KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 21.1 km

Klasyfikacja: M 50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**SKIBA Krzysztof**	**664**	KS METRAKO POLKOWICE	M 50-59	1	1		00:02:46	00:06:38	00:21:28	00:36:44	00:52:20	01:07:54	01:23:37	01:40:13	01:57:58	**02:15:59.90**	**02:18:46.10**		6:26	9.3 (100%)
2	**WIŚNIEWSKI Jacek**	**677**	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59	2			00:02:44	00:07:27	00:23:31	00:39:33	00:55:43	01:11:35	01:27:31	01:43:49	02:00:21	**02:17:22.75**	**02:20:06.90**	+00:01:22 (1.0%)	6:30	9.2 (98.9%)
3	**BIK Stanisław**	**622**	KS METRACO POLKOWICE	M 50-59	3			00:02:45	00:07:32	00:24:07	00:40:33	00:56:48	01:13:02	01:29:15	01:46:00	02:03:45	**02:22:11.10**	**02:24:56.30**	+00:06:11 (4.4%)	6:44	8.9 (95.7%)
4	**LENZ Andrzej**	**647**	ALTOM	M 50-59	4			00:02:44	00:07:27	00:24:15	00:40:50	00:57:21	01:14:01	01:31:01	01:48:12	02:05:35	**02:23:14.85**	**02:25:59.30**	+00:07:14 (5.1%)	6:47	8.8 (94.6%)
5	**FOLWARSKI Andrzej**	**630**	FACE NORDIC WALKING TEAM	M 50-59	5			00:02:45	00:07:52	00:25:58	00:44:14	01:02:36	01:20:27	01:38:40	01:56:59	02:15:43	**02:34:39.75**	**02:37:25.20**	+00:18:39 (12.1%)	7:19	8.2 (88.2%)
6	**WAJS Jerzy**	**674**	NW CIECHANÓW	M 50-59	6			00:02:45	00:08:04	00:26:39	00:45:28	01:04:20	01:23:09	01:42:20	02:01:38	02:21:14	**02:41:07.20**	**02:43:52.35**	+00:25:07 (15.6%)	7:38	7.9 (84.9%)
7	**CIENNIK Wiktor**	**691**	FOREVER YOUNG	M 50-59	7			00:02:45	00:08:33	00:27:34	00:46:57	01:06:27	01:25:50	01:46:19	02:06:57	02:27:45	**02:48:58.05**	**02:51:43.85**	+00:32:58 (19.5%)	8:00	7.5 (80.6%)
8	**KRAWCZYK Jarosław**	**641**		M 50-59	8			00:04:11	00:08:58	00:29:46	00:51:26	01:12:45	01:33:40	01:55:42	02:17:21	02:38:44	**02:59:38.90**	**03:03:50.00**	+00:43:39 (24.3%)	8:30	7 (75.3%)

Znaleziono 8 wynik(ów)