



VI CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: VI CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2020-08-29
Miejsce: Okonek
Dystans: 5.3 km



Klasyfikacja: M45+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZMYSŁOWSKI Zygmunt	272	NORDIC WALKING LUBASZ	M45+	1	00:35:37.30		7:07	8.4 (100%)
2	SZYMAŃSKI Jacek	19		M45+	2	00:36:16.85	+00:00:39 (1.8%)	7:15	8.3 (98.8%)
3	WALESZKO Andrzej	304	PASJA NORDIC WALKING	M45+	3	00:37:21.80	+00:01:44 (4.7%)	7:28	8 (95.2%)
4	BERCZYŃSKI Henryk	220	NADLEŚNICTWO OKONEK	M45+	4	00:39:11.60	+00:03:34 (9.1%)	7:50	7.7 (91.7%)
5	ŁOPIŃSKI Aleksy	263		M45+	5	00:39:15.50	+00:03:38 (9.3%)	7:51	7.6 (90.5%)
6	STAWNIAK Karol	294	KS METRACO POLKOWICE	M45+	6	00:39:42.80	+00:04:05 (10.3%)	7:56	7.6 (90.5%)
7	LENARTOWICZ Stanisław	258		M45+	7	00:39:57.15	+00:04:19 (10.8%)	7:59	7.5 (89.3%)
8	LEDZION Robert	257	KLASYFIKACJA MAŁŻEŃSTWO	M45+	8	00:40:28.65	+00:04:51 (12.0%)	8:05	7.4 (88.1%)
9	SZCZYTKOWSKI Marek	299		M45+	9	00:40:57.00	+00:05:19 (13.0%)	8:11	7.3 (86.9%)
10	WIECZOREK Krzysztof	307	NORDIC WALKING LUBASZ	M45+	10	00:41:20.00	+00:05:42 (13.8%)	8:16	7.3 (86.9%)
11	BADZIĄG Waldemar	218	DWA KIJE SŁUPSK	M45+	11	00:41:26.10	+00:05:48 (14.0%)	8:17	7.2 (85.7%)
12	PRACKI Zbigniew	282	SERCE NORDICA WŁOCŁAWEK	M45+	12	00:42:06.05	+00:06:28 (15.4%)	8:25	7.1 (84.5%)
13	JÓŹWIAK Łukasz	244	SERCE NORDICA WŁOCŁAWEK	M45+	13	00:42:33.10	+00:06:55 (16.3%)	8:30	7.1 (84.5%)
14	PERLIK Wiesław	274	TADMAX	M45+	14	00:43:30.75	+00:07:53 (18.1%)	8:42	6.9 (82.1%)
15	LUBAŃSKI Tomasz	260	SERCE NORDICA WŁOCŁAWEK	M45+	15	00:45:21.40	+00:09:44 (21.5%)	9:04	6.6 (78.6%)
16	WRONA Ryszard	313	LILL-SPORT	M45+	16	00:46:45.35	+00:11:08 (23.8%)	9:21	6.4 (76.2%)
17	RAPTA Mieczysław	285		M45+	17	00:47:03.15	+00:11:25 (24.3%)	9:24	6.4 (76.2%)
18	GASIŃSKI Janusz	234	GRUPA WILKI	M45+	18	00:48:17.55	+00:12:40 (26.2%)	9:39	6.2 (73.8%)
19	KULCZYCKI Jan	255		M45+	19	00:48:25.80	+00:12:48 (26.4%)	9:41	6.2 (73.8%)
20	IDZIK Ludwik	238	IDZIKI TEAM	M45+	20	00:48:38.05	+00:13:00 (26.8%)	9:43	6.2 (73.8%)
21	FIECEK Radosław	232		M45+	21	00:54:26.00	+00:18:48 (34.6%)	10:53	5.5 (65.5%)

Znaleziono 21 wynik(ów)