



HAJNÓWKA - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-09-12
Miejsce: Hajnówka
Dystans: 10 km



Klasyfikacja: M 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	616	SILESIA NORDIC TEAM	M 40-49	1			01:29:45	00:31:12	01:03:13	02:32:58		6:19	9.5 (100%)
2	DENCIKOWSKI Marek	619	KB BIAŁA BIEGA	M 40-49	2			01:29:48	00:34:31	01:08:59	02:38:47	+00:05:46 (8.4%)	6:53	8.7 (91.6%)
3	FELIS Paweł	623		M 40-49	3			01:29:47	00:34:35	01:09:00	02:38:47	+00:05:47 (8.4%)	6:54	8.7 (91.6%)
4	SZCZEBAK Jacek	708	TARNÓW	M 40-49	4			01:29:47	00:34:31	01:09:15	02:39:02	+00:06:02 (8.7%)	6:55	8.7 (91.6%)
5	ANTOSZEWSKI Piotr	601	DĄBROWA NORDIC TEAM	M 40-49	5			01:29:48	00:34:50	01:09:57	02:39:45	+00:06:44 (9.6%)	6:59	8.6 (90.5%)
6	TĘPIŃSKI Leszek	718		M 40-49	6			01:29:48	00:35:09	01:10:31	02:40:19	+00:07:18 (10.4%)	7:03	8.5 (89.5%)
7	BILIK Wojciech	605	SAMOTNI WĘDROWCY	M 40-49	7			01:29:47	00:35:43	01:10:34	02:40:21	+00:07:21 (10.4%)	7:03	8.5 (89.5%)
8	GRUSZKA Michał	627	NW LUBLINIEC	M 40-49	8			01:29:48	00:35:07	01:11:13	02:41:01	+00:08:00 (11.2%)	7:07	8.4 (88.4%)
9	KRZANOWSKI Bartłomiej	650	SAMOTNI WĘDROWCY	M 40-49	9			01:29:49	00:36:25	01:13:05	02:42:54	+00:09:52 (13.5%)	7:18	8.2 (86.3%)
10	ŚLUSARCZYK Grzegorz	716	WESOŁY BORSUK TEAM	M 40-49	10			01:29:46	00:37:00	01:13:45	02:43:31	+00:10:32 (14.3%)	7:22	8.1 (85.3%)
11	MARCINKOWSKI Wojciech	662	NORDIC WALKING LUBLINIEC	M 40-49	11			01:29:47	00:37:02	01:15:00	02:44:47	+00:11:47 (15.7%)	7:30	8 (84.2%)
12	ALEKSIEJUK Robert	608	UTW HAJNÓWKA	M 40-49	12			01:29:50	00:40:06	01:19:44	02:49:34	+00:16:31 (20.7%)	7:58	7.5 (78.9%)
13	WASILEWSKI Cezary	729	TURBIKE TEAM	M 40-49	13			01:29:49	00:42:21	01:28:11	02:58:00	+00:24:58 (28.3%)	8:49	6.8 (71.6%)
14	ZWOLAN Witold	738		M 40-49	14			01:29:50	00:53:32	01:41:37	03:11:27	+00:38:24 (37.8%)	10:09	5.9 (62.1%)

Znaleziono 14 wynik(ów)