

NORDIC WALKING - 5 KM

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: BIEG NIEPODLEGŁOŚCI
Organizator: Stowarzyszenie Pozytywni z Pasją Jastrowie
Data: 2024-11-10
Miejsce: Jastrowie
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYREK Krzysztof	103	1 RBLOG	M OPEN	1	00:32:56.64		6:35	9.1 (100%)
2	JAKIMIEC Tadeusz	45	KLUB SPORTOWY HUSARIA SZCZECINEK	M OPEN	2	00:33:29.48	+00:00:32 (1.6%)	6:41	9 (98.9%)
3	LAJTER Jerzy	73	4 RUN TEAM PIŁĄ	M OPEN	3	00:38:42.90	+00:05:46 (14.9%)	7:44	7.8 (85.7%)
4	PRZYPOLSKI Miłosz	102	KIJOWE SIOSTRY I BRAT	M OPEN	4	00:40:18.79	+00:07:22 (18.3%)	8:03	7.4 (81.3%)
5	SOBCZYK Barbara	118	MTB RUSAŁKA	K OPEN	1	00:41:20.09	+00:08:23 (20.3%)	8:16	7.3 (80.2%)
6	POCZEKAJŁO Agnieszka	97		K OPEN	2	00:41:32.88	+00:08:36 (20.7%)	8:18	7.2 (79.1%)
7	NASTALSKA Katarzyna	88		K OPEN	3	00:41:34.05	+00:08:37 (20.7%)	8:18	7.2 (79.1%)
8	BRONOWICKA Angelika	9		K OPEN	4	00:42:14.00	+00:09:17 (22.0%)	8:26	7.1 (78.0%)
9	LENARTOWICZ Stanisław	76		M OPEN	5	00:42:45.77	+00:09:49 (23.0%)	8:33	7 (76.9%)
10	SZCZYGIEL Sławomir	124		M OPEN	6	00:43:00.77	+00:10:04 (23.4%)	8:36	7 (76.9%)
11	CIENKOSZ Leopold	18		M OPEN	7	00:43:19.97	+00:10:23 (24.0%)	8:39	6.9 (75.8%)
12	POCZEKAJŁO Piotr	98		M OPEN	8	00:43:54.51	+00:10:57 (25.0%)	8:46	6.8 (74.7%)
13	MAZUR Milena	85	RUNDORFINA CZAPLINEK	K OPEN	5	00:44:36.91	+00:11:40 (26.2%)	8:55	6.7 (73.6%)
14	BANACZYK Piotr	2	LILL SPORT	M OPEN	9	00:44:40.17	+00:11:43 (26.2%)	8:56	6.7 (73.6%)
15	PAWŁOWSKA Anna	156		K OPEN	6	00:45:41.04	+00:12:44 (27.9%)	9:08	6.6 (72.5%)
16	MELON Jacek	149		M OPEN	10	00:45:45.77	+00:12:49 (28.0%)	9:09	6.6 (72.5%)
17	PAWŁOWSKI Michał	95	POZYTYWNI Z PASJĄ	M OPEN	11	00:45:45.91	+00:12:49 (28.0%)	9:09	6.6 (72.5%)
18	SZYŁAK Katarzyna	130	KLUB SPORTOWY HUSARIA SZCZECINEK	K OPEN	7	00:45:49.43	+00:12:52 (28.1%)	9:09	6.5 (71.4%)
19	SZCZYGIEL Leszek	127		M OPEN	12	00:46:16.81	+00:13:20 (28.8%)	9:15	6.5 (71.4%)
20	CICHAŃSKI Krystian	16		M OPEN	13	00:46:49.32	+00:13:52 (29.6%)	9:21	6.4 (70.3%)
21	SZCZERBA Dorota	122	ZAWSZE GOTOWE	K OPEN	8	00:46:49.51	+00:13:52 (29.6%)	9:21	6.4 (70.3%)
22	ŻURAWSKA Dorota	200		K OPEN	9	00:46:49.62	+00:13:52 (29.6%)	9:21	6.4 (70.3%)
23	SARNA Beata	112		K OPEN	10	00:47:02.15	+00:14:05 (30.0%)	9:24	6.4 (70.3%)
24	ROMANÓW Małgorzata	107	RUNDORFINA	K OPEN	11	00:47:14.25	+00:14:17 (30.3%)	9:26	6.4 (70.3%)
25	WIECZOREK Justyna	135		K OPEN	12	00:47:44.37	+00:14:47 (31.0%)	9:32	6.3 (69.2%)
26	REWAJ Maria	106		K OPEN	13	00:48:07.56	+00:15:10 (31.5%)	9:37	6.2 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	JOPEK Dorota	51		K OPEN	14	00:48:50.42	+00:15:53 (32.5%)	9:46	6.1 (67.0%)
28	WIŚNIK Asia	137	ZAWSZE GOTOWE...	K OPEN	15	00:49:29.33	+00:16:32 (33.4%)	9:53	6.1 (67.0%)
29	CICHAŃSKA Anita	15		K OPEN	16	00:49:29.43	+00:16:32 (33.4%)	9:53	6.1 (67.0%)
30	PACAŁA Joanna	94	ZAWSZE GOTOWE...	K OPEN	17	00:49:31.72	+00:16:35 (33.5%)	9:54	6.1 (67.0%)
31	ROMANÓW Mariusz	108	RUNDORFINA	M OPEN	14	00:50:37.06	+00:17:40 (34.9%)	10:07	5.9 (64.8%)
32	ABRAMOWICZ Ewa	1	KIJOWE SIOSTRY I BRAT	K OPEN	18	00:50:53.82	+00:17:57 (35.3%)	10:10	5.9 (64.8%)
33	HAWETO Janina	41	KIJOWIE SIOSTRY I BRAT	K OPEN	19	00:50:54.29	+00:17:57 (35.3%)	10:10	5.9 (64.8%)
34	SOMMERTAG Ewa	119		K OPEN	20	00:51:12.95	+00:18:16 (35.7%)	10:14	5.9 (64.8%)
35	WIDURSKA Agnieszka	134		K OPEN	21	00:51:16.00	+00:18:19 (35.7%)	10:15	5.9 (64.8%)
36	GOMUŁKIEWICZ Marek	146		M OPEN	15	00:51:30.82	+00:18:34 (36.0%)	10:18	5.8 (63.7%)
37	DZIEMIAŃCZYK Alina	27		K OPEN	22	00:51:51.23	+00:18:54 (36.5%)	10:22	5.8 (63.7%)
38	DZIEMIAŃCZYK Urszula	26		K OPEN	23	00:51:52.54	+00:18:55 (36.5%)	10:22	5.8 (63.7%)
39	ŚLEDŹ Magdalena	132	KLUB SPORTOWY HUSARIA SZCZECINEK	K OPEN	24	00:52:30.04	+00:19:33 (37.3%)	10:30	5.7 (62.6%)
40	SAWIŃSKA Ewa	114	TEAM UJŚCIE	K OPEN	25	00:55:49.22	+00:22:52 (41.0%)	11:09	5.4 (59.3%)
41	LUDEWICZ Agnieszka	77		K OPEN	26	00:55:49.71	+00:22:53 (41.0%)	11:09	5.4 (59.3%)
42	DYCKOWSKA Monika	24	KLUB SPORTOWY HUSARIA SZCZECINEK	K OPEN	27	00:56:44.23	+00:23:47 (41.9%)	11:20	5.3 (58.2%)
43	BAZYLIŃSKA-NOSEK Sylwia	4		K OPEN	28	00:56:44.33	+00:23:47 (41.9%)	11:20	5.3 (58.2%)
44	ZAKRZEWSKA Krystyna	142	RUNDORFINA	K OPEN	29	00:59:36.79	+00:26:40 (44.7%)	11:55	5 (54.9%)
45	SADOWSKA Marta Ula	109	PORADY KALENDARZOWE	K OPEN	30	00:59:40.11	+00:26:43 (44.8%)	11:56	5 (54.9%)
46	WIŚNIK Marcin	138		M OPEN	16	01:02:16.49	+00:29:19 (47.1%)	12:27	4.8 (52.7%)
47	MAŁYSZ Hanna	81		K OPEN	31	01:02:27.08	+00:29:30 (47.2%)	12:29	4.8 (52.7%)

Znaleziono 47 wynik(ów)