



OGÓLNOPOLSKI PUCHAR NORDIC WALKING KOSZALIN - 10 KM

B4SPORT

Wydarzenie: Ogólnopolski Puchar Nordic Walking - Koszalin 2021
Organizator: Fundacja Herkules All Sports
Data: 2021-06-05
Miejsce: Koszalin
Dystans: 10 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	2.5km	Laps_5km 5km	7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MARCZAK Tomasz	35	KS IDMAR RACING TEAM	M18-29	1			00:15:19	00:31:06	00:47:16	01:03:44.70		6:22	9.4 (100%)
2	POLKOWSKI Piotr	67	NW CZŁAPSKI TEAM	M30-39	1			00:15:16	00:31:18	00:47:52	01:04:43.75	+00:00:59 (1.5%)	6:28	9.3 (98.9%)
3	POŁUBIAK Paweł	41		M30-39	2			00:15:53	00:32:13	00:48:37	01:05:16.45	+00:01:31 (2.3%)	6:31	9.2 (97.9%)
4	ŚWIDEREK Marcin	56	NW CZŁAPSKI TEAM	M40-49	1			00:16:05	00:32:42	00:49:18	01:05:48.80	+00:02:04 (3.1%)	6:34	9.1 (96.8%)
5	KNITTER Tomasz	27	BŁĘKITNI DZIEMIANY	M18-29	2			00:15:45	00:32:12	00:49:18	01:05:59.05	+00:02:14 (3.4%)	6:35	9.1 (96.8%)
6	PUSZKIEL Leszek	43		M60-69	1	1		00:15:49	00:32:16	00:49:09	01:06:06.15	+00:02:21 (3.6%)	6:36	9.1 (96.8%)
7	JUREK Adam	22	KGHM METRACO RUDNA	M60-69	2	1		00:15:46	00:32:19	00:49:10	01:06:14.45	+00:02:29 (3.8%)	6:37	9.1 (96.8%)
8	SIWAK Piotr	46	KGHM METRACO RUDNA	M60-69	3	1		00:15:56	00:32:39	00:49:43	01:07:14.00	+00:03:29 (5.2%)	6:43	8.9 (94.7%)
9	CZŁAPSKI Krzysztof	10	NW CZŁAPSKI TEAM	M50-59	1			00:16:00	00:32:45	00:50:02	01:07:34.35	+00:03:49 (5.7%)	6:45	8.9 (94.7%)
10	CHOJNACKI Paweł	5	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50-59	2	1		00:16:18	00:33:18	00:50:52	01:07:59.60	+00:04:14 (6.2%)	6:47	8.8 (93.6%)
11	KUŚMIEREK Jan	31	BŁĘKITNI DZIEMIANY	M50-59	3			00:16:57	00:33:59	00:51:06	01:08:04.65	+00:04:19 (6.4%)	6:48	8.8 (93.6%)
12	RADECKI Artur	44	CHODZĄCY BIAŁYSTOK	M50-59	4			00:16:23	00:33:40	00:51:03	01:08:51.30	+00:05:06 (7.4%)	6:53	8.7 (92.6%)
13	KLIMCZAK Adam	26	GOSADI NORDIC TEAM	M50-59	5			00:16:54	00:34:20	00:52:00	01:09:42.05	+00:05:57 (8.5%)	6:58	8.6 (91.5%)
14	CHYRA Janusz	7		M40-49	2			00:17:06	00:34:37	00:52:33	01:10:25.80	+00:06:41 (9.5%)	7:02	8.5 (90.4%)

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15	WIŚNIEWSKI Sławomir	61	FLUGGER	M40-49	3			00:16:58	00:34:52	00:52:59	01:11:13.35	+00:07:28 (10.5%)	7:07	8.4 (89.4%)
16	MĄDRY Grzegorz	36	KIJKOWE TRZEMESZNO	M60-69	4			00:17:29	00:35:16	00:53:25	01:11:22.40	+00:07:37 (10.7%)	7:08	8.4 (89.4%)
17	SZYMAŃSKI Stefan	52	SERCE NORDICA WŁOCŁAWEK	M70+	1	1		00:17:20	00:35:02	00:53:11	01:12:04.55	+00:08:19 (11.6%)	7:12	8.3 (88.3%)
18	KACZMAREK Eugeniusz	23		M70+	2	2		00:17:17	00:35:02	00:53:20	01:12:48.00	+00:09:03 (12.4%)	7:16	8.2 (87.2%)
19	GODZIŃSKI Paweł	16	BAŻANT NW ELBLĄG	M40-49	4			00:17:58	00:36:29	00:54:58	01:13:39.50	+00:09:54 (13.5%)	7:21	8.1 (86.2%)
20	ŚLUSARCZYK Andrzej	55	WESOŁY BORSUK TEAM	M70+	3	1		00:17:54	00:36:30	00:55:53	01:14:56.35	+00:11:11 (14.9%)	7:29	8 (85.1%)
21	FRĄCKOWIAK Mateusz	115	EKSPEDYCJA NORDIC TEAM SZCZECIN	M18-29	3			00:17:23	00:36:26	00:55:41	01:15:36.20	+00:11:51 (15.7%)	7:33	7.9 (84.0%)
22	JANKOWSKI Grzegorz	18	STĘSZEW TEAM	M60-69	5			00:18:21	00:37:16	00:56:40	01:15:44.25	+00:11:59 (15.8%)	7:34	7.9 (84.0%)
23	KRIGER Roman	29	SERCE NORDICA WŁOCŁAWEK	M60-69	6			00:18:21	00:37:29	00:56:40	01:15:50.55	+00:12:05 (16.0%)	7:35	7.9 (84.0%)
24	KĘPA Andrzej	25	FAMILY TEAM KĘPA SPORT	M70+	4			00:18:30	00:37:59	00:57:25	01:16:23.90	+00:12:39 (16.6%)	7:38	7.9 (84.0%)
25	BERESZKO Waldemar	103	MOSIR TKKF SATURN CZELADŹ	M60-69	7	1		00:18:24	00:37:39	00:57:12	01:16:34.35	+00:12:49 (16.8%)	7:39	7.8 (83.0%)
26	FRANCZAK Dariusz	14	NW CZŁAPSKI TEAM	M50-59	6			00:18:35	00:37:46	00:57:21	01:16:56.50	+00:13:11 (17.2%)	7:41	7.8 (83.0%)
27	PALUCH Paweł	40	AVOCADO WELLNESS CLUB	M50-59	7			00:18:51	00:38:16	00:57:54	01:17:30.75	+00:13:46 (17.8%)	7:45	7.7 (81.9%)
28	NOWACZYK Tomasz	38	MARSZ PO ZDROWIE	M40-49	5			00:18:23	00:38:02	00:57:45	01:17:38.50	+00:13:53 (17.9%)	7:45	7.7 (81.9%)
29	ŻAMOJCIN Marek	65	NORDICLUB SZCZECIN	M60-69	8			00:18:48	00:38:45	00:59:32	01:20:29.85	+00:16:45 (20.8%)	8:02	7.5 (79.8%)
30	ŚLUSARCZYK Marcin	53	WESOŁY BORSUK TEAM	M40-49	6			00:19:25	00:42:34	01:03:14	01:22:24.20	+00:18:39 (22.6%)	8:14	7.3 (77.7%)
31	JÓŹWIAK Łukasz	20	SERCE NORDICA WŁOCŁAWEK	M50-59	8			00:20:31	00:41:20	01:02:21	01:23:13.35	+00:19:28 (23.4%)	8:19	7.2 (76.6%)

Znalezione 31 wynik(ów)