

JAROSŁAWIEC - PUCHARY REGIONALNE NORDIC WALKING - 5 KM

B4SPORT
INTELLIGENT SPORT SPORTING

Wydarzenie: Puchary Regionalne Nordic Walking 2019
Organizator: Jarosławiec
Data: 2019-06-29
Miejsce: Jarosławiec
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZOZOWSKI Piotr	82	AKTYWNI POSTOMINO	M30-39	1			00:14:03	00:19:02	00:33:57.35		6:47	8.8 (100%)
2	FRĄCKOWIAK Roman	11	KS METRACO POLKOWICE	M50-54	1			00:14:30	00:34:24	00:34:24.10	+00:00:26 (1.3%)	6:53	8.7 (98.9%)
3	FRĄCKOWIAK Mateusz	12	KS METRACO POLKOWICE	M-Jun.	1			00:14:24	00:34:32	00:34:32.80	+00:00:35 (1.7%)	6:54	8.7 (98.9%)
4	SAŁABON Grzegorz	50	LĘBORSKIE LWY	M50-54	2			00:14:38	00:33:45	00:34:43.65	+00:00:46 (2.2%)	6:56	8.6 (97.7%)
5	GRYGOROWICZ Marcin	18	KS METRACO POLKOWICE	M30-39	2			00:15:14	00:18:16	00:36:22.15	+00:02:24 (6.6%)	7:16	8.2 (93.2%)
6	DUSZEŃKO Zygmunt	9	KS METRACO POLKOWICE	M-Niepełnosprawni(A)	1			00:15:21	00:36:27	00:36:27.35	+00:02:30 (6.9%)	7:17	8.2 (93.2%)
7	ZIELIŃSKI Szczepan	75	SERCE NORDICA WŁOCŁAWEK	M45-49	1			00:15:26	00:18:28	00:36:36.45	+00:02:39 (7.2%)	7:19	8.2 (93.2%)
8	SZYMAŃSKI Stefan	66	XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW I RENCISTÓW W DYWITACH	M70+	1			00:15:29	00:18:31	00:36:43.25	+00:02:45 (7.5%)	7:20	8.2 (93.2%)
9	JASIŁEK Przemysław	20		M40-44	1			00:15:20	00:18:23	00:36:49.00	+00:02:51 (7.8%)	7:21	8.1 (92.0%)
10	CZEKAJŁO Franciszek	5	REMI	M65-69	1			00:15:29	00:18:32	00:36:54.85	+00:02:57 (8.0%)	7:23	8.1 (92.0%)
11	OKRZESIK-FRĄCKOWIAK Izabela	41	KS METRACO POLKOWICE	K50-54	1			00:15:33	00:18:35	00:37:04.70	+00:03:07 (8.4%)	7:25	8.1 (92.0%)
12	SZYMANOWSKA Anna	65	LĘBORSKIE LWY	K-Niepełnosprawni(A)	1			00:15:39	00:18:40	00:37:22.85	+00:03:25 (9.2%)	7:28	8 (90.9%)
13	MROZICKI Andrzej	38	SZCZECINECKI KLUB MORSÓW	M55-59	1			00:15:34	00:18:38	00:37:27.95	+00:03:30 (9.4%)	7:29	8 (90.9%)
14	BUCZKOWSKI Jerzy	4		M65-69	2			00:15:33	00:18:36	00:37:29.90	+00:03:32 (9.4%)	7:30	8 (90.9%)

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										netto 5km	Różn		
15	KOŁPAK Jan	30	LKS SZTUM	M70+	2			00:15:46	00:18:53	00:37:39.70	+00:03:42 (9.8%)	7:32	8 (90.9%)
16	JÓZWIAK Marianna	23	SERCE NORDICA WŁOCŁAWEK	K45-49	1			00:15:46	00:18:51	00:37:46.25	+00:03:48 (10.1%)	7:33	7.9 (89.8%)
17	GRYGOROWICZ Bogdan	17	KS METRACO POLKOWICE	M-Niepełnosprawni(B)	1			00:16:10	00:19:21	00:38:23.85	+00:04:26 (11.6%)	7:40	7.8 (88.6%)
18	NACZK Wiktoria	39	LĘBORSKIE LWY	K-Jun.	1			00:16:03	00:19:08	00:38:24.55	+00:04:27 (11.6%)	7:40	7.8 (88.6%)
19	GRYGOROWICZ Teresa	16	KS METRACO POLKOWICE	K65-69	1			00:15:53	00:19:05	00:38:31.40	+00:04:34 (11.9%)	7:42	7.8 (88.6%)
20	WOJTCZAK Urszula	73	CZAPELKI	K40-44	1			00:16:31	00:19:39	00:38:52.50	+00:04:55 (12.7%)	7:46	7.7 (87.5%)
21	BERCZYŃSKI Henryk	3	NADLEŚNICTWO OKONEK	M60-64	1			00:16:21	00:19:34	00:38:58.80	+00:05:01 (12.9%)	7:47	7.7 (87.5%)
22	STAŃCZAK Grażyna	54	FACE NORDIC WALKING TEAM	K65-69	2			00:16:15	00:19:23	00:39:05.50	+00:05:08 (13.1%)	7:49	7.7 (87.5%)
23	ZIELIŃSKA Jolanta	74		K55-59	1			00:16:30	00:19:35	00:39:13.60	+00:05:16 (13.4%)	7:50	7.6 (86.4%)
24	DUDEK Edward	8		M65-69	3			00:16:19	00:19:29	00:39:28.20	+00:05:30 (14.0%)	7:53	7.6 (86.4%)
25	MALINOWSKA Monika	34	LKS ZANTYR SZTUM	K30-39	1			00:16:28	00:19:37	00:39:34.95	+00:05:37 (14.2%)	7:54	7.6 (86.4%)
26	OLEŚ Józef	42	NW WERWA MŁAWA	M-Niepełnosprawni(A)	2			00:16:26	00:19:41	00:39:45.95	+00:05:48 (14.6%)	7:57	7.5 (85.2%)
27	BŁASZCZYK Grzegorz	80		M50-54	3			00:16:50	00:20:02	00:39:53.50	+00:05:56 (14.9%)	7:58	7.5 (85.2%)
28	GOŁĘBIEWSKI Andrzej	79	KLUB NW PATYCZAKI GRUDZIĄDZ	M60-64	2			00:17:01	00:20:23	00:40:07.70	+00:06:10 (15.4%)	8:01	7.5 (85.2%)
29	PRUSKA Agnieszka	48	DWA KIJE SŁUPSK	K45-49	2			00:16:51	00:20:08	00:40:15.75	+00:06:18 (15.7%)	8:03	7.5 (85.2%)
30	WIŚNIEWSKI Kazimierz	72	PASJA NORDIC WALKING	M60-64	3			00:17:14	00:20:32	00:40:35.90	+00:06:38 (16.4%)	8:07	7.4 (84.1%)
31	PASZKIET Katarzyna	108	KIJKOWA KCYNIA	K45-49	3			00:17:22	00:20:38	00:40:46.10	+00:06:48 (16.7%)	8:09	7.4 (84.1%)
32	OLEŚ Elżbieta	43	NW WERWA MŁAWA	K65-69	3			00:17:01	00:20:23	00:40:56.20	+00:06:58 (17.1%)	8:11	7.3 (83.0%)
33	KOCZOROWSKA Patrycja	27	KS SOKÓŁ GAŚAWA	K-Jun.	2			00:16:47	00:20:05	00:41:00.00	+00:07:02 (17.2%)	8:12	7.3 (83.0%)
34	SOŁDECKA Anna	52		K45-49	4			00:17:35	00:20:54	00:41:16.80	+00:07:19 (17.7%)	8:15	7.3 (83.0%)
35	DANA Kazimiera	77	KLUB NW PATYCZAKI GRUDZIĄDZ	K65-69	4			00:17:30	00:20:47	00:41:38.00	+00:07:40 (18.4%)	8:19	7.2 (81.8%)
36	SZYCKO Radosław	64		M40-44	2			00:17:28	00:20:48	00:41:41.85	+00:07:44 (18.6%)	8:20	7.2 (81.8%)
37	PRACKI Zbigniew	47	SERCE NORDICA WŁOCŁAWEK	M50-54	4			00:17:38	00:20:54	00:41:48.25	+00:07:50 (18.8%)	8:21	7.2 (81.8%)
38	JÓZWIAK Łukasz	22	SERCE NORDICA WŁOCŁAWEK	M-Niepełnosprawni(A)	3			00:17:33	00:20:48	00:41:51.65	+00:07:54 (18.9%)	8:22	7.2 (81.8%)

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										netto 5km	Różn		
39	STAŃCZAK Ryszard	55	FACE NORDIC WALKING TEAM	M70+	3			00:17:39	00:21:01	00:42:05.20	+00:08:07 (19.3%)	8:25	7.1 (80.7%)
40	LABUDDA Katarzyna	33	FACE NORDIC WALKING TEAM	K30-39	2			00:17:39	00:21:00	00:42:08.55	+00:08:11 (19.4%)	8:25	7.1 (80.7%)
41	BADZIĄG Waldemar	1	ELITE TEAM	M50-54	5			00:17:45	00:21:11	00:42:14.45	+00:08:17 (19.6%)	8:27	7.1 (80.7%)
42	DAROSZEWSKA Krystyna	6	SERCE NORDICA WŁOCŁAWEK	K60-64	1			00:17:58	00:21:19	00:42:14.65	+00:08:17 (19.6%)	8:27	7.1 (80.7%)
43	WENEK Maja	76	LĘBORSKIE LWY	K-Dzieci	1			00:17:36	00:21:03	00:42:17.40	+00:08:20 (19.7%)	8:27	7.1 (80.7%)
44	SZYCKO Oliwia	63		K-Dzieci	2			00:17:36	00:21:03	00:42:19.60	+00:08:22 (19.8%)	8:27	7.1 (80.7%)
45	MARCINIAK Hanna	36	SERCE NORDICA WŁOCŁAWEK	K55-59	2			00:17:57	00:21:18	00:42:23.45	+00:08:26 (19.9%)	8:28	7.1 (80.7%)
46	GÓRECKA Iwona	15	STADION ŚLĄSKI	K50-54	2			00:18:19	00:21:45	00:43:21.90	+00:09:24 (21.7%)	8:40	6.9 (78.4%)
47	KOCZOROWSKA Monika	28	KS SOKÓŁ GAŚAWA	K30-39	3			00:18:17	00:21:45	00:43:42.80	+00:09:45 (22.3%)	8:44	6.9 (78.4%)
48	KOCZOROWSKI Kacper	29	KS SOKÓŁ GAŚAWA	M-Dzieci	1			00:18:07	00:21:41	00:44:25.60	+00:10:28 (23.6%)	8:53	6.8 (77.3%)
49	ROGOZIŃSKA Ewa	49		K45-49	5			00:18:41	00:22:14	00:44:44.00	+00:10:46 (24.1%)	8:56	6.7 (76.1%)
50	SZYBUT Roma	61		K30-39	4			00:19:47	00:23:31	00:47:04.80	+00:13:07 (27.9%)	9:25	6.4 (72.7%)
51	SZYBUT Weronika	62		K-Dzieci	3			00:19:48	00:23:32	00:47:05.15	+00:13:07 (27.9%)	9:25	6.4 (72.7%)
52	NIEZGODA Małgorzata	40	WALKING ZUMBA	K40-44	2			00:20:25	00:24:13	00:47:21.95	+00:13:24 (28.3%)	9:28	6.3 (71.6%)
53	GIERSZENDORF Roman	13	KB KATORŻNIK MUROWANA GOŚLINA / FACE NORDIC WALKING TEAM	M45-49	2			00:20:26	00:24:14	00:47:37.95	+00:13:40 (28.7%)	9:31	6.3 (71.6%)
54	ŚLIWIŃSKA Ewa	67	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	3			00:20:26	00:24:13	00:48:04.85	+00:14:07 (29.4%)	9:37	6.2 (70.5%)
55	KOCHEL Agnieszka	26	AVOCADO WELLNESS CLUB	K30-39	5			00:21:35	00:25:22	00:49:10.65	+00:15:13 (31.0%)	9:50	6.1 (69.3%)
56	GIERSZENDORF Monika	103	KB KATORŻNIK MUROWANA GOŚLINA /FACE NORDIC WALKING TEAM	K45-49	6			00:21:09	00:24:57	00:49:13.80	+00:15:16 (31.0%)	9:50	6.1 (69.3%)
57	GIERSZENDORF Borys	14	KB KATORŻNIK MUROWANA GOŚLINA / FACE NORDIC WALKING TEAM	M-Dzieci	2			00:18:11	00:22:20	00:49:14.55	+00:15:17 (31.0%)	9:50	6.1 (69.3%)
58	MALINOWSKA Grażyna	35	LKS ZANTYR SZTUM	K70+	1			00:21:04	00:24:53	00:49:15.85	+00:15:18 (31.1%)	9:51	6.1 (69.3%)
59	SOŁDECKI Wojciech	53		M-Dzieci	3			00:20:23	00:24:25	00:49:31.50	+00:15:34 (31.4%)	9:54	6.1 (69.3%)
60	PANKIEWICZ-DMOWSKA Cecylia	45	FACE NORDIC WALKING TEAM	K70+	2			00:21:09	00:25:03	00:49:52.75	+00:15:55 (31.9%)	9:58	6 (68.2%)
61	HINEBORG Bogumiła	19	KLUB NW PATYCZAKI GRUDZIĄDZ	K50-54	4			00:21:06	00:24:54	00:49:54.30	+00:15:56 (32.0%)	9:58	6 (68.2%)
62	DUSZEŃKO Elwira	10	KS METRACO POLKOWICE	K-Niepełnosprawni(A)	2			00:21:07	00:25:04	00:50:01.05	+00:16:03 (32.1%)	10:00	6 (68.2%)

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63	KULCZYCKI Jan	32		M65-69	4			00:21:00	00:25:02	00:50:12.00	+00:16:14 (32.4%)	10:02	6 (68.2%)
64	BARANOWSKA Aldona	2	WALKING ZUMBA	K30-39	6			00:21:58	00:25:57	00:50:47.90	+00:16:50 (33.2%)	10:09	5.9 (67.0%)
65	OGONOWSKA Edyta	78	KLUB NW PATYCZAKI GRUDZIĄDZ	K55-59	3			00:21:43	00:25:39	00:50:49.55	+00:16:52 (33.2%)	10:09	5.9 (67.0%)
66	WIŚNIEWSKA Danuta	81	PASJA NORDIC WALKING	K55-59	4			00:22:16	00:26:27	00:52:40.85	+00:18:43 (35.5%)	10:32	5.7 (64.8%)
67	DROP Mieczysław	7	KS SOKÓŁ GAŚAWA	M70+	4			00:23:33	00:27:55	00:54:08.50	+00:20:11 (37.3%)	10:49	5.5 (62.5%)

Znaleziono 67 wynik(ów)