

JAROSŁAWIEC - PUCHARY REGIONALNE NORDIC WALKING - 10 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Jarosławiec
Data: 2019-06-29
Miejsce: Jarosławiec
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Start_All 9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KŁOS Maciej	104	NW WYSPA SOBIESZEWSKA	M30-39	1			00:13:46	00:18:43	00:35:28	00:52:38	01:10:25.25		7:02	8.5 (100%)
2	POŁUBIAK Paweł	109		M30-39	2			00:14:16	00:19:00	00:35:47	00:53:07	01:10:49.50	+00:00:24 (0.6%)	7:05	8.5 (100%)
3	ROMANOWICZ Piotr	110	RUNGRYF GRYFICE	M40-49	1			00:14:01	00:18:49	00:35:50	00:53:26	01:11:20.60	+00:00:55 (1.3%)	7:08	8.4 (98.8%)
4	SANIUK Edward	111	FACE NORDIC WALKING TEAM	M70+	1			00:15:00	00:19:09	00:36:07	00:53:56	01:11:39.35	+00:01:14 (1.7%)	7:09	8.4 (98.8%)
5	KORZEŃ Grzegorz	105		M40-49	2			00:14:03	00:18:57	00:36:07	00:54:02	01:12:07.70	+00:01:42 (2.4%)	7:12	8.3 (97.6%)
6	ŚWISŁOCKI Bogdan	114	FACE NORDIC WALKING TEAM	M50-59	1			00:15:03	00:19:14	00:37:05	00:55:30	01:13:31.10	+00:03:05 (4.2%)	7:21	8.2 (96.5%)
7	ADAMCZYK Adam	101	PASJA NORDIC WALKING	M70+	2			00:15:16	00:19:18	00:37:12	00:55:37	01:13:44.55	+00:03:19 (4.5%)	7:22	8.1 (95.3%)
8	CZAJKA Urszula	102	FACE NORDIC WALKING TEAM	K60-69	1			00:16:19	00:19:30	00:38:32	00:57:54	01:17:47.20	+00:07:21 (9.5%)	7:46	7.7 (90.6%)
9	NETKOWSKI Wojciech	107	PASJA NORDIC WALKING	M60-69	1			00:16:06	00:19:39	00:38:55	00:58:45	01:19:07.70	+00:08:42 (11.0%)	7:54	7.6 (89.4%)
10	SZULC Alicja	113	NW WERWA MŁAWA	K40-49	1			00:16:41	00:19:46	00:39:05	00:59:03	01:19:19.05	+00:08:53 (11.2%)	7:55	7.6 (89.4%)
11	PAŁUBICKI Marcin	120		M40-49	3			00:16:47	00:20:13	00:39:57	00:59:49	01:19:45.50	+00:09:20 (11.7%)	7:58	7.5 (88.2%)
12	SMARSZCZ Wiesław	112	LĘBORSKIE LWY	M60-69	2			00:16:32	00:19:51	00:39:20	00:59:58	01:21:21.85	+00:10:56 (13.4%)	8:08	7.4 (87.1%)
13	ZIELIŃSKA Iwona	118	SERCE NORDICA WŁOCŁAWEK	K50-59	1			00:17:01	00:20:23	00:40:10	01:00:53	01:22:14.50	+00:11:49 (14.4%)	8:13	7.3 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Start_All 9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
14	KOWALSKA Katarzyna	106		K30-39	1			00:19:03	00:22:35	00:44:41	01:07:35	01:30:11.35	+00:19:46 (21.9%)	9:01	6.7 (78.8%)
15	WAJDA Izabela	116		K40-49	2			00:19:05	00:22:41	00:45:28	01:08:20	01:32:05.40	+00:21:40 (23.5%)	9:12	6.5 (76.5%)
16	PRACKA Katarzyna	46	SERCE NORDICA WŁOCŁAWEK	K50-59	2			00:22:05	00:26:25	00:52:32	01:18:54	01:44:19.65	+00:33:54 (32.5%)	10:26	5.8 (68.2%)
17	JÓŹWIAK Dominik	24	SERCE NORDICA WŁOCŁAWEK	M18-29	1			00:23:00	00:27:25	00:53:33	01:19:55	01:45:20.05	+00:34:54 (33.1%)	10:32	5.7 (67.1%)

Znaleziono 17 wynik(ów)