



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT
WIELKOPOLSKI ZWIĄZEK SPORTOWY

Wydarzenie: CZAPLINEK - PUCHAR POMORZA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-11
Miejsce: Czaplonek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żóf. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIEREK Patryk	164	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:21	00:16:17	00:32:19	00:48:23	01:04:19.40	01:04:40.40		6:25	9.3 (100%)
2	DEPKA PRĄDZYŃSKI Olgierd	152	BIEGAMYRAZEM	M50-59	1			00:00:23	00:16:45	00:32:54	00:48:55	01:04:36.75	01:05:00.05	+00:00:17 (0.4%)	6:27	9.3 (100%)
3	KLICZKA Kamil	189	SANPRODI SZCZECIN	M40-49	1			00:00:21	00:16:47	00:32:55	00:49:02	01:07:10.35	01:07:31.70	+00:02:50 (4.2%)	6:43	8.9 (95.7%)
4	NAKONIECZNY Grzegorz	171	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	2			00:00:21	00:16:48	00:33:39	00:50:43	01:07:43.65	01:08:05.00	+00:03:24 (5.0%)	6:46	8.9 (95.7%)
5	NACZK Leonard	170	DYNAMIC	M40-49	3			00:00:22	00:17:00	00:34:04	00:51:04	01:07:59.65	01:08:21.75	+00:03:40 (5.4%)	6:47	8.8 (94.6%)
6	ŚWISŁOCKI Bogdan	179	FACE NORDIC WALKING TEAM	M50-59	2			00:00:23	00:16:55	00:34:00	00:51:12	01:08:22.30	01:08:46.20	+00:04:02 (5.9%)	6:50	8.8 (94.6%)
7	KUŚMIEREK Jan	163	BŁĘKITNI DZIEMIANY	M40-49	4			00:00:22	00:17:00	00:34:03	00:51:18	01:09:00.50	01:09:22.95	+00:04:41 (6.8%)	6:54	8.7 (93.5%)
8	KUBISZ Mateusz	162	KOŁOBRZEG MARATON TEAM	M18-29	2			00:00:21	00:16:50	00:34:11	00:52:08	01:10:10.90	01:10:31.90	+00:05:51 (8.3%)	7:01	8.6 (92.5%)
9	MATUSZCZYK Sławomir	169	OSP MIROŚLAWIEC	M40-49	5			00:00:21	00:16:59	00:35:00	00:53:54	01:13:17.85	01:13:38.85	+00:08:58 (12.2%)	7:19	8.2 (88.2%)
10	PALIWODA Kasia	172	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1			00:01:40	00:17:51	00:36:15	00:54:55	01:13:39.95	01:15:20.80	+00:09:20 (12.7%)	7:22	8.1 (87.1%)
11	FOLWARSKI Andrzej	158	FACE NORDIC WALKING TEAM	M50-59	3			00:00:23	00:18:06	00:36:41	00:55:23	01:13:55.75	01:14:19.45	+00:09:36 (13.0%)	7:23	8.1 (87.1%)
12	SORN Łukasz	175	FACE NORDIC WALKING TEAM/ELITE TEAM	M30-39	1			00:00:21	00:18:49	00:37:13	00:55:53	01:13:56.60	01:14:17.60	+00:09:37 (13.0%)	7:23	8.1 (87.1%)
13	STOPA Joanna	177	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:39	00:18:19	00:36:56	00:55:43	01:14:51.20	01:16:31.10	+00:10:31 (14.1%)	7:29	8 (86.0%)
14	ŻAMOJCIN Marek	181		M50-59	4			00:00:22	00:17:58	00:36:57	00:56:02	01:15:02.20	01:15:25.05	+00:10:42 (14.3%)	7:30	8 (86.0%)
15	LENER Sławomir	166	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	1			00:00:24	00:18:17	00:37:07	00:56:19	01:15:56.60	01:16:20.90	+00:11:37 (15.3%)	7:35	7.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
16	SZPILMAN Katarzyna	178	FACE NORDIC WALKING TEAM	K40-49	2			00:01:40	00:17:58	00:36:54	00:56:42	01:16:59.55	01:18:40.40	+00:12:40 (16.5%)	7:42	7.8 (83.9%)
17	LENARTOWICZ Stanisław	165		M50-59	5	2		00:01:08	00:18:37	00:37:19	00:56:59	01:16:59.90	01:18:08.30	+00:12:40 (16.5%)	7:42	7.8 (83.9%)
18	PAŁUBICKI Marcin	173		M40-49	6			00:00:22	00:19:20	00:38:59	00:58:44	01:18:11.10	01:18:33.65	+00:13:51 (17.7%)	7:49	7.7 (82.8%)
19	ŻMUDA Paweł	180	GŁÓWCZYCE-O-KIJKACH (GOK GŁÓWCZYCE)	M30-39	2			00:00:21	00:19:14	00:38:46	00:58:41	01:18:12.85	01:18:33.85	+00:13:53 (17.8%)	7:49	7.7 (82.8%)
20	GRONALEWSKI Krzysztof	188	BŁĘKITNI DZIEMIANY	M30-39	3			00:00:12	00:19:41	00:38:58	00:59:02	01:18:56.05	01:19:08.50	+00:14:36 (18.5%)	7:53	7.6 (81.7%)
21	KALISZ Krzysztof	185	KS METRACO POLKOWICE	M60-69	2			00:00:25	00:19:15	00:38:44	00:58:51	01:19:12.35	01:19:37.35	+00:14:52 (18.8%)	7:55	7.6 (81.7%)
22	PYTEC Ania	190	KB KATORZNIK	K30-39	1			00:01:42	00:19:18	00:38:59	00:59:08	01:19:34.50	01:21:16.55	+00:15:15 (19.2%)	7:57	7.5 (80.6%)
23	ŻOŁNO Magdalena	182	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	1			00:01:41	00:18:48	00:38:48	00:59:21	01:19:54.10	01:21:36.00	+00:15:34 (19.5%)	7:59	7.5 (80.6%)
24	DUSZA Anna	155		K40-49	3			00:01:41	00:19:38	00:40:01	01:00:49	01:20:42.10	01:22:23.55	+00:16:22 (20.3%)	8:04	7.4 (79.6%)
25	DZIEMIŃSKA Magdalena	183	BŁĘKITNI DZIEMIANY	K30-39	2			00:01:40	00:20:09	00:40:42	01:01:10	01:20:43.80	01:22:24.00	+00:16:24 (20.3%)	8:04	7.4 (79.6%)
26	GOLUS Urszula	159	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	1			00:01:44	00:19:47	00:40:11	01:01:04	01:21:49.20	01:23:33.50	+00:17:29 (21.4%)	8:10	7.3 (78.5%)
27	PIĄTKOWSKI Józef	186	KS METRACO POLKOWICE	M70+	1			00:00:27	00:20:05	00:41:36	01:02:22	01:22:27.70	01:22:55.30	+00:18:08 (22.0%)	8:14	7.3 (78.5%)
28	JURCZYSZYN Zyta	184	CZAPLINEK BIEGA	K40-49	4			00:01:45	00:21:05	00:41:44	01:02:11	01:22:28.00	01:24:13.25	+00:18:08 (22.0%)	8:14	7.3 (78.5%)
29	BURMAN Beata	151		K40-49	5			00:01:42	00:20:05	00:40:50	01:02:05	01:23:45.55	01:25:28.35	+00:19:26 (23.2%)	8:22	7.2 (77.4%)
30	STEFAŃSKI Andrzej	176	FACE NORDIC WALKING TEAM	M50-59	6			00:00:23	00:20:48	00:41:41	01:03:00	01:24:40.75	01:25:04.05	+00:20:21 (24.0%)	8:28	7.1 (76.3%)
31	WYSOCKA Bernadeta	187	BŁĘKITNI DZIEMIANY	K40-49	6			00:01:41	00:20:21	00:41:24	01:03:07	01:25:32.20	01:27:13.70	+00:21:12 (24.8%)	8:33	7 (75.3%)
32	DUSZEŃKO Maciej	191	KS METRACO POLKOWICE	M18-29	3			00:00:21	00:20:43	00:42:29	01:04:25	01:25:39.00	01:26:00.00	+00:21:19 (24.9%)	8:33	7 (75.3%)
33	ŁOZIŃSKA Wioletta	168		K40-49	7			00:01:42	00:20:45	00:42:43	01:05:17	01:28:04.60	01:29:47.10	+00:23:45 (27.0%)	8:48	6.8 (73.1%)
34	GOLUS Lech	160	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3			00:00:24	00:20:48	00:42:53	01:05:18	01:28:09.90	01:28:34.80	+00:23:50 (27.0%)	8:49	6.8 (73.1%)
35	DOBROWOLSKA Dorota	153	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	2			00:01:43	00:21:31	00:43:55	01:06:59	01:30:31.25	01:32:15.00	+00:26:11 (28.9%)	9:03	6.6 (71.0%)
36	DZIUBCZYŃSKA Ewa	156		K50-59	3			00:01:43	00:21:51	00:44:56	01:08:38	01:32:48.05	01:34:31.50	+00:28:28 (30.7%)	9:16	6.5 (69.9%)
37	URANTÓWKA Henryk	192		M70+	2			00:00:27	00:23:26	00:46:39	01:09:59	01:33:05.65	01:33:33.45	+00:28:46 (30.9%)	9:18	6.4 (68.8%)
38	ŚLEWIŃSKA Magdalena	167	BŁĘKITNI DZIEMIANY	K18-29	2			00:01:39	00:20:51	00:47:40	01:10:25	01:33:38.10	01:35:18.00	+00:29:18 (31.3%)	9:21	6.4 (68.8%)
39	DOLATA-MACIEJEWSKA Agnieszka	154	KB KATORZNIK	K30-39	3			00:01:41	00:23:02	00:46:56	01:10:27	01:34:20.80	01:36:02.00	+00:30:01 (31.8%)	9:26	6.4 (68.8%)

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DQ	KLOSKA Kazimierz	161		M70+			1	DQ	00:20:05 DQ	00:41:36 DQ	01:02:24 DQ	01:23:17.40 DQ	DQ		-	- (0.0%)

Znaleziono 40 wynik(ów)