

# V Podkowińska Dycha

## WYNIKI ZAWODÓW

### Nordic Walking 3 km

Organizator: Podkowińskie Towarzystwo Biegowe

Termin: 28.05.2017

Miejsce: Podkowa Leśna

Dystans: 3 km

### Klasyfikacja wg czasów brutto

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name   | Miejscowość<br>City  | Kraj<br>Nat | Drużyna / Klub<br>Team / Club  | R-k<br>YoB | Klasyfikacje<br>Ranks | Czas<br>Time | Netto    | [km/h] |
|-----------------|-----------|---------------------------|----------------------|-------------|--------------------------------|------------|-----------------------|--------------|----------|--------|
| 1               | 4066      | CZLAPSKI Krzysztof        | Ciechanów            | POL         | / Nw Trenujemy Razem           | 63M50/1    | (M)1                  | 00:18:33     | 00:18:32 | 9.7    |
| 2               | 4020      | RADOMSKI Marcin           | Plock                | POL         | / Biegam W Sfetsze             | 76M40/1    | (M)2                  | 00:18:35     | 00:18:32 | 9.7    |
| 3               | 4041      | MALINOWSKI Krzysztof      | Warszawa             | POL         |                                | 66M50/2    | (M)3                  | 00:18:50     | 00:18:48 | 9.6    |
| 4               | 4014      | VUCO Ivo                  | Warszawa             | POL         | / Marathon Brothers            | 77M40/2    | (M)4                  | 00:19:29     | 00:19:28 | 9.2    |
| 5               | 4017      | ADAMCZYK Adam             | Warszawa             | POL         | / Pasja                        | 49M60/1    | (M)5                  | 00:19:49     | 00:19:46 | 9.1    |
| 6               | 4023      | ZARZYCKI Zdzisław         | Nowy Dwór Mazowiecki | POL         |                                | 58M50/3    | (M)6                  | 00:20:59     | 00:20:55 | 8.6    |
| 7               | 4046      | PASZEK Krystyna           | Grodzisk Mazowiecki  | POL         | / Rysie Razem                  | 61K50/1    | (K)1                  | 00:21:55     | 00:21:55 | 8.2    |
| 8               | 4067      | KOWALSKI Jakub            | Piaseczno            | POL         |                                | 97M20/1    | (M)7                  | 00:22:05     | 00:22:02 | 8.1    |
| 9               | 4003      | NIETRZEBKA Aleksandra     | Międzyborów          | POL         |                                | 91K20/1    | (K)2                  | 00:22:16     | 00:22:13 | 8.1    |
| 10              | 4070      | PARYS Piotr               |                      | POL         |                                | 60M50/4    | (M)8                  | 00:22:42     | 00:22:40 | 7.9    |
| 11              | 4030      | SIWINSKA PIECHOTA Aneta   | Książenice           | POL         |                                | 79K30/1    | (K)3                  | 00:22:50     | 00:22:48 | 7.9    |
| 12              | 4024      | NIETRZEBKA Paweł          | Międzyborów          | POL         |                                | 88M20/2    | (M)9                  | 00:22:56     | 00:22:52 | 7.8    |
| 13              | 4037      | KRUPA Magdalena           | Podkowa Leśna        | POL         |                                | 76K40/1    | (K)4                  | 00:23:51     | 00:23:51 | 7.5    |
| 14              | 4021      | KRUPA Jan                 | Podkowa Leśna        | POL         |                                | 06         | (M)10                 | 00:24:10     | 00:24:10 | 7.4    |
| 15              | 4038      | JOANNA RUSSEK Joanna      | Laski Izabelin       | POL         |                                | 68K40/2    | (K)5                  | 00:24:19     | 00:24:17 | 7.4    |
| 16              | 4042      | SEIDEL Monika             | Podkowa Leśna        | POL         | Eckhoff                        | 73K40/3    | (K)6                  | 00:24:32     | 00:24:31 | 7.3    |
| 17              | 4034      | ECKHOFF Magda             | Podkowa Leśna        | POL         | Eckhoff                        | 74K40/4    | (K)7                  | 00:24:33     | 00:24:29 | 7.3    |
| 18              | 4043      | ŻÓLTOWSKA Agata           | Podkowa Leśna        | POL         | Żółtowsky / Vege Runners       | 63K50/2    | (K)8                  | 00:24:37     | 00:24:31 | 7.3    |
| 19              | 4044      | PIGULA Krzysztof          | Łódź                 | POL         | / Delia Cosmetics Team         | 62M50/5    | (M)11                 | 00:24:46     | 00:24:42 | 7.3    |
| 20              | 4015      | KĄTNIK Patrycja           | Warszawa             | POL         | / Warszawa Włochy              | 86K30/2    | (K)9                  | 00:25:25     | 00:25:17 | 7.1    |
| 21              | 4000      | MICHALAK Monika           | Warszawa             | POL         | Mmm /                          | 68K40/5    | (K)10                 | 00:25:31     | 00:25:23 | 7.1    |
| 22              | 4011      | BURBELKA Magda            | Pruszków             | POL         | Burbelki /                     | 04K20/2    | (K)11                 | 00:25:32     | 00:25:28 | 7.0    |
| 23              | 4036      | WRZESIŃSKA Monika         | Białystok            | POL         | / Hania                        | 67K50/3    | (K)12                 | 00:25:47     | 00:25:43 | 7.0    |
| 24              | 4022      | SITKIEWICZ Anna maria     | Nadarzyn             | POL         |                                | 77K40/6    | (K)13                 | 00:26:18     | 00:26:09 | 6.8    |
| 25              | 4026      | GRYGOROWICZ Rajmund       | Warszawa             | POL         | / Pasja Nordic Walking         | 44M60/2    | (M)12                 | 00:26:19     | 00:26:11 | 6.8    |
| 26              | 4035      | BOREK Paulina             | Pęcice Małe          | POL         | Borki / Stowarzyszenie Na Fali | 74K40/7    | (K)14                 | 00:26:25     | 00:26:23 | 6.8    |
| 27              | 4045      | PRUSZKOWSKA Dorota        | Warszawa             | POL         | / Fc Malcanów                  | 79K30/3    | (K)15                 | 00:26:31     | 00:26:21 | 6.8    |
| 28              | 4029      | JAKUBOWSKA Marzena        | Parzniew             | POL         | / Fc Malcanów                  | 73K40/8    | (K)16                 | 00:26:31     | 00:26:26 | 6.8    |
| 29              | 4010      | BURBELKA Wojciech         | Pruszków             | POL         | Burbelki /                     | 04M20/3    | (M)13                 | 00:26:35     | 00:26:32 | 6.8    |
| 30              | 4012      | KORNICKA Aneta            | Pruszków             | POL         |                                | 74K40/9    | (K)17                 | 00:26:38     | 00:26:29 | 6.8    |
| 31              | 4033      | NADOLSKA Agnieszka        | Otrębusy             | POL         |                                | 71K40/10   | (K)18                 | 00:26:58     | 00:26:51 | 6.7    |
| 32              | 4032      | WŁOCZKOWSKA Magdalena     | Otrębusy             | POL         |                                | 70K40/11   | (K)19                 | 00:26:59     | 00:26:57 | 6.7    |
| 33              | 4009      | MARKOWSKA-BURBELKA Dorota | Pruszków             | POL         | Burbelki /                     | 71K40/12   | (K)20                 | 00:27:12     | 00:27:04 | 6.6    |
| 34              | 4039      | WOJCIECHOWSKI Zbigniew    | Warszawa             | POL         |                                | 64M50/6    | (M)14                 | 00:27:49     | 00:27:41 | 6.5    |
| 35              | 4040      | WILCZYŃSKA Małgorzata     | Warszawa             | POL         |                                | 77K40/13   | (K)21                 | 00:27:49     | 00:27:44 | 6.5    |
| 36              | 4068      | BRZEZICKI Paweł           | Podkowa Leśna        | POL         |                                | 60M50/7    | (M)15                 | 00:27:50     | 00:27:42 | 6.5    |
| 37              | 4001      | DAWIDZIUK Agnieszka       | Brwinów              | POL         | / Dzikie Życie Run Team        | 47K60/1    | (K)22                 | 00:28:09     | 00:28:07 | 6.4    |
| 38              | 4025      | BRZozowska Kamila         | Łódź                 | POL         | / -                            | 74K40/14   | (K)23                 | 00:28:15     | 00:28:11 | 6.4    |
| 39              | 4018      | PROSTACKA Joanna          | Książenice           | POL         | / -                            | 83K30/4    | (K)24                 | 00:28:30     | 00:28:22 | 6.3    |
| 40              | 4027      | STELMACH Daniel           | Mysiadło             | POL         |                                | 73M40/3    | (M)16                 | 00:28:31     | 00:28:24 | 6.3    |
| 41              | 4019      | NIETUBYĆ Joanna           | Podkowa Leśna        | POL         |                                | 71K40/15   | (K)25                 | 00:28:31     | 00:28:25 | 6.3    |
| 42              | 4069      | BRZEZICKA Anna            | Podkowa Leśna        | POL         |                                | 63K50/4    | (K)26                 | 00:29:03     | 00:29:00 | 6.2    |
| 43              | 3068      | CHRABELSKI Wojciech       | Podkowa Leśna        | POL         |                                | 29M60/3    | (M)17                 | 00:35:06     | 00:37:35 | 5.1    |

|              |    |               |    |               |    |            |    |
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| Zgłoszonych: | 59 | Odebrało nr.: | 46 | Wystartowało: | 44 | Ukończyło: | 43 |
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