

OSIELSKO - MISTRZOSTWA POLSKI NW - MARATON

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

PFNW

2015-04-11

Osielsko

42,195 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas								Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
							4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km	42.195km	42.195km				
1	MICHALEC Marcin	122	KKB MOSIR KROSNO	M18-29	1	00:00:01	00:27:07	00:54:30	01:21:44	01:49:03	02:16:29	02:44:21	03:13:00	03:42:12	04:12:29	04:43:56.85	04:43:58.30		6:43	8.9 (100%)	
2	DOŁĘGOWSKI Marek	145	BKS MANIAK WOLIN	M40-49	1	00:00:04	00:28:38	00:56:51	01:25:23	01:53:57	02:23:02	02:52:41	03:23:22	03:53:55	04:24:01	04:54:32.60	04:54:37.15	+00:10:35 (3.6%)	6:58	8.6 (96.6%)	
3	KOLASA Wojciech	113	FIZJO-PLUS TEAM	M40-49	2	00:00:05	00:31:21	01:01:53	01:32:02	02:02:39	02:33:21	03:03:34	03:34:19	04:05:13	04:36:06	05:06:43.90	05:06:48.95	+00:22:47 (7.4%)	7:16	8.3 (93.3%)	
4	KANIGOWSKI Grzegorz	144	A	M30-39	1	00:00:01	00:28:17	00:57:13	01:26:39	01:55:51	02:27:12	02:59:15	03:31:35	04:03:32	04:36:20	05:09:37.70	05:09:39.60	+00:25:40 (8.3%)	7:20	8.2 (92.1%)	
5	KOŁODZIEJCZAK Beata	154	SOCHO TEAM	K40-49	1	00:02:12	00:29:06	00:58:39	01:28:29	01:58:57	02:29:59	03:01:35	03:34:11	04:07:33	04:41:36	05:14:42.35	05:16:55.15	+00:30:45 (9.8%)	7:27	8 (89.9%)	
6	STUPNOWICZ Przemek	116	FOREVER YOUNG ŁÓDŹ	M18-29	2	00:00:01	00:31:24	01:01:57	01:32:06	02:02:43	02:33:24	03:03:47	03:35:17	04:09:30	04:42:45	05:14:45.90	05:14:47.45	+00:30:49 (9.8%)	7:27	8 (89.9%)	
7	BOGACKI Sławomir	100		M40-49	3	00:00:03	00:28:49	00:57:57	01:26:35	01:55:48	02:29:19	03:01:32	03:33:54	04:08:12	04:41:04	05:16:32.35	05:16:36.05	+00:32:35 (10.3%)	7:30	8 (89.9%)	
8	NIEDBAŁ Adam	152	SILESIA NORDIC TEAM	M30-39	2	00:00:02	00:30:25	01:00:29	01:30:23	02:00:59	02:31:27	03:02:53	03:35:15	04:09:36	04:42:28	05:16:52.35	05:16:54.70	+00:32:55 (10.4%)	7:30	8 (89.9%)	
9	WEŁNICKI Waldemar	164	GOSIR NORDIC DEVELOPMENT OSIELSKO/ ŻÓŁTKI	M40-49	4	00:00:06	00:31:04	01:01:13	01:31:10	02:01:18	02:32:09	03:03:33	03:35:49	04:09:37	04:43:44	05:17:29.10	05:17:35.50	+00:33:32 (10.6%)	7:31	8 (89.9%)	
10	WALENDZIAK Ryszard	174	POCHODZĘ Z MALBORKA/22.BLT MALBORK	M40-49	5	00:00:04	00:28:52	00:57:55	01:26:36	01:55:17	02:25:40	02:57:34	03:30:41	04:05:54	04:43:25	05:20:49.15	05:20:53.65	+00:36:52 (11.5%)	7:36	7.9 (88.8%)	
11	ANTOSZEWSKI Piotr	125	KROK KING GNIEZNO	M40-49	6	00:00:07	00:31:03	01:01:11	01:31:09	02:01:36	02:33:18	03:05:54	03:39:06	04:13:05	04:47:03	05:22:09.25	05:22:16.45	+00:38:12 (11.9%)	7:38	7.9 (88.8%)	
12	WETOSZKA Piotr	121	KB BIAŁA BIEGA	M18-29	3	00:00:01	00:29:39	01:00:00	01:30:38	02:01:26	02:32:38	03:04:36	03:37:43	04:11:42	04:46:51	05:22:40.40	05:22:41.90	+00:38:43 (12.0%)	7:38	7.8 (87.6%)	
13	WARUSZEWSKI Karol	105	BIEGAJĄCY TCZEW	M30-39	3	00:00:02	00:31:27	01:02:03	01:32:16	02:02:46	02:33:51	03:05:45	03:39:17	04:13:26	04:49:53	05:26:48.45	05:26:51.05	+00:42:51 (13.1%)	7:44	7.7 (86.5%)	
14	WESOŁOWSKI Wojciech	117	GNIEZNO	M60-64	1	00:00:09	00:31:26	01:02:15	01:33:59	02:06:12	02:38:50	03:12:37	03:45:56	04:20:26	04:55:50	05:29:41.70	05:29:51.05	+00:45:44 (13.9%)	7:48	7.7 (86.5%)	
15	SOBKOWSKI Janusz	133	SILESIA NORDIC WALKING	M60-64	2	00:00:06	00:31:47	01:03:00	01:34:18	02:05:50	02:38:02	03:12:57	03:46:52	04:22:57	04:57:19	05:30:17.65	05:30:24.30	+00:46:20 (14.0%)	7:49	7.7 (86.5%)	
16	KOCIMSKI Jan	123	KM AKTYWNI SOCHACZEW	M65+	1	00:00:04	00:31:32	01:02:58	01:34:26	02:06:00	02:38:18	03:11:37	03:45:35	04:20:30	04:55:58	05:31:47.00	05:31:51.85	+00:47:50 (14.4%)	7:51	7.6 (85.4%)	
17	SZCZEBAK Jacek	136	TARNÓW	M40-49	7	00:00:03	00:30:26	01:00:37	01:31:00	02:02:15	02:34:14	03:07:21	03:42:50	04:20:28	04:56:50	05:32:08.80	05:32:11.85	+00:48:11 (14.5%)	7:52	7.6 (85.4%)	
18	STAWNIAK Karol	138	UTW ŻNIN	M65+	2	00:00:10	00:32:04	01:04:04	01:35:38	02:07:21	02:40:08	03:14:25	03:48:51	04:23:46	04:59:39	05:34:40.05	05:34:50.80	+00:50:43 (15.2%)	7:55	7.6 (85.4%)	
19	ŚLUSARCZYK Marcin	155	WESOŁY BORSUK TEAM	M30-39	4	00:00:03	00:31:49	01:03:10	01:34:12	02:06:17	02:39:35	03:13:33	03:47:55	04:23:16	05:00:02	05:35:03.50	05:35:07.00	+00:51:06 (15.3%)	7:56	7.6 (85.4%)	
20	KOMAJDA Jarosław	165	GOSIR NORDIC DEVELOPMENT OSIELSKO/ ŻÓŁTKI	M50-59	1	00:00:06	00:32:43	01:05:13	01:37:14	02:09:30	02:42:56	03:17:04	03:51:34	04:26:36	05:01:54	05:35:21.75	05:35:27.85	+00:51:24 (15.3%)	7:56	7.5 (84.3%)	
21	STOPA Joanna	143	"BŁĘKITNI"" NW DZIEMIANY"	K18-29	1	00:02:12	00:31:39	01:03:26	01:35:49	02:08:16	02:41:30	03:15:40	03:49:39	04:23:43	05:00:06	05:35:28.05	05:37:40.25	+00:51:31 (15.4%)	7:57	7.5 (84.3%)	
22	ZAMRZYCKI Leszek	106		M50-59	2	00:00:09	00:31:53	01:03:12	01:34:07	02:05:34	02:38:04	03:12:01	03:46:53	04:22:56	05:00:02	05:35:32.25	05:35:41.60	+00:51:35 (15.4%)	7:57	7.5 (84.3%)	
23	SZPILMAN Marta	103	3CITY TEAM	K18-29	2	00:02:12	00:31:39	01:03:26	01:35:49	02:08:16	02:41:31	03:15:43	03:50:49	04:25:53	05:01:13	05:36:12.75	05:38:24.95	+00:52:15 (15.5%)	7:58	7.5 (84.3%)	
24	KOWALCZYK Mariusz	118	GREEN TEAM ZIELONA GÓRA	M40-49	8	00:00:05	00:30:30	01:00:51	01:31:41	02:03:26	02:36:32	03:10:48	03:45:29	04:20:55	04:56:47	05:36:19.95	05:36:25.60	+00:52:23 (15.6%)	7:58	7.5 (84.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas										Czas netto 42.195km	Czas brutto 42.195km	Różn	Tempo min/km	Tempo km/h
						startu	4.22km	8.439km	12.659km	16.878km	21.098km	25.317km	29.537km	33.756km	37.976km					
57	WEŚIERSKA Barbara	142		K60+	2	00:02:18	00:37:35	01:14:45	01:51:35	02:29:24	03:08:07	03:47:34	04:27:37	05:07:31	05:47:44	06:26:17.80	06:28:36.00	+01:42:20 (26.5%)	9:09	6.6 (74.2%)
58	NESSEL Katarzyna	140		K40-49	6	00:02:15	00:37:39	01:14:52	01:51:48	02:29:48	03:08:12	03:47:36	04:27:40	05:07:34	05:47:45	06:26:20.30	06:28:36.05	+01:42:23 (26.5%)	9:09	6.6 (74.2%)
59	KORDALSKA Agata	141		K40-49	7	00:02:16	00:37:38	01:14:46	01:52:12	02:30:29	03:08:11	03:49:27	04:30:29	05:10:35	05:51:23	06:31:33.95	06:33:50.50	+01:47:37 (27.5%)	9:16	6.5 (73.0%)
60	ROZMUS Jolanta	108	CHODZIEKIJAMI	K60+	3	00:02:17	00:36:36	01:13:41	01:51:22	02:29:41	03:09:02	03:48:18	04:28:39	05:10:35	05:52:20	06:31:50.40	06:34:07.80	+01:47:53 (27.5%)	9:17	6.5 (73.0%)
61	SZULC Alicja	129	MOSIR MŁAWA	K30-39	1	00:02:14	00:32:33	01:06:27	01:41:32	02:18:38	02:57:46	03:40:13	04:25:57	05:09:53	05:52:16	06:35:29.35	06:37:43.55	+01:51:32 (28.2%)	9:22	6.4 (71.9%)
62	KAZIÓW Ryszard	173	STOPA SŁUPSK	M60-64	3	00:00:08	00:32:33	01:05:13	01:37:20	02:13:00	02:52:09	03:34:27	04:21:19	05:09:13	05:57:00	06:39:05.30	06:39:13.70	+01:55:08 (28.9%)	9:27	6.3 (70.8%)
63	CEGŁA Zbyszko	131		M60-64	4	00:00:10	00:35:04	01:10:50	01:47:25	02:25:16	03:07:56	03:49:44	04:32:06	05:13:51	05:57:45	06:41:21.00	06:41:31.55	+01:57:24 (29.3%)	9:30	6.3 (70.8%)
64	STUPNOWICZ Joanna	115	FOREVER YOUNG ŁÓDŹ	K40-49	8	00:02:14	00:36:59	01:14:27	01:52:57	02:32:09	03:12:01	03:52:00	04:32:40	05:16:24	05:58:17	06:42:08.00	06:44:22.45	+01:58:11 (29.4%)	9:31	6.3 (70.8%)
65	KOŁODZIEJCZAK Radosław	170	SOCHO TEAM	M30-39	8	00:00:04	00:37:48	01:16:38	01:55:08	02:34:20	03:14:12	03:54:11	04:34:50	05:18:36	06:00:27	06:44:19.90	06:44:24.35	+02:00:23 (29.8%)	9:34	6.3 (70.8%)
66	APPEL Jerzy	149	GOSIR OSIELSKO	M65+	7	00:00:08	00:33:27	01:08:19	01:44:07	02:21:29	02:59:41	03:39:45	04:24:22	05:12:08	06:00:30	06:49:13.40	06:49:21.90	+02:05:16 (30.6%)	9:41	6.2 (69.7%)
67	ŚWIDERSKA-MADRY Ewa	159		K50-59	9	00:02:16	00:36:43	01:14:41	01:55:12	02:36:39	03:19:42	04:03:50	04:47:35	05:31:58	06:16:27	06:58:28.90	07:00:45.40	+02:14:32 (32.1%)	9:55	6 (67.4%)
68	LEWANDOWSKA Monika	176		K18-29	6	00:02:13	00:36:45	01:14:46	01:55:50	02:38:28	03:25:48	04:20:21	05:10:34	06:00:29	06:52:43	07:46:35.15	07:48:48.50	+03:02:38 (39.1%)	11:03	5.4 (60.7%)
69	ZINKIEWICZ Filip	175		M18-29	4	00:00:08	00:38:51	01:16:51	01:57:54	02:40:33	03:27:52	04:22:26	05:12:39	06:02:33	06:54:47	07:48:40.25	07:48:48.25	+03:04:43 (39.4%)	11:06	5.4 (60.7%)
70	LENZ Andrzej	104	ALTOM	M50-59	8	00:00:07	00:30:21	01:00:24	01:30:18	02:00:53	02:31:22	03:02:00	03:33:17	04:06:30				+00:24:18	7:18	8.2 (92.1%)
71	UKLEJEWSKI Przemysław	163	GOSIR NORDIC DEVELOPMENT OSIELSKO	M40-49	13	00:00:04	00:32:16	01:05:07	01:38:34	02:12:52	02:48:59	03:26:03	04:06:46					+00:53:46	8:21	7.2 (80.9%)
72	CIESIELSKI Jerzy	171	FUNDACJA KRWINKA	M60-64	5	00:00:10	00:41:44	01:23:57	02:05:29	02:48:42	03:33:37	04:25:43						+01:41:22	10:29	5.7 (64.0%)
73	CYRUS Bogdan	153	SILESIA NORDIC TEAM	M40-49	14	00:00:03	00:30:15	01:00:28	01:30:22	02:00:59	02:31:32							+00:15:03	7:10	8.4 (94.4%)
74	ŚCIBISZ Bogdan	137	TKKF SATURN CZELADZ	M65+	8	00:00:07	00:33:24	01:08:22	01:44:40	02:25:37								+00:36:34	8:37	7 (78.7%)

Znaleziono 74 wynik(ów)