



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2022-10-02
Bydgoszcz
5 km

III BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Nordic Walking

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WAJCHERT Łukasz	406		Nordic Walking	1	00:17:55	00:36:07.50	00:36:25.65		7:13	8.3 (100%)
2	WOJTANIS Magdalena	57		Nordic Walking	2	00:18:09	00:36:57.55	00:37:17.00	+00:00:51 (2.3%)	7:23	8.1 (97.6%)
3	POLAK Paweł	136		Nordic Walking	3	00:20:27	00:41:40.80	00:42:01.90	+00:05:36 (13.3%)	8:20	7.2 (86.7%)
4	ŻBIKOWSKI Ryszard	142		Nordic Walking	4	00:20:30	00:41:59.55	00:42:17.50	+00:05:51 (13.9%)	8:23	7.1 (85.5%)
5	FIEREK Bernadeta	332		Nordic Walking	5	00:21:44	00:42:46.15	00:43:15.45	+00:06:49 (15.8%)	8:33	7 (84.3%)
6	ZIELINSKA Helena	275		Nordic Walking	6	00:19:14	00:44:26.60	00:44:26.60	+00:08:00 (18.0%)	8:53	6.8 (81.9%)
7	KIEŁCZYŃSKA Justyna	407		Nordic Walking	7	00:21:35	00:44:41.45	00:45:13.95	+00:08:48 (19.5%)	8:56	6.7 (80.7%)
8	RYMASZEWSKA Jolanta	66		Nordic Walking	8	00:22:00	00:44:48.70	00:45:17.75	+00:08:52 (19.6%)	8:57	6.7 (80.7%)
9	ŚMIATACZ Krzysztof	188		Nordic Walking	9	00:21:40	00:44:46.70	00:45:23.55	+00:08:57 (19.7%)	8:57	6.7 (80.7%)
10	ORCZYK Katarzyna	60		Nordic Walking	10	00:22:49	00:45:47.45	00:46:42.55	+00:10:16 (22.0%)	9:09	6.6 (79.5%)
11	WRUK Justyna	89		Nordic Walking	11	00:23:23	00:46:38.85	00:47:03.55	+00:10:37 (22.6%)	9:19	6.4 (77.1%)
12	ZALEWSKA Oliwia	396		Nordic Walking	12	00:23:22	00:46:35.30	00:47:04.05	+00:10:38 (22.6%)	9:19	6.4 (77.1%)
13	NOWAK Natalia	160		Nordic Walking	13	00:23:43	00:47:58.45	00:48:23.40	+00:11:57 (24.7%)	9:35	6.3 (75.9%)
14	ZALEWSKA Alina	334		Nordic Walking	14	00:23:50	00:47:58.95	00:48:26.85	+00:12:01 (24.8%)	9:35	6.3 (75.9%)
15	KARŁOWSKA Renata	335		Nordic Walking	15	00:23:50	00:47:58.80	00:48:27.05	+00:12:01 (24.8%)	9:35	6.3 (75.9%)
16	BORAKIEWICZ Maria	298		Nordic Walking	16	00:23:57	00:49:26.15	00:49:53.55	+00:13:27 (27.0%)	9:53	6.1 (73.5%)
17	WOJCIECHOWSKA Monika	198		Nordic Walking	17	00:24:49	00:50:19.05	00:50:25.50	+00:13:59 (27.8%)	10:03	6 (72.3%)
18	ZIELIŃSKA Hanna	274		Nordic Walking	18	00:24:53	00:50:27.30	00:50:33.30	+00:14:07 (27.9%)	10:05	5.9 (71.1%)
19	TRAFAS Aleksandra	261		Nordic Walking	19	00:24:50	00:50:29.15	00:50:35.75	+00:14:10 (28.0%)	10:05	5.9 (71.1%)
20	PERLIK Wiesław	162		Nordic Walking	20	00:27:25	00:54:20.50	00:55:08.25	+00:18:42 (33.9%)	10:52	5.5 (66.3%)
21	SMARUJ - SADOWSKA Janina	383		Nordic Walking	21	00:27:22	00:54:20.65	00:55:08.30	+00:18:42 (33.9%)	10:52	5.5 (66.3%)
22	KĘDZIERSKA Jolanta	309		Nordic Walking	22	00:27:13	00:55:11.25	00:56:01.25	+00:19:35 (35.0%)	11:02	5.4 (65.1%)

Znaleziono 22 wynik(ów)