

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNE SĄDOWE SPORTOWE

Organizator: PFNW
Data: 2016-07-16
Miejsce: Okonek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	21	PUSZCZYK BUKOWY	M40-49	1			00:02:20	00:16:03	00:32:27	00:49:09	01:05:24.75	01:07:44.95		6:32	9.2 (100%)
2	STILLER Karol	83	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M30-39	1			00:02:03	00:16:45	00:33:29	00:50:02	01:06:18.30	01:08:21.55	+00:00:53 (1.3%)	6:37	9 (97.8%)
3	PUSZKIEL Adrian	34	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:06:03	00:16:21	00:33:31	00:50:47	01:07:49.90	01:13:53.05	+00:02:25 (3.6%)	6:47	8.8 (95.7%)
4	HELWICH Stefan	16	KS METRACO POLKOWICE	M60-69	1			00:02:52	00:17:16	00:34:17	00:51:19	01:08:27.35	01:11:19.75	+00:03:02 (4.4%)	6:50	8.8 (95.7%)
5	ADAMSKI Robert	1	MARSZ PO ZDROWIE	M40-49	2			00:02:20	00:17:00	00:34:25	00:51:38	01:08:45.10	01:11:05.90	+00:03:20 (4.9%)	6:52	8.7 (94.6%)
6	RECZULSKI Mariusz	82	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M50-59	1			00:02:34	00:17:33	00:34:26	00:51:37	01:08:45.30	01:11:19.75	+00:03:20 (4.9%)	6:52	8.7 (94.6%)
7	JĘDRASIAK Renata	17	KS METRACO POLKOWICE	K50-59	1			00:04:02	00:17:23	00:35:00	00:52:54	01:10:57.05	01:14:59.20	+00:05:32 (7.8%)	7:05	8.5 (92.4%)
8	BIK Stanisław	5	KS METRACO POLKOWICE	M50-59	2			00:02:33	00:17:35	00:34:50	00:52:53	01:11:05.00	01:13:38.90	+00:05:40 (8.0%)	7:06	8.4 (91.3%)
9	KASPRZYK Lilianna	20	KS METRACO POLKOWICE	K50-59	2			00:04:01	00:17:26	00:35:28	00:53:45	01:12:02.30	01:16:03.85	+00:06:37 (9.2%)	7:12	8.3 (90.2%)
10	SPYCHAŁA Marzena	37	WESOŁY BORSUK TEAM	K40-49	1			00:03:39	00:18:04	00:36:31	00:55:01	01:12:58.35	01:16:37.40	+00:07:33 (10.4%)	7:17	8.2 (89.1%)
11	CZEKAJŁO Franciszek	47	TEAM Meprozet	M60-69	2			00:02:51	00:17:31	00:36:01	00:54:28	01:13:01.25	01:15:52.60	+00:07:36 (10.4%)	7:18	8.2 (89.1%)
12	KRZYŻANOWSKI Robert	51	GOSIR OSIELSKO	M40-49	3			00:02:20	00:17:50	00:35:58	00:54:35	01:13:10.70	01:15:31.65	+00:07:45 (10.6%)	7:19	8.2 (89.1%)
13	STAWNIAK Karol	38	KS METRACO POLKOWICE	M60-69	3			00:02:50	00:17:32	00:36:02	00:55:01	01:13:24.70	01:16:15.65	+00:07:59 (10.9%)	7:20	8.2 (89.1%)
14	ŁUKASZEWICZ Joanna	73	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:05:11	00:17:51	00:36:34	00:55:11	01:13:37.45	01:18:48.65	+00:08:12 (11.2%)	7:21	8.2 (89.1%)
15	CHOLEWIŃSKI Wojciech	55		M50-59	3			00:02:34	00:17:34	00:35:45	00:54:49	01:13:42.85	01:16:17.05	+00:08:18 (11.3%)	7:22	8.1 (88.0%)
16	KOSICKI Dariusz	22	NORDIC WALKING KIEKRZ	M50-59	4			00:02:33	00:18:38	00:36:59	00:55:26	01:13:43.40	01:16:17.15	+00:08:18 (11.3%)	7:22	8.1 (88.0%)

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17	FALKOWSKA Beata	10	UKS GIMNAZJON SUCHY LAS	K50-59	3			00:04:02	00:18:08	00:36:39	00:55:22	01:14:02.15	01:18:05.05	+00:08:37 (11.6%)	7:24	8.1 (88.0%)
18	ZIĘBA Krzysztof	45		M50-59	5			00:02:34	00:18:11	00:36:48	00:55:56	01:15:06.75	01:17:41.20	+00:09:42 (12.9%)	7:30	8 (87.0%)
19	SKRYCKA Katarzyna	35	KS METRACO POLKOWICE	K30-39	1			00:03:24	00:19:00	00:38:07	00:56:54	01:15:15.45	01:18:39.65	+00:09:50 (13.1%)	7:31	8 (87.0%)
20	BANASZKIEWICZ Katarzyna	4	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:03:39	00:18:22	00:37:38	00:56:45	01:15:40.90	01:19:20.85	+00:10:16 (13.6%)	7:34	7.9 (85.9%)
21	KACZMARCZYK-PIASECKA Renata	19	CZARNE PANTERY	K40-49	4			00:03:40	00:18:54	00:37:59	00:56:49	01:15:54.60	01:19:35.35	+00:10:29 (13.8%)	7:35	7.9 (85.9%)
22	MIERNICKI Mariusz	27		M50-59	6	1		00:02:34	00:18:46	00:37:38	00:57:05	01:16:19.20	01:18:53.25	+00:10:54 (14.3%)	7:37	7.9 (85.9%)
23	PRAWUCKI Krzysztof	32	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:02:02	00:19:19	00:38:45	00:58:13	01:17:13.20	01:19:15.80	+00:11:48 (15.3%)	7:43	7.8 (84.8%)
24	PAŁUBICKI Marcin	29		M40-49	4			00:02:20	00:19:48	00:39:47	00:59:32	01:18:28.25	01:20:48.75	+00:13:03 (16.6%)	7:50	7.6 (82.6%)
25	BANACH Joanna	3	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:03:39	00:19:18	00:39:06	00:59:19	01:19:18.05	01:22:57.55	+00:13:53 (17.5%)	7:55	7.6 (82.6%)
26	NOWAKOWSKI Rafał	28	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:02:02	00:19:19	00:39:32	00:59:33	01:19:31.70	01:21:33.85	+00:14:06 (17.7%)	7:57	7.5 (81.5%)
27	FOT Krzysztof	79	MARSZ PO ZDROWIE	M50-59	7			00:02:34	00:20:15	00:40:41	01:00:13	01:19:32.50	01:22:07.25	+00:14:07 (17.8%)	7:57	7.5 (81.5%)
28	CHOLEWIŃSKA Longina	54		K50-59	4			00:04:02	00:19:18	00:38:58	00:59:16	01:19:34.90	01:23:37.15	+00:14:10 (17.8%)	7:57	7.5 (81.5%)
29	ŁOPIŃSKI Aleksy	25	CZARNE PANTERY	M60-69	4			00:02:52	00:19:35	00:39:20	00:59:32	01:19:39.95	01:22:31.95	+00:14:15 (17.9%)	7:57	7.5 (81.5%)
30	PATELSKA Katarzyna	30	CZARNE PANTERY	K30-39	2			00:03:25	00:19:29	00:39:43	01:00:17	01:20:31.15	01:23:56.60	+00:15:06 (18.8%)	8:03	7.5 (81.5%)
31	GRZESZCZAK Andrzej	14	KS METRACO POLKOWICE	M50-59	8			00:02:34	00:19:12	00:39:33	01:00:04	01:21:07.15	01:23:41.65	+00:15:42 (19.4%)	8:06	7.4 (80.4%)
32	SOBECKA Marzena	36		K40-49	6			00:03:40	00:20:32	00:40:57	01:01:07	01:21:12.35	01:24:52.80	+00:15:47 (19.4%)	8:07	7.4 (80.4%)
33	WALKOWIAK Michał	41		M30-39	4			00:02:03	00:20:51	00:41:46	01:02:01	01:21:37.20	01:23:40.40	+00:16:12 (19.9%)	8:09	7.4 (80.4%)
34	KOZŁOWSKA Agnieszka	48	FACE NORDIC WALKING TEAM	K40-49	7			00:03:39	00:20:01	00:40:40	01:00:57	01:21:43.40	01:25:22.75	+00:16:18 (20.0%)	8:10	7.3 (79.3%)
35	POSTEK Danuta	31	MARSZ PO ZDROWIE	K50-59	5			00:04:02	00:20:32	00:41:15	01:01:36	01:21:45.65	01:25:47.80	+00:16:20 (20.0%)	8:10	7.3 (79.3%)
36	APPEL Jerzy	2	GOSIR_ OSIELSKO	M70+	1			00:03:06	00:20:08	00:40:24	01:01:09	01:21:54.95	01:25:01.40	+00:16:30 (20.1%)	8:11	7.3 (79.3%)
37	WORONKO-ZACZYŃSKA Janina	49	KS METRACO POLKOWICE	K70+	1			00:04:22	00:19:58	00:40:32	01:01:17	01:22:00.15	01:26:22.40	+00:16:35 (20.2%)	8:12	7.3 (79.3%)
38	WACHOWIAK Sylwia	40		K40-49	8			00:03:39	00:20:30	00:40:57	01:01:29	01:22:01.60	01:25:41.15	+00:16:36 (20.3%)	8:12	7.3 (79.3%)
39	KOSIŃSKA Maria	23	MOSIR RYPIN	K60-69	1			00:04:21	00:19:53	00:40:19	01:01:08	01:22:11.50	01:26:32.95	+00:16:46 (20.4%)	8:13	7.3 (79.3%)

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40	ZWOLENKIEWICZ Joanna	46	KS SOKÓŁ GAŚAWA	K40-49	9			00:03:40	00:20:35	00:40:55	01:01:27	01:22:38.90	01:26:19.00	+00:17:14 (20.9%)	8:15	7.3 (79.3%)
41	BOROWSKI Marcin	7	FACE NORDIC WALKING TEAM	M30-39	5			00:02:02	00:20:22	00:40:58	01:01:53	01:22:46.20	01:24:48.95	+00:17:21 (21.0%)	8:16	7.2 (78.3%)
42	NOWAK Maciej	52	SAILING TEAM FERAJNA	M40-49	5			00:02:19	00:20:37	00:41:14	01:01:57	01:23:02.10	01:25:21.95	+00:17:37 (21.2%)	8:18	7.2 (78.3%)
43	ZBIELSKA Agnieszka	44	SAILING TEAM FERAJNA	K30-39	3			00:03:24	00:20:49	00:41:32	01:02:31	01:23:52.20	01:27:16.45	+00:18:27 (22.0%)	8:23	7.2 (78.3%)
44	MAJSIEJCZAK Ryszard	81	VIKING NORDIC WALKING TEAM CZĘSTOCHOWA	M70+	2			00:03:05	00:20:24	00:41:34	01:02:34	01:23:56.25	01:27:02.10	+00:18:31 (22.1%)	8:23	7.1 (77.2%)
45	CHĘCIŃSKA Krystyna	8	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:04:21	00:20:38	00:41:51	01:03:34	01:25:24.95	01:29:46.70	+00:20:00 (23.4%)	8:32	7 (76.1%)
46	ZAWISŁA Stanisław	43	MARSZ PO ZDROWIE	M60-69	5			00:02:51	00:20:15	00:41:38	01:03:23	01:25:58.10	01:28:49.35	+00:20:33 (23.9%)	8:35	7 (76.1%)
47	HACZYK Anna	15	UKS GIMNAZJON SUCHY LAS	K30-39	4			00:03:25	00:21:33	00:43:01	01:04:31	01:25:58.55	01:29:23.80	+00:20:33 (23.9%)	8:35	7 (76.1%)
48	MAĆKOWIAK Krystyna	26	FACE NORDIC WALKING TEAM	K60-69	3			00:04:21	00:21:16	00:42:56	01:05:14	01:27:44.45	01:32:06.25	+00:22:19 (25.4%)	8:46	6.8 (73.9%)
49	PILECKI Gustaw	50	GOSIR OSIELSKO	M70+	3			00:03:05	00:22:09	00:45:05	01:07:29	01:30:27.45	01:33:33.20	+00:25:02 (27.7%)	9:02	6.6 (71.7%)
50	KULKA Maciej	24	FACE NORDIC WALKING TEAM	M50-59	9			00:12:53	00:22:39	00:45:38	01:08:41	01:30:54.60	01:43:47.65	+00:25:29 (28.0%)	9:05	6.6 (71.7%)
51	DROZDOWICZ Dorota	9	CZARNE PANTERY	K40-49	10			00:03:41	00:22:27	00:45:33	01:08:40	01:32:35.40	01:36:16.55	+00:27:10 (29.4%)	9:15	6.5 (70.7%)
52	GIERSENDORF Monika	12	FACE NORDIC WALKING TEAM	K40-49	11			00:03:40	00:22:46	00:45:33	01:08:43	01:32:36.80	01:36:16.90	+00:27:12 (29.4%)	9:15	6.5 (70.7%)
53	GACZKOWSKA-KSIAŻKIEWICZ Magdalena	11	KS SOKÓŁ GAŚAWA	K30-39	5			00:03:24	00:23:04	00:46:43	01:09:10	01:32:52.05	01:36:16.70	+00:27:27 (29.6%)	9:17	6.5 (70.7%)
54	STRZELECKI Sebastian	39	SAILING TEAM FERAJNA	M40-49	6			00:02:19	00:21:43	00:46:57	01:10:05	01:33:57.05	01:36:16.90	+00:28:32 (30.4%)	9:23	6.4 (69.6%)
55	JÓZWIAK Dominik	18	WTW.WŁOCLAWEK	M18-29	2			00:02:02	00:22:52	00:47:17	01:11:07	01:34:58.15	01:37:01.05	+00:29:33 (31.1%)	9:29	6.3 (68.5%)

Znaleziono 55 wynik(ów)