



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

B4SPORT

Organizator: PFNW  
Data: 2016-05-15  
Miejsce: Konstancin-Jeziorna  
Dystans: 21.1 km



Klasyfikacja: M 40-49

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	<b>KORDOWSKI Piotr</b>	<b>639</b>	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	<b>02:15:42.50</b>	<b>02:18:23.30</b>		6:25	9.3 (100%)
2	<b>ADAMSKI Robert</b>	<b>621</b>	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	<b>02:22:22.50</b>	<b>02:25:04.50</b>	+00:06:40 (4.7%)	6:44	8.9 (95.7%)
3	<b>BOGACKI Sławek</b>	<b>623</b>	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	<b>02:22:49.40</b>	<b>02:25:30.55</b>	+00:07:06 (5.0%)	6:46	8.9 (95.7%)
4	<b>WARUSZEWSKI Karol</b>	<b>675</b>	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	<b>02:23:59.20</b>	<b>02:26:40.80</b>	+00:08:16 (5.7%)	6:49	8.8 (94.6%)
5	<b>DENCIKOWSKI Marek</b>	<b>629</b>	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	<b>02:26:22.55</b>	<b>02:29:06.90</b>	+00:10:40 (7.3%)	6:56	8.6 (92.5%)
6	<b>SZCZEBAK Jacek</b>	<b>671</b>	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	<b>02:30:40.20</b>	<b>02:33:23.30</b>	+00:14:57 (9.9%)	7:08	8.4 (90.3%)
7	<b>WOŁOWIEC Marcin</b>	<b>681</b>	FOREVER YOUNG ŁÓDŹ	M 40-49	7			00:02:43	00:07:50	00:26:35	00:45:12	01:03:54	01:22:17	01:41:09	02:01:12	02:20:53	<b>02:40:37.30</b>	<b>02:43:21.15</b>	+00:24:54 (15.5%)	7:36	7.9 (84.9%)
8	<b>KRYSZCZUK Krzysztof</b>	<b>643</b>		M 40-49	8			00:02:43	00:08:33	00:27:53	00:47:24	01:06:31	01:25:28	01:44:39	02:04:12	02:23:41	<b>02:43:18.25</b>	<b>02:46:01.55</b>	+00:27:35 (16.9%)	7:44	7.8 (83.9%)
9	<b>FRANKIEWICZ Mirosław</b>	<b>631</b>	FORMA NA PIĄTKĘ PABIANICE	M 40-49	9			00:02:42	00:08:35	00:27:46	00:46:55	01:06:18	01:25:56	01:45:50	02:05:53	02:26:02	<b>02:46:11.80</b>	<b>02:48:54.50</b>	+00:30:29 (18.3%)	7:52	7.6 (81.7%)
10	<b>STRZELECKI Sebastian</b>	<b>668</b>	SAILING TEAM FERAJNA	M 40-49	10			00:02:42	00:09:07	00:29:53	00:50:31	01:11:06	01:32:03	01:52:39	02:13:40	02:35:03	<b>02:56:36.75</b>	<b>02:59:19.55</b>	+00:40:54 (23.2%)	8:22	7.2 (77.4%)

Znaleziono 10 wynik(ów)