



KOSZALIN - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR

NORDIC WALKING - 10 KM

B4SPORT
INTELEKTYWNE SPOWRODNIENIE

Organizator: PFNW
Data: 2017-05-03
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEPKA PRĄDZYŃSKI Olgiard	157	BIEGAMYRAZEM	M50-59	1			00:00:35	00:15:45	00:31:44	00:47:35	01:03:06.95	01:03:42.20		6:18	9.5 (100%)
2	KLICZKA Kamil	169	SANPROBI SZCZECIN	M40-49	1			00:00:18	00:16:00	00:32:00	00:47:52	01:03:19.15	01:03:38.05	+00:00:12 (0.3%)	6:20	9.5 (100%)
3	NIECHWIEJCZYK Piotr	186	UNIA MIAST	M40-49	2			00:00:19	00:15:57	00:32:00	00:48:02	01:04:00.05	01:04:19.35	+00:00:53 (1.4%)	6:24	9.4 (98.9%)
4	HELWICH Stefan	165	KS METRACO POLKOWICE	M60-69	1			00:00:47	00:15:58	00:31:56	00:47:54	01:04:08.55	01:04:56.40	+00:01:01 (1.6%)	6:24	9.4 (98.9%)
5	WOJTASIŃSKI Daniel	208	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	1			00:00:07	00:16:05	00:32:13	00:48:24	01:04:30.65	01:04:38.00	+00:01:23 (2.2%)	6:27	9.3 (97.9%)
6	NAKONIECZNY Grzegorz	184	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	3			00:00:19	00:16:12	00:32:45	00:49:24	01:05:49.50	01:06:09.45	+00:02:42 (4.1%)	6:35	9.1 (95.8%)
7	KUŚMIEREK Patryk	176	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:06	00:16:07	00:32:39	00:50:01	01:05:56.20	01:06:02.35	+00:02:49 (4.3%)	6:35	9.1 (95.8%)
8	KUŚMIEREK Jan	177	BŁĘKITNI DZIEMIANY	M40-49	4			00:00:19	00:16:40	00:33:23	00:49:49	01:06:08.55	01:06:28.10	+00:03:01 (4.6%)	6:36	9.1 (95.8%)
9	BOGACKI Sławek	152	ENERGA NW TEAM	M40-49	5			00:00:19	00:16:06	00:32:43	00:49:34	01:06:33.50	01:06:53.00	+00:03:26 (5.2%)	6:39	9 (94.7%)
10	SIWAK Piotr	193	KS METRACO POLKOWICE	M50-59	2			00:00:37	00:16:13	00:33:01	00:49:42	01:06:34.70	01:07:11.80	+00:03:27 (5.2%)	6:39	9 (94.7%)
11	RACZYŃSKI Kazimierz	192	LINUX MAGAZINE TEAM / FACE NORDIC WALKING TEAM	M40-49	6			00:00:20	00:16:40	00:33:42	00:50:41	01:07:26.00	01:07:46.55	+00:04:19 (6.4%)	6:44	8.9 (93.7%)
12	ŚWISŁOCKI Bogdan	205	FACE NORDIC WALKING TEAM	M50-59	3			00:00:35	00:16:20	00:33:20	00:50:41	01:07:29.00	01:08:04.50	+00:04:22 (6.5%)	6:44	8.9 (93.7%)
13	NACZK Leonard	183	DYNAMIC	M40-49	7			00:00:19	00:16:56	00:34:12	00:50:58	01:07:48.65	01:08:07.80	+00:04:41 (6.9%)	6:46	8.8 (92.6%)
14	KOWALCZUK Robert	174	FACE NORDIC WALKING TEAM	M50-59	4			00:00:35	00:16:58	00:34:38	00:52:40	01:10:34.20	01:11:09.25	+00:07:27 (10.6%)	7:03	8.5 (89.5%)
15	JĘDRASIAK Renata	166	KS METRACO POLKOWICE	K50-59	1			00:01:46	00:17:29	00:35:00	00:52:52	01:10:40.35	01:12:26.90	+00:07:33 (10.7%)	7:04	8.5 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	CZECHOWSKI Dariusz	156	RYBNICKI KLUB NORDIC WALKING	M30-39	2			00:00:07	00:17:20	00:34:45	00:52:40	01:10:47.25	01:10:55.20	+00:07:40 (10.8%)	7:04	8.5 (89.5%)
17	BIK Stanisław	151	KS METRACO POLKOWICE	M50-59	5			00:00:36	00:17:45	00:35:47	00:53:47	01:11:16.85	01:11:53.05	+00:08:09 (11.5%)	7:07	8.4 (88.4%)
18	SPYCHAŁA Marzena	197	WESOLY BORSUK TEAM	K40-49	1			00:01:33	00:17:40	00:35:31	00:53:29	01:11:19.65	01:12:52.95	+00:08:12 (11.5%)	7:07	8.4 (88.4%)
19	FOLWARSKI Andrzej	215	FACE NORDIC WALKING TEAM	M50-59	6			00:00:36	00:17:32	00:35:40	00:53:50	01:11:30.50	01:12:06.55	+00:08:23 (11.7%)	7:09	8.4 (88.4%)
20	KULIG Henryk	175	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	2			00:00:47	00:17:42	00:35:41	00:53:51	01:12:08.60	01:12:56.05	+00:09:01 (12.5%)	7:12	8.3 (87.4%)
21	SKRYCKA Katarzyna	194	KS METRACO POLKOWICE	K30-39	1			00:01:19	00:17:59	00:36:05	00:54:16	01:12:08.85	01:13:27.95	+00:09:01 (12.5%)	7:12	8.3 (87.4%)
22	KORYTOWSKA Agnieszka	172		K30-39	2			00:01:19	00:17:57	00:36:06	00:54:23	01:12:31.00	01:13:50.70	+00:09:24 (13.0%)	7:15	8.3 (87.4%)
23	PALIWODA Kasia	188	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	2			00:01:33	00:17:48	00:35:54	00:54:16	01:12:42.75	01:14:16.70	+00:09:35 (13.2%)	7:16	8.3 (87.4%)
24	STĘPIEŃ Lucyna	199	KS METRACO POLKOWICE	K60-69	1			00:02:07	00:17:51	00:36:11	00:55:03	01:13:40.50	01:15:48.40	+00:10:33 (14.3%)	7:22	8.1 (85.3%)
25	STOPA Joanna	200	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:19	00:18:33	00:37:20	00:56:00	01:14:08.50	01:15:27.55	+00:11:01 (14.9%)	7:24	8.1 (85.3%)
26	KALISZ Krzysztof	167	KS METRACO POLKOWICE	M60-69	3			00:00:46	00:17:57	00:36:22	00:55:12	01:14:20.20	01:15:06.90	+00:11:13 (15.1%)	7:26	8.1 (85.3%)
27	LENER Sławomir	180	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	4			00:00:48	00:17:58	00:36:45	00:55:43	01:14:32.85	01:15:21.05	+00:11:25 (15.3%)	7:27	8 (84.2%)
28	PASIŃSKA-SKOWRON Sylwia	190	PRUSZYŃSKI NORDIC WALKING	K40-49	3			00:01:33	00:18:00	00:36:44	00:55:46	01:14:52.45	01:16:26.05	+00:11:45 (15.7%)	7:29	8 (84.2%)
29	PAŁUBICKI Marcin	189		M40-49	8			00:00:20	00:18:57	00:37:54	00:56:35	01:14:56.45	01:15:16.60	+00:11:49 (15.8%)	7:29	8 (84.2%)
30	NETKOWSKI Wojciech	185	PASJA NORDIC WALKING	M50-59	7			00:00:36	00:18:30	00:37:20	00:56:11	01:15:02.70	01:15:39.60	+00:11:55 (15.9%)	7:30	8 (84.2%)
31	PINDRAL Piotr	217		M40-49	9			00:00:20	00:18:13	00:36:46	00:55:40	01:15:10.70	01:15:31.05	+00:12:03 (16.0%)	7:31	8 (84.2%)
32	ŻAMOJCIN Marek	214	NIEZRZESZONY	M50-59	8			00:00:36	00:18:16	00:37:11	00:56:30	01:15:31.80	01:16:08.25	+00:12:24 (16.4%)	7:33	7.9 (83.2%)
33	MARKOWSKI Andrzej	206	TKKF KOSZALIN	M60-69	5			00:00:48	00:18:21	00:37:18	00:56:38	01:16:36.70	01:17:24.95	+00:13:29 (17.6%)	7:39	7.8 (82.1%)
34	CZAJKA Urszula	154		K60-69	2	1		00:02:07	00:18:21	00:37:26	00:57:03	01:16:39.20	01:18:46.95	+00:13:32 (17.7%)	7:39	7.8 (82.1%)
35	BIĄŁK Roman	209		M60-69	6			00:00:47	00:18:53	00:38:20	00:57:57	01:17:27.20	01:18:14.45	+00:14:20 (18.5%)	7:44	7.7 (81.1%)
36	KOBIELA Daria	171	BŁĘKITNI DZIEMIANY	K18-29	2			00:01:19	00:19:30	00:39:10	00:58:35	01:17:43.10	01:19:02.45	+00:14:36 (18.8%)	7:46	7.7 (81.1%)
37	SORN Łukasz	196	ELITE TEAM/FACE NORDIC WALKING TEAM	M30-39	3			00:00:06	00:19:38	00:38:57	00:59:07	01:18:39.45	01:18:46.30	+00:15:32 (19.8%)	7:52	7.6 (80.0%)
38	ŻOŁNO Magdalena	216	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	2			00:01:46	00:19:36	00:39:29	00:59:27	01:19:09.80	01:20:56.55	+00:16:02 (20.3%)	7:55	7.6 (80.0%)
39	KOTULA Jakub	173	UNIA MIAST	M30-39	4			00:00:07	00:19:09	00:39:02	00:59:20	01:19:29.00	01:19:36.05	+00:16:22 (20.6%)	7:56	7.5 (78.9%)
40	GOLUS Urszula	163	EKSPEDYCJA NORDIC TEAM SZCZECIN	K60-69	3			00:02:08	00:19:22	00:39:21	00:59:42	01:19:54.75	01:22:03.40	+00:16:47 (21.0%)	7:59	7.5 (78.9%)

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41	SURIAK Michał	201	VIKING NORDIC TEAM CZĘSTOCHOWA	M18-29	2			00:00:05	00:20:02	00:40:24	01:00:15	01:20:32.20	01:20:37.95	+00:17:25 (21.6%)	8:03	7.5 (78.9%)
42	DZIEMIŃSKA Magdalena	160	BŁĘKITNI DZIEMIANY	K30-39	3			00:01:19	00:19:51	00:40:15	01:00:36	01:20:41.90	01:22:01.80	+00:17:34 (21.8%)	8:04	7.4 (77.9%)
43	DUSZA Anna	159		K40-49	4			00:01:33	00:19:53	00:39:55	01:00:22	01:21:27.25	01:23:00.85	+00:18:20 (22.5%)	8:08	7.4 (77.9%)
44	WYSOCKA Bernadeta	211	BŁĘKITNI DZIEMIANY	K40-49	5			00:01:34	00:19:47	00:39:59	01:00:37	01:21:32.40	01:23:06.45	+00:18:25 (22.6%)	8:09	7.4 (77.9%)
45	KŁOSKA Kazimierz	170		M70+	1			00:00:49	00:20:09	00:40:57	01:02:12	01:21:36.40	01:22:25.55	+00:18:29 (22.7%)	8:09	7.4 (77.9%)
46	PIĄTKOWSKI Józef	191	KS METRACO POLKOWICE	M70+	2			00:00:49	00:20:08	00:40:58	01:02:13	01:21:36.50	01:22:25.95	+00:18:29 (22.7%)	8:09	7.4 (77.9%)
47	WORONKO-ZACZYŃSKA Janina	210	KS METRACO POLKOWICE	K70+	1			00:02:09	00:19:50	00:40:07	01:01:00	01:21:53.55	01:24:02.60	+00:18:46 (22.9%)	8:11	7.3 (76.8%)
48	STEFAŃSKI Andrzej	198	FACE NORDIC WALKING TEAM	M50-59	9			00:00:37	00:20:35	00:41:08	01:02:03	01:23:08.10	01:23:45.95	+00:20:01 (24.1%)	8:18	7.2 (75.8%)
49	KASZUBOWSKA Monika	168		K50-59	3			00:01:47	00:20:28	00:41:11	01:02:03	01:23:27.75	01:25:14.85	+00:20:20 (24.4%)	8:20	7.2 (75.8%)
50	GERLE-KOTULA Anna	162	UNIA MIAST	K30-39	4			00:01:20	00:21:08	00:42:30	01:03:23	01:24:01.05	01:25:21.85	+00:20:54 (24.9%)	8:24	7.1 (74.7%)
51	OMARSKA Grażyna	187	PASJA NORDIC WALKING	K50-59	4			00:01:47	00:20:53	00:41:46	01:02:58	01:24:03.05	01:25:50.75	+00:20:56 (24.9%)	8:24	7.1 (74.7%)
52	SZEWCZYK Marek	204	FACE NORDIC WALKING TEAM	M50-59	10			00:00:37	00:20:31	00:41:46	01:03:21	01:24:43.75	01:25:21.10	+00:21:36 (25.5%)	8:28	7.1 (74.7%)
53	ŁOZIŃSKA Wioletta	182		K40-49	6			00:01:35	00:20:17	00:41:33	01:03:20	01:25:25.20	01:27:00.80	+00:22:18 (26.1%)	8:32	7 (73.7%)
54	ZAWADZKA Maria	212	KS METRACO POLKOWICE	K60-69	4			00:02:08	00:21:20	00:43:02	01:04:41	01:26:22.25	01:28:30.60	+00:23:15 (26.9%)	8:38	6.9 (72.6%)
55	GOLUS Lech	164	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	7			00:00:49	00:21:07	00:43:02	01:05:01	01:26:36.60	01:27:26.30	+00:23:29 (27.1%)	8:39	6.9 (72.6%)
56	DUSZEŃKO Maciej	195	KS METRACO POLKOWICE	M18-29	3			00:00:05	00:22:32	00:44:55	01:06:18	01:27:20.15	01:27:26.10	+00:24:13 (27.7%)	8:44	6.9 (72.6%)
57	SZEWCZYK Agnieszka	203	FACE NORDIC WALKING TEAM	K40-49	7			00:01:34	00:22:01	00:44:25	01:06:54	01:29:57.15	01:31:31.65	+00:26:50 (29.8%)	8:59	6.7 (70.5%)
58	DOBROWOLSKA Dorota	158	EKSPEDYCJA NORDIC TEAM SZCZECIN	K50-59	5			00:01:46	00:22:13	00:45:03	01:08:08	01:31:33.90	01:33:20.65	+00:28:26 (31.1%)	9:09	6.6 (69.5%)

Znaleziono 58 wynik(ów)