

OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

Event: OKONEK - PUCHAR WIELKOPOLSKI NORDIC WALKING
Organiser: PFNW
Date: 2017-07-15
Place: Okonek
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	HELWICH Stefan	159	KS METRACO POLKOWICE	M60-69	1			00:15:51	00:32:14	00:48:55	01:06:08.90		6:36	9.1 (100%)
2	NACZK Leonard	170	DYNAMIC	M40-49	1			00:16:45	00:33:44	00:50:30	01:07:31.00	+00:01:22 (2.0%)	6:45	8.9 (97.8%)
3	MIELECKA Agnieszka	168	KS SOKÓŁ GAŚAWA	K40-49	1			00:16:41	00:33:43	00:50:51	01:07:54.35	+00:01:45 (2.6%)	6:47	8.8 (96.7%)
4	NOWAK Rajmund	173	NORDIC WALKING KIEKRZ	M40-49	2			00:16:44	00:33:57	00:51:42	01:09:00.90	+00:02:52 (4.2%)	6:54	8.7 (95.6%)
5	ŚWISŁOCKI Bogdan	188	FACE NORDIC WALKING TEAM	M50-59	1			00:16:57	00:34:28	00:52:08	01:09:45.35	+00:03:36 (5.2%)	6:58	8.6 (94.5%)
6	SMUL Andrzej	183	MARSZ PO ZDROWIE POZNAŃ	M60-69	2			00:16:58	00:34:36	00:52:27	01:10:38.20	+00:04:29 (6.4%)	7:03	8.5 (93.4%)
7	ROSADZIŃSKI Sławomir	182	LESZNO :)	M40-49	3			00:17:02	00:35:05	00:53:03	01:11:02.65	+00:04:53 (6.9%)	7:06	8.4 (92.3%)
8	CZEKAJŁO Franciszek	157	REMI	M60-69	3			00:17:10	00:34:57	00:52:54	01:11:12.85	+00:05:03 (7.1%)	7:07	8.4 (92.3%)
9	NETKOWSKI Wojciech	171	PASJA NORDIC WALKING	M50-59	2			00:17:33	00:35:38	00:53:51	01:12:17.90	+00:06:09 (8.5%)	7:13	8.3 (91.2%)
10	ANTOSZEWSKI Piotr	152	NORDIC TEAM GNIEZNO	M40-49	4			00:18:24	00:37:16	00:55:31	01:13:01.15	+00:06:52 (9.4%)	7:18	8.2 (90.1%)
11	PRZYBYSZ Grzegorz	180		M30-39	1			00:18:22	00:36:40	00:54:55	01:13:01.25	+00:06:52 (9.4%)	7:18	8.2 (90.1%)
12	ŁUKASZEWICZ Joanna	166	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:17:49	00:36:07	00:54:49	01:13:34.25	+00:07:25 (10.1%)	7:21	8.2 (90.1%)
13	STAWNIAK Karol	184	KS SOKÓŁ GAŚAWA	M60-69	4			00:17:30	00:36:02	00:54:54	01:13:54.00	+00:07:45 (10.5%)	7:23	8.1 (89.0%)
14	PYTEL Anna	201	KATORŻNIK	K30-39	1	1		00:17:56	00:36:31	00:55:14	01:13:57.15	+00:07:48 (10.6%)	7:23	8.1 (89.0%)

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											time 10km			
15	MIERNICKI Mariusz	195	PASJA NORDIC WALKING	M50-59	3			00:17:59	00:36:19	00:55:09	01:13:59.45	+00:07:50 (10.6%)	7:23	8.1 (89.0%)
16	KACZMARCZYK-PIASECKA Renata	162	CZARNE PANTERY	K40-49	3			00:18:20	00:36:58	00:55:32	01:14:14.40	+00:08:05 (10.9%)	7:25	8.1 (89.0%)
17	MARCHWICKI Przemysław	167	NORDIC WALKING KIEKRZ	M60-69	5			00:18:39	00:37:24	00:56:14	01:14:48.60	+00:08:39 (11.6%)	7:28	8 (87.9%)
18	LENARTOWICZ Stanisław	197	KS DERBY	M50-59	4			00:18:25	00:37:38	00:56:21	01:15:03.85	+00:08:54 (11.9%)	7:30	8 (87.9%)
19	STEPCZYŃSKA Angelika	202	GOSIR OSIELSKO	K30-39	2			00:18:31	00:37:22	00:56:15	01:15:20.10	+00:09:11 (12.2%)	7:32	8 (87.9%)
20	SULOWSKI Paweł	186	UKS GIMNAZJON SUCHY LAS	M18-29	1			00:18:35	00:37:26	00:56:19	01:15:20.30	+00:09:11 (12.2%)	7:32	8 (87.9%)
21	CIESIELSKI Krzysztof	156	FAST WALKER	M60-69	6			00:18:45	00:37:38	00:56:27	01:15:21.25	+00:09:12 (12.2%)	7:32	8 (87.9%)
22	SZCZĘSNY Wojciech	160	KS SOKÓŁ GAŚAWA	M40-49	5			00:18:45	00:37:36	00:56:33	01:15:29.30	+00:09:20 (12.4%)	7:32	7.9 (86.8%)
23	FALKOWSKA Beata	158	UKS GIMNAZJON SUCHY LAS	K50-59	1			00:18:08	00:36:52	00:56:02	01:15:31.50	+00:09:22 (12.4%)	7:33	7.9 (86.8%)
24	PAŁUBICKI Marcin	175	SPORTOWA PACZKA	M40-49	6			00:19:09	00:38:30	00:57:31	01:15:54.10	+00:09:45 (12.8%)	7:35	7.9 (86.8%)
25	PRZYBYŁEK Marysia	179	LESZNO :)	K40-49	4			00:18:24	00:37:24	00:56:48	01:16:21.50	+00:10:12 (13.4%)	7:38	7.9 (86.8%)
26	ZWOLENKIEWICZ Joanna	192	KS SOKÓŁ GAŚAWA	K40-49	5			00:18:51	00:37:49	00:57:13	01:16:59.95	+00:10:51 (14.1%)	7:42	7.8 (85.7%)
27	KOZAKOWSKA Małgorzata	163	KS SOKÓŁ GAŚAWA	K40-49	6			00:18:49	00:37:50	00:57:22	01:17:01.25	+00:10:52 (14.1%)	7:42	7.8 (85.7%)
28	FOT Krzysztof	194	MARSZ PO ZDROWIE POZNAŃ	M50-59	5			00:19:25	00:38:47	00:58:07	01:17:03.35	+00:10:54 (14.2%)	7:42	7.8 (85.7%)
29	ROSADZIŃSKA Natalia	181	LESZNO :)	K18-29	1			00:19:11	00:38:34	00:58:24	01:17:23.90	+00:11:15 (14.5%)	7:44	7.8 (85.7%)
30	KANIEWSKI Łukasz	200	SUMMER ISLAND	M30-39	2			00:18:46	00:38:14	00:58:00	01:17:25.00	+00:11:16 (14.6%)	7:44	7.8 (85.7%)
31	KRUSZKA Arleta	164	MARSZ PO ZDROWIE POZNAŃ	K50-59	2			00:19:20	00:38:52	00:58:30	01:18:25.30	+00:12:16 (15.7%)	7:50	7.7 (84.6%)
32	JASONŃ Grażyna	161	DYNAMIC	K50-59	3			00:19:26	00:39:05	00:58:58	01:19:09.35	+00:13:00 (16.4%)	7:54	7.6 (83.5%)
33	WACHOWIAK Sylwia	190	DYNAMIC	K40-49	7			00:19:14	00:38:58	00:59:12	01:19:35.85	+00:13:26 (16.9%)	7:57	7.5 (82.4%)
34	RASZEWSKA Justyna	198		K30-39	3	1		00:19:24	00:39:15	00:59:39	01:19:47.65	+00:13:38 (17.1%)	7:58	7.5 (82.4%)
35	NOWAK Beata	172	SAILING TEAM FERAJNA	K40-49	8			00:19:39	00:39:40	00:59:51	01:19:57.85	+00:13:48 (17.3%)	7:59	7.5 (82.4%)
36	BOGUSZ Marek	154		M50-59	6			00:19:30	00:40:21	01:00:13	01:20:04.30	+00:13:55 (17.4%)	8:00	7.5 (82.4%)
37	POSTEK Danuta	178	MARSZ PO ZDROWIE POZNAŃ	K50-59	4			00:20:07	00:40:25	01:01:03	01:21:31.80	+00:15:22 (18.9%)	8:09	7.4 (81.3%)

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38	PIĄTKOWSKI Józef	176	KS METRACO POLKOWICE	M70+	1			00:19:50	00:39:58	01:00:27	01:21:34.20	+00:15:25 (18.9%)	8:09	7.4 (81.3%)
39	BORUCKI Krystian	155	BORKO.PL	M30-39	3			00:20:13	00:41:14	01:01:40	01:21:47.30	+00:15:38 (19.1%)	8:10	7.3 (80.2%)
40	MOSTOWSKA-NOWAK Elżbieta	169	LESZNO :)	K50-59	5			00:20:03	00:40:34	01:01:22	01:21:50.80	+00:15:41 (19.2%)	8:11	7.3 (80.2%)
41	ADAMEK-BOBER Anna	151	MARSZ PO ZDROWIE POZNAŃ	K60-69	1			00:19:48	00:40:25	01:01:18	01:22:07.05	+00:15:58 (19.4%)	8:12	7.3 (80.2%)
42	OMARSKA Grażyna	174	PASJA NORDIC WALKING	K50-59	6			00:20:19	00:40:55	01:01:47	01:22:44.45	+00:16:35 (20.1%)	8:16	7.3 (80.2%)
43	KUSZA Henryk	191	UKS GIMNAZJON SUCHY LAS	M50-59	7			00:20:01	00:40:28	01:01:36	01:22:46.00	+00:16:37 (20.1%)	8:16	7.2 (79.1%)
44	PORZUCKOWIAK Piotr	177	DYNAMIC	M30-39	4			00:20:11	00:40:54	01:01:44	01:23:10.75	+00:17:01 (20.5%)	8:19	7.2 (79.1%)
45	URBAN Jacek	189	LESZNO :)	M60-69	7			00:20:47	00:41:41	01:02:46	01:23:34.10	+00:17:25 (20.8%)	8:21	7.2 (79.1%)
46	SZYBCZYŃSKA Katarzyna	187	KS SOKÓŁ GAŚAWA	K40-49	9			00:20:03	00:41:00	01:02:15	01:23:38.10	+00:17:29 (20.9%)	8:21	7.2 (79.1%)
47	APPEL Jerzy	153	GOSIR OSIELSKO	M70+	2			00:19:57	00:40:48	01:02:26	01:24:09.10	+00:18:00 (21.4%)	8:24	7.1 (78.0%)
48	STRZELECKI Sebastian	185	SAILING TEAM FERAJNA	M40-49	7			00:20:09	00:41:20	01:02:57	01:24:14.75	+00:18:05 (21.5%)	8:25	7.1 (78.0%)
49	ZAKRZEWSKA Henryka	193	NORDIC TEAM GNIEZNO	K70+	1			00:20:25	00:41:38	01:02:53	01:24:27.00	+00:18:18 (21.7%)	8:26	7.1 (78.0%)
50	ZIEGLER Barbara	199	LESZNO :)	K60-69	2			00:20:06	00:41:21	01:03:44	01:27:11.70	+00:21:02 (24.1%)	8:43	6.9 (75.8%)
	KOZŁOWSKA Agnieszka	196	DYNAMIC	K40-49				00:26:51 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 51 results.