WĄGROWIEC - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10KM

Organizator: PFNW
Data: 2015-07-11
Miejsce: Wągrowiec
Dystans: 10 km

B4SPORT
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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	**LUBIATOWSKI Ireneusz**	**203**	KGHM METRACO POLKOWICE	M 40-49	1			00:00:06	00:15:54	00:31:19	00:46:44	**01:02:12**	**01:02:18**		6:13	9.6 (100%)
2	**SIWAK Piotr**	**182**	KGHM METRACO POLKOWICE	M 50-59	1			00:00:55	00:15:16	00:31:05	00:47:09	**01:03:07**	**01:04:02**	+00:00:55 (1.5%)	6:18	9.5 (99.0%)
3	**PUSZKIEL Leszek**	**200**	GREEN TEAM	M 50-59	2			00:00:56	00:15:16	00:31:18	00:47:37	**01:03:48**	**01:04:44**	+00:01:36 (2.5%)	6:22	9.4 (97.9%)
4	**WOROCH Roman**	**172**		M 50-59	3			00:00:56	00:15:29	00:31:43	00:47:57	**01:03:50**	**01:04:46**	+00:01:38 (2.6%)	6:23	9.4 (97.9%)
5	**ADAMSKI Robert**	**217**	DRUŻYNA SZPIKU	M 40-49	2			00:00:07	00:15:57	00:32:08	00:48:26	**01:04:38**	**01:04:45**	+00:02:26 (3.8%)	6:27	9.3 (96.9%)
6	**BOGACKI Sławek**	**204**	ENERGA NW TEAM	M 40-49	3			00:00:08	00:15:58	00:32:50	00:49:31	**01:05:52**	**01:06:00**	+00:03:40 (5.6%)	6:35	9.1 (94.8%)
7	**LENZ Andrzej**	**178**	ALTOM	M 50-59	4			00:00:56	00:16:14	00:32:43	00:49:18	**01:05:54**	**01:06:50**	+00:03:42 (5.6%)	6:35	9.1 (94.8%)
8	**ĆWIKLIŃSKI Dawid**	**183**	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1	1		00:00:04	00:16:27	00:33:28	00:51:01	**01:07:40**	**01:07:44**	+00:05:28 (8.1%)	6:46	8.9 (92.7%)
9	**PUSZKIEL Adrian**	**199**	GREEN TEAM	M 18-29	2			00:00:06	00:16:26	00:33:27	00:51:00	**01:07:44**	**01:07:50**	+00:05:32 (8.2%)	6:46	8.9 (92.7%)
10	**ANTOSZEWSKI Piotr**	**181**	DĄBROWA NORDIC TEAM	M 40-49	4			00:00:07	00:17:12	00:34:41	00:51:48	**01:08:51**	**01:08:58**	+00:06:39 (9.7%)	6:53	8.7 (90.6%)
11	**LIPKO Adrianna**	**215**	PENDOLINO	K 18-29	1			00:02:13	00:17:13	00:34:38	00:51:47	**01:08:58**	**01:11:11**	+00:06:46 (9.8%)	6:53	8.7 (90.6%)
12	**JĘDRASIAK Renata**	**213**	KGHM METRACO POLKOWICE	K 50-59	1			00:02:54	00:16:51	00:34:03	00:51:30	**01:09:12**	**01:12:06**	+00:07:00 (10.1%)	6:55	8.7 (90.6%)
13	**STAWNIAK Karol**	**174**	UTW ŻNIN	M 60-69	1			00:00:56	00:16:37	00:33:58	00:51:39	**01:09:25**	**01:10:21**	+00:07:13 (10.4%)	6:56	8.6 (89.6%)
14	**KOWALCZYK Mariusz**	**187**	GREEN TEAM	M 40-49	5			00:00:07	00:17:04	00:34:35	00:51:52	**01:09:27**	**01:09:34**	+00:07:15 (10.4%)	6:56	8.6 (89.6%)

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	**FELIS Paweł**	**188**		M 40-49	6			00:00:08	00:17:10	00:34:44	00:52:20	**01:09:38**	**01:09:46**	+00:07:26 (10.7%)	6:57	8.6 (89.6%)
16	**CZEKAJŁO Franciszek**	**184**	TEAM MEPROZET	M 60-69	2			00:00:58	00:16:42	00:34:20	00:51:57	**01:09:54**	**01:10:52**	+00:07:42 (11.0%)	6:59	8.6 (89.6%)
17	**KASPRZYK Lilianna**	**219**	UKS GIMNAZJON SUCHY LAS	K 50-59	2			00:02:54	00:16:55	00:34:26	00:52:20	**01:10:06**	**01:13:00**	+00:07:54 (11.3%)	7:00	8.6 (89.6%)
17	**STEMPNIAK Bogdan**	**173**		M 50-59	5			00:00:56	00:17:02	00:34:39	00:52:33	**01:10:06**	**01:11:02**	+00:07:54 (11.3%)	7:00	8.6 (89.6%)
19	**KALISZ Krzysztof**	**176**	KGHM METRACO POLKOWICE	M 60-69	3			00:00:57	00:16:37	00:34:21	00:52:14	**01:10:17**	**01:11:14**	+00:08:05 (11.5%)	7:01	8.5 (88.5%)
20	**FALKOWSKA Beata**	**226**	UKS GIMNAZJON SUCHY LAS	K 50-59	3			00:02:54	00:16:57	00:34:34	00:52:26	**01:10:33**	**01:13:27**	+00:08:21 (11.8%)	7:03	8.5 (88.5%)
21	**SZCZEBAK Jacek**	**170**	TARNÓW	M 40-49	7			00:00:06	00:17:23	00:35:11	00:52:55	**01:10:34**	**01:10:40**	+00:08:22 (11.9%)	7:03	8.5 (88.5%)
22	**SMUS Damiann**	**179**	UCZELNIA WARSZAWSKA	M 18-29	3			00:00:04	00:17:50	00:35:54	00:53:39	**01:10:43**	**01:10:47**	+00:08:31 (12.0%)	7:04	8.5 (88.5%)
23	**KRZYŻANOWSKI Robert**	**225**	GOSIR OSIELSKO	M 40-49	8			00:00:06	00:17:19	00:34:49	00:52:43	**01:11:44**	**01:11:50**	+00:09:32 (13.3%)	7:10	8.4 (87.5%)
24	**WAŁOWSKI Tomasz**	**205**		M 40-49	9			00:00:08	00:18:15	00:36:40	00:54:15	**01:12:05**	**01:12:13**	+00:09:53 (13.7%)	7:12	8.3 (86.5%)
25	**LEWANDOWSKI Robert**	**191**	GOSIR OSIELSKO	M 30-39	1			00:00:05	00:17:48	00:35:54	00:53:59	**01:12:08**	**01:12:13**	+00:09:56 (13.8%)	7:12	8.3 (86.5%)
26	**REJ Anna**	**207**		K 30-39	1			00:02:15	00:17:25	00:35:40	00:54:07	**01:12:30**	**01:14:45**	+00:10:18 (14.2%)	7:15	8.3 (86.5%)
27	**KOSICKI Dariusz**	**212**	1RWT	M 40-49	10			00:00:07	00:18:02	00:36:09	00:54:21	**01:12:51**	**01:12:58**	+00:10:39 (14.6%)	7:17	8.2 (85.4%)
28	**KURZAWSKA Jolanta**	**214**	KGHM METRACO POLKOWICE	K 60-69	1			00:02:56	00:17:50	00:36:01	00:54:26	**01:13:17**	**01:16:13**	+00:11:05 (15.1%)	7:19	8.2 (85.4%)
29	**TOMCZAK Joanna**	**193**		K 30-39	2			00:02:15	00:18:14	00:36:19	00:54:54	**01:13:30**	**01:15:45**	+00:11:18 (15.4%)	7:21	8.2 (85.4%)
30	**BANACH Joanna**	**220**	BOHATERZY ZIEMII	K 40-49	1			00:02:15	00:17:55	00:36:25	00:55:03	**01:13:31**	**01:15:46**	+00:11:19 (15.4%)	7:21	8.2 (85.4%)
31	**CZYCZ Kazimierz**	**186**	GREEN TEAM	M 60-69	4			00:00:58	00:18:19	00:36:29	00:55:23	**01:14:32**	**01:15:30**	+00:12:20 (16.5%)	7:27	8.1 (84.4%)
32	**PIERNICKA Krystyna**	**216**		K 50-59	4			00:02:54	00:18:05	00:36:51	00:55:55	**01:15:07**	**01:18:01**	+00:12:55 (17.2%)	7:30	8 (83.3%)
33	**KĘDZIERSKA Edyta**	**171**	PFNW	K 40-49	2			00:02:16	00:19:04	00:37:50	00:56:49	**01:15:15**	**01:17:31**	+00:13:03 (17.3%)	7:31	8 (83.3%)
34	**CZYCZ Emilia**	**185**	GREEN TEAM	K 60-69	2			00:02:56	00:18:31	00:37:26	00:56:30	**01:15:42**	**01:18:38**	+00:13:30 (17.8%)	7:34	7.9 (82.3%)
35	**MUSZYŃSKA Lidia**	**228**		K 50-59	5			00:02:55	00:18:48	00:37:57	00:57:10	**01:16:31**	**01:19:26**	+00:14:19 (18.7%)	7:39	7.8 (81.3%)
36	**NOWAKOWSKA Angelika**	**189**	JEZIORKI - AKTYWNA WIEŚ	K 30-39	3			00:02:14	00:19:17	00:38:33	00:58:07	**01:17:44**	**01:19:58**	+00:15:32 (20.0%)	7:46	7.7 (80.2%)
37	**KUŁAKOWSKA Anna**	**224**	GOSIR OSIELSKO	K 30-39	4			00:02:14	00:19:18	00:39:02	00:59:04	**01:17:48**	**01:20:02**	+00:15:36 (20.1%)	7:46	7.7 (80.2%)

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
38	**KARCZEWSKA Violetta**	**192**	GOSIR OSIELSKO	K 40-49	3			00:02:17	00:19:43	00:39:35	00:59:07	**01:18:11**	**01:20:28**	+00:15:59 (20.4%)	7:49	7.7 (80.2%)
39	**LALIK-WAŁOWSKA Agnieszka**	**206**		K 40-49	4			00:02:14	00:19:40	00:39:14	00:59:07	**01:18:17**	**01:20:31**	+00:16:05 (20.5%)	7:49	7.7 (80.2%)
40	**RASZEWSKA Justyna**	**198**		K 30-39	5			00:02:14	00:19:18	00:38:52	00:59:00	**01:18:49**	**01:21:03**	+00:16:37 (21.1%)	7:52	7.6 (79.2%)
41	**NOWAK Bartek**	**194**	SAILING TEAM FERAJNA	M 40-49	11			00:00:07	00:20:32	00:40:09	00:59:36	**01:19:13**	**01:19:20**	+00:17:01 (21.5%)	7:55	7.6 (79.2%)
42	**APPEL Jerzy**	**202**	GOSIR OSIELSKO	M 60-69	5			00:00:58	00:19:25	00:39:11	00:59:14	**01:19:22**	**01:20:20**	+00:17:10 (21.6%)	7:56	7.6 (79.2%)
43	**KULKA Maciej**	**201**	FACE NORDIC WALKING TEAM	M 50-59	6			00:00:58	00:19:40	00:39:38	00:59:50	**01:19:27**	**01:20:25**	+00:17:15 (21.7%)	7:56	7.6 (79.2%)
44	**NOWAKOWSKI Rafał**	**190**	JEZIORKI - AKTYWNA WIEŚ	M 30-39	2			00:00:05	00:20:01	00:40:07	01:00:08	**01:19:52**	**01:19:57**	+00:17:40 (22.1%)	7:59	7.5 (78.1%)
45	**CHOLEWIŃSKA Longina**	**221**	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	5			00:02:15	00:19:34	00:39:36	00:59:46	**01:20:38**	**01:22:53**	+00:18:26 (22.9%)	8:03	7.4 (77.1%)
46	**TRAMBACZ Robert**	**223**	BEZ KLUBU	M 50-59	7			00:00:56	00:20:32	00:40:50	01:01:37	**01:22:24**	**01:23:20**	+00:20:12 (24.5%)	8:14	7.3 (76.0%)
47	**ZAWADZKA Maria**	**177**	KGHM METRACO POLKOWICE	K 60-69	3			00:02:57	00:20:47	00:41:44	01:02:21	**01:23:03**	**01:26:00**	+00:20:51 (25.1%)	8:18	7.2 (75.0%)
48	**WALASEK Julitta**	**227**		K 40-49	6			00:02:17	00:20:48	00:41:26	01:02:35	**01:23:38**	**01:25:55**	+00:21:26 (25.6%)	8:21	7.2 (75.0%)
49	**NOWAK Maciej**	**195**	SAILING TEAM FERAJNA	M 30-39	3			00:00:05	00:21:26	00:42:32	01:03:22	**01:23:49**	**01:23:54**	+00:21:37 (25.8%)	8:22	7.2 (75.0%)
50	**KANIA Ewa**	**211**		K 50-59	6			00:02:55	00:20:55	00:41:48	01:02:57	**01:24:12**	**01:27:07**	+00:22:00 (26.1%)	8:25	7.1 (74.0%)
51	**KOZŁOWSKA Agnieszka**	**222**	FACE NORDIC WALKING TEAM	K 40-49	7			00:02:16	00:21:03	00:42:28	01:03:37	**01:24:28**	**01:26:44**	+00:22:16 (26.4%)	8:26	7.1 (74.0%)
52	**TOMCZAK Teresa**	**242**		K 50-59	7			00:02:55	00:20:27	00:41:32	01:03:07	**01:24:44**	**01:27:39**	+00:22:32 (26.6%)	8:28	7.1 (74.0%)
53	**SIKORSKI Karol**	**208**		M 30-39	4			00:00:05	00:20:10	00:42:16	01:05:03	**01:26:27**	**01:26:32**	+00:24:15 (28.1%)	8:38	6.9 (71.9%)
54	**ŚCIESIŃSKI Henryk**	**196**	GOSIR OSIELSKO	M 70+	1			00:00:59	00:20:48	00:42:43	01:04:53	**01:26:38**	**01:27:37**	+00:24:26 (28.2%)	8:39	6.9 (71.9%)
55	**BĄKOWSKA Maria**	**180**	OŚLA ŁAWKA GNIEZNO	K 60-69	4			00:02:56	00:21:53	00:43:55	01:06:03	**01:27:16**	**01:30:12**	+00:25:04 (28.7%)	8:43	6.9 (71.9%)
56	**SEGIET Małgorzata**	**218**	DIETAMORE	K 40-49	8			00:02:16	00:21:19	00:43:02	01:04:52	**01:27:25**	**01:29:41**	+00:25:13 (28.8%)	8:44	6.9 (71.9%)
57	**KASZYŃSKA Lidia**	**210**		K 30-39	6			00:02:14	00:21:31	00:44:07	01:06:10	**01:27:59**	**01:30:13**	+00:25:47 (29.3%)	8:47	6.8 (70.8%)
58	**JÓŹWIAK Dominik**	**175**	WTW WŁOCŁAWEK	M 18-29	4			00:00:04	00:21:06	00:43:53	01:07:01	**01:28:24**	**01:28:28**	+00:26:12 (29.6%)	8:50	6.8 (70.8%)
59	**STRZELECKI Sebastian**	**197**	SAILING TEAM FERAJNA	M 40-49	12			00:00:08	00:21:59	00:44:25	01:07:24	**01:30:01**	**01:30:09**	+00:27:49 (30.9%)	9:00	6.7 (69.8%)
60	**EWA JOANNA Matczyńska**	**243**		K 18-29	2			00:02:13	00:22:37	00:45:35	01:08:53	**01:32:49**	**01:35:02**	+00:30:37 (33.0%)	9:16	6.5 (67.7%)

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
61	**CHIKHAOUI Agnes**	**241**		K 40-49	9			00:02:17	00:23:27	00:47:35	01:11:05	**01:34:27**	**01:36:44**	+00:32:15 (34.1%)	9:26	6.4 (66.7%)
62	**GIERSZENDORF Monika**	**209**	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	10			00:02:16	00:23:28	00:47:37	01:11:06	**01:34:28**	**01:36:44**	+00:32:16 (34.2%)	9:26	6.4 (66.7%)

Znaleziono 62 wynik(ów)