



OSIELSKO - MISTRZOSTWA POLSKI / PUCHAR POLSKI NORDIC WALKING - 5KM

B4SPORT

Organizator: PFNW
Data: 2016-08-06
Miejsce: Osielsko
Dystans: 5 km



Klasyfikacja: M45-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	JENCZELEWSKI Grzegorz	93	ENERGYLIFE / NW CIECHANÓW	M45-49	1			00:03:47	00:31:57.50	00:35:44.55		6:23	9.4 (100%)
2	KROMSKI Paweł	132	NORDIC WALKING KIEKRZ	M45-49	2			00:03:47	00:32:15.15	00:36:02.30	+00:00:17 (0.9%)	6:27	9.3 (98.9%)
3	KRYŚ Artur	134	KS METRACO POLKOWICE	M45-49	3			00:03:47	00:32:55.80	00:36:43.00	+00:00:58 (3.0%)	6:35	9.1 (96.8%)
4	FELIS Paweł	52		M45-49	4			00:03:47	00:33:55.45	00:37:42.50	+00:01:57 (5.8%)	6:47	8.8 (93.6%)
5	CUDAK Zbigniew	36	VIKING NORDIC TEAM CZĘSTOCHOWA	M45-49	5			00:03:48	00:34:16.95	00:38:05.80	+00:02:19 (6.8%)	6:51	8.8 (93.6%)
6	ROSADZIŃSKI Sławomir	332		M45-49	6			00:03:46	00:34:17.05	00:38:03.40	+00:02:19 (6.8%)	6:51	8.8 (93.6%)
7	MANDZIUK Marek	310	KBBB / TKKF	M45-49	7	1		00:03:48	00:34:32.30	00:38:20.35	+00:02:34 (7.5%)	6:54	8.7 (92.6%)
8	DEJDA Piotr	369	FACE NORDIC WALKING TEAM	M45-49	8			00:03:48	00:35:53.90	00:39:42.00	+00:03:56 (11.0%)	7:10	8.4 (89.4%)
9	WIĘCASZEK Leszek	283	SZKOŁY FAMA	M45-49	9			00:03:46	00:36:17.05	00:40:03.55	+00:04:19 (11.9%)	7:15	8.3 (88.3%)
10	FRĄCKOWIAK Roman	57	ZS ROSKO	M45-49	10	2 min kary		00:04:17	00:36:18.25	00:40:36.00	+00:04:20 (12.0%)	7:15	8.3 (88.3%)
11	ŚCIESIŃSKI Sławomir	320	GOSIR OSIELSKO	M45-49	11			00:03:48	00:38:29.35	00:42:18.05	+00:06:31 (17.0%)	7:42	7.8 (83.0%)
12	PAZURKIEWICZ Adam	204		M45-49	12			00:03:46	00:38:30.60	00:42:17.10	+00:06:33 (17.0%)	7:42	7.8 (83.0%)
13	STELMACH Dariusz	232	ST TEAM	M45-49	13			00:03:49	00:38:36.85	00:42:26.30	+00:06:39 (17.2%)	7:43	7.8 (83.0%)

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14	KUŹNIARSKI Jacek	145	FACE NORDIC WALKING TEAM	M45-49	14			00:03:48	00:38:41.05	00:42:29.75	+00:06:43 (17.4%)	7:44	7.8 (83.0%)
15	KABACIŃSKI Maciej	99	FACE NORDIC WALKING TEAM	M45-49	15			00:03:50	00:39:29.25	00:43:19.40	+00:07:31 (19.1%)	7:53	7.6 (80.9%)
16	BALICKI Mirosław	8		M45-49	16			00:03:47	00:40:22.50	00:44:09.85	+00:08:25 (20.8%)	8:04	7.4 (78.7%)
17	GUNTHER Tomasz	307	GUNTHER TEAM	M45-49	17			00:03:50	00:41:39.25	00:45:29.70	+00:09:41 (23.3%)	8:19	7.2 (76.6%)
18	TYLUTKI Andrzej	273	FACE NORDIC WALKING TEAM / UKS SIEDLESZCZANY NW	M45-49	18			00:03:49	00:44:01.40	00:47:51.10	+00:12:03 (27.4%)	8:48	6.8 (72.3%)

Znaleziono 18 wynik(ów)