



MISTRZOSTWA GDAŃSKA W NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: Mistrzostwa Gdańska w Nordic Walking
Organizator: Gdański Ośrodek Sportu
Data: 2018-09-01
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Kara/ bonifikata	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ROGALSKI Piotr	40		M40-49	1			00:30:36		01:01:33.30		6:09	9.7 (100%)
2	KŁOS Maciej	10		M16-39	1			00:30:36		01:01:59.20	+00:00:25 (0.7%)	6:11	9.7 (100%)
3	NACZK Leonard	27	DYNAMIC-KREATIV-SPORT	M40-49	2			00:30:55		01:02:49.65	+00:01:16 (2.0%)	6:17	9.5 (97.9%)
4	KOWALCZUK Robert	17	ELITE TEAM	M50-59	1			00:33:02		01:07:24.50	+00:05:51 (8.7%)	6:44	8.9 (91.8%)
5	SMARSZCZ Wiesław	33	TEAM NORDICUS LĘBORK	M60+	1			00:33:08		01:07:29.20	+00:05:55 (8.8%)	6:44	8.9 (91.8%)
6	GIERSZEWSKI Arkadiusz	7		M40-49	3			00:33:17		01:07:44.95	+00:06:11 (9.1%)	6:46	8.9 (91.8%)
7	WARUSZEWSKI Karol	39	BIEGAJĄCY TCZEW	M40-49	4			00:34:08		01:08:29.95	+00:06:56 (10.1%)	6:51	8.8 (90.7%)
8	JANKOWSKI Marcin	9	NORDIC WALKING PASŁĘK	M40-49	5			00:33:39		01:09:03.50	+00:07:30 (10.9%)	6:54	8.7 (89.7%)
9	KORZEŃ Grzegorz	13		M40-49	6			00:33:39		01:09:41.95	+00:08:08 (11.7%)	6:58	8.6 (88.7%)
10	LIPKO Adrianna	23	BIEGAMYRAZEM.PL	K16-39	1			00:34:30		01:09:46.35	+00:08:13 (11.8%)	6:58	8.6 (88.7%)
11	KONCEWICZ Marek	11	ELITE TEAM	M50-59	2			00:34:30		01:09:49.15	+00:08:15 (11.8%)	6:58	8.6 (88.7%)
12	MELZER Hanna	25		K50-59	1			00:34:31		01:10:06.50	+00:08:33 (12.2%)	7:00	8.6 (88.7%)
13	KONKOL Andrzej	12	KREATIVSPORT LĘBORK	M60+	2			00:35:12		01:10:38.55	+00:09:05 (12.9%)	7:03	8.5 (87.6%)
14	PIECHOWIAK Joanna	30		K16-39	2			00:34:58		01:11:26.90	+00:09:53 (13.8%)	7:08	8.4 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 5km	Kara/ bonifikata	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	SZCZYKUTOWICZ Tomasz	36	SZABLONY GDAŃSK BIEGA/ GDAŃSKI BIEGACZ	M16-39	2	1		00:34:51	00:02:00	01:11:27.60	+00:09:54 (13.9%)	6:56	8.6 (88.7%)
16	PADIAS Paweł	29	MKSL	M60+	3			00:35:23		01:11:47.60	+00:10:14 (14.3%)	7:10	8.4 (86.6%)
17	CHUDZIŃSKI Andrzej	5	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60+	4			00:35:26		01:11:50.55	+00:10:17 (14.3%)	7:11	8.4 (86.6%)
18	MATYJEK-MACHOLLA Joanna	24	AMSTI	K50-59	2			00:35:30		01:12:07.50	+00:10:34 (14.7%)	7:12	8.3 (85.6%)
19	WOŹNIAK Anna	41		K16-39	3			00:36:08		01:14:08.35	+00:12:35 (17.0%)	7:24	8.1 (83.5%)
20	OLECH Anna	28	ELITE TEAM	K40-49	1			00:36:18		01:14:38.30	+00:13:05 (17.5%)	7:27	8 (82.5%)
21	RUPIŃSKA Agnieszka	32		K40-49	2			00:36:51		01:15:05.70	+00:13:32 (18.0%)	7:30	8 (82.5%)
22	SZCZODROWSKI Krzysztof	35	FACE NORDIC WALKING TEAM	M50-59	3			00:36:42		01:15:22.05	+00:13:48 (18.3%)	7:32	8 (82.5%)
23	LESZCZYŃSKA-NOWOTKA Małgorzata	21		K40-49	3			00:38:44		01:18:53.80	+00:17:20 (22.0%)	7:53	7.6 (78.4%)
24	KOSIANOWSKA Monika	15	GRUPA MALBORK / MALBORSKIE MORSY	K40-49	4			00:38:27		01:18:53.90	+00:17:20 (22.0%)	7:53	7.6 (78.4%)
25	KOSIACKI Radosław	14	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M40-49	7			00:38:32		01:19:43.50	+00:18:10 (22.8%)	7:58	7.5 (77.3%)
26	KOSMOWSKA-PADIAS Barbara	16	MOTYWATORNIA TEAM	K50-59	3			00:40:18		01:22:43.35	+00:21:10 (25.6%)	8:16	7.3 (75.3%)
27	LABUDDA Elżbieta	20		K40-49	5			00:41:17		01:24:06.50	+00:22:33 (26.8%)	8:24	7.1 (73.2%)
28	TRZASKOWSKA Anna Maria	38	WYDZIAŁOWY TEAM BIEGOWY ZIE PG	K40-49	6			00:41:49		01:24:20.05	+00:22:46 (27.0%)	8:26	7.1 (73.2%)
29	STARCZEWSKA Grażyna	34		K50-59	4			00:42:08		01:24:35.35	+00:23:02 (27.2%)	8:27	7.1 (73.2%)
30	KUNC Grażyna	18		K50-59	5			00:42:33		01:26:10.40	+00:24:37 (28.6%)	8:37	7 (72.2%)
31	KWIATKOWSKA Natalia	19		K16-39	4			00:43:27		01:28:24.70	+00:26:51 (30.4%)	8:50	6.8 (70.1%)
32	TKACZYK Marta	37		K16-39	5			00:43:28		01:28:25.45	+00:26:52 (30.4%)	8:50	6.8 (70.1%)
33	DROBNIK Małgorzata	6		K16-39	6			00:44:27		01:29:42.95	+00:28:09 (31.4%)	8:58	6.7 (69.1%)
34	MODELSKA Hanna	26		K40-49	7			00:44:58		01:29:47.30	+00:28:14 (31.4%)	8:58	6.7 (69.1%)
35	GRZESIUK Halina	8	CHODZEZKIJAMI ELITE TEAM	K60+	1			00:44:38		01:32:21.85	+00:30:48 (33.4%)	9:14	6.5 (67.0%)
36	NAPIÓRKOWSKA Barbara	43		K50-59	6			00:44:38		01:32:26.00	+00:30:52 (33.4%)	9:14	6.5 (67.0%)
37	PLAWGO-CZYŻ Agnieszka	31		K16-39	7			00:48:02		01:39:10.40	+00:37:37 (37.9%)	9:55	6.1 (62.9%)

Znaleziono 37 wynik(ów)