

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM**

Organizator: Polska Federacja Nordic Walking  
 Data: 2018-08-04  
 Miejsce: Osielsko  
 Dystans: 21.1 km  
 Klasyfikacja wg czasów netto.

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, OPEN**

| M-ce | Nazwisko i imię          | Nr  | Klub                           | M-scowo          | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.1km    | 6.1km    | 11.1km   | 16.1km   | Netto       | min/km | km/h |
|------|--------------------------|-----|--------------------------------|------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 1    | MICHAŁEC MARCIN          | 638 | KKB MOSIR KROSNO               | KROSNO           | POL  | M30-39 | 1      | M 1  |             |              | 00:06:27 | 00:36:45 | 01:07:22 | 01:38:25 | 02:09:49.55 | 6:09   | 9.8  |
| 2    | ROSAK MARCIN             | 651 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA     | POL  | M40-49 | 1      | M 2  | 2           |              | 00:06:41 | 00:38:10 | 01:09:04 | 01:39:42 | 02:10:33.85 | 6:11   | 9.7  |
| 3    | SKIBA KRZYSZTOF          | 654 | KS METRACO POLKOWICE           | POLKOWICE        | POL  | M50-59 | 1      | M 3  |             |              | 00:06:27 | 00:36:52 | 01:08:10 | 01:39:53 | 02:11:06.45 | 6:12   | 9.7  |
| 4    | CZŁONKOWSKI KRZYSZTOF    | 610 | OLIMPIJCZYK SZCZĘKOCINY        | SZCZĘKOCINY      | POL  | M40-49 | 2      | M 4  |             |              | 00:06:49 | 00:39:09 | 01:12:04 | 01:44:19 | 02:16:21.15 | 6:27   | 9.3  |
| 5    | KORDOWSKI PIOTR          | 631 | NOWA HUTA TEAM                 | KRAKOW           | POL  | M40-49 | 3      | M 5  |             |              | 00:06:41 | 00:38:43 | 01:11:31 | 01:44:21 | 02:18:53.55 | 6:34   | 9.1  |
| 6    | DEPKA PRĄDZYŃSKI OLGIERD | 611 |                                | GDYNIA           | POL  | M60+   | 1      | M 6  |             |              | 00:07:00 | 00:39:04 | 01:11:59 | 01:45:14 | 02:19:59.70 | 6:38   | 9    |
| 7    | SZEREMETA GRZEGORZ       | 666 | CIDRY LOTAJOM                  | RADZIONÓW        | POL  | M40-49 | 4      | M 7  |             |              | 00:06:41 | 00:38:43 | 01:11:31 | 01:45:24 | 02:21:03.60 | 6:41   | 9    |
| 8    | WAWRZYNIAK ŁUKASZ        | 669 | KS METRACO POLKOWICE           | WALIM            | POL  | M30-39 | 2      | M 8  |             |              | 00:07:02 | 00:40:28 | 01:14:37 | 01:48:33 | 02:22:18.15 | 6:44   | 8.9  |
| 9    | ROGAŁSKI PIOTR           | 650 | GDYNIA MOJE MIASTO             | GDYNIA           | POL  | M40-49 | 5      | M 9  | 2           |              | 00:06:49 | 00:39:21 | 01:13:25 | 01:47:54 | 02:22:59.55 | 6:46   | 8.9  |
| 10   | BARCZYK BOGDAN           | 602 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA      | POL  | M50-59 | 2      | M 10 |             |              | 00:07:11 | 00:41:27 | 01:15:58 | 01:50:23 | 02:26:12.80 | 6:55   | 8.7  |
| 11   | SŁUPIANEK PAWEŁ          | 655 | LECZYMY DURS                   | KATOWICE         | POL  | M30-39 | 3      | M 11 |             |              | 00:07:12 | 00:40:43 | 01:15:14 | 01:51:00 | 02:27:30.15 | 6:59   | 8.6  |
| 12   | CELIŃSKI TOMASZ          | 608 | TUPTUŚ OTWOCK                  | OTWOCK           | POL  | M50-59 | 3      | M 12 |             |              | 00:07:10 | 00:41:10 | 01:16:26 | 01:52:08 | 02:27:55.55 | 7:00   | 8.6  |
| 13   | WOJCIECHOWSKA ELŻBIETA   | 677 | KS IDMAR RACING TEAM           | PAKOŚĆ           | POL  | K30-39 | 1      | K 1  |             |              | 00:07:01 | 00:40:51 | 01:15:53 | 01:51:05 | 02:28:01.35 | 7:00   | 8.6  |
| 14   | MACKIEWICZ DARIUSZ       | 636 | AKTYWNI KODEŃ                  | KODEŃ            | POL  | M40-49 | 6      | M 13 | 1           |              | 00:07:12 | 00:41:12 | 01:16:46 | 01:52:35 | 02:28:19.30 | 7:01   | 8.5  |
| 15   | SZARZUNOWICZ MARIUSZ     | 663 | KS METRACO POLKOWICE           | PASŁĘK           | POL  | M40-49 | 7      | M 14 |             |              | 00:06:56 | 00:40:30 | 01:15:34 | 01:51:24 | 02:28:55.75 | 7:03   | 8.5  |
| 16   | PUSZKIEL LESZEK          | 648 | GREEN TEAM ZIELONA GÓRA        | ZIELONA GÓRA     | POL  | M60+   | 2      | M 15 |             |              | 00:07:06 | 00:41:06 | 01:16:40 | 01:53:02 | 02:29:29.50 | 7:05   | 8.5  |
| 17   | ŻYDACZEWSKI RYSZARD      | 676 | KS METRACO POLKOWICE           | LUBIN            | POL  | M50-59 | 4      | M 16 |             |              | 00:07:38 | 00:43:08 | 01:19:01 | 01:54:25 | 02:29:46.10 | 7:05   | 8.5  |
| 18   | MŁYŃSKI KRZYSZTOF        | 640 | POZYTYWNI DOBRE MIASTO         | DOBRE MIASTO     | POL  | M40-49 | 8      | M 17 |             |              | 00:07:36 | 00:42:56 | 01:18:38 | 01:54:57 | 02:31:11.65 | 7:09   | 8.4  |
| 19   | KOWALSKI MAREK           | 633 | UNIA MIAST                     | STRZEBIŃ         | POL  | M50-59 | 5      | M 18 |             |              | 00:07:38 | 00:43:07 | 01:19:06 | 01:55:08 | 02:31:12.75 | 7:09   | 8.4  |
| 20   | PIETRZYK JAROSŁAW        | 644 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA      | POL  | M30-39 | 4      | M 19 |             |              | 00:07:12 | 00:41:46 | 01:17:06 | 01:54:04 | 02:31:56.95 | 7:12   | 8.3  |
| 21   | ŚWISŁOCKI BOGDAN         | 668 | FACE NORDIC WALKING TEAM       | MIKOSZEW O       | POL  | M50-59 | 6      | M 20 |             |              | 00:07:17 | 00:42:08 | 01:17:48 | 01:54:28 | 02:32:22.35 | 7:13   | 8.3  |
| 22   | KOŁODZIEJ JOANNA         | 630 | CIDRY LOTAJOM                  | RUDA ŚLĄSKA      | POL  | K50-59 | 1      | K 2  | 1           |              | 00:07:39 | 00:43:13 | 01:18:58 | 01:55:30 | 02:32:39.70 | 7:14   | 8.3  |
| 23   | MAKOWSKI JAN             | 637 | RYBNICKI KLUB NORDIC WALKING   | RYBNIK           | POL  | M50-59 | 7      | M 21 |             |              | 00:06:49 | 00:41:54 | 01:18:06 | 01:55:38 | 02:32:42.20 | 7:14   | 8.3  |
| 24   | PRZYBYSZ GRZEGORZ        | 647 |                                | POPOWO KOŚCIELNE | POL  | M30-39 | 5      | M 22 |             |              | 00:07:22 | 00:43:16 | 01:19:05 | 01:55:19 | 02:32:55.30 | 7:14   | 8.3  |
| 25   | BUŁAKOWSKI BOHDAN        | 607 | PASJA NORDIC WALKING           | WARSZAWA         | POL  | M60+   | 3      | M 23 |             |              | 00:07:50 | 00:43:20 | 01:19:51 | 01:56:26 | 02:33:32.50 | 7:16   | 8.2  |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                         | M-scowo<br>ść        | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.1km    | 6.1km    | 11.1km   | 16.1km   | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------------|----------------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 26   | SPYCHAŁA MARZENA      | 658 | CKZIU NYSA MECHANIK          | BIAŁA                | POL  | K40-49 | 1      | K 3  |             |              | 00:07:48 | 00:43:38 | 01:19:23 | 01:56:24 | 02:33:41.70 | 7:17   | 8.2  |
| 27   | CIESIELSKI JAN        | 609 | PARKRUN TORUŃ                | TORUŃ                | POL  | M40-49 | 9      | M 24 |             |              | 00:07:24 | 00:42:11 | 01:17:52 | 01:54:50 | 02:34:02.75 | 7:18   | 8.2  |
| 28   | BEM MAŁGORZATA        | 603 | POZYTYWNI DOBRE MIASTO       | OLSZTYN              | POL  | K40-49 | 2      | K 4  |             |              | 00:07:48 | 00:43:15 | 01:19:37 | 01:56:48 | 02:34:25.90 | 7:19   | 8.2  |
| 29   | FOLWARSKI ANDRZEJ     | 613 | FACE NORDIC WALKING TEAM     | GDAŃSK               | POL  | M50-59 | 8      | M 25 |             |              | 00:07:59 | 00:44:18 | 01:20:38 | 01:58:12 | 02:36:11.20 | 7:24   | 8.1  |
| 30   | NIEDŹWIECKA KATARZYNA | 641 | FACE NORDIC WALKING TEAM     | BRANIEWO             | POL  | K40-49 | 3      | K 5  |             |              | 00:07:52 | 00:44:39 | 01:21:38 | 01:58:52 | 02:36:17.05 | 7:24   | 8.1  |
| 31   | JASIUKIEWICZ JACEK    | 620 | POZYTYWNI DOBRE MIASTO       | DOBRE MIASTO         | POL  | M50-59 | 9      | M 26 |             |              | 00:07:38 | 00:44:15 | 01:21:55 | 01:59:28 | 02:37:40.20 | 7:28   | 8    |
| 32   | KAWCZYŃSKI ZBIGNIEW   | 626 | RYBNICKI KLUB NORDIC WALKING | RYBNIK               | POL  | M60+   | 4      | M 27 |             |              | 00:08:13 | 00:45:30 | 01:22:58 | 02:00:35 | 02:38:46.20 | 7:31   | 8    |
| 33   | KUŚMIEREK PATRYK      | 634 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY            | POL  | M18-29 | 1      | M 28 |             |              | 00:07:29 | 00:43:26 | 01:20:20 | 02:00:03 | 02:38:58.10 | 7:32   | 8    |
| 34   | STĘPIEŃ LUCYNA        | 660 | KS METRACO POLKOWICE         | LUBIN                | POL  | K60+   | 1      | K 6  |             |              | 00:08:01 | 00:45:32 | 01:23:27 | 02:01:21 | 02:39:03.00 | 7:32   | 8    |
| 35   | BORKOWSKI LESZEK      | 605 | NOWI SIEDLCE/NW W            | GRABIANÓ W           | POL  | M50-59 | 10     | M 29 | 1           |              | 00:07:59 | 00:45:09 | 01:22:58 | 02:00:47 | 02:39:14.85 | 7:32   | 8    |
| 36   | MITURA-ZIELONKA PAWEŁ | 639 | RYBNICKI KLUB NORDIC WALKING | RYBNIK               | POL  | M30-39 | 6      | M 30 |             |              | 00:07:39 | 00:43:02 | 01:19:08 | 01:57:34 | 02:39:25.05 | 7:33   | 7.9  |
| 37   | GRABOWSKA MANUELA     | 616 | KS METRACO POLKOWICE         | KARPACZ              | POL  | K18-29 | 1      | K 7  |             |              | 00:07:44 | 00:44:34 | 01:22:38 | 02:01:06 | 02:39:30.00 | 7:33   | 7.9  |
| 38   | JANOSZKA IRENA        | 617 | CIDRY LOTAJOM                | RADZIONKÓ W          | POL  | K50-59 | 2      | K 8  |             |              | 00:07:57 | 00:45:18 | 01:23:22 | 02:01:23 | 02:39:41.20 | 7:34   | 7.9  |
| 39   | LIGEŻA JANUSZ         | 635 |                              | TYCHY                | POL  | M50-59 | 11     | M 31 |             |              | 00:07:58 | 00:44:31 | 01:22:24 | 02:01:17 | 02:39:48.85 | 7:34   | 7.9  |
| 40   | BOCZAR BEATA          | 604 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA         | POL  | K50-59 | 3      | K 9  |             |              | 00:07:59 | 00:45:35 | 01:23:35 | 02:01:38 | 02:40:12.85 | 7:35   | 7.9  |
| 41   | STOPA JOANNA          | 661 | BŁĘKITNI NW DZIEMIANY        | DZIEMIANY            | POL  | K18-29 | 2      | K 10 |             |              | 00:07:48 | 00:45:19 | 01:23:32 | 02:01:41 | 02:40:14.80 | 7:35   | 7.9  |
| 42   | WESOŁOWSKI WOJCIECH   | 670 | MUSZKIETEROWIE               | GNIEZNO              | POL  | M60+   | 5      | M 32 | 1           |              | 00:07:50 | 00:44:46 | 01:23:05 | 02:00:45 | 02:41:01.70 | 7:37   | 7.9  |
| 43   | ŻAMOJCIN MAREK        | 674 | NORDICLUB SZCZECIN           | SZCZECIN             | POL  | M50-59 | 12     | M 33 |             |              | 00:08:00 | 00:46:28 | 01:24:38 | 02:02:40 | 02:42:11.25 | 7:41   | 7.8  |
| 44   | SZCZĘBAK JACEK        | 664 | UNIA MIAST                   | TARNÓW               | POL  | M40-49 | 10     | M 34 |             |              | 00:08:03 | 00:46:03 | 01:24:12 | 02:02:38 | 02:43:04.20 | 7:43   | 7.8  |
| 45   | FRANKIEWICZ MIROSLAW  | 614 | FORMA NA PIĄTKĘ NW           | PABIANICE            | POL  | M40-49 | 11     | M 35 |             |              | 00:07:44 | 00:44:50 | 01:23:20 | 02:02:45 | 02:43:12.95 | 7:44   | 7.8  |
| 46   | STEFANICKI MAREK      | 659 | WŁÓCZYKJE ŚWINOUJŚCIE        | ŚWINOUJŚCIE          | POL  | M60+   | 6      | M 36 |             |              | 00:07:48 | 00:44:45 | 01:22:54 | 02:02:00 | 02:43:22.25 | 7:44   | 7.7  |
| 47   | KOWALCZYK MARIUSZ     | 632 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA         | POL  | M50-59 | 13     | M 37 |             |              | 00:08:08 | 00:45:26 | 01:23:29 | 02:02:21 | 02:44:04.30 | 7:46   | 7.7  |
| 48   | RACŁAWSKI JAN         | 649 | AMATOR                       | SKARBIMIER Z OSIEDLE | POL  | M60+   | 7      | M 38 |             |              | 00:07:59 | 00:45:08 | 01:23:08 | 02:03:02 | 02:46:16.55 | 7:52   | 7.6  |
| 49   | BUCZKOWSKA WIESŁAWA   | 606 | FACE NORDIC WALKING TEAM     | GDYNIA               | POL  | K60+   | 2      | K 11 |             |              | 00:08:10 | 00:46:12 | 01:25:37 | 02:05:50 | 02:46:37.95 | 7:53   | 7.6  |
| 50   | KARASIEWICZ IRENA     | 625 | FACE NORDIC WALKING TEAM     | BRANIEWO             | POL  | K50-59 | 4      | K 12 |             |              | 00:08:27 | 00:47:15 | 01:27:11 | 02:07:50 | 02:48:12.50 | 7:58   | 7.5  |
| 51   | JUREWICZ ALEKSANDRA   | 621 | KS METRACO POLKOWICE         | KOSZALIN             | POL  | K18-29 | 3      | K 13 | 1           |              | 00:08:00 | 00:46:35 | 01:25:51 | 02:07:04 | 02:48:16.45 | 7:58   | 7.5  |
| 52   | WITKOWSKA MARIA       | 671 | UNIA MIAST                   | KATOWICE             | POL  | K60+   | 3      | K 14 |             |              | 00:08:28 | 00:47:41 | 01:27:50 | 02:08:08 | 02:48:37.50 | 7:59   | 7.5  |
| 53   | SMUS DAMIAN           | 657 | EPOKA NORDICA ŁÓDŹ           | SOCHACZE W           | POL  | M18-29 | 2      | M 39 |             |              | 00:07:39 | 00:44:21 | 01:22:39 | 02:03:41 | 02:49:18.55 | 8:01   | 7.5  |
| 54   | KOŁACZ JAKUB          | 629 |                              | SOCHACZE W           | POL  | M30-39 | 7      | M 40 |             |              | 00:08:05 | 00:47:18 | 01:26:31 | 02:06:49 | 02:49:51.10 | 8:02   | 7.5  |
| 55   | ROSOLEK ELŻBIETA      | 652 | GREEN TEAM ZIELONA GÓRA      | ZIELONA GÓRA         | POL  | K50-59 | 5      | K 15 |             |              | 00:08:16 | 00:48:09 | 01:27:00 | 02:07:20 | 02:49:53.05 | 8:03   | 7.5  |

**OSIELSKO - MISTRZOSTWA POLSKI NORDIC WALKING - 21.1KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                           | M-scowo<br>ść  | Kraj | Kat.   | M. kat | K/M  | Żół. kartki | Czer. kartki | 1.1km    | 6.1km    | 11.1km   | 16.1km   | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------------------|----------------|------|--------|--------|------|-------------|--------------|----------|----------|----------|----------|-------------|--------|------|
| 56   | BŁASZCZYK GRZEGORZ     | 678 | STOWARZYSZENIE KIJOMANIAKI     | MYSZKÓW        | POL  | M50-59 | 14     | M 41 |             |              | 00:08:08 | 00:46:27 | 01:26:05 | 02:08:25 | 02:51:19.30 | 8:07   | 7.4  |
| 57   | SZYMCZYK MAGDALENA     | 667 | NOWI SIEDLCE/NW WSCHÓD         | SIEDLCE        | POL  | K30-39 | 2      | K 16 |             |              | 00:08:38 | 00:48:32 | 01:29:45 | 02:10:47 | 02:51:40.35 | 8:08   | 7.4  |
| 58   | BARCZYK JOLANTA        | 601 | VIKING NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA    | POL  | K50-59 | 6      | K 17 |             |              | 00:08:36 | 00:48:28 | 01:29:22 | 02:10:45 | 02:52:31.05 | 8:10   | 7.3  |
| 59   | OLSZAŃSKA KRYSZYNA     | 642 | NOWI SIEDLCE/NW WSCHÓD         | BIAŁA PODLASKA | POL  | K60+   | 4      | K 18 |             |              | 00:08:51 | 00:50:33 | 01:31:18 | 02:11:39 | 02:53:18.90 | 8:12   | 7.3  |
| 60   | JASIAK RADOMIR         | 618 |                                | KONIN          | POL  | M18-29 | 3      | M 42 | 2           |              | 00:07:58 | 00:47:08 | 01:27:00 | 02:09:28 | 02:54:10.50 | 8:15   | 7.3  |
| 61   | KABAŁA MARZENA         | 622 | BIEGAMYRAZEM                   | GDYNIA         | POL  | K40-49 | 4      | K 19 | 2           |              | 00:08:21 | 00:47:38 | 01:28:31 | 02:10:26 | 02:54:16.40 | 8:15   | 7.3  |
| 62   | KOBIELA DARIA          | 628 | KABEX PODKOWA JANÓW            | CZĘSTOCHOWA    | POL  | K18-29 | 4      | K 20 |             |              | 00:08:07 | 00:46:40 | 01:25:53 | 02:06:15 | 02:54:21.80 | 8:15   | 7.3  |
| 63   | PALUCH PAWEŁ           | 643 | AWOCADO WELLNES CLUB           | WARSZAWA       | POL  | M50-59 | 15     | M 43 |             |              | 00:08:14 | 00:48:52 | 01:29:24 | 02:11:14 | 02:54:22.60 | 8:15   | 7.3  |
| 64   | PIOTROWSKI KRZYSZTOF   | 645 | FACE NORDIC WALKING TEAM       | GDYNIA         | POL  | M60+   | 8      | M 44 | 1           |              | 00:08:16 | 00:46:20 | 01:27:10 | 02:10:09 | 02:56:27.05 | 8:21   | 7.2  |
| 65   | FOJCIK GABRIELA        | 70  | RYBNICKI KLUB NORDIC WALKING   | RYBNIK         | POL  | K50-59 | 7      | K 21 |             |              | 00:08:48 | 00:49:29 | 01:30:32 | 02:13:01 | 02:56:44.40 | 8:22   | 7.2  |
| 66   | GERLE-KOTULA ANNA      | 615 | UNIA MIAST                     | KATOWICE       | POL  | K30-39 | 3      | K 22 |             |              | 00:08:46 | 00:50:58 | 01:33:16 | 02:14:45 | 02:57:00.05 | 8:23   | 7.2  |
| 67   | POSTEK DANUTA          | 646 | MARSZ PO ZDROWIE               | POZNAŃ         | POL  | K50-59 | 8      | K 23 |             |              | 00:08:39 | 00:49:21 | 01:30:22 | 02:12:57 | 02:57:11.25 | 8:23   | 7.1  |
| 68   | DORSZEWSKA BOŻENA      | 612 | GOSIR OSIELSKO                 | OSIELSKA       | POL  | K50-59 | 9      | K 24 |             |              | 00:08:47 | 00:51:24 | 01:33:39 | 02:16:10 | 02:59:20.15 | 8:29   | 7.1  |
| 69   | SZCZODROWSKI KRZYSZTOF | 665 | FACE NORDIC WALKING TEAM       | GDĄŃSK         | POL  | M50-59 | 16     | M 45 |             |              | 00:08:15 | 00:48:43 | 01:31:38 | 02:16:05 | 03:01:49.90 | 8:37   | 7    |
| 70   | ZAWADZKA MARIA         | 673 | KS METRACO POLKOWICE           | LUBIN          | POL  | K60+   | 5      | K 25 |             |              | 00:09:10 | 00:52:32 | 01:35:48 | 02:19:07 | 03:03:25.10 | 8:41   | 6.9  |
| 71   | ROZMUS JOLANTA         | 653 | FACE NORDIC WALKING TEAM       | GDYNIA         | POL  | K60+   | 6      | K 26 |             |              | 00:09:16 | 00:53:48 | 01:39:50 | 02:25:32 | 03:10:22.50 | 9:01   | 6.7  |
| 72   | KARASIEWICZ IWONA      | 624 | NORDICLUB SZCZECIN             | WARSZAWA       | POL  | K30-39 | 4      | K 27 |             |              | 00:09:27 | 00:54:24 | 01:40:26 | 02:27:41 | 03:17:42.75 | 9:22   | 6.4  |
| 73   | CHRAPEK URSZULA        | 417 | KS RUDZICA                     | RUDZICA        | POL  | K30-39 | 5      | K 28 |             |              | 00:09:27 | 00:54:26 | 01:41:37 | 02:31:55 | 03:24:26.40 | 9:41   | 6.2  |