

# IX OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - PROFESJONALIŚCI 8KM

B4SPORT

**Wydarzenie:** IX Otwarte Mistrzostwa LUBINA w NORDIC WALKING  
**Organizator:** Regionalne Centrum Sportowe Sp. z o.o.  
**Data:** 2017-10-29  
**Miejsce:** Lubin  
**Dystans:** 8 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	<b>SKIBA Krzysztof</b>	<b>140</b>	MSPORT TEAM GŁOGÓW	M50	1		00:00:06	00:13:23	00:27:08	00:41:10	<b>00:55:14.95</b>	<b>00:55:21.15</b>		6:54	8.7 (100%)
2	<b>ZACZYŃSKA Anna</b>	<b>147</b>	KGHM ZG LUBIN/ MTS DRUZYNA SZPIKU	K30	1		00:00:29	00:14:08	00:28:26	00:42:29	<b>00:56:19.35</b>	<b>00:56:49.20</b>	+00:01:04 (1.9%)	7:02	8.5 (97.7%)
3	<b>NIECHWIEJCZYK Piotr</b>	<b>127</b>	OPEL ACCTIVE TEAM	M40	1		00:00:07	00:13:59	00:28:14	00:42:27	<b>00:56:44.80</b>	<b>00:56:52.40</b>	+00:01:29 (2.6%)	7:05	8.5 (97.7%)
4	<b>LUBIATOWSKI Ireneusz</b>	<b>123</b>		M50	2		00:00:08	00:13:51	00:28:16	00:42:45	<b>00:56:49.80</b>	<b>00:56:57.80</b>	+00:01:34 (2.8%)	7:06	8.4 (96.6%)
5	<b>HELWICH Stefan</b>	<b>113</b>	METRACO POLKOWICE	M60+	1		00:00:08	00:14:08	00:28:22	00:42:45	<b>00:57:17.50</b>	<b>00:57:25.55</b>	+00:02:02 (3.6%)	7:09	8.4 (96.6%)
6	<b>PUSZKIEL Leszek</b>	<b>130</b>	GREEN TEAM ZIELONA GÓRA	M60+	2		00:00:08	00:13:57	00:28:25	00:43:04	<b>00:58:00.05</b>	<b>00:58:08.85</b>	+00:02:45 (4.7%)	7:15	8.3 (95.4%)
7	<b>CHAMIELEC Bogusław</b>	<b>105</b>	A EMERYT BIEGA/LUBIN	M50	3		00:00:07	00:14:27	00:29:28	00:44:41	<b>00:59:47.50</b>	<b>00:59:55.05</b>	+00:04:32 (7.6%)	7:28	8 (92.0%)
8	<b>ROSAK Marcin</b>	<b>134</b>	RUNNERSKI.PL	M40	2		00:00:07	00:14:40	00:29:58	00:45:05	<b>01:00:07.20</b>	<b>01:00:14.20</b>	+00:04:52 (8.1%)	7:30	8 (92.0%)
9	<b>BIK Stanisław</b>	<b>103</b>	KS METRACO POLKOWICE	M50	4		00:00:08	00:14:54	00:30:22	00:46:00	<b>01:01:57.25</b>	<b>01:02:05.55</b>	+00:06:42 (10.8%)	7:44	7.7 (88.5%)
10	<b>PUSZKIEL Adrian</b>	<b>131</b>	GREEN TEAM ZIELONA GÓRA	M20	1		00:00:06	00:15:06	00:30:29	00:46:19	<b>01:02:18.25</b>	<b>01:02:24.60</b>	+00:07:03 (11.3%)	7:47	7.7 (88.5%)
11	<b>SIKORA Bronisław</b>	<b>137</b>	LKB-"AMATOR" LESZNO	M60+	3		00:00:07	00:15:02	00:30:34	00:46:23	<b>01:02:23.95</b>	<b>01:02:31.10</b>	+00:07:09 (11.5%)	7:48	7.7 (88.5%)
12	<b>ROSADZIŃSKI Sławomir</b>	<b>133</b>	LESZNO :)	M40	3		00:00:06	00:15:00	00:30:39	00:46:31	<b>01:02:35.85</b>	<b>01:02:42.25</b>	+00:07:20 (11.7%)	7:49	7.7 (88.5%)
13	<b>MIKOŁAJCZAK Jan</b>	<b>125</b>		M60+	4		00:00:07	00:15:13	00:31:10	00:47:09	<b>01:03:10.55</b>	<b>01:03:18.30</b>	+00:07:55 (12.5%)	7:53	7.6 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
14	<b>JĘDRASIAK Renata</b>	<b>115</b>	KS METRACO POLKOWICE	K50	1		00:00:30	00:15:17	00:31:12	00:47:10	<b>01:03:24.05</b>	<b>01:03:54.25</b>	+00:08:09 (12.9%)	7:55	7.6 (87.4%)
15	<b>ŻYDACZEWSKI Ryszard</b>	<b>149</b>		M50	5		00:00:08	00:15:29	00:31:36	00:47:34	<b>01:03:46.40</b>	<b>01:03:54.70</b>	+00:08:31 (13.4%)	7:58	7.5 (86.2%)
16	<b>KLEPACZEK Dawid</b>	<b>117</b>	DALEKO JESZCZE ?!?! TEAM	M30	1		00:00:08	00:15:46	00:31:49	00:48:05	<b>01:04:30.30</b>	<b>01:04:38.80</b>	+00:09:15 (14.3%)	8:03	7.4 (85.1%)
17	<b>SPYCHAŁA Marzena</b>	<b>143</b>	WESOŁY BORSUK TEAM	K40	1		00:00:29	00:16:02	00:32:15	00:48:35	<b>01:04:56.80</b>	<b>01:05:26.40</b>	+00:09:41 (14.9%)	8:07	7.4 (85.1%)
18	<b>ROGOS Henryk</b>	<b>132</b>	ŚCINAWSKA GRUPA NORDIC WALKING	M60+	5		00:00:08	00:15:57	00:32:25	00:48:54	<b>01:05:10.15</b>	<b>01:05:18.45</b>	+00:09:55 (15.2%)	8:08	7.4 (85.1%)
19	<b>STĘPIEŃ Lucyna</b>	<b>144</b>	KS METRACO POLKOWICE	K60+	1		00:00:29	00:15:47	00:32:13	00:48:58	<b>01:05:40.20</b>	<b>01:06:10.10</b>	+00:10:25 (15.9%)	8:12	7.3 (83.9%)
20	<b>KURZAWSKA Jolanta</b>	<b>121</b>	KS METRACO POLKOWICE	K60+	2		00:00:30	00:16:30	00:33:27	00:50:36	<b>01:08:08.00</b>	<b>01:08:38.80</b>	+00:12:53 (18.9%)	8:31	7 (80.5%)
21	<b>WALADA Mariusz</b>	<b>145</b>	LUBIN	M40	4		00:00:07	00:16:43	00:33:44	00:50:55	<b>01:08:31.25</b>	<b>01:08:39.00</b>	+00:13:16 (19.4%)	8:34	7 (80.5%)
22	<b>SIEMIĘŃSKA Marta</b>	<b>135</b>		K30	2		00:00:30	00:16:45	00:33:56	00:50:58	<b>01:08:40.00</b>	<b>01:09:10.80</b>	+00:13:25 (19.5%)	8:35	7 (80.5%)
23	<b>KALISZ Krzysztof</b>	<b>116</b>	KS METRACO POLKOWICE	M60+	6		00:00:08	00:16:32	00:33:29	00:51:04	<b>01:08:59.55</b>	<b>01:09:07.85</b>	+00:13:44 (19.9%)	8:37	7 (80.5%)
24	<b>LEBIT-MIKINIK Małgorzata</b>	<b>122</b>	KS BIKE TEAM JERZMANOWA	K40	2		00:00:29	00:16:55	00:34:14	00:51:43	<b>01:09:34.25</b>	<b>01:10:03.65</b>	+00:14:19 (20.6%)	8:41	6.9 (79.3%)
25	<b>CZYCZ Emilia</b>	<b>107</b>	GREEN TEAM	K60+	3		00:00:30	00:16:56	00:34:26	00:52:13	<b>01:10:08.30</b>	<b>01:10:39.10</b>	+00:14:53 (21.2%)	8:46	6.8 (78.2%)
26	<b>KOPCZYŃSKI Jacob</b>	<b>118</b>	STOWARZYSZENIE NORDIC WALKING	M20	2		00:00:07	00:17:41	00:36:19	00:54:13	<b>01:11:19.55</b>	<b>01:11:26.80</b>	+00:16:04 (22.5%)	8:54	6.7 (77.0%)
27	<b>SKRYCKA Katarzyna</b>	<b>142</b>		K30	3		00:00:31	00:17:30	00:35:45	00:53:50	<b>01:11:35.20</b>	<b>01:12:06.20</b>	+00:16:20 (22.8%)	8:56	6.7 (77.0%)
28	<b>DOMARADZKA Agnieszka</b>	<b>108</b>	GREEN TEAM ZIELONA GÓRA	K40	3		00:00:31	00:17:37	00:36:01	00:54:01	<b>01:11:50.40</b>	<b>01:12:21.80</b>	+00:16:35 (23.1%)	8:58	6.7 (77.0%)
29	<b>WORONKO-ZACZYŃSKA Janina</b>	<b>146</b>	KS METRACO POLKOWICE	K60+	4		00:00:30	00:17:32	00:35:37	00:53:54	<b>01:11:58.10</b>	<b>01:12:28.60</b>	+00:16:43 (23.2%)	8:59	6.7 (77.0%)
30	<b>ADAMOWICZ Andrzej</b>	<b>101</b>		M60+	7		00:00:06	00:18:07	00:36:50	00:55:22	<b>01:14:21.85</b>	<b>01:14:28.20</b>	+00:19:06 (25.7%)	9:17	6.5 (74.7%)
31	<b>BANASZAK Agata</b>	<b>102</b>	GREEN TEAM ZIELONA GÓRA	K20	1		00:00:31	00:18:15	00:36:49	00:55:49	<b>01:14:27.15</b>	<b>01:14:58.40</b>	+00:19:12 (25.8%)	9:18	6.4 (73.6%)
32	<b>SITKOWSKI Konrad</b>	<b>139</b>		M30	2		00:00:07	00:17:41	00:36:23	00:55:31	<b>01:15:48.25</b>	<b>01:15:55.50</b>	+00:20:33 (27.1%)	9:28	6.3 (72.4%)
33	<b>ZAWADZKA Maria</b>	<b>148</b>	KS METRACO POLKOWICE	K60+	5		00:00:31	00:18:56	00:38:26	00:57:46	<b>01:16:40.70</b>	<b>01:17:12.20</b>	+00:21:25 (27.9%)	9:35	6.3 (72.4%)
34	<b>DZIĘCIOŁ Ryszard</b>	<b>109</b>	AKTYWNI BOLESŁAWIEC	M60+	8		00:00:06	00:20:31	00:42:54	01:06:49	<b>01:29:23.95</b>	<b>01:29:30.90</b>	+00:34:09 (38.2%)	11:10	5.4 (62.1%)

Znaleziono 34 wynik(ów)