



Organizator:
Data:
Miejsce:
Dystans:

KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

PFNW
2016-05-15
Konstancin-Jeziorna
21.1 km

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDZIEWICZ Andrzej	689	KS METRACO POLKOWICE	M 30-39	1			00:02:38	00:06:46	00:21:41	00:37:12	00:52:56	01:08:24	01:23:46	01:39:24	01:55:35	02:12:46.75	02:15:25.30		6:17	9.5
2	KORDOWSKI Piotr	639	NOWA HUTA TEAM	M 40-49	1			00:02:40	00:07:07	00:22:42	00:39:04	00:55:00	01:11:16	01:27:12	01:43:14	01:59:28	02:15:42.50	02:18:23.30	+00:02:55	6:25	9.3
3	SKIBA Krzysztof	664	KS METRACO POLKOWICE	M 50-59	1	1		00:02:46	00:06:38	00:21:28	00:36:44	00:52:20	01:07:54	01:23:37	01:40:13	01:57:58	02:15:59.90	02:18:46.10	+00:03:13	6:26	9.3
4	STUPNOWICZ Przemek	669	EPOKA NORDICA ŁÓDŹ	M 18-29	1			00:02:38	00:07:10	00:23:17	00:39:37	00:55:44	01:11:39	01:27:31	01:43:36	01:59:52	02:16:19.30	02:18:58.25	+00:03:32	6:27	9.3
5	WIŚNIEWSKI Jacek	677	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M 50-59	2			00:02:44	00:07:27	00:23:31	00:39:33	00:55:43	01:11:35	01:27:31	01:43:49	02:00:21	02:17:22.75	02:20:06.90	+00:04:36	6:30	9.2
6	HELWICH Stefan	634	KS METRACO POLKOWICE	M 60+	1			00:02:47	00:07:29	00:24:02	00:40:29	00:56:44	01:12:57	01:28:55	01:45:05	02:01:42	02:18:15.80	02:21:03.70	+00:05:29	6:33	9.2
7	STILLER Karol	696	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			00:02:39	00:07:07	00:22:44	00:39:04	00:55:00	01:11:15	01:27:14	01:43:46	02:01:16	02:19:50.35	02:22:30.05	+00:07:03	6:37	9.1
8	BIK Stanisław	622	KS METRACO POLKOWICE	M 50-59	3			00:02:45	00:07:32	00:24:07	00:40:33	00:56:48	01:13:02	01:29:15	01:46:00	02:03:45	02:22:11.10	02:24:56.30	+00:09:24	6:44	8.9
9	ADAMSKI Robert	621	DRUŻYNASZPIKU	M 40-49	2			00:02:42	00:07:12	00:23:35	00:39:53	00:56:15	01:12:39	01:29:36	01:47:13	02:04:58	02:22:22.50	02:25:04.50	+00:09:35	6:44	8.9
10	ZACZYŃSKA Anna	683	KS METRACO POLKOWICE	K 30-39	1	1		00:04:07	00:07:12	00:23:50	00:40:39	00:57:23	01:14:12	01:30:53	01:48:04	02:05:21	02:22:34.00	02:26:41.75	+00:09:47	6:45	8.9
11	BOGACKI Sławek	623	ENERGA NW TEAM	M 40-49	3			00:02:41	00:07:14	00:23:35	00:39:54	00:56:16	01:12:39	01:29:07	01:46:11	02:04:05	02:22:49.40	02:25:30.55	+00:10:02	6:46	8.9
12	NALEPKA Jerzy	651	FACE NORDIC WALKING TEAM	M 60+	2			00:02:46	00:07:35	00:24:06	00:40:42	00:57:20	01:14:10	01:31:17	01:48:27	02:05:45	02:22:59.50	02:25:46.40	+00:10:12	6:46	8.9
13	LENZ Andrzej	647	ALTOM	M 50-59	4			00:02:44	00:07:27	00:24:15	00:40:50	00:57:21	01:14:01	01:31:01	01:48:12	02:05:35	02:23:14.85	02:25:59.30	+00:10:28	6:47	8.8
14	ŻYWICKI Marcin	688	BŁĘKITNI DZIEMIANY	M 30-39	3			00:02:39	00:07:28	00:23:47	00:40:27	00:57:17	01:14:08	01:31:15	01:48:33	02:06:04	02:23:52.55	02:26:32.00	+00:11:05	6:49	8.8
15	WARUSZEWSKI Karol	675	BIEGAJĄCY TCZEW	M 40-49	4			00:02:41	00:07:50	00:25:34	00:42:57	00:59:58	01:16:52	01:33:31	01:50:11	02:07:07	02:23:59.20	02:26:40.80	+00:11:12	6:49	8.8
16	WRÓBEL Łukasz	682	FUNDACJA 'W TE PĘDY'	M 30-39	4			00:02:41	00:07:23	00:24:24	00:41:32	00:58:16	01:15:07	01:32:26	01:49:50	02:07:34	02:25:47.40	02:28:28.80	+00:13:00	6:54	8.7
17	DENCIKOWSKI Marek	629	KBBB/TKKF	M 40-49	5			00:02:44	00:07:42	00:24:38	00:41:41	00:58:47	01:15:36	01:33:07	01:50:35	02:08:25	02:26:22.55	02:29:06.90	+00:13:35	6:56	8.6
18	JANCZYK Małgorzata	695	EPOKA NORDICA ŁÓDŹ	K 30-39	2			00:04:07	00:07:23	00:24:22	00:41:41	00:58:59	01:16:16	01:33:43	01:51:23	02:09:17	02:27:12.75	02:31:20.10	+00:14:26	6:58	8.6
19	MITURA-ZIELONKA Paweł	649	RYBNICKI KLUB NORDIC WALKING / SPACERMISTRZ	M 30-39	5			00:02:40	00:07:45	00:26:30	00:45:15	01:02:42	01:19:41	01:36:35	01:53:31	02:10:22	02:27:18.60	02:29:59.50	+00:14:31	6:58	8.6
20	PIETRZYK Jarosław	654	VIKING NORDIC TEAM CZĘSTOCHOWA	M 30-39	6			00:02:39	00:07:27	00:24:32	00:41:34	00:58:18	01:15:08	01:31:59	01:49:26	02:07:57	02:27:23.60	02:30:03.05	+00:14:36	6:59	8.6
21	WESOŁOWSKI Wojciech	676	NORDIC TEAMGNIĘZNO	M 60+	3			00:02:47	00:07:35	00:24:54	00:42:08	00:59:49	01:17:06	01:34:48	01:52:24	02:09:53	02:27:30.85	02:30:18.35	+00:14:44	6:59	8.6
22	ZAREMBA Jakub	685		M 30-39	7			00:02:42	00:07:53	00:25:05	00:42:14	00:59:56	01:17:12	01:34:55	01:52:31	02:09:59	02:27:36.85	02:30:19.00	+00:14:50	6:59	8.6
23	WOJCIECHOWSKI Tadeusz	679	DĄBROWA NORDIC TEAM	M 60+	4			00:02:46	00:07:55	00:25:17	00:42:45	01:00:10	01:17:36	01:35:06	01:52:43	02:10:28	02:28:31.55	02:31:18.45	+00:15:44	7:02	8.5
24	NOWROTEK Monika	652	WESOŁY BORSUK TEAM	K 18-29	1			00:04:06	00:07:16	00:24:10	00:41:16	00:58:35	01:16:02	01:33:43	01:51:47	02:10:07	02:28:44.45	02:32:51.20	+00:15:57	7:02	8.5
25	SZCZĘBAK Jacek	671	UNIA MIAST	M 40-49	6			00:02:43	00:07:33	00:24:57	00:42:34	01:00:09	01:17:45	01:35:36	01:53:38	02:12:04	02:30:40.20	02:33:23.30	+00:17:53	7:08	8.4
26	ZAGAJA Janusz	684	WESOŁY BORSUK TEAM	M 60+	5			00:02:46	00:07:28	00:24:02	00:41:04	00:58:21	01:16:03	01:34:09	01:52:36	02:12:28	02:33:05.40	02:35:52.05	+00:20:18	7:15	8.3
27	OLSCHIMKE-MARMUROWICZ Barbara	653	SILESIA NORDIC TEAM	K 40-49	1			00:04:10	00:08:15	00:26:08	00:44:13	01:02:26	01:20:40	01:38:51	01:57:00	02:15:09	02:33:09.40	02:37:20.20	+00:20:22	7:15	8.3
28	ZIĘTEK Sylwia	687	SILESIA NORDIC TEAM	K 30-39	3			00:04:08	00:07:50	00:25:51	00:44:10	01:02:29	01:20:39	01:38:51	01:57:01	02:15:10	02:33:10.20	02:37:18.50	+00:20:23	7:15	8.3
29	HAŁAS Marcin	693	FACE NORDIC WALKING TEAM	M 30-39	8			00:02:40	00:07:33	00:24:10	00:40:50	00:57:34	01:14:30	01:32:10	01:51:06	02:10:33	02:34:31.60	02:37:11.75	+00:21:44	7:19	8.2
30	FOLWARSKI Andrzej	630	FACE NORDIC WALKING TEAM	M 50-59	5			00:02:45	00:07:52	00:25:58	00:44:14	01:02:36	01:20:27	01:38:40	01:56:59	02:15:43	02:34:39.75	02:37:25.20	+00:21:53	7:19	8.2
31	RADOMSKA Marta	656	AVOCADO WELLNESS CLUB	K 30-39	4			00:04:09	00:08:15	00:26:20	00:44:22	01:02:29	01:20:44	01:39:17	01:57:42	02:16:44	02:35:21.20	02:39:31.10	+00:22:34	7:21	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	1.1km	3.6km	6.1km	8.6km	11.1km	13.6km	16.1km	18.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
72	CIESIELSKI Jerzy	627	FUNDACJA KRWINKA	M 60+	9			00:02:49	00:10:17	00:33:43	00:57:33	01:21:12	01:45:20	02:10:55	02:38:00	03:05:01	03:34:07.10	03:36:56.75	+01:21:20	10:08	5.9

Znaleziono 72 wynik(ów)