

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)