

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

 Organizator: PFNW  
 Data: 2017-06-24  
 Miejsce: Elbląg  
 Dystans: 21.1 km  
 Klasyfikacja wg czasów netto.

**ELBLĄG - PUCHAR POLSKI NORDIC WALKING - 21.1 KM, 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	DZIEDZIEWICZ ANDRZEJ	499		GRODNO	BLR	M30-39	1	M 1			00:02:57	00:06:06	00:37:23	01:08:54	01:39:54	02:11:26.50	6:13	9.6
2	DEPKA PRADZYŃSKI OLGIERD	450	BIEGAMYRAZEM	GDYŃA	POL	M50-59	1	M 2			00:03:33	00:07:07	00:39:48	01:13:01	01:46:27	02:20:38.60	6:39	9
3	KUŚMIEREK PATRYK	464	BŁĘKITNI DZIEMIANY	DZIEMIANY	POL	M18-29	1	M 3			00:03:32	00:07:09	00:40:27	01:13:43	01:47:58	02:23:23.65	6:47	8.8
4	PIOTROWSKI MICHAŁ	472	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M30-39	2	M 4			00:03:31	00:07:09	00:40:26	01:14:00	01:49:14	02:24:55.30	6:52	8.7
5	PIETRZYK JAROSŁAW	471	VIKING NORDIC TEAM	CZĘSTOCHOWA	POL	M30-39	3	M 5			00:03:29	00:07:07	00:40:43	01:15:05	01:50:19	02:26:14.95	6:55	8.7
6	NALEPKA JERZY	500	FACE NORDIC WALKING TEAM	SANOK	POL	M60+	1	M 6			00:03:35	00:07:15	00:42:08	01:17:03	01:51:38	02:26:44.15	6:57	8.6
7	STĘPIEWSKI PAWEŁ	488	VIKING NORDIC TEAM	CZĘSTOCHOWA	POL	M18-29	2	M 7			00:03:30	00:07:06	00:40:49	01:15:07	01:50:21	02:27:46.10	7:00	8.6
8	ZAGAJA JANUSZ	497	WESOŁY BORSUK TEAM	POKÓJ	POL	M60+	2	M 8			00:03:30	00:07:09	00:42:09	01:17:04	01:51:39	02:28:07.25	7:01	8.5
9	BOGACKI SŁAWEK	445	ENERGA NW TEAM	BRZOZÓWKA KOŁO TORUNIA	POL	M40-49	1	M 9			00:03:30	00:07:07	00:41:11	01:16:06	01:51:12	02:30:25.70	7:07	8.4
10	NACZK LEONARD	466	DYNAMIC	ŁĘBORSK	POL	M40-49	2	M 10			00:03:32	00:07:09	00:41:12	01:15:52	01:52:20	02:31:31.80	7:10	8.4
11	BIK STANISŁAW	443	KS METRACO POLKOWICE	KSIĘGINICE	POL	M50-59	2	M 11			00:03:39	00:07:23	00:42:47	01:18:25	01:54:45	02:31:56.00	7:12	8.3
12	LESIŃSKI GRZEGORZ	335	KS METRACO POLKOWICE	OLSZANIN	POL	M50-59	3	M 12			00:03:31	00:07:10	00:42:10	01:17:43	01:54:22	02:32:23.55	7:13	8.3
13	MAKOWSKI JAN	438	RYBNICKI KLUB NORDIC WALKING	RYBNICK	POL	M50-59	4	M 13			00:03:41	00:07:27	00:43:35	01:20:12	01:57:52	02:34:44.85	7:20	8.2
14	PASIKOWSKA MARIOLA	470	VIKING NORDIC TEAM	ŻARKI	POL	K30-39	1	K 1			00:03:35	00:07:22	00:43:35	01:20:04	01:57:17	02:35:04.55	7:20	8.2
15	DREWA MARIAN	452		GOŚCINÓ	POL	M60+	3	M 14			00:03:47	00:07:35	00:43:15	01:19:48	01:57:19	02:35:29.30	7:22	8.1
16	NIEDŹWIECKA KATARZYNA	467	FACE NORDIC WALKING TEAM	BRANIEWO	POL	K40-49	1	K 2	1		00:04:07	00:08:15	00:45:30	01:22:30	01:59:56	02:37:01.75	7:26	8.1
17	SMARSZCZ WIESŁAW	484	CHODZEJKIAMI-DWA KIJE ŁĘBORK	ŁĘBORK	POL	M50-59	5	M 15			00:03:45	00:07:38	00:43:46	01:20:37	01:58:52	02:38:38.25	7:31	8
18	STOPA JOANNA	489	BŁĘKITNI DZIEMIANY	DZIEMIANY	POL	K18-29	1	K 3			00:04:01	00:08:11	00:46:41	01:24:14	02:01:37	02:39:10.55	7:32	8

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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
19	STĘPIEŃ LUCYNA	487	KS METRACO POLKOWICE	LUBIN	POL	K60+	1	K 4			00:03:57	00:07:55	00:45:25	01:23:27	02:01:37	02:39:16.60	7:32	7.9
20	SZULC ALICJA	492	NW WERWA MŁAWA	MŁAWA	POL	K40-49	2	K 5			00:03:54	00:07:51	00:44:52	01:22:35	02:01:25	02:39:30.95	7:33	7.9
21	KOWALCZUK ROBERT	462	ELITE TEAM	GDAŃSK	POL	M50-59	6	M 16			00:03:53	00:07:52	00:44:02	01:20:47	02:00:05	02:39:40.95	7:34	7.9
22	OLSCHIMKE-MA RMUROWICZ BARBARA	468	UNIA MIAST	KATOWICE	POL	K40-49	3	K 6			00:03:59	00:07:56	00:45:40	01:23:48	02:02:07	02:40:30.00	7:36	7.9
23	BOCZAR BEATA	444	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K50-59	1	K 7			00:04:04	00:08:08	00:46:00	01:23:39	02:01:56	02:40:40.30	7:36	7.9
24	SZCZEBAK JACEK	490	UNIA MIAST	TARNÓW	POL	M40-49	3	M 17			00:03:48	00:07:50	00:45:21	01:23:08	02:01:46	02:40:53.60	7:37	7.9
25	WESOŁOWSKI WOJCIECH	493	NORDIC TEAM GNIEZNO	GNIEZNO	POL	M60+	4	M 18			00:03:51	00:07:51	00:45:08	01:23:18	02:02:07	02:41:02.00	7:37	7.9
26	KOWALCZYK MARIUSZ	463	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	M50-59	7	M 19			00:03:56	00:08:00	00:46:05	01:24:06	02:03:21	02:43:51.30	7:45	7.7
27	BADOCHA-DUDA MAŁGORZATA	441	ELITE TEAM	GDAŃSK	POL	K40-49	4	K 8			00:03:52	00:07:51	00:44:58	01:23:14	02:03:01	02:43:58.00	7:46	7.7
28	WOLNIEWICZ KATARZYNA	496	FABRIKANORDIKA	RUDA ŚLĄSKA	POL	K40-49	5	K 9			00:03:58	00:07:56	00:46:10	01:24:49	02:04:02	02:44:09.40	7:46	7.7
29	KARASIEWICZ IRENA	459	FACE NORDIC WALKING TEAM	BRANISZEW	POL	K50-59	2	K 10			00:04:06	00:08:14	00:46:28	01:25:35	02:04:59	02:44:33.60	7:47	7.7
30	BANASZKIEWICZ KATARZYNA	442	PILSCYMIŁOŚNICZY NW	KACZORY	POL	K40-49	6	K 11			00:03:54	00:07:51	00:45:50	01:24:27	02:04:43	02:45:18.70	7:50	7.7
31	POGORZELSKA WIESŁAWA	473	WESOŁY BORSUK TEAM	GORZYCE	POL	K30-39	2	K 12			00:03:45	00:07:46	00:45:59	01:24:31	02:05:14	02:45:20.20	7:50	7.7
32	ROSADA JOLANTA	478		BIAŁOGARD	POL	K40-49	7	K 13			00:04:12	00:08:23	00:46:35	01:25:35	02:05:24	02:45:44.80	7:51	7.6
33	KOBIELA DARIA	460	BŁĘKITNI DZIEMIANY	BOROWIEC	POL	K18-29	2	K 14			00:04:07	00:08:22	00:48:03	01:28:05	02:08:09	02:47:58.90	7:57	7.5
34	BUCZKOWSKA WIESŁAWA	446	PENDOLINO	GDYŃA	POL	K60+	2	K 15			00:04:09	00:08:16	00:47:09	01:26:57	02:07:53	02:49:10.10	8:01	7.5
35	REJ ANNA	477		HAJNÓWKA	POL	K30-39	3	K 16			00:04:04	00:08:18	00:47:38	01:27:31	02:08:10	02:49:11.50	8:01	7.5
36	OZIEMKIEWICZ MAREK	469	SALWATOR ELBLĄG	ELBLĄG	POL	M40-49	4	M 20	1		00:04:00	00:08:20	00:48:03	01:27:34	02:08:28	02:49:53.80	8:03	7.5
37	RESEMAN SYLWIA	495	FACE NORDIC WALKING TEAM	ŻUKOWO	POL	K40-49	8	K 17			00:04:06	00:08:19	00:48:32	01:28:42	02:09:58	02:51:23.00	8:07	7.4
38	GÓRSKA WERONIKA	456	GOSIR OSIELSKO	OSIELSKO	POL	K18-29	3	K 18			00:04:10	00:08:24	00:48:28	01:28:52	02:09:57	02:51:29.35	8:07	7.4
39	ROSOLEK ELŻBIETA	479	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K50-59	3	K 19			00:04:16	00:08:37	00:48:57	01:29:09	02:09:59	02:51:31.80	8:07	7.4
40	DEMCZUK ANDRZEJ	449		ELBLĄG	POL	M30-39	4	M 21			00:04:13	00:08:34	00:48:18	01:28:59	02:10:22	02:51:52.55	8:08	7.4
41	WIŚNIEWSKI ROMAN	494		TWARCZKA	POL	M60+	5	M 22			00:04:22	00:08:43	00:49:16	01:30:04	02:11:44	02:53:28.70	8:13	7.3
42	CZYCZ EMILIA	448	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K60+	3	K 20			00:04:07	00:08:16	00:47:00	01:26:48	02:08:56	02:53:38.70	8:13	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
43	SZCZODROWSKI KRZYSZTOF	491	FACE NORDIC WALKING TEAM	GDAŃSK	POL	M50-59	8	M 23			00:03:56	00:08:04	00:47:18	01:28:13	02:10:14	02:54:07.35	8:15	7.3
44	MARCINKOWSKI WOJTEK	465	UNIA MIAST	LUBLINIEC	POL	M40-49	5	M 24			00:04:17	00:08:44	00:51:09	01:33:52	02:15:42	02:56:11.85	8:21	7.2
45	KOTULA JAKUB	461	UNIA MIAST	KATOWICE	POL	M30-39	5	M 25			00:04:07	00:08:23	00:49:32	01:30:50	02:13:04	02:56:13.70	8:21	7.2
46	HENRYK JERZY	457		ELBLĄG	POL	M60+	6	M 26			00:04:22	00:08:37	00:48:03	01:28:21	02:11:12	02:56:39.70	8:22	7.2
47	ŻUCHOWICZ ELŻBIETA	440	DĄBROWA NORDIC TEAM	DĄBROWA GÓRNICZA	POL	K50-59	4	K 21			00:04:03	00:08:13	00:47:17	01:28:37	02:10:08	02:58:09.95	8:26	7.1
48	GERLE-KOTULA ANNA	455	UNIA MIAST	KATOWICE	POL	K30-39	4	K 22			00:04:17	00:08:54	00:51:51	01:34:23	02:16:00	02:58:18.60	8:27	7.1
49	POSTEK DANUTA	474	MARSZ PO ZDROWIE	POZNAŃ	POL	K50-59	5	K 23			00:04:16	00:08:45	00:50:46	01:33:01	02:15:22	02:59:30.35	8:30	7.1
50	SORN ŁUKASZ	439	FACE NORDIC WALKING TEAM	GDYŃA	POL	M30-39	6	M 27			00:04:07	00:08:18	00:47:05	01:26:42	02:18:27	02:59:32.95	8:30	7.1
51	DORSZEWSKA BOŻENA	451		BYDGOSZCZ	POL	K50-59	6	K 24			00:04:15	00:08:48	00:51:37	01:34:04	02:16:46	02:59:54.05	8:31	7
52	ZAWADZKA MARIA	498	KS METRACO POLKOWICE	LUBIN	POL	K60+	4	K 25			00:04:29	00:09:11	00:53:14	01:36:57	02:19:37	03:03:38.55	8:42	6.9
53	ROZMUS JOLANTA	480	FACE NORDIC WALKING TEAM	GDYŃA	POL	K60+	5	K 26			00:04:32	00:09:06	00:52:28	01:36:48	02:22:20	03:08:38.45	8:56	6.7
54	RZECHOWSKA EWA	482		ZIEŁONA GÓRA	POL	K40-49	9	K 27			00:04:29	00:09:01	00:52:05	01:36:27	02:21:32	03:08:44.70	8:56	6.7
55	PROKOP MARIUSZ	475	STOKROTKI	ELBLĄG	POL	M40-49	6	M 28			00:04:34	00:09:09	00:52:17	01:37:12	02:22:11	03:09:29.80	8:58	6.7
56	DUDA ALEKSANDRA	453		GDAŃSK	POL	K18-29	4	K 28			00:04:01	00:08:15	00:48:42	01:32:08	02:20:36	03:15:29.65	9:15	6.5
57	RZATKOWSKA JOANNA	481		SZTUM	POL	K40-49	10	K 29			00:04:39	00:09:24	00:56:06	01:42:52	02:31:56	03:20:05.00	9:28	6.3
58	PYZIK-KAPSZE WICZ ANGELIKA	476		SZTUM	POL	K30-39	5	K 30			00:04:42	00:09:27	00:56:08	01:42:53	02:31:49	03:20:05.80	9:29	6.3