



IV MISTRZOSTWA POLSKI NORDIC WALKING W MARATONIE - JASTROWIE 2017

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

PFNW
2017-04-08
Jastrowie
42.195 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
1	MICHALEC Marcin	232	KKB MOSIR KROSNO	M18-29	1			00:00:01	00:30:16	01:05:30	01:40:40	02:15:18	02:48:58	03:23:19	03:58:54	04:34:23.55	04:34:25.45		6:30	9.2 (100%)
2	DZIEDIEWICH Andrzej	233		M30-39	1			00:00:02	00:30:15	01:05:28	01:40:37	02:15:17	02:49:55	03:27:26	04:06:12	04:44:57.15	04:44:59.50	+00:10:33 (3.7%)	6:45	8.9 (96.7%)
3	NIEPOKÓJ Radosław	47	OSP WROCANKA	M18-29	2	2		00:00:02	00:30:58	01:06:48	01:42:44	02:18:36	02:54:57	03:32:14	04:10:15	04:48:34.45	04:48:36.65	+00:14:10 (4.9%)	6:50	8.8 (95.7%)
4	DEPKA-PRĄDZYŃSKI Olgierd	15	BIEGAMYRAZEM	M55-59	1			00:00:07	00:33:28	01:10:10	01:45:21	02:21:06	02:57:51	03:36:03	04:13:50	04:51:32.35	04:51:39.60	+00:17:08 (5.9%)	6:54	8.7 (94.6%)
5	KORDOWSKI Piotr	31	DYNAMIC	M40-49	1			00:00:03	00:30:15	01:05:27	01:40:41	02:17:00	02:54:45	03:34:26	04:15:31	04:56:23.95	04:56:27.55	+00:22:00 (7.4%)	7:01	8.5 (92.4%)
6	MICHALSKI Andrzej	43		M55-59	2			00:00:06	00:33:30	01:10:15	01:45:53	02:22:36	03:00:07	03:38:30	04:17:10	04:56:32.90	04:56:39.45	+00:22:09 (7.5%)	7:01	8.5 (92.4%)
7	NIECHWIEJCZYK Piotr	46	OPEL ACTIVE TEAM	M40-49	2			00:00:04	00:32:36	01:09:06	01:45:53	02:22:35	03:00:08	03:38:33	04:17:26	04:56:36.55	04:56:40.65	+00:22:13 (7.5%)	7:01	8.5 (92.4%)
8	CZŁONKOWSKI Krzysztof	13	OLIMPIJCZYK SZCZOKOCINY	M40-49	3			00:00:04	00:33:34	01:10:19	01:47:40	02:25:49	03:05:44	03:44:50	04:24:13	05:02:00.80	05:02:04.90	+00:27:37 (9.1%)	7:09	8.4 (91.3%)
9	NALEPKA Jerzy	234	FACE NORDIC WALKING TEAM	M65+	1			00:00:09	00:34:20	01:12:57	01:52:02	02:30:48	03:09:47	03:49:35	04:29:28	05:09:47.40	05:09:57.10	+00:35:23 (11.4%)	7:20	8.2 (89.1%)
10	PUSZKIEL Leszek	58	GREEN TEAM	M60-64	1			00:00:08	00:32:51	01:09:57	01:47:23	02:26:22	03:06:51	03:47:38	04:29:44	05:11:54.70	05:12:03.65	+00:37:31 (12.0%)	7:23	8.1 (88.0%)
11	PIOTROWSKI Michał	55	FACE NORDIC WALKING TEAM	M30-39	2			00:00:03	00:33:44	01:11:52	01:50:10	02:28:35	03:08:04	03:49:45	04:31:24	05:13:17.40	05:13:20.50	+00:38:53 (12.4%)	7:25	8.1 (88.0%)
12	BOGACKI Sławek	4	ENERGA NW TEAM	M40-49	4			00:00:04	00:33:33	01:10:34	01:48:35	02:27:51	03:07:49	03:48:46	04:31:48	05:14:22.90	05:14:27.25	+00:39:59 (12.7%)	7:26	8.1 (88.0%)
13	WIŚNIEWSKI Jacek	87	UKS SIEDLESZCZANY	M50-54	1			00:00:05	00:33:32	01:10:18	01:47:40	02:25:49	03:05:46	03:47:48	04:30:14	05:15:20.15	05:15:26.00	+00:40:56 (13.0%)	7:28	8 (87.0%)
14	GAJEWSKI Eugeniusz	18	KS METRACO POLKOWICE	M60-64	2			00:00:08	00:32:31	01:09:01	01:46:26	02:26:16	03:07:52	03:50:06	04:33:25	05:17:05.35	05:17:13.70	+00:42:41 (13.5%)	7:30	8 (87.0%)
15	ŚWIŚLOCKI Bogdan	80	FACE NORDIC WALKING TEAM	M55-59	3			00:00:07	00:33:42	01:11:41	01:50:05	02:29:11	03:09:48	03:52:21	04:35:16	05:17:50.00	05:17:57.10	+00:43:26 (13.7%)	7:31	8 (87.0%)
16	MITURA-ZIELONKA Paweł	44	RYBNICKI KLUB NORDIC WALKING	M30-39	3			00:00:02	00:35:25	01:13:35	01:50:53	02:29:43	03:10:26	03:52:15	04:34:56	05:18:20.45	05:18:23.25	+00:43:56 (13.8%)	7:32	8 (87.0%)
17	SŁOMIAN Leszek	67	UNIA MIAST	M55-59	4			00:00:04	00:34:17	01:12:37	01:51:56	02:31:17	03:12:00	03:54:14	04:40:13	05:23:44.90	05:23:49.85	+00:49:21 (15.2%)	7:40	7.8 (84.8%)
18	RADWAN Piotr	231	KKB DYSTANS KRAKÓW	M50-54	2	1		00:00:13	00:36:12	01:16:53	01:57:52	02:38:54	03:21:05	04:03:08	04:44:45	05:26:18.65	05:26:31.70	+00:51:55 (15.9%)	7:43	7.8 (84.8%)
19	SZCZEBAK Jacek	76	UNIA MIAST	M40-49	5			00:00:04	00:34:16	01:13:30	01:53:45	02:34:52	03:16:19	03:58:38	04:42:08	05:26:24.85	05:26:29.60	+00:52:01 (15.9%)	7:44	7.8 (84.8%)
20	MAKOWSKI Jan	41	RYBNICKI KLUB NORDIC WALKING	M55-59	5			00:00:05	00:33:42	01:12:48	01:53:17	02:35:11	03:16:44	04:01:23	04:45:22	05:29:07.70	05:29:13.25	+00:54:44 (16.6%)	7:47	7.7 (83.7%)
21	FOLWARSKI Andrzej	17	FACE NORDIC WALKING TEAM	M55-59	6			00:00:07	00:35:04	01:14:58	01:55:49	02:37:31	03:20:07	04:04:27	04:49:07	05:31:18.80	05:31:26.55	+00:56:55 (17.2%)	7:51	7.6 (82.6%)
22	ZAGAJA Janusz	90	WESOŁY BORSUK TEAM	M60-64	3			00:00:08	00:33:50	01:12:46	01:53:10	02:33:40	03:16:07	03:59:59	04:46:08	05:33:02.70	05:33:11.45	+00:58:39 (17.6%)	7:53	7.6 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 4.68km	Start_All 10.04km	Start_All 15.4km	Start_All 20.76km	Start_All 26.12km	Start_All 31.48km	Start_All 36.84km	Czas		Różn	Tempo min/km	Tempo km/h
																netto 42.195km	brutto 42.195km			
23	WESOŁOWSKI Wojciech	85	NORDIC TEAM GNIEZNO	M65+	2			00:00:10	00:35:47	01:16:39	01:57:28	02:38:59	03:23:02	04:08:27	04:52:07	05:34:42.05	05:34:52.55	+01:00:18 (18.0%)	7:55	7.6 (82.6%)
24	DZIADEK Remigiusz	16		M50-54	3			00:00:10	00:34:39	01:14:16	01:54:23	02:36:08	03:19:55	04:06:37	04:53:55	05:37:47.15	05:37:57.20	+01:03:23 (18.8%)	8:00	7.5 (81.5%)
25	MORAWSKI Bartosz	93	KS IDMAR	M30-39	4			00:00:03	00:34:13	01:14:07	01:54:34	02:35:16	03:19:21	04:06:06	04:53:53	05:41:52.65	05:41:55.75	+01:07:29 (19.7%)	8:06	7.4 (80.4%)
26	STEFANICKI Marek	69		M55-59	7			00:00:08	00:35:40	01:15:55	01:57:01	02:38:54	03:23:01	04:08:32	04:56:23	05:44:27.95	05:44:36.30	+01:10:04 (20.3%)	8:09	7.4 (80.4%)
27	TOMCZYK Edward	82	MARSZ PO ZDROWIE POZNAŃ	M65+	3			00:00:08	00:35:49	01:16:43	01:57:39	02:39:30	03:25:52	04:12:19	05:01:03	05:45:52.15	05:46:00.95	+01:11:28 (20.7%)	8:11	7.3 (79.3%)
28	KOWALSKI Marek	34	UNIA MIAST	M50-54	4			00:00:08	00:38:59	01:21:21	02:03:20	02:45:49	03:29:58	04:15:16	05:01:28	05:47:29.65	05:47:37.70	+01:13:06 (21.0%)	8:14	7.3 (79.3%)
29	SZCZODROWSKI Krzysztof	78	FACE NORDIC WALKING TEAM	M50-54	5			00:00:04	00:36:18	01:18:52	02:02:27	02:47:23	03:32:40	04:18:03	05:04:02	05:50:21.85	05:50:26.20	+01:15:58 (21.7%)	8:18	7.2 (78.3%)
30	KRYSZCZUK Krzysztof	36	LUKI TEAM SIEDLCE	M50-54	6			00:00:11	00:39:27	01:23:43	02:07:17	02:52:32	03:37:57	04:24:21	05:09:33	05:53:56.45	05:54:08.10	+01:19:32 (22.5%)	8:23	7.2 (78.3%)
31	WEŻGOWIEC Jacek	86		M50-54	7			00:00:11	00:35:00	01:16:39	02:00:01	02:44:55	03:31:08	04:19:31	05:08:14	05:56:18.50	05:56:30.15	+01:21:54 (23.0%)	8:26	7.1 (77.2%)
32	MARCINKOWSKI Wojciech	42	UNIA MIAST	M40-49	6			00:00:05	00:39:22	01:23:44	02:07:22	02:53:07	03:40:26	04:27:59	05:14:04	05:57:50.15	05:57:55.40	+01:23:26 (23.3%)	8:28	7.1 (77.2%)
33	BORKOWSKI Witold	6	SAINT-GOBAIN SQUAD	M40-49	7			00:00:05	00:39:07	01:22:03	02:05:01	02:49:18	03:36:21	04:23:32	05:12:49	06:01:17.20	06:01:23.15	+01:26:53 (24.1%)	8:33	7 (76.1%)
34	SZYMAŃSKI Jacek	79		M50-54	8			00:00:07	00:39:00	01:22:05	02:04:55	02:49:18	03:35:46	04:23:17	05:12:50	06:01:18.45	06:01:25.70	+01:26:54 (24.1%)	8:33	7 (76.1%)
35	PIĄTKOWSKI Józef	53	KS METRACO POLKOWICE	M65+	4			00:00:10	00:37:39	01:20:51	02:05:02	02:50:42	03:37:17	04:25:06	05:13:56	06:02:41.05	06:02:51.70	+01:28:17 (24.3%)	8:35	7 (76.1%)
36	STILLER Karol	72	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	5			00:00:03	00:40:28	01:24:01	02:07:30	02:51:56	03:37:02	04:25:19	05:15:33	06:02:59.55	06:03:02.80	+01:28:36 (24.4%)	8:36	7 (76.1%)
37	KOTULA Jakub	32	UNIA MIAST	M30-39	6			00:00:02	00:38:43	01:22:49	02:07:09	02:52:53	03:39:47	04:29:53	05:20:18	06:08:32.25	06:08:35.05	+01:34:08 (25.5%)	8:44	6.9 (75.0%)
38	BOROWSKI Marcin	235	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	M30-39	7	1		00:00:03	00:38:45	01:22:05	02:07:02	02:52:20	03:39:52	04:29:53	05:19:47	06:08:44.40	06:08:48.30	+01:34:20 (25.6%)	8:44	6.9 (75.0%)
39	KRETKOWSKI Waldemar	95		M55-59	8	1		00:00:09	00:41:11	01:28:00	02:14:48	03:01:40	03:48:52	04:36:30	05:26:01	06:15:21.40	06:15:30.90	+01:40:57 (26.9%)	8:53	6.7 (72.8%)
40	STRZELECKI Sebastian	74	SAILING TEAM FERAJNA	M40-49	8			00:00:05	00:40:45	01:26:44	02:12:47	03:00:23	03:47:58	04:38:01	05:29:52	06:19:57.50	06:20:02.75	+01:45:33 (27.8%)	9:00	6.7 (72.8%)
41	NOWAK Bartłomiej	49	SAILING TEAM FERAJNA	M40-49	9			00:00:06	00:40:48	01:26:45	02:12:47	03:00:31	03:50:45	04:41:56	05:32:38	06:20:22.20	06:20:28.35	+01:45:58 (27.9%)	9:00	6.7 (72.8%)
42	NOWAK Maciej	48	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49	10			00:00:06	00:42:17	01:30:08	02:18:21	03:06:57	03:56:08	04:44:35	05:34:29	06:24:06.90	06:24:13.50	+01:49:43 (28.6%)	9:06	6.6 (71.7%)
43	MADAJCZAK Jarosław	40		M40-49	11			00:00:07	00:42:51	01:30:58	02:23:43	03:12:01	04:01:46	04:51:56	05:39:44	06:27:28.70	06:27:36.45	+01:53:05 (29.2%)	9:10	6.5 (70.7%)
44	CEĞŁA Zbyszko	8	-	M60-64	4			00:00:10	00:40:59	01:27:05	02:14:27	03:03:29	03:52:59	04:42:54	05:37:14	06:33:08.50	06:33:19.25	+01:58:44 (30.2%)	9:18	6.4 (69.6%)
45	HAJNUS Wojciech	22	DYNAMIC	M50-54	9			00:00:06	00:41:23	01:28:04	02:14:53	03:03:30	03:54:58	04:47:36	05:41:29	06:34:15.00	06:34:21.65	+01:59:51 (30.4%)	9:20	6.4 (69.6%)
46	THOMALLA Bogdan	81	SILESIA NORDIC TEAM	M65+	5			00:00:14	00:40:53	01:27:47	02:17:45	03:05:28	03:59:54	04:51:08	05:48:16	06:36:50.50	06:37:04.50	+02:02:26 (30.9%)	9:24	6.4 (69.6%)
47	KOLEBUK Kazimierz	29	TRZCIANKA.BIEGA	M65+	6			00:00:09	00:42:07	01:30:23	02:18:53	03:09:26	04:01:49	04:57:27	05:53:02	06:48:04.25	06:48:13.45	+02:13:40 (32.8%)	9:40	6.2 (67.4%)
48	PERLIK Wiesław	52	GOSIR OSIELSKO	M60-64	5			00:00:11	00:39:23	01:23:28	02:08:39	02:57:37	03:52:52	04:47:59	05:51:39	06:51:11.85	06:51:23.80	+02:16:48 (33.3%)	9:44	6.2 (67.4%)

Znaleziono 48 wynik(ów)