POLANICA ZDRÓJ - PUCHAR POLSKI NORDIC WALKING 2020 - 21.1 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: PUCHAR POLSKI NORDIC WALKING 2020
Organizator: Polanica Zdrój
Data: 2020-07-11
Miejsce: Polanica Zdrój
Dystans: 21.1 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Lap_1 1km	Lap_2 11km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**SKIBA Krzysztof**	**37**	MSPORT TEAM	M60+	1			00:05:12	01:08:18	**02:15:09.15**		6:24	9.4 (100%)
2	**HAŁAS Marcin**	**16**		M30-39	1			00:05:22	01:12:29	**02:21:32.55**	+00:06:23 (4.5%)	6:42	8.9 (94.7%)
3	**PIETRZYK Jarosław**	**34**	NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:05:13	01:12:14	**02:21:49.00**	+00:06:39 (4.7%)	6:43	8.9 (94.7%)
4	**MACKIEWICZ Dariusz**	**25**	AKTYWNY KODEŃ	M40-49	1			00:05:28	01:13:28	**02:22:42.60**	+00:07:33 (5.3%)	6:45	8.9 (94.7%)
5	**CZERSKI Krzysztof**	**9**	KS ULTRA TEAM ŁÓDŹ / EPOKA NORDICA ŁÓDŹ	M40-49	2			00:05:26	01:13:01	**02:22:46.25**	+00:07:37 (5.3%)	6:45	8.9 (94.7%)
6	**WETOSZKA Piotr**	**45**	TKKF KRZNA BIAŁA PODLASKA	M30-39	3			00:05:33	01:14:37	**02:22:49.30**	+00:07:40 (5.4%)	6:46	8.9 (94.7%)
7	**BARCZYK Bogdan**	**4**	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:05:58	01:14:22	**02:23:26.30**	+00:08:17 (5.8%)	6:47	8.8 (93.6%)
8	**WILCZEK Krzysztof**	**46**	CIDRY LOTAJOM	M40-49	3			00:05:30	01:13:42	**02:23:27.00**	+00:08:17 (5.8%)	6:47	8.8 (93.6%)
9	**ŻYDACZEWSKI Ryszard**	**49**	KS METRACO POLKOWICE	M50-59	2			00:05:20	01:14:10	**02:25:13.25**	+00:10:04 (6.9%)	6:52	8.7 (92.6%)
10	**CYRUS Bogdan**	**8**	SILESIA NORDIC TEAM	M50-59	3			00:05:22	01:12:25	**02:25:57.95**	+00:10:48 (7.4%)	6:55	8.7 (92.6%)
11	**MICHALSKI Andrzej**	**29**	PŁOMIEŃ ZMIENNICA	M60+	2			00:05:30	01:13:35	**02:27:54.25**	+00:12:45 (8.6%)	7:00	8.6 (91.5%)
12	**ZYCH Witold**	**48**		M50-59	4			00:05:30	01:16:20	**02:28:56.15**	+00:13:47 (9.3%)	7:03	8.5 (90.4%)
13	**NIEDBAŁ Adam**	**32**	SIEWIERZ	M40-49	4			00:05:33	01:16:57	**02:29:19.05**	+00:14:09 (9.5%)	7:04	8.5 (90.4%)

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14	**KOŁODZIEJ Joanna**	**21**	MALINOWE GWIAZDY	K50-59	1			00:05:36	01:16:50	**02:30:16.80**	+00:15:07 (10.1%)	7:07	8.4 (89.4%)
15	**NACZK Leonard**	**31**	POLIPACK TEAM GWE	M40-49	5			00:05:41	01:17:03	**02:33:06.00**	+00:17:56 (11.7%)	7:15	8.3 (88.3%)
16	**MĄDRY Grzegorz**	**28**	KIJKOWE TRZEMESZNO	M60+	3			00:05:36	01:16:47	**02:33:23.05**	+00:18:13 (11.9%)	7:16	8.3 (88.3%)
17	**KOWALSKI Marek**	**23**		M50-59	5			00:06:01	01:19:32	**02:35:13.50**	+00:20:04 (12.9%)	7:21	8.2 (87.2%)
18	**KLUCZYŃSKI Remigiusz**	**18**	SZUKAM KLUBU	M50-59	6			00:05:50	01:19:48	**02:36:45.90**	+00:21:36 (13.8%)	7:25	8.1 (86.2%)
19	**MARCZAK Krzysztof**	**26**	NW BEŁCHATÓW	M60+	4			00:05:27	01:16:57	**02:37:16.20**	+00:22:07 (14.1%)	7:27	8.1 (86.2%)
20	**KOLMETZ Katarzyna**	**20**	POLIPACK TEAM GWE	K40-49	1			00:06:15	01:21:33	**02:37:30.50**	+00:22:21 (14.2%)	7:27	8 (85.1%)
21	**RAJEK Magdalena**	**35**	NORDIC TEAM CZĘSTOCHOWA	K40-49	2			00:06:08	01:20:57	**02:37:31.05**	+00:22:21 (14.2%)	7:27	8 (85.1%)
22	**GOŁĘBIOWSKI Krzysztof**	**15**	ZAWSZE MŁODZI NORDIC WALKING	M50-59	7			00:06:04	01:19:59	**02:37:58.90**	+00:22:49 (14.5%)	7:29	8 (85.1%)
23	**KRAWĘTEK Agnieszka**	**24**	NWPL/NW BEŁCHATÓW	K40-49	3			00:05:56	01:20:05	**02:38:19.35**	+00:23:10 (14.6%)	7:30	8 (85.1%)
24	**KORSAKOV Kostiantyn**	**22**	NW CZŁAPSKI TEAM	M40-49	6			00:05:58	01:19:26	**02:38:42.25**	+00:23:33 (14.8%)	7:31	8 (85.1%)
25	**SZYMAŃSKI Jacek**	**42**	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	8			00:05:54	01:22:00	**02:41:41.80**	+00:26:32 (16.4%)	7:39	7.8 (83.0%)
26	**SZCZUDLIK Małgorzata**	**40**	KIJKOWE TRZEMESZNO	K40-49	4			00:06:18	01:22:21	**02:42:12.60**	+00:27:03 (16.7%)	7:41	7.8 (83.0%)
27	**WENDT Jarosław**	**44**	POLIPACK TEAM GWE	M50-59	9			00:06:04	01:24:04	**02:43:03.60**	+00:27:54 (17.1%)	7:43	7.8 (83.0%)
28	**NACZK Wiktoria**	**30**	POLIPACK TEAM GWE	K18-29	1			00:06:10	01:24:44	**02:43:43.35**	+00:28:34 (17.5%)	7:45	7.7 (81.9%)
29	**JÓŹWIAK Marianna**	**17**	SERCE NORDICA WŁOCŁAWEK	K40-49	5			00:06:18	01:24:07	**02:44:36.60**	+00:29:27 (17.9%)	7:48	7.7 (81.9%)
30	**ROWIŃSKI Paweł**	**36**	NW CZŁAPSKI TEAM	M30-39	4			00:06:11	01:27:09	**02:51:06.00**	+00:35:56 (21.0%)	8:06	7.4 (78.7%)
31	**KOBIELA Magdalena**	**19**	NORDIC TEAM CZĘSTOCHOWA	K40-49	6			00:06:21	01:28:13	**02:53:04.50**	+00:37:55 (21.9%)	8:12	7.3 (77.7%)
32	**CHORABIK Stanisław**	**7**	WESOŁY BORSUK TEAM	M60+	5			00:06:13	01:26:32	**02:54:36.85**	+00:39:27 (22.6%)	8:16	7.3 (77.7%)
33	**DANKIEWICZ Barbara**	**10**	ZAWSZE MŁODZI NORDIC WALKING	K40-49	7			00:06:47	01:32:42	**02:57:29.55**	+00:42:20 (23.9%)	8:24	7.1 (75.5%)
34	**DZIAKIEWICZ Iwona**	**12**	DZIKITEAM	K50-59	2			00:06:33	01:29:01	**02:57:47.90**	+00:42:38 (24.0%)	8:25	7.1 (75.5%)
35	**MARONDEL Katarzyna**	**27**	SILESIA NORDIC TEAM	K30-39	1			00:06:22	01:30:02	**03:00:10.30**	+00:45:01 (25.0%)	8:32	7 (74.5%)
36	**FRANCZAK Anna**	**13**	NW CZŁAPSKI TEAM	K50-59	3			00:06:40	01:32:27	**03:07:28.85**	+00:52:19 (27.9%)	8:53	6.8 (72.3%)

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37	**GERLE-KOTULA Anna**	**14**	UNIA MIAST	K30-39	2			00:06:51	01:36:27	**03:09:45.35**	+00:54:36 (28.8%)	8:59	6.7 (71.3%)
38	**ZAWADZKA Maria**	**47**	KS METRACO POLKOWICE	K60+	1			00:07:00	01:38:30	**03:13:41.35**	+00:58:32 (30.2%)	9:10	6.5 (69.1%)
39	**SOMIAK Marta**	**39**	NORDICUS STRZYBNICA	K40-49	8			00:07:29	01:43:16	**03:16:47.45**	+01:01:38 (31.3%)	9:19	6.4 (68.1%)
40	**SOMIAK Piotr**	**38**	NORDICUS STRZYBNICA	M40-49	7			00:07:30	01:43:17	**03:16:49.30**	+01:01:40 (31.3%)	9:19	6.4 (68.1%)
41	**OMARSKA Grażyna**	**33**	PASJA NORDIC WALKING	K60+	2			00:07:22	01:41:28	**03:21:03.55**	+01:05:54 (32.8%)	9:31	6.3 (67.0%)
42	**SZWED Dorota**	**41**	SKRZYDLACI DZIECIOM	K30-39	3			00:07:23	01:43:20	**03:25:30.35**	+01:10:21 (34.2%)	9:44	6.2 (66.0%)
43	**BRONISZEWSKA Milena**	**6**		K30-39	4			00:07:11	01:40:38	**03:25:31.00**	+01:10:21 (34.2%)	9:44	6.2 (66.0%)

Znaleziono 43 wynik(ów)