



Organizator: Nadleśnictwo Okonek
Data: 2016-09-11
Miejsce: Okonek
Dystans: 5 km

CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOPCZEWSKI Dariusz	181	FACE NORDIC WALKING TEAM	M50	1	00:03:32	00:34:35.40	00:38:07.95		6:55	8.7 (100%)
2	ANDRZEJEWSKI Mieczysław	203	MARSZ PO ZDROWIE	M55	1	00:03:30	00:35:06.95	00:38:37.80	+00:00:31 (1.5%)	7:01	8.5 (97.7%)
3	FRAĆKOWIAK Roman	167	ZS ROSKO	M45	1	00:03:30	00:36:21.10	00:39:51.90	+00:01:45 (4.8%)	7:16	8.3 (95.4%)
4	OKRZESIK-FRAĆKOWIAK Izabela	190		K45	1	00:03:30	00:36:21.45	00:39:51.75	+00:01:46 (4.9%)	7:16	8.3 (95.4%)
5	MATUSZCZYK Sławomir	186	OSP MIROSŁAWIEC	M40	1	00:03:30	00:37:27.35	00:40:58.05	+00:02:51 (7.7%)	7:29	8 (92.0%)
6	LENARTOWICZ Stanisław	16	DERBY STARA ŁUBIANKA	M55	2	00:03:31	00:37:29.70	00:41:01.05	+00:02:54 (7.7%)	7:30	8 (92.0%)
7	CZYŻ Izabela	10	STOPA SŁUPSK	K40	1	00:03:31	00:38:18.80	00:41:49.90	+00:03:43 (9.7%)	7:39	7.8 (89.7%)
8	BANASKIEWICZ Katarzyna	163	JEZIORKI-AKTYWNA WIEŚ	K45	2	00:03:32	00:38:31.90	00:42:04.25	+00:03:56 (10.2%)	7:42	7.8 (89.7%)
9	JANECKI Dariusz	173	JEZIORKI - AKTYWNA WIEŚ	M55	3	00:03:31	00:38:51.55	00:42:23.40	+00:04:16 (11.0%)	7:46	7.7 (88.5%)
10	KORNIOWSKA Magdalena	162		K30	1	00:03:32	00:39:10.70	00:42:43.55	+00:04:35 (11.7%)	7:50	7.7 (88.5%)
11	LESZCZYSZYN Krystyna	218		K60	1	00:03:30	00:39:21.25	00:42:51.45	+00:04:45 (12.1%)	7:52	7.6 (87.4%)
12	SZYCKO Radek	200		M40	2	00:03:31	00:39:29.45	00:43:01.30	+00:04:54 (12.4%)	7:54	7.6 (87.4%)
13	PERLIK Wiesław	191	TADMAX	M60	1	00:03:35	00:40:22.00	00:43:57.15	+00:05:46 (14.3%)	8:04	7.4 (85.1%)
14	BERCZYŃSKI Henryk	219		M60	2	00:03:32	00:40:22.05	00:43:54.60	+00:05:46 (14.3%)	8:04	7.4 (85.1%)
15	GRZYWOCZ Bernard	169	PROFIT SPORT TEAM	M65	1	00:03:34	00:40:22.85	00:43:57.70	+00:05:47 (14.3%)	8:04	7.4 (85.1%)
16	GRZYWOCZ Irena	168	PROFIT SPORT TEAM	K65	1	00:03:34	00:40:26.60	00:44:00.70	+00:05:51 (14.5%)	8:05	7.4 (85.1%)
17	GONCZARKO Violetta	213		K40	2	00:03:32	00:40:36.85	00:44:09.70	+00:06:01 (14.8%)	8:07	7.4 (85.1%)
18	JANECKA Agnieszka	172	JEZIORKI - AKTYWNA WIEŚ	K40	3	00:03:32	00:40:47.60	00:44:19.95	+00:06:12 (15.2%)	8:09	7.4 (85.1%)
19	JASOŃ Grażyna	174	CZARNE PANTERY	K50	1	00:03:31	00:41:25.10	00:44:56.75	+00:06:49 (16.5%)	8:17	7.2 (82.8%)
20	PRZYBYLSKA Aneta	192	RODZINKA.PL	K30	2	00:03:33	00:41:35.45	00:45:08.95	+00:07:00 (16.8%)	8:19	7.2 (82.8%)
21	MIKITIUK Tomasz	188	KIJOWA PARA	M45	2	00:03:34	00:41:37.35	00:45:12.10	+00:07:01 (16.9%)	8:19	7.2 (82.8%)
22	ŁOZIŃSKA Wioletta	204		K45	3	00:03:31	00:41:43.70	00:45:15.65	+00:07:08 (17.1%)	8:20	7.2 (82.8%)
23	BYSTRZYŃSKA Emilia	166		K30	3	00:03:32	00:42:38.00	00:46:10.00	+00:08:02 (18.9%)	8:31	7 (80.5%)
24	BONZEL Dorota	165	JEZIORKI - AKTYWNA WIEŚ	K30	4	00:03:33	00:42:59.55	00:46:33.05	+00:08:24 (19.5%)	8:36	7 (80.5%)
25	HARASIMOWICZ Elżbieta	171		K50	2	00:03:33	00:43:09.45	00:46:43.35	+00:08:34 (19.9%)	8:38	6.9 (79.3%)
26	KAMIŃSKA-SOKÓŁ Marzena	175		K40	4	00:03:31	00:43:56.50	00:47:27.95	+00:09:21 (21.3%)	8:47	6.8 (78.2%)
27	SKOWERSKA Anna	205		K17	1	00:03:32	00:44:19.15	00:47:51.15	+00:09:43 (22.0%)	8:51	6.8 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	SOKÓŁ Jakub	195	GIMNAZJUM LUBASZ	M17	1	00:03:31	00:44:21.50	00:47:53.35	+00:09:46 (22.0%)	8:52	6.8 (78.2%)
29	PROZOROWICZ-ZABROCKA Katarzyna	215		K20	1	00:03:35	00:44:33.55	00:48:09.20	+00:09:58 (22.4%)	8:54	6.7 (77.0%)
30	PRZYBYŁ Marianna	193	CZARNE PANTERY	K60	2	00:03:37	00:44:38.15	00:48:15.40	+00:10:02 (22.5%)	8:55	6.7 (77.0%)
31	KĄCKOWSKA Beata	179	JEZIORKI - AKTYWNA WIEŚ	K40	5	00:03:32	00:44:51.50	00:48:23.65	+00:10:16 (22.9%)	8:58	6.7 (77.0%)
32	ABRAMOWICZ Ewa	161		K45	4	00:03:35	00:44:53.80	00:48:28.85	+00:10:18 (23.0%)	8:58	6.7 (77.0%)
33	KOWALCZUK Maria	182		K40	6	00:03:36	00:44:54.50	00:48:30.80	+00:10:19 (23.0%)	8:58	6.7 (77.0%)
34	SZOT Krystyna	207		K50	3	00:03:31	00:45:12.15	00:48:43.40	+00:10:36 (23.5%)	9:02	6.6 (75.9%)
35	KAROLCZAK Aleksandra	177		K30	5	00:03:36	00:45:26.75	00:49:03.50	+00:10:51 (23.9%)	9:05	6.6 (75.9%)
36	SZYCKO Oliwia	201		K13	1	00:03:30	00:45:35.80	00:49:06.65	+00:11:00 (24.1%)	9:07	6.6 (75.9%)
37	CZEKAŁA Jan	206	KLUB EMERYTÓW	M70+	1	00:03:34	00:45:44.90	00:49:19.35	+00:11:09 (24.4%)	9:09	6.6 (75.9%)
38	ZALESKA Ewa	211	MARATOŃCZYK OKONEK	K55	1	00:03:32	00:45:45.45	00:49:18.30	+00:11:10 (24.4%)	9:09	6.6 (75.9%)
39	KĄCKOWSKI Marek	180	JEZIORKI - AKTYWNA WIEŚ	M60	3	00:03:33	00:46:13.35	00:49:47.00	+00:11:37 (25.2%)	9:14	6.5 (74.7%)
40	SYKUTERA-ŚWIERCZYŃSKA Katarzyna Anna	197	SAILING TEAM FERAJNA	K30	6	00:03:37	00:47:15.75	00:50:52.80	+00:12:40 (26.8%)	9:27	6.3 (72.4%)
41	BALICKA Iwona	355	HERKULES	K30	7	00:03:38	00:47:22.35	00:51:00.80	+00:12:46 (27.0%)	9:28	6.3 (72.4%)
42	SZKARŁAT Magdalena	199		K30	8	00:03:36	00:47:25.05	00:51:01.90	+00:12:49 (27.1%)	9:29	6.3 (72.4%)
43	JANIEC-MAINIER Sabina	212	CZARNE PANTERY	K45	5	00:03:37	00:47:25.85	00:51:03.70	+00:12:50 (27.1%)	9:29	6.3 (72.4%)
44	MAZUREK Hanna	187	BABECZKI KOSZALIN	K13	2	00:03:33	00:47:41.55	00:51:15.05	+00:13:06 (27.5%)	9:32	6.3 (72.4%)
45	GUBOW Ewa	170		K30	9	00:03:37	00:47:51.35	00:51:29.00	+00:13:15 (27.7%)	9:34	6.3 (72.4%)
46	SOLAK Ewa	196	CZARNE PANTERY	K55	2	00:03:36	00:48:56.15	00:52:32.40	+00:14:20 (29.3%)	9:47	6.1 (70.1%)
47	RAPTA Mieczysław	209		M50	2	00:03:35	00:49:04.65	00:52:40.45	+00:14:29 (29.5%)	9:49	6.1 (70.1%)
48	KUŚ Renata	183		K45	6	00:03:35	00:49:11.90	00:52:47.35	+00:14:36 (29.7%)	9:50	6.1 (70.1%)
49	KAROLCZAK Magda	176		K30	10	00:03:38	00:49:12.80	00:52:51.05	+00:14:37 (29.7%)	9:50	6.1 (70.1%)
50	BŁASZCZYK Katarzyna	208	KIJANKI POZNAŃ	K45	7	00:03:37	00:49:25.40	00:53:03.25	+00:14:50 (30.0%)	9:53	6.1 (70.1%)
51	MAŁKOWSKA Izabella	185		K45	8	00:03:34	00:50:17.95	00:53:52.35	+00:15:42 (31.2%)	10:03	6 (69.0%)
52	TREBSKA Marta	202		K40	7	00:03:37	00:52:02.15	00:55:39.75	+00:17:26 (33.5%)	10:24	5.8 (66.7%)
53	MIKITIUK Beata	189	KIJOWA PARA	K40	8	00:03:33	00:52:05.75	00:55:39.55	+00:17:30 (33.6%)	10:25	5.8 (66.7%)
54	BŁASZCZYK Łukasz	164	KIJANKI POZNAŃ	M40	3	00:03:39	00:56:51.55	01:00:31.45	+00:22:16 (39.2%)	11:22	5.3 (60.9%)

Znaleziono 54 wynik(ów)