



**Organizator:** Herkules  
**Data:** 2015-09-27  
**Miejsce:** Okonek  
**Dystans:** 5 km

## CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Osoby niepełnosprawne	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RAJEWSKI Sebastian	86		M-4	1		00:02:40	00:32:32.95	00:35:13.85		6:30	9.2 (100%)
2	ANDRZEJEWSKI Mieczysław	950		M-5	1		00:02:40	00:35:48.50	00:38:28.80	+00:03:15 (9.1%)	7:09	8.4 (91.3%)
3	LENARTOWICZ Stanisław	599		M-5	2		00:03:59	00:37:36.80	00:41:36.75	+00:05:03 (13.5%)	7:31	8 (87.0%)
4	RUDNIK Janina Ewa	512		K-3	1		00:02:40	00:38:08.90	00:40:48.95	+00:05:35 (14.7%)	7:37	7.9 (85.9%)
5	FRAÇKOWIAK Roman	528		M-4	2		00:02:42	00:39:07.35	00:41:50.20	+00:06:34 (16.8%)	7:49	7.7 (83.7%)
6	OKRZESIK-FRAÇKOWIAK Izabela	526		K-4	1		00:02:40	00:39:10.35	00:41:50.35	+00:06:37 (16.9%)	7:50	7.7 (83.7%)
7	GRZYWOCZ Irena	110		K-6	1		00:02:41	00:39:53.85	00:42:35.45	+00:07:20 (18.4%)	7:58	7.5 (81.5%)
8	LIPIŃSKI Franciszek	537		M-0	1		00:02:41	00:40:33.70	00:43:15.65	+00:08:00 (19.8%)	8:06	7.4 (80.4%)
9	MATYJA Anna	112		K-4	2		00:02:40	00:40:52.45	00:43:33.05	+00:08:19 (20.4%)	8:10	7.3 (79.3%)
10	GONCZARKO Violetta	589		K-4	3		00:02:41	00:41:52.80	00:44:33.80	+00:09:19 (22.3%)	8:22	7.2 (78.3%)
11	JASONŃ Grażyna	92		K-5	1		00:02:40	00:42:12.35	00:44:52.40	+00:09:39 (22.9%)	8:26	7.1 (77.2%)
12	KĄCKOWSKA Beata	90		K-4	4		00:02:41	00:43:23.65	00:46:05.30	+00:10:50 (25.0%)	8:40	6.9 (75.0%)
13	RAJEWSKA Beata	88		K-3	2		00:02:42	00:43:25.00	00:46:07.00	+00:10:52 (25.0%)	8:41	6.9 (75.0%)
14	SZOT Krystyna	124		K-5	2		00:02:40	00:44:42.75	00:47:23.00	+00:12:09 (27.2%)	8:56	6.7 (72.8%)
15	STRZELECKA Małgorzata	129		K-4	5		00:02:40	00:44:45.05	00:47:25.45	+00:12:12 (27.3%)	8:57	6.7 (72.8%)
16	KUŁAKOWSKA Anna	113		K-3	3		00:02:43	00:45:16.45	00:48:00.10	+00:12:43 (28.1%)	9:03	6.6 (71.7%)
17	JOPEK Anna	94		K-3	4		00:02:42	00:45:19.70	00:48:02.25	+00:12:46 (28.2%)	9:04	6.6 (71.7%)
18	ANDRZEJEWSKA Bogusława	949		K-5	3		00:02:41	00:46:15.70	00:48:56.95	+00:13:42 (29.6%)	9:15	6.5 (70.7%)
19	KĄCKOWSKI Marek	87		M-6	1		00:02:42	00:48:27.85	00:51:10.25	+00:15:54 (32.8%)	9:41	6.2 (67.4%)
20	NOWAK Beata	128		K-4	6		00:02:41	00:48:31.40	00:51:13.00	+00:15:58 (32.9%)	9:42	6.2 (67.4%)
21	ANDERS-NOWAK Monika	93		K-3	5		00:02:41	00:54:10.95	00:56:52.15	+00:21:38 (39.9%)	10:50	5.5 (59.8%)
22	MILACHOWSKA Agnieszka	123		K-3	6		00:02:40	00:57:42.15	01:00:22.65	+00:25:09 (43.6%)	11:32	5.2 (56.5%)

Znaleziono 22 wynik(ów)