

IX CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: IX CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2023-08-26
Miejsce: Okonek
Dystans: 5 km



Klasyfikacja: M45+

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5.3km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------------|-----------|------|-----------------------|-------------------|--------------|--------------|
| 1 | MAŁYSZEWICZ Andrzej | 159 | | M45+ | 1 | 00:37:24.55 | | 7:03 | 8.5 (100%) |
| 2 | BURZAWA Krzysztof | 124 | WŁÓCZYKIJE GDYNIA | M45+ | 2 | 00:38:31.70 | +00:01:07 (2.9%) | 7:16 | 8.3 (97.6%) |
| 3 | MROZICKI Andrzej | 161 | | M45+ | 3 | 00:38:47.65 | +00:01:23 (3.6%) | 7:19 | 8.2 (96.5%) |
| 4 | REJMAK Marek | 174 | WŁÓCZYKIJE GDYNIA | M45+ | 4 | 00:39:09.55 | +00:01:45 (4.5%) | 7:23 | 8.1 (95.3%) |
| 5 | STAWNIAK Karol | 182 | KGHM METRACO POLKOWICE | M45+ | 5 | 00:40:33.35 | +00:03:08 (7.8%) | 7:39 | 7.8 (91.8%) |
| 6 | NASTAŁY Michał | 162 | WŁÓCZYKIJE GDYNIA | M45+ | 6 | 00:40:35.60 | +00:03:11 (7.8%) | 7:39 | 7.8 (91.8%) |
| 7 | BANACZYK Piotr | 116 | LILL SPORT | M45+ | 7 | 00:40:59.10 | +00:03:34 (8.7%) | 7:43 | 7.8 (91.8%) |
| 8 | SZPILMAN Janusz | 188 | WŁÓCZYKIJE GDYNIA | M45+ | 8 | 00:41:08.10 | +00:03:43 (9.1%) | 7:45 | 7.7 (90.6%) |
| 9 | FELCYN Tomasz | 129 | PATYCZAKI CHODZIEŻ | M45+ | 9 | 00:41:40.15 | +00:04:15 (10.2%) | 7:51 | 7.6 (89.4%) |
| 10 | SZEWS Piotr | 187 | SAILING TEAM FERAJNA | M45+ | 10 | 00:46:23.70 | +00:08:59 (19.4%) | 8:45 | 6.9 (81.2%) |
| 11 | LUBCZYK Michał | 152 | WŁÓCZYKIJE GDYNIA | M45+ | 11 | 00:48:16.55 | +00:10:52 (22.5%) | 9:06 | 6.6 (77.6%) |
| 12 | SOKOŁOWSKI Adam | 180 | WŁÓCZYKIJE GDYNIA | M45+ | 12 | 00:48:18.95 | +00:10:54 (22.6%) | 9:06 | 6.6 (77.6%) |
| 13 | WRONA Ryszard | 195 | LILL SPORT | M45+ | 13 | 00:49:32.80 | +00:12:08 (24.5%) | 9:20 | 6.4 (75.3%) |
| 14 | GRANDA Mieczysław | 133 | BOSKI CIACHOROWSKI | M45+ | 14 | 00:52:43.00 | +00:15:18 (29.0%) | 9:56 | 6 (70.6%) |
| 15 | PERLIK Wiesław | 171 | TADMAX | M45+ | 15 | 00:54:55.60 | +00:17:31 (31.9%) | 10:21 | 5.8 (68.2%) |
| DQ | JAKIMIEC Tadeusz | 139 | KLUB SPORTOWY HUSARIA SZCZECINEK | M45+ | | 00:32:59.20 DQ | | 0:00 | 9.6 (112.9%) |
| DQ | KIELING Mariusz | 146 | GULKS BARWICE | M45+ | | 00:35:10.35 DQ | | 0:00 | 9 (105.9%) |

Znaleziono 17 wynik(ów)