

NORDIC WALKING- 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Familijny Poznań, Polska Federacja Nordic Walking
Data: 2015-08-30
Miejsce: Poznań
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WOROCH Roman	9		M 55-59	1	00:02:39	00:22:07	00:24:46		4:25	13.6 (100%)
2	ROŻYNEK Miron	16		M 50-54	1	00:02:40	00:22:11	00:24:51	+00:00:04 (0.3%)	4:26	13.5 (99.3%)
3	MIELECKA Agnieszka	47		K 45-49	1	00:01:15	00:23:09	00:24:24	+00:01:02 (4.5%)	4:37	13 (95.6%)
4	ADAMSKI Robert	56		M 45-49	1	00:02:39	00:23:21	00:26:00	+00:01:14 (5.3%)	4:40	12.8 (94.1%)
5	ANDRZEJEWSKI Mieczysław	22		M 55-59	2	00:02:40	00:23:24	00:26:04	+00:01:17 (5.5%)	4:40	12.8 (94.1%)
6	STĘPNIAK Bogdan	62		M 50-54	2	00:02:42	00:24:50	00:27:32	+00:02:43 (10.9%)	4:58	12.1 (89.0%)
7	KRUSZKA Arleta	7		K 50-54	1	00:01:14	00:25:16	00:26:30	+00:03:09 (12.5%)	5:03	11.9 (87.5%)
8	SKOWROŃSKA Dominika	11		K junior 14-17	1	00:01:14	00:25:17	00:26:31	+00:03:10 (12.5%)	5:03	11.9 (87.5%)
9	KĘDZIERSKA Agnieszka	3		K 18-39	1	00:01:13	00:25:38	00:26:51	+00:03:31 (13.7%)	5:07	11.7 (86.0%)
10	DEKIERT-ADAMSKA Małgorzata	60		K 45-49	2	00:01:16	00:25:51	00:27:07	+00:03:44 (14.4%)	5:10	11.6 (85.3%)
11	OKRZESIK-FRĄCKOWIAK Izabela	34		K 45-49	3	00:01:13	00:26:00	00:27:13	+00:03:53 (14.9%)	5:12	11.5 (84.6%)
12	RADZIMIRSKA Halina	46		K 18-39	2	00:01:14	00:26:02	00:27:16	+00:03:55 (15.0%)	5:12	11.5 (84.6%)
13	FRĄCKOWIAK Roman	36		M 45-49	2	00:02:40	00:26:33	00:29:13	+00:04:26 (16.7%)	5:18	11.3 (83.1%)
14	KOLBERG Kamila	5		K 18-39	3	00:01:14	00:26:36	00:27:50	+00:04:29 (16.9%)	5:19	11.3 (83.1%)
15	KĘDZIERSKA Edyta	67		K 40-44	1	00:01:16	00:27:08	00:28:24	+00:05:01 (18.5%)	5:25	11.1 (81.6%)
16	MAJEWSKA Małgorzata	59		K 55-59	1	00:01:14	00:27:17	00:28:31	+00:05:10 (18.9%)	5:27	11 (80.9%)
17	ADAMSKA Paulina	54		K 18-39	4	00:01:15	00:27:25	00:28:40	+00:05:18 (19.3%)	5:29	10.9 (80.1%)
18	POSTEK Danuta	6		K 50-54	2	00:01:14	00:27:27	00:28:41	+00:05:20 (19.4%)	5:29	10.9 (80.1%)
19	ADAMSKA Maria	55		K junior 14-17	2	00:01:15	00:27:33	00:28:48	+00:05:26 (19.7%)	5:30	10.9 (80.1%)
20	KULKA Maciej	32		M 50-54	3	00:02:40	00:27:45	00:30:25	+00:05:38 (20.3%)	5:33	10.8 (79.4%)
21	DĄBROWSKI Paweł	39		M 18-39	1	00:02:41	00:28:02	00:30:43	+00:05:55 (21.1%)	5:36	10.7 (78.7%)
22	NOWICKA Lidia	4		K 18-39	5	00:01:14	00:28:26	00:29:40	+00:06:19 (22.2%)	5:41	10.6 (77.9%)
23	MIKULKIEWICZ Grażyna	49		K 55-59	2	00:01:15	00:29:08	00:30:23	+00:07:01 (24.1%)	5:49	10.3 (75.7%)
24	RYDIAN Sławomir	52		M 18-39	2	00:02:41	00:29:24	00:32:05	+00:07:17 (24.8%)	5:52	10.2 (75.0%)
25	WOROCH Jolanta	8		K 45-49	4	00:01:15	00:29:26	00:30:41	+00:07:19 (24.9%)	5:53	10.2 (75.0%)
26	KLEBAN Hanna	26		K 55-59	3	00:01:16	00:29:42	00:30:58	+00:07:35 (25.5%)	5:56	10.1 (74.3%)

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26	KLEBAN Janusz	27		M 55-59	3	00:02:42	00:29:42	00:32:24	+00:07:35 (25.5%)	5:56	10.1 (74.3%)
28	CHOLEWKA Jolanta	24		K 55-59	4	00:01:14	00:29:53	00:31:07	+00:07:46 (26.0%)	5:58	10 (73.5%)
29	SOWIŃSKA Grażyna	19		K 55-59	5	00:01:15	00:30:04	00:31:19	+00:07:57 (26.4%)	6:00	10 (73.5%)
30	ŁANKIEWICZ Janusz			M 55-59	4	00:02:41	00:31:38	00:34:19	+00:09:31 (30.1%)	6:19	9.5 (69.9%)
31	KLAPECKI Leszek	41		M 55-59	5	00:02:40	00:31:44	00:34:24	+00:09:37 (30.3%)	6:20	9.5 (69.9%)
32	ANDRZEJSKA Bogusława	21		K 55-59	6	00:01:15	00:32:17	00:33:32	+00:10:10 (31.5%)	6:27	9.3 (68.4%)
33	STEMPNIAK Renata	63		K 50-54	3	00:01:17	00:34:28	00:35:45	+00:12:21 (35.8%)	6:53	8.7 (64.0%)
34	BŁASZCZYK Aleksandra	38		K 18-39	6	00:03:29	00:37:38	00:41:07	+00:15:31 (41.2%)	7:31	8 (58.8%)

Znaleziono 34 wynik(ów)