



JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: JAROSŁAWIEC - PUCHAR POMORZA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-18
Miejsce: Jarosławiec
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEPKA PRĄDZYŃSKI Olgiard	151	BIEGAMYRAZEM.PL	M50-59	1			00:00:11	00:16:49	00:33:42	00:50:33	01:07:37.20	01:07:48.80		6:45	8.9 (100%)
2	KUŚMIEREK Patrik	164	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:08	00:16:52	00:33:52	00:51:02	01:08:41.45	01:08:49.50	+00:01:04 (1.6%)	6:52	8.7 (97.8%)
3	KLICZKA Kamil	160	SANPROBI	M40-49	1			00:00:10	00:16:50	00:34:00	00:52:09	01:09:48.60	01:09:58.70	+00:02:11 (3.1%)	6:58	8.6 (96.6%)
4	KUŚMIEREK Jan	163	BŁĘKITNI DZIEMIANY	M40-49	2			00:00:09	00:17:38	00:35:27	00:53:28	01:11:42.20	01:11:51.70	+00:04:05 (5.7%)	7:10	8.4 (94.4%)
5	NAKONIECZNY Grzegorz	168	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	3			00:00:10	00:17:20	00:35:26	00:54:01	01:13:26.10	01:13:36.90	+00:05:48 (7.9%)	7:20	8.2 (92.1%)
6	ŚWISŁOCKI Bogdan	179	FACE NORDIC WALKING TEAM	M50-59	2			00:00:12	00:17:28	00:35:52	00:54:54	01:14:04.80	01:14:16.90	+00:06:27 (8.7%)	7:24	8.1 (91.0%)
7	FOLWARSKI Andrzej	155	FACE NORDIC WALKING TEAM	M50-59	3			00:00:12	00:18:23	00:37:36	00:57:27	01:17:16.25	01:17:28.50	+00:09:39 (12.5%)	7:43	7.8 (87.6%)
8	NACZK Leonard	167	DYNAMIC	M40-49	4			00:00:09	00:18:28	00:37:40	00:57:31	01:17:19.80	01:17:28.80	+00:09:42 (12.6%)	7:43	7.8 (87.6%)
9	TRZECIAK Przemysław	181		M40-49	5			00:00:10	00:19:04	00:37:59	00:57:52	01:17:50.80	01:18:01.60	+00:10:13 (13.1%)	7:47	7.7 (86.5%)
10	STOPA Joanna	176	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:06	00:19:40	00:39:50	00:59:43	01:18:58.25	01:20:05.00	+00:11:21 (14.4%)	7:53	7.6 (85.4%)
11	SORN Łukasz	187	FACE NORDIC WALKING TEAM	M30-39	1			00:00:08	00:19:49	00:39:35	00:59:15	01:19:25.75	01:19:34.30	+00:11:48 (14.9%)	7:56	7.6 (85.4%)
12	PAŁUBICKI Marcin	172		M40-49	6			00:00:10	00:19:40	00:39:37	00:59:31	01:19:26.60	01:19:36.90	+00:11:49 (14.9%)	7:56	7.6 (85.4%)
13	PALIWODA Kasia	171	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	1			00:01:07	00:19:02	00:38:55	00:59:16	01:19:33.40	01:20:40.95	+00:11:56 (15.0%)	7:57	7.5 (84.3%)
14	SKRYCKA Katarzyna	174	KS METRACO POLKOWICE	K30-39	1			00:01:06	00:19:24	00:39:28	00:59:42	01:19:41.30	01:20:47.80	+00:12:04 (15.1%)	7:58	7.5 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	GRONALEWSKI Krzysztof	158	BŁĘKITNI DZIEMIANY	M30-39	2			00:00:08	00:19:43	00:39:49	01:00:20	01:20:38.75	01:20:47.00	+00:13:01 (16.2%)	8:03	7.4 (83.1%)
16	ŻAMOJCIN Marek	183	NIEZRZESZONY	M50-59	4			00:00:11	00:19:25	00:40:12	01:00:44	01:21:22.40	01:21:33.40	+00:13:45 (16.9%)	8:08	7.4 (83.1%)
17	HINC Iwona	159	FACE NORDIC WALKING TEAM	K40-49	2			00:01:08	00:19:27	00:39:45	01:00:59	01:22:15.45	01:23:23.75	+00:14:38 (17.8%)	8:13	7.3 (82.0%)
18	PADIAS Paweł	170	MORSKI KLUB SENIORÓW LOTNICTWA	M60-69	1			00:00:12	00:20:11	00:40:50	01:01:42	01:22:47.00	01:22:59.65	+00:15:09 (18.3%)	8:16	7.2 (80.9%)
19	LENER Sławomir	165	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	2			00:00:13	00:19:51	00:40:55	01:01:59	01:23:12.90	01:23:25.90	+00:15:35 (18.7%)	8:19	7.2 (80.9%)
20	ŻMUDA Paweł	186	GOK	M30-39	3			00:00:08	00:19:59	00:41:02	01:02:06	01:23:17.30	01:23:26.00	+00:15:40 (18.8%)	8:19	7.2 (80.9%)
21	KLOSKA Kazimierz	188		M70+	1			00:00:15	00:20:27	00:41:10	01:02:29	01:24:15.15	01:24:30.45	+00:16:37 (19.7%)	8:25	7.1 (79.8%)
22	FARON Monika	154	ELITE TEAM	K30-39	2			00:01:07	00:20:10	00:41:18	01:02:44	01:24:50.90	01:25:58.40	+00:17:13 (20.3%)	8:29	7.1 (79.8%)
23	DUSZA Anna	153		K40-49	3			00:01:08	00:20:17	00:41:22	01:03:06	01:25:46.80	01:26:54.90	+00:18:09 (21.2%)	8:34	7 (78.7%)
24	GABERT Beata	185	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	4			00:01:07	00:20:19	00:41:27	01:03:35	01:27:04.05	01:28:11.45	+00:19:26 (22.3%)	8:42	6.9 (77.5%)
25	ŻOŁNO Magdalena	184	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	1			00:01:08	00:20:35	00:42:15	01:04:35	01:27:41.00	01:28:49.95	+00:20:03 (22.9%)	8:46	6.8 (76.4%)
26	PIĄTKOWSKI Józef	173	KS METRACO POLKOWICE	M70+	2			00:00:15	00:20:26	00:42:51	01:05:31	01:28:54.90	01:29:10.00	+00:21:17 (23.9%)	8:53	6.7 (75.3%)
27	WYSOCKA Bernadeta	182	BŁĘKITNI DZIEMIANY	K40-49	5			00:01:08	00:20:49	00:42:54	01:06:09	01:29:22.50	01:30:31.30	+00:21:45 (24.3%)	8:56	6.7 (75.3%)
28	GOLUS Urszula	156	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	1			00:01:09	00:20:58	00:43:26	01:06:30	01:29:28.40	01:30:38.00	+00:21:51 (24.4%)	8:56	6.7 (75.3%)
29	ŁOZIŃSKA Wioletta	166		K40-49	6			00:01:08	00:21:17	00:43:47	01:06:45	01:29:37.35	01:30:45.95	+00:22:00 (24.6%)	8:57	6.7 (75.3%)
30	STEFAŃSKI Andrzej	175	FACE NORDIC WALKING TEAM	M50-59	5			00:00:11	00:22:15	00:45:13	01:08:09	01:31:18.85	01:31:30.60	+00:23:41 (25.9%)	9:07	6.6 (74.2%)
31	GOLUS Lech	157	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	3			00:00:13	00:22:17	00:45:14	01:08:34	01:32:07.45	01:32:21.05	+00:24:30 (26.6%)	9:12	6.5 (73.0%)
32	SZCZYPEK Ela	177	DWA KIJE SŁUPSK	K60-69	2			00:01:10	00:24:00	00:48:33	01:12:55	01:37:27.00	01:38:37.10	+00:29:49 (30.6%)	9:44	6.2 (69.7%)
33	KOSMOWSKA Barbara	161		K50-59	2	1		00:01:09	00:24:01	00:48:44	01:12:56	01:37:34.55	01:38:44.35	+00:29:57 (30.7%)	9:45	6.1 (68.5%)
34	ŚLEWIŃSKA Magdalena	178	BŁĘKITNI DZIEMIANY	K18-29	2			00:01:06	00:23:08	00:48:06	01:13:29	01:38:13.30	01:39:19.80	+00:30:36 (31.2%)	9:49	6.1 (68.5%)
35	DOBROWOLSKA Dorota	152	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	3			00:01:09	00:23:19	00:48:17	01:13:31	01:38:59.20	01:40:08.40	+00:31:22 (31.7%)	9:53	6.1 (68.5%)
36	ANDRZEJEWSKI Patryk	189	BŁĘKITNI DZIEMIANY	M18-29	2			00:00:07	00:24:08	00:49:07	01:14:29	01:39:13.15	01:39:21.00	+00:31:35 (31.8%)	9:55	6 (67.4%)

Znaleziono 36 wynik(ów)