



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING 2018 - 21.1 KM

B4SPORT
INTELEKTUALNE WSPARCIE SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PUCHAR POLSKI NORDIC WALKING 2018
Polska Federacja Nordic Walking
2018-05-19
Konstancin-Jeziorna
21.1 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	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	431	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:07:15	00:22:17	00:37:38	00:53:03	01:08:49	01:24:32	01:40:49	01:57:22	02:13:18.00		6:19	9.5 (100%)
2	ŻACZEK Władysław	479	ANDRESPOL AKTYWNI	M50-59	2			00:07:37	00:23:43	00:39:27	00:55:05	01:10:50	01:27:10	01:43:27	02:00:02	02:16:05.10	+00:02:47 (2.0%)	6:27	9.3 (97.9%)
3	ŚWIŚŁOCKI Bogdan	471	FACE NORDIC WALKING TEAM	M50-59	3			00:07:40	00:23:49	00:39:58	00:56:05	01:12:10	01:28:10	01:44:23	02:01:00	02:17:35.30	+00:04:17 (3.1%)	6:31	9.2 (96.8%)
4	KOWALSKI Marek	450	UNIA MIAST	M50-59	4			00:08:09	00:25:04	00:41:42	00:58:14	01:14:49	01:31:28	01:48:19	02:05:10	02:21:51.45	+00:08:33 (6.0%)	6:43	8.9 (93.7%)
5	RAKOWIECKI Zbigniew	477		M50-59	5			00:08:19	00:25:21	00:42:28	00:59:37	01:17:00	01:34:15	01:51:38	02:09:24	02:27:33.30	+00:14:15 (9.7%)	6:59	8.6 (90.5%)
6	ŻAMOJCIN Marek	473	NORDICLUB SZCZECIN	M50-59	6			00:08:05	00:25:18	00:42:35	00:59:59	01:17:20	01:34:49	01:52:31	02:10:12	02:27:43.25	+00:14:25 (9.8%)	7:00	8.6 (90.5%)
7	KRYSZCZUK Krzysztof	451	NOWI SIEDLCE/NW WSCHÓD	M50-59	7			00:08:03	00:24:44	00:41:34	00:58:24	01:15:29	01:33:03	01:51:05	02:09:27	02:27:59.60	+00:14:41 (9.9%)	7:00	8.6 (90.5%)
8	BORKOWSKI Leszek	435	NOWI SIEDLCE	M50-59	8			00:08:29	00:26:31	00:44:21	01:02:05	01:19:46	01:37:21	01:55:12	02:12:48	02:30:43.95	+00:17:25 (11.6%)	7:08	8.4 (88.4%)
9	LIGĘZA Janusz	474		M50-59	9			00:08:34	00:25:31	00:42:43	01:00:20	01:18:16	01:36:28	01:54:50	02:13:23	02:32:15.10	+00:18:57 (12.4%)	7:12	8.3 (87.4%)
10	KOWALCZYK Mariusz	449	GREEN TEAM ZIELONA GÓRA	M50-59	10			00:08:19	00:25:24	00:42:30	00:59:45	01:17:16	01:35:20	01:53:58	02:13:02	02:33:15.60	+00:19:57 (13.0%)	7:15	8.3 (87.4%)
11	BIŃCZYK Jacek	433	CISOWIANKA	M50-59	11			00:08:39	00:26:50	00:45:11	01:03:43	01:22:20	01:41:12	02:00:27	02:20:02	02:39:56.80	+00:26:38 (16.7%)	7:34	7.9 (83.2%)

Znaleziono 11 wynik(ów)