



# MIELNO - PUCHAR POLSKI NORDIC WALKING - BAŁTYCKI TOUR NORDIC WALKING - 21.1 KM

B4SPORT

Organizator: PFW  
Data: 2017-04-29  
Miejsce: Mielno  
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	DZIEDIEWICZ Andrzej	887		M30-39	1	1		00:00:10	00:26:04	00:43:28	01:01:49	01:19:24	01:37:55	01:58:16	02:20:55	<b>02:43:44.45</b>	<b>02:43:54.95</b>		7:45	7.7 (100%)
2	NACZK Leonard	869	DYNAMIC	M40-49	1	1		00:00:10	00:26:06	00:46:27	01:07:16	01:28:08	01:49:12	02:10:30	02:32:30	<b>02:54:54.75</b>	<b>02:55:05.70</b>	+00:11:10 (6.4%)	8:17	7.2 (93.5%)
3	PASIKOWSKA Mariola	871	VIKING NORDIC TEAM CZĘSTOCHOWA	K30-39	1			00:01:11	00:27:04	00:47:44	01:08:51	01:30:09	01:51:44	02:13:13	02:35:08	<b>02:57:15.50</b>	<b>02:58:26.90</b>	+00:13:31 (7.6%)	8:24	7.1 (92.2%)
4	BOGACKI Sławek	853	ENERGA NW TEAM	M40-49	2			00:00:11	00:26:04	00:45:29	01:05:53	01:26:42	01:47:43	02:09:53	02:32:04	<b>02:58:00.85</b>	<b>02:58:12.30</b>	+00:14:16 (8.0%)	8:26	7.1 (92.2%)
5	STĘPIEŃ Lucyna	877	KS METRACO POLKOWICE	K60+	1	1		00:01:15	00:27:44	00:48:46	01:10:05	01:31:17	01:52:36	02:14:00	02:36:00	<b>02:58:12.05</b>	<b>02:59:27.05</b>	+00:14:27 (8.1%)	8:26	7.1 (92.2%)
6	ZAGAJA Janusz	882	WESOŁY BORSUK TEAM	M60+	1			00:00:13	00:25:56	00:45:47	01:06:51	01:28:27	01:50:35	02:12:56	02:35:40	<b>02:58:23.55</b>	<b>02:58:36.70</b>	+00:14:39 (8.2%)	8:27	7.1 (92.2%)
7	ZAPAŁA Daniel	883		M40-49	3	1		00:00:11	00:27:29	00:48:12	01:09:22	01:30:07	01:51:26	02:13:39	02:36:13	<b>02:58:50.85</b>	<b>02:59:02.05</b>	+00:15:06 (8.4%)	8:28	7.1 (92.2%)
8	SZCZEBAK Jacek	878	UNIA MIAST	M40-49	4			00:00:12	00:27:45	00:48:42	01:09:49	01:31:06	01:52:41	02:14:21	02:36:40	<b>02:58:55.10</b>	<b>02:59:07.35</b>	+00:15:10 (8.5%)	8:28	7.1 (92.2%)
9	WESOŁOWSKI Wojciech	880	NORDIC TEAM GNIEZNO	M60+	2			00:00:14	00:27:52	00:49:19	01:11:07	01:32:26	01:53:38	02:15:22	02:37:59	<b>03:00:39.45</b>	<b>03:00:53.45</b>	+00:16:55 (9.4%)	8:33	7 (90.9%)
10	PIETRZYK Jarosław	872	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2	1		00:00:09	00:26:06	00:45:30	01:05:55	01:26:47	01:48:14	02:11:15	02:37:54	<b>03:05:30.00</b>	<b>03:05:39.90</b>	+00:21:45 (11.7%)	8:47	6.8 (88.3%)
11	SZULC Alicja	879	NW WERWA MŁAWA	K40-49	1	1		00:01:11	00:28:14	00:49:27	01:11:14	01:33:25	01:55:54	02:19:01	02:42:17	<b>03:06:00.45</b>	<b>03:07:12.35</b>	+00:22:16 (12.0%)	8:48	6.8 (88.3%)
12	SORN Łukasz	876	ELLITE TEAM/FACE NORDIC WALKING TEAM	M30-39	3	1		00:00:10	00:28:47	00:50:23	01:12:01	01:34:11	01:56:33	02:19:27	02:42:41	<b>03:06:46.45</b>	<b>03:06:56.65</b>	+00:23:02 (12.3%)	8:51	6.8 (88.3%)
13	WOLNIEWICZ Katarzyna	765	FABRIKANORDIKA	K40-49	2			00:01:12	00:28:24	00:49:46	01:11:48	01:34:10	01:56:36	02:19:23	02:42:48	<b>03:06:57.10</b>	<b>03:08:09.75</b>	+00:23:12 (12.4%)	8:51	6.8 (88.3%)
14	POGORZELSKA Wiesława	873	WESOŁY BORSUK TEAM	K30-39	2			00:01:10	00:28:06	00:49:20	01:11:03	01:33:15	01:55:37	02:18:45	02:42:37	<b>03:07:44.60</b>	<b>03:08:55.55</b>	+00:24:00 (12.8%)	8:53	6.7 (87.0%)
15	BANASZKIEWICZ Katarzyna	851	PILSCY MIŁOŚNICZY NORDIC WALKING	K40-49	3			00:01:12	00:29:19	00:51:34	01:13:58	01:36:20	01:58:59	02:21:56	02:45:19	<b>03:09:26.40</b>	<b>03:10:38.55</b>	+00:25:41 (13.6%)	8:58	6.7 (87.0%)
16	BIK Stanisław	852	KS METRACO POLKOWICE	M50-59	1	1		00:00:12	00:27:55	00:49:20	01:11:25	01:34:11	01:57:57	02:22:40	02:47:57	<b>03:13:18.70</b>	<b>03:13:31.00</b>	+00:29:34 (15.3%)	9:09	6.5 (84.4%)
17	KARASIEWICZ Irena	862	FACE NORDIC WALKING TEAM	K50-59	1			00:01:14	00:29:05	00:51:08	01:13:54	01:37:13	02:00:46	02:24:50	02:49:05	<b>03:13:26.40</b>	<b>03:14:40.45</b>	+00:29:41 (15.4%)	9:10	6.5 (84.4%)
18	KOBIELA Daria	863	BŁĘKITNI DZIEMIANY	K18-29	1			00:01:10	00:30:38	00:53:04	01:15:59	01:39:02	02:02:01	02:25:52	02:49:46	<b>03:13:59.95</b>	<b>03:15:10.75</b>	+00:30:15 (15.6%)	9:11	6.5 (84.4%)
19	CZYCZ Emilia	886	GREEN TEAM ZIELONA GÓRA	K60+	2	1		00:01:14	00:29:36	00:52:19	01:15:19	01:38:51	02:02:44	02:27:33	02:52:16	<b>03:15:37.65</b>	<b>03:16:51.70</b>	+00:31:53 (16.3%)	9:16	6.5 (84.4%)
20	BUCZKOWSKA Wiesława	855	FOREST POLE WALKERS	K60+	3	1		00:01:12	00:29:10	00:51:17	01:14:11	01:37:42	02:01:29	02:25:54	02:50:54	<b>03:15:45.25</b>	<b>03:16:57.60</b>	+00:32:00 (16.4%)	9:16	6.5 (84.4%)
21	KOWALCZYK Mariusz	865	GREEN TEAM ZIELONA GÓRA	M50-59	2			00:00:12	00:28:38	00:50:41	01:13:28	01:36:42	02:00:40	02:25:49	02:51:35	<b>03:16:38.90</b>	<b>03:16:51.65</b>	+00:32:54 (16.7%)	9:19	6.4 (83.1%)
22	KOTULA Jakub	864	UNIA MIAST	M30-39	4			00:00:09	00:30:11	00:53:05	01:16:46	01:40:38	02:05:22	02:30:19	02:55:23	<b>03:20:15.35</b>	<b>03:20:25.30</b>	+00:36:30 (18.2%)	9:29	6.3 (81.8%)
23	WIŚNIEWSKI Roman	881		M60+	3			00:00:13	00:30:13	00:53:05	01:16:46	01:40:38	02:05:22	02:29:55	02:55:26	<b>03:21:21.80</b>	<b>03:21:35.10</b>	+00:37:37 (18.7%)	9:32	6.3 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 3.5km	Start_All 6km	Start_All 8.5km	Start_All 11km	Start_All 13.5km	Start_All 16km	Start_All 18.5km	Czas		Różn	Tempo min/km	Tempo km/h
																netto 21.1km	brutto 21.1km			
24	<b>GERLE-KOTULA Anna</b>	<b>859</b>	UNIA MIAST	K30-39	3	2		00:01:12	00:32:12	00:56:27	01:20:45	01:44:50	02:09:06	02:33:47	02:58:37	<b>03:23:01.75</b>	<b>03:24:14.05</b>	+00:39:17 (19.4%)	9:37	6.2 (80.5%)
25	<b>KANIOWSKA Beata</b>	<b>861</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	K40-49	4			00:01:13	00:29:11	00:51:51	01:16:09	01:41:08	02:06:26	02:32:01	02:57:43	<b>03:23:45.15</b>	<b>03:24:58.55</b>	+00:40:00 (19.6%)	9:39	6.2 (80.5%)
26	<b>ŻUCHOWICZ Elżbieta</b>	<b>885</b>	DĄBROWA NORDIC TEAM	K50-59	2	1		00:01:13	00:30:14	00:53:20	01:17:45	01:42:43	02:08:02	02:33:54	02:59:09	<b>03:25:22.95</b>	<b>03:26:36.25</b>	+00:41:38 (20.3%)	9:44	6.2 (80.5%)
27	<b>DORSZEWSKA Bożena</b>	<b>858</b>		K50-59	3			00:01:14	00:32:12	00:56:29	01:20:54	01:45:40	02:10:41	02:36:01	03:01:54	<b>03:27:13.70</b>	<b>03:28:28.60</b>	+00:43:29 (21.0%)	9:49	6.1 (79.2%)
28	<b>NOWAK Maciej</b>	<b>870</b>	PILSCY MIŁOŚNICY NORDIC WALKING	M40-49	5			00:00:11	00:31:27	00:54:59	01:19:06	01:43:36	02:09:05	02:35:37	03:03:16	<b>03:29:30.80</b>	<b>03:29:42.55</b>	+00:45:46 (21.8%)	9:55	6 (77.9%)
29	<b>POSTEK Danuta</b>	<b>874</b>	MARSZ PO ZDROWIE	K50-59	4	1		00:01:14	00:31:55	00:56:21	01:20:49	01:45:37	02:10:38	02:36:15	03:03:24	<b>03:30:48.45</b>	<b>03:32:02.60</b>	+00:47:04 (22.3%)	9:59	6 (77.9%)
30	<b>ZAWADZKA Maria</b>	<b>884</b>	KS METRACO POLKOWICE	K60+	4	1		00:01:15	00:32:13	00:57:12	01:22:37	01:48:01	02:14:00	02:39:58	03:06:10	<b>03:32:45.40</b>	<b>03:34:00.90</b>	+00:49:00 (23.0%)	10:04	6 (77.9%)
31	<b>RZECHOWSKA Ewa</b>	<b>875</b>	KS METRACO POLKOWICE	K40-49	5	2		00:01:12	00:32:33	00:58:22	01:24:29	01:50:34	02:16:53	02:43:30	03:10:24	<b>03:37:11.00</b>	<b>03:38:23.75</b>	+00:53:26 (24.6%)	10:17	5.8 (75.3%)
32	<b>MAĆKOWIAK Krystyna</b>	<b>867</b>	FACE NORDIC WALKING TEAM / KB KATORŻNIK MUROWANA GOŚLINA	K60+	5	1		00:01:13	00:33:22	00:59:35	01:25:53	01:52:48	02:20:42	02:48:56	03:17:29	<b>03:46:58.05</b>	<b>03:48:11.40</b>	+01:03:13 (27.9%)	10:45	5.6 (72.7%)
	<b>GÓRSKA Weronika</b>	<b>860</b>	GOSIR OSIELSKO	K18-29		2		DNF	00:30:38 DNF	00:53:51 DNF	01:20:50 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 33 wynik(ów)