



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2016-06-26
Miejsce: Jarosławiec
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	199	PUSZCZYK BUKOWY	M40-49	1			00:00:32	00:19:03	00:38:14	00:57:43	01:17:17.05	01:17:49.05		7:43	7.8 (100%)
2	SIWAK Piotr	197	KS METRACO POLKOWICE	M50-59	1			00:00:48	00:19:24	00:38:48	00:58:10	01:17:45.95	01:18:34.60	+00:00:28 (0.6%)	7:46	7.7 (98.7%)
3	DEPKA PRĄDZYŃSKI Olgierd	159	BIEGAMYRAZEM.PL	M50-59	2			00:00:47	00:19:38	00:38:56	00:58:25	01:18:17.30	01:19:04.90	+00:01:00 (1.3%)	7:49	7.7 (98.7%)
4	ŻYWICKI Marcin	196	BŁĘKITNI NW DZIEMIANY	M30-39	1			00:00:22	00:19:39	00:39:34	00:59:42	01:19:29.75	01:19:52.10	+00:02:12 (2.8%)	7:57	7.5 (96.2%)
5	BOGACKI Sławek	153	ENERGA NW TEAM	M40-49	2			00:00:32	00:20:12	00:40:27	01:00:09	01:19:52.00	01:20:24.50	+00:02:34 (3.2%)	7:59	7.5 (96.2%)
6	KUŚMIEREK Jan	172	BŁĘKITNI NW DZIEMIANY	M40-49	3			00:00:32	00:19:52	00:40:07	01:00:24	01:20:45.20	01:21:17.50	+00:03:28 (4.3%)	8:04	7.4 (94.9%)
7	KUŚMIEREK Patryk	171	BŁĘKITNI NW DZIEMIANY	M18-29	1			00:00:05	00:19:59	00:40:20	01:01:13	01:21:50.75	01:21:56.65	+00:04:33 (5.6%)	8:11	7.3 (93.6%)
8	ROSZMAN Maciej	182	PENDOLINO	M30-39	2			00:00:21	00:20:18	00:41:18	01:01:55	01:22:26.10	01:22:47.85	+00:05:09 (6.2%)	8:14	7.3 (93.6%)
9	ŚWISŁOCKI Bogdan	188	FACE NORDIC WALKING TEAM	M50-59	3			00:00:48	00:20:09	00:41:05	01:02:35	01:23:52.55	01:24:40.55	+00:06:35 (7.9%)	8:23	7.2 (92.3%)
10	STOPA Joanna	186	BŁĘKITNI NW DZIEMIANY	K18-29	1			00:01:55	00:20:52	00:41:51	01:02:47	01:23:54.90	01:25:50.55	+00:06:37 (7.9%)	8:23	7.1 (91.0%)
11	PARAFINIUK Krzysztofa	179	LKS ZANTYR SZTUM	K30-39	1			00:02:17	00:21:09	00:42:27	01:03:44	01:24:08.80	01:26:26.70	+00:06:51 (8.2%)	8:24	7.1 (91.0%)
12	DZIADEK Remigiusz	162	PENDOLINO	M50-59	4			00:00:47	00:20:58	00:42:23	01:03:44	01:24:42.25	01:25:29.65	+00:07:25 (8.8%)	8:28	7.1 (91.0%)
13	WIERCHANOWSKI Bogdan	193	KS METRACO POLKOWICE	M50-59	5			00:00:47	00:20:29	00:41:29	01:03:22	01:25:32.30	01:26:20.00	+00:08:15 (9.6%)	8:33	7 (89.7%)
14	KĘPA Andrzej	168	SKI FAMILY KLUB	M60-69	1			00:01:01	00:21:26	00:42:47	01:04:31	01:25:51.30	01:26:52.55	+00:08:34 (10.0%)	8:35	7 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
15	LIPKO Adrianna	176	PENDOLINO	K18-29	2			00:01:55	00:21:36	00:43:00	01:04:07	01:25:56.95	01:27:52.55	+00:08:39 (10.1%)	8:35	7 (89.7%)
16	CHOLEWIŃSKI Wojciech	157		M50-59	6			00:00:48	00:21:39	00:42:47	01:04:44	01:26:04.10	01:26:52.50	+00:08:47 (10.2%)	8:36	7 (89.7%)
17	FOLWARSKI Andrzej	164	FACE NORDIC WALKING TEAM	M50-59	7			00:00:49	00:21:25	00:43:00	01:04:51	01:26:33.35	01:27:22.60	+00:09:16 (10.7%)	8:39	6.9 (88.5%)
18	CZEKAJŁO Franciszek	158	TEAM Meprozet	M60-69	2			00:01:00	00:21:34	00:42:55	01:04:53	01:27:16.70	01:28:17.55	+00:09:59 (11.5%)	8:43	6.9 (88.5%)
19	BANASZKIEWICZ Katarzyna	152	JEZIORKI - AKTYWNA WIEŚ	K40-49	1			00:02:27	00:22:26	00:45:02	01:07:27	01:29:39.25	01:32:06.90	+00:12:22 (13.8%)	8:57	6.7 (85.9%)
20	KINDA Dorota	204		K30-39	2			00:02:17	00:22:47	00:45:13	01:07:39	01:29:55.10	01:32:12.85	+00:12:38 (14.1%)	8:59	6.7 (85.9%)
21	LENER Sławomir	175	NORDIC WALKING KLUB SZCZECIN	M60-69	3			00:01:00	00:22:09	00:45:14	01:08:32	01:31:29.90	01:32:30.75	+00:14:12 (15.5%)	9:09	6.6 (84.6%)
22	KURZYŃSKA Natalia	205		K30-39	3			00:02:17	00:22:44	00:45:39	01:08:47	01:31:50.00	01:34:07.90	+00:14:32 (15.8%)	9:11	6.5 (83.3%)
23	PALIWODA Kasia	200	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2			00:02:28	00:22:42	00:45:35	01:08:40	01:31:58.50	01:34:26.55	+00:14:41 (16.0%)	9:11	6.5 (83.3%)
24	SOBOLEWSKI Marek	206		M40-49	4			00:00:32	00:22:58	00:46:29	01:09:21	01:32:10.50	01:32:42.60	+00:14:53 (16.2%)	9:13	6.5 (83.3%)
25	ROSZMAN Joanna	183	PENDOLINO	K50-59	1			00:02:37	00:22:39	00:45:32	01:08:54	01:32:17.20	01:34:54.35	+00:15:00 (16.3%)	9:13	6.5 (83.3%)
26	STEFAŃSKI Andrzej	185	FACE NORDIC WALKING TEAM	M50-59	8			00:00:48	00:23:12	00:46:13	01:09:10	01:32:34.90	01:33:23.35	+00:15:17 (16.5%)	9:15	6.5 (83.3%)
27	SORN Łukasz	203	FACE NORDIC WALKING TEAM	M18-29	2			00:00:06	00:22:57	00:45:40	01:09:20	01:33:02.10	01:33:08.15	+00:15:45 (16.9%)	9:18	6.4 (82.1%)
28	ŚLEWIŃSKA Magdalena	187	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:01:55	00:23:12	00:46:23	01:09:34	01:33:03.40	01:34:58.65	+00:15:46 (16.9%)	9:18	6.4 (82.1%)
29	KOBIELA Daria	169	BŁĘKITNI NW DZIEMIANY	K18-29	4			00:01:55	00:23:13	00:46:24	01:09:32	01:33:03.60	01:34:58.85	+00:15:46 (17.0%)	9:18	6.4 (82.1%)
30	PRAWUCKI Krzysztof	180	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:00:22	00:23:50	00:47:20	01:10:20	01:33:18.05	01:33:40.10	+00:16:01 (17.2%)	9:19	6.4 (82.1%)
31	ŻAMOJCIN Marek	195		M50-59	9			00:00:48	00:23:14	00:46:56	01:10:15	01:33:26.90	01:34:15.30	+00:16:09 (17.3%)	9:20	6.4 (82.1%)
32	BRZOZOWSKA Denata	202	PENDOLINO	K40-49	3			00:02:27	00:23:04	00:46:14	01:09:53	01:34:21.60	01:36:49.25	+00:17:04 (18.1%)	9:26	6.4 (82.1%)
33	LANGMESSER Regina	173	LKS ZANTYR	K40-49	4			00:02:28	00:23:10	00:46:22	01:10:18	01:35:52.75	01:38:20.75	+00:18:35 (19.4%)	9:35	6.3 (80.8%)
34	FARON Monika	163		K30-39	4			00:02:18	00:24:01	00:48:30	01:13:12	01:37:21.75	01:39:40.40	+00:20:04 (20.6%)	9:44	6.2 (79.5%)
35	REKOWSKA Danuta	181	BŁĘKITNI NW DZIEMIANY	K30-39	5			00:02:18	00:24:24	00:48:55	01:13:20	01:37:45.10	01:40:03.65	+00:20:28 (20.9%)	9:46	6.1 (78.2%)
36	TOKARCZYK Marta	189		K30-39	6			00:03:05	00:25:02	00:49:10	01:13:56	01:38:15.20	01:41:20.80	+00:20:58 (21.3%)	9:49	6.1 (78.2%)
37	DUSZA Anna	161		K40-49	5			00:02:28	00:24:53	00:49:33	01:14:54	01:40:13.85	01:42:42.25	+00:22:56 (22.9%)	10:01	6 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	BOROWSKI Marcin	154	FACE NORDIC WALKING TEAM	M30-39	4			00:00:22	00:25:53	00:51:31	01:17:12	01:40:50.30	01:41:12.70	+00:23:33 (23.4%)	10:05	6 (76.9%)
39	WYSOCKA Bernadeta	194	BŁĘKITNI NW DZIEMIANY	K40-49	6			00:02:27	00:24:56	00:49:40	01:15:24	01:41:01.50	01:43:29.05	+00:23:44 (23.5%)	10:06	5.9 (75.6%)
40	TURZYŃSKA-STOPA Maria	190	BŁĘKITNI NW DZIEMIANY	K60-69	1			00:02:46	00:24:45	00:49:33	01:15:20	01:41:15.90	01:44:02.05	+00:23:58 (23.7%)	10:07	5.9 (75.6%)
41	WALCZYK Anna	201		K30-39	7			00:02:18	00:24:42	00:50:14	01:15:47	01:41:41.40	01:44:00.35	+00:24:24 (24.0%)	10:10	5.9 (75.6%)
42	KULKA Maciej	170	FACE NORDIC WALKING TEAM	M50-59	10			00:00:49	00:26:28	00:52:53	01:18:23	01:43:27.55	01:44:17.15	+00:26:10 (25.3%)	10:20	5.8 (74.4%)
43	LEHMANN Teresa	174	BŁĘKITNI NW DZIEMIANY	K50-59	2			00:02:37	00:25:23	00:51:15	01:17:19	01:43:48.60	01:46:25.75	+00:26:31 (25.6%)	10:22	5.8 (74.4%)
44	MAĆKOWIAK Krystyna	198	FACE NORDIC WALKING TEAM	K60-69	2			00:02:46	00:25:49	00:51:26	01:17:54	01:45:11.80	01:47:58.25	+00:27:54 (26.5%)	10:31	5.7 (73.1%)
45	GOLUS Urszula	166		K60-69	3			00:02:46	00:25:45	00:51:56	01:19:10	01:46:11.60	01:48:58.25	+00:28:54 (27.2%)	10:37	5.6 (71.8%)
46	DOBROWOLSKA Dorota	160		K50-59	3			00:02:37	00:25:43	00:52:05	01:19:07	01:46:17.60	01:48:54.95	+00:29:00 (27.3%)	10:37	5.6 (71.8%)
47	LUBIŃSKA Olga	177	DWA KIJE	K30-39	8			00:02:19	00:27:06	00:53:59	01:21:29	01:48:33.55	01:50:53.10	+00:31:16 (28.8%)	10:51	5.5 (70.5%)
48	GIERSZENDORF Monika	191	FACE NORDIC WALKING TEAM	K40-49	7			00:02:28	00:26:56	00:53:50	01:21:20	01:48:59.55	01:51:27.85	+00:31:42 (29.1%)	10:53	5.5 (70.5%)
49	ADAMCZAK Marta	151		K30-39	9			00:02:18	00:26:36	00:53:56	01:21:56	01:49:43.35	01:52:01.40	+00:32:26 (29.6%)	10:58	5.5 (70.5%)
50	SMARUJ-SADOWSKA Janina	184		K60-69	4			00:02:45	00:27:44	00:55:53	01:24:04	01:52:13.15	01:54:58.85	+00:34:56 (31.1%)	11:13	5.3 (67.9%)
51	GOLUS Lech	165		M60-69	4			00:01:00	00:28:24	00:57:08	01:26:03	01:54:22.65	01:55:23.30	+00:37:05 (32.4%)	11:26	5.2 (66.7%)
52	JÓZWIAK Dominik	167	WTW.WŁOCŁAWEK	M18-29	3			00:00:06	00:29:19	01:01:37	01:33:24	02:02:29.20	02:02:35.35	+00:45:12 (36.9%)	12:14	4.9 (62.8%)
53	WASYLÓW Katarzyna	192		K40-49	8			00:03:06	00:31:29	01:02:19	01:34:03	02:03:15.65	02:06:21.70	+00:45:58 (37.3%)	12:19	4.9 (62.8%)
54	MAŁECKA Karolina	178		K30-39	10			00:03:05	00:31:30	01:02:21	01:34:04	02:03:15.85	02:06:21.55	+00:45:58 (37.3%)	12:19	4.9 (62.8%)
DQ	CHOLEWIŃSKA Longina	156		K50-59			Tak	DQ	DQ	DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 55 wynik(ów)