



# SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 10 KM

B4SPORT  
POLSKIE CENTRUM SPORTÓW

Organizator: PFNW  
Data: 2016-07-31  
Miejsce: Skrwilno  
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>RECZULSKI Mariusz</b>	<b>486</b>	VIKING NORDIC TEAM CZĘSTOCHOWA	M50-59	1			00:03:50	00:18:01	00:36:31	00:54:49	<b>01:12:53.30</b>	<b>01:16:44.05</b>		7:17	8.2 (100%)
2	<b>WARUSZEWSKI Karol</b>	<b>475</b>	BIEGAJĄCY TCZEW	M40-49	1			00:03:49	00:18:14	00:36:56	00:55:26	<b>01:13:37.05</b>	<b>01:17:26.25</b>	+00:00:43 (1.0%)	7:21	8.2 (100%)
3	<b>KULIG Henryk</b>	<b>467</b>	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	1			00:03:50	00:17:59	00:36:29	00:55:01	<b>01:14:04.50</b>	<b>01:17:54.70</b>	+00:01:11 (1.6%)	7:24	8.1 (98.8%)
4	<b>KOCIMSKI Jan</b>	<b>477</b>	KW AKTYWNI SOCHACZEW	M60-69	2			00:03:51	00:17:59	00:36:29	00:55:03	<b>01:14:20.10</b>	<b>01:18:11.65</b>	+00:01:26 (1.9%)	7:26	8.1 (98.8%)
5	<b>SPYCHAŁA Marzena</b>	<b>482</b>	WESOŁY BORSUK TEAM	K40-49	1			00:04:39	00:18:26	00:37:18	00:56:20	<b>01:15:31.20</b>	<b>01:20:10.90</b>	+00:02:37 (3.5%)	7:33	7.9 (96.3%)
6	<b>KRZYŻANOWSKI Robert</b>	<b>484</b>		M40-49	2			00:03:48	00:18:16	00:37:01	00:56:26	<b>01:15:58.95</b>	<b>01:19:47.05</b>	+00:03:05 (4.1%)	7:35	7.9 (96.3%)
7	<b>SKRYCKA Katarzyna</b>	<b>472</b>	KS METRACO POLKOWICE	K30-39	1			00:04:39	00:19:28	00:38:51	00:58:32	<b>01:17:47.45</b>	<b>01:22:27.15</b>	+00:04:54 (6.3%)	7:46	7.7 (93.9%)
8	<b>BANASZKIEWICZ Katarzyna</b>	<b>462</b>	JEZIORKI - AKTYWNA WIEŚ	K40-49	2			00:04:40	00:19:03	00:38:54	00:58:43	<b>01:18:27.30</b>	<b>01:23:08.05</b>	+00:05:34 (7.1%)	7:50	7.6 (92.7%)
9	<b>STAWNIAK Karol</b>	<b>483</b>		M60-69	3			00:03:51	00:18:56	00:38:19	00:58:38	<b>01:18:33.65</b>	<b>01:22:25.25</b>	+00:05:40 (7.2%)	7:51	7.6 (92.7%)
10	<b>NETKOWSKI Wojciech</b>	<b>479</b>	PASJA NORDIC WALKING	M50-59	2			00:03:50	00:19:07	00:39:18	00:59:51	<b>01:20:00.25</b>	<b>01:23:50.25</b>	+00:07:06 (8.9%)	8:00	7.5 (91.5%)
11	<b>MIERNICKI Mariusz</b>	<b>469</b>		M50-59	3			00:03:50	00:19:26	00:39:28	00:59:57	<b>01:20:52.80</b>	<b>01:24:43.60</b>	+00:07:59 (9.9%)	8:05	7.4 (90.2%)
12	<b>BUJNICKI Marcin</b>	<b>463</b>		M40-49	3			00:03:48	00:19:35	00:39:53	01:00:41	<b>01:22:20.85</b>	<b>01:26:09.25</b>	+00:09:27 (11.5%)	8:14	7.3 (89.0%)
13	<b>NOWAKOWSKA Justyna</b>	<b>489</b>		K40-49	3			00:04:40	00:20:09	00:40:39	01:01:32	<b>01:23:11.95</b>	<b>01:27:52.85</b>	+00:10:18 (12.4%)	8:19	7.2 (87.8%)
14	<b>APPEL Jerzy</b>	<b>461</b>	GOSIR OSIELSKO	M70+	1			00:03:53	00:20:32	00:41:43	01:03:27	<b>01:24:41.35</b>	<b>01:28:34.55</b>	+00:11:48 (13.9%)	8:28	7.1 (86.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>WIŚNIEWSKI Kazimierz</b>	<b>476</b>	ZGÓRKI	M60-69	4			00:03:51	00:20:41	00:41:46	01:03:30	<b>01:25:09.35</b>	<b>01:29:00.35</b>	+00:12:16 (14.4%)	8:30	7 (85.4%)
16	<b>PACZKOWSKI Andrzej</b>	<b>487</b>		M70+	2			00:03:52	00:19:55	00:40:35	01:02:29	<b>01:25:13.75</b>	<b>01:29:06.25</b>	+00:12:20 (14.5%)	8:31	7 (85.4%)
17	<b>NOWAKOWSKI Adam</b>	<b>488</b>		M40-49	4			00:03:48	00:19:58	00:41:03	01:02:34	<b>01:25:16.95</b>	<b>01:29:05.65</b>	+00:12:23 (14.5%)	8:31	7 (85.4%)
18	<b>STRZELECKI Sebastian</b>	<b>474</b>	SAILING TEAM FERAJNA	M40-49	5			00:03:49	00:20:50	00:42:46	01:04:51	<b>01:26:27.05</b>	<b>01:30:16.05</b>	+00:13:33 (15.7%)	8:38	6.9 (84.1%)
19	<b>BIŃCZYK Jacek</b>	<b>485</b>		M40-49	6			00:03:49	00:21:49	00:43:13	01:04:44	<b>01:26:30.35</b>	<b>01:30:19.75</b>	+00:13:37 (15.7%)	8:39	6.9 (84.1%)
20	<b>FARON Monika</b>	<b>481</b>		K30-39	2			00:04:40	00:20:51	00:42:20	01:04:21	<b>01:26:33.75</b>	<b>01:31:13.90</b>	+00:13:40 (15.8%)	8:39	6.9 (84.1%)
21	<b>WORENKO-ZACZYŃSKA Janina</b>	<b>480</b>	KS METRACO POLKOWICE	K70+	1			00:04:42	00:20:54	00:42:26	01:04:34	<b>01:27:13.05</b>	<b>01:31:55.95</b>	+00:14:19 (16.4%)	8:43	6.9 (84.1%)
22	<b>JESIONOWSKA Krystyna</b>	<b>464</b>	GMINA SKRWILNO	K40-49	4			00:04:40	00:21:34	00:43:34	01:05:45	<b>01:28:03.25</b>	<b>01:32:44.10</b>	+00:15:09 (17.2%)	8:48	6.8 (82.9%)
23	<b>KOSIŃSKA Maria</b>	<b>466</b>	MOSIR RYPIN	K60-69	1			00:04:41	00:20:39	00:42:23	01:04:57	<b>01:28:10.50</b>	<b>01:32:52.00</b>	+00:15:17 (17.3%)	8:49	6.8 (82.9%)
24	<b>OMARSKA Grażyna</b>	<b>470</b>	PASJA NORDIC WALKING	K50-59	1			00:04:40	00:21:37	00:43:44	01:06:01	<b>01:28:20.40</b>	<b>01:33:01.35</b>	+00:15:27 (17.5%)	8:50	6.8 (82.9%)
25	<b>SIKORSKI Kazimierz</b>	<b>471</b>	WTW.WŁOCŁAWEK	M60-69	5			00:03:51	00:21:30	00:43:35	01:06:41	<b>01:30:14.30</b>	<b>01:34:05.30</b>	+00:17:21 (19.2%)	9:01	6.6 (80.5%)
26	<b>MAĆKOWIAK Krystyna</b>	<b>468</b>	FACE NORDIC WALKING TEAM	K60-69	2			00:04:42	00:21:38	00:44:46	01:08:41	<b>01:32:54.80</b>	<b>01:37:36.80</b>	+00:20:01 (21.6%)	9:17	6.5 (79.3%)
27	<b>SMARUJ-SADOWSKA Janina</b>	<b>473</b>		K60-69	3			00:04:42	00:22:14	00:45:59	01:10:44	<b>01:35:18.50</b>	<b>01:40:00.60</b>	+00:22:25 (23.5%)	9:31	6.3 (76.8%)
28	<b>JÓZWIAK Dominik</b>	<b>465</b>	WTW.WŁOCŁAWEK	M18-29	1			00:03:48	00:23:37	00:48:55	01:14:20	<b>01:38:41.30</b>	<b>01:42:29.40</b>	+00:25:48 (26.1%)	9:52	6.1 (74.4%)
29	<b>SOBOCIŃSKA Ewa</b>	<b>478</b>		K70+	2			00:04:42	00:25:14	00:50:55	01:16:37	<b>01:42:03.45</b>	<b>01:46:46.25</b>	+00:29:10 (28.6%)	10:12	5.9 (72.0%)

Znaleziono 29 wynik(ów)