



**Organizator:** Burmistrz Okonka  
**Data:** 2016-11-06  
**Miejsce:** Okonek  
**Dystans:** 5 km

## MARSZ NORDIC WALKING - OKONEK - 5KM

B4SPORT

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WOROCH Roman</b>	<b>195</b>	POLKOWICE	M-OPEN	1	00:02:05	00:16:01	<b>00:31:30.45</b>	<b>00:33:36.15</b>		6:18	9.5 (100%)
2	<b>KOPCZEWSKI Dariusz</b>	<b>184</b>	FACE NORDIC WALKING TEAM	M-OPEN	2	00:02:07	00:16:28	<b>00:32:50.90</b>	<b>00:34:58.05</b>	+00:01:20 (4.1%)	6:34	9.1 (95.8%)
3	<b>LENARTOWICZ Stanisław</b>	<b>203</b>		M-OPEN	3	00:02:06	00:17:32	<b>00:35:05.45</b>	<b>00:37:11.95</b>	+00:03:35 (10.2%)	7:01	8.6 (90.5%)
4	<b>JANECKI Dariusz</b>	<b>181</b>		M-OPEN	4	00:02:06	00:18:28	<b>00:36:48.70</b>	<b>00:38:55.10</b>	+00:05:18 (14.4%)	7:21	8.1 (85.3%)
5	<b>KRZYŻANOWSKI Wojciech</b>	<b>186</b>	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M-OPEN	5	00:02:06	00:18:51	<b>00:37:16.45</b>	<b>00:39:23.30</b>	+00:05:46 (15.5%)	7:27	8 (84.2%)
6	<b>SZYCKO Radek</b>	<b>193</b>		M-OPEN	6	00:02:08	00:18:46	<b>00:37:28.65</b>	<b>00:39:37.15</b>	+00:05:58 (15.9%)	7:29	8 (84.2%)
7	<b>JANECKA Agnieszka</b>	<b>180</b>		K-OPEN	1	00:02:05	00:18:55	<b>00:37:58.10</b>	<b>00:40:04.05</b>	+00:06:27 (17.0%)	7:35	7.9 (83.2%)
8	<b>BERCZYŃSKI Henryk</b>	<b>172</b>	NADLEŚNICTWO OKONEK	M-OPEN	7	00:02:07	00:19:28	<b>00:38:15.70</b>	<b>00:40:22.90</b>	+00:06:45 (17.7%)	7:39	7.8 (82.1%)
9	<b>STRZELECKA Małgorzata</b>	<b>190</b>	SAILING TEAM FERAJNA	K-OPEN	2	00:02:06	00:19:35	<b>00:38:16.95</b>	<b>00:40:23.30</b>	+00:06:46 (17.7%)	7:39	7.8 (82.1%)
10	<b>SMOLARSKI Andrzej</b>	<b>200</b>		M-OPEN	8	00:02:07	00:19:35	<b>00:38:26.55</b>	<b>00:40:34.00</b>	+00:06:56 (18.0%)	7:41	7.8 (82.1%)
11	<b>BONZEL Dorota</b>	<b>175</b>	KLUB SZALONEJ DOROTKI	K-OPEN	3	00:02:06	00:19:34	<b>00:38:50.90</b>	<b>00:40:56.95</b>	+00:07:20 (18.9%)	7:46	7.7 (81.1%)
12	<b>JASONŃ Grażyna</b>	<b>201</b>	CZARNE PANTERY	K-OPEN	4	00:02:05	00:19:49	<b>00:38:58.10</b>	<b>00:41:03.75</b>	+00:07:27 (19.1%)	7:47	7.7 (81.1%)
13	<b>WOROCH Jolanta</b>	<b>196</b>		K-OPEN	5	00:02:06	00:19:39	<b>00:39:22.60</b>	<b>00:41:29.15</b>	+00:07:52 (20.0%)	7:52	7.6 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>CZAJA Aneta</b>	<b>177</b>	JEZIORKI AKTYWNA WIEŚ	K-OPEN	6	00:02:07	00:20:03	<b>00:39:25.30</b>	<b>00:41:32.80</b>	+00:07:54 (20.1%)	7:53	7.6 (80.0%)
15	<b>MIKITIUK Tomasz</b>	<b>187</b>		M-OPEN	9	00:02:07	00:20:12	<b>00:40:21.50</b>	<b>00:42:29.25</b>	+00:08:51 (21.9%)	8:04	7.4 (77.9%)
16	<b>PROZOROWICZ-ZABROCKA Katarzyna</b>	<b>189</b>		K-OPEN	7	00:02:05	00:20:33	<b>00:40:40.25</b>	<b>00:42:45.95</b>	+00:09:09 (22.5%)	8:08	7.4 (77.9%)
17	<b>SZYCKO Oliwia</b>	<b>199</b>		K-OPEN	8	00:02:08	00:20:55	<b>00:41:58.30</b>	<b>00:44:06.65</b>	+00:10:27 (24.9%)	8:23	7.1 (74.7%)
18	<b>SZOT Krystyna</b>	<b>192</b>		K-OPEN	9	00:02:07	00:21:14	<b>00:42:48.90</b>	<b>00:44:56.35</b>	+00:11:18 (26.4%)	8:33	7 (73.7%)
19	<b>CHODOR Maria</b>	<b>176</b>		K-OPEN	10	00:02:07	00:21:36	<b>00:43:02.85</b>	<b>00:45:10.10</b>	+00:11:32 (26.8%)	8:36	7 (73.7%)
20	<b>KOWALCZUK Maria</b>	<b>185</b>		K-OPEN	11	00:02:06	00:22:03	<b>00:43:07.20</b>	<b>00:45:13.85</b>	+00:11:36 (26.9%)	8:37	7 (73.7%)
21	<b>ABRAMOWICZ Ewa</b>	<b>171</b>		K-OPEN	12	00:02:06	00:22:03	<b>00:43:07.50</b>	<b>00:45:13.55</b>	+00:11:37 (26.9%)	8:37	7 (73.7%)
22	<b>KĄCKOWSKI Marek</b>	<b>183</b>	JEZIORKI - AKTYWNA WIEŚ	M-OPEN	10	00:02:09	00:22:21	<b>00:43:47.90</b>	<b>00:45:57.30</b>	+00:12:17 (28.1%)	8:45	6.8 (71.6%)
23	<b>SYKUTERA-ŚWIERCZYŃSKA Katarzyna Anna</b>	<b>191</b>	SAILING TEAM FERAJNA	K-OPEN	13	00:02:08	00:22:27	<b>00:44:02.35</b>	<b>00:46:11.00</b>	+00:12:31 (28.5%)	8:48	6.8 (71.6%)
24	<b>BŁASZCZYK Katarzyna</b>	<b>174</b>	KIJANKI POZNAŃ	K-OPEN	14	00:02:09	00:23:21	<b>00:44:51.90</b>	<b>00:47:01.80</b>	+00:13:21 (29.8%)	8:58	6.7 (70.5%)
25	<b>MIKITIUK Beata</b>	<b>188</b>		K-OPEN	15	00:02:08	00:23:26	<b>00:45:13.60</b>	<b>00:47:22.25</b>	+00:13:43 (30.3%)	9:02	6.6 (69.5%)
26	<b>KĄCKOWSKA Beata</b>	<b>182</b>	JEZIORKI - AKTYWNA WIEŚ	K-OPEN	16	00:02:07	00:23:22	<b>00:46:50.20</b>	<b>00:48:57.65</b>	+00:15:19 (32.7%)	9:22	6.4 (67.4%)
27	<b>CZAJA Agnieszka</b>	<b>178</b>	JEZIORKI AKTYWNA WIEŚ	K-OPEN	17	00:02:06	00:23:23	<b>00:46:51.25</b>	<b>00:48:58.10</b>	+00:15:20 (32.8%)	9:22	6.4 (67.4%)
28	<b>JAKIEL-MAINIERI Sabina</b>	<b>179</b>	CZARNE PANTERY	K-OPEN	18	00:02:08	00:23:43	<b>00:47:19.80</b>	<b>00:49:28.45</b>	+00:15:49 (33.4%)	9:28	6.3 (66.3%)
29	<b>RAPTA Mieczysław</b>	<b>202</b>		M-OPEN	11	00:02:09	00:24:07	<b>00:48:32.95</b>	<b>00:50:42.55</b>	+00:17:02 (35.1%)	9:42	6.2 (65.3%)
30	<b>BŁASZCZYK Łukasz</b>	<b>173</b>	KIJANKI POZNAŃ	M-OPEN	12	00:02:10	00:24:30	<b>00:48:41.80</b>	<b>00:50:52.70</b>	+00:17:11 (35.3%)	9:44	6.2 (65.3%)
31	<b>KOLEJ Kinga</b>	<b>197</b>		K-OPEN	19	00:02:07	00:26:13	<b>00:51:45.55</b>	<b>00:53:53.50</b>	+00:20:15 (39.1%)	10:21	5.8 (61.1%)
32	<b>SULIMOWSKA Małgorzata</b>	<b>198</b>		K-OPEN	20	00:02:08	00:26:13	<b>00:51:48.35</b>	<b>00:53:56.80</b>	+00:20:17 (39.2%)	10:21	5.8 (61.1%)

Znaleziono 32 wynik(ów)