SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 10 KM

Organizator: PFNW
Data: 2016-07-31
Miejsce: Skrwilno
Dystans: 10 km

HERKULES
www.herkules.org.pl

Klasyfikacja: Wszyscy

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	**RECZULSKI Mariusz**	**486**	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:03:50	00:18:01	00:36:31	00:54:49	**01:12:53.30**	**01:16:44.05**		7:17	8.2 (100%)
2	**WARUSZEWSKI Karol**	**475**	BIEGAJĄCY TCZEW	M40-49	1			00:03:49	00:18:14	00:36:56	00:55:26	**01:13:37.05**	**01:17:26.25**	+00:00:43 (1.0%)	7:21	8.2 (100%)
3	**KULIG Henryk**	**467**	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:03:50	00:17:59	00:36:29	00:55:01	**01:14:04.50**	**01:17:54.70**	+00:01:11 (1.6%)	7:24	8.1 (98.8%)
4	**KOCIMSKI Jan**	**477**	KW AKTYWNI SOCHACZEW	M60-69	2			00:03:51	00:17:59	00:36:29	00:55:03	**01:14:20.10**	**01:18:11.65**	+00:01:26 (1.9%)	7:26	8.1 (98.8%)
5	**SPYCHAŁA Marzena**	**482**	WESOŁY BORSUK TEAM	K40-49	1			00:04:39	00:18:26	00:37:18	00:56:20	**01:15:31.20**	**01:20:10.90**	+00:02:37 (3.5%)	7:33	7.9 (96.3%)
6	**KRZYŻANOWSKI Robert**	**484**		M40-49	2			00:03:48	00:18:16	00:37:01	00:56:26	**01:15:58.95**	**01:19:47.05**	+00:03:05 (4.1%)	7:35	7.9 (96.3%)
7	**SKRYCKA Katarzyna**	**472**	KS METRACO POLKOWICE	K30-39	1			00:04:39	00:19:28	00:38:51	00:58:32	**01:17:47.45**	**01:22:27.15**	+00:04:54 (6.3%)	7:46	7.7 (93.9%)
8	**BANASZKIEWICZ Katarzyna**	**462**	JEZIORKI – AKTYWNA WIEŚ	K40-49	2			00:04:40	00:19:03	00:38:54	00:58:43	**01:18:27.30**	**01:23:08.05**	+00:05:34 (7.1%)	7:50	7.6 (92.7%)
9	**STAWNIAK Karol**	**483**		M60-69	3			00:03:51	00:18:56	00:38:19	00:58:38	**01:18:33.65**	**01:22:25.25**	+00:05:40 (7.2%)	7:51	7.6 (92.7%)
10	**NETKOWSKI Wojciech**	**479**	PASJA NORDIC WALKING	M50-59	2			00:03:50	00:19:07	00:39:18	00:59:51	**01:20:00.25**	**01:23:50.25**	+00:07:06 (8.9%)	8:00	7.5 (91.5%)
11	**MIERNICKI Mariusz**	**469**		M50-59	3			00:03:50	00:19:26	00:39:28	00:59:57	**01:20:52.80**	**01:24:43.60**	+00:07:59 (9.9%)	8:05	7.4 (90.2%)
12	**BUJNICKI Marcin**	**463**		M40-49	3			00:03:48	00:19:35	00:39:53	01:00:41	**01:22:20.85**	**01:26:09.25**	+00:09:27 (11.5%)	8:14	7.3 (89.0%)
13	**NOWAKOWSKA Justyna**	**489**		K40-49	3			00:04:40	00:20:09	00:40:39	01:01:32	**01:23:11.95**	**01:27:52.85**	+00:10:18 (12.4%)	8:19	7.2 (87.8%)
14	**APPEL Jerzy**	**461**	GOSIR OSIELSKO	M70+	1			00:03:53	00:20:32	00:41:43	01:03:27	**01:24:41.35**	**01:28:34.55**	+00:11:48 (13.9%)	8:28	7.1 (86.6%)

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	**WIŚNIEWSKI Kazimierz**	**476**	ZGÓRKI	M60-69	4			00:03:51	00:20:41	00:41:46	01:03:30	**01:25:09.35**	**01:29:00.35**	+00:12:16 (14.4%)	8:30	7 (85.4%)
16	**PACZKOWSKI Andrzej**	**487**		M70+	2			00:03:52	00:19:55	00:40:35	01:02:29	**01:25:13.75**	**01:29:06.25**	+00:12:20 (14.5%)	8:31	7 (85.4%)
17	**NOWAKOWSKI Adam**	**488**		M40-49	4			00:03:48	00:19:58	00:41:03	01:02:34	**01:25:16.95**	**01:29:05.65**	+00:12:23 (14.5%)	8:31	7 (85.4%)
18	**STRZELECKI Sebastian**	**474**	SAILING TEAM FERAJNA	M40-49	5			00:03:49	00:20:50	00:42:46	01:04:51	**01:26:27.05**	**01:30:16.05**	+00:13:33 (15.7%)	8:38	6.9 (84.1%)
19	**BIŃCZYK Jacek**	**485**		M40-49	6			00:03:49	00:21:49	00:43:13	01:04:44	**01:26:30.35**	**01:30:19.75**	+00:13:37 (15.7%)	8:39	6.9 (84.1%)
20	**FARON Monika**	**481**		K30-39	2			00:04:40	00:20:51	00:42:20	01:04:21	**01:26:33.75**	**01:31:13.90**	+00:13:40 (15.8%)	8:39	6.9 (84.1%)
21	**WORENKO-ZACZYŃSKA Janina**	**480**	KS METRACO POLKOWICE	K70+	1			00:04:42	00:20:54	00:42:26	01:04:34	**01:27:13.05**	**01:31:55.95**	+00:14:19 (16.4%)	8:43	6.9 (84.1%)
22	**JESIONOWSKA Krystyna**	**464**	GMINA SKRWILNO	K40-49	4			00:04:40	00:21:34	00:43:34	01:05:45	**01:28:03.25**	**01:32:44.10**	+00:15:09 (17.2%)	8:48	6.8 (82.9%)
23	**KOSIŃSKA Maria**	**466**	MOSIR RYPIN	K60-69	1			00:04:41	00:20:39	00:42:23	01:04:57	**01:28:10.50**	**01:32:52.00**	+00:15:17 (17.3%)	8:49	6.8 (82.9%)
24	**OMARSKA Grażyna**	**470**	PASJA NORDIC WALKING	K50-59	1			00:04:40	00:21:37	00:43:44	01:06:01	**01:28:20.40**	**01:33:01.35**	+00:15:27 (17.5%)	8:50	6.8 (82.9%)
25	**SIKORSKI Kazimierz**	**471**	WTW.WŁOCŁAWEK	M60-69	5			00:03:51	00:21:30	00:43:35	01:06:41	**01:30:14.30**	**01:34:05.30**	+00:17:21 (19.2%)	9:01	6.6 (80.5%)
26	**MAĆKOWIAK Krystyna**	**468**	FACE NORDIC WALKING TEAM	K60-69	2			00:04:42	00:21:38	00:44:46	01:08:41	**01:32:54.80**	**01:37:36.80**	+00:20:01 (21.6%)	9:17	6.5 (79.3%)
27	**SMARUJ-SADOWSKA Janina**	**473**		K60-69	3			00:04:42	00:22:14	00:45:59	01:10:44	**01:35:18.50**	**01:40:00.60**	+00:22:25 (23.5%)	9:31	6.3 (76.8%)
28	**JÓŹWIAK Dominik**	**465**	WTW.WŁOCŁAWEK	M18-29	1			00:03:48	00:23:37	00:48:55	01:14:20	**01:38:41.30**	**01:42:29.40**	+00:25:48 (26.1%)	9:52	6.1 (74.4%)
29	**SOBOCIŃSKA Ewa**	**478**		K70+	2			00:04:42	00:25:14	00:50:55	01:16:37	**01:42:03.45**	**01:46:46.25**	+00:29:10 (28.6%)	10:12	5.9 (72.0%)

Znaleziono 29 wynik(ów)