



# KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

**Organizator:** PFNW  
**Data:** 2016-06-11  
**Miejsce:** Kolbuszowa  
**Dystans:** 10 km



Klasyfikacja: M40-49

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	<b>KARASIŃSKI Maciej</b>	<b>241</b>	KS METRACO POLKOWICE	M40-49	1			00:02:50	00:14:55	00:30:19	00:46:18	<b>01:02:15.15</b>	<b>01:05:05.50</b>		6:13	9.6 (100%)
2	<b>CYRUS Bogdan</b>	<b>247</b>	SILESIA NORDIC TEAM	M40-49	2			00:02:49	00:15:06	00:31:02	00:47:03	<b>01:03:44.95</b>	<b>01:06:34.40</b>	+00:01:29 (2.3%)	6:22	9.4 (97.9%)
3	<b>NIECHWIEJCZYK Piotr</b>	<b>172</b>	UNIA MIAST	M40-49	3			00:02:49	00:15:51	00:32:15	00:48:33	<b>01:04:37.95</b>	<b>01:07:27.55</b>	+00:02:22 (3.7%)	6:27	9.3 (96.9%)
4	<b>LASKOWSKI Mirosław</b>	<b>251</b>	AGRO CORN MILANÓW	M40-49	4			00:02:50	00:16:17	00:33:02	00:49:56	<b>01:06:43.35</b>	<b>01:09:33.60</b>	+00:04:28 (6.7%)	6:40	9 (93.8%)
5	<b>BILIK Wojciech</b>	<b>105</b>	SAMOTNI WĘDROWCY	M40-49	5			00:02:50	00:16:36	00:33:38	00:50:42	<b>01:07:41.55</b>	<b>01:10:32.50</b>	+00:05:26 (8.0%)	6:46	8.9 (92.7%)
6	<b>NIEDBAŁ Adam</b>	<b>173</b>	SILESIA NORDIC TEAM	M40-49	6			00:02:52	00:16:38	00:33:45	00:50:53	<b>01:07:49.10</b>	<b>01:10:42.05</b>	+00:05:33 (8.2%)	6:47	8.8 (91.7%)
7	<b>GONET Grzegorz</b>	<b>249</b>	GONET TEAM	M40-49	7			00:02:51	00:16:44	00:33:54	00:51:13	<b>01:08:14.40</b>	<b>01:11:06.25</b>	+00:05:59 (8.8%)	6:49	8.8 (91.7%)
8	<b>KUŚMIEREK Jan</b>	<b>152</b>	BŁĘKITNI NW DZIEMIANY	M40-49	8			00:02:53	00:16:57	00:34:09	00:51:33	<b>01:08:46.40</b>	<b>01:11:39.55</b>	+00:06:31 (9.5%)	6:52	8.7 (90.6%)
9	<b>KRZANOWSKI Bartłomiej</b>	<b>147</b>	SAMOTNI WĘDROWCY	M40-49	9			00:02:52	00:16:57	00:34:42	00:52:16	<b>01:10:06.35</b>	<b>01:12:58.65</b>	+00:07:51 (11.2%)	7:00	8.6 (89.6%)
10	<b>SZCZEPAŃSKI Rafał</b>	<b>211</b>	OPEL ACTIVE TEAM	M40-49	10			00:02:50	00:17:25	00:35:32	00:53:44	<b>01:11:31.10</b>	<b>01:14:21.50</b>	+00:09:15 (13.0%)	7:09	8.4 (87.5%)
11	<b>BIEGA Mariusz</b>	<b>311</b>	SANOK SKI TEAM	M40-49	11			00:02:53	00:17:12	00:35:15	00:53:30	<b>01:11:33.35</b>	<b>01:14:27.30</b>	+00:09:18 (13.0%)	7:09	8.4 (87.5%)
12	<b>JONDERKO Grzegorz</b>	<b>133</b>	WŁÓCZYKIJE SKOCZÓW	M40-49	12			00:02:52	00:17:14	00:35:19	00:53:32	<b>01:11:49.05</b>	<b>01:14:41.70</b>	+00:09:33 (13.3%)	7:10	8.4 (87.5%)
13	<b>ANTOSZEWSKI Piotr</b>	<b>101</b>	DĄBROWA NORDIC TEAM	M40-49	13			00:02:52	00:17:51	00:36:00	00:54:02	<b>01:12:02.65</b>	<b>01:14:55.50</b>	+00:09:47 (13.6%)	7:12	8.3 (86.5%)
14	<b>DEJDA Piotr</b>	<b>119</b>	FACE NORDIC WALKING TEAM	M40-49	14			00:02:49	00:17:54	00:35:50	00:54:24	<b>01:12:21.95</b>	<b>01:15:11.65</b>	+00:10:06 (14.0%)	7:14	8.3 (86.5%)
15	<b>MARCINKOWSKI Wojciech</b>	<b>165</b>	UNIA MIAST	M40-49	15			00:02:51	00:18:02	00:36:55	00:55:35	<b>01:13:44.70</b>	<b>01:16:36.10</b>	+00:11:29 (15.6%)	7:22	8.1 (84.4%)

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16	<b>ŚLUSARCZYK Grzegorz</b>	<b>235</b>	WESOŁY BORSUK TEAM	M40-49	16			00:02:51	00:18:27	00:37:43	00:57:01	<b>01:16:17.15</b>	<b>01:19:08.90</b>	+00:14:02 (18.4%)	7:37	7.9 (82.3%)
17	<b>BOGACZ Grzegorz</b>	<b>108</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	17			00:02:52	00:18:12	00:38:00	00:57:44	<b>01:17:36.00</b>	<b>01:20:28.35</b>	+00:15:20 (19.8%)	7:45	7.7 (80.2%)
18	<b>PŁASZCZYCA Rafał</b>	<b>180</b>	NIEZRZESZONY	M40-49	18			00:02:51	00:20:10	00:40:42	01:01:49	<b>01:23:14.40</b>	<b>01:26:05.40</b>	+00:20:59 (25.2%)	8:19	7.2 (75.0%)
19	<b>JANDZIŚ Wiesław</b>	<b>257</b>	KOLBUSZOWSKI KLUB NORDIC WALKING	M40-49	19			00:02:55	00:20:24	00:43:55	01:06:18	<b>01:26:16.15</b>	<b>01:29:11.25</b>	+00:24:01 (27.8%)	8:37	7 (72.9%)

Znaleziono 19 wynik(ów)