



# IX OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - AMATORZY 4KM

B4SPORT

**Wydarzenie:** IX Otwarte Mistrzostwa LUBINA w NORDIC WALKING  
**Organizator:** Regionalne Centrum Sportowe Sp. z o.o.  
**Data:** 2017-10-29  
**Miejsce:** Lubin  
**Dystans:** 4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start_All 2km	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	<b>NIECHWIEJCZYK Piotr</b>	<b>22</b>	OPEL ACTIVE TEAM	M19-45	1		00:00:07	00:14:10	<b>00:28:19.05</b>	<b>00:28:26.50</b>		7:04	8.5 (100%)
2	<b>JUREK Adam</b>	<b>11</b>	KS METRACO POLKOWICE	M46+	1		00:00:07	00:14:33	<b>00:29:34.35</b>	<b>00:29:41.70</b>	+00:01:15 (4.2%)	7:23	8.1 (95.3%)
3	<b>SPYCHAŁA Lesław</b>	<b>33</b>	WESOŁY BORSUK TEAM	M46+	2		00:00:07	00:15:25	<b>00:31:03.65</b>	<b>00:31:10.70</b>	+00:02:44 (8.8%)	7:45	7.7 (90.6%)
4	<b>PINTAK Artur</b>	<b>24</b>		M19-45	2		00:00:07	00:15:32	<b>00:31:08.90</b>	<b>00:31:16.35</b>	+00:02:49 (9.1%)	7:47	7.7 (90.6%)
5	<b>KULCZYCKI Rafał</b>	<b>18</b>		M19-45	3		00:00:07	00:15:55	<b>00:31:21.60</b>	<b>00:31:29.30</b>	+00:03:02 (9.7%)	7:50	7.7 (90.6%)
6	<b>KWAŚNICKI Tomasz</b>	<b>19</b>	DALEKO JESZCZE ?!? TEAM	M19-45	4		00:00:08	00:15:56	<b>00:31:45.50</b>	<b>00:31:53.95</b>	+00:03:26 (10.8%)	7:56	7.6 (89.4%)
7	<b>WOJDYŁA Mieczysław</b>	<b>41</b>	TRADYCJA I JAKOŚĆ WROCŁAW	M46+	3		00:00:07	00:16:18	<b>00:33:09.50</b>	<b>00:33:17.30</b>	+00:04:50 (14.6%)	8:17	7.2 (84.7%)
8	<b>KONASZCZUK Agnieszka</b>	<b>43</b>	KBLEW LEGNICA	K19-45	1		00:00:10	00:16:46	<b>00:33:31.30</b>	<b>00:33:42.05</b>	+00:05:12 (15.5%)	8:23	7.2 (84.7%)
9	<b>SITKOWSKI Konrad</b>	<b>31</b>		M19-45	5		00:00:07	00:16:13	<b>00:33:46.25</b>	<b>00:33:53.45</b>	+00:05:27 (16.1%)	8:26	7.1 (83.5%)
10	<b>GŁOMBICA Ewa</b>	<b>4</b>		K19-45	2		00:00:09	00:17:05	<b>00:34:21.20</b>	<b>00:34:31.10</b>	+00:06:02 (17.6%)	8:35	7 (82.4%)
11	<b>BAJ Stanisław</b>	<b>2</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M46+	4		00:00:08	00:16:58	<b>00:34:50.50</b>	<b>00:34:59.30</b>	+00:06:31 (18.7%)	8:42	6.9 (81.2%)
12	<b>PRZYBYŁEK Marysia</b>	<b>26</b>	MARYSIA SPEEDWAY TEAM	K19-45	3		00:00:08	00:17:08	<b>00:35:13.50</b>	<b>00:35:22.25</b>	+00:06:54 (19.6%)	8:48	6.8 (80.0%)
13	<b>BAJ Danuta</b>	<b>1</b>	ŚCINAWSKA GRUPA NORDIC WALKING	K46+	1		00:00:10	00:17:25	<b>00:35:19.95</b>	<b>00:35:30.40</b>	+00:07:00 (19.9%)	8:50	6.8 (80.0%)

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14	<b>GŁOMBICA Piotr</b>	<b>5</b>	WESOŁY BORSUK TEAM	M19-45	6		00:00:08	00:18:13	<b>00:36:41.95</b>	<b>00:36:50.05</b>	+00:08:22 (22.8%)	9:10	6.5 (76.5%)
15	<b>JASIK Beata</b>	<b>10</b>		K19-45	4		00:00:09	00:18:12	<b>00:36:51.10</b>	<b>00:37:00.70</b>	+00:08:32 (23.2%)	9:12	6.5 (76.5%)
16	<b>GRYGOROWICZ Teresa</b>	<b>7</b>	KS METRACO POLKOWICE	K46+	2		00:00:10	00:18:10	<b>00:36:52.55</b>	<b>00:37:02.75</b>	+00:08:33 (23.2%)	9:13	6.5 (76.5%)
17	<b>URBAN Jacek</b>	<b>36</b>	AZYMUT	M46+	5		00:00:06	00:17:57	<b>00:37:49.70</b>	<b>00:37:56.55</b>	+00:09:30 (25.1%)	9:27	6.3 (74.1%)
18	<b>GARGAŁA Aldona</b>	<b>3</b>		K19-45	5		00:00:10	00:19:03	<b>00:37:59.65</b>	<b>00:38:09.95</b>	+00:09:40 (25.5%)	9:29	6.3 (74.1%)
19	<b>KAMIŃSKA Elżbieta</b>	<b>12</b>	LUBIN	K46+	3		00:00:08	00:19:04	<b>00:38:51.75</b>	<b>00:39:00.45</b>	+00:10:32 (27.1%)	9:43	6.2 (72.9%)
20	<b>KRAMER Leszek</b>	<b>14</b>	UNIWERSTET TRZECIEGO WIEKU	M46+	6		00:00:08	00:19:21	<b>00:39:33.40</b>	<b>00:39:42.30</b>	+00:11:14 (28.4%)	9:53	6.1 (71.8%)
21	<b>WINIARSKI Robert</b>	<b>38</b>		M46+	7		00:00:09	00:19:06	<b>00:39:41.25</b>	<b>00:39:50.60</b>	+00:11:22 (28.6%)	9:55	6 (70.6%)
22	<b>MALISZEWSKA Sylwia</b>	<b>21</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K46+	4		00:00:11	00:20:02	<b>00:40:49.10</b>	<b>00:41:00.65</b>	+00:12:30 (30.6%)	10:12	5.9 (69.4%)
23	<b>KRAŚNIEWSKA-PARUCH Justyna</b>	<b>16</b>		K19-45	6		00:00:08	00:20:49	<b>00:42:32.15</b>	<b>00:42:40.50</b>	+00:14:13 (33.4%)	10:38	5.6 (65.9%)
24	<b>WIERZEJSKI Henryk</b>	<b>37</b>	AMATOR	M46+	8		00:00:10	00:20:48	<b>00:43:24.75</b>	<b>00:43:35.20</b>	+00:15:05 (34.8%)	10:51	5.5 (64.7%)
25	<b>JĄŚ Jolanta</b>	<b>44</b>		K46+	5		00:00:11	00:21:47	<b>00:43:59.10</b>	<b>00:44:10.50</b>	+00:15:40 (35.6%)	10:59	5.5 (64.7%)
26	<b>HYŻY Katarzyna</b>	<b>8</b>		K46+	6		00:00:09	00:22:16	<b>00:44:05.55</b>	<b>00:44:15.05</b>	+00:15:46 (35.8%)	11:01	5.4 (63.5%)
27	<b>WIŚNIEWSKA Mariola</b>	<b>39</b>	AZYMUT	K46+	7		00:00:11	00:22:08	<b>00:44:12.95</b>	<b>00:44:24.30</b>	+00:15:53 (36.0%)	11:03	5.4 (63.5%)
28	<b>IGLIŃSKA Maria</b>	<b>9</b>	AZYMUT	K46+	8		00:00:12	00:21:58	<b>00:44:55.90</b>	<b>00:45:08.25</b>	+00:16:36 (37.0%)	11:14	5.3 (62.4%)
29	<b>PRAŁAT Grażyna</b>	<b>25</b>	AZYMUT	K46+	9		00:00:12	00:21:45	<b>00:44:55.95</b>	<b>00:45:08.00</b>	+00:16:36 (37.0%)	11:14	5.3 (62.4%)
30	<b>KITA Grażyna</b>	<b>45</b>	STOWARZYSZENIE NORDIC	K46+	10		00:00:10	00:23:32	<b>00:48:45.55</b>	<b>00:48:56.05</b>	+00:20:26 (41.9%)	12:11	4.9 (57.6%)
31	<b>TEODOROWSKA Joanna</b>	<b>35</b>		K19-45	7		00:00:11	00:24:27	<b>00:50:19.55</b>	<b>00:50:30.75</b>	+00:22:00 (43.7%)	12:34	4.8 (56.5%)
32	<b>SIKORA Marcin</b>	<b>138</b>		M46+	9		01:00:23	00:28:29	<b>00:56:04.85</b>	<b>01:56:28.00</b>	+00:27:45 (49.5%)	14:01	4.3 (50.6%)

Znaleziono 32 wynik(ów)