

II BIEG RYBAKA - NORDIC WALKING - 5,5 KM

B4SPORT

Wydarzenie: II Bieg Rybaka w Czaplunku
Organizator: Stowarzyszenie Sportowe Grupa Biegowa Rundorfina, Gmina Czaplunek
Data: 2019-09-28
Miejsce: Czaplunek
Dystans: 5.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
1	ROMANOWICZ Piotr	253		M40-49	1	00:34:29.00		6:16	9.6 (100%)
2	PYREK Krzysztof	297	1 RBLOG	M30-39	1	00:35:11.42	+00:00:42 (2.0%)	6:24	9.4 (97.9%)
3	LUBAWIŃSKI Jerzy Bernard	286	FACE NORDIC WALKING TEAM	M60-69	1	00:35:32.11	+00:01:03 (3.0%)	6:27	9.3 (96.9%)
4	MATUSZCZYK Sławomir	288	SAILING TEAM FERAJNA PIŁA	M40-49	2	00:37:15.38	+00:02:46 (7.4%)	6:46	8.9 (92.7%)
5	STANISŁAW Lenartowicz	300	DERBY	M50-59	1	00:37:39.31	+00:03:10 (8.4%)	6:50	8.8 (91.7%)
6	RATKA Michał	298	E-FIZJO TEAM	M30-39	2	00:38:40.57	+00:04:11 (10.8%)	7:02	8.5 (88.5%)
7	PAŁUBICKI Marcin	292	PGB SPORTOWA PACZKA	M40-49	3	00:38:41.74	+00:04:12 (10.9%)	7:02	8.5 (88.5%)
8	JURCZYSZYN Zyta	278	CZAPELKI	K40-49	1	00:38:53.73	+00:04:24 (11.3%)	7:04	8.5 (88.5%)
9	WOJTCZAK Urszula	308	CZAPELKI	K40-49	2	00:39:01.69	+00:04:32 (11.6%)	7:05	8.5 (88.5%)
10	BALON Marek	265		M50-59	2	00:39:24.33	+00:04:55 (12.5%)	7:09	8.4 (87.5%)
11	NIEZGODA Tomasz	291	ZUMBA WALKING	M40-49	4	00:42:01.48	+00:07:32 (17.9%)	7:38	7.9 (82.3%)
12	PRENDECKI Kazimierz	296	PRENDKI TRI	M70+	1	00:42:38.22	+00:08:09 (19.1%)	7:45	7.7 (80.2%)
13	WOŹNIAK Iwona	254		K40-49	3	00:42:46.00	+00:08:17 (19.4%)	7:46	7.7 (80.2%)
14	KUICH Anna	284	LILL-SPORT	K40-49	4	00:42:47.04	+00:08:18 (19.4%)	7:46	7.7 (80.2%)
15	BADZIĄG Waldemar	264		M50-59	3	00:43:35.07	+00:09:06 (20.9%)	7:55	7.6 (79.2%)
16	PIETRZYK Anna	294		K50-59	1	00:43:52.73	+00:09:23 (21.4%)	7:58	7.5 (78.1%)
17	MICHALSKA Małgorzata	289	ZUMBA WALKING	K50-59	2	00:44:06.11	+00:09:37 (21.8%)	8:01	7.5 (78.1%)
18	KOWALSKA Katarzyna	281		K30-39	1	00:44:08.23	+00:09:39 (21.9%)	8:01	7.5 (78.1%)
19	BRONAKOWSKA Małgorzata	268		K50-59	3	00:44:37.58	+00:10:08 (22.7%)	8:06	7.4 (77.1%)
20	KOWALEWSKA Wiesia	260		K40-49	5	00:45:00.00	+00:10:31 (23.4%)	8:10	7.3 (76.0%)
21	KOWALSKI Mirosław	282	OGÓLNOPOLSKA GRUPA NORDIC WALKING	M60-69	2	00:45:09.83	+00:10:40 (23.6%)	8:12	7.3 (76.0%)
22	JANEK Agnieszka	273		K40-49	6	00:45:24.82	+00:10:55 (24.1%)	8:15	7.3 (76.0%)
23	PIASKOWIAK Karolina	293	BORNE BIEGA	K30-39	2	00:45:36.70	+00:11:07 (24.4%)	8:17	7.2 (75.0%)
24	PIOTROWSKA Ewa	295	OSP LOTYŃ	K30-39	3	00:45:39.84	+00:11:10 (24.5%)	8:18	7.2 (75.0%)
25	WAJDA Izabela	304		K40-49	7	00:45:42.24	+00:11:13 (24.6%)	8:18	7.2 (75.0%)
26	BADOŃ Agnieszka	263	LILL-SPORT	K30-39	4	00:45:46.44	+00:11:17 (24.7%)	8:19	7.2 (75.0%)
27	BIENIEK Marzena	266	MORSY BEZ FORSY	K50-59	4	00:45:46.94	+00:11:17 (24.7%)	8:19	7.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
28	WOJTCZAK Natalia	251		K18-29	1	00:46:02.00	+00:11:33 (25.1%)	8:22	7.2 (75.0%)
29	WOJCIECHOWSKA Grażyna	307		K60-69	1	00:46:07.14	+00:11:38 (25.2%)	8:23	7.2 (75.0%)
30	NIEZGODA Małgorzata	290	ZUMBA WALKING	K40-49	8	00:46:20.97	+00:11:51 (25.6%)	8:25	7.1 (74.0%)
31	HAWETO Janina	270	KIJOWE SIOSTRY	K60-69	2	00:46:25.10	+00:11:56 (25.7%)	8:26	7.1 (74.0%)
32	JASKÓŁKA Paulina	276	OSP LOTYŃ	K30-39	5	00:47:22.90	+00:12:53 (27.2%)	8:36	7 (72.9%)
33	STRZELEC Jan	301		M60-69	3	00:47:42.84	+00:13:13 (27.7%)	8:40	6.9 (71.9%)
34	KOŚMIDER Teresa	159		K60-69	3	00:47:59.00	+00:13:30 (28.1%)	8:43	6.9 (71.9%)
35	JANEK Justyna	275	RUNGRYF GRYFICE	K18-29	2	00:47:59.55	+00:13:30 (28.1%)	8:43	6.9 (71.9%)
36	JANEK Arkadiusz	274		M40-49	5	00:48:00.04	+00:13:31 (28.2%)	8:43	6.9 (71.9%)
37	KOWALCZUK Maria	280	KIJOWE SIOSTRY I BRAT	K40-49	9	00:48:40.76	+00:14:11 (29.2%)	8:50	6.8 (70.8%)
38	KUCZYŃSKA Agnieszka	283		K30-39	6	00:48:44.97	+00:14:15 (29.3%)	8:51	6.8 (70.8%)
39	ADAMCZUK Iwona	261		K40-49	10	00:49:04.56	+00:14:35 (29.7%)	8:55	6.7 (69.8%)
40	WIERCIŃSKA Ewa	305	NIE ZRZESZONA	K40-49	11	00:49:11.70	+00:14:42 (29.9%)	8:56	6.7 (69.8%)
41	AMBRYSZEWSKA Agnieszka	262		K30-39	7	00:49:31.08	+00:15:02 (30.4%)	9:00	6.7 (69.8%)
42	KAŹMIERCZAK Sylwia	279		K30-39	8	00:49:36.84	+00:15:07 (30.5%)	9:01	6.7 (69.8%)
43	SZAMOTUŁA - STRZELEC Maryla	302		K60-69	4	00:49:42.41	+00:15:13 (30.6%)	9:02	6.6 (68.8%)
44	GAJEWSKA Krystyna	269		K50-59	5	00:51:46.94	+00:17:17 (33.4%)	9:24	6.4 (66.7%)
45	JADWIŻYC Izabela	271	TUPTAJĄCE HIPICIE	K40-49	12	00:53:39.29	+00:19:10 (35.7%)	9:45	6.1 (63.5%)
46	MASIUKIEWICZ Krystyna	287	MORSY BEZ FORSY	K60-69	5	00:57:28.31	+00:22:59 (40.0%)	10:26	5.7 (59.4%)
47	JĘDRZEJEWSKA Ewa	277		K60-69	6	00:57:36.68	+00:23:07 (40.1%)	10:28	5.7 (59.4%)
48	LOBA Monika	285		K40-49	13	01:03:52.91	+00:29:23 (46.0%)	11:36	5.2 (54.2%)
DNC	CYWIŃSKA Karolina	347	ULKS BARWICE-SP BARWICE	K-Open		00:21:46.09		0:00	1.1 (11.5%)

Znaleziono 49 wynik(ów)