



POLKOWICE - PUCHAR DOLNEGO ŚLĄSKA NORDIC WALKING - 10 KM

B4SPORT

Organizator: PFNW
Data: 2017-03-11
Miejsce: Polkowice
Dystans: 10 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.25km	Start_All 2.5km	Start_All 3.75km	Start_All 5km	Start_All 6.25km	Start_All 7.5km	Start_All 8.75km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CYRUS Bogdan	144	SILESIA NORDIC TEAM	M40-49	1			00:00:01	00:07:24	00:15:24	00:23:39	00:32:03	00:40:45	00:49:23	00:57:59	01:06:55.45	01:06:56.70		6:41	9 (100%)
2	NIEDBAŁ Adam	179	SILESIA NORDIC TEAM	M40-49	2			00:00:01	00:08:10	00:16:40	00:25:13	00:33:45	00:42:08	00:50:41	00:59:12	01:07:31.75	01:07:33.60	+00:00:36 (0.9%)	6:45	8.9 (98.9%)
3	DOLBAK Jhar	177		M40-49	3			00:00:02	00:08:58	00:18:05	00:27:17	00:36:51	00:46:29	00:56:13	01:06:08	01:15:58.60	01:16:01.50	+00:09:03 (11.9%)	7:35	7.9 (87.8%)
4	WEGNER Jacek	170	RYBNICKI KLUB NORDIC WALKING	M40-49	4			00:00:02	00:09:21	00:19:02	00:28:45	00:38:29	00:48:16	00:57:57	01:07:13	01:16:28.50	01:16:31.05	+00:09:33 (12.5%)	7:38	7.8 (86.7%)
5	ŚLUSARCZYK Grzegorz	166	WESOŁY BORSUK TEAM	M40-49	5			00:00:02	00:09:08	00:18:38	00:28:12	00:37:48	00:47:31	00:57:23	01:07:17	01:17:14.15	01:17:16.50	+00:10:18 (13.4%)	7:43	7.8 (86.7%)
6	KRZYŚCIN Rafał	154	SANTANDER CONSUMER BANK	M40-49	6			00:00:03	00:10:43	00:21:44	00:32:56	00:44:33	00:56:17	01:08:01	01:20:17	01:32:11.65	01:32:15.15	+00:25:16 (27.4%)	9:13	6.5 (72.2%)

Znaleziono 6 wynik(ów)