



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: PUCHAR POMORZA NORDIC WALKING 2018
Organizator: Polska Federacja Nordic Walking
Data: 2018-06-24
Miejsce: Jarosławiec
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Herk_All 5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NAKONIECZNY Grzegorz	153	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	1			00:15:49	00:32:18	00:48:50	01:05:19.40		6:32	9.2 (100%)
2	NACZK Leonard	152	DYNAMIC LĘBORK	M40-49	2			00:16:06	00:32:39	00:49:13	01:05:46.05	+00:00:26 (0.7%)	6:34	9.1 (98.9%)
3	MAKOWSKI Jan	151	RYBNICKI KLUB NORDIC WALKING	M50-59	1			00:15:45	00:32:21	00:49:16	01:06:37.05	+00:01:17 (1.9%)	6:39	9 (97.8%)
4	KUŚMIEREK Jan	148	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:16:34	00:33:17	00:50:14	01:06:59.55	+00:01:40 (2.5%)	6:41	9 (97.8%)
5	ŚWIDEREK Ludwik	163	IMPERIAL	M50-59	2	1		00:16:38	00:33:46	00:51:19	01:08:52.10	+00:03:32 (5.1%)	6:53	8.7 (94.6%)
6	CZEKAJŁO Franciszek	134	REMI	M60-69	1			00:16:41	00:34:13	00:52:18	01:10:44.90	+00:05:25 (7.7%)	7:04	8.5 (92.4%)
7	ŚWISŁOCKI Bogdan	159	FACE NORDIC WALKING TEAM	M50-59	3			00:16:47	00:34:31	00:52:45	01:11:18.40	+00:05:59 (8.4%)	7:07	8.4 (91.3%)
8	KUŚMIEREK Patryk	165	BŁĘKITNI NW	M18-29	1			00:18:04	00:36:38	00:55:14	01:12:45.40	+00:07:26 (10.2%)	7:16	8.2 (89.1%)
9	PAŁUBICKI Marcin	155	SPORTOWA PACZKA	M40-49	4	1		00:18:02	00:36:28	00:54:36	01:12:46.90	+00:07:27 (10.2%)	7:16	8.2 (89.1%)
10	KRÓLIKOWSKA Krystyna	147		K40-49	1	1		00:17:31	00:35:39	00:54:22	01:13:10.30	+00:07:50 (10.7%)	7:19	8.2 (89.1%)
11	STOPA Joanna	158	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:17:55	00:36:10	00:55:01	01:13:10.90	+00:07:51 (10.7%)	7:19	8.2 (89.1%)
12	STACHOWICZ Marcin	157	BŁĘKITNI NW DZIEMIANY	M30-39	1			00:18:04	00:36:38	00:55:14	01:13:17.90	+00:07:58 (10.9%)	7:19	8.2 (89.1%)
13	BUJNICKI Marcin	131	NORDIC WALKING PASŁĘK	M40-49	5			00:17:46	00:36:12	00:54:35	01:13:34.75	+00:08:15 (11.2%)	7:21	8.2 (89.1%)
14	ZIELIŃSKA Jolanta	160	GOSIR OSIELSKO	K50-59	1	1		00:17:31	00:35:43	00:54:36	01:13:47.60	+00:08:28 (11.5%)	7:22	8.1 (88.0%)

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15	ŻAMOJCIN Marek	162	NORDIC CLUB SZCZECIN	M50-59	4			00:17:23	00:36:04	00:55:03	01:13:54.95	+00:08:35 (11.6%)	7:23	8.1 (88.0%)
16	KĘPA Andrzej	146	FACE NORDIC WALKING TEAM	M60-69	2			00:18:06	00:36:46	00:55:20	01:14:12.35	+00:08:52 (12.0%)	7:25	8.1 (88.0%)
17	LENER Sławomir	149	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3			00:17:55	00:36:37	00:55:51	01:15:25.55	+00:10:06 (13.4%)	7:32	8 (87.0%)
18	CZAJKA Urszula	133	FACE NORDIC WALKING TEAM	K60-69	1			00:18:15	00:37:03	00:56:29	01:15:41.95	+00:10:22 (13.7%)	7:34	7.9 (85.9%)
19	PALIWODA Kasia	154	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2			00:18:08	00:37:09	00:56:34	01:15:42.60	+00:10:23 (13.7%)	7:34	7.9 (85.9%)
20	MAJEWSKA Lidia Ewa	164		K50-59	2			00:18:44	00:38:24	00:58:21	01:18:32.25	+00:13:12 (16.8%)	7:51	7.6 (82.6%)
21	DUSZA Anna	135	NORDICLUB SZCZECIN	K40-49	3			00:18:30	00:38:13	00:58:29	01:18:42.45	+00:13:23 (17.0%)	7:52	7.6 (82.6%)
22	GABERT Beata	140	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	4			00:18:35	00:38:23	00:58:39	01:19:02.45	+00:13:43 (17.4%)	7:54	7.6 (82.6%)
23	GOLUS Urszula	141	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	2			00:18:44	00:38:36	00:58:58	01:19:13.00	+00:13:53 (17.5%)	7:55	7.6 (82.6%)
24	MALKIEWICZ Małgorzata	41	ŻYJ AKTYWNI	K50-59	3			00:19:15	00:39:26	00:59:43	01:19:51.70	+00:14:32 (18.2%)	7:59	7.5 (81.5%)
25	GOLUS Lech	142	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	4			00:19:50	00:40:25	01:00:49	01:21:40.75	+00:16:21 (20.0%)	8:10	7.3 (79.3%)
26	ŁOZIŃSKA Wioletta	150		K50-59	4			00:18:53	00:39:52	01:00:57	01:21:42.55	+00:16:23 (20.1%)	8:10	7.3 (79.3%)
27	JAKUĆ Ewa	137	KSK KOŁCZYGLÓWY	K40-49	5	1		00:19:54	00:39:59	01:00:48	01:21:58.20	+00:16:38 (20.3%)	8:11	7.3 (79.3%)
28	FARON Monika	138		K30-39	1			00:19:08	00:39:32	01:00:38	01:22:06.85	+00:16:47 (20.4%)	8:12	7.3 (79.3%)
29	FRANC Zofia	139	KSK KOŁCZYGLÓWY	K40-49	6			00:19:42	00:40:39	01:01:44	01:23:09.55	+00:17:50 (21.4%)	8:18	7.2 (78.3%)
30	CHOLEWKA Jolanta	132	MARSZ PO ZDROWIE POZNAŃ	K60-69	3			00:19:57	00:40:43	01:01:57	01:23:37.70	+00:18:18 (21.9%)	8:21	7.2 (78.3%)
31	DZIEMIŃSKA Magdalena	136	BŁĘKITNI NW DZIEMIANY	K30-39	2			00:19:48	00:41:08	01:02:58	01:24:33.10	+00:19:13 (22.7%)	8:27	7.1 (77.2%)
32	ŻAMOJCIN Małgorzata	161	NORDIC CLUB SZCZECIN	K50-59	5			00:21:06	00:43:12	01:04:57	01:26:49.95	+00:21:30 (24.8%)	8:41	6.9 (75.0%)
33	SOŁTYSIAK Iwona	156	PANI	K50-59	6			00:20:44	00:42:48	01:05:00	01:27:52.65	+00:22:33 (25.7%)	8:47	6.8 (73.9%)
34	KARASIEWICZ Iwona	145	NORDICLUB SZCZECIN	K30-39	3			00:22:22	00:45:45	01:08:32	01:31:26.10	+00:26:06 (28.6%)	9:08	6.6 (71.7%)

Znaleziono 34 wynik(ów)