



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 10 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALSKI Andrzej	518	FACE NORDIC WALKING TEAM	M50-59	1			00:02:25	00:30:33	01:01:34.40	01:03:59.70		6:09	9.7 (100%)
2	RECZULSKI Mariusz	482	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	2			00:02:27	00:31:13	01:03:05.15	01:05:32.20	+00:01:30 (2.4%)	6:18	9.5 (97.9%)
3	SIWAK Piotr	485	KS METRACO POLKOWICE	M50-59	3			00:02:25	00:30:35	01:03:13.65	01:05:39.40	+00:01:39 (2.6%)	6:19	9.5 (97.9%)
4	LESIŃSKI Grzegorz	535	KS METRACO POLKOWICE	M50-59	4			00:02:27	00:31:12	01:03:44.95	01:06:12.55	+00:02:10 (3.4%)	6:22	9.4 (96.9%)
5	PUSZKIEL Leszek	540	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:25	00:31:26	01:04:31.15	01:06:57.05	+00:02:56 (4.6%)	6:27	9.3 (95.9%)
6	CIEŚLAK Roman	542	EPOKA NORDICA ŁÓDŹ	M50-59	6			00:02:24	00:32:19	01:05:57.90	01:08:22.70	+00:04:23 (6.7%)	6:35	9.1 (93.8%)
7	ŚWISŁOCKI Bogdan	532	FACE NORDIC WALKING TEAM	M50-59	7			00:02:25	00:33:09	01:07:33.05	01:09:58.30	+00:05:58 (8.8%)	6:45	8.9 (91.8%)
8	SZYMAŃSKI Zbigniew	399		M50-59	8			00:02:24	00:33:16	01:08:13.65	01:10:38.10	+00:06:39 (9.8%)	6:49	8.8 (90.7%)
9	WIERCHANOWSKI Bogdan	606	KS METRACO POLKOWICE	M50-59	9	1		00:02:24	00:33:57	01:09:40.70	01:12:05.50	+00:08:06 (11.6%)	6:58	8.6 (88.7%)
10	KOWALSKI Marek	448	UNIA MIAST	M50-59	10			00:02:26	00:35:44	01:11:36.70	01:14:02.75	+00:10:02 (14.0%)	7:09	8.4 (86.6%)
11	SZULC Jarek	496	MARSZ PO ZDROWIE	M50-59	11			00:02:24	00:35:30	01:12:14.40	01:14:38.65	+00:10:40 (14.8%)	7:13	8.3 (85.6%)
12	MIERNICKI Mariusz	533		M50-59	12			00:02:53	00:35:59	01:12:33.10	01:15:26.20	+00:10:58 (15.1%)	7:15	8.3 (85.6%)
13	NETKOWSKI Wojciech	470	PASJA NORDIC WALKING	M50-59	13			00:02:53	00:36:23	01:13:08.95	01:16:02.90	+00:11:34 (15.8%)	7:18	8.2 (84.5%)

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14	POZNAŃSKI Wiesław	478	K.S. AMATOR NW	M50-59	14			00:02:54	00:36:24	01:13:25.00	01:16:19.15	+00:11:50 (16.1%)	7:20	8.2 (84.5%)
15	KOMAJDA Jarosław	524	GOSIR OSIELSKO	M50-59	15			00:02:26	00:36:48	01:13:44.20	01:16:11.10	+00:12:09 (16.5%)	7:22	8.1 (83.5%)
16	HAJNUS Wojciech	430	FACE NORDIC WALKING TEAM	M50-59	16			00:02:25	00:36:38	01:14:14.25	01:16:39.65	+00:12:39 (17.1%)	7:25	8.1 (83.5%)
17	FOT Krzysztof	392	MARSZ PO ZDROWIE	M50-59	17			00:02:26	00:38:05	01:14:43.45	01:17:10.40	+00:13:09 (17.6%)	7:28	8 (82.5%)
18	GRZESZCZAK Andrzej	394	KS METRACO POLKOWICE	M50-59	18			00:02:54	00:37:36	01:16:02.35	01:18:57.25	+00:14:27 (19.0%)	7:36	7.9 (81.4%)
19	DZIUBAK Janusz	419	RYBNICKI KLUB NORDIC WALKING	M50-59	19			00:02:54	00:39:00	01:18:55.95	01:21:50.35	+00:17:21 (22.0%)	7:53	7.6 (78.4%)
20	SZEWCZYK Marek	494	FACE NORDIC WALKING TEAM	M50-59	20			00:02:25	00:39:29	01:19:50.95	01:22:16.25	+00:18:16 (22.9%)	7:59	7.5 (77.3%)
21	STEFAŃSKI Andrzej	492	FACE NORDIC WALKING TEAM	M50-59	21	1		00:02:53	00:39:44	01:20:48.25	01:23:41.35	+00:19:13 (23.8%)	8:04	7.4 (76.3%)
22	KOSSOWSKI Marian	445	MARYSIN	M50-59	22			00:02:26	00:40:36	01:22:48.20	01:25:14.85	+00:21:13 (25.6%)	8:16	7.2 (74.2%)
23	FAJNAS Ryszard	420	FACE NORDIC WALKING TEAM	M50-59	23			00:02:53	00:40:39	01:23:43.60	01:26:36.70	+00:22:09 (26.5%)	8:22	7.2 (74.2%)
24	KULKA Maciej	455	FACE NORDIC WALKING TEAM	M50-59	24			00:02:55	00:42:23	01:24:14.00	01:27:09.65	+00:22:39 (26.9%)	8:25	7.1 (73.2%)
25	POLAKIEWICZ Dariusz	520	ZDROWIA	M50-59	25			00:02:53	00:41:22	01:26:18.25	01:29:11.90	+00:24:43 (28.7%)	8:37	7 (72.2%)
26	BIERYT Arkadiusz	20	KLUB WELLNESS	M50-59	26			00:02:55	00:47:18	01:35:27.50	01:38:23.15	+00:33:53 (35.5%)	9:32	6.3 (64.9%)

Znaleziono 26 wynik(ów)