



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-19
Miejsce: Czaplinek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	569	PUSZCZYK BUKOWY	M40-49	1			00:00:24	00:16:16	00:33:25	00:51:02	01:08:20.70	01:08:45.40		6:50	8.8 (100%)
2	BOGACKI Sławek	505	ENERGA NW TEAM	M40-49	2			00:00:23	00:16:55	00:34:22	00:51:49	01:09:00.60	01:09:24.55	+00:00:39 (1.0%)	6:54	8.7 (98.9%)
3	NAKONIECZNY Grzegorz	564	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	3			00:00:23	00:16:58	00:34:27	00:52:16	01:10:07.50	01:10:31.00	+00:01:46 (2.5%)	7:00	8.6 (97.7%)
4	KUŚMIEREK Patryk	530	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:00:06	00:17:58	00:36:08	00:54:02	01:10:37.00	01:10:43.80	+00:02:16 (3.2%)	7:03	8.5 (96.6%)
5	KUŚMIEREK Jan	531	BŁĘKITNI NW DZIEMIANY	M40-49	4			00:00:23	00:17:15	00:34:42	00:52:22	01:10:42.20	01:11:05.80	+00:02:21 (3.3%)	7:04	8.5 (96.6%)
6	ROSZMAN Maciej	544	PENDOLINO	M30-39	1			00:00:06	00:17:14	00:35:13	00:53:18	01:11:34.60	01:11:40.70	+00:03:13 (4.5%)	7:09	8.4 (95.5%)
7	WIERCHANOWSKI Bogdan	557	KS METRACO POLKOWICE	M50-59	1			00:00:46	00:16:56	00:34:39	00:53:08	01:11:55.95	01:12:42.40	+00:03:35 (5.0%)	7:11	8.3 (94.3%)
8	DZIADEK Remigiusz	516	PENDOLINO	M50-59	2			00:00:45	00:17:07	00:35:18	00:54:01	01:12:13.30	01:12:58.65	+00:03:52 (5.4%)	7:13	8.3 (94.3%)
9	ŻYWICKI Marcin	560	BŁĘKITNI NW DZIEMIANY	M30-39	2			00:00:06	00:17:21	00:35:14	00:53:25	01:12:30.20	01:12:36.95	+00:04:09 (5.7%)	7:15	8.3 (94.3%)
10	ŚWISŁOCKI Bogdan	553	FACE NORDIC WALKING TEAM	M50-59	3			00:00:45	00:17:26	00:35:45	00:54:29	01:12:41.20	01:13:27.10	+00:04:20 (6.0%)	7:16	8.3 (94.3%)
11	PARAFINIUK Krzysztofa	542	LKS ZANTYR SZTUM	K30-39	1			00:01:58	00:17:43	00:35:44	00:54:11	01:12:42.00	01:14:40.60	+00:04:21 (6.0%)	7:16	8.3 (94.3%)
12	KULIG Henryk	527	K S ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:01:11	00:17:39	00:35:40	00:54:25	01:12:42.10	01:13:53.10	+00:04:21 (6.0%)	7:16	8.3 (94.3%)
13	STOPA Joanna	551	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:01:32	00:18:06	00:36:06	00:54:27	01:12:47.20	01:14:19.85	+00:04:26 (6.1%)	7:16	8.2 (93.2%)
14	KĘPA Andrzej	524	SKI FAMILY TEAM	M60-69	2			00:01:10	00:17:45	00:36:13	00:54:48	01:13:08.90	01:14:19.55	+00:04:48 (6.6%)	7:18	8.2 (93.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas	2.5km	5km	7.5km	Czas	Czas	Różn	Tempo	Tempo
						kartki	kartki	startu				netto	brutto			
15	SORN Łukasz	563	FACE NORDIC WALKING TEAM	M18-29	2			00:00:06	00:18:39	00:37:27	00:56:02	01:14:34.30	01:14:40.45	+00:06:13 (8.3%)	7:27	8 (90.9%)
16	FOLWARSKI Andrzej	518	FACE NORDIC WALKING TEAM	M50-59	4			00:00:46	00:18:03	00:36:49	00:55:44	01:14:39.25	01:15:25.85	+00:06:18 (8.5%)	7:27	8 (90.9%)
17	CZEKAJŁO Franciszek	511	TEAM MEPROZET	M60-69	3			00:01:10	00:17:47	00:36:21	00:55:30	01:15:18.50	01:16:29.45	+00:06:57 (9.2%)	7:31	8 (90.9%)
18	CHOLEWIŃSKI Wojciech	510		M50-59	5			00:00:45	00:18:02	00:36:47	00:55:41	01:15:48.75	01:16:34.25	+00:07:28 (9.8%)	7:34	7.9 (89.8%)
19	LENER Sławomir	533	NORDIC WALKING KLUB SZCZECIN	M60-69	4			00:01:10	00:18:03	00:37:10	00:56:55	01:16:44.40	01:17:55.05	+00:08:23 (10.9%)	7:40	7.8 (88.6%)
20	SKRYCKA Katarzyna	566	KS METRACO POLKOWICE	K30-39	2			00:01:58	00:18:15	00:37:21	00:57:08	01:16:52.30	01:18:50.40	+00:08:31 (11.1%)	7:41	7.8 (88.6%)
21	LIPKO Adrianna	534	PENDOLINO	K18-29	2			00:01:32	00:18:22	00:37:34	00:57:15	01:16:57.45	01:18:30.10	+00:08:36 (11.2%)	7:41	7.8 (88.6%)
22	GOLEC Dorota	520		K40-49	1			00:02:41	00:19:09	00:38:18	00:58:00	01:18:00.85	01:20:42.25	+00:09:40 (12.4%)	7:48	7.7 (87.5%)
23	BANASZKIEWICZ Katarzyna	504	JEZIORKI-AKTYWNA WIEŚ	K40-49	2			00:02:40	00:18:48	00:38:24	00:58:06	01:18:13.75	01:20:54.50	+00:09:53 (12.6%)	7:49	7.7 (87.5%)
24	BRZOZOWSKA Renata	507	PENDOLINO	K40-49	3			00:02:39	00:18:56	00:38:34	00:58:51	01:19:47.15	01:22:26.20	+00:11:26 (14.3%)	7:58	7.5 (85.2%)
25	KINDA Dorota	570		K30-39	3			00:01:58	00:19:06	00:39:00	00:59:25	01:19:54.65	01:21:53.40	+00:11:33 (14.5%)	7:59	7.5 (85.2%)
26	KOBIELA Daria	525	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:01:32	00:19:39	00:39:31	00:59:52	01:20:05.65	01:21:38.30	+00:11:44 (14.7%)	8:00	7.5 (85.2%)
27	ROSZMAN Joanna	545	PENDOLINO	K50-59	1			00:03:08	00:18:58	00:38:52	00:59:20	01:20:07.75	01:23:16.70	+00:11:47 (14.7%)	8:00	7.5 (85.2%)
28	PALIWODA Kasia	540	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	4			00:02:39	00:18:39	00:38:37	00:59:13	01:20:17.05	01:22:56.15	+00:11:56 (14.9%)	8:01	7.5 (85.2%)
29	PAŁUBICKI Marcin	541		M40-49	5			00:00:24	00:20:20	00:39:40	00:59:38	01:20:18.00	01:20:42.00	+00:11:57 (14.9%)	8:01	7.5 (85.2%)
30	HINC Iwona	522	FACE NORDIC WALKING TEAM	K40-49	5			00:02:39	00:19:31	00:39:55	01:00:10	01:20:19.55	01:22:59.40	+00:11:58 (14.9%)	8:02	7.5 (85.2%)
31	ŻAMOJCIN Marek	559		M50-59	6			00:00:45	00:19:12	00:39:33	01:00:09	01:20:47.35	01:21:33.00	+00:12:26 (15.4%)	8:04	7.4 (84.1%)
32	SOBOLEWSKI Marek	548		M40-49	6			00:00:23	00:19:20	00:39:19	00:59:53	01:20:54.15	01:21:18.05	+00:12:33 (15.5%)	8:05	7.4 (84.1%)
33	BUJNICKI Marcin	508		M40-49	7			00:00:24	00:19:19	00:39:18	00:59:52	01:20:55.10	01:21:19.40	+00:12:34 (15.5%)	8:05	7.4 (84.1%)
34	NAMSÓŁEK Feliks	539		M70+	1			00:01:11	00:19:18	00:39:23	01:00:02	01:21:03.70	01:22:15.65	+00:12:43 (15.7%)	8:06	7.4 (84.1%)
35	PRAWUCKI Krzysztof	543	JEZIORKI-AKTYWNA WIEŚ	M30-39	3			00:00:06	00:19:54	00:40:40	01:00:50	01:21:10.75	01:21:17.20	+00:12:50 (15.8%)	8:07	7.4 (84.1%)
36	CHOLEWIŃSKA Longina	509		K50-59	2			00:03:09	00:19:19	00:39:39	01:00:03	01:21:15.25	01:24:24.35	+00:12:54 (15.9%)	8:07	7.4 (84.1%)
37	BOROWSKI Marcin	506	FACE NORDIC WALKING TEAM	M30-39	4			00:00:07	00:20:12	00:40:40	01:01:10	01:21:43.25	01:21:50.45	+00:13:22 (16.4%)	8:10	7.3 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Czas	2.5km	5km	7.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	startu				netto 10km	brutto 10km			
38	KOZŁOWSKA Agnieszka	561	FACE NORDIC WALKING TEAM	K40-49	6			00:02:40	00:19:16	00:39:41	01:00:47	01:22:25.15	01:25:05.60	+00:14:04 (17.1%)	8:14	7.3 (83.0%)
39	STEFAŃSKI Andrzej	550	FACE NORDIC WALKING TEAM	M50-59	7			00:00:46	00:19:41	00:40:16	01:01:32	01:23:24.65	01:24:11.10	+00:15:03 (18.1%)	8:20	7.2 (81.8%)
40	WACHOWIAK Sylwia	555		K40-49	7			00:02:42	00:20:46	00:41:37	01:02:43	01:23:42.05	01:26:24.10	+00:15:21 (18.3%)	8:22	7.2 (81.8%)
41	KURZYŃSKA Natalia	529		K30-39	4			00:01:58	00:19:00	00:39:23	01:01:06	01:23:45.10	01:25:43.35	+00:15:24 (18.4%)	8:22	7.2 (81.8%)
42	SOBECKA Marzena	547		K40-49	8			00:02:41	00:20:40	00:42:00	01:03:11	01:24:27.20	01:27:08.70	+00:16:06 (19.1%)	8:26	7.1 (80.7%)
43	KULKA Maciej	528	FACE NORDIC WALKING TEAM	M50-59	8			00:00:46	00:20:52	00:42:20	01:03:38	01:24:46.50	01:25:33.30	+00:16:25 (19.4%)	8:28	7.1 (80.7%)
44	WORONKO- ZACZYŃSKA Janina	567	KS METRACO POLKOWICE	K70+	1			00:03:25	00:20:14	00:41:14	01:03:01	01:24:48.40	01:28:14.00	+00:16:27 (19.4%)	8:28	7.1 (80.7%)
45	ŚLEWIŃSKA Magdalena	552	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:01:32	00:20:09	00:41:46	01:03:30	01:24:56.45	01:26:29.05	+00:16:35 (19.5%)	8:29	7.1 (80.7%)
46	LANGMESSER Regina	532	LKS ZANTYR	K40-49	9			00:02:40	00:20:14	00:41:33	01:03:51	01:25:33.80	01:28:14.00	+00:17:13 (20.1%)	8:33	7 (79.5%)
47	FARON Monika	517		K30-39	5			00:01:58	00:20:07	00:41:12	01:03:07	01:25:41.75	01:27:39.90	+00:17:21 (20.2%)	8:34	7 (79.5%)
48	TURZYŃSKA- STOPA Maria	554	BŁĘKITNI NW DZIEMIANY	K60-69	1			00:03:25	00:20:25	00:41:48	01:04:11	01:26:40.65	01:30:05.85	+00:18:19 (21.2%)	8:40	6.9 (78.4%)
49	DOBROWOLSKA Dorota	512		K50-59	3			00:03:09	00:20:54	00:42:34	01:05:05	01:27:52.40	01:31:01.50	+00:19:31 (22.2%)	8:47	6.8 (77.3%)
50	DUSZA Anna	514		K40-49	10			00:02:39	00:20:35	00:42:33	01:04:56	01:28:18.00	01:30:57.35	+00:19:57 (22.6%)	8:49	6.8 (77.3%)
51	GOLUS Urszula	521		K60-69	2			00:03:26	00:20:52	00:43:21	01:05:46	01:28:31.75	01:31:57.90	+00:20:11 (22.8%)	8:51	6.8 (77.3%)
52	MADOŃ Magdalena	537		K18-29	5			00:01:33	00:20:30	00:41:48	01:04:25	01:28:42.60	01:30:16.10	+00:20:21 (23.0%)	8:52	6.8 (77.3%)
53	GOLUS Lech	565		M60-69	5			00:01:12	00:21:27	00:43:48	01:06:19	01:29:22.90	01:30:35.40	+00:21:02 (23.5%)	8:56	6.7 (76.1%)
54	MAĆKOWIAK Krystyna	562	FACE NORDIC WALKING TEAM	K60-69	3			00:03:25	00:20:45	00:43:13	01:06:44	01:31:14.20	01:34:39.90	+00:22:53 (25.1%)	9:07	6.6 (75.0%)
55	DYMKOWSKI Krzysztof	515	CZARNE PANTERY PIŁA	M40-49	8			00:00:25	00:22:05	00:44:40	01:07:47	01:31:18.40	01:31:43.85	+00:22:57 (25.1%)	9:07	6.6 (75.0%)
56	GIERSZENDORF Monika	519	FACE NORDIC WALKING TEAM	K40-49	11			00:02:40	00:21:50	00:44:28	01:07:38	01:31:24.20	01:34:05.15	+00:23:03 (25.2%)	9:08	6.6 (75.0%)
57	KOWALCZUK Maria	526		K40-49	12			00:02:40	00:22:25	00:45:25	01:08:35	01:31:27.85	01:34:08.30	+00:23:07 (25.3%)	9:08	6.6 (75.0%)
58	ABRAMOWICZ Ewa	501		K40-49	13			00:02:40	00:22:26	00:45:24	01:08:32	01:31:31.15	01:34:11.90	+00:23:10 (25.3%)	9:09	6.6 (75.0%)
59	SMARUJ- SADOWSKA Janina	546		K60-69	4			00:03:25	00:21:47	00:44:36	01:07:57	01:31:50.30	01:35:16.15	+00:23:29 (25.6%)	9:11	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
60	DROZDOWICZ Dorota	513	CZARNE PANTERY	K40-49	14			00:02:39	00:22:00	00:44:54	01:08:46	01:31:50.55	01:34:30.10	+00:23:29 (25.6%)	9:11	6.5 (73.9%)
61	LUBIŃSKA Olga	535	DWA KIJE	K30-39	6			00:01:59	00:21:45	00:44:46	01:08:25	01:32:06.95	01:34:06.15	+00:23:46 (25.8%)	9:12	6.5 (73.9%)
62	ADAMIEC Bozena	502	FRYZ NORD TEAM	K30-39	7			00:01:59	00:22:17	00:45:34	01:09:27	01:32:36.75	01:34:36.00	+00:24:16 (26.2%)	9:15	6.5 (73.9%)
63	JÓŹWIAK Dominik	523	WTW.WŁOCŁAWEK	M18-29	3			00:00:06	00:22:19	00:46:46	01:11:17	01:35:27.95	01:35:34.70	+00:27:07 (28.4%)	9:32	6.3 (71.6%)
64	ADAMIEC Ewa	503	FRYZ NORD TEAM	K50-59	4			00:03:10	00:23:42	00:48:32	01:13:48	01:38:54.55	01:42:04.65	+00:30:33 (30.9%)	9:53	6.1 (69.3%)
65	ŁASECKA Katarzyna	536	CZARNE PANTERY	K40-49	15			00:02:42	00:20:46	00:41:38				+00:08:14	8:19	7.2 (81.8%)
DQ	LENARTOWICZ Stanisław	568	DERBY ŁUBIANKA	M50-59				DQ	DQ	DQ	DQ	DQ	DQ		-	- (0.0%)
	WALASEK Julitta	556	FACE NORDIC WALKING TEAM	K40-49				DNF	00:23:47 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 67 wynik(ów)