



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-08-13
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	204	PUSZCZYK BUKOWY	M40-49	1			00:02:18	00:16:27	00:33:46	00:50:55	01:07:26.40	01:09:44.40		6:44	8.9 (100%)
2	PUSZKIEL Adrian	182	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:01:15	00:16:49	00:34:18	00:51:38	01:08:46.50	01:10:01.50	+00:01:20 (1.9%)	6:52	8.7 (97.8%)
3	KUŚMIEREK Patryk	171	BŁĘKITNI NW DZIEMIANY	M18-29	2			00:01:15	00:17:15	00:34:55	00:52:51	01:10:11.15	01:11:26.15	+00:02:44 (3.9%)	7:01	8.5 (95.5%)
4	GRZEGORCZYK Marcin Joachim	209	FACE NORDIC WALKING TEAM	M18-29	3			00:01:15	00:17:41	00:35:32	00:53:11	01:10:30.15	01:11:45.65	+00:03:03 (4.3%)	7:03	8.5 (95.5%)
5	ROSZMAN Maciej	183	PENDOLINO	M30-39	1			00:01:47	00:16:49	00:34:36	00:52:42	01:11:31.95	01:13:18.95	+00:04:05 (5.7%)	7:09	8.4 (94.4%)
6	KUŚMIEREK Jan	170	BŁĘKITNI NW DZIEMIANY	M40-49	2			00:01:48	00:17:34	00:35:31	00:53:37	01:12:02.75	01:13:51.45	+00:04:36 (6.4%)	7:12	8.3 (93.3%)
7	KULIG Henryk	169	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:02:18	00:17:30	00:35:32	00:53:53	01:12:22.05	01:14:40.05	+00:04:55 (6.8%)	7:14	8.3 (93.3%)
8	KĘPA Andrzej	201	SKIFANICY TEAM	M60-69	2			00:02:18	00:17:39	00:36:01	00:54:16	01:12:41.40	01:14:59.55	+00:05:15 (7.2%)	7:16	8.3 (93.3%)
9	CHOLEWIŃSKI Wojciech	206		M50-59	1			00:02:03	00:17:44	00:35:48	00:54:08	01:12:52.70	01:14:55.70	+00:05:26 (7.5%)	7:17	8.2 (92.1%)
10	KUBIAK Tomasz	168	KB HARCOWNIK JELCZ -LASKOWICE	M40-49	3			00:01:49	00:17:33	00:35:41	00:54:12	01:12:54.50	01:14:43.85	+00:05:28 (7.5%)	7:17	8.2 (92.1%)
11	LIPKO Adrianna	176	PENDOLINO	K18-29	1			00:02:59	00:17:53	00:35:57	00:54:17	01:12:57.85	01:15:56.85	+00:05:31 (7.6%)	7:17	8.2 (92.1%)
12	DZIADEK Remigiusz	159	PENDOLINO	M50-59	2			00:02:02	00:17:23	00:35:39	00:54:27	01:13:06.25	01:15:08.80	+00:05:39 (7.7%)	7:18	8.2 (92.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas		Różn	Tempo min/km	Tempo km/h
												10km	10km			
13	WIERCHANOWSKI Bogdan	197	KS METRACO POLKOWICE	M50-59	3			00:02:03	00:17:41	00:35:48	00:54:32	01:13:28.70	01:15:31.70	+00:06:02 (8.2%)	7:20	8.2 (92.1%)
14	STOPA Joanna	192	BŁĘKITNI NW DZIEMIANY	K18-29	2			00:02:59	00:17:52	00:36:21	00:55:09	01:13:40.00	01:16:39.00	+00:06:13 (8.5%)	7:22	8.1 (91.0%)
15	SPYCHAŁA Marzena	188	WESOŁY BORSUK TEAM	K40-49	1			00:03:13	00:17:59	00:36:21	00:54:57	01:13:44.15	01:16:57.85	+00:06:17 (8.5%)	7:22	8.1 (91.0%)
16	ŚWISŁOCKI Bogdan	195	FACE NORDIC WALKING TEAM	M50-59	4			00:47:34	00:18:02	00:36:45	00:55:20	01:13:52.50	02:01:26.65	+00:06:26 (8.7%)	7:23	8.1 (91.0%)
17	STAWNIAK Karol	210	KSM METRACO POLKOWICE	M60-69	3			00:02:18	00:17:33	00:35:49	00:54:43	01:13:58.30	01:16:16.30	+00:06:31 (8.8%)	7:23	8.1 (91.0%)
18	CZEKAJŁO Franciszek	156	TEAM Meprozet	M60-69	4			00:02:17	00:17:41	00:36:15	00:55:07	01:14:14.60	01:16:32.45	+00:06:48 (9.2%)	7:25	8.1 (91.0%)
19	ŁUKASZEWICZ Joanna	178	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:14	00:18:00	00:36:28	00:55:14	01:14:23.30	01:17:37.60	+00:06:56 (9.3%)	7:26	8.1 (91.0%)
20	SORN Łukasz	187	FACE NORDIC WALKING TEAM	M18-29	4			00:01:15	00:19:06	00:37:38	00:55:42	01:14:39.95	01:15:54.95	+00:07:13 (9.7%)	7:27	8 (89.9%)
21	ŻYWICKI Marcin	200	BŁĘKITNI NW DZIEMIANY	M30-39	2			00:01:47	00:17:14	00:36:06	00:55:40	01:16:07.00	01:17:54.00	+00:08:40 (11.4%)	7:36	7.9 (88.8%)
22	STACHOWICZ Marcin	189	BŁĘKITNI NW DZIEMIANY	M18-29	5			00:01:15	00:18:19	00:37:00	00:56:15	01:16:39.55	01:17:55.15	+00:09:13 (12.0%)	7:40	7.8 (87.6%)
23	ŻAMOJCIN Marek	202		M50-59	5			00:02:03	00:18:26	00:37:36	00:57:11	01:16:52.30	01:18:55.70	+00:09:25 (12.3%)	7:41	7.8 (87.6%)
24	BANASZKIEWICZ Katarzyna	152	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:03:14	00:18:18	00:37:44	00:57:37	01:17:34.80	01:20:49.15	+00:10:08 (13.1%)	7:45	7.7 (86.5%)
25	LENER Sławomir	175	NORDIC WALKING KLUB SZCZECIN	M60-69	5			00:02:18	00:18:37	00:38:13	00:58:15	01:18:20.55	01:20:38.55	+00:10:54 (13.9%)	7:50	7.7 (86.5%)
26	PAŁUBICKI Marcin	207		M40-49	4			00:01:49	00:19:47	00:39:37	00:59:19	01:18:43.15	01:20:32.15	+00:11:16 (14.3%)	7:52	7.6 (85.4%)
27	KINDA Dorota	166	KS METRACO POLKOWICE	K30-39	1			00:03:01	00:18:32	00:38:14	00:58:49	01:19:07.75	01:22:08.75	+00:11:41 (14.8%)	7:54	7.6 (85.4%)
28	BRZOZOWSKA Renata	155	PENDOLINO	K40-49	4			00:03:14	00:19:26	00:39:45	00:59:55	01:20:24.00	01:23:38.00	+00:12:57 (16.1%)	8:02	7.5 (84.3%)
29	PRAWUCKI Krzysztof	181	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:01:47	00:19:23	00:40:01	01:00:18	01:20:25.15	01:22:12.15	+00:12:58 (16.1%)	8:02	7.5 (84.3%)
30	ROSZMAN Joanna	184	PENDOLINO	K50-59	1			00:03:28	00:19:10	00:39:14	00:59:41	01:20:27.70	01:23:55.70	+00:13:01 (16.2%)	8:02	7.5 (84.3%)
31	CHOLEWIŃSKA Longina	205		K50-59	2			00:03:29	00:19:33	00:39:55	01:00:55	01:21:49.95	01:25:19.25	+00:14:23 (17.6%)	8:11	7.3 (82.0%)
32	LASOTA Dorota	173	LZS JUSTYNÓW	K40-49	5			00:03:14	00:19:19	00:39:29	01:00:13	01:22:02.60	01:25:16.60	+00:14:36 (17.8%)	8:12	7.3 (82.0%)
33	KURZYŃSKA Natalia	211		K30-39	2			00:03:01	00:19:23	00:39:46	01:00:22	01:22:02.85	01:25:03.85	+00:14:36 (17.8%)	8:12	7.3 (82.0%)
34	FARON Monika	160		K30-39	3			00:03:00	00:19:43	00:40:20	01:01:26	01:22:19.35	01:25:19.85	+00:14:52 (18.1%)	8:13	7.3 (82.0%)
35	DOBROWOLSKA-ŚWIĄTEK Elżbieta	158		K50-59	3			00:03:28	00:20:03	00:40:53	01:01:45	01:22:45.20	01:26:13.55	+00:15:18 (18.5%)	8:16	7.3 (82.0%)
36	LANGMESSER Regina	172	LKS ZANTYR SZTUM	K40-49	6			00:03:14	00:20:00	00:40:54	01:02:11	01:23:43.65	01:26:58.50	+00:16:17 (19.5%)	8:22	7.2 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
37	POSTEK Danuta	180	MARSZ PO ZDROWIE	K50-59	4			00:03:28	00:20:52	00:41:50	01:02:48	01:23:47.80	01:27:15.80	+00:16:21 (19.5%)	8:22	7.2 (80.9%)
38	KOZŁOWSKA Agnieszka	167	FACE NORDIC WALKING TEAM	K40-49	7			00:27:37	00:19:47	00:41:17	01:02:39	01:23:55.35	01:51:32.35	+00:16:28 (19.6%)	8:23	7.1 (79.8%)
39	WORONKO-ZACZYŃSKA Janina	208	KS METRACO POLKOWICE	K70+	1			00:03:51	00:20:28	00:41:26	01:03:07	01:25:12.75	01:29:03.75	+00:17:46 (20.9%)	8:31	7 (78.7%)
40	BOROWSKI Marcin	154	FACE NORDIC WALKING TEAM	M30-39	4			00:01:47	00:21:25	00:42:45	01:04:26	01:25:16.70	01:27:04.50	+00:17:50 (20.9%)	8:31	7 (78.7%)
41	TURZYŃSKA-STOPA Maria	196	BŁĘKITNI NW DZIEMIANY	K60-69	1			00:03:50	00:20:48	00:42:12	01:04:02	01:25:31.25	01:29:21.30	+00:18:04 (21.1%)	8:33	7 (78.7%)
42	GOLUS Urszula	162		K60-69	2			00:03:51	00:20:36	00:42:10	01:04:00	01:25:55.95	01:29:47.30	+00:18:29 (21.5%)	8:35	7 (78.7%)
43	DUSZA Anna	203	EKSPEDYCJA NORDIC TEAM	K40-49	8			00:03:14	00:20:59	00:42:02	01:04:31	01:26:16.65	01:29:30.65	+00:18:50 (21.8%)	8:37	7 (78.7%)
44	STEFAŃSKI Andrzej	190	FACE NORDIC WALKING TEAM	M50-59	6			00:02:03	00:21:38	00:43:49	01:06:20	01:29:08.00	01:31:11.00	+00:21:41 (24.3%)	8:54	6.7 (75.3%)
45	SOBOLEWSKI Marek	212		M40-49	5			00:01:48	00:19:34	00:41:23	01:04:11	01:29:46.25	01:31:34.85	+00:22:19 (24.9%)	8:58	6.7 (75.3%)
46	DOBROWOLSKA Dorota	157		K50-59	5			00:03:28	00:21:29	00:43:47	01:06:53	01:30:07.90	01:33:35.90	+00:22:41 (25.2%)	9:00	6.7 (75.3%)
47	MAĆKOWIAK Krystyna	179	FACE NORDIC WALKING TEAM	K60-69	3			00:03:50	00:21:24	00:44:08	01:06:58	01:30:24.45	01:34:15.35	+00:22:58 (25.4%)	9:02	6.6 (74.2%)
48	ŚLEWIŃSKA Magdalena	194	BŁĘKITNI NW DZIEMIANY	K18-29	3			00:02:59	00:20:36	00:44:35	01:07:31	01:30:45.35	01:33:44.60	+00:23:18 (25.7%)	9:04	6.6 (74.2%)
49	GOLUS Lech	163		M60-69	6			00:02:19	00:21:52	00:44:30	01:07:38	01:30:47.10	01:33:06.90	+00:23:20 (25.7%)	9:04	6.6 (74.2%)
50	LEHMANN Teresa	174	BŁĘKITNI NW DZIEMIANY	K50-59	6			00:03:29	00:21:59	00:44:52	01:08:14	01:30:55.70	01:34:24.90	+00:23:29 (25.8%)	9:05	6.6 (74.2%)
51	LUBIŃSKA Olga	177	DWA KIJE SŁUPSK	K30-39	4			00:03:01	00:21:21	00:44:16	01:07:58	01:32:24.10	01:35:25.35	+00:24:57 (27.0%)	9:14	6.5 (73.0%)
52	SMARUJ-SADOWSKA Janina	186		K60-69	4			00:03:50	00:22:03	00:45:23	01:09:00	01:32:47.85	01:36:37.85	+00:25:21 (27.3%)	9:16	6.5 (73.0%)
53	ADAMCZAK Marta	151		K30-39	5			00:03:00	00:22:05	00:45:35	01:09:11	01:33:07.20	01:36:08.15	+00:25:40 (27.6%)	9:18	6.4 (71.9%)
54	SZCZYPEK Ela	193	DWA KIJE SŁUPSK	K60-69	5			00:03:50	00:22:48	00:46:02	01:09:39	01:33:22.30	01:37:12.30	+00:25:55 (27.8%)	9:20	6.4 (71.9%)
55	WIŚNIEWSKA Natalia	198		K18-29	4			00:02:59	00:28:48	00:58:34	01:27:20	01:54:01.20	01:57:00.20	+00:46:34 (40.9%)	11:24	5.3 (59.6%)
56	STĘPNIEWSKA Agnieszka	191		K30-39	6			00:03:01	00:28:48	00:58:34	01:28:18	01:59:53.60	02:02:54.60	+00:52:27 (43.8%)	11:59	5 (56.2%)
57	JÓŹWIAK Dominik	165	WTW.WŁOCŁAWEK	M18-29	6			00:01:14	00:24:02					+00:07:35	9:36	6.2 (69.7%)

Znaleziono 57 wynik(ów)