

IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

Organiser: PFNW
 Date: 2017-04-08
 Place: Jastrowie
 Distance: 42.195 km
 Klasyfikacja wg czasów netto.



IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Żół. kartki	Czer. kartki	15.4km	20.76km	26.12km	31.48km	36.84km	Netto	min/km	km/h
1	MICHALEC MARCIN	232	KKB MOSIR KROSNO	KROSNO	POL	M18-29	1	M 1			01:40:40	02:15:18	02:48:58	03:23:19	03:58:54	04:34:23.55	6:30	9.2
2	DZIEDIEWICH ANDRZEJ	233		GRODNO	BLR	M30-39	1	M 2			01:40:37	02:15:17	02:49:55	03:27:26	04:06:12	04:44:57.15	6:45	8.9
3	NIEPOKÓJ RADOSŁAW	47	OSP WROCANKA	WROCANKA	POL	M18-29	2	M 3	2		01:42:44	02:18:36	02:54:57	03:32:14	04:10:15	04:48:34.45	6:50	8.8
4	DEPKA-PRĄDZYŃSKI OLGIERD	15	BIEGAMYRAZEM	GDYNIA	POL	M55-59	1	M 4			01:45:21	02:21:06	02:57:51	03:36:03	04:13:50	04:51:32.35	6:54	8.7
5	KORDOWSKI PIOTR	31	DYNAMIC	KRAKOW	POL	M40-49	1	M 5			01:40:41	02:17:00	02:54:45	03:34:26	04:15:31	04:56:23.95	7:01	8.5
6	MICHALSKI ANDRZEJ	43		SANOK	POL	M55-59	2	M 6			01:45:53	02:22:36	03:00:07	03:38:30	04:17:10	04:56:32.90	7:01	8.5
7	NIECHWIEJCZYK PIOTR	46	OPEL ACTIVE TEAM	ŚWIĘTOCHŁOWICE	POL	M40-49	2	M 7			01:45:53	02:22:35	03:00:08	03:38:33	04:17:26	04:56:36.55	7:01	8.5
8	CZŁONKOWSKI KRZYSZTOF	13	OLIMPIJCZYK SZCZEKOCINY	SZCZECINKO	POL	M40-49	3	M 8			01:47:40	02:25:49	03:05:44	03:44:50	04:24:13	05:02:00.80	7:09	8.4
9	NALEPKA JERZY	234	FACE NORDIC WALKING TEAM	SANOK	POL	M65+	1	M 9			01:52:02	02:30:48	03:09:47	03:49:35	04:29:28	05:09:47.40	7:20	8.2
10	PUSZKIEL LESZEK	58	GREEN TEAM	ZIELONA GÓRA	POL	M60-64	1	M 10			01:47:23	02:26:22	03:06:51	03:47:38	04:29:44	05:11:54.70	7:23	8.1
11	PIOTROWSKI MICHAŁ	55	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M30-39	2	M 11			01:50:10	02:28:35	03:08:04	03:49:45	04:31:24	05:13:17.40	7:25	8.1
12	BOGACKI SŁAWEK	4	ENERGA NW TEAM	BRZOZÓWKA KOŁO TORUNIA	POL	M40-49	4	M 12			01:48:35	02:27:51	03:07:49	03:48:46	04:31:48	05:14:22.90	7:26	8.1
13	WIŚNIEWSKI JACEK	87	UKS SIEDLESZCZANY	SANDOMIERZ	POL	M50-54	1	M 13			01:47:40	02:25:49	03:05:46	03:47:48	04:30:14	05:15:20.15	7:28	8
14	GAJEWSKI EUGENIUSZ	18	KS METRACO POLKOWICE	GORZÓW WIELKI	POL	M60-64	2	M 14			01:46:26	02:26:16	03:07:52	03:50:06	04:33:25	05:17:05.35	7:30	8
15	ŚWISŁOCKI BOGDAN	80	FACE NORDIC WALKING TEAM	MIKOSZEWO	POL	M55-59	3	M 15			01:50:05	02:29:11	03:09:48	03:52:21	04:35:16	05:17:50.00	7:31	8
16	MITURA-ZIELONKA PAWEŁ	44	KS METRACO POLKOWICE	RYBNIK	POL	M30-39	3	M 16			01:50:53	02:29:43	03:10:26	03:52:15	04:34:56	05:18:20.45	7:32	8
17	PASIKOWSKA MARIOLA	50	POSITIVE ENERGY	ŻARKI	POL	K30-39	1	K 1			01:53:03	02:33:41	03:14:44	03:56:40	04:39:33	05:22:22.60	7:38	7.9
18	SŁOMIAN LESZEK	67	UNIA MIAST	KATOCHOWICE	POL	M55-59	4	M 17			01:51:56	02:31:17	03:12:00	03:54:14	04:40:13	05:23:44.90	7:40	7.8

IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	15.4km	20.76km	26.12km	31.48km	36.84km	Netto	min/km	km/h
19	RADWAN PIOTR	231	KKB DYSTANS KRAKÓW	MINOG A	POL	M50-54	2	M 18	1		01:57:52	02:38:54	03:21:05	04:03:08	04:44:45	05:26:18.65	7:43	7.8
20	SZCZEBAK JACEK	76	UNIA MIAST	TARNÓ W	POL	M40-49	5	M 19			01:53:45	02:34:52	03:16:19	03:58:38	04:42:08	05:26:24.85	7:44	7.8
21	SPYCHAŁA MARZENA	68	WESOŁY BORSUK TEAM	BIAŁA	POL	K40-49	1	K 2			01:56:02	02:36:54	03:18:15	04:00:53	04:43:59	05:27:15.50	7:45	7.7
22	MAKOWSKI JAN	41	RYBNICKI KLUB NORDIC WALKING	RYBNIK	POL	M55-59	5	M 20			01:53:17	02:35:11	03:16:44	04:01:23	04:45:22	05:29:07.70	7:47	7.7
23	ŁUKASZEWICZ JOANNA	37	GREEN TEAM ZIELONA GÓRA	ZIEŁONA GÓRA	POL	K40-49	2	K 3			01:56:27	02:38:09	03:20:54	04:03:40	04:46:59	05:29:47.25	7:48	7.7
24	STOPA JOANNA	73	BŁĘKITNI DZIEMIANY	DZIEMIANY	POL	K18-29	1	K 4			01:59:55	02:41:49	03:23:59	04:05:52	04:47:53	05:30:43.80	7:50	7.7
25	FOLWARSKI ANDRZEJ	17	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M55-59	6	M 21			01:55:49	02:37:31	03:20:07	04:04:27	04:49:07	05:31:18.80	7:51	7.6
26	KACZMARCZYK -PIASECKA RENATA	27	CZARNE PANTERY	PIŁA	POL	K40-49	3	K 5			02:00:58	02:42:06	03:23:28	04:05:17	04:48:09	05:31:29.90	7:51	7.6
27	STĘPIEŃ LUCYNA	71	KS METRACO POLKOWICE	LUBIN	POL	K60-64	1	K 6			01:58:23	02:40:13	03:22:52	04:05:46	04:49:22	05:32:44.95	7:53	7.6
28	ZAGAJA JANUSZ	90	WESOŁY BORSUK TEAM	POKÓJ	POL	M60-64	3	M 22			01:53:10	02:33:40	03:16:07	03:59:59	04:46:08	05:33:02.70	7:53	7.6
29	KOŁODZIEJ JOANNA	30	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K40-49	4	K 7			01:58:17	02:40:02	03:22:10	04:05:48	04:50:04	05:33:50.85	7:54	7.6
30	WESOŁOWSKI WOJCIECH	85	NORDIC TEAM GNIEZNO	GNIEZNO	POL	M65+	2	M 23			01:57:28	02:38:59	03:23:02	04:08:27	04:52:07	05:34:42.05	7:55	7.6
31	BOCZAR BEATA	3	GREEN TEAM ZIELONA GÓRA	ZIEŁONA GÓRA	POL	K50-54	1	K 8			01:59:46	02:41:53	03:24:26	04:07:33	04:51:46	05:35:36.50	7:57	7.5
32	SKRYCKA KATARZYNA	66	KS METRACO POLKOWICE	LUBIN	POL	K30-39	2	K 9			01:56:09	02:37:27	03:20:41	04:03:39	04:49:23	05:36:14.50	7:58	7.5
33	DZIADEK REMIGIUSZ	16		ROKITY	POL	M50-54	3	M 24			01:54:23	02:36:08	03:19:55	04:06:37	04:53:55	05:37:47.15	8:00	7.5
34	REJMAN DOROTA	61	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY	TARNO BRZEG	POL	K30-39	3	K 10			01:58:49	02:41:24	03:24:55	04:09:31	04:54:55	05:38:55.25	8:01	7.5
35	WITKOWSKA MARIA	88	UNIA MIAST	KATOWICE	POL	K60-64	2	K 11			02:01:46	02:44:17	03:27:19	04:11:05	04:55:48	05:41:20.90	8:05	7.4
36	MORAWSKI BARTOSZ	93	KS IDMAR	KROŚNKO	POL	M30-39	4	M 25			01:54:34	02:35:16	03:19:21	04:06:06	04:53:53	05:41:52.65	8:06	7.4
37	WOLNIEWICZ KATARZYNA	89	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K40-49	5	K 12	1		02:01:02	02:43:20	03:27:09	04:11:47	04:57:02	05:43:00.35	8:07	7.4
38	STEFANICKI MAREK	69		ŚWINO UJŚCIE	POL	M55-59	7	M 26			01:57:01	02:38:54	03:23:01	04:08:32	04:56:23	05:44:27.95	8:09	7.4
39	TOMCZYK EDWARD	82	MARSZ PO ZDROWIE POZNAŃ	POZNAŃ	POL	M65+	3	M 27			01:57:39	02:39:30	03:25:52	04:12:19	05:01:03	05:45:52.15	8:11	7.3
40	KOWALSKI MAREK	34	UNIA MIAST	STRZEBIŃ	POL	M50-54	4	M 28			02:03:20	02:45:49	03:29:58	04:15:16	05:01:28	05:47:29.65	8:14	7.3
41	ŁOPATKIEWICZ BEATA	97		KROŚNO	POL	K50-54	2	K 13			02:01:33	02:45:00	03:30:30	04:15:47	05:01:27	05:47:56.60	8:14	7.3
42	BUCZKOWSKA WIESŁAWA	7	FOREST POLE WALKERS	GDYŃA	POL	K60-64	3	K 14			02:03:15	02:47:10	03:31:26	04:16:35	05:02:31	05:48:50.35	8:15	7.3

IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	15.4km	20.76km	26.12km	31.48km	36.84km	Netto	min/km	km/h
43	SZCZODROWSKI KRZYSZTOF	78	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M50-54	5	M 29			02:02:27	02:47:23	03:32:40	04:18:03	05:04:02	05:50:21.85	8:18	7.2
44	RESEMAN SYLWIA	62	FACE NORDIC WALKING TEAM	ŻUKO WO	POL	K40-49	6	K 15			02:05:43	02:49:19	03:34:12	04:19:06	05:05:34	05:51:38.75	8:19	7.2
45	SZCZEPAŃSKA ANNA	77	SUCHA GÓRA	BYTOM	POL	K40-49	7	K 16			02:06:49	02:50:50	03:35:35	04:21:02	05:06:52	05:51:59.40	8:20	7.2
46	PIERNICKA KRYSZYNA	54		CHWA SZCZYNO	POL	K55-59	1	K 17	1		02:02:36	02:47:13	03:31:49	04:18:37	05:05:51	05:53:55.35	8:23	7.2
47	KRYSZCZUK KRZYSZTOF	36	LUKI TEAM SIEDLCE	SIEDLCE	POL	M50-54	6	M 30			02:07:17	02:52:32	03:37:57	04:24:21	05:09:33	05:53:56.45	8:23	7.2
48	ANTCZAK-KRET KOWSKA MARIA	94		WRZEŚNIA	POL	K55-59	2	K 18			02:06:39	02:51:46	03:38:22	04:24:47	05:10:58	05:56:06.70	8:26	7.1
49	WEŻGOWIEC JACEK	86		JASTRZĘBIE ZDRÓJ	POL	M50-54	7	M 31			02:00:01	02:44:55	03:31:08	04:19:31	05:08:14	05:56:18.50	8:26	7.1
50	HINC IWONA	23	FACE NORDIC WALKING TEAM	ŻUKO WO-BO RKOWO	POL	K40-49	8	K 19	1		02:04:16	02:49:16	03:34:31	04:20:52	05:08:28	05:56:42.35	8:27	7.1
51	MARCINKOWSKI WOJCIECH	42	UNIA MIAST	LUBLIN IEC	POL	M40-49	6	M 32			02:07:22	02:53:07	03:40:26	04:27:59	05:14:04	05:57:50.15	8:28	7.1
52	KARASIEWICZ IRENA	91	FACE NORDIC WALKING TEAM	BRANI EWO	POL	K50-54	3	K 20			02:06:18	02:51:52	03:37:53	04:24:44	05:11:57	05:58:42.90	8:30	7.1
53	BORKOWSKI WITOLD	6	SAINT-GOBAIN SQUAD	POZNAŃ	POL	M40-49	7	M 33			02:05:01	02:49:18	03:36:21	04:23:32	05:12:49	06:01:17.20	8:33	7
54	SZYMAŃSKI JACEK	79		SKÓRKA	POL	M50-54	8	M 34			02:04:55	02:49:18	03:35:46	04:23:17	05:12:50	06:01:18.45	8:33	7
55	KOBIELA DARIA	28	'BŁĘKITNI' NW DZIEMIANY	BOROWIEC	POL	K18-29	2	K 21			02:06:06	02:50:26	03:35:37	04:23:49	05:14:06	06:01:30.35	8:34	7
56	PIĄTKOWSKI JÓZEF	53	KS METRACO POLKOWICE	POLKO WICE	POL	M65+	4	M 35			02:05:02	02:50:42	03:37:17	04:25:06	05:13:56	06:02:41.05	8:35	7
57	REJ ANNA	60		HAJNÓ WKA	POL	K30-39	4	K 22			02:13:08	02:58:16	03:43:53	04:29:00	05:15:33	06:02:53.60	8:35	7
58	STILLER KAROL	72	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	5	M 36			02:07:30	02:51:56	03:37:02	04:25:19	05:15:33	06:02:59.55	8:36	7
59	WACHOWIAK SYLWIA	83	DYNAMIC	PIŁA	POL	K40-49	9	K 23			02:07:41	02:53:42	03:40:49	04:30:04	05:18:27	06:04:03.70	8:37	7
60	ROSOLEK ELŻBIETA	63	GREEN TEAM ZIELONA GÓRA	ZIELO NA GÓRA	POL	K50-54	4	K 24			02:05:55	02:50:15	03:39:27	04:27:18	05:16:52	06:06:06.85	8:40	6.9
61	CZYCZ EMILIA	14	GREEN TEAM ZIELONA GÓRA	ZIELO NA GÓRA	POL	K65+	1	K 25			02:06:41	02:54:43	03:42:11	04:31:21	05:19:41	06:08:19.50	8:43	6.9
62	SULEJA JOANNA	75	SZWLA STARGARD	STARGARD	POL	K55-59	3	K 26			02:06:46	02:54:47	03:42:15	04:31:25	05:19:45	06:08:21.55	8:43	6.9
63	KOTULA JAKUB	32	UNIA MIAST	KATO WICE	POL	M30-39	6	M 37			02:07:09	02:52:53	03:39:47	04:29:53	05:20:18	06:08:32.25	8:44	6.9
64	BOROWSKI MARCIN	235	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	POZNAŃ	POL	M30-39	7	M 38	1		02:07:02	02:52:20	03:39:52	04:29:53	05:19:47	06:08:44.40	8:44	6.9

IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	15.4km	20.76km	26.12km	31.48km	36.84km	Netto	min/km	km/h
65	WALECKA KRYSZYNA	92	FACE NORDIC WALKING TEAM	BRANI EWO	POL	K60-64	4	K 27	1		02:07:50	02:54:50	03:42:53	04:31:31	05:21:06	06:13:23.20	8:50	6.8
66	GRYGIEL MONIKA	21	FACE NORDIC WALKING TEAM	GRUSZ CZYN	POL	K30-39	5	K 28			02:06:19	02:53:00	03:41:51	04:30:48	05:21:08	06:13:25.80	8:50	6.8
67	RACZYŃSKA ALEKSANDRA	59	STADION ŚLĄSKI	CHORZ ÓW	POL	K65+	2	K 29			02:08:38	02:56:30	03:44:50	04:35:21	05:24:30	06:13:52.85	8:51	6.8
68	JASOŃ GRAŻYNA	99		PIŁA	POL	K55-59	4	K 30			02:14:32	03:02:44	03:50:38	04:38:39	05:27:17	06:14:36.65	8:52	6.8
69	KRETKOWSKI WALDEMAR	95		WRZEŚ NIA	POL	M55-59	8	M 39	1		02:14:48	03:01:40	03:48:52	04:36:30	05:26:01	06:15:21.40	8:53	6.7
70	STRZELECKI SEBASTIAN	74	SAILING TEAM FERAJNA	PIŁA	POL	M40-49	8	M 40			02:12:47	03:00:23	03:47:58	04:38:01	05:29:52	06:19:57.50	9:00	6.7
71	NOWAK BARTŁOMIEJ	49	SAILING TEAM FERAJNA	PIŁA	POL	M40-49	9	M 41			02:12:47	03:00:31	03:50:45	04:41:56	05:32:38	06:20:22.20	9:00	6.7
72	GERLE-KOTULA ANNA	19	UNIA MIAST	KATO WICE	POL	K30-39	6	K 31			02:15:08	03:03:19	03:52:31	04:42:56	05:33:59	06:24:01.40	9:06	6.6
73	NOWAK MACIEJ	48	PILSCY MIŁOŚNICY NORDIC WALKING	PIŁA	POL	M40-49	10	M 42			02:18:21	03:06:57	03:56:08	04:44:35	05:34:29	06:24:06.90	9:06	6.6
74	MADAJCZAK JAROSŁAW	40		TRZCIA NKA	POL	M40-49	11	M 43			02:23:43	03:12:01	04:01:46	04:51:56	05:39:44	06:27:28.70	9:10	6.5
75	POSTEK DANUTA	98	MARSZ PO ZDROWIE	POZNA Ń	POL	K50-54	5	K 32			02:11:09	02:59:01	03:47:56	04:41:02	05:34:24	06:27:59.25	9:11	6.5
76	CHOLEWKA JOLANTA	10	MARSZ PO ZDROWIE POZNAŃ	POZNA Ń	POL	K60-64	5	K 33			02:14:04	03:03:11	03:53:18	04:45:04	05:37:26	06:31:04.10	9:16	6.5
77	CEGŁA ZBYSZKO	8	-	PIASEC ZNO	POL	M60-64	4	M 44			02:14:27	03:03:29	03:52:59	04:42:54	05:37:14	06:33:08.50	9:18	6.4
78	KOZŁOWSKA AGNIESZKA	35	DYNAMIC	POZNA Ń	POL	K40-49	10	K 34			02:15:53	03:05:01	03:56:30	04:48:46	05:41:43	06:34:07.35	9:20	6.4
79	HAJNUS WOJCIECH	22	DYNAMIC	WARS ZAWA	POL	M50-54	9	M 45			02:14:53	03:03:30	03:54:58	04:47:36	05:41:29	06:34:15.00	9:20	6.4
80	THOMALLA BOGDAN	81	SILESIA NORDIC TEAM	ZABRZ E	POL	M65+	5	M 46			02:17:45	03:05:28	03:59:54	04:51:08	05:48:16	06:36:50.50	9:24	6.4
81	SERAFIN ANNA	65	FACE NORDIC WALKING TEAM/UKS SIEDLESZCZANY NORDIC WALKING	WRZA WY	POL	K30-39	7	K 35			02:17:40	03:05:57	03:57:20	04:50:06	05:46:07	06:44:24.10	9:34	6.3
82	KOLEBUK KAZIMIERZ	29	TRZCIANKA.BIEGA	TRZCIA NKA	POL	M65+	6	M 47			02:18:53	03:09:26	04:01:49	04:57:27	05:53:02	06:48:04.25	9:40	6.2
83	JASIŃSKA MAŁGORZATA	25	FAMILY PARK	BYDGO SZCZ	POL	K50-54	6	K 36			02:13:12	03:01:24	03:53:29	04:48:28	05:50:15	06:49:47.70	9:42	6.2
84	PERLIK WIESŁAW	52	GOSIR OSIELSKO	ZIELO NKA	POL	M60-64	5	M 48			02:08:39	02:57:37	03:52:52	04:47:59	05:51:39	06:51:11.85	9:44	6.2
85	BONZEL DOROTA	5	KLUB SZALONEJ DOROTKI	PIŁA	POL	K30-39	8	K 37			02:22:08	03:13:12	04:06:13	05:01:47	05:58:36	06:56:31.50	9:52	6.1
86	CERANOWSKA AGA	9	PSEUDOBIEGACZKI	ZŁOTÓ W	POL	K40-49	11	K 38	1		02:26:02	03:18:56	04:14:15	05:11:36	06:07:02	07:01:43.30	9:59	6
87	BŁASZCZYK KATARZYNA	96	KIJANKI POZNAŃ	POZNA Ń	POL	K40-49	12	K 39			02:25:31	03:18:56	04:14:16	05:11:36	06:07:09	07:02:39.75	10:00	6
88	MAĆKOWIAK ALEKSANDRA	39	FACE NORDIC WALKING TEAM	DŁUGA GOŚLI NA	POL	K30-39	9	K 40			02:24:59	03:17:50	04:09:24	05:04:33	06:05:53	07:03:03.95	10:01	6

IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	Żół. kartki	Czer. kartki	15.4km	20.76km	26.12km	31.48km	36.84km	Netto	min/km	km/h
89	MAĆKOWIAK KRYSTYNA	38	FACE NORDIC WALKING TEAM	DŁUGA GOŚLI NA	POL	K60-64	6	K 41			02:21:13	03:14:10	04:10:24	05:07:59	06:08:09	07:07:46.70	10:08	5.9
	BANASZKIEWIC Z KATARZYNA	2	PILSCY MIŁOŚNICY NW	KACZO RY	POL	K40-49					01:59:31 DNF	02:43:07 DNF	DNF	DNF	DNF	DNF	-	-