



SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 10 KM

B4SPORT

Organiser: PFNW
Date: 2016-04-30
Place: Sławno
Distance: 9.4 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.35km	4.7km	7.05km	Net time 9.4km	Czas brutto 9.4km	Gap	Pace min/km	Pace km/h
1	KLICZKA Kamil	176	PUSZCZYK BUKOWY	M40-49	1			00:00:09	00:14:28	00:15:02	00:29:27	01:00:04.90	01:00:14.00		6:00	10 (100%)
2	BOGACKI Sławek	162	ENERGA NW TEAM	M40-49	2			00:00:08	00:14:31	00:15:05	00:29:50	01:00:41.30	01:00:49.95	+00:00:36 (1.0%)	6:04	9.9 (99.0%)
3	DZIADEK Remigiusz	171	PENDOLINO	M50-59	1			00:00:12	00:14:24	00:14:58	00:29:45	01:01:58.60	01:02:11.00	+00:01:53 (3.1%)	6:11	9.7 (97.0%)
4	KUŚMIEREK Patryk	181	BŁĘKITNI DZIEMIANY	M18-29	1			00:00:07	00:15:09	00:15:46	00:30:49	01:02:17.25	01:02:25.10	+00:02:12 (3.5%)	6:13	9.6 (96.0%)
5	ŚWISŁOCKI Bogdan	200	FACE NORDIC WALKING TEAM	M50-59	2			00:00:10	00:14:43	00:15:19	00:30:26	01:02:24.75	01:02:35.70	+00:02:19 (3.7%)	6:14	9.6 (96.0%)
6	KOLENKIEWICZ Dariusz	177	KS ELBLĄSKIE WŁÓCZY-KIJE	M50-59	3			00:00:10	00:14:43	00:15:19	00:30:26	01:02:59.10	01:03:09.50	+00:02:54 (4.6%)	6:17	9.5 (95.0%)
7	ŻYWICKI Marcin	208	BŁĘKITNI DZIEMIANY	M30-39	1			00:00:08	00:14:41	00:15:15	00:30:33	01:03:04.00	01:03:12.45	+00:02:59 (4.7%)	6:18	9.5 (95.0%)
8	ROSZMAN Maciej	192	PENDOLINO	M30-39	2			00:00:08	00:15:01	00:15:39	00:30:59	01:03:26.40	01:03:34.70	+00:03:21 (5.3%)	6:20	9.5 (95.0%)
9	ŻUCHOWICZ Robert	207	DĄBROWA NORDIC TEAM	M50-59	4			00:00:11	00:15:00	00:15:38	00:30:57	01:03:27.90	01:03:39.60	+00:03:23 (5.3%)	6:20	9.5 (95.0%)
10	KĘPA Andrzej	175	SKI FAMILY TEAM	M60-69	1			00:00:11	00:15:04	00:15:41	00:30:59	01:03:40.40	01:03:51.60	+00:03:35 (5.6%)	6:22	9.4 (94.0%)
11	KULIG Henryk	180	KS ELBLĄSKIE WŁÓCZY-KIJE	M60-69	2			00:00:10	00:15:03	00:15:39	00:31:01	01:03:41.95	01:03:52.75	+00:03:37 (5.7%)	6:22	9.4 (94.0%)
12	CZEKAJŁO Franciszek	212	TEAM Meprozet	M60-69	3			00:00:11	00:15:01	00:15:38	00:31:10	01:05:16.10	01:05:27.30	+00:05:11 (7.9%)	6:31	9.2 (92.0%)
13	KUŚMIEREK Jan	182	BŁĘKITNI DZIEMIANY	M40-49	3			00:00:10	00:15:44	00:16:22	00:32:19	01:05:27.50	01:05:37.60	+00:05:22 (8.2%)	6:32	9.2 (92.0%)
14	CHOLEWIŃSKI Wojciech	166	KB KATORŻNIK MUROWANA GOŚLINA	M50-59	5			00:00:10	00:15:45	00:16:23	00:32:17	01:05:31.20	01:05:41.75	+00:05:26 (8.3%)	6:33	9.2 (92.0%)

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												9.4km	9.4km			
15	KOWALCZUK Robert	179	CHODZĘ Z KIJKAMI	M50-59	6			00:00:10	00:15:19	00:15:56	00:31:49	01:05:59.55	01:06:09.70	+00:05:54 (9.0%)	6:35	9.1 (91.0%)
16	LIPKO Adrianna	185	PENDOLINO	K18-29	1			00:01:45	00:15:42	00:16:20	00:32:29	01:06:43.75	01:08:28.80	+00:06:38 (10.0%)	6:40	9 (90.0%)
17	ZIĘBA Krzysztof	205		M50-59	7			00:00:10	00:15:56	00:16:34	00:32:27	01:06:47.10	01:06:57.40	+00:06:42 (10.0%)	6:40	9 (90.0%)
18	SORN Łukasz	196	FACE NORDIC WALKING TEAM	M18-29	2			00:00:07	00:16:38	00:17:17	00:33:46	01:08:00.75	01:08:08.60	+00:07:55 (11.7%)	6:48	8.8 (88.0%)
19	CHOLEWIŃSKA Longina	165	KB KATORŻNIK MUROWANA GOŚLINA	K50-59	1			00:01:46	00:15:44	00:16:23	00:32:46	01:08:00.95	01:09:47.05	+00:07:56 (11.7%)	6:48	8.8 (88.0%)
20	LENER Sławomir	184	NORDIC WALKING KLUB SZCZECIN	M60-69	4			00:00:11	00:15:37	00:16:16	00:32:42	01:08:03.15	01:08:15.10	+00:07:58 (11.7%)	6:48	8.8 (88.0%)
21	PRAWUCKI Krzysztof	191	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:00:07	00:16:46	00:17:27	00:33:53	01:08:03.95	01:08:11.80	+00:07:59 (11.7%)	6:48	8.8 (88.0%)
22	BRZOZOWSKA Renata	163	CHODZĘ Z KIJAMI	K40-49	1			00:01:46	00:16:05	00:16:43	00:33:10	01:08:05.30	01:09:51.40	+00:08:00 (11.8%)	6:48	8.8 (88.0%)
23	ROSZMAN Joanna	193	PENDOLINO	K50-59	2			00:01:48	00:16:05	00:16:44	00:33:11	01:08:26.45	01:10:14.85	+00:08:21 (12.2%)	6:50	8.8 (88.0%)
24	BIAŁK Roman	161		M60-69	5			00:00:11	00:16:18	00:16:57	00:33:46	01:09:19.30	01:09:30.85	+00:09:14 (13.3%)	6:55	8.7 (87.0%)
25	SOBOLEWSKI Marek	215		M40-49	4			00:00:09	00:16:40	00:17:21	00:34:07	01:09:38.45	01:09:48.40	+00:09:33 (13.7%)	6:57	8.6 (86.0%)
26	KURZYŃSKA Natalia	214		K30-39	1			00:01:44	00:15:57	00:16:43	00:33:50	01:10:12.55	01:11:57.10	+00:10:07 (14.4%)	7:01	8.5 (85.0%)
27	ZIELIŃSKA Jolanta	204	GOSIR O SIELSKO	K50-59	3			00:01:47	00:16:19	00:16:59	00:34:03	01:10:48.65	01:12:36.15	+00:10:43 (15.2%)	7:04	8.5 (85.0%)
28	MULARCZYK Barbara	209		K50-59	4			00:01:47	00:16:48	00:17:29	00:34:22	01:11:24.70	01:13:11.85	+00:11:19 (15.9%)	7:08	8.4 (84.0%)
29	OLECH Marcin	186	CHODZEZKIJAMI.PL	M40-49	5			00:00:09	00:17:31	00:18:14	00:35:48	01:11:57.15	01:12:06.25	+00:11:52 (16.5%)	7:11	8.3 (83.0%)
30	BUJNICKI Marcin	164		M40-49	6			00:00:09	00:16:40	00:17:22	00:34:59	01:12:00.45	01:12:09.70	+00:11:55 (16.6%)	7:12	8.3 (83.0%)
31	ŻUCHOWICZ Elżbieta	206	DĄBROWA NORDIC TEAM	K50-59	5			00:01:48	00:16:30	00:17:11	00:34:34	01:12:00.55	01:13:49.15	+00:11:55 (16.6%)	7:12	8.3 (83.0%)
32	STEFAŃSKI Andrzej	197	FACE NORDIC WALKING TEAM	M50-59	8			00:00:09	00:17:24	00:18:05	00:35:19	01:12:04.10	01:12:13.85	+00:11:59 (16.6%)	7:12	8.3 (83.0%)
33	POPOWSKI Tomasz	190	4DON	M40-49	7			00:00:09	00:17:03	00:17:43	00:35:06	01:12:14.20	01:12:23.30	+00:12:09 (16.8%)	7:13	8.3 (83.0%)
34	BOROWSKI Marcin	210	FACE NORDIC WALKING TEAM	M30-39	4			00:00:08	00:17:22	00:18:04	00:35:38	01:13:00.80	01:13:09.30	+00:12:55 (17.7%)	7:18	8.2 (82.0%)
35	ŚLEWIŃSKA Magdalena	199	BŁĘKITNI DZIEMIANY	K18-29	2			00:01:44	00:17:05	00:17:46	00:35:31	01:13:40.30	01:15:24.80	+00:13:35 (18.4%)	7:22	8.1 (81.0%)
36	LANGMESSER Regina	183	LKS ZANTYR	K40-49	2			00:01:45	00:16:58	00:17:38	00:35:14	01:13:43.40	01:15:28.80	+00:13:38 (18.5%)	7:22	8.1 (81.0%)
37	TURZYŃSKA-STOPA Maria	201	BŁĘKITNI DZIEMIANY	K60-69	1			00:01:48	00:17:37	00:18:20	00:36:11	01:14:33.95	01:16:22.85	+00:14:29 (19.4%)	7:27	8 (80.0%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.35km	4.7km	7.05km	Net time 9.4km	Czas brutto 9.4km	Gap	Pace min/km	Pace km/h
38	KOSIŃSKA Maria	178	MOSIR RYPIN	K60-69	2			00:01:50	00:17:16	00:17:58	00:35:49	01:14:35.40	01:16:25.75	+00:14:30 (19.5%)	7:27	8 (80.0%)
39	FARON Monika	211		K30-39	2			00:01:45	00:17:17	00:18:00	00:35:55	01:15:03.10	01:16:48.90	+00:14:58 (19.9%)	7:30	8 (80.0%)
40	MAĆKOWIAK Krystyna	188	FACE NORDIC WALKING TEAM	K60-69	3			00:01:48	00:18:11	00:18:56	00:37:03	01:15:46.95	01:17:35.65	+00:15:42 (20.7%)	7:34	7.9 (79.0%)
41	GOSTOMSKA Bożena	173	BŁĘKITNI DZIEMIANY	K50-59	6			00:01:46	00:17:21	00:18:03	00:35:49	01:15:54.25	01:17:40.35	+00:15:49 (20.8%)	7:35	7.9 (79.0%)
42	SIKORRA Janina	194		K60-69	4			00:01:47	00:17:58	00:18:42	00:37:10	01:16:35.40	01:18:23.20	+00:16:30 (21.6%)	7:39	7.8 (78.0%)
43	DOCZEKALSKA Joanna	170		K50-59	7			00:01:47	00:17:48	00:18:31	00:36:58	01:16:39.95	01:18:27.65	+00:16:35 (21.6%)	7:40	7.8 (78.0%)
44	SZCZYPEK Ela	198	DWA KIJE SŁUPSK	K60-69	5			00:01:48	00:18:12	00:18:58	00:37:31	01:16:46.75	01:18:35.35	+00:16:41 (21.7%)	7:40	7.8 (78.0%)
45	CYRA Grażyna	167		K60-69	6			00:01:48	00:17:58	00:18:42	00:37:10	01:16:51.75	01:18:39.85	+00:16:46 (21.8%)	7:41	7.8 (78.0%)
46	WALCZYK Anna	202		K30-39	3			00:01:44	00:18:07	00:18:52	00:37:53	01:18:28.50	01:20:13.05	+00:18:23 (23.4%)	7:50	7.6 (76.0%)
47	KINDA Dorota	216		K30-39	4			00:01:45	00:18:19	00:19:02	00:37:51	01:18:30.05	01:20:15.40	+00:18:25 (23.5%)	7:51	7.6 (76.0%)
48	LUBIŃSKA Olga	213	DWA KIJE SŁUPSK	K30-39	5			00:01:45	00:18:43	00:19:28	00:38:25	01:19:32.50	01:21:17.60	+00:19:27 (24.5%)	7:57	7.5 (75.0%)
49	SMARUJ-SADOWSKA Janina	195		K60-69	7			00:01:49	00:18:29	00:19:14	00:38:17	01:19:42.40	01:21:31.70	+00:19:37 (24.6%)	7:58	7.5 (75.0%)
50	DOBROWOLSKA Dorota	169		K50-59	8			00:01:46	00:18:34	00:19:20	00:38:42	01:20:24.65	01:22:11.50	+00:20:19 (25.3%)	8:02	7.5 (75.0%)
51	JÓŹWIAK Dominik	174	WTW.WŁOCŁAWEK	M18-29	3			00:00:07	00:18:09	00:18:54	00:38:26	01:20:52.35	01:20:59.90	+00:20:47 (25.7%)	8:05	7.4 (74.0%)
52	WYSOCKA Monika	203		K40-49	3			00:01:47	00:19:21	00:20:08	00:39:39	01:21:26.60	01:23:14.15	+00:21:21 (26.2%)	8:08	7.4 (74.0%)
53	GIERSZENDORF Monika	172	FACE NORDIC WALKING TEAM	K40-49	4			00:01:46	00:19:21	00:20:09	00:39:39	01:21:27.65	01:23:13.90	+00:21:22 (26.2%)	8:08	7.4 (74.0%)
54	POPOWSKA Beata	189	4DON	K40-49	5			00:01:46	00:19:19	00:20:07	00:40:06	01:22:30.85	01:24:17.70	+00:22:25 (27.2%)	8:15	7.3 (73.0%)

Total 54 results.