

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										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					
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
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	6:58	8.6
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	7:16	8.3
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	7:20	8.2
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	7:27	8
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	7:27	8
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	7:30	8
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	7:30	8
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	7:31	8
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	7:36	7.9
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	7:38	7.9
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	7:38	7.8
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	7:44	7.7
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	7:48	7.7
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	7:49	7.7
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	7:51	7.6
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	7:52	7.6
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	7:55	7.6
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	7:56	7.6
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	7:56	7.5
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	7:57	7.5
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	7:57	7.5
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	7:58	7.5
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	7:58	7.5
25	AUGUŚCIK Mariusz	167	NIEZRZESZONY	M50-59	3	00:00:10	00:32:20	01:04:38	01:36:39	02:08:49	02:42:17	03:16:09	03:50:48	04:25:39	05:01:28	05:36:35.15	05:36:45.40	+00:52:38	7:58	7.5
26	BAJER Piotr	135		M50-59	4	00:00:05	00:32:12	01:04:10	01:35:44	02:07:25	02:40:12	03:14:05	03:46:48	04:20:58	04:57:19	05:37:21.00	05:37:26.50	+00:53:24	7:59	7.5
27	GALIŃSKA Tatiana	119	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	K40-49	2	00:02:13	00:31:46	01:04:59	01:37:58	02:11:59	02:45:15	03:19:09	03:56:04	04:30:24	05:04:10	05:40:39.20	05:42:52.65	+00:56:42	8:04	7.4
28	GALIŃSKI Rafał	120	JURAJSKI KLUB NORDIC WALKING LIDER SUPPORT TEAM	M40-49	9	00:00:04	00:33:56	01:07:09	01:40:09	02:14:09	02:47:25	03:21:20	03:56:22	04:32:34	05:06:21	05:42:48.55	05:42:53.00	+00:58:51	8:07	7.4

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					
29	MITURA-ZIELONKA Paweł	132	SILESIA NORDIC TEAM / SPACERMISTRZ	M30-39	5	00:00:02	00:31:55	01:03:04	01:34:04	02:06:46	02:41:33	03:17:47	03:54:44	04:30:31	05:06:57	05:44:43.40	05:44:45.90	+01:00:46	8:10	7.3
30	KACPRZAK Sławek	127	LZS JUSTYNÓW	M40-49	10	00:00:06	00:32:42	01:04:06	01:35:41	02:07:22	02:40:09	03:14:51	03:52:26	04:31:36	05:09:33	05:45:42.05	05:45:48.95	+01:01:45	8:11	7.3
31	MOTYLSKA Aleksa	162	DRUŻYNA SZPIKU	K18-29	3	00:02:12	00:31:51	01:03:19	01:35:08	02:07:45	02:40:58	03:14:57	03:49:29	04:26:11	05:07:58	05:47:30.60	05:49:42.70	+01:03:33	8:14	7.3
32	KOŁPAK Jan	126	LKS ZANTYR SZTUM-	M65+	3	00:00:11	00:32:50	01:05:43	01:38:59	02:12:41	02:46:56	03:21:53	03:57:32	04:33:48	05:10:32	05:47:49.65	05:48:01.00	+01:03:52	8:14	7.3
33	ANTCZAK-KRETKOWSKA Maria	161		K50-59	1	00:02:15	00:33:38	01:07:50	01:43:14	02:20:27	02:57:24	03:32:00	04:07:29	04:43:06	05:18:14	05:51:33.20	05:53:49.10	+01:07:36	8:19	7.2
34	ŚLIWKA Wanda	130		K50-59	2	00:02:16	00:32:40	01:05:34	01:38:59	02:13:21	02:48:29	03:24:26	04:01:26	04:39:12	05:16:56	05:52:18.40	05:54:34.80	+01:08:21	8:20	7.2
35	BURDANOWSKI Andrzej	166	GOSIR NORDIC DEVELOPMENT OSIELSKO/ ŻÓŁTKI	M30-39	6	00:00:03	00:34:35	01:08:47	01:43:12	02:17:56	02:52:45	03:29:37	04:06:48	04:44:01	05:22:10	05:56:25.75	05:56:29.25	+01:12:28	8:26	7.1
36	JANKOWSKA Katarzyna	128	MOSIR	K50-59	3	00:02:17	00:33:37	01:06:56	01:41:08	02:15:30	02:50:38	03:26:42	04:03:50	04:40:56	05:17:53	05:56:52.60	05:59:10.15	+01:12:55	8:27	7.1
37	WIDERKIEWICZ Krzysztof	157	# GRU	M50-59	5	00:00:09	00:34:15	01:08:37	01:43:24	02:18:08	02:54:19	03:30:52	04:07:06	04:43:56	05:21:46	05:57:12.40	05:57:21.95	+01:13:15	8:27	7.1
38	KUPIBIDA Bogusława	134	SILESIA NORDIK TEAM	K50-59	4	00:02:17	00:34:25	01:08:20	01:42:31	02:17:04	02:51:42	03:27:17	04:04:14	04:41:23	05:18:18	05:57:17.45	05:59:34.85	+01:13:20	8:28	7.1
39	DANA Andrzej	151	KLUB NW \"PATYCZAKI\"****	M65+	4	00:00:07	00:33:28	01:08:20	01:42:58	02:17:51	02:53:14	03:29:33	04:06:20	04:43:09	05:21:22	05:58:41.00	05:58:48.00	+01:14:44	8:30	7.1
40	DOMERACKI Tomasz	169	TUCHOLA NW TEAM	M40-49	11	00:00:02	00:32:24	01:05:32	01:39:20	02:13:25	02:48:33	03:25:30	04:04:23	04:43:27	05:22:08	06:00:45.80	06:00:48.30	+01:16:48	8:32	7
41	WIERCHANOWSKI Bogdan	160	BKS MANIAK WOLIN	M50-59	6	00:00:08	00:32:33	01:05:12	01:37:13	02:09:52	02:44:42	03:21:27	04:01:47	04:43:02	05:24:19	06:01:16.00	06:01:24.85	+01:17:19	8:33	7
42	KACZMAREK Elżbieta	107		K50-59	5	00:02:15	00:34:27	01:09:39	01:44:44	02:19:51	02:56:02	03:32:27	04:10:06	04:48:18	05:27:35	06:04:27.20	06:06:42.45	+01:20:30	8:38	6.9
43	JASIŃSKI Marianna	172		M65+	5	00:00:08	00:33:00	01:08:51	01:42:40	02:18:25	02:55:11	03:33:14	04:12:47	04:51:55	05:28:26	06:04:47.35	06:04:55.95	+01:20:50	8:38	6.9
44	BYTNIEWSKI Mieczysław	139		M65+	6	00:00:10	00:36:34	01:13:05	01:48:57	02:25:08	03:00:55	03:36:07	04:12:31	04:49:32	05:27:59	06:06:07.60	06:06:17.90	+01:22:10	8:40	6.9
45	JÓŻWIAK Marianna	156	WTW WŁOCLAWEK	K40-49	3	00:02:13	00:31:52	01:05:37	01:40:03	02:17:47	02:55:29	03:33:30	04:13:01	04:50:52	05:30:58	06:09:01.40	06:11:14.40	+01:25:04	8:44	6.9
46	DANA Kazimiera	150	KLUB NW \"PATYCZAKI\"****	K60+	1	00:02:18	00:35:14	01:10:34	01:45:38	02:21:13	02:57:53	03:34:52	04:12:57	04:52:04	05:30:57	06:09:07.40	06:11:25.70	+01:25:10	8:44	6.9
47	KULKA Maciej	109	DRUŻYNA SZPIKU	M50-59	7	00:00:09	00:37:25	01:14:22	01:51:06	02:27:45	03:04:41	03:41:35	04:18:32	04:55:45	05:33:06	06:09:48.95	06:09:58.60	+01:25:52	8:45	6.8
48	MARONDEL Katarzyna	168	SILESIA NORDIC TEAM	K18-29	4	00:02:12	00:33:58	01:08:35	01:43:47	02:19:19	02:56:04	03:34:28	04:13:18	04:52:03	05:31:00	06:09:58.65	06:12:10.75	+01:26:01	8:46	6.8
49	JÓŻWIAK Łukasz	158	WTW WŁOCLAWEK	M40-49	12	00:00:05	00:34:06	01:08:07	01:43:23	02:20:28	02:57:30	03:34:15	04:12:10	04:51:41	05:32:35	06:10:04.75	06:10:10.30	+01:26:07	8:46	6.8
50	POTRYKUS Małgorzata	101		K50-59	6	00:02:16	00:36:29	01:13:02	01:48:48	02:24:54	03:01:08	03:37:46	04:15:01	04:53:08	05:32:07	06:11:08.05	06:13:25.00	+01:27:11	8:47	6.8
51	WOLNIEWICZ Izabela	110	FABRIKA NORDIKA	K18-29	5	00:02:13	00:35:32	01:12:16	01:48:37	02:24:54	03:01:02	03:37:47	04:15:05	04:53:11	05:32:10	06:11:10.20	06:13:23.20	+01:27:13	8:47	6.8
52	WOLNIEWICZ Katarzyna	111	FABRIKANORDIKA	K40-49	4	00:02:14	00:36:30	01:13:02	01:48:50	02:24:56	03:01:09	03:37:47	04:15:03	04:53:09	05:32:09	06:11:10.40	06:13:24.90	+01:27:13	8:47	6.8
53	UBYCH Marcin	112	FIZJO-PLUS	M30-39	7	00:00:05	00:34:19	01:08:40	01:43:27	02:18:05	02:53:30	03:30:30	04:09:59	04:49:09	05:32:38	06:12:38.50	06:12:44.45	+01:28:41	8:49	6.8
54	POKORNIECKA Monika	102	DAMY RADE	K40-49	5	00:02:13	00:33:03	01:06:30	01:41:00	02:16:01	02:54:01	03:34:12	04:14:39	04:54:15	05:34:36	06:14:11.05	06:16:24.90	+01:30:14	8:52	6.8
55	PIERNICKA Krystyna	124	KP	K50-59	7	00:02:15	00:32:42	01:05:37	01:40:35	02:17:22	02:55:34	03:35:59	04:14:40	04:54:28	05:35:21	06:14:55.30	06:17:10.90	+01:30:58	8:53	6.8
56	KARASIEWICZ Irena	146		K50-59	8	00:02:14	00:33:38	01:07:50	01:43:14	02:20:27	02:57:37	03:36:51	04:18:03	04:57:39	05:38:20	06:17:53.35	06:20:08.30	+01:33:56	8:57	6.7
57	WĘSIERSKA 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	9:09	6.6
58	NESSSEL 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	9:09	6.6
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	9:16	6.5
60	ROZMUS Jolanta	108	CHODZIEZKIJAMI	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	9:17	6.5
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	9:22	6.4
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	9:27	6.3
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	9:30	6.3
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	9:31	6.3
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	9:34	6.3
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	9:41	6.2

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					
67	ŚWIDERSKA-MĄDRY 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	9:55	6
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	11:03	5.4
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	11:06	5.4
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	
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	
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	
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	
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	

Znaleziono 74 wynik(ów)