

Świąteczne zawody Nordic Walking

Miejsce: Wrocław

Data: 19.12.2010



| M | Mkat | Nr | Kategoria | Nazwisko | Imię | Miejscowość | Team | Wynik | V-śr | Straty |
|----|------|-----|-----------|------------------|-----------|----------------|--------------------------|----------|-----------|----------------------|
| 1 | 1 | 44 | M60 | Grygorowicz | Bogdan | Lubin | Nordic OSIR Lubin | 00:55:08 | 7.62 km/h | 00:00:00 00:00:00 |
| 2 | 1 | 115 | M40 | Lubiowski | Ireneusz | Gubin | - | 00:55:20 | 7.59 km/h | 00:00:12 00:00:12 |
| 3 | 1 | 36 | M30 | Wyciskiewicz | Tomasz | Lubin | NW Ścinawa | 00:56:29 | 7.43 km/h | 00:01:21 00:01:09 |
| 4 | 2 | 174 | M60 | Kubicki | Bernard | Lubin | Nordic OSIR Lubin | 00:56:51 | 7.39 km/h | 00:01:43 00:00:21 |
| 5 | 1 | 278 | M20 | Waszewski | Tomasz | Lubin | Nordic OSIR Lubin | 00:58:22 | 7.19 km/h | 00:03:14 00:01:31 |
| 6 | 2 | 34 | M30 | Czichoń | Piotr | Dobrodzień | Speed | 00:58:24 | 7.19 km/h | 00:03:16 00:00:01 |
| 7 | 1 | 118 | M50 | Drapikowski | Marek | Legnica | PSNW | 00:58:57 | 7.12 km/h | 00:03:49 00:00:32 |
| 8 | 3 | 1 | M30 | Magnuski | Dariusz | Opole | NW SPEED | 00:59:17 | 7.08 km/h | 00:04:09 00:00:20 |
| 9 | 4 | 134 | M30 | Hałubiec | Mariusz | Wrocław | freelancer | 01:00:19 | 6.96 km/h | 00:05:11 00:01:01 |
| 10 | 5 | 175 | M30 | Walczewski | Sławomir | Złotoryja | | 01:00:29 | 6.94 km/h | 00:05:21 00:00:10 |
| 1 | 1 | 187 | K30 | Świercz | Agnieszka | Ścinawa | Ścinawska Grupa Nordic W | 01:01:08 | 6.87 km/h | 00:00:00 00:00:00 |
| 2 | 2 | 297 | K30 | Chudy Magnuska | Agnieszka | Opole | NW SPEED | 01:01:18 | 6.85 km/h | 00:00:09 00:00:09 |
| 11 | 2 | 374 | M50 | Kłos | Marian | Zbąszynek | - | 01:02:41 | 6.7 km/h | 00:07:33 00:02:11 |
| 3 | 1 | 136 | K60 | Kurzawska | Jolanta | Lubin | Nordic OSIR Lubin | 01:03:03 | 6.66 km/h | 00:01:54 00:01:45 |
| 4 | 1 | 142 | K40 | Feliszek | Dorota | Ścinawa | Ścinawska Grupa Nordic W | 01:03:43 | 6.59 km/h | 00:02:34 00:00:39 |
| 12 | 2 | 150 | M40 | Wólczyński | Andrzej | Wrocław | - | 01:04:09 | 6.55 km/h | 00:09:01 00:01:28 |
| 5 | 1 | 186 | K50 | Sulima | Urszula | Ścinawa | Ścinawska Grupa Nordic W | 01:04:26 | 6.52 km/h | 00:03:17 00:00:42 |
| 6 | 1 | 358 | K70 | Olejniczak-Ciuks | Krystyna | Wrocław | NW FAN Team | 01:06:10 | 6.35 km/h | 00:05:01 00:01:44 |
| 7 | 2 | 155 | K60 | Hamera-Witkowska | Jolanta | Wrocław | NW FAN Team | 01:06:32 | 6.31 km/h | 00:05:23 00:00:22 |
| 8 | 1 | 68 | K20 | Gil | Monika | Wrocław | NW FAN Team | 01:07:17 | 6.24 km/h | 00:06:08 00:00:44 |
| 9 | 2 | 265 | K20 | Płocińska | Sandra | Chmielów | - | 01:08:19 | 6.15 km/h | 00:07:10 00:01:02 |
| 13 | 3 | 130 | M60 | Sowa | Andrzej | Lubin | Nordic OSIR Lubin | 01:08:21 | 6.14 km/h | 00:13:13 00:04:12 |
| 14 | 3 | 11 | M50 | Baber | Grzegorz | Wrocław | NW FAN Team | 01:08:31 | 6.13 km/h | 00:13:23 00:00:09 |
| 15 | 4 | 19 | M50 | Bielawski | Zdzisław | Lwówek Śląski | Marsz NW Agatowe | 01:09:37 | 6.03 km/h | 00:14:29 00:01:06 |
| 10 | 3 | 183 | K20 | Golec | Joanna | Wrocław | NW FAN Team | 01:09:47 | 6.02 km/h | 00:08:38 00:01:27 |
| 11 | 2 | 149 | K40 | Kownacka | Beata | Zemiki Wrocław | Wrocławska Szkółka Nor | 01:09:50 | 6.01 km/h | 00:08:41 00:00:03 |
| 12 | 3 | 206 | K60 | Zawadzka | Maria | Lubin | Nordic OSIR Lubin | 01:10:15 | 5.98 km/h | 00:09:06 00:00:24 |
| 16 | 2 | 181 | M20 | Czekaj | Michał | Brzeg | - | 01:10:16 | 5.98 km/h | 00:15:08 00:00:38 |
| 13 | 4 | 178 | K60 | Florczyk | Kazimiera | Lubin | Nordic OSIR Lubin | 01:11:15 | 5.89 km/h | 00:10:06 00:01:00 |
| 17 | 1 | 364 | M70 | Kowalczyk | Marian | Szewce | - | 01:11:25 | 5.88 km/h | 00:16:17 00:01:08 |
| 14 | 3 | 56 | K30 | Majewska | Weronika | Grodków | - | 01:11:38 | 5.86 km/h | 00:10:29 00:00:22 |
| 18 | 3 | 291 | M20 | Adamiak | Bartosz | Wrocław | - | 01:12:53 | 5.76 km/h | 00:17:45 00:01:28 |
| 15 | 2 | 229 | K50 | Szczęch | Ewa | Wrocław | NW FAN Team | 01:14:14 | 5.66 km/h | 00:13:05 00:02:36 |
| 19 | 5 | 298 | M50 | Kowalkowski | Henryk | Wrocław | NW FAN Team | 01:14:23 | 5.65 km/h | 00:19:15 00:01:29 |
| 16 | 3 | 194 | K50 | Sosna | Danuta | Wrocław | NW FAN Team | 01:14:29 | 5.64 km/h | 00:13:20 00:00:14 |
| 20 | 6 | 173 | M50 | Ubowski | Leszek | Wrocław | NW FAN Team | 01:15:00 | 5.6 km/h | 00:19:52 00:00:36 |
| 17 | 3 | 122 | K40 | Drapikowska | Beata | Legnica | PSNW | 01:15:05 | 5.59 km/h | 00:13:56 00:00:36 |
| 21 | 4 | 92 | M60 | Kucfir | Marek | Wrocław | NW FAN Team | 01:15:28 | 5.56 km/h | 00:20:20 00:00:28 |
| 18 | 5 | 253 | K60 | Nagler | Anna | Wrocław | NW FAN Team | 01:15:58 | 5.53 km/h | 00:14:49 00:00:52 |
| 19 | 6 | 293 | K60 | Mycak | Ewa | Wrocław | NW FAN Team | 01:15:59 | 5.53 km/h | 00:14:50 00:00:01 |
| 20 | 4 | 144 | K50 | Kopeć | Renata | Wrocław | NW FAN Team | 01:16:42 | 5.48 km/h | 00:15:33 00:00:43 |
| 21 | 5 | 102 | K50 | Golembiewska | Jadwiga | Wrocław | NW FAN Team | 01:17:16 | 5.44 km/h | 00:16:07 00:00:33 |
| 22 | 7 | 168 | K60 | Miłosz | Krystyna | Wrocław | NW FAN Team | 01:17:42 | 5.41 km/h | 00:16:33 00:00:26 |
| 23 | 6 | 294 | K50 | Kowalkowska | Janina | Wrocław | NW FAN Team | 01:17:43 | 5.4 km/h | 00:16:34 00:00:01 |

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|----|------|-----|-----------|--------------|------------|------------------|--------------------------|----------|-----------|----------------------|
| 22 | 2 | 143 | M70 | Makarewicz | Wojciech | Wrocław | Klub Aktywnego Seniora | 01:18:20 | 5.36 km/h | 00:23:12 00:02:51 |
| 23 | 3 | 90 | M70 | Ciukszo | Tadeusz | Wrocław | NW FAN Team | 01:26:32 | 4.85 km/h | 00:31:24 00:08:12 |
| 24 | 8 | 101 | K60 | Majchrzak | Teresa | Wrocław | NW Wrocław | 01:26:49 | 4.84 km/h | 00:25:40 00:09:05 |
| 25 | 7 | 152 | K50 | Mazurkiewicz | Małgorzata | Wrocław | Klub Seniorów | 01:27:27 | 4.8 km/h | 00:26:18 00:00:38 |
| 26 | 9 | 121 | K60 | Rągowska | Dorota | Wrocław | NW FAN Team | 01:28:46 | 4.73 km/h | 00:27:37 00:01:18 |
| 27 | 4 | 283 | K40 | Jaremczak | Maria | Kąty Wrocławskie | NW FAN Team | 01:29:17 | 4.7 km/h | 00:28:08 00:00:31 |
| 28 | 8 | 180 | K50 | Musiakiewicz | Grażyna | Wrocław | FAN | 01:29:52 | 4.67 km/h | 00:28:43 00:00:34 |
| 29 | 2 | 234 | K70 | Adamska | Irena | Wrocław | - | 01:32:00 | 4.57 km/h | 00:30:51 00:02:08 |
| 30 | 10 | 275 | K60 | Marciniak | Elżbieta | Wrocław | NW FAN Team | 01:32:29 | 4.54 km/h | 00:31:20 00:00:29 |
| 31 | 11 | 366 | K60 | Głogowska | Krzyszyna | Wrocław | NW FAN Team | 01:34:27 | 4.45 km/h | 00:33:18 00:01:58 |
| 32 | 12 | 252 | K60 | Brzezińska | Alina | Gacki Nowe | - | 01:35:59 | 4.38 km/h | 00:34:50 00:01:32 |
| 33 | 5 | 369 | K40 | Gąsior-Mucha | Monika | Wieluń | niezrzeszona | 01:36:20 | 4.36 km/h | 00:35:11 00:00:20 |
| 24 | 3 | 162 | M40 | Hołyński | Grzegorz | Wrocław | Klub Sportów Wodnych i R | 01:36:20 | 4.36 km/h | 00:41:12 00:09:48 |
| 34 | 9 | 248 | K50 | Szczęsna | Maria | Wrocław | FAN | 01:38:06 | 4.28 km/h | 00:36:58 00:01:46 |
| 35 | 13 | 67 | K60 | Smardz | Elżbieta | Wrocław | FAN | 01:41:03 | 4.16 km/h | 00:39:54 00:02:56 |
| 36 | 14 | 192 | K60 | Kubiszewska | Małgorzata | Wrocław | NW FAN Team | 01:50:06 | 3.81 km/h | 00:48:57 00:09:02 |