



CZAPLINEK - PUCHAR POMORZA NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-06-14
Miejsce: Czaplonek
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	DEPKA PRĄDZYŃSKI Olgiard	183	BIEGAMYRAZEM.PL	M 50-59	1			00:00:06	00:16:39	00:33:19	00:50:01	01:06:56	01:07:02		6:41	9 (100%)
2	BOGACKI Sławek	174	ENERGA NW TEAM	M 40-49	1			00:00:04	00:16:42	00:33:31	00:50:58	01:08:07	01:08:11	+00:01:11 (1.7%)	6:48	8.8 (97.8%)
3	ANACZKOWSKI Mirosław	171	LKS ZANTYR SZTUM	M 50-59	2			00:00:06	00:16:41	00:33:30	00:50:57	01:08:12	01:08:18	+00:01:16 (1.9%)	6:49	8.8 (97.8%)
4	ŚWIDEREK Ludwik	176	IMPERIAL	M 40-49	2			00:00:04	00:16:44	00:33:33	00:51:01	01:08:26	01:08:30	+00:01:30 (2.2%)	6:50	8.8 (97.8%)
5	WITCZUK Łukasz	184	LUKI TEAM SIEDLCE	M 30-39	1			00:00:04	00:17:17	00:35:27	00:53:52	01:11:48	01:11:52	+00:04:52 (6.8%)	7:10	8.4 (93.3%)
6	RACZYŃSKI Kazimierz	186	PTTK KOSZALIN	M 30-39	2			00:00:03	00:18:04	00:36:19	00:54:21	01:12:22	01:12:25	+00:05:26 (7.5%)	7:14	8.3 (92.2%)
7	LIPKO Adrianna	179	PENDOLINO	K 18-29	1			00:02:18	00:17:52	00:36:05	00:54:32	01:13:10	01:15:28	+00:06:14 (8.5%)	7:19	8.2 (91.1%)
8	PARAFINIUK Krzysztofa	167	ZANTYR SZTUM	K 30-39	1			00:02:19	00:18:03	00:36:30	00:55:17	01:14:15	01:16:34	+00:07:19 (9.9%)	7:25	8.1 (90.0%)
9	ĆWIKLIŃSKI Dawid	154	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:00:02	00:17:12	00:36:07	00:55:07	01:14:55	01:14:57	+00:07:59 (10.7%)	7:29	8 (88.9%)
10	REJ Anna	175		K 30-39	2			00:02:19	00:18:17	00:37:16	00:56:21	01:15:19	01:17:38	+00:08:23 (11.1%)	7:31	8 (88.9%)
11	NAKONIECZNY Grzegorz	189	EKSPEDYCJA	M 40-49	3			00:00:04	00:18:07	00:37:08	00:56:25	01:15:35	01:15:39	+00:08:39 (11.4%)	7:33	7.9 (87.8%)
12	CZEKAJŁO Franciszek	153	TEAM MEPROZET	M 60-69	1			00:00:06	00:18:17	00:37:11	00:56:30	01:15:43	01:15:49	+00:08:47 (11.6%)	7:34	7.9 (87.8%)
13	ZAMRZYCKI Leszek	182	NN	M 50-59	3			00:00:05	00:18:34	00:37:58	00:57:09	01:15:50	01:15:55	+00:08:54 (11.7%)	7:35	7.9 (87.8%)
14	BOJAN Mirosław	162		M 60-69	2			00:00:06	00:18:39	00:37:47	00:57:01	01:16:55	01:17:01	+00:09:59 (13.0%)	7:41	7.8 (86.7%)

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
15	SORN Łukasz	169	BIEGAMYRAZEM	M 18-29	2			00:00:02	00:19:58	00:39:25	00:58:37	01:17:30	01:17:32	+00:10:34 (13.6%)	7:45	7.7 (85.6%)
16	STĘPCZYŃSKA Angelika	152	THE BEST - MY IDZIEMY I CZEŚĆ	K 30-39	3			00:02:19	00:19:21	00:39:19	00:59:25	01:19:48	01:22:07	+00:12:52 (16.1%)	7:58	7.5 (83.3%)
17	JANKOWSKI Marcin	172	KS ELBLĄSKIE WŁÓCZYKIJE	M 30-39	3			00:00:03	00:19:00	00:39:09	00:59:27	01:19:56	01:19:59	+00:13:00 (16.3%)	7:59	7.5 (83.3%)
18	SOBOLEWSKI Marek	188		M 40-49	4			00:00:05	00:20:29	00:40:59	01:01:14	01:20:28	01:20:33	+00:13:32 (16.8%)	8:02	7.5 (83.3%)
19	KĘDZIERSKA Edyta	173	PFNW	K 40-49	1			00:02:20	00:20:18	00:40:23	01:00:35	01:20:35	01:22:55	+00:13:39 (16.9%)	8:03	7.4 (82.2%)
20	KORNIOWSKA Magdalena	60		K 30-39	4			00:02:20	00:20:19	00:40:22	01:00:35	01:20:36	01:22:56	+00:13:40 (17.0%)	8:03	7.4 (82.2%)
21	BIAŁK Roman	177		M 60-69	3			00:00:06	00:19:25	00:39:37	01:00:06	01:20:42	01:20:48	+00:13:46 (17.1%)	8:04	7.4 (82.2%)
22	ROSADZIŃSKA Natalia	187	UMP	K 18-29	2			00:02:18	00:20:14	00:40:36	01:01:11	01:20:54	01:23:12	+00:13:58 (17.3%)	8:05	7.4 (82.2%)
23	JÓŻWIAK Łukasz	156	WTW WŁOCŁAWEK	M 40-49	5			00:00:05	00:19:34	00:39:47	01:00:29	01:21:33	01:21:38	+00:14:37 (17.9%)	8:09	7.4 (82.2%)
24	LISEWSKA Jana	165	MUMIN TEAM	K 30-39	5			00:02:17	00:19:47	00:40:19	01:00:55	01:21:35	01:23:52	+00:14:39 (18.0%)	8:09	7.4 (82.2%)
25	PIERNICKA Krystyna	180		K 50-59	1			00:02:21	00:19:35	00:40:16	01:01:07	01:22:21	01:24:42	+00:15:25 (18.7%)	8:14	7.3 (81.1%)
26	NAMSOŁEK Feliks	166		M 70+	1			00:00:07	00:19:41	00:40:17	01:01:36	01:23:07	01:23:14	+00:16:11 (19.5%)	8:18	7.2 (80.0%)
27	KOTAS Brygida	161	DĄBROWA NORDIC TEAM	K 50-59	2			00:02:21	00:20:20	00:41:32	01:02:43	01:23:32	01:25:53	+00:16:36 (19.9%)	8:21	7.2 (80.0%)
28	KURZYŃSKA Natalia	185		K 30-39	6			00:02:18	00:19:53	00:41:18	01:03:05	01:24:10	01:26:28	+00:17:14 (20.5%)	8:25	7.1 (78.9%)
29	LANGMESSER Regina	170	LKS ZANTYR	K 40-49	2			00:02:21	00:20:43	00:41:33	01:02:50	01:24:31	01:26:52	+00:17:35 (20.8%)	8:27	7.1 (78.9%)
30	NOWAKOWSKA Angelika	157	JEZIORKI - AKTYWNA WIEŚ.	K 30-39	7			00:02:20	00:21:04	00:42:47	01:04:15	01:25:54	01:28:14	+00:18:58 (22.1%)	8:35	7 (77.8%)
31	CHOLEWIŃSKA Longina	151		K 40-49	3			00:02:20	00:22:16	00:44:43	01:06:50	01:29:05	01:31:25	+00:22:09 (24.9%)	8:54	6.7 (74.4%)
32	OGRODNICZAK Anna	164		K 30-39	8			00:02:19	00:22:18	00:44:46	01:06:53	01:29:07	01:31:26	+00:22:11 (24.9%)	8:54	6.7 (74.4%)
33	NERC Dorota	178		K 50-59	3			00:02:22	00:22:08	00:44:42	01:07:27	01:30:37	01:32:59	+00:23:41 (26.1%)	9:03	6.6 (73.3%)
34	SZPALERSKA Mirosława	168	LKS ZANTYR	K 60-69	1			00:02:22	00:22:12	00:45:11	01:08:34	01:32:16	01:34:38	+00:25:20 (27.5%)	9:13	6.5 (72.2%)
35	SZCZYPEK Ela	181		K 60-69	2			00:02:23	00:22:51	00:46:15	01:09:38	01:33:27	01:35:50	+00:26:31 (28.4%)	9:20	6.4 (71.1%)
36	ROT-RZĘDZICKA Grażyna	158	NIEZRZESZONA	K 60-69	3			00:02:23	00:22:46	00:46:20	01:11:19	01:36:08	01:38:31	+00:29:12 (30.4%)	9:36	6.2 (68.9%)
37	ANDRZEJEWSKA Bogusława	163	AKTYWNI 55	K 50-59	4			00:02:22	00:23:09	00:47:07	01:11:45	01:37:03	01:39:25	+00:30:07 (31.0%)	9:42	6.2 (68.9%)

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38	JÓŹWIAK Dominik	155	WTW WŁOCŁAWEK	M 18-29	3			00:00:03	00:25:04	00:50:41	01:15:03	01:40:16	01:40:19	+00:33:20 (33.2%)	10:01	6 (66.7%)
39	GRZONKOWSKA Grażyna	159		K 60-69	4			00:02:24	00:23:41	00:49:16	01:16:28	01:44:50	01:47:14	+00:37:54 (36.2%)	10:29	5.7 (63.3%)
40	NAWROCKA Danuta	160	DĄBROWA NORDIC TEAM	K 70+	1			00:02:24	00:26:49	00:53:49	01:20:56	01:48:35	01:50:59	+00:41:39 (38.4%)	10:51	5.5 (61.1%)

Znaleziono 40 wynik(ów)