

SŁAWNO - PUCHAR POMORZA NORDIC WALKING - 10KM

B4SPORT

Organiser: PFNW
Date: 2015-05-02
Place: Sławno
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	DEPKA PRADZYŃSKI Olgiard	25	BIEGAMYRAZEM.PL	M 50-59	1			00:00:03	00:15:43	00:31:31	00:47:06	01:02:36	01:02:39		6:15	9.6 (100%)
2	ANACZKOWSKI Miroslaw	31	LKS ZANTYR SZTUM	M 50-59	2			00:00:03	00:15:42	00:31:31	00:47:07	01:02:41	01:02:44	+00:00:05 (0.1%)	6:16	9.6 (100%)
3	BOGACKI Sławek	4	ENERGA NW TEAM	M 40-49	1	1		00:00:02	00:15:42	00:31:30	00:47:06	01:02:46	01:02:48	+00:00:10 (0.3%)	6:16	9.6 (100%)
4	ROGALSKI Piotr	3	GDYNIA MOJE MIASTO	M 40-49	2			00:00:03	00:15:41	00:31:32	00:47:08	01:02:55	01:02:58	+00:00:19 (0.5%)	6:17	9.5 (99.0%)
5	ĆWIKLIŃSKI Dawid	5	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:00:01	00:16:26	00:32:57	00:49:27	01:06:13	01:06:14	+00:03:37 (5.5%)	6:37	9.1 (94.8%)
6	WITCZUK Łukasz	23	TRAVELSERVICE KOŁOBRZEG	M 30-39	1			00:00:02	00:16:18	00:33:01	00:49:47	01:07:04	01:07:06	+00:04:28 (6.7%)	6:42	8.9 (92.7%)
7	RACZYŃSKI Kazimierz	10	PTTK KOSZALIN	M 30-39	2			00:00:01	00:16:31	00:33:38	00:50:37	01:07:37	01:07:38	+00:05:01 (7.4%)	6:45	8.9 (92.7%)
8	CZEKAJŁO Franciszek	1	TEAM MEPROZET	M 60-69	1			00:00:04	00:16:58	00:34:33	00:52:10	01:10:15	01:10:19	+00:07:39 (10.9%)	7:01	8.5 (88.5%)
9	ZAMRZYCKI Leszek	21		M 50-59	3			00:00:04	00:17:12	00:34:58	00:52:34	01:10:21	01:10:25	+00:07:45 (11.0%)	7:02	8.5 (88.5%)
10	LIPKO Adrianna	11	PENDOLINO	K 18-29	1			00:01:34	00:17:32	00:35:08	00:53:11	01:11:28	01:13:02	+00:08:52 (12.4%)	7:08	8.4 (87.5%)
11	BOJAN Miro	12		M 60-69	2			00:00:04	00:18:01	00:35:54	00:53:37	01:11:40	01:11:44	+00:09:04 (12.7%)	7:10	8.4 (87.5%)
12	HIMMEL Mirosław	18	88° TEAM	M 60-69	3			00:00:04	00:17:38	00:35:32	00:53:36	01:11:42	01:11:46	+00:09:06 (12.7%)	7:10	8.4 (87.5%)
13	STEPCZYŃSKA Angelika	24	THE BEST - MY IDZIEMY I CZEŚĆ	K 30-39	1			00:01:34	00:18:07	00:36:57	00:55:35	01:13:40	01:15:14	+00:11:04 (15.0%)	7:22	8.1 (84.4%)
14	JANKOWSKI Marcin	6		M 30-39	3			00:00:02	00:18:21	00:36:54	00:55:24	01:13:58	01:14:00	+00:11:22 (15.4%)	7:23	8.1 (84.4%)

Place	Participant	Number	Club	Category	MCat	Żół. kartki	Czer. kartki	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	PIERNICKA Krystyna	2		K 50-59	1			00:01:35	00:17:40	00:36:08	00:54:49	01:14:22	01:15:57	+00:11:46 (15.8%)	7:26	8.1 (84.4%)
16	KARASIEWICZ Irena	19		K 50-59	2			00:01:35	00:18:00	00:36:30	00:55:17	01:14:55	01:16:30	+00:12:19 (16.4%)	7:29	8 (83.3%)
17	BIAŁK Roman	15		M 60-69	4			00:00:04	00:18:13	00:36:59	00:55:54	01:15:22	01:15:26	+00:12:46 (16.9%)	7:32	8 (83.3%)
18	NAMSOŁEK Feliks	14		M 70+	1			00:00:05	00:18:16	00:37:01	00:56:12	01:16:07	01:16:12	+00:13:31 (17.8%)	7:36	7.9 (82.3%)
19	SOBOLEWSKI Marek	17		M 40-49	3			00:00:03	00:19:00	00:38:21	00:57:23	01:16:43	01:16:46	+00:14:07 (18.4%)	7:40	7.8 (81.3%)
20	JÓŻWIAK Łukasz	9	WTW WŁOCŁAWEK	M 40-49	4			00:00:02	00:19:01	00:38:23	00:57:25	01:16:44	01:16:46	+00:14:08 (18.4%)	7:40	7.8 (81.3%)
21	ROSADZIŃSKA Natalia	13		K 18-29	2			00:01:34	00:19:42	00:39:31	00:59:35	01:18:55	01:20:29	+00:16:19 (20.7%)	7:53	7.6 (79.2%)
22	KURZYŃSKA Natalia	16		K 30-39	2			00:01:34	00:19:39	00:40:28	01:01:38	01:22:05	01:23:39	+00:19:29 (23.7%)	8:12	7.3 (76.0%)
22	LISEWSKA Janna	22	MUMIN TEAM	K 30-39	3			00:01:34	00:19:41	00:40:28	01:01:38	01:22:05	01:23:39	+00:19:29 (23.7%)	8:12	7.3 (76.0%)
24	JÓŻWIAK Dominik	8	WTW WŁOCŁAWEK	M 18-29	2			00:00:02	00:20:11	00:41:31	01:03:17	01:23:59	01:24:01	+00:21:23 (25.5%)	8:23	7.1 (74.0%)
25	MOSKA Owidiusz	20	AWFIS GDAŃSK	M 30-39	4			00:00:01	00:20:44	00:42:42	01:04:14	01:25:41	01:25:42	+00:23:05 (26.9%)	8:34	7 (72.9%)
26	ROT-RZĘDZICKA Grażyna	7		K 60-69	1			00:01:35	00:22:14	00:45:15	01:08:43	01:32:46	01:34:21	+00:30:10 (32.5%)	9:16	6.5 (67.7%)

Total 26 results.