



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT

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



Klasyfikacja: M50-59

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	SIEROŃ Jacek	193	TSA SANDOMIERZ	M50-59	1			00:03:33	00:15:39	00:31:53	00:48:14	01:04:07.70	01:07:41.00		6:24	9.4 (100%)
2	SIWAK Piotr	196	KS METRACO POLKOWICE	M50-59	2			00:03:31	00:15:40	00:31:54	00:48:15	01:04:12.05	01:07:43.20	+00:00:04 (0.1%)	6:25	9.3 (98.9%)
3	MICHALSKI Andrzej	167	FACE NORDIC WALKING TEAM	M50-59	3			00:03:33	00:15:40	00:31:53	00:48:15	01:04:22.35	01:07:56.25	+00:00:14 (0.4%)	6:26	9.3 (98.9%)
4	PUSZKIEL Leszek	186	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:03:29	00:15:36	00:31:55	00:48:20	01:05:03.80	01:08:33.75	+00:00:56 (1.4%)	6:30	9.2 (97.9%)
5	RE CZULSKI Mariusz	189	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	5			00:03:31	00:15:46	00:32:05	00:48:48	01:05:32.40	01:09:04.15	+00:01:24 (2.2%)	6:33	9.2 (97.9%)
6	CIEŚLAK Roman	114	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:03:30	00:16:04	00:32:44	00:49:57	01:06:51.15	01:10:21.30	+00:02:43 (4.1%)	6:41	9 (95.7%)
7	WIERCHANOWSKI Bogdan	224	KS METRACO POLKOWICE	M50-59	7			00:03:31	00:16:35	00:34:03	00:51:27	01:08:45.45	01:12:17.05	+00:04:37 (6.7%)	6:52	8.7 (92.6%)
8	MIERZWA Mariusz	169	KLUBSPORTU.PL	M50-59	8			00:03:33	00:17:28	00:35:40	00:54:12	01:13:13.75	01:16:47.55	+00:09:06 (12.4%)	7:19	8.2 (87.2%)
9	KOWALSKI Marek	143	UNIA MIAST	M50-59	9			00:03:31	00:18:37	00:37:07	00:55:26	01:13:47.20	01:17:19.15	+00:09:39 (13.1%)	7:22	8.1 (86.2%)
10	MIERNICKI Mariusz	168		M50-59	10			00:03:34	00:18:12	00:36:42	00:55:34	01:14:09.20	01:17:44.10	+00:10:01 (13.5%)	7:25	8.1 (86.2%)
11	MOCZARSKI Mirosław	24	KLUB NW 'WŁÓCZYKIJ'	M50-59	11			00:02:50	00:18:31	00:37:26	00:56:32	01:15:29.95	01:18:20.75	+00:11:22 (15.1%)	7:33	7.9 (84.0%)
12	POZNAŃSKI Wiesław	182	AMATOR	M50-59	12			00:03:33	00:19:18	00:38:32	00:57:34	01:15:58.65	01:19:31.65	+00:11:50 (15.6%)	7:35	7.9 (84.0%)
13	NETKOWSKI Wojciech	244	PASJA NORDIC WALKING	M50-59	13			00:03:32	00:19:00	00:38:32	00:57:55	01:17:14.75	01:20:47.15	+00:13:07 (17.0%)	7:43	7.8 (83.0%)
14	HAJNUS Wojciech	128		M50-59	14			00:03:30	00:18:59	00:38:30	00:58:10	01:17:42.10	01:21:12.40	+00:13:34 (17.5%)	7:46	7.7 (81.9%)

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15	DZIUBAK Janusz	124	RYBNICKI KLUB NORDIC WALKING	M50-59	15			00:03:32	00:19:26	00:39:22	00:59:23	01:18:37.90	01:22:10.45	+00:14:30 (18.4%)	7:51	7.6 (80.9%)
16	STEFAŃSKI Andrzej	206	FACE NORDIC WALKING TEAM	M50-59	16			00:03:31	00:19:35	00:39:12	00:59:27	01:18:41.00	01:22:12.30	+00:14:33 (18.5%)	7:52	7.6 (80.9%)
17	SZEWCZYK Marek	213	FACE NORDIC WALKING TEAM	M50-59	17			00:03:33	00:19:34	00:39:13	00:59:30	01:19:36.80	01:23:10.40	+00:15:29 (19.5%)	7:57	7.5 (79.8%)
18	KOSSOWSKI Marian	139	MARYSIN	M50-59	18			00:03:31	00:20:14	00:41:15	01:02:04	01:22:51.15	01:26:22.15	+00:18:43 (22.6%)	8:17	7.2 (76.6%)

Znaleziono 18 wynik(ów)