

POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM

 Organizator: PFNW
 Data: 2017-03-11
 Miejsce: Polkowice
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-sc owoś	Kraj	Kat.	M. kat	K/M	Żół. kartki	Czer. kartki	3.75km	5km	6.25km	7.5km	8.75km	Netto	min/km	km/h
1	SKIBA KRZYSZTOF	178	KS METRACO POLKOWICE	POLKO WICE	POL	M50-59	1	M 1			00:22:13	00:29:57	00:37:34	00:45:16	00:53:07	01:00:55.00	6:05	9.8
2	DZIEDIEWICZ ANDRZEJ	176		GROD NO	BLR	M30-39	1	M 2			00:22:14	00:29:57	00:37:41	00:45:33	00:53:19	01:01:12.65	6:07	9.8
3	WOJTASIŃSKI DANIEL	171	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘST OCHO WA	POL	M30-39	2	M 3			00:24:29	00:32:58	00:41:29	00:49:55	00:58:16	01:06:32.55	6:39	9
4	CYRUS BOGDAN	144	SILESIA NORDIC TEAM	STRZE BIŃ	POL	M40-49	1	M 4			00:23:39	00:32:03	00:40:45	00:49:23	00:57:59	01:06:55.45	6:41	9
5	ZACZYŃSKA ANNA	174	KS METRACO POLKOWICE	LUBIN	POL	K30-39	1	K 1			00:25:11	00:33:37	00:42:05	00:50:34	00:59:03	01:07:12.90	6:43	8.9
6	NIEDBAŁ ADAM	179	SILESIA NORDIC TEAM	SIEWIE RZ	POL	M40-49	2	M 5			00:25:13	00:33:45	00:42:08	00:50:41	00:59:12	01:07:31.75	6:45	8.9
7	KOŁODZIEJ JOANNA	153	FABRIKANORDIKA	RUDA ŚLĄSK A	POL	K40-49	1	K 2			00:26:12	00:35:05	00:43:55	00:52:44	01:01:29	01:10:15.30	7:01	8.5
8	JĘDRASIAK RENATA	151	KS METRACO POLKOWICE	LUBIN	POL	K50-59	1	K 3			00:25:57	00:34:51	00:43:48	00:52:46	01:01:47	01:10:46.40	7:04	8.5
9	SKRYCKA KATARZYNA	164	KS METRACO POLKOWICE	LUBIN	POL	K30-39	2	K 4			00:27:15	00:36:12	00:45:07	00:54:04	01:02:56	01:11:55.05	7:11	8.3
10	SPYCHAŁA MARZENA	165	WESOŁY BORSUK TEAM	BIAŁA	POL	K40-49	2	K 5			00:26:18	00:35:22	00:44:32	00:53:44	01:03:08	01:12:38.75	7:15	8.3
11	KLEPACZEK DAWID	152	DALEKO JESZCZE ?!?	LUBIN	POL	M30-39	3	M 6			00:28:06	00:37:20	00:46:33	00:55:41	01:04:51	01:14:11.75	7:25	8.1
12	SIKORA BRONISŁAW	162	LKB AMATOR LESZNO	LESZN O	POL	M60-69	1	M 7			00:27:14	00:36:36	00:45:55	00:55:21	01:04:45	01:14:33.95	7:27	8
13	PASIŃSKA-SKO WRON SYLWIA	158	PRUSZYŃSKI NORDIC WALKING	SZCZO DRKO WICE	POL	K40-49	3	K 6			00:27:27	00:36:48	00:46:11	00:55:43	01:05:13	01:14:50.30	7:29	8
14	BIK STANISŁAW	142	KS METRACO POLKOWICE	KSIĘGI NICE	POL	M50-59	2	M 8			00:27:16	00:36:38	00:46:02	00:55:24	01:05:06	01:15:08.25	7:30	8
15	ROGOS HENRYK	160	ŚCINAWSKA GRUPA NORDIC WALKING	LUBIĄŻ	POL	M70+	1	M 9			00:27:22	00:36:41	00:46:11	00:55:49	01:05:42	01:15:48.50	7:34	7.9
16	STĘPIEŃ LUCYNA	180	KS METRACO POLKOWICE	POLKO WICE	POL	K60-69	1	K 7			00:27:47	00:37:15	00:46:51	00:56:35	01:06:18	01:15:52.65	7:35	7.9
17	DOLBAK JHAR	177		GROD NO	BLR	M40-49	3	M 10			00:27:17	00:36:51	00:46:29	00:56:13	01:06:08	01:15:58.60	7:35	7.9
18	WEGNER JACEK	170	RYBNICKI KLUB NORDIC WALKING	RYBNI K	POL	M40-49	4	M 11			00:28:45	00:38:29	00:48:16	00:57:57	01:07:13	01:16:28.50	7:38	7.8
19	ŚLUSARCZYK GRZEGORZ	166	WESOŁY BORSUK TEAM	PRUDN IK	POL	M40-49	5	M 12			00:28:12	00:37:48	00:47:31	00:57:23	01:07:17	01:17:14.15	7:43	7.8
20	KOWALCZYK-LACNOWSKA MARTA	172	NORDIKI	KAMIE NIEC WROC ŁAWSK I	POL	K30-39	3	K 8			00:29:30	00:39:31	00:49:34	00:59:20	01:09:12	01:19:05.30	7:54	7.6

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21	DOBROWOLSKA-SWIĄTEK ELŻBIETA	145	KB HARCOWNIK JELCZ-LASKOWICE	KAMIE NIEC WROCŁAWSKI	POL	K50-59	2	K 9			00:29:31	00:39:31	00:49:34	00:59:30	01:09:38	01:19:47.05	7:58	7.5
22	PIĄTKOWSKI JÓZEF	163		POLKOWICE	POL	M70+	2	M 13			00:29:27	00:39:32	00:49:34	00:59:44	01:09:55	01:19:56.40	7:59	7.5
23	HRYNDIO JERZY	149	FABRIKANORDIKA	KATOWICE	POL	M60-69	2	M 14			00:29:41	00:39:44	00:49:59	01:00:13	01:10:21	01:20:40.50	8:04	7.4
24	MORYS AGNIESZKA	156	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K30-39	4	K 10			00:29:33	00:39:36	00:49:50	01:00:09	01:10:32	01:20:55.85	8:05	7.4
25	CHARCZUK ZENON	143	WESOŁY BORSUK TEAM	OPOLE	POL	M60-69	3	M 15			00:29:58	00:40:14	00:50:31	01:00:53	01:11:16	01:21:30.25	8:09	7.4
26	BAJ DANUTA	141	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	K50-59	3	K 11			00:30:17	00:40:21	00:50:30	01:00:49	01:11:12	01:21:51.20	8:11	7.3
27	PUZICHOWSKA MAŁGORZATA	159	NORDIKI	JELCZ-LASKOWICE	POL	K50-59	4	K 12			00:30:17	00:40:32	00:50:48	01:01:10	01:11:38	01:22:14.50	8:13	7.3
28	ZAWADZKA MARIA	175	KS METRACO POLKOWICE	LUBIN	POL	K60-69	2	K 13			00:31:32	00:42:10	00:52:46	01:03:12	01:13:42	01:24:12.30	8:25	7.1
29	DZIUBAK JANUSZ	147	RYBNICKI KLUB NORDIC WALKING	RYBNIK	POL	M50-59	3	M 16			00:30:36	00:41:13	00:51:56	01:02:45	01:13:37	01:24:23.20	8:26	7.1
30	RZECHOWSKA EWA	161		ZIELO NA GÓRA	POL	K40-49	4	K 14			00:31:53	00:42:45	00:53:38	01:04:23	01:15:02	01:25:28.20	8:32	7
31	JANKOWSKA WIOLETTA	150	FABRIKANORDIKA	KATOWICE	POL	K50-59	5	K 15			00:31:14	00:41:51	00:52:36	01:03:33	01:14:32	01:27:47.00	8:46	6.8
32	MOSTOWSKA-NOWAK ELŻBIETA	157	STOWARZYSZENIE 'AZYMUT'	ŻAKOWO	POL	K50-59	6	K 16			00:33:24	00:44:30	00:55:27	01:06:41	01:17:47	01:28:43.55	8:52	6.8
33	MAJEWICZ BEATA	181		POLKOWICE	POL	K50-59	7	K 17			00:33:30	00:44:47	00:56:11	01:07:28	01:18:42	01:30:23.65	9:02	6.6
34	WALKÓW JOANNA	169	NORDIKI	JESZCZOWICE	POL	K18-29	1	K 18			00:33:29	00:44:53	00:56:17	01:07:30	01:19:02	01:30:37.05	9:03	6.6
35	DZIĘCIOŁ RYSZARD	146		BOLESŁAWIEC	POL	M70+	3	M 17			00:33:07	00:44:44	00:56:15	01:07:40	01:19:20	01:31:12.50	9:07	6.6
36	KRZYŚCIN RAFAŁ	154	SANTANDER CONSUMER BANK	WROCŁAW	POL	M40-49	6	M 18			00:32:56	00:44:33	00:56:17	01:08:01	01:20:17	01:32:11.65	9:13	6.5
37	TUREK JAN	168		WROCŁAW	POL	M60-69	4	M 19			00:34:12	00:45:47	00:57:17	01:09:02	01:20:55	01:33:03.70	9:18	6.4