

**POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM**

 Organizator: PFNW  
 Data: 2017-06-04  
 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 | 1.66km   | 3.3km    | 5km      | 6.66km   | 8.3km    | Netto       | min/km | km/h |
|------|--------------------------|-----|----------------------------------|-----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 1    | SIWAK PIOTR              | 193 | KS METRACO POLKOWICE             | RUDNA           | POL  | M50-59 | 1      | M 1  |             |              | 00:11:03 | 00:22:16 | 00:33:29 | 00:45:00 | 00:56:31 | 01:07:48.85 | 6:46   | 8.8  |
| 2    | NIECHWIEJCZYK PIOTR      | 172 | UNIA MIAST                       | ŚWIĘT OCHŁOWICE | POL  | M40-49 | 1      | M 2  |             |              | 00:10:59 | 00:22:13 | 00:33:31 | 00:44:58 | 00:56:30 | 01:07:49.55 | 6:46   | 8.8  |
| 3    | BIŁEK ARTUR              | 151 | UNIA MIAST                       | LUBLIN IEC      | POL  | M30-39 | 1      | M 3  |             |              | 00:11:08 | 00:22:38 | 00:34:11 | 00:45:55 | 00:57:22 | 01:08:23.40 | 6:50   | 8.8  |
| 4    | WOJTASIŃSKI DANIEL       | 188 | VIKING NORDIC TEAM CZĘSTOCHOWA   | CZĘSTOCHOWA     | POL  | M30-39 | 2      | M 4  |             |              | 00:11:12 | 00:22:41 | 00:34:21 | 00:45:55 | 00:57:21 | 01:08:59.10 | 6:53   | 8.7  |
| 5    | GRZĄDZIEL KAZIMIERZ      | 159 | ZKN 'SOKÓL' ZAGÓRZ               | PORAŻ           | POL  | M50-59 | 2      | M 5  |             |              | 00:11:03 | 00:22:45 | 00:34:52 | 00:46:59 | 00:59:18 | 01:11:37.50 | 7:09   | 8.4  |
| 6    | GRZYBAŁA PIOTR           | 160 |                                  | ODRZYKOŃ        | POL  | M40-49 | 2      | M 6  |             |              | 00:11:09 | 00:22:54 | 00:34:57 | 00:47:03 | 00:59:25 | 01:11:55.75 | 7:11   | 8.3  |
| 7    | DOŁŻYCKI JAROSŁAW        | 157 |                                  | KOMAŃCZA        | POL  | M30-39 | 3      | M 7  |             |              | 00:11:07 | 00:22:47 | 00:34:56 | 00:47:24 | 01:00:09 | 01:12:51.90 | 7:17   | 8.2  |
| 8    | NALEPKA JERZY            | 170 | PITBULL WALKING SANOK            | SANOK           | POL  | M60-69 | 1      | M 8  |             |              | 00:11:52 | 00:23:51 | 00:35:57 | 00:48:18 | 01:00:44 | 01:13:08.05 | 7:18   | 8.2  |
| 9    | KOWALSKI MAREK           | 166 | UNIA MIAST                       | STRZEBIŃ        | POL  | M50-59 | 3      | M 9  |             |              | 00:12:01 | 00:24:24 | 00:37:03 | 00:49:47 | 01:02:37 | 01:15:20.70 | 7:32   | 8    |
| 10   | JĘDRASIAK RENATA         | 163 | KS METRACO POLKOWICE             | LUBIN           | POL  | K50-59 | 1      | K 1  |             |              | 00:12:05 | 00:24:21 | 00:36:50 | 00:49:44 | 01:02:38 | 01:15:20.90 | 7:32   | 8    |
| 11   | SPYCHAŁA MARZENA         | 181 | WESOŁY BORSUK TEAM               | BIAŁA           | POL  | K40-49 | 1      | K 2  |             |              | 00:12:20 | 00:24:47 | 00:37:28 | 00:50:23 | 01:03:30 | 01:16:16.65 | 7:37   | 7.9  |
| 12   | ŚLUSARCZYK MARCIN        | 192 | WESOŁY BORSUK TEAM               | PRUDNIK         |      | M30-39 | 4      | M 10 |             |              | 00:12:11 | 00:25:19 | 00:38:41 | 00:51:36 | 01:04:23 | 01:16:29.30 | 7:38   | 7.8  |
| 13   | NETKOWSKI WOJCIECH       | 171 | PASJA NORDIC WALKING             | WARSZAWA        | POL  | M50-59 | 4      | M 11 |             |              | 00:12:15 | 00:24:55 | 00:37:58 | 00:51:02 | 01:04:08 | 01:16:59.95 | 7:42   | 7.8  |
| 14   | STĘPIEŃ LUCYNA           | 182 | KS METRACO POLKOWICE             | LUBIN           | POL  | K60-69 | 1      | K 3  |             |              | 00:12:48 | 00:25:29 | 00:38:19 | 00:51:40 | 01:04:41 | 01:17:31.85 | 7:45   | 7.7  |
| 15   | WRÓŃSKI WŁODZIMIERZ      | 190 | PASJA NORDIC WALKING             | WARSZAWA        | POL  | M60-69 | 2      | M 12 |             |              | 00:12:24 | 00:25:07 | 00:38:04 | 00:51:12 | 01:04:25 | 01:17:44.00 | 7:46   | 7.7  |
| 16   | SZCZĘBAK JACEK           | 183 | UNIA MIAST                       | TARNÓW          | POL  | M40-49 | 3      | M 13 |             |              | 00:12:16 | 00:25:09 | 00:38:06 | 00:51:09 | 01:04:23 | 01:17:46.75 | 7:46   | 7.7  |
| 17   | BUŁAKOWSKI BOHDAN        | 154 | PASJA NORDIC WALKING             | WARSZAWA        | POL  | M60-69 | 3      | M 14 |             |              | 00:13:15 | 00:26:15 | 00:39:12 | 00:52:09 | 01:05:11 | 01:18:03.05 | 7:48   | 7.7  |
| 18   | BODNAR ADRIAN            | 152 |                                  | SANOK           | POL  | M18-29 | 1      | M 15 |             |              | 00:12:34 | 00:25:25 | 00:38:28 | 00:51:49 | 01:05:14 | 01:18:38.80 | 7:51   | 7.6  |
| 19   | KOSICKI DARIUSZ          | 165 |                                  | ROKIETNICA      | POL  | M50-59 | 5      | M 16 |             |              | 00:13:35 | 00:26:41 | 00:39:51 | 00:53:12 | 01:06:14 | 01:19:14.20 | 7:55   | 7.6  |
| 20   | PASIŃSKA-SKO WRON SYLWIA | 176 | PRUSZYŃSKI NORDIC WALKING        | SZCZODRKO WICE  | POL  | K40-49 | 2      | K 4  |             |              | 00:12:57 | 00:26:09 | 00:39:23 | 00:52:46 | 01:06:17 | 01:20:01.95 | 8:00   | 7.5  |
| 21   | KOŃCZEWSKA BOŻENA        | 191 | BIESZCZADZKI KLUN NORDIC WALKING | USTRZYKI DOLNE  | POL  | K50-59 | 2      | K 5  |             |              | 00:12:21 | 00:25:09 | 00:38:43 | 00:52:40 | 01:06:51 | 01:20:40.60 | 8:04   | 7.4  |

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

| M-ce | Nazwisko i imię          | Nr  | Klub                             | M-sc owość | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.66km   | 3.3km    | 5km      | 6.66km   | 8.3km    | Netto       | min/km | km/h |
|------|--------------------------|-----|----------------------------------|------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|----------|-------------|--------|------|
| 22   | SKRYCKA KATARZYNA        | 179 | KS METRACO POLKOWICE             | LUBIN      | POL  | K30-39 | 1      | K 6  |             |              | 00:13:04 | 00:26:15 | 00:39:39 | 00:53:43 | 01:07:20 | 01:21:09.20 | 8:07   | 7.4  |
| 23   | PIĄTKOWSKI JÓZEF         | 177 | KS METRACO POLKOWICE             | POLKO WICE | POL  | M70+   | 1      | M 17 |             |              | 00:13:12 | 00:26:44 | 00:40:22 | 00:54:19 | 01:07:59 | 01:22:13.70 | 8:13   | 7.3  |
| 24   | MOCZARSKI MIROŚLAW       | 169 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK     | LEŻAJSK    | POL  | M50-59 | 6      | M 18 |             |              | 00:13:02 | 00:26:54 | 00:41:03 | 00:55:24 | 01:09:21 | 01:23:29.20 | 8:20   | 7.2  |
| 25   | MARONDEL KATARZYNA       | 168 | SILESIA NORDIC TEAM              | BYTOM      | POL  | K30-39 | 2      | K 7  |             |              | 00:13:14 | 00:26:51 | 00:40:43 | 00:54:56 | 01:09:20 | 01:23:47.85 | 8:22   | 7.2  |
| 26   | SOBAŃSKA GRAŻYNA         | 180 |                                  | DRUŻBICE   | POL  | K60-69 | 2      | K 8  |             |              | 00:13:44 | 00:27:43 | 00:41:46 | 00:55:50 | 01:10:05 | 01:24:32.30 | 8:27   | 7.1  |
| 27   | TROJAN ELŻBIETA          | 185 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK     | LEŻAJSK    | POL  | K30-39 | 3      | K 9  |             |              | 00:13:51 | 00:27:56 | 00:42:17 | 00:56:55 | 01:11:27 | 01:25:55.05 | 8:35   | 7    |
| 28   | WIŚNIEWSKI KAZIMIERZ     | 187 | PASJA NORDIC WALKING             | WARSZAWA   | POL  | M60-69 | 4      | M 19 |             |              | 00:14:01 | 00:28:14 | 00:42:22 | 00:56:43 | 01:11:17 | 01:25:56.60 | 8:35   | 7    |
| 29   | WORONKO-ZACZYŃSKA JANINA | 189 | KS METRACO POLKOWICE             | LUBIN      | POL  | K70+   | 1      | K 10 |             |              | 00:14:00 | 00:28:01 | 00:42:12 | 00:56:51 | 01:11:43 | 01:26:48.65 | 8:40   | 6.9  |
| 30   | THOMALLA BOGDAN          | 184 | SILESIA NORDIC TEAM              | ZABRZE     | POL  | M70+   | 2      | M 20 |             |              | 00:13:47 | 00:27:51 | 00:42:18 | 00:57:08 | 01:12:18 | 01:27:21.30 | 8:44   | 6.9  |
| 31   | KUŹMA ELŻBIETA           | 167 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK     | LEŻAJSK    | POL  | K50-59 | 3      | K 11 |             |              | 00:13:54 | 00:28:06 | 00:42:29 | 00:57:19 | 01:12:15 | 01:27:24.90 | 8:44   | 6.9  |
| 32   | OLEŚ-FERFECKA EDYTA      | 174 |                                  | ROPCZYCE   | POL  | K18-29 | 1      | K 12 |             |              | 00:13:57 | 00:28:40 | 00:43:28 | 00:58:34 | 01:13:45 | 01:29:15.45 | 8:55   | 6.7  |
| 33   | DZIUBAK JANUSZ           | 158 | RYBNICKI KLUB NORDIC WALKING     | RYBNICK    | POL  | M50-59 | 7      | M 21 |             |              | 00:14:11 | 00:29:15 | 00:44:42 | 01:00:00 | 01:15:33 | 01:30:55.45 | 9:05   | 6.6  |
| 34   | GRYGORIEWA LIUDMILA      | 194 | DĄBROWA GÓRNICZA NORDNIC WALKING |            | UKR  | K60-69 | 3      | K 13 |             |              | 00:13:52 | 00:28:56 | 00:44:05 | 00:59:37 | 01:15:13 | 01:30:59.30 | 9:06   | 6.6  |
| 35   | JAROSZ ANNA              | 162 | KLUB NW 'WŁÓCZYKIJE' LEŻAJSK     | LEŻAJSK    | POL  | K60-69 | 4      | K 14 |             |              | 00:14:42 | 00:29:40 | 00:44:53 | 01:00:19 | 01:15:47 | 01:31:44.20 | 9:10   | 6.5  |
| 36   | OMARSKA GRAŻYNA          | 175 | PASJA NORDIC WALKING             | WARSZAWA   | POL  | K50-59 | 4      | K 15 |             |              | 00:15:15 | 00:30:27 | 00:45:56 | 01:01:30 | 01:16:58 | 01:32:17.60 | 9:13   | 6.5  |
| 37   | HERBUT ELŻBIETA          | 161 |                                  | PRZEMYŚL   | POL  | K40-49 | 3      | K 16 |             |              | 00:15:15 | 00:30:44 | 00:46:41 | 01:02:42 | 01:18:31 | 01:34:02.35 | 9:24   | 6.4  |
| 38   | KLUCZNIK ELŻBIETA        | 164 |                                  | SANOK      | POL  | K40-49 | 4      | K 17 |             |              | 00:15:22 | 00:30:58 | 00:46:56 | 01:03:06 | 01:19:32 | 01:35:54.95 | 9:35   | 6.3  |
| 39   | CHRAPEK URSZULA          | 155 | KS RUDZICA                       | RUDZICA    | POL  | K18-29 | 2      | K 18 |             |              | 00:16:07 | 00:32:24 | 00:48:56 | 01:05:17 | 01:22:09 | 01:39:08.20 | 9:54   | 6.1  |
| 40   | GUZOWSKI MACIEJ          | 195 | KLUB NW 'WŁÓCZYKIJE'             | LEŻAJSK    | POL  | M30-39 | 5      | M 22 |             |              | 00:15:49 | 00:32:58 | 00:50:15 | 01:08:46 | 01:27:42 | 01:45:30.05 | 10:33  | 5.7  |