

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: PUCHAR WIELKOPOLSKI NORDIC WALKING 2018
Organizator: PFNW
Data: 2018-08-26
Miejsce: Śrem
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	NIECHWIEJCZYK Piotr	253	UNIA MIAST	M40-49	1			00:15:45	00:31:44	00:48:03	01:04:18.89		6:25	9.3 (100%)
2	HELWICH Stefan	230	KS METRACOPOLKOWICE	M60-69	1			00:15:58	00:32:15	00:48:46	01:04:53.19	+00:00:34 (0.9%)	6:29	9.2 (98.9%)
3	SZARSZUNOWICZ Mariusz	273	KS METRACO POLKOWICE	M40-49	2			00:16:07	00:32:32	00:49:07	01:05:31.88	+00:01:12 (1.9%)	6:33	9.2 (98.9%)
4	HAŁAS Marcin	229	UNIA MIAST	M30-39	1			00:16:17	00:32:49	00:49:23	01:05:48.90	+00:01:30 (2.3%)	6:34	9.1 (97.8%)
5	NAKONIECZNY Grzegorz	252	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40-49	3			00:16:13	00:32:47	00:49:22	01:06:20.88	+00:02:01 (3.1%)	6:38	9 (96.8%)
6	HOLUBKA Mariusz	231	SALLER NORDIC WALKING TEAM	M40-49	4			00:16:15	00:32:58	00:50:04	01:07:13.72	+00:02:54 (4.3%)	6:43	8.9 (95.7%)
7	JUREK Adam	237	KS METRACO POLKOWICE	M50-59	1			00:15:59	00:32:42	00:50:15	01:07:49.78	+00:03:30 (5.2%)	6:47	8.8 (94.6%)
8	REMBARZ Łukasz	259	K S IDMAR RACING TEAM	M40-49	5			00:16:20	00:33:18	00:50:37	01:08:16.14	+00:03:57 (5.8%)	6:49	8.8 (94.6%)
9	SPYCHAŁA Lesław	265	CKZIU NYSA MECHANIK	M50-59	2			00:16:34	00:33:45	00:51:18	01:08:33.90	+00:04:15 (6.2%)	6:51	8.8 (94.6%)
10	BIK Stanisław	215	KS METRACO POLKOWICE	M50-59	3			00:16:53	00:34:11	00:51:33	01:08:49.05	+00:04:30 (6.5%)	6:52	8.7 (93.5%)
11	ZAGAJA Janusz	283	WESOŁY BORSUK TEAM	M60-69	2			00:16:48	00:34:09	00:51:34	01:09:09.70	+00:04:50 (7.0%)	6:55	8.7 (93.5%)
12	PRZYBYSZ Grzegorz	258		M30-39	2			00:17:27	00:34:45	00:52:16	01:09:33.51	+00:05:14 (7.5%)	6:57	8.6 (92.5%)
13	ŻYDACZEWSKI Ryszard	287	KS METRACO POLKOWICE	M50-59	4			00:17:40	00:35:32	00:53:07	01:10:26.04	+00:06:07 (8.7%)	7:02	8.5 (91.4%)
14	ŚWISŁOCKI Bogdan	276	FACE NORDIC WALKING TEAM	M50-59	5			00:17:22	00:35:12	00:53:07	01:10:54.61	+00:06:35 (9.3%)	7:05	8.5 (91.4%)

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	MĄDRY Grzegorz	250	KIJKOWE TRZEMESZNO	M50-59	6			00:17:24	00:35:14	00:53:09	01:10:59.27	+00:06:40 (9.4%)	7:06	8.5 (91.4%)
16	PŁACHCIŃSKA Angelika	255	KIJKOWE TRZEMESZNO	K30-39	1			00:17:09	00:35:02	00:53:19	01:11:31.45	+00:07:12 (10.1%)	7:09	8.4 (90.3%)
17	LENZ Andrzej	245	MUSZKIETEROWIE	M50-59	7			00:17:58	00:35:46	00:53:40	01:11:40.90	+00:07:22 (10.3%)	7:10	8.4 (90.3%)
18	ROSADZIŃSKI Sławomir	262	LESZNO :)	M40-49	6			00:17:30	00:35:22	00:53:56	01:12:19.88	+00:08:00 (11.1%)	7:14	8.3 (89.2%)
19	MROZIŃSKI Paweł	251	MARSZPOZDROWIE	M50-59	8			00:18:01	00:35:58	00:54:08	01:12:23.54	+00:08:04 (11.2%)	7:14	8.3 (89.2%)
20	CZEKAJŁO Franciszek	221	REMI	M60-69	3			00:17:25	00:35:29	00:54:08	01:12:27.83	+00:08:08 (11.2%)	7:14	8.3 (89.2%)
21	BUJNICKI Marcin	309	NORDIC WALKING PASŁĘK	M40-49	7			00:17:30	00:35:27	00:53:59	01:12:30.00	+00:08:11 (11.3%)	7:15	8.3 (89.2%)
22	SZARSZUNOWICZ Anna	272	KS METRACO POLKOWICE	K30-39	2			00:17:38	00:35:45	00:54:12	01:12:47.03	+00:08:28 (11.6%)	7:16	8.2 (88.2%)
23	TEODOROWSKI Dariusz	277	UNIA MIAST	M40-49	8			00:17:56	00:36:42	00:55:01	01:13:01.12	+00:08:42 (11.9%)	7:18	8.2 (88.2%)
24	STYŚ Elżbieta	270		K50-59	1			00:18:03	00:36:29	00:54:52	01:13:03.39	+00:08:44 (12.0%)	7:18	8.2 (88.2%)
25	PRZYBYŁEK Marysia	257	MARSZ PO ZDROWIE	K40-49	1			00:18:07	00:36:31	00:54:48	01:13:06.71	+00:08:47 (12.0%)	7:18	8.2 (88.2%)
26	BANASZKIEWICZ Kasia	214		K50-59	2			00:17:47	00:36:20	00:54:49	01:13:22.65	+00:09:03 (12.4%)	7:20	8.2 (88.2%)
27	KWIATKOWSKA Stanisława	243	CHODZ ZNAMI	K50-59	3			00:18:21	00:36:55	00:55:25	01:13:44.80	+00:09:25 (12.8%)	7:22	8.1 (87.1%)
28	MARCHWICKI Przemysław	248	NORDIC WALKING KIEKRZ	M60-69	4			00:18:02	00:36:33	00:55:32	01:14:07.03	+00:09:48 (13.2%)	7:24	8.1 (87.1%)
29	DZIĘCZKOWSKI Marcin	223		M40-49	9			00:19:34	00:37:48	00:55:48	01:14:08.19	+00:09:49 (13.2%)	7:24	8.1 (87.1%)
30	ILOWSKA-REMBARZ Karolina	233	LOFT TEAM EXTREME	K30-39	3			00:17:47	00:36:24	00:55:21	01:14:14.84	+00:09:55 (13.4%)	7:25	8.1 (87.1%)
31	KOZAKOWSKA Małgorzata	240	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	2			00:18:35	00:37:15	00:56:00	01:14:17.21	+00:09:58 (13.4%)	7:25	8.1 (87.1%)
32	SKOWROŃSKA Dominika	264	NWPL/MARSZPOZDROWIE	K18-29	1			00:17:55	00:36:35	00:56:00	01:14:43.33	+00:10:24 (13.9%)	7:28	8 (86.0%)
33	KURZAWSKA Jolanta	242	KS METRACO POLKOWICE	K60-69	1			00:18:21	00:36:59	00:56:09	01:14:51.32	+00:10:32 (14.1%)	7:29	8 (86.0%)
34	ZWOLENKIEWICZ Joanna	286	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	3			00:18:35	00:37:15	00:56:00	01:15:05.54	+00:10:46 (14.4%)	7:30	8 (86.0%)
35	LENER Sławomir	244	EKSPEDYCJA NORDIC TEAM SZCZECIN	M60-69	5			00:18:18	00:37:26	00:56:33	01:15:09.44	+00:10:50 (14.4%)	7:30	8 (86.0%)
36	CZAJKA Urszula	220	FACE NORDIC WALKING TEAM	K60-69	2			00:18:22	00:37:00	00:56:10	01:15:13.14	+00:10:54 (14.5%)	7:31	8 (86.0%)
37	ROGOS Henryk	260	LESZNO :)	M70+	1			00:18:39	00:37:43	00:56:44	01:15:14.00	+00:10:55 (14.5%)	7:31	8 (86.0%)

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											netto 10km	Różn		
38	BRACISZEWSKI Krzysztof	216	KLUB SPORTOWY SOKÓŁ GAŚAWA	M30-39	3			00:18:54	00:37:30	00:56:33	01:15:45.58	+00:11:26 (15.1%)	7:34	7.9 (84.9%)
39	BAJ Stanisław	212	LESZNO :)	M60-69	6			00:18:54	00:38:05	00:57:14	01:16:38.30	+00:12:19 (16.1%)	7:39	7.8 (83.9%)
40	CHARCZUK Zenon	217	WESOŁY BORSUK TEAM	M60-69	7			00:19:04	00:38:35	00:58:20	01:17:36.60	+00:13:17 (17.1%)	7:45	7.7 (82.8%)
41	FRYDRYCH Marcin	225	NORDIC WALKING KIEKRZ	M40-49	10			00:19:13	00:38:52	00:58:13	01:17:38.82	+00:13:19 (17.2%)	7:45	7.7 (82.8%)
42	STAWNIAK Karol	267	KS METRACO POLKOWICE	M70+	2			00:19:10	00:38:30	00:58:10	01:17:46.19	+00:13:27 (17.3%)	7:46	7.7 (82.8%)
43	ANDRZEJEWSKA-MAJCHRZAK Kamila	211	LESZNO :)	K30-39	4			00:18:56	00:37:59	00:57:56	01:17:50.15	+00:13:31 (17.4%)	7:47	7.7 (82.8%)
44	ROSADZIŃSKA Natalia	261	LESZNO :)	K18-29	2			00:18:52	00:38:30	00:58:12	01:17:52.44	+00:13:33 (17.4%)	7:47	7.7 (82.8%)
45	GABERT Beata	226	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40-49	4			00:19:28	00:39:16	00:59:05	01:18:24.92	+00:14:06 (18.0%)	7:50	7.7 (82.8%)
46	GOLUS Urszula	227	EKSPEDYCJA NORDIC TEAM	K60-69	3			00:19:19	00:38:59	00:58:48	01:18:25.84	+00:14:06 (18.0%)	7:50	7.6 (81.7%)
47	ŚWIĄTKOWSKI Sławomir	275		M40-49	11			00:19:11	00:38:49	00:58:38	01:18:28.85	+00:14:09 (18.1%)	7:50	7.6 (81.7%)
48	DĄBROWA Wojciech	222	CHODZ Z NAMI	M50-59	9			00:18:37	00:38:48	00:58:43	01:18:37.17	+00:14:18 (18.2%)	7:51	7.6 (81.7%)
49	GWAREK Anita	228	PASJA NORDIC WALKING	K40-49	5			00:19:29	00:39:13	00:59:02	01:18:45.29	+00:14:26 (18.3%)	7:52	7.6 (81.7%)
50	WEGIERA Grzegorz	280	ROXKIJE ROKIETNICA	M40-49	12			00:19:21	00:39:01	00:58:56	01:18:49.23	+00:14:30 (18.4%)	7:52	7.6 (81.7%)
51	STANKOWSKA Marzena	266	KIJKOWE TRZEMESZNO	K40-49	6			00:19:34	00:39:28	00:59:15	01:18:54.00	+00:14:35 (18.5%)	7:53	7.6 (81.7%)
52	WIĘCKOWSKI Janusz	281	TKKF 'KUBUŚ' SIERPC	M40-49	13			00:19:08	00:39:18	00:59:23	01:19:27.32	+00:15:08 (19.1%)	7:56	7.6 (81.7%)
53	SZYBCZYŃSKA Katarzyna	274	KLUB SPORTOWY SOKÓŁ GAŚAWA	K40-49	7			00:19:51	00:39:39	00:59:36	01:19:31.39	+00:15:12 (19.1%)	7:57	7.5 (80.6%)
54	KRUSZKA Arleta	241	MARSZ PO ZDROWIE POZNAŃ	K50-59	4			00:19:29	00:39:35	00:59:45	01:19:45.08	+00:15:26 (19.4%)	7:58	7.5 (80.6%)
55	POSTEK Danuta	256	MARSZ PO ZDROWIE	K50-59	5			00:19:34	00:39:47	00:59:50	01:19:57.06	+00:15:38 (19.6%)	7:59	7.5 (80.6%)
56	CHŁODNICKI Marek	218	MARSZ PO ZDROWIE	M60-69	8			00:19:13	00:39:10	00:59:49	01:20:22.07	+00:16:03 (20.0%)	8:02	7.5 (80.6%)
57	BAJ Danuta	213	LESZNO :)	K50-59	6			00:19:52	00:39:51	01:00:11	01:21:01.51	+00:16:42 (20.6%)	8:06	7.4 (79.6%)
58	CHOLEWKA Jolanta	219	MARSZ PO ZDROWIE POZNAŃ	K60-69	4			00:19:57	00:40:16	01:00:47	01:21:24.09	+00:17:05 (21.0%)	8:08	7.4 (79.6%)
59	OMARSKA Grażyna	254	PASJA NORDIC WALKING	K60-69	5			00:20:07	00:40:27	01:00:58	01:21:27.74	+00:17:08 (21.0%)	8:08	7.4 (79.6%)
60	JASIAK Radomir	234		M18-29	1			00:19:22	00:39:36	01:00:29	01:21:44.41	+00:17:25 (21.3%)	8:10	7.3 (78.5%)

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61	RĘKLEWSKA Daria	305		K18-29	3			00:19:50	00:40:19	01:01:23	01:21:54.47	+00:17:35 (21.5%)	8:11	7.3 (78.5%)
62	MOSTOWSKA Elzbieta	319	LESZNO :)	K50-59	7			00:20:00	00:40:00	01:00:00	01:22:36.00	+00:18:17 (22.1%)	8:15	7.3 (78.5%)
63	MARCZYK Jerzy Paweł	249	FACE NORDIC WALKING TEAM	M60-69	9			00:20:27	00:41:27	01:02:40	01:24:05.88	+00:19:46 (23.5%)	8:24	7.1 (76.3%)
64	KORONA - BRACISZEWSKA Beata	239	KLUB SPORTOWY SOKÓŁ GAŚAWA	K18-29	4			00:20:32	00:41:42	01:02:53	01:24:09.66	+00:19:50 (23.6%)	8:25	7.1 (76.3%)
65	URBAN Jacek	279	LESZNO :)	M60-69	10			00:20:56	00:41:45	01:02:53	01:24:11.78	+00:19:52 (23.6%)	8:25	7.1 (76.3%)
66	TOBYS Ryszard	304		M60-69	11			00:20:49	00:41:58	01:03:14	01:24:23.58	+00:20:04 (23.8%)	8:26	7.1 (76.3%)
67	ZIEGLER Barbara	284	LESZNO :)	K60-69	6			00:20:09	00:40:59	01:02:37	01:24:35.97	+00:20:17 (24.0%)	8:27	7.1 (76.3%)
68	URANTÓWKA Henryk	278	N/Z	M70+	3			00:20:55	00:41:53	01:03:16	01:25:26.98	+00:21:08 (24.7%)	8:32	7 (75.3%)
69	ADAMEK-BOBER Anna	210	MARSZ PO ZDROWIE	K60-69	7			00:20:30	00:41:47	01:03:41	01:25:54.00	+00:21:35 (25.1%)	8:35	7 (75.3%)
70	MADER-WNĘK Ewa	302	AMATOR	K60-69	8			00:20:37	00:42:06	01:04:12	01:26:45.50	+00:22:26 (25.9%)	8:40	6.9 (74.2%)
71	LÓRYCH Krzysztof	246	LESZNO :)	M18-29	2			00:20:42	00:43:01	01:06:11	01:29:55.24	+00:25:36 (28.5%)	8:59	6.7 (72.0%)
72	HORIACZEK Ryszard	232	U KS GIMNAZJON SUCHY LAS	M60-69	12			00:22:40	00:45:52	01:09:32	01:33:04.96	+00:28:46 (30.9%)	9:18	6.4 (68.8%)
73	JAŚ Jola	235	LESZNO :)	K50-59	8			00:24:05	00:48:37	01:11:57	01:35:39.98	+00:31:21 (32.8%)	9:34	6.3 (67.7%)
74	RUSINOWICZ Andrzej	263	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	M70+	4			00:26:07	00:52:53	01:18:44	01:41:54.57	+00:37:35 (36.9%)	10:11	5.9 (63.4%)

Znaleziono 74 wynik(ów)