



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

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

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: M18-29

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	MACKIEWICZ Marcin	516	NORDIC WALKING CIECHANÓW	M18-29	1	1		00:00:03	00:15:33	00:31:25	00:47:58	01:03:46.35	01:03:49.70		6:22	9.4 (100%)
2	KUŚMIEREK Patryk	504	BŁĘKITNI DZIEMIANY	M18-29	2			00:00:04	00:15:46	00:31:30	00:47:30	01:03:46.40	01:03:50.75	+00:00:00 (0.0%)	6:22	9.4 (100%)
3	WERSTLER Mikołaj	600	AWF WARSZAWA	M18-29	3			00:00:06	00:16:22	00:33:00	00:49:38	01:05:51.20	01:05:57.60	+00:02:04 (3.2%)	6:35	9.1 (96.8%)
4	GRZEGORCZYK Marcin Joachim	448	FACE NORDIC WALKING TEAM	M18-29	4			00:00:04	00:16:10	00:33:03	00:49:39	01:05:51.45	01:05:56.05	+00:02:05 (3.2%)	6:35	9.1 (96.8%)
5	PSUT Robert	547		M18-29	5			00:00:04	00:16:46	00:33:38	00:50:31	01:07:33.60	01:07:38.15	+00:03:47 (5.6%)	6:45	8.9 (94.7%)
6	ŻMIJEWSKI Wojciech	618	AWF WARSZAWA	M18-29	6			00:00:04	00:16:25	00:33:39	00:50:43	01:07:34.45	01:07:38.90	+00:03:48 (5.6%)	6:45	8.9 (94.7%)
7	ROGASKI Grzegorz	555	AWF WARSZAWA	M18-29	7			00:00:03	00:16:21	00:33:33	00:50:36	01:07:39.55	01:07:43.05	+00:03:53 (5.7%)	6:46	8.9 (94.7%)
8	PUSZKIEL Adrian	548	GREEN TEAM ZIELONA GÓRA	M18-29	8			00:00:05	00:16:52	00:34:40	00:51:53	01:08:40.80	01:08:46.30	+00:04:54 (7.1%)	6:52	8.7 (92.6%)
9	WIERZBOWSKI Michał	604	AWF WARSZAWA	M18-29	9			00:00:04	00:16:38	00:33:50	00:51:39	01:09:42.75	01:09:47.60	+00:05:56 (8.5%)	6:58	8.6 (91.5%)
10	IWANIUK Artur	700		M18-29	10			00:00:06	00:17:27	00:35:29	00:53:47	01:11:01.70	01:11:07.70	+00:07:15 (10.2%)	7:06	8.4 (89.4%)
11	WITKOWSKI Marcin	609	AWF WARSZAWA	M18-29	11			00:00:05	00:18:14	00:36:38	00:55:21	01:14:31.85	01:14:37.65	+00:10:45 (14.4%)	7:27	8.1 (86.2%)
12	ŚWIETLIK Michał	709	AWF WARSZAWA	M18-29	12			00:00:05	00:18:39	00:37:32	00:56:17	01:15:11.45	01:15:17.00	+00:11:25 (15.2%)	7:31	8 (85.1%)
13	RECZULSKI Mikołaj	553	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	13			00:00:03	00:17:35	00:36:55	00:56:37	01:16:23.30	01:16:27.15	+00:12:36 (16.5%)	7:38	7.9 (84.0%)

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14	JÓŹWIAK Dominik	463	WTW.WŁOCŁAWEK	M18-29	14			00:00:03	00:20:57	00:42:01	01:03:33	01:24:34.00	01:24:37.40	+00:20:47 (24.6%)	8:27	7.1 (75.5%)

Znaleziono 14 wynik(ów)