

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT
INTELIGENTNE DANE O SPORTOWCACH

Organizator: PFNW
Data: 2016-08-21
Miejsce: Śrem
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLICZKA Kamil	523	PUSZCZYK BUKOWY	M40-49	1			00:02:04	00:16:36	00:33:15	00:49:58	01:06:48.05	01:08:52.35		6:40	9 (100%)
2	SIWAK Piotr	561	KS METRACO POLKOWICE	M50-59	1			00:02:52	00:17:05	00:33:49	00:50:32	01:07:15.85	01:10:08.65	+00:00:27 (0.7%)	6:43	8.9 (98.9%)
3	LUBIATOWSKI Ireneusz	532	KS METRACO POLKOWICE	M50-59	2			00:02:50	00:17:08	00:33:50	00:50:35	01:07:17.50	01:10:07.95	+00:00:29 (0.7%)	6:43	8.9 (98.9%)
4	HELWICH Stefan	515	KS METRACO POLKOWICE	M60-69	1			00:02:53	00:17:05	00:33:51	00:50:39	01:07:54.15	01:10:48.10	+00:01:06 (1.6%)	6:47	8.8 (97.8%)
5	PUSZKIEL Adrian	569	GREEN TEAM ZIELONA GÓRA	M18-29	1			00:02:01	00:16:49	00:34:21	00:51:21	01:08:13.10	01:10:14.55	+00:01:25 (2.1%)	6:49	8.8 (97.8%)
6	RECZULSKI Mariusz	575	VIKING NORDIC TAEM CZĘSTOCHOWA	M50-59	3			00:02:52	00:17:07	00:33:51	00:51:04	01:08:47.30	01:11:40.10	+00:01:59 (2.9%)	6:52	8.7 (96.7%)
7	NIECHWIEJCZYK Piotr	537	UNIA MIAST	M40-49	2			00:02:03	00:16:56	00:34:20	00:51:34	01:09:01.70	01:11:05.25	+00:02:13 (3.2%)	6:54	8.7 (96.7%)
8	PUSZKIEL Leszek	545	GREEN TEAM ZIELONA GÓRA	M50-59	4			00:02:52	00:17:04	00:34:18	00:51:51	01:09:26.90	01:12:18.95	+00:02:38 (3.8%)	6:56	8.6 (95.6%)
9	ADAMSKI Robert	573	MARSZ PO ZDROWIE	M40-49	3			00:02:04	00:16:56	00:34:20	00:51:42	01:09:33.80	01:11:38.10	+00:02:45 (4.0%)	6:57	8.6 (95.6%)
10	KACPRZAK Sławek	518	LZS JUSTYNÓW	M40-49	4			00:02:05	00:17:41	00:35:50	00:54:26	01:13:04.85	01:15:10.45	+00:06:16 (8.6%)	7:18	8.2 (91.1%)
11	KRZYŻANOWSKI Robert	571	GOSIR OSIELSKO	M40-49	5			00:02:05	00:17:57	00:36:24	00:54:53	01:13:39.60	01:15:45.20	+00:06:51 (9.3%)	7:22	8.1 (90.0%)
12	SPYCHAŁA Marzena	548	WESOŁY BORSUK TEAM	K40-49	1			00:03:59	00:17:58	00:36:27	00:55:07	01:14:11.05	01:18:10.40	+00:07:23 (10.0%)	7:25	8.1 (90.0%)
13	KASPRZYK Lilianna	522	KS METRACO POLKOWICE	K50-59	1			00:04:25	00:18:14	00:36:51	00:55:55	01:14:33.60	01:18:59.35	+00:07:45 (10.4%)	7:27	8 (88.9%)
14	ŁUKASZEWICZ Joanna	533	GREEN TEAM ZIELONA GÓRA	K40-49	2			00:03:58	00:18:04	00:36:47	00:55:53	01:14:45.10	01:18:44.05	+00:07:57 (10.6%)	7:28	8 (88.9%)
15	LIPKO Adrianna	531	PENDOLINO	K18-29	1			00:03:56	00:18:51	00:38:03	00:56:44	01:14:46.60	01:18:43.15	+00:07:58 (10.7%)	7:28	8 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	CZEKAJŁO Franciszek	509	TEAM Meprozet	M60-69	2			00:02:53	00:17:58	00:36:34	00:55:34	01:14:50.40	01:17:44.10	+00:08:02 (10.7%)	7:29	8 (88.9%)
17	FALKOWSKA Beata	510	UKS GIMNAZJON SUCHY LAS	K50-59	2			00:04:25	00:18:20	00:37:05	00:56:05	01:15:08.20	01:19:33.85	+00:08:20 (11.1%)	7:30	8 (88.9%)
18	SKRYCKA Katarzyna	546	KS METRACO POLKOWICE	K30-39	1			00:03:56	00:18:58	00:37:52	00:56:30	01:15:12.10	01:19:08.60	+00:08:24 (11.2%)	7:31	8 (88.9%)
19	KOWALCZYK Mariusz	525	GREEN TEAM ZIELONA GÓRA	M50-59	5			00:02:50	00:18:41	00:37:34	00:56:20	01:15:20.40	01:18:10.70	+00:08:32 (11.3%)	7:32	8 (88.9%)
20	BOCZAR Beata	572	GREEN TEAM ZIELONA GÓRA	K50-59	3			00:04:24	00:18:27	00:37:15	00:56:19	01:15:23.50	01:19:48.25	+00:08:35 (11.4%)	7:32	8 (88.9%)
21	SZULC Jarek	552	MARSZ PO ZDROWIE	M50-59	6			00:02:52	00:18:47	00:37:34	00:56:28	01:15:34.60	01:18:26.60	+00:08:46 (11.6%)	7:33	7.9 (87.8%)
22	ZIĘBA Krzysztof	559		M50-59	7			00:02:50	00:18:38	00:37:36	00:56:49	01:16:07.40	01:18:57.65	+00:09:19 (12.2%)	7:36	7.9 (87.8%)
23	MARCINKOWSKI Wojciech	535	UNIA MIAST	M40-49	6			00:02:04	00:18:45	00:38:23	00:57:12	01:16:33.00	01:18:37.00	+00:09:44 (12.7%)	7:39	7.8 (86.7%)
24	SULOWSKI Paweł	551	UKS GIMNAZJON SUCHY LAS	M18-29	2			00:02:00	00:19:29	00:38:30	00:57:33	01:16:43.20	01:18:44.15	+00:09:55 (12.9%)	7:40	7.8 (86.7%)
25	BANASZKIEWICZ Katarzyna	503	JEZIORKI - AKTYWNA WIEŚ	K40-49	3			00:04:00	00:18:27	00:37:51	00:57:29	01:17:00.85	01:21:00.85	+00:10:12 (13.3%)	7:42	7.8 (86.7%)
26	KACZMARCZYK-PIASECKA Renata	519	CZARNE PANTERY	K40-49	4			00:03:59	00:19:15	00:38:38	00:58:03	01:17:18.60	01:21:18.45	+00:10:30 (13.6%)	7:43	7.8 (86.7%)
27	ANTOSZEWSKI Piotr	501	DĄBROWA NORDIC TEAM	M40-49	7			00:02:05	00:19:30	00:39:13	00:58:35	01:17:40.55	01:19:45.75	+00:10:52 (14.0%)	7:46	7.7 (85.6%)
28	BORKOWSKI Witold	506	SAINT-GOBAIN SQUAD	M40-49	8			00:02:04	00:19:11	00:38:46	00:58:23	01:18:03.75	01:20:08.50	+00:11:15 (14.4%)	7:48	7.7 (85.6%)
29	KRUSZKA Arleta	528	MARSZ PO ZDROWIE	K50-59	4			00:04:26	00:19:17	00:39:03	00:58:49	01:18:43.55	01:23:10.00	+00:11:55 (15.1%)	7:52	7.6 (84.4%)
30	ŁOPIŃSKI Aleksy	567	CZARNE PANTERY	M60-69	3			00:02:56	00:19:35	00:39:00	00:58:35	01:18:57.15	01:21:53.30	+00:12:09 (15.4%)	7:53	7.6 (84.4%)
31	NETKOWSKI Wojciech	536	PASJA NORDIC WALKING	M50-59	8			00:02:50	00:19:00	00:38:57	00:58:59	01:19:02.30	01:21:53.25	+00:12:14 (15.5%)	7:54	7.6 (84.4%)
32	KUSZA Marcelina	530	UKS GIMNAZJON SUCHY LAS	K30-39	2			00:03:58	00:18:52	00:38:26	00:58:59	01:19:14.20	01:23:13.05	+00:12:26 (15.7%)	7:55	7.6 (84.4%)
33	BANACH Joanna	502	UKS GIMNAZJON SUCHY LAS	K40-49	5			00:04:03	00:19:27	00:39:16	00:59:13	01:19:18.95	01:23:22.20	+00:12:30 (15.8%)	7:55	7.6 (84.4%)
34	RASZEWSKA Justyna	565		K30-39	3			00:03:57	00:19:33	00:39:20	00:59:21	01:19:24.75	01:23:21.85	+00:12:36 (15.9%)	7:56	7.6 (84.4%)
35	GRZESZCZAK Andrzej	574	KS METRACO POLKOWICE	M50-59	9			00:02:51	00:19:25	00:39:20	00:59:26	01:19:25.80	01:22:17.20	+00:12:37 (15.9%)	7:56	7.6 (84.4%)
36	STASZEWSKA Katarzyna	549	SUPER GRUPA NORDIC WALKING ŚRODA WLKP	K40-49	6			00:04:02	00:20:05	00:39:45	00:59:43	01:19:59.75	01:24:01.80	+00:13:11 (16.5%)	7:59	7.5 (83.3%)
37	KALISZ Krzysztof	520	KS METRACO POLKOWICE	M60-69	4			00:02:55	00:18:54	00:38:21	00:58:50	01:20:17.15	01:23:13.00	+00:13:29 (16.8%)	8:01	7.5 (83.3%)
38	WALKOWIAK Michał	554		M30-39	1			00:02:01	00:20:39	00:40:55	01:01:07	01:21:07.20	01:23:09.05	+00:14:19 (17.7%)	8:06	7.4 (82.2%)
39	CHOLEWIŃSKA Longina	562		K50-59	5			00:04:25	00:20:34	00:40:51	01:01:07	01:21:33.25	01:25:58.25	+00:14:45 (18.1%)	8:09	7.4 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	KRAKOWIAK Krzysztof	527	UKS GIMNAZJON SUCHY LAS	M50-59	10			00:02:52	00:19:10	00:39:18	01:00:30	01:21:37.20	01:24:29.40	+00:14:49 (18.2%)	8:09	7.4 (82.2%)
41	FOT Krzysztof	511	MARSZ PO ZDROWIE	M50-59	11			00:02:50	00:20:55	00:41:40	01:02:02	01:21:47.10	01:24:37.25	+00:14:59 (18.3%)	8:10	7.3 (81.1%)
42	PRAWUCKI Krzysztof	543	JEZIORKI - AKTYWNA WIEŚ	M30-39	2			00:02:02	00:20:29	00:41:06	01:01:28	01:21:58.30	01:24:00.75	+00:15:10 (18.5%)	8:11	7.3 (81.1%)
43	KOZŁOWSKA Agnieszka	526	FACE NORDIC WALKING TEAM	K40-49	7			00:04:00	00:20:29	00:41:17	01:01:32	01:21:58.50	01:25:59.05	+00:15:10 (18.5%)	8:11	7.3 (81.1%)
44	ZWOLENKIEWICZ Joanna	560	KS SOKÓŁ GAŚAWA	K40-49	8			00:04:00	00:20:26	00:41:01	01:01:45	01:22:39.65	01:26:39.95	+00:15:51 (19.2%)	8:15	7.3 (81.1%)
45	APPEL Jerzy	570	GOSIR OSIELSKO	M70+	1			00:02:57	00:19:59	00:40:19	01:01:13	01:22:48.05	01:25:45.40	+00:16:00 (19.3%)	8:16	7.2 (80.0%)
46	POSTEK Danuta	542	MARSZ PO ZDROWIE	K50-59	6			00:04:24	00:20:27	00:41:05	01:02:07	01:23:02.30	01:27:27.10	+00:16:14 (19.6%)	8:18	7.2 (80.0%)
47	NOWAKOWSKA Angelika	539	JEZIORKI - AKTYWNA WIEŚ	K30-39	4			00:03:57	00:20:32	00:41:02	01:01:55	01:23:03.70	01:27:01.10	+00:16:15 (19.6%)	8:18	7.2 (80.0%)
48	SOBECKA Marzena	547		K40-49	9			00:04:01	00:20:39	00:41:21	01:02:21	01:23:33.00	01:27:34.45	+00:16:44 (20.0%)	8:21	7.2 (80.0%)
49	KOSIŃSKA Maria	524	MOSIR RYPIN	K60-69	1			00:04:26	00:19:58	00:40:33	01:01:47	01:23:46.60	01:28:12.95	+00:16:58 (20.3%)	8:22	7.2 (80.0%)
50	WIŚNIEWSKI Kazimierz	555	ZGÓRKI	M60-69	5			00:02:54	00:20:36	00:41:25	01:02:43	01:23:48.45	01:26:43.30	+00:17:00 (20.3%)	8:22	7.2 (80.0%)
51	WACHOWIAK Sylwia	553		K40-49	10			00:04:01	00:21:08	00:41:55	01:02:55	01:23:51.90	01:27:53.35	+00:17:03 (20.3%)	8:23	7.2 (80.0%)
52	ROSADZIŃSKA Natalia	568		K18-29	2			00:03:56	00:21:00	00:42:40	01:03:53	01:24:48.85	01:28:45.35	+00:18:00 (21.2%)	8:28	7.1 (78.9%)
53	ZAWISŁA Stanisław	556	MARSZ PO ZDROWIE	M60-69	6			00:02:56	00:20:20	00:41:37	01:03:19	01:24:48.95	01:27:45.65	+00:18:00 (21.2%)	8:28	7.1 (78.9%)
54	ZBIELSKA Agnieszka	558	SAILING TEAM FERAJNA	K30-39	5			00:03:58	00:21:00	00:42:13	01:03:46	01:25:57.00	01:29:55.10	+00:19:08 (22.3%)	8:35	7 (77.8%)
55	CHĘCIŃSKA Krystyna	508	UKS GIMNAZJON SUCHY LAS	K60-69	2			00:04:27	00:20:42	00:42:19	01:04:15	01:26:37.60	01:31:04.95	+00:19:49 (22.9%)	8:39	6.9 (76.7%)
56	MAĆKOWIAK Krystyna	534	FACE NORDIC WALKING TEAM	K60-69	3			00:04:26	00:20:56	00:42:32	01:04:25	01:26:51.50	01:31:18.45	+00:20:03 (23.1%)	8:41	6.9 (76.7%)
57	NOWAKOWSKI Rafał	540	JEZIORKI - AKTYWNA WIEŚ	M30-39	3			00:02:02	00:21:07	00:42:43	01:04:34	01:27:05.35	01:29:07.90	+00:20:17 (23.3%)	8:42	6.9 (76.7%)
58	BOROWSKI Marcin	507	FACE NORDIC WALKING TEAM	M30-39	4			00:02:02	00:21:39	00:43:24	01:05:37	01:27:32.80	01:29:35.10	+00:20:44 (23.7%)	8:45	6.9 (76.7%)
59	HACZYK Anna	514	UKS GIMNAZJON SUCHY LAS	K30-39	6			00:03:58	00:21:22	00:43:18	01:05:58	01:28:45.70	01:32:44.15	+00:21:57 (24.7%)	8:52	6.8 (75.6%)
59	STRZELECKI Sebastian	566	SAILING TEAM FERAJNA	M40-49	9			00:02:04	00:22:23	00:44:01	01:06:33	01:28:45.70	01:30:50.45	+00:21:57 (24.7%)	8:52	6.8 (75.6%)
61	NOWAK Maciej	564	SAILING TEAM FERAJNA	M40-49	10			00:02:03	00:22:41	00:45:24	01:07:20	01:29:10.75	01:31:14.50	+00:22:22 (25.1%)	8:55	6.7 (74.4%)
62	KARDASZ Małgorzata	521		K40-49	11			00:04:05	00:21:48	00:44:03	01:06:37	01:29:11.55	01:33:17.30	+00:22:23 (25.1%)	8:55	6.7 (74.4%)
63	ZBAWIONA Hanna	557		K30-39	7			00:03:59	00:21:57	00:44:32	01:07:58	01:31:19.70	01:35:19.55	+00:24:31 (26.9%)	9:08	6.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
64	GIERSZENDORF Monika	513	FACE NORDIC WALKING TEAM	K40-49	12			00:04:02	00:22:18	00:44:56	01:08:27	01:31:38.95	01:35:41.40	+00:24:50 (27.1%)	9:09	6.5 (72.2%)
65	GACZKOWSKA-KSIAŻKIEWICZ Magdalena	512	KS SOKÓŁ GAŚAWA	K30-39	8			00:03:57	00:22:25	00:45:01	01:08:33	01:31:43.55	01:35:41.40	+00:24:55 (27.2%)	9:10	6.5 (72.2%)
66	PILECKI Gustaw	541	GOSIR OSIELSKO	M70+	2			00:02:59	00:22:32	00:45:25	01:08:39	01:32:09.85	01:35:09.05	+00:25:21 (27.5%)	9:13	6.5 (72.2%)
67	KULKA Maciej	529	FACE NORDIC WALKING TEAM	M50-59	12			00:02:54	00:22:39	00:46:33	01:11:00	01:35:08.20	01:38:02.55	+00:28:20 (29.8%)	9:30	6.3 (70.0%)
68	BAKOWSKA Maria	504	NORDIC TEAM GNIEZNO	K60-69	4			00:04:28	00:22:39	00:46:39	01:11:23	01:36:02.45	01:40:30.80	+00:29:14 (30.4%)	9:36	6.2 (68.9%)
69	JÓZWIAK Dominik	517	WTW.WŁOCŁAWEK	M18-29	3			00:02:01	00:23:19	00:48:26	01:13:13	01:37:33.45	01:39:35.40	+00:30:45 (31.5%)	9:45	6.1 (67.8%)
DQ	STAWNIAK Karol	550	KS METRACO POLKOWICE	M60-69			TAK	DQ	00:17:58 DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)
DQ	CHOLEWIŃSKI Wojciech	563		M50-59			TAK	DQ	00:18:04 DQ	DQ	DQ	DQ	DQ	-	-	- (0.0%)

Znaleziono 71 wynik(ów)