

Puchar Polski, Mistrzostw Europy i Mistrzostw Polski NW 2021

Organizator: Polska Federacja Nordic Walking (PFNW)

Data: 04.07.2021r.

Dystans: 21,097km

Miejscowość: Kolbuszowa



Klasyfikacja:

M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Rok urodz.	Kat wiek	M-ce w kat	tempo min/km	tempo km/h	1okr	2okr	3okr	4okr	5okr	6okr	7okr	8okr	Wynik	Kartki
1	333	WOJCIECHOWSKA ELŻBIETA	PAKOSĆ		1983	K30-39	1	6:23	9,4	00:06:38	00:22:26	00:38:27	00:54:29	01:10:42	01:26:52	01:42:56	01:58:53	02:14:46	
2	330	ROMANOWSKI DANIEL	RYBNIK	KATOWICKI NORDIC WALKING	1997	M18-29	1	6:32	9,2	00:07:00	00:23:43	00:40:21	00:56:25	01:12:38	01:28:48	01:44:54	02:01:07	02:17:45	
3	319	MACIEWICZ DARIUSZ	KODEN	AKTYWNY KODEN/RUNNERSKI.PL	1975	M40-49	1	6:38	9,0	00:07:12	00:23:56	00:40:22	00:56:51	01:13:23	01:30:02	01:46:34	02:03:25	02:20:05	
4	311	HAAŁAS MARGIN		CZECHOWICEDZIEDZICE	1984	M30-39	1	6:41	9,0	00:07:13	00:23:56	00:40:24	00:57:15	01:14:15	01:31:07	01:47:51	02:04:33	02:21:07	
5	302	BORKOWSKI DARIUSZ	SIEDLCE	NOWI SIEDLCE	1969	M50-59	1	6:42	8,9	00:07:23	00:24:19	00:41:13	00:57:45	01:14:45	01:31:13	01:47:52	02:04:36	02:21:10	
6	325	PETRZYŃSKI JAROSŁAW	CZĘSTOCHOWA	NORDIC TEAM CZĘSTOCHOWA	1983	M30-39	2	6:45	8,9	00:07:14	00:23:58	00:40:27	00:57:15	01:14:17	01:31:09	01:47:54	02:04:58	02:22:16	
7	337	MĘCZYŃSKI SYLWESTER	MISIE		1979	M40-49	2	6:45	8,9	00:07:14	00:23:59	00:40:26	00:57:15	01:14:15	01:31:09	01:47:55	02:05:05	02:22:32	
8	300	BARCZYK BOGDAN	CZĘSTOCHOWA	ZABIEGANI CZĘSTOCHOWA	1964	M50-59	2	6:47	8,8	00:07:23	00:24:19	00:41:08	00:57:41	01:14:45	01:31:27	01:48:19	02:05:28	02:23:14	
9	303	CELIŃSKI TOMASZ	OTWOCK	TUPTUŚ OTWOCK/ESJA TEAM	1968	M50-59	3	6:54	8,7	00:07:17	00:24:11	00:41:09	00:58:13	01:15:22	01:32:39	01:49:58	02:07:45	02:25:24	
10	335	ZAROCKI KARIK	WARSZAWA	NW CZŁAPSKI TEAM	1986	M30-39	3	6:56	8,7	00:07:15	00:24:06	00:41:09	00:58:13	01:15:28	01:33:53	01:50:33	02:08:30	02:26:20	
11	313	KUMCZAK ADAM	WARSZAWA	GOSADI NORDIC TEAM	1965	M50-59	4	6:59	8,6	00:07:23	00:24:38	00:41:57	00:58:58	01:16:13	01:33:40	01:51:19	02:09:21	02:27:20	
12	153	WIŚNIEWSKI JACEK	SANDOMIERZ	ZEBRA TEAM	1964	M50-59	5	7:08	8,4	00:07:16	00:24:11	00:41:09	00:58:19	01:15:21	01:33:02	01:51:53	02:10:40	02:30:35	
13	307	FRĄCOKWIAK KRYSZTOF	SIEDLCE	SIEDLCE	1970	M50-59	6	7:09	8,4	00:07:46	00:26:11	00:44:25	01:02:03	01:19:28	01:37:11	01:55:13	02:13:17	02:30:45	
14	327	RACIBORSKA EWA	WARSZAWA	ESJA TEAM	1979	K40-49	1	7:10	8,4	00:08:51	00:26:29	00:44:15	01:03:53	01:19:35	01:37:16	01:54:51	02:13:05	02:31:09	
15	322	NACZK LEONARD	LĘBORK	POLPACK TEAM GWE	1975	M40-49	3	7:11	8,3	00:07:21	00:24:18	00:41:43	00:59:20	01:17:19	01:35:38	01:54:06	02:12:51	02:31:41	
16	315	KOŁODZIEJ JOANNA	RUDA ŚLĄSKA	MALINOWE GWIAZDY	1968	K50-59	1	7:14	8,3	00:08:49	00:25:32	00:42:59	01:00:40	01:18:33	01:36:32	01:54:52	02:13:53	02:32:37	1
17	320	MARCZAK KRYSZTOF	BELCHATÓW	VINGBERG POLSKA PTG 'SOKOL' RYMANÓW LUKI TEAM	1958	M60+	1	7:15	8,3	00:07:18	00:24:18	00:41:31	00:59:05	01:17:08	01:35:45	01:54:52	02:13:49	02:32:47	
18	316	KRAWCZYK MARGORZATA	ZEGLE	JESI LEPPEI CZĘSTOCHOWA	1983	K30-39	2	7:15	8,3	00:09:09	00:26:57	00:44:49	01:03:02	01:21:06	01:39:03	01:57:05	02:15:10	02:33:07	
19	317	KRAWCZYK AGNIESZKA	BELCHATÓW	VINGBERG POLSKA PTG 'SOKOL' RYMANÓW LUKI TEAM	1972	K40-49	2	7:16	8,3	00:07:57	00:25:38	00:43:12	01:01:00	01:18:59	01:37:21	01:56:08	02:14:45	02:33:18	
20	329	RAKOWIECKI ZBIGNIEW	GDĄŃSK	POLPACK TEAM GWE	1962	M50-59	7	7:17	8,2	00:07:39	00:25:24	00:43:23	01:01:34	01:19:45	01:38:01	01:56:31	02:15:00	02:33:44	
21	328	RAJEK MAGDALENA	CZĘSTOCHOWA	NORDIC TEAM CZĘSTOCHOWA	1977	K40-49	3	7:21	8,2	00:08:58	00:27:29	00:45:50	01:03:57	01:22:00	01:40:06	01:58:10	02:16:26	02:35:10	
22	308	GOLĘBOWSKI KRYSZTOF	LÓDŹ	ZAWISZE MLÓDZI NORDIC WALKING	1965	M50-59	8	7:21	8,2	00:07:33	00:25:09	00:43:14	01:01:24	01:19:37	01:37:57	01:56:33	02:15:13	02:33:13	
23	323	NACZK WIKTORIA	LĘBORK	POLPACK TEAM GWE	2002	K18-29	1	7:29	8,0	00:09:17	00:27:15	00:45:42	01:03:57	01:22:04	01:40:12	01:59:11	02:18:53	02:38:02	1
24	304	DREWA MARIAN	GOSZCZYN		1956	M60+	2	7:31	8,0	00:07:41	00:25:26	00:43:28	01:01:46	01:20:13	01:39:11	01:58:47	02:18:26	02:38:36	
25	310	GRABOWSKI JACEK	SZTUM	LKS ZANTYR SZTUM	1973	M40-49	4	7:34	7,9	00:07:21	00:24:34	00:42:12	01:00:02	01:18:46	01:38:10	01:58:30	02:18:58	02:39:43	1
26	314	KOLARECZ KATRYNA	SASNO	POLPACK TEAM GWE	1973	K40-49	4	7:46	7,7	00:09:14	00:27:12	00:45:39	01:04:27	01:23:45	01:43:30	02:03:38	02:23:55	02:43:41	
27	334	WÓJCIK BARBARA	CHRZĘSTAWA WIELKA	NORDIC WALKING POLAND/LUKI TEAM	1959	K60+	1	7:48	7,7	00:08:14	00:26:59	00:46:08	01:05:23	01:24:55	01:44:41	02:04:41	02:24:45	02:44:38	
28	336	ZAMOJCIŃ MAREK	SZCZECIN	SCTRPNORDICLUB	1961	M60+	3	7:49	7,7	00:07:47	00:26:23	00:45:32	01:04:41	01:23:59	01:43:41	02:03:38	02:24:02	02:45:03	
29	331	SIWEK EWA	OTWOCK	TUPTUŚ TEAM OTWOCK	1972	K40-49	5	7:51	7,6	00:08:51	00:27:33	00:47:17	01:07:28	01:27:48	01:47:27	02:07:07	02:26:46	02:45:45	1
30	312	KACZMAREK MAJA	WEHIEROWO	POLPACK TEAM GWE	1980	K40-49	6	8:09	7,4	00:08:39	00:28:51	00:49:03	01:08:57	01:30:17	01:51:34	02:12:07	02:32:34	02:51:51	
31	332	WIENŚKO RYSZARD	PULAWY		1953	M60+	4	8:11	7,3	00:08:31	00:28:12	00:47:58	01:07:57	01:28:18	01:48:28	02:09:19	02:30:52	02:52:45	
32	326	POSTEK DANUTA	POZNAŃ	MARSZ PO ZDROWIE	1963	K50-59	2	8:13	7,3	00:08:25	00:27:48	00:47:49	01:08:15	01:28:36	01:49:22	02:10:26	02:31:55	02:53:27	
33	301	BERSZTOLC AGNIESZKA	SUTNO	NOWI	1964	K50-59	3	8:25	7,1	00:08:30	00:28:26	00:48:44	01:09:12	01:30:09	01:51:29	02:13:24	02:35:24	02:57:24	
34	306	FRANCAK ANNA	WARSZAWA	NW CZŁAPSKI TEAM	1968	K50-59	4	8:31	7,0	00:08:38	00:29:40	00:50:42	01:11:46	01:33:01	01:54:17	02:15:44	02:37:39	02:59:35	
35	309	GRABOWSKA BOŻENA	SZTUM	LKS ZANTYR SZTUM	1972	K40-49	7	8:33	7,0	00:09:05	00:30:09	00:51:12	01:12:21	01:33:15	01:54:33	02:16:06	02:38:04	03:00:19	
36	305	DUŻA ANNA	SZCZECIN	SCTRPNORDICLUB	1969	K50-59	5	8:40	6,9	00:08:33	00:28:47	00:49:16	01:10:19	01:31:51	01:53:41	02:15:39	02:38:16	03:00:47	
37	265	ZAMOJCIŃ MARGARZATA	SZCZECIN	SCTRPNORDICLUB	1960	K60+	2	8:59	6,7	00:09:03	00:30:10	00:51:14	01:12:31	01:34:20	01:57:02	02:20:19	02:44:06	03:09:29	
38	318	ŁOBOS WACŁAW	PRUSZKÓW	ZBKNI NORDIC WALKING	1954	M60+	5	9:04	6,6	00:09:15	00:30:54	00:53:04	01:15:14	01:37:31	01:59:55	02:22:56	02:45:40	03:11:21	
39	82	OMARSKA GRAŻYNA	WARSZAWA	PASJA NORDIC WALKING	1958	K60+	3	9:11	6,5	00:09:30	00:31:49	00:54:14	01:16:43	01:39:27	02:02:27	02:25:47	02:49:48	03:13:38	
40	324	PETRYKOWSKA AMELIA	BRZEZINKA		1982	K30-39	3	9:48	6,1	00:09:59	00:34:50	00:59:17	01:23:03	01:47:43	02:12:35	02:37:18	03:01:50	03:26:38	