



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 | FRAĆKOWIAK 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-FRAĆKOWIAK 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)