

POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING - 10 KM

B4SPORT
INTEGRATED SPORTS PROMOTION

Wydarzenie: POLAŃCZYK - PUCHAR PODKARPACIA NORDIC WALKING
Organizator: PFNW
Data: 2017-06-04
Miejsce: Polańczyk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.66km	Start_All 3.3km	Start_All 5km	Start_All 6.66km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SIWAK Piotr	193	KS METRACO POLKOWICE	M50-59	1			00:00:28	00:11:03	00:22:16	00:33:29	00:45:00	00:56:31	01:07:48.85	01:08:17.75		6:46	8.8 (100%)
2	NIECHWIEJCZYK Piotr	172	UNIA MIAST	M40-49	1			00:00:27	00:10:59	00:22:13	00:33:31	00:44:58	00:56:30	01:07:49.55	01:08:16.85	+00:00:00 (0.0%)	6:46	8.8 (100%)
3	BIŁEK Artur	151	UNIA MIAST	M30-39	1			00:00:26	00:11:08	00:22:38	00:34:11	00:45:55	00:57:22	01:08:23.40	01:08:50.05	+00:00:34 (0.8%)	6:50	8.8 (100%)
4	WOJTASIŃSKI Daniel	188	VIKING NORDIC TEAM CZĘSTOCHOWA	M30-39	2			00:00:26	00:11:12	00:22:41	00:34:21	00:45:55	00:57:21	01:08:59.10	01:09:25.45	+00:01:10 (1.7%)	6:53	8.7 (98.9%)
5	GRZĄDZIEL Kazimierz	159	ZKN 'SOKÓŁ' ZAGÓRZ	M50-59	2			00:00:28	00:11:03	00:22:45	00:34:52	00:46:59	00:59:18	01:11:37.50	01:12:05.95	+00:03:48 (5.3%)	7:09	8.4 (95.5%)
6	GRZYBAŁA Piotr	160		M40-49	2			00:00:28	00:11:09	00:22:54	00:34:57	00:47:03	00:59:25	01:11:55.75	01:12:24.30	+00:04:06 (5.7%)	7:11	8.3 (94.3%)
7	DOŁŻYCKI Jarosław	157		M30-39	3			00:00:26	00:11:07	00:22:47	00:34:56	00:47:24	01:00:09	01:12:51.90	01:13:18.80	+00:05:03 (6.9%)	7:17	8.2 (93.2%)
8	NALEPKA Jerzy	170	PITBULL WALKING SANOK	M60-69	1			00:00:31	00:11:52	00:23:51	00:35:57	00:48:18	01:00:44	01:13:08.05	01:13:39.60	+00:05:19 (7.3%)	7:18	8.2 (93.2%)
9	KOWALSKI Marek	166	UNIA MIAST	M50-59	3			00:00:27	00:12:01	00:24:24	00:37:03	00:49:47	01:02:37	01:15:20.70	01:15:48.15	+00:07:31 (10.0%)	7:32	8 (90.9%)
10	JĘDRASIAK Renata	163	KS METRACO POLKOWICE	K50-59	1			00:00:55	00:12:05	00:24:21	00:36:50	00:49:44	01:02:38	01:15:20.90	01:16:16.15	+00:07:32 (10.0%)	7:32	8 (90.9%)
11	SPYCHAŁA Marzena	181	WESOŁY BORSUK TEAM	K40-49	1			00:00:54	00:12:20	00:24:47	00:37:28	00:50:23	01:03:30	01:16:16.65	01:17:11.50	+00:08:27 (11.1%)	7:37	7.9 (89.8%)
12	ŚLUSARCZYK Marcin	192	WESOŁY BORSUK TEAM	M30-39	4			00:00:26	00:12:11	00:25:19	00:38:41	00:51:36	01:04:23	01:16:29.30	01:16:55.75	+00:08:40 (11.3%)	7:38	7.8 (88.6%)
13	NETKOWSKI Wojciech	171	PASJA NORDIC WALKING	M50-59	4			00:00:29	00:12:15	00:24:55	00:37:58	00:51:02	01:04:08	01:16:59.95	01:17:29.00	+00:09:11 (11.9%)	7:42	7.8 (88.6%)
14	STĘPIEŃ Lucyna	182	KS METRACO POLKOWICE	K60-69	1			00:00:57	00:12:48	00:25:29	00:38:19	00:51:40	01:04:41	01:17:31.85	01:18:28.90	+00:09:43 (12.5%)	7:45	7.7 (87.5%)
15	WRÓŃSKI Włodzimierz	190	PASJA NORDIC WALKING	M60-69	2			00:00:30	00:12:24	00:25:07	00:38:04	00:51:12	01:04:25	01:17:44.00	01:18:14.45	+00:09:55 (12.8%)	7:46	7.7 (87.5%)
16	SZCZĘBAK Jacek	183	UNIA MIAST	M40-49	3			00:00:27	00:12:16	00:25:09	00:38:06	00:51:09	01:04:23	01:17:46.75	01:18:14.30	+00:09:57 (12.8%)	7:46	7.7 (87.5%)
17	BUŁAKOWSKI Bohdan	154	PASJA NORDIC WALKING	M60-69	3			00:00:30	00:13:15	00:26:15	00:39:12	00:52:09	01:05:11	01:18:03.05	01:18:33.35	+00:10:14 (13.1%)	7:48	7.7 (87.5%)

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18	BODNAR Adrian	152		M18-29	1			00:00:28	00:12:34	00:25:25	00:38:28	00:51:49	01:05:14	01:18:38.80	01:19:07.10	+00:10:49 (13.8%)	7:51	7.6 (86.4%)
19	KOSICKI Dariusz	165		M50-59	5			00:00:29	00:13:35	00:26:41	00:39:51	00:53:12	01:06:14	01:19:14.20	01:19:43.65	+00:11:25 (14.4%)	7:55	7.6 (86.4%)
20	PASIŃSKA-SKOWRON Sylwia	176	PRUSZYŃSKI NORDIC WALKING	K40-49	2			00:00:54	00:12:57	00:26:09	00:39:23	00:52:46	01:06:17	01:20:01.95	01:20:56.90	+00:12:13 (15.3%)	8:00	7.5 (85.2%)
21	KOŃCZEWSKA Bożena	191	BIESZCZADZKI KLUN NORDIC WALKING	K50-59	2			00:00:55	00:12:21	00:25:09	00:38:43	00:52:40	01:06:51	01:20:40.60	01:21:36.25	+00:12:51 (15.9%)	8:04	7.4 (84.1%)
22	SKRYCKA Katarzyna	179	KS METRACO POLKOWICE	K30-39	1			00:00:53	00:13:04	00:26:15	00:39:39	00:53:43	01:07:20	01:21:09.20	01:22:03.15	+00:13:20 (16.4%)	8:07	7.4 (84.1%)
23	PIĄTKOWSKI Józef	177	KS METRACO POLKOWICE	M70+	1			00:00:30	00:13:12	00:26:44	00:40:22	00:54:19	01:07:59	01:22:13.70	01:22:44.50	+00:14:24 (17.5%)	8:13	7.3 (83.0%)
24	MOCZARSKI Mirosław	169	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	M50-59	6			00:00:28	00:13:02	00:26:54	00:41:03	00:55:24	01:09:21	01:23:29.20	01:23:57.35	+00:15:40 (18.8%)	8:20	7.2 (81.8%)
25	MARONDEL Katarzyna	168	SILESIA NORDIC TEAM	K30-39	2			00:00:54	00:13:14	00:26:51	00:40:43	00:54:56	01:09:20	01:23:47.85	01:24:42.05	+00:15:59 (19.1%)	8:22	7.2 (81.8%)
26	SOBAŃSKA Grażyna	180		K60-69	2			00:00:57	00:13:44	00:27:43	00:41:46	00:55:50	01:10:05	01:24:32.30	01:25:29.50	+00:16:43 (19.8%)	8:27	7.1 (80.7%)
27	TROJAN Elżbieta	185	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K30-39	3			00:00:53	00:13:51	00:27:56	00:42:17	00:56:55	01:11:27	01:25:55.05	01:26:48.95	+00:18:06 (21.1%)	8:35	7 (79.5%)
28	WIŚNIEWSKI Kazimierz	187	PASJA NORDIC WALKING	M60-69	4			00:00:30	00:14:01	00:28:14	00:42:22	00:56:43	01:11:17	01:25:56.60	01:26:27.20	+00:18:07 (21.1%)	8:35	7 (79.5%)
29	WORONKO-ZACZYŃSKA Janina	189	KS METRACO POLKOWICE	K70+	1			00:00:57	00:14:00	00:28:01	00:42:12	00:56:51	01:11:43	01:26:48.65	01:27:46.60	+00:18:59 (21.9%)	8:40	6.9 (78.4%)
30	THOMALLA Bogdan	184	SILESIA NORDIC TEAM	M70+	2			00:00:29	00:13:47	00:27:51	00:42:18	00:57:08	01:12:18	01:27:21.30	01:27:50.45	+00:19:32 (22.4%)	8:44	6.9 (78.4%)
31	KUŹMA Elżbieta	167	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K50-59	3			00:00:55	00:13:54	00:28:06	00:42:29	00:57:19	01:12:15	01:27:24.90	01:28:20.65	+00:19:36 (22.4%)	8:44	6.9 (78.4%)
32	OLEŚ-FERFECKA Edyta	174		K18-29	1			00:00:53	00:13:57	00:28:40	00:43:28	00:58:34	01:13:45	01:29:15.45	01:30:08.45	+00:21:26 (24.0%)	8:55	6.7 (76.1%)
33	DZIUBAK Janusz	158	RYBNICKI KLUB NORDIC WALKING	M50-59	7			00:00:29	00:14:11	00:29:15	00:44:42	01:00:00	01:15:33	01:30:55.45	01:31:24.85	+00:23:06 (25.4%)	9:05	6.6 (75.0%)
34	GRYGORIEWA Liudmila	194	DĄBROWA GÓRNICZA NORDNIC WALKING	K60-69	3			00:00:55	00:13:52	00:28:56	00:44:05	00:59:37	01:15:13	01:30:59.30	01:31:55.10	+00:23:10 (25.5%)	9:06	6.6 (75.0%)
35	JAROSZ Anna	162	KLUB NW 'WŁÓCZYKIJE' LEŻAJSK	K60-69	4			00:00:56	00:14:42	00:29:40	00:44:53	01:00:19	01:15:47	01:31:44.20	01:32:40.85	+00:23:55 (26.1%)	9:10	6.5 (73.9%)
36	OMARSKA Grażyna	175	PASJA NORDIC WALKING	K50-59	4			00:00:56	00:15:15	00:30:27	00:45:56	01:01:30	01:16:58	01:32:17.60	01:33:13.65	+00:24:28 (26.5%)	9:13	6.5 (73.9%)
37	HERBUT Elżbieta	161		K40-49	3			00:00:55	00:15:15	00:30:44	00:46:41	01:02:42	01:18:31	01:34:02.35	01:34:57.40	+00:26:13 (27.9%)	9:24	6.4 (72.7%)
38	KLUCZNIK Elżbieta	164		K40-49	4			00:00:54	00:15:22	00:30:58	00:46:56	01:03:06	01:19:32	01:35:54.95	01:36:49.80	+00:28:06 (29.3%)	9:35	6.3 (71.6%)
39	CHRAPEK Urszula	155	KS RUDZICA	K18-29	2			00:00:52	00:16:07	00:32:24	00:48:56	01:05:17	01:22:09	01:39:08.20	01:40:00.80	+00:31:19 (31.6%)	9:54	6.1 (69.3%)
40	GUZOWSKI Maciej	195	KLUB NW 'WŁÓCZYKIJE'	M30-39	5			00:00:27	00:15:49	00:32:58	00:50:15	01:08:46	01:27:42	01:45:30.05	01:45:57.60	+00:37:41 (35.7%)	10:33	5.7 (64.8%)

Znaleziono 40 wynik(ów)