

# WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM

Organizator: PFNW  
 Data: 2017-09-23  
 Miejsce: Wrocław  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.



## WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	NIECHWIEJCZYK PIOTR	355	OPEL ACTIVE TEAM	ŚWIĘTOCHŁOWICE	POL	M40-49	1	M 1	00:14:45	00:29:53	00:44:58	01:00:04.60	6:00	10
2	PIETRZYK JAROSŁAW	362	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M30-39	1	M 2	00:15:21	00:31:12	00:47:11	01:02:54.75	6:17	9.5
3	SIWAK PIOTR	374	KS METRACO POLKOWICE	RUDNA	POL	M50-59	1	M 3	00:15:52	00:32:10	00:48:25	01:04:21.30	6:26	9.3
4	BOGACKI SŁAWEK	311	ENERGA NW TEAM	BRZOSÓWKA KOŁO TORUNIA	POL	M40-49	2	M 4	00:15:44	00:32:12	00:48:27	01:04:39.60	6:28	9.3
5	BARCZYK BOGDAN	306	ZABIEGANI CZĘSTOCHOWA.KALINOWSKI TEAM	CZĘSTOCHOWA	POL	M50-59	2	M 5	00:15:53	00:32:11	00:48:47	01:05:02.25	6:30	9.2
6	CHAMIELEC BOGUSŁAW	312	A EMERYT BIEGA	LUBIN	POL	M50-59	3	M 6	00:15:59	00:32:25	00:48:57	01:05:03.75	6:30	9.2
7	ŚWISŁOCKI BOGDAN	387	FACE NORDIC WALKING TEAM	MIKOSZEWO	POL	M50-59	4	M 7	00:15:55	00:32:18	00:48:53	01:05:07.90	6:30	9.2
8	SPYCHAŁA LESŁAW	207	WESOŁY BORSUK TEAM	BIAŁA	POL	M50-59	5	M 8	00:16:02	00:32:25	00:48:51	01:05:21.45	6:32	9.2
9	KOLARSKA AGNIESZKA	335	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K30-39	1	K 1	00:16:27	00:33:12	00:49:58	01:06:39.20	6:39	9
10	SMUL ANDRZEJ	378	MARSZ PO ZDROWIE POZNAŃ	TARNOWO PODGÓRNE	POL	M60-69	1	M 9	00:16:00	00:32:36	00:49:46	01:07:14.55	6:43	8.9
11	JĘDRASIK RENATA	393	KS METRACO POLKOWICE	LUBIN	POL	K50-59	1	K 2	00:16:27	00:33:13	00:50:10	01:07:24.85	6:44	8.9
12	ROSADZIŃSKI SŁAWOMIR	372	LESZNO :)	LESZNO	POL	M40-49	3	M 10	00:16:21	00:33:27	00:50:38	01:07:44.90	6:46	8.9
13	ADAMSKI ROBERT	302		WAŁBRZYCH	POL	M40-49	4	M 11	00:17:08	00:34:41	00:52:19	01:09:24.55	6:56	8.6
14	CZEKAJŁO FRANCISZEK	317	REMI	DREZDENKO	POL	M60-69	2	M 12	00:16:43	00:34:05	00:51:48	01:09:32.95	6:57	8.6
15	SPYCHAŁA MARZENA	379	WESOŁY BORSUK TEAM	BIAŁA	POL	K40-49	1	K 3	00:17:13	00:34:48	00:52:24	01:10:07.80	7:00	8.6
16	STĘPIEŃ LUCYNA	381	KS METRACO POLKOWICE	LUBIN	POL	K60-69	1	K 4	00:17:20	00:35:01	00:52:51	01:10:11.50	7:01	8.5
17	SKRYCKA KATARZYNA	377		LUBIN	POL	K30-39	2	K 5	00:17:25	00:34:51	00:52:43	01:10:17.85	7:01	8.5
18	DUSIEL EWA	320	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	2	K 6	00:17:11	00:34:53	00:52:50	01:11:08.30	7:06	8.4
19	WIKTORSKA MAŁGORZATA	392	TRENUJZAMI.PL	WROCLAW	POL	K30-39	3	K 7	00:17:12	00:34:57	00:52:58	01:11:18.75	7:07	8.4
20	BAJ STANISŁAW	305	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	M50-59	6	M 13	00:17:51	00:36:05	00:54:06	01:12:01.30	7:12	8.3
21	ŻYDACEWSKI RYSZARD	401	NIEZRZESZONY	LUBIN	POL	M50-59	7	M 14	00:17:23	00:35:40	00:54:14	01:12:05.75	7:12	8.3
22	ROGOS HENRYK	370	ŚCINAWSKA GRUPA NORDIC WALKING	LUBIAŻ	POL	M70+	1	M 15	00:18:13	00:36:16	00:54:22	01:12:10.55	7:13	8.3
23	KWIATKOWSKA STANISŁAWA	345		GOŚLAWICE	POL	K50-59	3	K 8	00:18:01	00:36:16	00:54:17	01:12:27.70	7:14	8.3
24	FRYDECKI SŁAWOMIR	385		ŹRÓDŁA	POL	M50-59	8	M 16	00:18:10	00:37:00	00:55:25	01:12:32.75	7:15	8.3
25	PŁOCZENIAK KATARZYNA	364	ACTEAM	WROCLAW	POL	K30-39	4	K 9	00:17:56	00:36:19	00:54:29	01:12:47.95	7:16	8.2
26	KRÓL JANUSZ	340		CZĘSTOCHOWA	POL	M50-59	9	M 17	00:17:27	00:35:54	00:54:35	01:13:26.50	7:20	8.2
27	DĄBROWA WOJCIECH	318		GOŚLAWICE	POL	M50-59	10	M 18	00:18:19	00:36:59	00:55:36	01:13:54.75	7:23	8.1
28	URBAN JOANNA	390	AMATOR	OŁAWA	POL	K40-49	2	K 10	00:18:02	00:36:56	00:56:00	01:14:29.40	7:27	8.1
29	JUSZCZAK ROMUALD	330		WROCLAW	POL	M60-69	3	M 19	00:18:35	00:37:41	00:56:16	01:14:40.40	7:28	8
30	SURIAK MICHAŁ	383	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M18-29	1	M 20	00:18:39	00:37:40	00:56:21	01:14:47.60	7:28	8
31	ROSADZIŃSKA NATALIA	371	LESZNO :)	LESZNO	POL	K18-29	1	K 11	00:18:05	00:36:45	00:55:50	01:14:51.80	7:29	8
32	KALICIŃSKA MONIKA	331		WROCLAW	POL	K18-29	2	K 12	00:17:44	00:36:44	00:56:08	01:15:17.90	7:31	8
33	KRZEMIŃSKI RAFAŁ	342	SANTANDER CONSUMER BANK	KĄTY WROCLAWSKIE	POL	M30-39	2	M 21	00:18:00	00:36:58	00:56:18	01:15:22.30	7:32	8
34	MOZDŻEN BARBARA	353	NIEZRZESZONA	GNIEZNO	POL	K50-59	4	K 13	00:17:50	00:36:38	00:56:00	01:15:28.20	7:32	8
35	POSTEK DANUTA	365	MARSZ PO ZDROWIE	POZNAŃ	POL	K50-59	5	K 14	00:18:43	00:37:47	00:56:50	01:15:29.70	7:33	7.9
36	SURIAK EWELINA	384	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K18-29	3	K 15	00:18:19	00:37:29	00:56:49	01:16:02.15	7:36	7.9
37	THOMALLA BOGDAN	389	TOMCHEM OBR	ZABRZE	POL	M70+	2	M 22	00:18:20	00:37:17	00:56:29	01:16:08.20	7:36	7.9
38	BAJ DANUTA	304	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	K50-59	6	K 16	00:18:47	00:37:55	00:57:10	01:16:49.55	7:41	7.8
39	CHMIELEWSKA ANNA	314		JEDLINA-ZDRÓJ	POL	K30-39	5	K 17	00:18:15	00:37:31	00:57:01	01:16:59.35	7:41	7.8
40	BADECKI RYSZARD	303	NIEZRZESZONY	NIESZCZYCE	POL	M50-59	11	M 23	00:17:57	00:36:33	00:56:22	01:17:07.80	7:42	7.8
41	ZWOLIŃSKI RADOMIR	400		WROCLAW	POL	M50-59	12	M 24	00:18:54	00:38:23	00:57:49	01:17:19.05	7:44	7.8
42	TERESIŃSKA JOLANTA	388		CZĘSTOCHOWA	POL	K40-49	3	K 18	00:19:06	00:38:45	00:58:05	01:17:36.80	7:45	7.7
43	JEZIERSKA JOLANTA	328	RIGHTWAY	WROCLAW	POL	K50-59	7	K 19	00:18:17	00:37:37	00:57:31	01:17:43.25	7:46	7.7
44	ADAMCZYK-GAJDA DOROTA	301		OLEŚNICA	POL	K50-59	8	K 20	00:19:18	00:38:54	00:58:22	01:17:44.95	7:46	7.7
45	SKAWIŃSKA EWA	375	RIGHTWAY	WILKSZYN	POL	K40-49	4	K 21	00:19:10	00:38:48	00:58:30	01:17:48.10	7:46	7.7

**WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - NORDIC WALKING - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	5km	7.5km	Netto	min/km	km/h
46	HORACZEWSKA KRYSZYNA	325	ŚCINAWSKA GRUPA NW	ŚCINAWA	POL	K60-69	2	K 22	00:19:21	00:38:58	00:58:53	01:18:48.95	7:52	7.6
47	BARCZYK JOLANTA	307	ZABIEGANI CZĘSTOCHOWA	CZĘSTOCHOWA	POL	K50-59	9	K 23	00:19:37	00:39:44	00:59:33	01:18:55.40	7:53	7.6
48	OSADCZUK ANDRZEJ	359		OLEŚNICA	POL	M40-49	5	M 25	00:19:36	00:39:22	00:59:27	01:19:10.70	7:55	7.6
49	KOPROWSKI TOMASZ	338	NORDIKI	OŁAWA	POL	M40-49	6	M 26	00:19:04	00:38:42	00:59:03	01:19:15.00	7:55	7.6
50	KIDAWA DANUTA	332	SANTANDER CONSUMER BANK	WROCLAW	POL	K40-49	5	K 24	00:19:21	00:39:06	00:59:03	01:19:15.80	7:55	7.6
51	ZAWADZKA MARIA	399	KS METRACO POLKOWICE	LUBIN	POL	K60-69	3	K 25	00:19:48	00:40:05	00:59:42	01:19:18.00	7:55	7.6
52	GIBKI LUKASZ	324	SANTANDER CONSUMER BANK	WROCLAW	POL	M30-39	3	M 27	00:18:48	00:38:42	00:59:08	01:19:32.25	7:57	7.5
53	NAPORA DOROTA	354	RIGHTWAY	WROCLAW	POL	K40-49	6	K 26	00:20:42	00:40:52	01:00:28	01:19:37.30	7:57	7.5
54	NOWAK BEATA	356	SAILING TEAM FERAJNA	PIŁA	POL	K40-49	7	K 27	00:19:18	00:38:57	00:59:00	01:19:44.10	7:58	7.5
55	KOŁAĆIŃSKA ARLETA	336		OLEŚNICA	POL	K50-59	10	K 28	00:19:18	00:38:57	00:59:06	01:19:52.20	7:59	7.5
56	WÓJCİK BARBARA	397		KRZCZONÓW	POL	K50-59	11	K 29	00:19:16	00:39:16	00:59:44	01:19:58.95	7:59	7.5
57	KIEŁBIK MAREK	334	SKRZYDLATA	WROCLAW	POL	M60-69	4	M 28	00:19:38	00:39:33	00:59:48	01:20:04.70	8:00	7.5
58	DĘBSKA BEATA	319	WYSOKA	WYSOKA	POL	K40-49	8	K 30	00:19:53	00:39:51	00:59:58	01:20:21.70	8:02	7.5
59	CZAKIERT MAREK	316	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M40-49	7	M 29	00:19:29	00:39:40	01:00:28	01:21:15.45	8:07	7.4
60	LULEK LUCYNA	347	ŚCINAWSKA GRUPA NORDIC WALKING	ŚCINAWA	POL	K60-69	4	K 31	00:19:36	00:39:48	01:00:26	01:21:24.50	8:08	7.4
61	CIASZTOCH ELIZA	315		WROCLAW	POL	K30-39	6	K 32	00:19:55	00:40:22	01:00:57	01:21:50.90	8:11	7.3
62	GAŃTEK GERARD	323	CALYPSO FITNESS GALERIA JURAJSKA CZESTOCHOWA	CZĘSTOCHOWA	POL	M70+	3	M 30	00:20:01	00:40:47	01:01:32	01:22:26.45	8:14	7.3
63	KRAWCZYK DARIUSZ	339		WROCLAW	POL	M60-69	5	M 31	00:20:24	00:41:04	01:01:48	01:22:35.65	8:15	7.3
64	MĘDRAK ALICJA	351		WROCLAW	POL	K60-69	5	K 33	00:20:39	00:41:49	01:02:21	01:23:15.00	8:19	7.2
65	HRABIA JÓZEF	326	VIKING NORDIC TEAM CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M60-69	6	M 32	00:20:36	00:41:31	01:02:37	01:23:17.15	8:19	7.2
66	ŻAKIEWICZ MARTA	402	UNIwersytet Medyczny	WROCLAW	POL	K40-49	9	K 34	00:20:40	00:41:49	01:03:06	01:24:29.75	8:27	7.1
67	OSUMEK ANNA	360	RIGHTWAY	WROCLAW	POL	K30-39	7	K 35	00:20:34	00:41:40	01:03:05	01:24:43.65	8:28	7.1
68	WALKOWIAK PIOTREK	391		SIECHNICE	POL	M40-49	8	M 33	00:21:39	00:43:03	01:04:46	01:25:05.55	8:30	7.1
69	KOTOVITCH MARINA	321		WROCLAW	POL	K50-59	12	K 36	00:21:54	00:43:36	01:04:38	01:25:12.75	8:31	7
70	BELA BEATA	310		WROCLAW	POL	K40-49	10	K 37	00:21:54	00:43:37	01:04:40	01:25:28.25	8:32	7
71	JASTRZĄBEK KATARZYNA	327		OBORNIKI	POL	K30-39	8	K 38	00:21:29	00:43:03	01:04:49	01:26:25.00	8:38	6.9
72	RAGANOWICZ KRZESIMIR	368		WROCLAW	POL	M70+	4	M 34	00:21:18	00:43:03	01:04:53	01:26:25.15	8:38	6.9
73	MALCEWICZ MARCIN	350	RIGHT WAY	WROCLAW	POL	M50-59	13	M 35	00:20:48	00:42:34	01:04:53	01:27:08.80	8:42	6.9
74	MOSOŃ MAREK	352	NIEZRZESZONY	WROCLAW	POL	M60-69	7	M 36	00:21:54	00:44:11	01:06:11	01:27:21.60	8:44	6.9
75	PAŁASZ JADWIGA	366		WROCLAW	POL	K50-59	13	K 39	00:21:39	00:43:18	01:05:36	01:27:40.80	8:46	6.8
76	JAZ BOGUSŁAW	363		WROCLAW	POL	K50-59	14	K 40	00:22:03	00:44:07	01:06:28	01:28:11.65	8:49	6.8
77	GAWROŃSKA NATALIA	322		WROCLAW	POL	K18-29	4	K 41	00:21:47	00:44:08	01:06:21	01:28:17.30	8:49	6.8
78	JĘDRASZCZYK MICHAŁ	329		WROCLAW	POL	M30-39	4	M 37	00:22:59	00:44:58	01:06:52	01:28:38.10	8:51	6.8
79	NOWAK JANINA	358		WROCLAW	POL	K40-49	11	K 42	00:22:14	00:44:49	01:07:38	01:31:12.70	9:07	6.6
80	NOWAK AGATA	357		WROCLAW	POL	K30-39	9	K 43	00:22:15	00:44:48	01:07:39	01:31:13.20	9:07	6.6
81	WNUK JOANNA	394	WYSOKA	WYSOKA	POL	K30-39	10	K 44	00:21:44	00:45:10	01:09:09		3186:02	0
DQ	RATUŚ BOGUSŁAW	367		GÓRA	POL	M50-59	DQ	DQ	00:16:53	00:35:30	00:54:08	DQ	-	-
									DQ	DQ	DQ			