



KONSTANCIN-JEZIORNA - PUCHAR POLSKI NORDIC WALKING - 5 KM

B4SPORT
INCLUSIVE SPORTS

Organizator: PFNW
Data: 2016-05-15
Miejsce: Konstancin-Jeziorna
Dystans: 5 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: M45-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYŚ Artur	144	KS METRACO POLKOWICE	M45-49	1			00:02:22	00:16:07	00:32:37.45	00:34:59.75		6:31	9.2 (100%)
2	JENCZELEWSKI Grzegorz	1015	NW CIECHANÓW	M45-49	2			00:02:24	00:16:02	00:32:47.65	00:35:12.35	+00:00:10 (0.5%)	6:33	9.1 (98.9%)
3	FELIS Paweł	393		M45-49	3			00:02:23	00:16:20	00:32:58.45	00:35:21.75	+00:00:21 (1.1%)	6:35	9.1 (98.9%)
4	MANDZIUK Marek	1023	KBBB / TKKF	M45-49	4			00:02:22	00:16:12	00:33:02.80	00:35:25.75	+00:00:25 (1.3%)	6:36	9.1 (98.9%)
5	ROSADZIŃSKI Sławomir	264		M45-49	5			00:02:22	00:16:59	00:34:53.65	00:37:16.20	+00:02:16 (6.5%)	6:58	8.6 (93.5%)
6	BALICKI Mirosław	6		M45-49	6			00:02:22	00:17:32	00:36:00.15	00:38:22.85	+00:03:22 (9.4%)	7:12	8.3 (90.2%)
7	POPŁAWSKI Ireneusz	243	KBBB/TKKF	M45-49	7			00:02:22	00:18:24	00:37:21.15	00:39:43.75	+00:04:43 (12.7%)	7:28	8 (87.0%)
8	FILUSZ Alfred	54		M45-49	8			00:02:23	00:18:44	00:37:59.20	00:40:23.15	+00:05:21 (14.1%)	7:36	7.9 (85.9%)
9	KABACIŃSKI Maciej	102	FACE NORDIC WALKING TEAM	M45-49	9			00:02:24	00:18:44	00:38:05.70	00:40:29.75	+00:05:28 (14.4%)	7:37	7.9 (85.9%)
10	RYBAK Wojciech	267		M45-49	10			00:02:25	00:20:29	00:40:42.00	00:43:07.60	+00:08:04 (19.8%)	8:08	7.4 (80.4%)
11	OZIEBŁOWSKI Mieszko	225		M45-49	11			00:02:25	00:20:48	00:42:49.15	00:45:14.55	+00:10:11 (23.8%)	8:33	7 (76.1%)
12	TYLUTKI Andrzej	326	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NORDIC WALKING	M45-49	12			00:02:25	00:22:45	00:44:50.80	00:47:15.80	+00:12:13 (27.3%)	8:58	6.7 (72.8%)
13	KRZYŚCIN Rafał	147	SANTANDER CONSUMER BANK	M45-49	13			00:01:47	00:22:53	00:46:29.70	00:48:16.95	+00:13:52 (29.8%)	9:17	6.5 (70.7%)
14	KUMPIŃ Jarosław	160		M45-49	14			00:05:16	00:28:54	00:56:55.95	01:02:12.70	+00:24:18 (42.7%)	11:23	5.3 (57.6%)

Znaleziono 14 wynik(ów)