



CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

Wydarzenie: CROSS NA WRZOSACH 2018
Organizator: Nadleśnictwo Okonek
Data: 2018-08-25
Miejsce: Okonek
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZozowski Piotr	194	AKTYWNI POSTOMINO	M18-44	1	00:32:44.82		6:33	9.2 (100%)
2	SPYCHAŁA Lesław	184	CKZIU NYSA MECHANIK	M45+	1	00:34:45.62	+00:02:00 (5.8%)	6:57	8.6 (93.5%)
3	KOPCZEWSKI Dariusz	160	FACE NORDIC WALKING TEAM	M45+	2	00:34:50.63	+00:02:05 (6.0%)	6:58	8.6 (93.5%)
4	JASIŁEK Przemysław	153		M18-44	2	00:35:36.64	+00:02:51 (8.0%)	7:07	8.4 (91.3%)
5	ZMYSŁOWSKI Zygmunt	193	NORDIC WALKING LUBASZ	M45+	3	00:36:10.38	+00:03:25 (9.5%)	7:14	8.3 (90.2%)
6	SKIBIŃSKA-SOBCZUK Marzena	180	LUBELSKIE ZNORDIC	K45+	1	00:36:48.02	+00:04:03 (11.0%)	7:21	8.2 (89.1%)
7	SPYCHAŁA Marzena	183	CKZIU NYSA MECHANIK	K45+	2	00:36:48.41	+00:04:03 (11.0%)	7:21	8.2 (89.1%)
8	PAŁUBICKI Marcin	174	SPORTOWA PACZKA	M18-44	3	00:37:36.59	+00:04:51 (12.9%)	7:31	8 (87.0%)
9	MICHALAK Jacek	170	NORDIC WALKING LUBASZ	M45+	4	00:39:37.28	+00:06:52 (17.4%)	7:55	7.6 (82.6%)
10	TURKOWSKA Iwona	188	RUNCOHOLICS SZALONE ONE	K45+	3	00:39:45.22	+00:07:00 (17.6%)	7:57	7.5 (81.5%)
11	BERCZYŃSKI Henryk	134	NADLEŚNICTWO OKONEK	M45+	5	00:39:54.77	+00:07:09 (18.0%)	7:59	7.5 (81.5%)
12	KOZŁOWSKA Jagoda	165	DYNANIC	K-jun	1	00:40:05.96	+00:07:21 (18.3%)	8:01	7.5 (81.5%)
13	ZIÓŁKOWSKI Wojciech	192	#ZABIEGANINOĄ	M18-44	4	00:40:07.36	+00:07:22 (18.4%)	8:01	7.5 (81.5%)
14	KOCHANOWSKA Anna	158		K18-44	1	00:40:18.12	+00:07:33 (18.7%)	8:03	7.4 (80.4%)
15	DYMKOWSKI Krzysztof	143	CZARNE PANTERY	M45+	6	00:41:05.21	+00:08:20 (20.3%)	8:13	7.3 (79.3%)
16	DREWNOWSKA Barbara	141	ZASAPANI	K45+	4	00:41:09.41	+00:08:24 (20.4%)	8:14	7.3 (79.3%)
17	CYGANIK Wioletta	139	ZASAPANI	K45+	5	00:41:12.53	+00:08:27 (20.5%)	8:14	7.3 (79.3%)
18	BORATYŃSKA Iwona	135		K18-44	2	00:41:15.85	+00:08:31 (20.6%)	8:15	7.3 (79.3%)
19	NOWACKA Aleksandra	172		K18-44	3	00:41:16.57	+00:08:31 (20.7%)	8:15	7.3 (79.3%)
20	KAMIŃSKA-SOKÓŁ Marzena	157	NORDIC WALKING LUBASZ	K45+	6	00:41:56.37	+00:09:11 (21.9%)	8:23	7.2 (78.3%)
21	KOLASIŃSKI Aleksander	159	RUNCOHOLICS	M45+	7	00:42:48.07	+00:10:03 (23.5%)	8:33	7 (76.1%)
22	SZKARŁAT Magdalena	186		K18-44	4	00:42:53.52	+00:10:08 (23.7%)	8:34	7 (76.1%)
23	TEOFILAK Joanna	187	CZARNE PANTERY	K18-44	5	00:42:55.50	+00:10:10 (23.7%)	8:35	7 (76.1%)
24	DUKIEWICZ Aneta	142	CZARNE PANTERY	K45+	7	00:42:59.36	+00:10:14 (23.8%)	8:36	7 (76.1%)
25	BYSTRZYŃSKA Emilia	137		K18-44	6	00:43:09.39	+00:10:24 (24.1%)	8:38	6.9 (75.0%)
26	BRODZICZ Tadeusz	136		M45+	8	00:43:10.51	+00:10:25 (24.2%)	8:38	6.9 (75.0%)
27	JAWOESKA Joanna	155	CZARNE PANTERY	K18-44	7	00:43:38.01	+00:10:53 (24.9%)	8:43	6.9 (75.0%)

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28	BERCZYŃSKA Zofia	133		K45+	8	00:43:53.34	+00:11:08 (25.4%)	8:46	6.8 (73.9%)
29	OLSZYŃSKA Marzena	173	WILKI KOSZALIN	K45+	9	00:43:58.08	+00:11:13 (25.5%)	8:47	6.8 (73.9%)
30	DELIKAT Violetta	140		K45+	10	00:44:03.15	+00:11:18 (25.7%)	8:48	6.8 (73.9%)
31	KOZŁOWSKA Agnieszka	164	DYNANIC	K45+	11	00:44:36.34	+00:11:51 (26.6%)	8:55	6.7 (72.8%)
32	KOWALCZUK Aleksandra	163	KIJOWE SIOSTRY	K-jun	2	00:45:22.56	+00:12:37 (27.8%)	9:04	6.6 (71.7%)
33	ZIĘBA - BŁASZKIEWICZ Agnieszka	191	PSEUDOBIEGACZKI	K18-44	8	00:45:34.17	+00:12:49 (28.1%)	9:06	6.6 (71.7%)
34	PERLIK Wiesław	175	TADMAX	M45+	9	00:45:39.07	+00:12:54 (28.3%)	9:07	6.6 (71.7%)
35	ŁAZANOWSKA Wiesława	168	ZASAPANI	K45+	12	00:45:39.47	+00:12:54 (28.3%)	9:08	6.6 (71.7%)
36	KRZYŻANOWSKI Wojciech	167	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M45+	10	00:46:00.67	+00:13:15 (28.8%)	9:12	6.5 (70.7%)
37	ARCIUSZKIEWICZ Urszula	197		K18-44	9	00:46:19.84	+00:13:35 (29.3%)	9:15	6.5 (70.7%)
38	PRZYPOLSKA Anna	177	KIJOWE SIOSTRY	K18-44	10	00:46:33.19	+00:13:48 (29.7%)	9:18	6.4 (69.6%)
39	PRZYPOLSKI Miłosz	178	KIJOWY BRAT	M-jun	1	00:46:46.72	+00:14:01 (30.0%)	9:21	6.4 (69.6%)
40	KOWALCZUK Maria	162	KIJOWE SIOSTRY	K18-44	11	00:46:51.94	+00:14:07 (30.1%)	9:22	6.4 (69.6%)
41	SOKOŁOWSKA Ewa	181	CZARNE PANTERY	K18-44	12	00:46:52.70	+00:14:07 (30.1%)	9:22	6.4 (69.6%)
42	RAPTA Mieczysław	198		M45+	11	00:47:24.88	+00:14:40 (30.9%)	9:29	6.3 (68.5%)
43	GIERSZENDORF Roman	148	KB KATORZNIK MUROWNA GOŚLINA	M45+	12	00:47:27.36	+00:14:42 (31.0%)	9:29	6.3 (68.5%)
44	GĄSIÓREK Karolina	195		K-OPEN	1	00:47:54.83	+00:15:10 (31.7%)	9:35	6.3 (68.5%)
45	ZIĘBA Halina	190	PSEUDOBIEGACZKI	K45+	13	00:48:25.07	+00:15:40 (32.4%)	9:41	6.2 (67.4%)
46	WRONA Jolanta	189		K45+	14	00:49:00.16	+00:16:15 (33.2%)	9:48	6.1 (66.3%)
47	SUSIAK Ewelina	185	SAPIK	K18-44	13	00:50:02.82	+00:17:17 (34.6%)	10:00	6 (65.2%)
48	GIERSZENDORF Monika	147	KB KATORZNIK MUROWNA GOŚLINA	K45+	15	00:50:07.23	+00:17:22 (34.7%)	10:01	6 (65.2%)
49	GIERSZENDORF Borys	149	KB KATORZNIK MUROWNA GOŚLINA	M-jun	2	00:50:36.52	+00:17:51 (35.3%)	10:07	5.9 (64.1%)
50	SOLAK Ewa	182	CZARNE PANTERY	K45+	16	00:50:59.71	+00:18:14 (35.8%)	10:11	5.9 (64.1%)
51	MIARA Izabela	169		K18-44	14	00:51:03.39	+00:18:18 (35.9%)	10:12	5.9 (64.1%)
52	GÓRECKA Martyna	150		K-jun	3	00:51:04.40	+00:18:19 (35.9%)	10:12	5.9 (64.1%)
53	JAKIEL-MAINIERI Sabina	152	CZARNE PANTERY	K45+	17	00:51:58.93	+00:19:14 (37.0%)	10:23	5.8 (63.0%)
54	MRÓZ Małgorzata	171	CZARNE PANTERY	K45+	18	00:52:06.03	+00:19:21 (37.1%)	10:25	5.8 (63.0%)
55	KOT Katarzyna	161		K18-44	15	00:52:23.08	+00:19:38 (37.5%)	10:28	5.7 (62.0%)
56	CIEPŁUCH Magdalena	138		K18-44	16	00:53:19.62	+00:20:34 (38.6%)	10:40	5.6 (60.9%)
57	FISZER Marzena	144		K45+	19	00:53:20.07	+00:20:35 (38.6%)	10:40	5.6 (60.9%)
58	FIURST Marcin	145	TUPTAJĄCE HIPICIE	M18-44	5	00:56:28.10	+00:23:43 (42.0%)	11:17	5.3 (57.6%)
59	KAMIŃSKA Ewa	156	BARTNICZKA CITY	K18-44	17	01:00:29.45	+00:27:44 (45.9%)	12:05	5 (54.3%)
60	FIURST-STECENKO Irena	146	TUPTAJĄCE HIPICIE	K18-44	18	01:00:34.89	+00:27:50 (45.9%)	12:07	5 (54.3%)

Znaleziono 60 wynik(ów)