

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM**

 Organiser: PFNW  
 Date: 2017-07-15  
 Place: Okonek  
 Distance: 10 km  
 Klasyfikacja wg czasów netto.

**OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM, OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Netto	min/km	km/h
1	HELWICH STEFAN	159	KS METRACO POLKOWICE	WIELEN	POL	M60-69	1	M 1			00:15:51	00:32:14	00:48:55	01:06:08.90	6:36	9.1
2	NACZK LEONARD	170	DYNAMIC	ŁĘBORK	POL	M40-49	1	M 2			00:16:45	00:33:44	00:50:30	01:07:31.00	6:45	8.9
3	MIELECKA AGNIESZKA	168	KS SOKÓŁ GAŚAWA	GAŚAWA	POL	K40-49	1	K 1			00:16:41	00:33:43	00:50:51	01:07:54.35	6:47	8.8
4	NOWAK RAJMUND	173	NORDIC WALKING KIEKRZ	POZNAŃ	POL	M40-49	2	M 3			00:16:44	00:33:57	00:51:42	01:09:00.90	6:54	8.7
5	ŚWISŁOCKI BOGDAN	188	FACE NORDIC WALKING TEAM	MIKOSZEWO	POL	M50-59	1	M 4			00:16:57	00:34:28	00:52:08	01:09:45.35	6:58	8.6
6	SMUL ANDRZEJ	183	MARSZ PO ZDROWIE POZNAŃ	TARNOWO PODGÓRNE	POL	M60-69	2	M 5			00:16:58	00:34:36	00:52:27	01:10:38.20	7:03	8.5
7	ROSADZIŃSKI SŁAWOMIR	182	LESZNO :)	LESZNO	POL	M40-49	3	M 6			00:17:02	00:35:05	00:53:03	01:11:02.65	7:06	8.4
8	CZEKAJŁO FRANCISZEK	157	REMI	DREZDENKO	POL	M60-69	3	M 7			00:17:10	00:34:57	00:52:54	01:11:12.85	7:07	8.4
9	NETKOWSKI WOJCIECH	171	PASJA NORDIC WALKING	WARSZAWA	POL	M50-59	2	M 8			00:17:33	00:35:38	00:53:51	01:12:17.90	7:13	8.3
10	ANTOSZEWSKI PIOTR	152	NORDIC TEAM GNIEZNO	GNIEZNO	POL	M40-49	4	M 9			00:18:24	00:37:16	00:55:31	01:13:01.15	7:18	8.2
11	PRZYBYSZ GRZEGORZ	180		POPOWO KOŚCIELNE	POL	M30-39	1	M 10			00:18:22	00:36:40	00:54:55	01:13:01.25	7:18	8.2
12	ŁUKASZEWICZ JOANNA	166	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K40-49	2	K 2			00:17:49	00:36:07	00:54:49	01:13:34.25	7:21	8.2
13	STAWNIAK KAROL	184	KS SOKÓŁ GAŚAWA	ŻNIN	POL	M60-69	4	M 11			00:17:30	00:36:02	00:54:54	01:13:54.00	7:23	8.1
14	PYTEL ANNA	201	KATORŻNIK	PROMNICE	POL	K30-39	1	K 3	1		00:17:56	00:36:31	00:55:14	01:13:57.15	7:23	8.1
15	MIERNICKI MARIUSZ	195	PASJA NORDIC WALKING	DZIERZONIÓW	POL	M50-59	3	M 12			00:17:59	00:36:19	00:55:09	01:13:59.45	7:23	8.1
16	KACZMARCZYK-PIASEC KA RENATA	162	CZARNE PANTERY	PIŁA	POL	K40-49	3	K 4			00:18:20	00:36:58	00:55:32	01:14:14.40	7:25	8.1
17	MARCHWICKI PRZEMYSŁAW	167	NORDIC WALKING KIEKRZ	SADY	POL	M60-69	5	M 13			00:18:39	00:37:24	00:56:14	01:14:48.60	7:28	8
18	LENARTOWICZ STANISŁAW	197	KS DERBY	ST. ŁUBIANKA	POL	M50-59	4	M 14			00:18:25	00:37:38	00:56:21	01:15:03.85	7:30	8
19	STĘPCZYŃSKA ANGELIKA	202	GOSIR OSIELSKO	ŁABISZYN	POL	K30-39	2	K 5			00:18:31	00:37:22	00:56:15	01:15:20.10	7:32	8
20	SULOWSKI PAWEŁ	186	UKS GIMNAZJON SUCHY LAS	SUCHY LAS	POL	M18-29	1	M 15			00:18:35	00:37:26	00:56:19	01:15:20.30	7:32	8
21	CIESIELSKI KRZYSZTOF	156	FAST WALKER	GNIEZNO	POL	M60-69	6	M 16			00:18:45	00:37:38	00:56:27	01:15:21.25	7:32	8
22	SZCZĘSNY WOJCIECH	160	KS SOKÓŁ GAŚAWA	GAŚAWA	POL	M40-49	5	M 17			00:18:45	00:37:36	00:56:33	01:15:29.30	7:32	7.9
23	FALKOWSKA BEATA	158	UKS GIMNAZJON SUCHY LAS	POZNAŃ	POL	K50-59	1	K 6			00:18:08	00:36:52	00:56:02	01:15:31.50	7:33	7.9
24	PAŁUBICKI MARCIN	175	SPORTOWA PACZKA	SZCZECINEK	POL	M40-49	6	M 18			00:19:09	00:38:30	00:57:31	01:15:54.10	7:35	7.9
25	PRZYBYŁEK MARYSIA	179	LESZNO :)	LESZNO	POL	K40-49	4	K 7			00:18:24	00:37:24	00:56:48	01:16:21.50	7:38	7.9
26	ZWOLENKIEWICZ JOANNA	192	KS SOKÓŁ GAŚAWA	GAŚAWA	POL	K40-49	5	K 8			00:18:51	00:37:49	00:57:13	01:16:59.95	7:42	7.8
27	KOZAKOWSKA MAŁGORZATA	163	KS SOKÓŁ GAŚAWA	ROGOWO	POL	K40-49	6	K 9			00:18:49	00:37:50	00:57:22	01:17:01.25	7:42	7.8
28	FOT KRZYSZTOF	194	MARSZ PO ZDROWIE POZNAŃ	POZNAŃ	POL	M50-59	5	M 19			00:19:25	00:38:47	00:58:07	01:17:03.35	7:42	7.8
29	ROSADZIŃSKA NATALIA	181	LESZNO :)	LESZNO	POL	K18-29	1	K 10			00:19:11	00:38:34	00:58:24	01:17:23.90	7:44	7.8
30	KANIEWSKI ŁUKASZ	200	SUMMER ISLAND	BYDGOSZCZ	POL	M30-39	2	M 20			00:18:46	00:38:14	00:58:00	01:17:25.00	7:44	7.8
31	KRUSZKA ARLETA	164	MARSZ PO ZDROWIE POZNAŃ	POZNAŃ	POL	K50-59	2	K 11			00:19:20	00:38:52	00:58:30	01:18:25.30	7:50	7.7

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POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	Żół. kartki	Czer. kartki	2.5km	5km	7.5km	Netto	min/km	km/h
32	JASOŃ GRAŻYNA	161	DYNAMIC	PIŁA	POL	K50-59	3	K 12			00:19:26	00:39:05	00:58:58	01:19:09.35	7:54	7.6
33	WACHOWIAK SYLWIA	190	DYNAMIC	PIŁA	POL	K40-49	7	K 13			00:19:14	00:38:58	00:59:12	01:19:35.85	7:57	7.5
34	RASZEWSKA JUSTYNA	198		DASZEWICE	POL	K30-39	3	K 14	1		00:19:24	00:39:15	00:59:39	01:19:47.65	7:58	7.5
35	NOWAK BEATA	172	SAILING TEAM FERAJNA	PIŁA	POL	K40-49	8	K 15			00:19:39	00:39:40	00:59:51	01:19:57.85	7:59	7.5
36	BOGUSZ MAREK	154		KOSTRZYN	POL	M50-59	6	M 21			00:19:30	00:40:21	01:00:13	01:20:04.30	8:00	7.5
37	POSTEK DANUTA	178	MARSZ PO ZDROWIE POZNAŃ	POZNAŃ	POL	K50-59	4	K 16			00:20:07	00:40:25	01:01:03	01:21:31.80	8:09	7.4
38	PIĄTKOWSKI JÓZEF	176	KS METRACO POLKOWICE	POLKOWICE	POL	M70+	1	M 22			00:19:50	00:39:58	01:00:27	01:21:34.20	8:09	7.4
39	BORUCKI KRYSZTIAN	155	BORKO.PL	GNIEZNO	POL	M30-39	3	M 23			00:20:13	00:41:14	01:01:40	01:21:47.30	8:10	7.3
40	MOSTOWSKA-NOWAK ELŻBIETA	169	LESZNO :)	ŻAKOWO	POL	K50-59	5	K 17			00:20:03	00:40:34	01:01:22	01:21:50.80	8:11	7.3
41	ADAMEK-BOBER ANNA	151	MARSZ PO ZDROWIE POZNAŃ	SUCHY LAS	POL	K60-69	1	K 18			00:19:48	00:40:25	01:01:18	01:22:07.05	8:12	7.3
42	OMARSKA GRAŻYNA	174	PASJA NORDIC WALKING	WARSZAWA	POL	K50-59	6	K 19			00:20:19	00:40:55	01:01:47	01:22:44.45	8:16	7.3
43	KUSZA HENRYK	191	UKS GIMNAZJON SUCHY LAS	SUCHY LAS	POL	M50-59	7	M 24			00:20:01	00:40:28	01:01:36	01:22:46.00	8:16	7.2
44	PORZUCKOWIAK PIOTR	177	DYNAMIC	POZNAŃ	POL	M30-39	4	M 25			00:20:11	00:40:54	01:01:44	01:23:10.75	8:19	7.2
45	URBAN JACEK	189	LESZNO :)	LESZNO	POL	M60-69	7	M 26			00:20:47	00:41:41	01:02:46	01:23:34.10	8:21	7.2
46	SZYBCZYŃSKA KATARZYNA	187	KS SOKÓŁ GAŚAWA	GAŚAWA	POL	K40-49	9	K 20			00:20:03	00:41:00	01:02:15	01:23:38.10	8:21	7.2
47	APPEL JERZY	153	GOSIR OSIELSKO	BYDGOSZCZ	POL	M70+	2	M 27			00:19:57	00:40:48	01:02:26	01:24:09.10	8:24	7.1
48	STRZELECKI SEBASTIAN	185	SAILING TEAM FERAJNA	PIŁA	POL	M40-49	7	M 28			00:20:09	00:41:20	01:02:57	01:24:14.75	8:25	7.1
49	ZAKRZEWSKA HENRYKA	193	NORDIC TEAM GNIEZNO	GNIEZNO	POL	K70+	1	K 21			00:20:25	00:41:38	01:02:53	01:24:27.00	8:26	7.1
50	ZIEGLER BARBARA	199	LESZNO :)	LIPNO	POL	K60-69	2	K 22			00:20:06	00:41:21	01:03:44	01:27:11.70	8:43	6.9
	KOZŁOWSKA AGNIESZKA	196	DYNAMIC	POZNAŃ	POL	K40-49					00:26:51 DNF	DNF	DNF	DNF	-	-