

SKRWILNO - RAJD NORDIC WALKING - 2.5 KM

B4SPORT

Event: SKRWILNO - PUCHAR ZIEMI DOBRZYŃSKIEJ NORDIC WALKING
Organiser: PFNW
Date: 2017-07-30
Place: Okonek
Distance: 2.5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 2.5km	Gap	Pace min/km	Pace km/h
1	SZPILMAN Janusz	326	FACE NORDIC WALKING TEAM					00:20:19.10		8:07	7.4 (100%)
2	KLONOWSKI Bartłomiej	74	UKS SKRWILNO					00:20:29.10	+00:00:10 (0.8%)	8:11	7.3 (98.6%)
3	KOLCZYŃSKI Jan	78	UKS SKRWILNO					00:20:35.80	+00:00:16 (1.4%)	8:14	7.3 (98.6%)
4	BUKOWSKI Dominik	17	UKS SKRWILNO					00:20:55.10	+00:00:36 (2.9%)	8:22	7.2 (97.3%)
5	KAŻMIERCZAK Sylwia	68	UKS SKRWILNO					00:20:56.80	+00:00:37 (3.0%)	8:22	7.2 (97.3%)
6	KLONOWSKI Hubert	73	UKS SKRWILNO					00:20:57.65	+00:00:38 (3.1%)	8:23	7.2 (97.3%)
7	NARODZONEK Weronika	121	UKS SKRWILNO					00:21:02.15	+00:00:43 (3.4%)	8:24	7.1 (95.9%)
8	NARODZONEK Sebastian	120	UKS SKRWILNO					00:21:08.75	+00:00:49 (3.9%)	8:27	7.1 (95.9%)
9	RYBINKOWSKA Karina	214						00:21:10.65	+00:00:51 (4.1%)	8:28	7.1 (95.9%)
10	GRACZYK Szymon	49	UKS SKRWILNO					00:21:39.70	+00:01:20 (6.2%)	8:40	6.9 (93.2%)
11	CICHOREK Mateusz	29	UKS SKRWILNO					00:21:47.85	+00:01:28 (6.8%)	8:43	6.9 (93.2%)
12	CELEBUCKI Michał	19	UKS SKRWILNO					00:21:50.60	+00:01:31 (7.0%)	8:44	6.9 (93.2%)
13	GĘBSKA Barbara	291	MOSIR RYPIN					00:21:57.05	+00:01:37 (7.4%)	8:46	6.8 (91.9%)
14	SZCZEPAŃSKI Paweł	166	UKS SKRWILNO					00:22:27.20	+00:02:08 (9.5%)	8:58	6.7 (90.5%)
15	MICHALSKI Przemysław	114	UKS SKRWILNO					00:22:51.85	+00:02:32 (11.1%)	9:08	6.6 (89.2%)
16	KOSOBUDZKI Tymoteusz	82	UKS SKRWILNO					00:23:23.85	+00:03:04 (13.2%)	9:21	6.4 (86.5%)
17	POCZWARDOWSKI Damian	138	UKS SKRWILNO					00:23:24.65	+00:03:05 (13.2%)	9:22	6.4 (86.5%)
18	WIŚNIEWSKA Janina	329	MOSIR RYPIN				TAK	00:24:20.95	+00:04:01 (16.6%)	9:44	6.2 (83.8%)
19	NOWALIŃSKA Maria	338	FNWT					00:24:23.95	+00:04:04 (16.7%)	9:45	6.1 (82.4%)
20	KOZŁOWSKA Agnieszka	334	DYNAMIC					00:24:25.00	+00:04:05 (16.8%)	9:46	6.1 (82.4%)
21	SADOWSKI Jakub	151	UKS SKRWILNO					00:24:31.80	+00:04:12 (17.2%)	9:48	6.1 (82.4%)
22	KOWALCZYK Tomasz	342						00:24:32.85	+00:04:13 (17.2%)	9:49	6.1 (82.4%)
23	MICHALSKA Jagoda	113	UKS SKRWILNO					00:24:48.85	+00:04:29 (18.1%)	9:55	6 (81.1%)
24	ŁASZEWSKA Marianna	336						00:25:02.85	+00:04:43 (18.9%)	10:01	6 (81.1%)
25	KARPIŃSKA Maryla	298	MOSIR RYPIN					00:25:23.25	+00:05:04 (20.0%)	10:09	5.9 (79.7%)
26	ORZECZOWSKA Adela	314	MOSIR RYPIN					00:26:11.70	+00:05:52 (22.4%)	10:28	5.7 (77.0%)
27	POCZTARSKA Daniela	317	MOSIR RYPIN					00:26:14.45	+00:05:55 (22.6%)	10:30	5.7 (77.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net	Gap	Pace	Pace
								time		min/km	km/h
28	BUJNOWSKA Krystyna	286	MOSIR RYPIN					00:26:48.30	+00:06:29 (24.2%)	10:43	5.6 (75.7%)
29	LIPKA Zdzisława	304	MOSIR RYPIN					00:27:48.40	+00:07:29 (26.9%)	11:07	5.4 (73.0%)
30	KOLASIŃSKA Wiktoria	76	UKS SKRWILNO					00:27:51.00	+00:07:31 (27.0%)	11:08	5.4 (73.0%)
31	GRACZYK Tomasz	52	UKS SKRWILNO					00:28:00.10	+00:07:41 (27.4%)	11:12	5.4 (73.0%)
32	KAŁAMAJSKA Barbara	349	PATYCZAKI GRUDZIĄDZ					00:28:11.50	+00:07:52 (27.9%)	11:16	5.3 (71.6%)
33	BUCHALSKA Barbara	283	MOSIR RYPIN					00:28:12.85	+00:07:53 (28.0%)	11:17	5.3 (71.6%)
34	JASIULEWICZ Sebastian	337						00:28:34.00	+00:08:14 (28.9%)	11:25	5.3 (71.6%)
35	ZALEWSKA Zofia	332	MOSIR RYPIN					00:28:50.15	+00:08:31 (29.5%)	11:32	5.2 (70.3%)
36	KUŹMIŃSKA Zofia	301	MOSIR RYPIN					00:29:04.75	+00:08:45 (30.1%)	11:38	5.2 (70.3%)
37	OLENDER Irena	313	MOSIR RYPIN					00:29:15.55	+00:08:56 (30.6%)	11:42	5.1 (68.9%)
38	ROSPIRSKA Wiesława	318	MOSIR RYPIN					00:29:24.60	+00:09:05 (30.9%)	11:46	5.1 (68.9%)
39	SOSNOWSKA Ryszarda	323	MOSIR RYPIN					00:29:49.15	+00:09:30 (31.9%)	11:55	5 (67.6%)
40	ARSZYŃSKA Genowefa	350	MOSIR RYPIN					00:30:16.55	+00:09:57 (32.9%)	12:06	5 (67.6%)
41	MIKOŁAJUN Krystyna	311	MOSIR RYPIN					00:30:17.40	+00:09:58 (32.9%)	12:06	5 (67.6%)
42	KALISZEWSKA Elżbieta	297	MOSIR RYPIN					00:30:42.55	+00:10:23 (33.8%)	12:17	4.9 (66.2%)
43	LEWANDOWSKI Mieczysław	303	MOSIR RYPIN					00:31:03.15	+00:10:44 (34.6%)	12:25	4.8 (64.9%)
44	CIUCHTA Maria	287	MOSIR RYPIN					00:31:09.45	+00:10:50 (34.8%)	12:28	4.8 (64.9%)
45	MIŁOSZEWSKA Stanisława	312	MOSIR RYPIN					00:31:09.65	+00:10:50 (34.8%)	12:28	4.8 (64.9%)
46	DOMAGALSKA Zofia	289	MOSIR RYPIN					00:31:19.65	+00:11:00 (35.1%)	12:32	4.8 (64.9%)
47	KAŚLEWICZ Irena	299	MOSIR RYPIN					00:31:21.15	+00:11:02 (35.2%)	12:32	4.8 (64.9%)
48	SIEKLICKA Teresa	320	MOSIR RYPIN					00:32:24.60	+00:12:05 (37.3%)	12:58	4.6 (62.2%)
49	ZALEWSKI Kazimierz	333	MOSIR RYPIN					00:32:28.40	+00:12:09 (37.4%)	12:59	4.6 (62.2%)
50	HAŃCZYK Irena	296	MOSIR RYPIN					00:32:47.20	+00:12:28 (38.0%)	13:06	4.6 (62.2%)
51	BOROWSKA Jadwiga	282	MOSIR RYPIN					00:32:52.85	+00:12:33 (38.2%)	13:09	4.6 (62.2%)
52	BUDZANOWSKA Elżbieta	284	MOSIR RYPIN					00:33:09.40	+00:12:50 (38.7%)	13:15	4.5 (60.8%)
53	PŁOSZYŃSKI Marian	316	MOSIR RYPIN					00:33:11.20	+00:12:52 (38.8%)	13:16	4.5 (60.8%)
54	PŁOSZYŃSKA Renata	315	MOSIR RYPIN					00:33:12.20	+00:12:53 (38.8%)	13:17	4.5 (60.8%)
55	TOBOŁA Mirosława	327	MOSIR RYPIN					00:33:17.20	+00:12:58 (39.0%)	13:18	4.5 (60.8%)
56	LEWANDOWSKA Halina	335						00:33:42.50	+00:13:23 (39.7%)	13:28	4.5 (60.8%)
57	MATUSZAK Alfreda	309	MOSIR RYPIN					00:33:47.35	+00:13:28 (39.9%)	13:31	4.4 (59.5%)
58	MICHALSKA Teresa	310	MOSIR RYPIN					00:34:25.10	+00:14:06 (41.0%)	13:46	4.4 (59.5%)
59	DĄBKOWSKA Urszula	288	MOSIR RYPIN					00:34:34.20	+00:14:15 (41.2%)	13:49	4.3 (58.1%)
60	MATUSZAK Ryszard	308	MOSIR RYPIN					00:34:54.90	+00:14:35 (41.8%)	13:58	4.3 (58.1%)
61	BORZESZKOWSKA Małgorzata	220	PFNW					00:37:08.85	+00:16:49 (45.3%)	14:51	4 (54.1%)
62	BOJKE Olgierd	219	PFNW					00:37:09.45	+00:16:50 (45.3%)	14:51	4 (54.1%)
63	RUMOCKI Jan	319	MOSIR RYPIN					00:37:20.50	+00:17:01 (45.6%)	14:56	4 (54.1%)
64	GRUNWALD-LEWANDOWSKA Irena	294	MOSIR RYPIN					00:41:12.85	+00:20:53 (50.7%)	16:29	3.6 (48.6%)
65	GROCHOWSKI Henryk	293	MOSIR RYPIN					00:59:43.40	+00:39:24 (66.0%)	23:53	2.5 (33.8%)
66	LISZEWSKA Halina	305	MOSIR RYPIN					00:59:48.65	+00:39:29 (66.0%)	23:55	2.5 (33.8%)
67	KALINOWSKI Mateusz	63	UKS SKRWILNO	M-Dzieci		1			+00:03:08	9:22	6.4 (86.5%)
68	MOCZARSKI Adam	117		M-Niepełnosprawni(B)	1	B					(0.0%)
69	MARCINKOWSKI Roman	307	MOSIR RYPIN								(0.0%)
70	KARWICKA Urszula	67	MOSIR RYPIN	K-Niepełnosprawni(B)	1	B					(0.0%)
71	CHUDZIŃSKA Grażyna	25		K65-69		1					(0.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Net time 2.5km	Gap	Pace min/km	Pace km/h
72	FOREMBSKI Władysław	290	MOSIR RYPIN								(0.0%)
73	SZLUFIK Halina	325	MOSIR RYPIN								(0.0%)

Total 73 results.