



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 21.1KM

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2016-05-15

Konstancin-Jeziorna

21.1 km



Klasyfikacja: M 60+

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	HELWICH Stefan	634	KS METRAKO 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		6:33	9.2 (100%)
2	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	+00:04:43 (3.3%)	6:46	8.9 (96.7%)
3	WESOŁOWSKI Wojciech	676	NORDIC TEAMGNIEZNO	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	+00:09:15 (6.3%)	6:59	8.6 (93.5%)
4	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	+00:10:15 (6.9%)	7:02	8.5 (92.4%)
5	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	+00:14:49 (9.7%)	7:15	8.3 (90.2%)
6	CEGŁA Zbyszko	624		M 60+	6			00:02:47	00:08:39	00:28:00	00:47:44	01:07:28	01:26:50	01:47:13	02:07:46	02:29:07	02:50:55.90	02:53:43.30	+00:32:40 (19.1%)	8:06	7.4 (80.4%)
7	PIOTROWSKI Krzysztof	655	FACE NORDIC WALKING TEAM	M 60+	7			00:02:48	00:09:18	00:27:32	00:46:15	01:05:30	01:25:16	01:45:52	02:06:52	02:28:08	02:53:41.70	02:56:30.15	+00:35:25 (20.4%)	8:13	7.3 (79.3%)
8	LATOSEK Jan	646		M 60+	8			00:02:50	00:10:29	00:34:45	00:58:21	01:21:38	01:45:08	02:08:54	02:32:54	02:57:30	03:21:54.10	03:24:44.25	+01:03:38 (31.5%)	9:34	6.3 (68.5%)
9	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	+01:15:51 (35.4%)	10:08	5.9 (64.1%)

Znaleziono 9 wynik(ów)