



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNE USŁUGI SPORTOWE

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
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	KARASIŃSKI Maciej	471		M40-49	1	1		00:00:52	00:14:43	00:30:04	00:45:23	01:00:41.65	01:01:34.10		6:04	9.9 (100%)
2	KLICZKA Kamil	474	PUSZCZYK BUKOWY	M40-49	2			00:00:53	00:14:45	00:29:57	00:45:17	01:00:45.45	01:01:38.75	+00:00:03 (0.1%)	6:04	9.9 (100%)
3	CYRUS Bogdan	704	SILESIA NORDIC TEAM	M40-49	3			00:00:53	00:14:44	00:30:14	00:46:06	01:01:43.60	01:02:37.20	+00:01:01 (1.7%)	6:10	9.7 (98.0%)
4	NIECHWIEJCZYK Piotr	528	UNIA MIAST	M40-49	4	1		00:00:52	00:15:26	00:31:29	00:47:32	01:03:18.45	01:04:10.70	+00:02:36 (4.1%)	6:19	9.5 (96.0%)
5	BILIK Wojciech	409	SAMOTNI WĘDROWCY	M40-49	5			00:00:53	00:16:40	00:33:36	00:50:35	01:07:27.20	01:08:21.10	+00:06:45 (10.0%)	6:44	8.9 (89.9%)
6	KRZANOWSKI Bartłomiej	499	SAMOTNI WĘDROWCY	M40-49	6			00:00:53	00:16:41	00:33:39	00:51:01	01:08:42.10	01:09:35.25	+00:08:00 (11.7%)	6:52	8.7 (87.9%)
7	SZCZEPAŃSKI Rafał	580	OPEL ACTIVE TEAM	M40-49	7	1		00:00:55	00:17:13	00:34:43	00:52:09	01:09:36.55	01:10:31.55	+00:08:54 (12.8%)	6:57	8.6 (86.9%)
8	JONDERKO Grzegorz	461	WŁÓCZYKIJE SKOCZÓW	M40-49	8			00:00:55	00:16:54	00:34:34	00:52:17	01:10:30.10	01:11:25.40	+00:09:48 (13.9%)	7:03	8.5 (85.9%)
9	ANTOSZEWSKI Piotr	403	DĄBROWA NORDIC TEAM	M40-49	9			00:00:54	00:17:26	00:35:13	00:52:52	01:10:39.35	01:11:33.35	+00:09:57 (14.1%)	7:03	8.5 (85.9%)
10	TĘPIŃSKI Leszek	589		M40-49	10			00:00:52	00:17:32	00:35:34	00:53:38	01:11:42.65	01:12:35.05	+00:11:01 (15.4%)	7:10	8.4 (84.8%)
11	ŚLUSARCZYK Grzegorz	585	WESOŁY BORSUK TEAM	M40-49	11			00:00:55	00:17:55	00:36:14	00:54:17	01:12:20.45	01:13:15.90	+00:11:38 (16.1%)	7:14	8.3 (83.8%)
12	MARCINKOWSKI Wojtek	519	UNIA MIAST	M40-49	12			00:00:54	00:18:04	00:36:45	00:54:50	01:12:35.70	01:13:30.00	+00:11:54 (16.4%)	7:15	8.3 (83.8%)
13	DEJDA Piotr	427	FACE NORDIC WALKING TEAM	M40-49	13			00:00:53	00:17:43	00:36:08	00:54:19	01:12:42.80	01:13:36.00	+00:12:01 (16.5%)	7:16	8.3 (83.8%)
14	PAŹ Jacek	540	BÓBR TŁUSZCZ	M40-49	14			00:00:56	00:18:37	00:37:06	00:55:14	01:12:51.15	01:13:47.55	+00:12:09 (16.7%)	7:17	8.2 (82.8%)
15	DREGER Michał	479	KLUB SPORTOWY 'ELBLĄSKIE WŁÓCZY-KIJE'	M40-49	15			00:00:55	00:18:14	00:36:26	00:54:41	01:12:59.90	01:13:55.50	+00:12:18 (16.9%)	7:18	8.2 (82.8%)
16	JASIUKIEWICZ Jacek	457	POZYTYWNA GRUPA NORDIC WALKING-DOBRE MIASTO	M40-49	16			00:00:57	00:18:18	00:36:35	00:55:05	01:13:42.35	01:14:40.00	+00:13:00 (17.7%)	7:22	8.1 (81.8%)

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
17	URBANIAK Piotr	594		M40-49	17			00:00:58	00:18:12	00:36:57	00:55:42	01:13:50.90	01:14:49.60	+00:13:09 (17.8%)	7:23	8.1 (81.8%)
18	KULIŃSKI Jarosław	503	FACE NORDIC WALKING TEAM	M40-49	18			00:00:57	00:18:11	00:36:38	00:55:29	01:14:15.15	01:15:12.50	+00:13:33 (18.3%)	7:25	8.1 (81.8%)
19	UHRYN Marcin	593	POZYTYWNA GRUPA NORDIC WALKING DOBRE MIASTO	M40-49	19			00:00:56	00:18:10	00:37:24	00:56:38	01:15:43.15	01:16:39.25	+00:15:01 (19.8%)	7:34	7.9 (79.8%)
20	SKWARSKI Rafał	563		M40-49	20			00:00:55	00:18:29	00:37:42	00:56:54	01:15:55.25	01:16:50.40	+00:15:13 (20.1%)	7:35	7.9 (79.8%)
21	OCHWAT Paweł	532		M40-49	21			00:00:56	00:19:29	00:39:17	00:58:44	01:17:16.80	01:18:13.65	+00:16:35 (21.5%)	7:43	7.8 (78.8%)
22	KOPRYNIA Bartosz	482	BRAK	M40-49	22			00:00:54	00:18:59	00:38:59	00:59:10	01:18:58.80	01:19:53.30	+00:18:17 (23.2%)	7:53	7.6 (76.8%)
23	FERET Krzysztof	441		M40-49	23			00:00:57	00:18:35	00:38:38	00:59:09	01:19:47.15	01:20:45.10	+00:19:05 (23.9%)	7:58	7.5 (75.8%)
24	ZDROJEWSKI Artur	615	NW CIECHANÓW	M40-49	24			00:00:54	00:20:09	00:40:30	01:00:54	01:20:56.25	01:21:50.95	+00:20:14 (25.0%)	8:05	7.4 (74.7%)
25	BIŃCZYK Jacek	411	CISOWIANKA	M40-49	25			00:00:56	00:20:57	00:41:52	01:02:31	01:22:43.55	01:23:39.80	+00:22:01 (26.6%)	8:16	7.3 (73.7%)
26	OLEKSY Artur	533	RYSIE RAZEM	M40-49	26			00:00:59	00:21:32	00:43:30	01:05:10	01:26:27.60	01:27:27.20	+00:25:45 (29.8%)	8:38	6.9 (69.7%)
27	DUDKIEWICZ Piotr	432	RYSIE RAZEM	M40-49	27	1		00:00:59	00:23:39	00:48:39	01:12:52	01:36:06.95	01:37:06.55	+00:35:25 (36.9%)	9:36	6.2 (62.6%)
28	PILARCZYK Łukasz	543	GREEN TEAM	M40-49	28			288:48:56	00:46:21					+00:31:37	18:32	3.2 (32.3%)

Znaleziono 28 wynik(ów)