



SIANÓW - PUCHAR POMORZA NORDIC WALKING - BAŁTYCKI TOUR

NORDIC WALKING - 10 KM

B4SPORT
INTELEKTUALNE SPODRYBKI

Organizator: PFNW
Data: 2017-05-01
Miejsce: Sianów
Dystans: 10 km



Klasyfikacja: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	Start_All 1.666km	Start_All 3.332km	Start_All 5km	Start_All 6.666km	Start_All 8.332km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEPKA PRĄDZYŃSKI Olgierd	161	BIEGAMYRAZEM	M50-59	1			00:00:30	00:10:27	00:21:02	00:31:54	00:42:44	00:53:26	01:03:43.10	01:04:14.00		6:22	9.4 (100%)
2	SIWAK Piotr	198	KS METRACO POLKOWICE	M50-59	2			00:00:32	00:10:55	00:22:14	00:33:47	00:45:13	00:56:38	01:07:53.65	01:08:25.75	+00:04:10 (6.2%)	6:47	8.8 (93.6%)
3	ŚWISŁOCKI Bogdan	211	FACE NORDIC WALKING TEAM	M50-59	3			00:00:31	00:11:00	00:22:23	00:33:59	00:45:34	00:56:56	01:08:14.55	01:08:46.35	+00:04:31 (6.6%)	6:49	8.8 (93.6%)
4	BIK Stanisław	153	KS METRACO POLKOWICE	M50-59	4			00:00:32	00:11:31	00:23:34	00:35:50	00:48:04	01:00:18	01:12:21.60	01:12:54.25	+00:08:38 (11.9%)	7:14	8.3 (88.3%)
5	FOLWARSKI Andrzej	166	FACE NORDIC WALKING TEAM	M50-59	5			00:00:34	00:11:44	00:23:57	00:36:22	00:48:43	01:01:05	01:13:06.00	01:13:40.35	+00:09:22 (12.8%)	7:18	8.2 (87.2%)
6	NETKOWSKI Wojciech	190	PASJA NORDIC WALKING	M50-59	6			00:00:31	00:11:58	00:24:26	00:37:03	00:49:46	01:02:30	01:15:10.70	01:15:42.50	+00:11:27 (15.2%)	7:31	8 (85.1%)
7	ŻAMOJCIN Marek	221	NIEZRZESZONY	M50-59	7			00:00:31	00:11:56	00:24:41	00:37:33	00:50:24	01:03:10	01:15:54.95	01:16:26.00	+00:12:11 (16.1%)	7:35	7.9 (84.0%)
8	STEFAŃSKI Andrzej	204	FACE NORDIC WALKING TEAM	M50-59	8			00:00:31	00:13:43	00:27:27	00:41:05	00:54:31	01:08:13	01:21:39.75	01:22:10.80	+00:17:56 (22.0%)	8:09	7.3 (77.7%)
9	SZEWczyk Marek	210	FACE NORDIC WALKING TEAM	M50-59	9			00:00:32	00:13:42	00:27:30	00:41:37	00:56:00	01:10:36	01:24:53.75	01:25:25.75	+00:21:10 (24.9%)	8:29	7.1 (75.5%)
10	KALINOWSKI Andrzej	173	CHEMACK	M50-59	10			00:00:33	00:17:36	00:34:26	00:51:51	01:08:12	01:24:29	01:39:59.55	01:40:33.00	+00:36:16 (36.3%)	10:00	6 (63.8%)

Znaleziono 10 wynik(ów)