



RAJD NORDIC WALKING - BIAŁY BÓR

B4SPORT

Organizator: Gmina Biały Bór
Data: 2022-04-09
Miejsce: Biały Bór
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	GRABOWSKI Jacek	105	LKS ZANTYR SZTUM			00:36:45.29		6:56	8.7 (100%)
2	STĘPIEŃ Romualda	126	LKS ZANTYR SZTUM			00:42:41.95	+00:05:56 (13.9%)	8:03	7.5 (86.2%)
3	HELMAN Piotr	129				00:43:21.35	+00:06:36 (15.2%)	8:10	7.3 (83.9%)
4	BONKOWSKI Paweł	101				00:43:21.57	+00:06:36 (15.2%)	8:10	7.3 (83.9%)
5	SULEJA Joanna	128	STARGARD			00:43:32.33	+00:06:47 (15.6%)	8:12	7.3 (83.9%)
6	GOLUS Grzegorz	104	FORMA NA PIĄTKĘ			00:43:52.34	+00:07:07 (16.2%)	8:16	7.2 (82.8%)
7	WŁODARCZYK Anna	130				00:45:02.42	+00:08:17 (18.4%)	8:29	7.1 (81.6%)
8	HELMAN Adam	109	ŁÓDZKA SZKOŁA NORDIC WALKING			00:45:17.30	+00:08:32 (18.8%)	8:32	7 (80.5%)
9	JEZIORAŃSKA Monika	108				00:46:00.31	+00:09:15 (20.1%)	8:40	6.9 (79.3%)
10	GADACZ Elżbieta	103	LKS ZANTYR SZTUM			00:46:24.84	+00:09:39 (20.8%)	8:45	6.9 (79.3%)
11	MAŁYSZEWICZ Andrzej	118				00:46:41.79	+00:09:56 (21.3%)	8:48	6.8 (78.2%)
12	PIĄTEK Władysława	123	STARGARD			00:46:49.37	+00:10:04 (21.5%)	8:50	6.8 (78.2%)
13	MAŁYSZEWICZ Teresa	117				00:47:02.62	+00:10:17 (21.9%)	8:52	6.8 (78.2%)
14	DANKIEWICZ Barbara	106				00:47:11.17	+00:10:25 (22.1%)	8:54	6.7 (77.0%)
15	DYMEK Anita	102	FABRYKA NORDICA TRZCIANKA			00:50:44.23	+00:13:58 (27.6%)	9:34	6.3 (72.4%)
16	STRZELECKA Anna	127	LZS JUSTYNÓW			00:53:22.68	+00:16:37 (31.1%)	10:04	6 (69.0%)
17	KWIATKOWSKA Katarzyna	114				00:53:40.41	+00:16:55 (31.5%)	10:07	5.9 (67.8%)
18	MIKUSZEWSKA Barbara	121				00:54:55.82	+00:18:10 (33.1%)	10:21	5.8 (66.7%)
19	KRUKOWSKA Anna	112				00:57:10.57	+00:20:25 (35.7%)	10:47	5.6 (64.4%)
20	LIPIŃSKA Regina	116	LKS ZANTYR SZTUM			01:01:24.50	+00:24:39 (40.1%)	11:35	5.2 (59.8%)
21	MIKUSZEWSKA Rihanna	122				01:01:49.55	+00:25:04 (40.6%)	11:39	5.1 (58.6%)
22	KULCZYCKI Jan	113				01:04:45.44	+00:28:00 (43.2%)	12:13	4.9 (56.3%)
23	MAZERSKA Maria	119	LKS ZANTYR SZTUM			01:08:16.95	+00:31:31 (46.2%)	12:52	4.7 (54.0%)
24	LECH Krystyna	115	LKS ZANTYR SZTUM			01:08:19.57	+00:31:34 (46.2%)	12:53	4.7 (54.0%)

Znaleziono 24 wynik(ów)