



## IV ZIMOWY CROSS BOCIANA NORDIC WALKING 5 KM

B4SPORT

**Wydarzenie:** IV Zimowy Cross Bociana  
**Organizator:** Stowarzyszenie Team Biegowy Szczecinek  
**Data:** 2019-12-28  
**Miejsce:** Szczecinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JAKIMIEC Tadeusz	46	HUSARIA RACE TEAM	M-OPEN	1	00:32:03.55		6:24	9.4 (100%)
2	PYREK Krzysztof	152		M-OPEN	2	00:34:58.35	+00:02:54 (8.3%)	6:59	8.6 (91.5%)
3	MROZICKI Andrzej	113	MORSY SZCZECINEK	M-OPEN	3	00:36:12.75	+00:04:09 (11.5%)	7:14	8.3 (88.3%)
4	BERCZYŃSKI Henryk	6	NADLEŚNICTWO OKONEK	M-OPEN	4	00:37:47.00	+00:05:43 (15.1%)	7:33	7.9 (84.0%)
5	PAŁUBICKI Marcin	125	PGB SPORTOWA PACZKA	M-OPEN	5	00:38:18.80	+00:06:15 (16.3%)	7:39	7.8 (83.0%)
6	SERAFIN Renata	166	ZK CZARNE, ZUMBA SZCZECINEK	K-OPEN	1	00:39:09.35	+00:07:05 (18.1%)	7:49	7.7 (81.9%)
7	ANDRUSZKIEWICZ Paweł	2	SZCZECINECKI KLUB MORSÓW	M-OPEN	6	00:39:38.25	+00:07:34 (19.1%)	7:55	7.6 (80.9%)
8	NIEZGODA Tomasz	115	ZUMBA WALKING	M-OPEN	7	00:41:01.15	+00:08:57 (21.8%)	8:12	7.3 (77.7%)
9	ŁOBACZEWSKA Elżbieta	223		K-OPEN	2	00:41:09.05	+00:09:05 (22.1%)	8:13	7.3 (77.7%)
10	KOWALEWSKA Wiesia	226	ZUMBA WALKING	K-OPEN	3	00:43:46.40	+00:11:42 (26.8%)	8:45	6.9 (73.4%)
11	WIŚNIK Agnieszka	205	ZUMBA WALKING	K-OPEN	4	00:43:49.35	+00:11:45 (26.8%)	8:45	6.8 (72.3%)
12	MICHALSKA Małgorzata	102	ZUMBA WALKING	K-OPEN	5	00:43:52.70	+00:11:49 (26.9%)	8:46	6.8 (72.3%)
13	NIEZGODA Małgorzata	116	ZUMBA WALKING	K-OPEN	6	00:44:27.75	+00:12:24 (27.9%)	8:53	6.7 (71.3%)
14	PIASKOWIAK Karolina	134	BORNE BIEGA	K-OPEN	7	00:44:37.50	+00:12:33 (28.2%)	8:55	6.7 (71.3%)
15	ARCIUSZKIEWICZ Katarzyna	3		K-OPEN	8	00:45:27.80	+00:13:24 (29.5%)	9:05	6.6 (70.2%)
16	ZIELIŃSKA Ewa	213	TUPTAJĄCE HIPICIE	K-OPEN	9	00:46:58.90	+00:14:55 (31.8%)	9:23	6.4 (68.1%)
17	MICHAŁKIEWICZ Irena	103		K-OPEN	10	00:47:14.75	+00:15:11 (32.1%)	9:26	6.4 (68.1%)
18	TORSKA-SZABAŁOWSKA Iwona	192		K-OPEN	11	00:47:18.90	+00:15:15 (32.2%)	9:27	6.3 (67.0%)
19	MIKUSZEWSKI Arkadiusz	107		M-OPEN	8	00:53:45.95	+00:21:42 (40.4%)	10:45	5.6 (59.6%)
20	MIKUSZEWSKA Barbara	106		K-OPEN	12	00:53:47.50	+00:21:43 (40.4%)	10:45	5.6 (59.6%)
21	KRUKOWSKA Anna	73		K-OPEN	13	00:53:49.10	+00:21:45 (40.4%)	10:45	5.6 (59.6%)
22	FIURST-STECENKO Irena	31	TUPTAJĄCE HIPICIE	K-OPEN	14	00:57:34.45	+00:25:30 (44.3%)	11:30	5.2 (55.3%)
23	JENSZAK Maja	50		K-OPEN	15	00:59:57.50	+00:27:53 (46.5%)	11:59	5 (53.2%)
24	ŁUCZKO Grażyna	90	LUZIK	K-OPEN	16	01:01:09.00	+00:29:05 (47.6%)	12:13	4.9 (52.1%)
25	ZALEWSKA Maria	208	LUZIK	K-OPEN	17	01:01:10.00	+00:29:06 (47.6%)	12:14	4.9 (52.1%)
26	ZALEWSKA-NOWAKOWSKA Agnieszka	209	LUZIK	K-OPEN	18	01:01:11.00	+00:29:07 (47.6%)	12:14	4.9 (52.1%)
27	FIURST Marcin	30	TUPTAJĄCE HIPICIE	M-OPEN	9	01:04:37.25	+00:32:33 (50.4%)	12:55	4.6 (48.9%)

Znaleziono 27 wynik(ów)