

OSIELSKO - MISTRZOSTWA POLSKI NW - MARATON

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2015-04-11

Osielsko

42,195 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	DOŁĘGOWSKI Marek	145	BKS MANIAK WOLIN	M40-49	1	00:00:04	00:28:38	00:56:51	01:25:23	01:53:57	02:23:02	02:52:41	03:23:22	03:53:55	04:24:01	04:54:32.60	04:54:37.15		6:58	8.6 (100%)
2	KOLASA Wojciech	113	FIZJO-PLUS TEAM	M40-49	2	00:00:05	00:31:21	01:01:53	01:32:02	02:02:39	02:33:21	03:03:34	03:34:19	04:05:13	04:36:06	05:06:43.90	05:06:48.95	+00:12:11 (4.0%)	7:16	8.3 (96.5%)
3	BOGACKI Sławomir	100		M40-49	3	00:00:03	00:28:49	00:57:57	01:26:35	01:55:48	02:29:19	03:01:32	03:33:54	04:08:12	04:41:04	05:16:32.35	05:16:36.05	+00:21:59 (6.9%)	7:30	8 (93.0%)
4	WEŁNICKI Waldemar	164	GOSIR NORDIC DEVELOPMENT OSIELSKO/ ŻÓŁTKI	M40-49	4	00:00:06	00:31:04	01:01:13	01:31:10	02:01:18	02:32:09	03:03:33	03:35:49	04:09:37	04:43:44	05:17:29.10	05:17:35.50	+00:22:56 (7.2%)	7:31	8 (93.0%)
5	WALENDZIAK Ryszard	174	POCHODZĘ Z MALBORKA/22.BLT MALBORK	M40-49	5	00:00:04	00:28:52	00:57:55	01:26:36	01:55:17	02:25:40	02:57:34	03:30:41	04:05:54	04:43:25	05:20:49.15	05:20:53.65	+00:26:16 (8.2%)	7:36	7.9 (91.9%)
6	ANTOSZEWSKI Piotr	125	KROK KING GNIEZNO	M40-49	6	00:00:07	00:31:03	01:01:11	01:31:09	02:01:36	02:33:18	03:05:54	03:39:06	04:13:05	04:47:03	05:22:09.25	05:22:16.45	+00:27:36 (8.6%)	7:38	7.9 (91.9%)
7	SZCZEBAK Jacek	136	TARNÓW	M40-49	7	00:00:03	00:30:26	01:00:37	01:31:00	02:02:15	02:34:14	03:07:21	03:42:50	04:20:28	04:56:50	05:32:08.80	05:32:11.85	+00:37:36 (11.3%)	7:52	7.6 (88.4%)
8	KOWALCZYK Mariusz	118	GREEN TEAM ZIELONA GÓRA	M40-49	8	00:00:05	00:30:30	01:00:51	01:31:41	02:03:26	02:36:32	03:10:48	03:45:29	04:20:55	04:56:47	05:36:19.95	05:36:25.60	+00:41:47 (12.4%)	7:58	7.5 (87.2%)
9	GALIŃSKI Rafał	120	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	M40-49	9	00:00:04	00:33:56	01:07:09	01:40:09	02:14:09	02:47:25	03:21:20	03:56:22	04:32:34	05:06:21	05:42:48.55	05:42:53.00	+00:48:15 (14.1%)	8:07	7.4 (86.0%)
10	KACPRZAK Sławek	127	LZS JUSTYNÓW	M40-49	10	00:00:06	00:32:42	01:04:06	01:35:41	02:07:22	02:40:09	03:14:51	03:52:26	04:31:36	05:09:33	05:45:42.05	05:45:48.95	+00:51:09 (14.8%)	8:11	7.3 (84.9%)
11	DOMERACKI Tomasz	169	TUCHOLA NW TEAM	M40-49	11	00:00:02	00:32:24	01:05:32	01:39:20	02:13:25	02:48:33	03:25:30	04:04:23	04:43:27	05:22:08	06:00:45.80	06:00:48.30	+01:06:13 (18.4%)	8:32	7 (81.4%)
12	JÓŹWIAK Łukasz	158	WTW WŁOCŁAWEK	M40-49	12	00:00:05	00:34:06	01:08:07	01:43:23	02:20:28	02:57:30	03:34:15	04:12:10	04:51:41	05:32:35	06:10:04.75	06:10:10.30	+01:15:32 (20.4%)	8:46	6.8 (79.1%)
13	UKLEJEWSKI Przemysław	163	GOSIR NORDIC DEVELOPMENT OSIELSKO	M40-49	13	00:00:04	00:32:16	01:05:07	01:38:34	02:12:52	02:48:59	03:26:03	04:06:46					+00:43:24	8:21	7.2 (83.7%)
14	CYRUS Bogdan	153	SILESIA NORDIC TEAM	M40-49	14	00:00:03	00:30:15	01:00:28	01:30:22	02:00:59	02:31:32							+00:08:30	7:10	8.4 (97.7%)

Znaleziono 14 wynik(ów)