



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
POLSKIE STOWOZOWO NORDIC WALKING

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 10 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SIEROŃ Jacek	559	TSA SANDOMIERZ	M50-59	1			00:01:56	00:15:33	00:31:38	00:47:47	01:03:25.05	01:05:21.20		6:20	9.5 (100%)
2	RECZULSKI Mariusz	554	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:01:54	00:15:34	00:31:40	00:47:48	01:03:29.90	01:05:24.35	+00:00:04 (0.1%)	6:21	9.4 (98.9%)
3	SIWAK Piotr	561	KS.METRACO POLKOWICE	M50-59	3			00:01:53	00:15:33	00:31:39	00:47:49	01:03:30.55	01:05:24.25	+00:00:05 (0.1%)	6:21	9.4 (98.9%)
4	PUSZKIEL Leszek	549	GREEN TEAM ZIELONA GÓRA	M50-59	4	1		00:01:53	00:15:34	00:31:40	00:48:18	01:04:46.30	01:06:39.90	+00:01:21 (2.1%)	6:28	9.3 (97.9%)
5	CIEŚLAK Roman	422	FOREVER YOUNG	M50-59	5			00:01:55	00:15:56	00:32:16	00:48:49	01:05:42.65	01:07:38.20	+00:02:17 (3.5%)	6:34	9.1 (95.8%)
6	DZIADEK Remigiusz	436		M50-59	6			00:01:55	00:15:54	00:32:30	00:49:31	01:06:10.40	01:08:05.95	+00:02:45 (4.2%)	6:37	9.1 (95.8%)
7	JURKITEWICZ Krzysztof	467	KB BIAŁA BIEGA	M50-59	7			00:01:55	00:16:35	00:33:34	00:50:37	01:07:48.45	01:09:43.80	+00:04:23 (6.5%)	6:46	8.8 (92.6%)
8	WIERCHANOWSKI Bogdan	602	KS METRACO POLKOWICE	M50-59	8			00:01:54	00:16:50	00:34:12	00:51:50	01:09:19.80	01:11:14.70	+00:05:54 (8.5%)	6:56	8.7 (91.6%)
9	KOWALCZUK Robert	489		M50-59	9			00:01:57	00:17:13	00:34:29	00:52:01	01:09:29.80	01:11:27.20	+00:06:04 (8.7%)	6:57	8.6 (90.5%)
10	MROZIŃSKI Paweł	526	MARSZ PO ZDROWIE	M50-59	10			00:01:54	00:16:49	00:34:23	00:52:04	01:09:42.95	01:11:37.65	+00:06:17 (9.0%)	6:58	8.6 (90.5%)
11	FOT Krzysztof	442	MARSZ PO ZDROWIE	M50-59	11			00:01:56	00:18:59	00:37:41	00:55:50	01:13:51.40	01:15:47.55	+00:10:26 (14.1%)	7:23	8.1 (85.3%)
12	DZIUBAK Janusz	438	RYBNICKI KLUB NORDIC WALKING	M50-59	12			00:01:59	00:18:40	00:37:55	00:57:14	01:16:34.00	01:18:33.65	+00:13:08 (17.2%)	7:39	7.8 (82.1%)
13	KOWALSKI Marek	491	UNIA MIAST	M50-59	13			00:01:58	00:19:17	00:39:01	00:58:10	01:16:43.80	01:18:42.15	+00:13:18 (17.3%)	7:40	7.8 (82.1%)
14	STEFAŃSKI Andrzej	574	FACE NORDIC WALKING TEAM	M50-59	14			00:01:57	00:19:00	00:37:46	00:57:04	01:16:48.80	01:18:46.05	+00:13:23 (17.4%)	7:40	7.8 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PONIATOWSKI Dariusz	702		M50-59	15			00:01:57	00:19:44	00:39:35	00:58:25	01:16:54.20	01:18:51.70	+00:13:29 (17.5%)	7:41	7.8 (82.1%)
16	SZEWCZYK Marek	581	FACE NORDIC WALKING TEAM	M50-59	16			00:01:56	00:19:13	00:38:50	00:58:50	01:18:43.55	01:20:40.35	+00:15:18 (19.4%)	7:52	7.6 (80.0%)
17	IRZYCKI Andrzej	452	MARYSIN	M50-59	17			00:01:59	00:18:59	00:38:22	00:58:30	01:19:02.95	01:21:02.75	+00:15:37 (19.8%)	7:54	7.6 (80.0%)
18	SUCHODOLSKI Wiesław	577	CIECHANÓW	M50-59	18			00:01:59	00:20:20	00:40:44	01:00:54	01:20:27.25	01:22:26.45	+00:17:02 (21.2%)	8:02	7.5 (78.9%)
19	HAJNUS Wojciech	449		M50-59	19			00:01:56	00:20:21	00:40:45	01:00:55	01:20:30.30	01:22:26.45	+00:17:05 (21.2%)	8:03	7.5 (78.9%)
20	SAMEK Roman	558	FACE NORDIC WALKING TEAM	M50-59	20			00:01:54	00:20:52	00:42:01	01:02:10	01:21:44.70	01:23:39.00	+00:18:19 (22.4%)	8:10	7.3 (76.8%)
21	TRAMBACZ Robert	591		M50-59	21			00:01:58	00:20:23	00:40:39	01:01:45	01:22:41.45	01:24:39.55	+00:19:16 (23.3%)	8:16	7.3 (76.8%)
22	FAJNAS Ryszard	440		M50-59	22			00:01:58	00:20:27	00:41:29	01:03:08	01:25:00.10	01:26:58.20	+00:21:35 (25.4%)	8:30	7.1 (74.7%)
23	KOSSOWSKI Marian	485	MARYSIN	M50-59	23			00:02:02	00:21:22	00:43:44	01:06:27	01:28:59.05	01:31:01.90	+00:25:34 (28.7%)	8:53	6.7 (70.5%)
24	KACPERCZYK Dariusz	468	MARYSIN	M50-59	24			288:36:04	00:35:01	01:10:58				+00:39:20	14:11	4.2 (44.2%)
25	PIETRYKOWSKI Dariusz	542	AVOCADO WELLNESS CLUB	M50-59	25			288:47:44	00:44:16					+00:28:42	17:42	3.4 (35.8%)
DQ	NETKOWSKI Wojciech	527		M50-59		1	Tak	DQ	00:19:21 DQ	00:38:45 DQ	00:58:03 DQ	01:17:07.40 DQ	DQ		-	- (0.0%)

Znaleziono 26 wynik(ów)