



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: PUCHAR POMORZA NORDIC WALKING
Organizator: Polska Federacja Nordic Walking
Data: 2018-06-17
Miejsce: Czaplonek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NAKONIECZNY Grzegorz	171		M40-49	1			00:16:45	00:34:01	00:51:27	01:09:12.95		6:55	8.7 (100%)
2	NACZK Leonard	152	DYNAMIC	M40-49	2			00:16:48	00:34:05	00:51:45	01:09:32.05	+00:00:19 (0.5%)	6:57	8.6 (98.9%)
3	ROMANOWICZ Piotr	155	RUNGRYF GRYFICE	M40-49	3			00:16:50	00:34:26	00:52:45	01:11:12.80	+00:01:59 (2.8%)	7:07	8.4 (96.6%)
4	KUŚMIEREK Jan	147	BŁĘKITNI NW DZIEMIANY	M40-49	4			00:17:34	00:35:34	00:53:38	01:11:48.55	+00:02:35 (3.6%)	7:10	8.4 (96.6%)
5	ŚWISŁOCKI Bogdan	161	FACE NORDIC WALKING TEAM	M50-59	1			00:17:28	00:36:01	00:54:43	01:12:51.65	+00:03:38 (5.0%)	7:17	8.2 (94.3%)
6	KAŹMIERCZAK Norbert	144	TUPTUP TEAM	M40-49	5			00:17:59	00:36:44	00:55:11	01:13:24.90	+00:04:11 (5.7%)	7:20	8.2 (94.3%)
7	ŚWIDEREK Ludwik	160	IMPERIAL	M50-59	2			00:17:18	00:35:53	00:54:49	01:13:37.25	+00:04:24 (6.0%)	7:21	8.2 (94.3%)
8	CZEKAJŁO Franciszek	137	REMI	M60-69	1			00:17:38	00:36:23	00:55:31	01:15:05.70	+00:05:52 (7.8%)	7:30	8 (92.0%)
9	FOLWARSKI Andrzej	141	FACE NORDIC WALKING TEAM	M50-59	3			00:18:07	00:37:03	00:56:25	01:15:18.60	+00:06:05 (8.1%)	7:31	8 (92.0%)
10	STOPA Joanna	157	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:18:43	00:38:01	00:57:32	01:16:16.10	+00:07:03 (9.2%)	7:37	7.9 (90.8%)
11	BUJNICKI Marcin	133	NORDIC WALKING PASŁĘK	M40-49	6			00:18:23	00:37:37	00:57:18	01:16:44.25	+00:07:31 (9.8%)	7:40	7.8 (89.7%)
12	PALIWODA Kasia	170	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1			00:18:30	00:37:43	00:57:13	01:16:45.70	+00:07:32 (9.8%)	7:40	7.8 (89.7%)
13	PAŁUBICKI Marcin	153	SPORTOWA PACZKA	M40-49	7			00:19:27	00:38:37	00:57:46	01:17:01.30	+00:07:48 (10.1%)	7:42	7.8 (89.7%)
14	KEPA Andrzej	145	FACE NORDIC WALKING TEAM	M60-69	2			00:18:37	00:38:11	00:57:56	01:17:38.80	+00:08:25 (10.9%)	7:45	7.7 (88.5%)

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											netto 10km	Różn		
15	ŻAMOJCIN Marek	167	NORDICLUB SZCZECIN	M50-59	4			00:18:43	00:38:32	00:58:33	01:18:20.00	+00:09:07 (11.6%)	7:50	7.7 (88.5%)
16	STAWNIAK Karol	176	KS METRACO POLKOWICE	M70+	1	1		00:19:02	00:38:42	00:58:44	01:18:32.20	+00:09:19 (11.9%)	7:51	7.6 (87.4%)
17	KOŁPAK Jan	146	LKS ZANTYR SZTUM	M70+	2			00:19:04	00:38:44	00:58:44	01:18:34.20	+00:09:21 (11.9%)	7:51	7.6 (87.4%)
18	LITWIŃCZUK Robert	148		M40-49	8			00:18:34	00:38:25	00:58:34	01:18:52.65	+00:09:39 (12.2%)	7:53	7.6 (87.4%)
19	ZIELIŃSKA Jolanta	166	GOSIR OSIELSKO	K50-59	1			00:18:17	00:37:56	00:58:28	01:19:05.70	+00:09:52 (12.5%)	7:54	7.6 (87.4%)
20	CZAJKA Urszula	136	FACE NORDIC WALKING TEAM	K60-69	1			00:18:52	00:38:40	00:59:08	01:20:14.00	+00:11:01 (13.7%)	8:01	7.5 (86.2%)
21	LENER Sławomir	175	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3			00:18:37	00:38:43	00:59:52	01:20:53.30	+00:11:40 (14.4%)	8:05	7.4 (85.1%)
22	ZWOLENKIEWICZ Joanna	169	KS SOKÓŁ GAŚAWA	K40-49	2			00:19:07	00:39:26	01:00:42	01:21:51.00	+00:12:38 (15.4%)	8:11	7.3 (83.9%)
23	MAJEWSKA Lidia Ewa	150		K50-59	2			00:19:35	00:40:29	01:01:26	01:22:33.90	+00:13:20 (16.2%)	8:15	7.3 (83.9%)
24	DUSZA Anna	172	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	3			00:19:07	00:40:22	01:01:46	01:22:50.20	+00:13:37 (16.4%)	8:17	7.2 (82.8%)
25	GOLUS Urszula	173		K60-69	2			00:19:24	00:40:31	01:01:47	01:22:52.95	+00:13:40 (16.5%)	8:17	7.2 (82.8%)
26	MALKIEWICZ Małgorzata	151	ŻYJ AKTYWNIE	K50-59	3			00:20:21	00:41:17	01:02:31	01:23:03.20	+00:13:50 (16.7%)	8:18	7.2 (82.8%)
27	WOJTCZAK Urszula	164	CZAPELKI	K30-39	1			00:20:16	00:41:31	01:02:47	01:23:07.70	+00:13:54 (16.7%)	8:18	7.2 (82.8%)
28	JURCZYSZYN Zyta	142	CZAPELKI	K40-49	4			00:20:33	00:41:28	01:02:46	01:23:09.40	+00:13:56 (16.8%)	8:18	7.2 (82.8%)
29	FARON Monika	139	ELITE TEAM	K30-39	2			00:19:59	00:41:07	01:02:36	01:24:32.75	+00:15:19 (18.1%)	8:27	7.1 (81.6%)
30	CHOLEWKA Jolanta	135	MARSZ PO ZDROWIE POZNAŃ	K60-69	3			00:20:21	00:41:38	01:03:25	01:25:25.00	+00:16:12 (19.0%)	8:32	7 (80.5%)
31	TURZYŃSKA - STOPA Maria	163	BŁĘKITNI NW DZIEMIANY	K60-69	4			00:20:30	00:41:59	01:04:02	01:26:34.65	+00:17:21 (20.1%)	8:39	6.9 (79.3%)
32	GOLUS Lech	174		M60-69	4			00:21:24	00:43:37	01:05:30	01:27:12.60	+00:17:59 (20.6%)	8:43	6.9 (79.3%)
33	FOLWARSKA Małgorzata	140	FACE NORDIC WALKING TEAM	K60-69	5			00:20:43	00:42:12	01:04:46	01:27:24.40	+00:18:11 (20.8%)	8:44	6.9 (79.3%)
34	POSTEK Danuta	154	MARSZ PO ZDROWIE POZNAŃ	K50-59	4			00:21:28	00:43:39	01:05:52	01:27:47.15	+00:18:34 (21.2%)	8:46	6.8 (78.2%)
35	ŁOZIŃSKA Wioletta	149		K50-59	5			00:20:16	00:42:43	01:05:56	01:28:29.45	+00:19:16 (21.8%)	8:51	6.8 (78.2%)
36	BIELECKA Monika	131	TUPTUP TEAM	K40-49	5			00:21:55	00:44:33	01:07:22	01:29:52.30	+00:20:39 (23.0%)	8:59	6.7 (77.0%)
37	ŻAMOJCIN Małgorzata	168	NORDICLUB SZCZECIN	K50-59	6			00:21:11	00:43:13	01:06:20	01:29:53.65	+00:20:40 (23.0%)	8:59	6.7 (77.0%)

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38	SYNAK Leszek	158		M50-59	5			00:20:33	00:43:27	01:06:17	01:29:59.55	+00:20:46 (23.1%)	8:59	6.7 (77.0%)
39	CEBEREK-PŁOTCZYK Marcelina	134		K60-69	6			00:21:33	00:43:56	01:07:21	01:30:13.55	+00:21:00 (23.3%)	9:01	6.6 (75.9%)
40	KARASIEWICZ Iwona	143	NORDICLUB SZCZECIN	K30-39	3			00:22:52	00:46:14	01:09:36	01:33:04.95	+00:23:52 (25.6%)	9:18	6.4 (73.6%)
41	DOBROWOLSKA Dorota	138	ALS SZCZECIN	K50-59	7			00:21:48	00:45:20	01:09:35	01:34:00.15	+00:24:47 (26.4%)	9:24	6.4 (73.6%)
42	SYNAK Joanna	159		K18-29	2			00:22:47	00:46:42	01:10:45	01:34:18.35	+00:25:05 (26.6%)	9:25	6.4 (73.6%)
43		187												(0.0%)

Znaleziono 43 wynik(ów)