



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING 2019 - 21.1 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PUCHAR POLSKI NORDIC WALKING 2019
Polska Federacja Nordic Walking
2019-06-01
Kolbuszowa
21.1 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 0.55km	Start_All 1.1km	Start_All 3.6km	Start_All 6.1km	Start_All 8.6km	Start_All 11.1km	Start_All 13.6km	Start_All 16.1km	Start_All 18.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	BARCZYK Bogdan	402	NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:03:52	00:07:41	00:24:53	00:41:46	00:58:38	01:15:38	01:33:10	01:50:33	02:08:42	02:26:35.73		6:56	8.6 (100%)
2	LENZ Andrzej	424	MUSZKIETEROWIE	M50-59	2			00:04:10	00:08:12	00:25:52	00:43:33	01:01:16	01:18:53	01:36:37	01:54:30	02:12:40	02:30:57.93	+00:04:22 (2.9%)	7:09	8.4 (97.7%)
3	KOWALSKI Marek	419	UNIA MIAST	M50-59	3			00:04:08	00:08:12	00:25:57	00:43:37	01:01:23	01:19:28	01:37:46	01:56:17	02:15:06	02:34:07.88	+00:07:32 (4.9%)	7:18	8.2 (95.3%)
4	ŻAMOJCIN Marek	455	NORDICLUB SZCZECIN	M50-59	4			00:04:00	00:08:08	00:26:46	00:45:28	01:04:18	01:23:08	01:42:05	02:01:10	02:20:18	02:39:34.47	+00:12:58 (8.1%)	7:33	7.9 (91.9%)
5	SZYMAŃSKI Jacek	442	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M50-59	5			00:04:06	00:08:13	00:26:38	00:45:22	01:04:09	01:22:52	01:41:48	02:01:03	02:20:28	02:40:05.07	+00:13:29 (8.4%)	7:35	7.9 (91.9%)
6	GOŁĘBIEWSKI Krzysztof	408	ZAWSZE MŁODZI	M50-59	6			00:04:09	00:08:18	00:26:59	00:45:53	01:04:45	01:24:06	01:43:45	02:03:27	02:23:12	02:43:09.50	+00:16:33 (10.2%)	7:43	7.8 (90.7%)
7	RAKOWIECKI Zbigniew	434	FACE NORDIC WALKING TEAM	M50-59	7			00:04:11	00:08:23	00:26:51	00:45:28	01:04:24	01:23:31	01:42:55	02:03:16	02:24:06	02:45:26.48	+00:18:50 (11.4%)	7:50	7.7 (89.5%)
8	MOCZARSKI Mirosław	427	KLUB NW 'WŁÓCZYKIJE'	M50-59	8			00:04:09	00:08:24	00:27:24	00:46:36	01:06:20	01:25:56	01:45:26	02:05:32	02:25:51	02:46:19.29	+00:19:43 (11.9%)	7:52	7.6 (88.4%)
9	GWÓZDŹ Andrzej	410	WICHURA JAROSŁAW	M50-59	9			00:04:20	00:08:46	00:28:12	00:47:18	01:06:33	01:26:05	01:45:43	02:05:41	02:25:54	02:46:26.27	+00:19:50 (11.9%)	7:53	7.6 (88.4%)
10	BADECKI Ryszard	401	KS METRACO POLKOWICE	M50-59	10			00:04:06	00:08:18	00:26:57	00:45:42	01:04:57	01:24:35	01:45:39	02:06:41	02:27:55	02:49:14.72	+00:22:38 (13.4%)	8:01	7.5 (87.2%)
11	GODAWA Ireneusz	407	STADION ŚLĄSKI	M50-59	11	1		00:04:20	00:08:46	00:28:00	00:47:13	01:06:56	01:27:10	01:47:51	02:09:23	02:30:40	02:51:47.01	+00:25:11 (14.7%)	8:08	7.4 (86.0%)
12	NIEMCZYK Bogusław	347	KLUB NW 'WŁÓCZYKIJE'	M50-59	12			00:04:22	00:09:03	00:31:11	00:52:26	01:28:27	01:50:40	02:13:45	02:36:46	02:58:29	03:20:47.85	+00:54:12 (27.0%)	9:30	6.3 (73.3%)
	WIŚNIEWSKI Jacek	450	UKS SIEDLESZCZANY	M50-59				00:04:02 DNF	00:07:45 DNF	00:24:53 DNF	00:41:46 DNF	00:58:38 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 13 wynik(ów)