

NORDIC WALKING - 5KM

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: Biegu i Nordic Walking w ramach „Naukowo-Sportowego Pikniku Lotniczego”
Organizator: Lotnicza Akademia Wojskowa
Data: 2023-05-27
Miejsce: Dęblin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TUZIMEK Jakub	138	KUR-TEAM	OPEN -M	1	00:34:16.35		6:51	8.8 (100%)
2	PYSZCZAK Piotr	128	KUR-TEAM	OPEN -M	2	00:34:30.75	+00:00:14 (0.7%)	6:54	8.7 (98.9%)
3	TUZIMEK Agata	137	KUR-TEAM	OPEN -K	1	00:34:30.95	+00:00:14 (0.7%)	6:54	8.7 (98.9%)
4	ŻMUDA Jerzy	141	GORZYCE CHODZI Z KIJKAMI	OPEN -M	3	00:34:51.55	+00:00:35 (1.7%)	6:58	8.6 (97.7%)
5	KUTA Anna	117	LAW	OPEN -K	2	00:38:06.65	+00:03:50 (10.1%)	7:37	7.9 (89.8%)
6	KUTA Dariusz	119	KUR-TEAM	OPEN -M	4	00:38:10.75	+00:03:54 (10.2%)	7:38	7.9 (89.8%)
7	MAJEWSKI Jan	120	GORZYCE CHODZI Z KIJKAMI	OPEN -M	5	00:38:28.70	+00:04:12 (10.9%)	7:41	7.8 (88.6%)
8	GOTOWAŁA Justyna	108	KUR-TEAM	OPEN -K	3	00:38:32.05	+00:04:15 (11.1%)	7:42	7.8 (88.6%)
9	KUTA Marta	118	KUR-TEAM	OPEN -K	4	00:39:35.00	+00:05:18 (13.4%)	7:55	7.6 (86.4%)
10	SKWAREK Krystyna	133	KUR-TEAM	OPEN -K	5	00:40:18.30	+00:06:01 (15.0%)	8:03	7.4 (84.1%)
11	NIEZABITOWSKA Renata	122	KUR-TEAM	OPEN -K	6	00:41:49.40	+00:07:33 (18.1%)	8:21	7.2 (81.8%)
12	KAMIŃSKA Halina	111	KUR-TEAM	OPEN -K	7	00:41:49.50	+00:07:33 (18.1%)	8:21	7.2 (81.8%)
13	MARZYSZ Marzena	121	SPSP	OPEN -K	8	00:41:56.85	+00:07:40 (18.3%)	8:23	7.2 (81.8%)
14	CENDROWSKA Hanna	104	LAW	OPEN -K	9	00:42:03.95	+00:07:47 (18.5%)	8:24	7.1 (80.7%)
15	OSIAK Izabela	124		OPEN -K	10	00:42:07.55	+00:07:51 (18.6%)	8:25	7.1 (80.7%)
16	SEKITA Tomasz	131	NIEZRZESZONY	OPEN -M	6	00:42:15.50	+00:07:59 (18.9%)	8:27	7.1 (80.7%)
17	JÓWKO Karolina	110	KUR-TEAM	OPEN -K	11	00:43:04.75	+00:08:48 (20.4%)	8:36	7 (79.5%)
18	GRABOWSKA Małgorzata	109	NORDIC WALKERS DĘBLIN	OPEN -K	12	00:43:17.15	+00:09:00 (20.8%)	8:39	6.9 (78.4%)
19	OGONOWSKA Ewa	123	LAW	OPEN -K	13	00:44:16.75	+00:10:00 (22.6%)	8:51	6.8 (77.3%)
20	KOWALSKA Dorota	115	LAW DĘBLIN	OPEN -K	14	00:44:28.30	+00:10:11 (22.9%)	8:53	6.7 (76.1%)
21	WOJCIECHOWSKI Jakub	139	KUR-TEAM	OPEN -M	7	00:44:46.70	+00:10:30 (23.5%)	8:57	6.7 (76.1%)
22	KULISZ Beata	116	SPSP	OPEN -K	15	00:45:09.00	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
23	PYSZCZAK Natalia	129	KUR-TEAM	OPEN -K	16	00:45:09.15	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
24	PYSZCZAK Joanna	127	KUR-TEAM	OPEN -K	17	00:45:09.30	+00:10:52 (24.1%)	9:01	6.6 (75.0%)
25	BANY Marta	101	NORDIC WALKERS DĘBLIN	OPEN -K	18	00:45:10.55	+00:10:54 (24.1%)	9:02	6.6 (75.0%)
26	FAGAS Edyta	106		OPEN -K	19	00:46:39.05	+00:12:22 (26.5%)	9:19	6.4 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	POŁOWSKA Joanna	126		OPEN -K	20	00:46:39.10	+00:12:22 (26.5%)	9:19	6.4 (72.7%)
28	RODAK Bożena	130	LAW DĘBLIN	OPEN -K	21	00:46:39.30	+00:12:22 (26.5%)	9:19	6.4 (72.7%)
29	SKRODZKI Mateusz	132		OPEN -M	8	00:48:11.65	+00:13:55 (28.9%)	9:38	6.2 (70.5%)
30	GŁOWACKA Julia	107		OPEN -K	22	00:48:11.75	+00:13:55 (28.9%)	9:38	6.2 (70.5%)
31	KOŚLAK Paweł	114		OPEN -M	9	00:49:33.00	+00:15:16 (30.8%)	9:54	6.1 (69.3%)
32	KOŚLAK Anna	113		OPEN -K	23	00:49:33.35	+00:15:17 (30.8%)	9:54	6.1 (69.3%)
33	STASIAK Agnieszka	134	KUR-TEAM	OPEN -K	24	00:50:04.60	+00:15:48 (31.6%)	10:00	6 (68.2%)
34	PŁUCHOWSKA Bernadetta	125	KUR-TEAM	OPEN -K	25	00:50:05.40	+00:15:49 (31.6%)	10:01	6 (68.2%)

Znaleziono 34 wynik(ów)