



IX OTWARTE MISTRZOSTWA LUBINA W NORDIC WALKING - PROFESJONALIŚCI 8KM

B4SPORT

Event: IX Otwarte Mistrzostwa LUBINA w NORDIC WALKING
Organiser: Regionalne Centrum Sportowe Sp. z o.o.
Date: 2017-10-29
Place: Lubin
Distance: 8 km



Classification: All

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

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

Total 34 results.