

RAJD JASTROWSKI

B4SPORT

Wydarzenie: MISTRZOSTWA POLSKI NORDIC WALKING W
MARATONIE
Organizator: Polska Federacja Nordic Walking; Urząd Miasta i
Gminy Jastrowie
Data: 2019-04-06
Miejsce: Jastrowie
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	BRZozowski Piotr	62	AKTYWNI POSTOMINO	M-Open	1			00:34:49.64		6:34	9.1 (100%)
2	WITCZUK Łukasz	61	LUKI TEAM SIEDLCE	M-Open	2			00:35:46.18	+00:00:56 (2.6%)	6:44	8.9 (97.8%)
3	MARCZAK Krzysztof	63	NWPL	M-Open	3			00:35:51.67	+00:01:02 (2.9%)	6:45	8.9 (97.8%)
4	DEJA Wojciech	7		M-Open	4			00:36:48.72	+00:01:59 (5.4%)	6:56	8.6 (94.5%)
5	JASIŁEK Przemysław	16		M-Open	5			00:37:15.76	+00:02:26 (6.5%)	7:01	8.5 (93.4%)
6	WORoch Roman	47	KS METRACO POLKOWICE	M-Open	6			00:37:26.22	+00:02:36 (7.0%)	7:03	8.5 (93.4%)
7	GAŁĄZKA Paweł	58	POLSKA MUSZKIETEROWIE	M-Open	7			00:38:55.22	+00:04:05 (10.5%)	7:20	8.2 (90.1%)
8	SZOT Magdalena	55	LUX TORPEDA	K-Open	1			00:39:39.54	+00:04:49 (12.2%)	7:29	8 (87.9%)
9	BERCZYŃSKI Henryk	4	NADLEŚNICTWO OKONEK	M-Open	8			00:40:36.77	+00:05:47 (14.2%)	7:39	7.8 (85.7%)
10	ŻERO Beata	50		K-Open	2			00:41:25.39	+00:06:35 (15.9%)	7:48	7.7 (84.6%)
11	JASIŁEK Kama	17		K-Open	3			00:41:30.04	+00:06:40 (16.1%)	7:49	7.7 (84.6%)
12	YANKOVSKAYA Aleksandra	49	KLUB SPORTOWY DED	K-Open	4			00:41:30.60	+00:06:40 (16.1%)	7:49	7.7 (84.6%)
13	WEISTOCK Dagmara	43		K-Open	5			00:41:46.25	+00:06:56 (16.6%)	7:52	7.6 (83.5%)
14	LEMBOWICZ Marek	26	PIAST	M-Open	9			00:41:51.24	+00:07:01 (16.8%)	7:53	7.6 (83.5%)
15	MRUGAŁA Agnieszka	32	SPORT I REKREACJA START CHEŁMNO	K-Open	6			00:42:55.06	+00:08:05 (18.9%)	8:05	7.4 (81.3%)
16	WORoch Jolanta	48		K-Open	7			00:43:14.43	+00:08:24 (19.5%)	8:09	7.4 (81.3%)
17	ŁYSON Andrzej	27	BLASZKI	M-Open	10			00:44:43.90	+00:09:54 (22.1%)	8:26	7.1 (78.0%)
18	ŚWIERCZYŃSKA Joanna	42	ELBLĄSKIE WŁÓCZYKIJE	K-Open	8			00:44:47.96	+00:09:58 (22.3%)	8:27	7.1 (78.0%)
19	KUSIAK Włodzimierz	24		M-Open	11			00:44:52.77	+00:10:03 (22.4%)	8:27	7.1 (78.0%)
20	BARTCZAK Mirosława	2		K-Open	9			00:45:00.80	+00:10:11 (22.6%)	8:29	7.1 (78.0%)
21	KUTKOWSKI Marian	25		M-Open	12			00:45:02.24	+00:10:12 (22.7%)	8:29	7.1 (78.0%)
22	JAKIMIAK Piotr	60	LUKI TEAM SIEDLCE	M-Open	13			00:45:11.76	+00:10:22 (22.9%)	8:31	7 (76.9%)
23	WIECZOREK Krzysztof	45	NORDIC WALKING LUBASZ	M-Open	14			00:46:09.07	+00:11:19 (24.5%)	8:42	6.9 (75.8%)
24	KOWALSKI Mirosław	57	TEAM BIEGOWY SZCZECINEK	M-Open	15			00:46:28.22	+00:11:38 (25.1%)	8:46	6.8 (74.7%)
25	SKOWROŃSKA Dominika	65		K-Open	10			00:46:36.45	+00:11:46 (25.3%)	8:47	6.8 (74.7%)
26	JANIK Maciej	15	ZASAPANI	M-Open	16			00:47:09.76	+00:12:20 (26.2%)	8:53	6.7 (73.6%)
27	BIELIŃSKI Roman	64		M-Open	17			00:47:39.44	+00:12:49 (26.9%)	8:59	6.7 (73.6%)

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28	CZAJKOWSKA Grażyna	6		K-Open	11			00:47:40.49	+00:12:50 (26.9%)	8:59	6.7 (73.6%)
29	DZIEMIAŃCZYK Alina	66		K-Open	12			00:47:41.88	+00:12:52 (27.0%)	9:00	6.7 (73.6%)
30	MIARA Izabela	30	OKONEK	K-Open	13			00:48:39.83	+00:13:50 (28.4%)	9:10	6.5 (71.4%)
31	BARTOSIEWICZ Włodzimierz	3	FACE NORDIC WALKING TEAM	M-Open	18			00:48:42.36	+00:13:52 (28.5%)	9:11	6.5 (71.4%)
32	OWCZAREK Henryka	34	MARSZ PO ZDROWIE	K-Open	14			00:49:09.66	+00:14:20 (29.2%)	9:16	6.5 (71.4%)
33		73						00:49:25.06	+00:14:35 (29.5%)	9:19	6.4 (70.3%)
34	PAWŁOSKI Antoni	35		M-Open	19			00:49:25.81	+00:14:36 (29.5%)	9:19	6.4 (70.3%)
35	DZIUBA Wioleta	9	OKONEK	K-Open	15			00:49:38.37	+00:14:48 (29.8%)	9:22	6.4 (70.3%)
36	RYCERSKA Magdalena	37		K-Open	16			00:49:50.62	+00:15:00 (30.1%)	9:24	6.4 (70.3%)
37	RYCERSKA Lena	38		K-Open	17			00:49:53.41	+00:15:03 (30.2%)	9:24	6.4 (70.3%)
38	PRZYPOLSKI Miłosz	59	KIJOWY BRAT	M-Open	20			00:50:03.44	+00:15:13 (30.4%)	9:26	6.4 (70.3%)
39	SUSIAK Ewelina	40		K-Open	18			00:50:05.42	+00:15:15 (30.5%)	9:27	6.3 (69.2%)
40	KOWALCZUK Maria	18	KIJOWE SIOSTRY	K-Open	19			00:50:12.48	+00:15:22 (30.6%)	9:28	6.3 (69.2%)
41	HAWETO Janina	14	KIJOWE SIOSTRY	K-Open	20			00:50:14.28	+00:15:24 (30.7%)	9:28	6.3 (69.2%)
42	KUSIAK Maria	23		K-Open	21			00:50:25.88	+00:15:36 (30.9%)	9:30	6.3 (69.2%)
43	KUCZYŃSKI Włodzimierz	21	NORDIC WALKING KIEKRZ	M-Open	21			00:50:39.85	+00:15:50 (31.3%)	9:33	6.3 (69.2%)
44		71						00:50:44.92	+00:15:55 (31.4%)	9:34	6.3 (69.2%)
45		72						00:50:45.50	+00:15:55 (31.4%)	9:34	6.3 (69.2%)
46	SZOT Krystyna	41		K-Open	22			00:50:48.28	+00:15:58 (31.4%)	9:35	6.3 (69.2%)
47	GIERSENDORF Roman	10	KB KATORŻNIK MUROWANA GOŚLINA/ FNWT	M-Open	22			00:57:37.06	+00:22:47 (39.6%)	10:52	5.5 (60.4%)
48	GIERSENDORF Borys	11	KB KATORŻNIK MUROWANA GOŚLINA/ FNWT	M-Open	23			00:57:51.32	+00:23:01 (39.8%)	10:54	5.5 (60.4%)
49	ASSAIDI Zakaria	54	LUX TORPEDA	K-Open	23			00:58:51.68	+00:24:02 (40.8%)	11:06	5.4 (59.3%)
50	PIĄTEK Maciej	56		M-Open	24			00:58:52.75	+00:24:03 (40.8%)	11:06	5.4 (59.3%)
51		70						01:02:22.48	+00:27:32 (44.2%)	11:46	5.1 (56.0%)
52	GÓRSKA Maja	52		K-Open	24			01:02:38.62	+00:27:48 (44.4%)	11:49	5.1 (56.0%)
53	KANIA Agnieszka	51		K-Open	25			01:02:50.27	+00:28:00 (44.6%)	11:51	5.1 (56.0%)
54	LESISZ Natasza	53		K-Open	26			01:02:55.04	+00:28:05 (44.6%)	11:52	5.1 (56.0%)
55		69						01:04:59.48	+00:30:09 (46.4%)	12:15	4.9 (53.8%)

Znaleziono 55 wynik(ów)