



LEGNICA - WYŚCIG PRZYJAŹNI NORDIC WALKING – 5 KM

B4SPORT

Wydarzenie: PUCHAR EUROPY NORDIC WALKING 2019
Organizator: Polska Federacja Nordic Walking
Data: 2019-06-23
Miejsce: Legnica
Dystans: 5 km



Klasyfikacja: OPEN-M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TOPOLNICKI Konrad	91	CKZIU MECHANIK NYSA	M18-44	1			00:16:13	00:31:44.65		6:21	9.4 (100%)
2	STĘPAK Piotr	82	LUX TORPEDA MAŁOPOLSKA	M18-44	2			00:16:16	00:32:00.10	+00:00:15 (0.8%)	6:24	9.4 (100%)
3	KŁYŚ Ryszard	37	STADION ŚLĄSKI	M45-59	1	2		00:16:10	00:32:39.35	+00:00:54 (2.8%)	6:31	9.2 (97.9%)
4	ROŻYNEK Miron	73	KS METRACO POLKOWICE	M45-59	2			00:16:08	00:32:51.50	+00:01:06 (3.4%)	6:34	9.1 (96.8%)
5	SPYCHAŁA Lesław	76	CKZIUMECHANIK NYSA	M45-59	3			00:16:35	00:33:31.00	+00:01:46 (5.3%)	6:42	9 (95.7%)
6	PODGÓRSKI Szymon	66	CKZIU MECHANIKNYSA	M-Jun.	1	1		00:16:49	00:33:39.75	+00:01:55 (5.7%)	6:44	8.9 (94.7%)
7	HOŁUBKA Mariusz	29		M45-59	4			00:16:35	00:33:43.60	+00:01:58 (5.9%)	6:44	8.9 (94.7%)
8	HAŁAS Marcin	26		M18-44	3			00:16:28	00:33:46.75	+00:02:02 (6.0%)	6:45	8.9 (94.7%)
9	KLIMCZAK Adam	36	GOSADI NORDIC TEAM	M45-59	5			00:17:09	00:34:15.10	+00:02:30 (7.3%)	6:51	8.8 (93.6%)
10	WOJTASIŃSKI Daniel	104	NORDIC TEAM CZĘSTOCHOWA	M18-44	4			00:16:46	00:34:24.15	+00:02:39 (7.7%)	6:52	8.7 (92.6%)
11	WIŚNIEWSKI Sławomir	123	FUIGGER TEAM	M45-59	6			00:16:56	00:34:49.45	+00:03:04 (8.8%)	6:58	8.6 (91.5%)
12	MICHAŁSKI Andrzej	52	NORDIC WALKING SANOK	M60+	1			00:16:47	00:35:27.00	+00:03:42 (10.5%)	7:05	8.5 (90.4%)
13	PODOLAK Marius	124		M18-44	5			00:17:13	00:35:42.85	+00:03:58 (11.1%)	7:08	8.4 (89.4%)
14	HRYNBIO Jerzy	120	STADION ŚLĄSKI	M60+	2			00:17:46	00:36:12.05	+00:04:27 (12.3%)	7:14	8.3 (88.3%)

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15	KRYŚ Artur	121		M45-59	7			00:18:03	00:36:28.90	+00:04:44 (13.0%)	7:17	8.2 (87.2%)
16	TOMCZYK Edward	90	MARSZ PO ZDROWIE	M60+	3	2		00:18:05	00:36:38.20	+00:04:53 (13.4%)	7:19	8.2 (87.2%)
17	MIKOŁAJCZAK Jan	54		M60+	4			00:18:11	00:36:59.50	+00:05:14 (14.2%)	7:24	8.1 (86.2%)
18	PIĄTEK Dariusz	117	POLIPACK TEAM GWE	M18-44	6			00:18:36	00:37:29.30	+00:05:44 (15.3%)	7:30	8 (85.1%)
19	GĄGÓŁ Krzysztof	20		M18-44	7	2		00:18:22	00:37:40.95	+00:05:56 (15.8%)	7:32	8 (85.1%)
20	GRYGOROWICZ Bogdan	40	KS METRACO POLKOWICE	M60+	5	1		00:19:04	00:38:07.45	+00:06:22 (16.7%)	7:37	7.9 (84.0%)
21	ADAMUS Marian	118	SILESIA NORDIC TEAM	M60+	6			00:18:55	00:38:34.40	+00:06:49 (17.7%)	7:43	7.8 (83.0%)
22	WILDAUER Ingo	115	TEAM ERDINGER ALKOHOLFREI	M45-59	8			00:19:36	00:38:39.40	+00:06:54 (17.9%)	7:43	7.8 (83.0%)
23	GAPIŃSKI Leszek	151	ŁŻE TRZEBINA	M60+	7			00:20:02	00:38:52.90	+00:07:08 (18.4%)	7:46	7.7 (81.9%)
24	TOPOLNICKI Mariusz	92	CKZIU MECHANIK NYSA	M45-59	9			00:19:56	00:39:01.15	+00:07:16 (18.6%)	7:48	7.7 (81.9%)
25	WALESZKO Andrzej	97		M45-59	10			00:19:35	00:39:37.50	+00:07:52 (19.9%)	7:55	7.6 (80.9%)
26	WOJCIECHOWSKI Adam	103	PLESZEWSKIE WŁÓCZYKIJE	M18-44	8	1		00:19:09	00:39:38.45	+00:07:53 (19.9%)	7:55	7.6 (80.9%)
27	NOGA Bolesław	58	ZESPÓŁ NIESPOKOJNYCH NÓG	M60+	8			00:19:34	00:39:55.25	+00:08:10 (20.5%)	7:59	7.5 (79.8%)
28	CZEKAŃSKI Damian	63	WESOŁY BORSUK TEAM	M18-44	9	1		00:19:41	00:39:57.85	+00:08:13 (20.6%)	7:59	7.5 (79.8%)
29	STAŃCZAK Ryszard	80		M60+	9			00:19:47	00:39:59.70	+00:08:15 (20.6%)	8:00	7.5 (79.8%)
30	GUTOWSKI Paweł	2		M18-44	10			00:19:50	00:40:32.70	+00:08:48 (21.7%)	8:06	7.4 (78.7%)
31	ZGRZEBNICKI Krzysztof	114		M18-44	11			00:19:52	00:40:44.70	+00:09:00 (22.1%)	8:08	7.4 (78.7%)
32	TOMALA Bogdan	119	STADION ŚLĄSKI	M60+	10			00:20:36	00:41:20.45	+00:09:35 (23.2%)	8:16	7.3 (77.7%)
33	GÓRSKI Henryk	23	OUTW OLEŚNICA	M60+	11			00:20:37	00:41:25.45	+00:09:40 (23.4%)	8:17	7.2 (76.6%)
34	REMISZEWSKI Adam	72	OUTW OLEŚNICA	M60+	12			00:20:39	00:41:28.00	+00:09:43 (23.4%)	8:17	7.2 (76.6%)
35	DRAPIKOWSKI Marek	15	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	11			00:20:42	00:42:21.00	+00:10:36 (25.0%)	8:28	7.1 (75.5%)
36	BERNASIEWICZ Józef	8	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	12			00:20:42	00:42:21.20	+00:10:36 (25.0%)	8:28	7.1 (75.5%)
37	WALESZKO Adam	99		M-Jun.	2			00:21:14	00:42:58.90	+00:11:14 (26.1%)	8:35	7 (74.5%)

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38	DUDA Marek	16		M-Child	1	2		00:22:00	00:43:19.55	+00:11:34 (26.7%)	8:40	6.9 (73.4%)
39	WINIARSKI Robert	101		M45-59	13			00:22:26	00:46:12.45	+00:14:27 (31.3%)	9:14	6.5 (69.1%)
40	WÓJCIK Henryk	109	OUTW OLEŚNICA	M60+	13			00:24:12	00:48:07.90	+00:16:23 (34.0%)	9:37	6.2 (66.0%)
41	NICPOŃ Roman	56	DRAPIKI I PASJONACI NORDIC WALKING	M60+	14			00:23:04	00:48:14.80	+00:16:30 (34.2%)	9:39	6.2 (66.0%)
42	DZIURA Piotr	18	DRAPIKI I PASJONACI NORDIC WALKING	M45-59	14	1		00:25:45	00:50:30.95	+00:18:46 (37.2%)	10:06	5.9 (62.8%)
43	LEWANDOWSKI Jacek	45	STADION ŚLĄSKI	M45-59	15			00:25:09	00:50:53.25	+00:19:08 (37.6%)	10:10	5.9 (62.8%)
44	MACHAJEK Krzysztof	46	STOWARZYSZENIE TRANSPLANTACJI SERCA KOŁO ZABRZE	M60+	15			00:24:59	00:51:36.35	+00:19:51 (38.5%)	10:19	5.8 (61.7%)
45	STERKOWICZ Franciszek	81	DRAPIKI I PASJONACI NORDIC WALKING	M60+	16			00:25:32	00:51:57.10	+00:20:12 (38.9%)	10:23	5.8 (61.7%)
46	TATARYNOWICZ Eugeniusz	89	NIEZRZESZONY	M60+	17			00:24:48	00:52:07.20	+00:20:22 (39.1%)	10:25	5.8 (61.7%)
DQ	WOROCH Roman	106	KS METRACO POLKOWICE	M60+		3	1	00:16:25 DQ	00:33:47.90 DQ		-	- (0.0%)
DQ	URBANIAK Waldemar	94		M45-59		3	1	00:18:04 DQ	00:37:09.25 DQ		-	- (0.0%)
DQ	KOŁPAK Jan	39	LKS SZTUM	M60+		3	1	00:18:20 DQ	00:37:24.65 DQ		-	- (0.0%)

Znaleziono 49 wynik(ów)