:10 | 00:29:35 | 00:44:43 | 01:00:20 | 01:15:54 | 01:31:31.10 | 9:09 | 6.6 |
| 38 | BARAN LESZEK | 153 | RZESZOWSKA AKADEMIA SPORTU | RZESZ ÓW | POL | M50-59 | 5 | M 19 | | | 00:14:30 | 00:29:55 | 00:45:02 | 01:00:39 | 01:16:12 | 01:31:48.20 | 9:10 | 6.5 |
| 39 | JÓŹWIAK DOMINIK | 161 | WTW.WŁOCŁAWEK | WŁOCŁAWEK | POL | M18-29 | 2 | M 20 | | | 00:15:50 | 00:31:59 | 00:47:56 | 01:03:30 | 01:19:23 | 01:35:05.90 | 9:30 | 6.3 |
| 40 | KONIECZNA-ZUPLET IZABELA | 190 | | PRZEMYŚL | POL | K40-49 | 7 | K 20 | | | 00:15:04 | 00:31:10 | 00:47:12 | 01:03:27 | 01:19:56 | 01:36:03.60 | 9:36 | 6.2 |