



SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING - 10 KM

B4SPORT
WIELKOPOLSKI CENTRUM SPORTOWE

Wydarzenie: SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING
Organizator: PFNW
Data: 2017-07-30
Miejsce: Skrwilno
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DZIEDZIEWICZ Andrzej	273	BIAŁORUŚ	M30-39	1			00:14:55	00:30:29	00:46:27	01:02:48.30		6:16	9.6 (100%)
2	BOGACKI Sławek	225	ENERGA NW TEAM	M40-49	1			00:17:03	00:35:01	00:53:23	01:11:32.70	+00:08:44 (12.2%)	7:09	8.4 (87.5%)
3	NUSZEL Paweł	254	BIEGAMYRAZEM.PL	M30-39	2			00:17:46	00:35:26	00:53:41	01:12:25.90	+00:09:37 (13.3%)	7:14	8.3 (86.5%)
4	ŚWISŁOCKI Bogdan	265	FACE NORDIC WALKING TEAM	M50-59	1			00:17:42	00:35:26	00:54:00	01:13:01.70	+00:10:13 (14.0%)	7:18	8.2 (85.4%)
5	JĘDRASIAK Renata	234	KS METRACO POLKOWICE	K50-59	1			00:17:52	00:36:05	00:54:53	01:13:47.10	+00:10:58 (14.9%)	7:22	8.1 (84.4%)
6	BARANOWSKI Romuald	269	DYNAMIC	M40-49	2			00:17:43	00:35:57	00:55:36	01:14:14.35	+00:11:26 (15.4%)	7:25	8.1 (84.4%)
7	KOROBACZ Sergiusz	272	BIAŁORUŚ	M30-39	3			00:18:20	00:37:03	00:55:46	01:14:25.85	+00:11:37 (15.6%)	7:26	8.1 (84.4%)
8	STECULEWICZ Edmund	270	KB LECH RYPIN	M40-49	3			00:18:13	00:36:50	00:55:45	01:14:29.60	+00:11:41 (15.7%)	7:27	8.1 (84.4%)
9	KOWALSKI Marek	274	UNIA MIAST	M50-59	2			00:18:24	00:37:13	00:56:17	01:15:21.20	+00:12:32 (16.7%)	7:32	8 (83.3%)
10	NETKOWSKI Wojciech	251	PASJA NORDIC WALKING	M50-59	3			00:18:32	00:37:29	00:56:45	01:15:35.00	+00:12:46 (16.9%)	7:33	7.9 (82.3%)
11	KOCIMSKI Jan	281	KM AKTYWNI SOCHACZEW	M60-69	1			00:18:13	00:37:05	00:56:13	01:15:38.30	+00:12:50 (17.0%)	7:33	7.9 (82.3%)
12	SZULC Alicja	264	NW WERWA MŁAWA	K40-49	1			00:18:15	00:37:19	00:56:48	01:15:56.65	+00:13:08 (17.3%)	7:35	7.9 (82.3%)
13	LIPKO Adrianna	245	PENDOLINO	K18-29	1			00:18:24	00:37:40	00:56:51	01:16:10.35	+00:13:22 (17.5%)	7:37	7.9 (82.3%)
14	JASIUKIEWICZ Jacek	231	GRUPA NORDIC WALKING DOBRE MIASTO	M40-49	4			00:18:39	00:37:48	00:57:12	01:16:21.05	+00:13:32 (17.7%)	7:38	7.9 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
											netto 10km	Różn		
15	KULIG Henryk	244	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M60-69	2			00:18:03	00:37:00	00:56:27	01:16:36.30	+00:13:48 (18.0%)	7:39	7.8 (81.3%)
16	PACIORKOWSKI Paweł	256		M40-49	5			00:18:48	00:37:42	00:57:08	01:17:10.35	+00:14:22 (18.6%)	7:43	7.8 (81.3%)
17	BUJNICKI Marcin	226	NORDIC WALKING PASŁĘK	M40-49	6			00:18:42	00:37:50	00:57:28	01:17:25.35	+00:14:37 (18.9%)	7:44	7.7 (80.2%)
18	BANASZKIEWICZ Katarzyna	222	POLSCY MIŁOŚNICY NW	K40-49	2			00:18:38	00:38:11	00:58:00	01:17:55.20	+00:15:06 (19.4%)	7:47	7.7 (80.2%)
19	MIERNICKI Mariusz	249	PASJA NORDIC WALKING	M50-59	4			00:18:40	00:38:11	00:58:25	01:18:07.90	+00:15:19 (19.6%)	7:48	7.7 (80.2%)
20	TOMCZYK Edward	266	MARSZ PO ZDROWIA POZNAŃ	M60-69	3			00:18:45	00:38:13	00:58:30	01:18:31.30	+00:15:43 (20.0%)	7:51	7.6 (79.2%)
21	SZPILMAN Katarzyna	263	FACE NORDIC WALKING TEAM	K40-49	3			00:18:25	00:38:04	00:58:50	01:19:13.65	+00:16:25 (20.7%)	7:55	7.6 (79.2%)
22	JASIULEWICZ Izabela	232	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K30-39	1			00:19:17	00:38:56	00:59:23	01:19:34.15	+00:16:45 (21.1%)	7:57	7.5 (78.1%)
23	PASIŃSKA-SKOWRON Sylwia	258	PRUSZYŃSKI NORDIC WALKING	K40-49	4			00:19:07	00:39:00	00:59:29	01:19:53.20	+00:17:04 (21.4%)	7:59	7.5 (78.1%)
24	REJ Anna	262		K30-39	2			00:19:18	00:39:18	00:59:31	01:19:54.90	+00:17:06 (21.4%)	7:59	7.5 (78.1%)
25	WRÓŃSKI Włodzimierz	268	PASJA NORDIC WALKING	M60-69	4			00:19:18	00:39:24	01:00:18	01:20:51.15	+00:18:02 (22.3%)	8:05	7.4 (77.1%)
26	KOMOROWSKA Monika	237	GRUPA NORDIC WALKING DOBRE MIASTO	K40-49	5			00:20:08	00:40:13	01:00:20	01:20:58.40	+00:18:10 (22.4%)	8:05	7.4 (77.1%)
27	KRUSZKA Arleta	275	MARSZ PO ZDROWIE POZNAŃ	K50-59	2			00:20:04	00:40:24	01:01:07	01:21:36.05	+00:18:47 (23.0%)	8:09	7.4 (77.1%)
28	KOŁPAK Jan	236	LKS ZANTYR	M60-69	5			00:19:23	00:39:35	01:00:30	01:21:50.45	+00:19:02 (23.3%)	8:11	7.3 (76.0%)
29	BEM Małgorzata	223	GRUPA NORDIC WALKING DOBRE MIASTO	K40-49	6			00:19:48	00:40:02	01:00:46	01:21:51.35	+00:19:03 (23.3%)	8:11	7.3 (76.0%)
30	KOTULA Jakub	243	UNIA MIAST	M30-39	4			00:20:05	00:40:41	01:01:33	01:22:31.00	+00:19:42 (23.9%)	8:15	7.3 (76.0%)
31	MOTOCZYŃSKI Krzysztof	250	GOSIR OSIELSKO	M60-69	6			00:20:26	00:41:23	01:02:05	01:22:33.05	+00:19:44 (23.9%)	8:15	7.3 (76.0%)
32	MARCINIAK Aneta	271	FACE NORDIC WALKING TEAM	K40-49	7			00:20:03	00:40:56	01:02:07	01:22:51.25	+00:20:02 (24.2%)	8:17	7.2 (75.0%)
33	KORYTOWSKA Agnieszka	241	NW WERWA MŁAWA	K30-39	3			00:18:41	00:38:47	01:01:12	01:23:29.15	+00:20:40 (24.8%)	8:20	7.2 (75.0%)
34	GERLE-KOTULA Anna	228	UNIA MIAST	K30-39	4			00:20:52	00:42:05	01:03:29	01:24:24.80	+00:21:36 (25.6%)	8:26	7.1 (74.0%)
35	MAĆKOWIAK Aleksandra	246		K30-39	5			00:20:56	00:41:57	01:03:22	01:24:25.35	+00:21:37 (25.6%)	8:26	7.1 (74.0%)
36	JASOŃ Grażyna	233	DYNAMIC	K50-59	3			00:20:26	00:41:32	01:03:06	01:24:44.85	+00:21:56 (25.9%)	8:28	7.1 (74.0%)
37	JABŁOŃSKA Sylwia	229		K30-39	6			00:20:34	00:41:32	01:03:14	01:25:03.30	+00:22:15 (26.2%)	8:30	7.1 (74.0%)
38	WACHOWIAK Sylwia	267	DYNAMIC	K40-49	8			00:21:44	00:43:08	01:04:19	01:25:31.65	+00:22:43 (26.6%)	8:33	7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół.	Czer.	Start_All	Start_All	Start_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						kartki	kartki	2.5km	5km	7.5km	10km			
39	POSTEK Danuta	261	MARSZ PO ZDROWIA POZNAŃ	K50-59	4			00:21:02	00:42:26	01:04:04	01:26:07.80	+00:23:19 (27.1%)	8:36	7 (72.9%)
40	OMARSKA Grażyna	255	PASJA NORDIC WALKING	K50-59	5			00:21:11	00:42:51	01:04:44	01:26:23.05	+00:23:34 (27.3%)	8:38	6.9 (71.9%)
41	KORDECKA Henryka	240	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	K60-69	1			00:21:40	00:43:52	01:05:23	01:26:26.45	+00:23:38 (27.3%)	8:38	6.9 (71.9%)
42	KOMOSIŃSKA Małgorzata	238		K50-59	6			00:21:04	00:42:49	01:04:44	01:26:30.00	+00:23:41 (27.4%)	8:39	6.9 (71.9%)
43	PIĄTKOWSKI Józef	259	KS METRACO POLKOWICE	M70+	1			00:20:33	00:42:18	01:05:04	01:26:49.15	+00:24:00 (27.7%)	8:40	6.9 (71.9%)
44	APPEL Jerzy	292	GOSIR OSIELSKO	M70+	2			00:20:33	00:42:18	01:05:04	01:27:52.40	+00:25:04 (28.5%)	8:47	6.8 (70.8%)
45	TOMASZEWSKI Roman	276		M50-59	5			00:21:59	00:44:12	01:06:05	01:28:20.85	+00:25:32 (28.9%)	8:50	6.8 (70.8%)
46	KOSIŃSKA Maria	242	MOSIR RYPIN	K60-69	2			00:21:01	00:42:49	01:05:22	01:28:51.30	+00:26:03 (29.3%)	8:53	6.8 (70.8%)
47	BŁASZCZAK Stanisław	224		M70+	3			00:21:29	00:43:40	01:06:24	01:29:07.05	+00:26:18 (29.5%)	8:54	6.7 (69.8%)
48	PIÓRKOWSKI Mariusz	260		M30-39	5			00:22:00	00:44:42	01:06:37	01:29:13.50	+00:26:25 (29.6%)	8:55	6.7 (69.8%)
49	KOLENKIEWICZ Dariusz	235	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M50-59	6			00:21:09	00:43:56	01:07:53	01:32:23.70	+00:29:35 (32.0%)	9:14	6.5 (67.7%)
50	MAJEWSKA Małgorzata	248		K40-49	9			00:22:48	00:46:04	01:09:12	01:32:38.60	+00:29:50 (32.2%)	9:15	6.5 (67.7%)
51	MAĆKOWIAK Krystyna	247	FACE NORDIC WALKING TEAM/KB KATORŻNIK MUROWANA GOŚLINA	K60-69	3			00:22:27	00:46:09	01:10:30	01:34:54.65	+00:32:06 (33.8%)	9:29	6.3 (65.6%)
52	KOMOSIŃSKI Ryszard	239		M60-69	7			00:22:50	00:46:56	01:11:24	01:35:33.70	+00:32:45 (34.3%)	9:33	6.3 (65.6%)
53	CHRAPEK Urszula	227	KS RUDZICA	K18-29	2			00:23:17	00:47:55	01:11:46	01:35:45.25	+00:32:56 (34.4%)	9:34	6.3 (65.6%)

Znaleziono 53 wynik(ów)