



KOLBUSZOWA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INTELEKTUALNE SPOŁYKOWE

Organizator:

PFNW

Data:

2016-06-11

Miejsce:

Kolbuszowa

Dystans:

5 km



Klasyfikacja: M45-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Darek	364	BIESZCZADZKI KLUB NORDIC WALKING	M45-49	1			00:02:23	00:15:42	00:31:46.65	00:34:10.25		6:21	9.4 (100%)
2	KRYŚ Artur	410	KS METRACO POLKOWICE	M45-49	2			00:02:22	00:16:13	00:33:03.00	00:35:25.25	+00:01:16 (3.9%)	6:36	9.1 (96.8%)
3	FELIS Paweł	345		M45-49	3			00:02:23	00:16:28	00:33:26.55	00:35:49.75	+00:01:39 (5.0%)	6:41	9 (95.7%)
4	BARTYŃSKI Zdzisław	305	WOLNY STRZELEC	M45-49	4			00:02:23	00:16:31	00:33:33.05	00:35:56.05	+00:01:46 (5.3%)	6:42	8.9 (94.7%)
5	ORZECZ Artur	467	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	5			00:02:26	00:16:50	00:33:35.35	00:36:01.35	+00:01:48 (5.4%)	6:43	8.9 (94.7%)
6	MANDZIUK Marek	280	KBBB / TKKF	M45-49	6			00:02:25	00:16:35	00:33:42.45	00:36:07.45	+00:01:55 (5.7%)	6:44	8.9 (94.7%)
7	PANAŚ Artur	471		M45-49	7			00:02:24	00:16:53	00:33:44.35	00:36:08.50	+00:01:57 (5.8%)	6:44	8.9 (94.7%)
8	JENCZELEWSKI Grzegorz	378	ENERGYLIFE TEAM	M45-49	8			00:02:22	00:16:28	00:33:48.75	00:36:11.30	+00:02:02 (6.0%)	6:45	8.9 (94.7%)
9	PUZIO Marek	488	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	9			00:02:26	00:17:23	00:33:57.95	00:36:24.20	+00:02:11 (6.4%)	6:47	8.8 (93.6%)
10	BUKOWIEC Jacek	316		M45-49	10			00:02:24	00:16:58	00:34:14.25	00:36:38.95	+00:02:27 (7.2%)	6:50	8.8 (93.6%)
11	BAK Zbigniew	661	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	11			00:02:25	00:17:34	00:35:05.00	00:37:30.45	+00:03:18 (9.4%)	7:01	8.6 (91.5%)
12	ROSADZIŃSKI Sławomir	500		M45-49	12			00:02:22	00:17:20	00:35:05.90	00:37:28.45	+00:03:19 (9.5%)	7:01	8.5 (90.4%)
13	SKIERŚ Albert	511	ZAMACH W SMOLEŃSKU RAZY DWA	M45-49	13	1		00:02:22	00:17:24	00:35:33.90	00:37:56.25	+00:03:47 (10.6%)	7:06	8.4 (89.4%)
14	KOSTRUBIEC Tomasz	402	MDK SZCZEBRZESZYN	M45-49	14			00:02:23	00:17:20	00:35:48.20	00:38:12.00	+00:04:01 (11.2%)	7:09	8.4 (89.4%)
15	MARCINKOWSKI Wojciech	68	UNIA MIAST	M45-49	15			00:02:23	00:17:36	00:35:52.25	00:38:16.05	+00:04:05 (11.4%)	7:10	8.4 (89.4%)
16	BALICKI Mirosław	289		M45-49	16			00:02:23	00:17:29	00:36:02.35	00:38:25.55	+00:04:15 (11.8%)	7:12	8.3 (88.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	STRZĘPKA Krzysztof	528	KOLBUSZOWSKI KLUB NORDIC WALKING	M45-49	17			00:02:25	00:18:13	00:36:39.25	00:39:04.35	+00:04:52 (13.3%)	7:19	8.2 (87.2%)
18	FILUSZ Alfred	349	N/Z	M45-49	18			00:02:22	00:18:47	00:37:50.40	00:40:13.35	+00:06:03 (16.0%)	7:34	7.9 (84.0%)
19	REIZER Piotr	496		M45-49	19			00:02:24	00:18:58	00:38:12.80	00:40:36.90	+00:06:26 (16.8%)	7:38	7.9 (84.0%)
20	FLEJSZAR Zbigniew	351		M45-49	20			00:02:24	00:19:06	00:39:29.75	00:41:54.35	+00:07:43 (19.5%)	7:54	7.6 (80.9%)
21	WALESZKO Andrzej	557		M45-49	21			00:02:28	00:19:37	00:39:32.75	00:42:00.95	+00:07:46 (19.6%)	7:54	7.6 (80.9%)
22	KABACIŃSKI Maciej	384	FACE NORDIC WALKING TEAM	M45-49	22			00:02:26	00:19:43	00:39:35.80	00:42:02.05	+00:07:49 (19.7%)	7:55	7.6 (80.9%)
23	BARTYZEL Marcin	306	SKS MEDYK RZESZÓW NW	M45-49	23			00:02:24	00:19:32	00:39:38.05	00:42:02.35	+00:07:51 (19.8%)	7:55	7.6 (80.9%)
24	TYLUTKI Andrzej	551	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	24			00:02:26	00:21:50	00:43:10.80	00:45:37.45	+00:11:24 (26.4%)	8:38	6.9 (73.4%)
25	KUŹNIARSKI Jacek	421	FACE NORDIC WALKING TEAM	M45-49	25			00:02:24	00:21:26	00:43:27.85	00:45:51.85	+00:11:41 (26.9%)	8:41	6.9 (73.4%)
26	KRZYŚCIN Rafał	412	SANTANDER CONSUMER BANK	M45-49	26			00:02:27	00:23:17	00:45:39.20	00:48:06.25	+00:13:52 (30.4%)	9:07	6.6 (70.2%)

Znaleziono 26 wynik(ów)