

ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING - 10 KM

B4SPORT

Wydarzenie: ŚREM - PUCHAR WIELKOPOLSKI NORDIC WALKING
Organizator: PFNW
Data: 2017-08-20
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	231	UNIA MIAST	M40-49	1			00:14:53	00:30:13	00:45:44	01:00:50.25		6:05	9.9 (100%)
2	HELWICH Stefan	215	KS METRACO POLKOWICE	M60-69	1			00:14:53	00:30:13	00:45:44	01:00:55.40	+00:00:05 (0.1%)	6:05	9.8 (99.0%)
3	KACPRZAK Sławek	218	LZS JUSTYNÓW	M40-49	2			00:14:51	00:30:12	00:45:44	01:01:06.85	+00:00:16 (0.5%)	6:06	9.8 (99.0%)
4	MIELECKA Agnieszka	228	KS SOKÓŁ GĄSAWA	K40-49	1			00:15:37	00:31:33	00:47:44	01:03:34.25	+00:02:44 (4.3%)	6:21	9.4 (94.9%)
5	NOWAK Rajmund	232	NORDIC WALKING KIEKRZ	M40-49	3			00:15:26	00:31:53	00:48:37	01:04:51.45	+00:04:01 (6.2%)	6:29	9.3 (93.9%)
6	JĘDRASIAK Renata	217	KS METRACO POLKOWICE	K50-59	1			00:16:03	00:32:28	00:49:14	01:06:03.05	+00:05:12 (7.9%)	6:36	9.1 (91.9%)
7	SMUL Andrzej	240	MARSZ PO ZDROWIE	M60-69	2			00:16:03	00:32:40	00:49:37	01:06:55.35	+00:06:05 (9.1%)	6:41	9 (90.9%)
8	ROSADZIŃSKI Sławomir	239	LESZNO :)	M40-49	4			00:16:21	00:33:16	00:50:27	01:07:14.50	+00:06:24 (9.5%)	6:43	8.9 (89.9%)
9	KOWALSKI Marek	257	UNIA MIAST	M50-59	1			00:16:49	00:33:47	00:50:34	01:07:19.50	+00:06:29 (9.6%)	6:44	8.9 (89.9%)
10	NETKOWSKI Wojciech	230	PASJA NORDIC WALKING	M50-59	2			00:16:48	00:33:48	00:50:37	01:07:34.90	+00:06:44 (10.0%)	6:45	8.9 (89.9%)
11	CZEKAJŁO Franciszek	209	REMI	M60-69	3			00:16:30	00:33:17	00:50:30	01:07:48.45	+00:06:58 (10.3%)	6:46	8.8 (88.9%)
12	ANTOSZEWSKI Piotr	202	NORDIC TEAM GNIEZNO	M40-49	5			00:16:57	00:34:17	00:51:27	01:08:23.45	+00:07:33 (11.0%)	6:50	8.8 (88.9%)
13	PRZYBYSZ Grzegorz	236		M30-39	1			00:16:50	00:34:19	00:51:29	01:08:25.10	+00:07:34 (11.1%)	6:50	8.8 (88.9%)
14	SPYCHAŁA Marzena	241	WESOŁY BORSUK TEAM	K40-49	2			00:16:36	00:33:33	00:50:54	01:08:39.65	+00:07:49 (11.4%)	6:52	8.7 (87.9%)

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
											Czas netto 10km	Różn		
15	FALKOWSKA Beata	212	UKS GIMNAZJON SUCHY LAS	K50-59	2	1		00:16:37	00:33:39	00:51:44	01:09:20.80	+00:08:30 (12.3%)	6:56	8.7 (87.9%)
16	SKRYCKA Katarzyna	254	KS METRACO POLKOWICE	K30-39	1			00:17:05	00:34:33	00:52:11	01:09:28.90	+00:08:38 (12.4%)	6:56	8.6 (86.9%)
17	SULOWSKI Paweł	244	UKS GIMNAZJON SUCHY LAS	M18-29	1			00:17:41	00:34:53	00:52:12	01:09:33.85	+00:08:43 (12.5%)	6:57	8.6 (86.9%)
18	ŁUKASZEWICZ Joanna	226	GREEN TEAM ZIELONA GÓRA	K40-49	3			00:17:09	00:34:42	00:52:45	01:10:07.05	+00:09:16 (13.2%)	7:00	8.6 (86.9%)
19	STAWNIAK Karol	242	KS SOKÓŁ GAŚAWA	M60-69	4			00:17:19	00:34:41	00:52:33	01:10:30.50	+00:09:40 (13.7%)	7:03	8.5 (85.9%)
20	MIERNICKI Mariusz	264	PASJA NORDIC WALKING	M50-59	3			00:17:21	00:35:01	00:52:52	01:10:33.65	+00:09:43 (13.8%)	7:03	8.5 (85.9%)
21	BADECKI Ryszard	204	NIE ZRZESZONY	M50-59	4			00:17:31	00:35:26	00:53:18	01:10:36.85	+00:09:46 (13.8%)	7:03	8.5 (85.9%)
22	KACZMARCZYK-PASECKA Renata	219	CZARNE PANTERY	K40-49	4			00:17:33	00:35:28	00:53:10	01:10:44.20	+00:09:53 (14.0%)	7:04	8.5 (85.9%)
23	ROGOS Henryk	237	LESZNO :)	M70+	1			00:17:43	00:35:31	00:53:18	01:11:13.00	+00:10:22 (14.6%)	7:07	8.4 (84.8%)
24	KOZAKOWSKA Małgorzata	222	KS SOKÓŁ GAŚAWA	K40-49	5			00:17:43	00:35:35	00:53:28	01:11:15.75	+00:10:25 (14.6%)	7:07	8.4 (84.8%)
25	ZWOLENKIEWICZ Joanna	253	KS SOKÓŁ GAŚAWA	K40-49	6			00:17:49	00:35:33	00:53:28	01:11:23.80	+00:10:33 (14.8%)	7:08	8.4 (84.8%)
26	SZCZĘSNY Wojciech	245	KS SOKÓŁ GAŚAWA	M40-49	6			00:17:38	00:35:20	00:53:25	01:11:30.30	+00:10:40 (14.9%)	7:09	8.4 (84.8%)
27	STĘPCZYŃSKA Angelika	243	GOSIR OSIELSKO	K30-39	2			00:17:23	00:35:11	00:53:15	01:11:34.30	+00:10:44 (15.0%)	7:09	8.4 (84.8%)
28	FOT Krzysztof	213	MARSZ PO ZDROWIE	M50-59	5			00:17:57	00:36:08	00:54:26	01:12:06.80	+00:11:16 (15.6%)	7:12	8.3 (83.8%)
29	BAJ Stanisław	255	LESZNO :)	M50-59	6			00:18:03	00:36:10	00:54:19	01:12:20.65	+00:11:30 (15.9%)	7:14	8.3 (83.8%)
30	CIESIELSKI Krzysztof	208	FAST WALKER	M60-69	5			00:17:49	00:35:52	00:54:09	01:12:23.40	+00:11:33 (16.0%)	7:14	8.3 (83.8%)
31	SOBAŃSKA Grażyna	258		K60-69	1			00:18:01	00:36:09	00:54:47	01:12:51.50	+00:12:01 (16.5%)	7:17	8.2 (82.8%)
32	DĄBROWA Wojciech	211		M50-59	7			00:17:42	00:36:05	00:54:40	01:12:55.00	+00:12:04 (16.6%)	7:17	8.2 (82.8%)
33	KWIATKOWSKA Stanisława	224		K50-59	3			00:18:00	00:36:09	00:54:49	01:12:58.75	+00:12:08 (16.6%)	7:17	8.2 (82.8%)
34	WALKOWIAK Michał	250		M30-39	2			00:18:16	00:36:35	00:54:52	01:13:06.15	+00:12:15 (16.8%)	7:18	8.2 (82.8%)
35	KANIEWSKI Łukasz	220	SUMMER ISLAND	M30-39	3			00:17:36	00:36:00	00:54:39	01:13:20.35	+00:12:30 (17.0%)	7:20	8.2 (82.8%)
36	CHYRA Janusz	260	UNIA MIAST	M40-49	7			00:17:49	00:36:20	00:55:09	01:13:23.80	+00:12:33 (17.1%)	7:20	8.2 (82.8%)
37	MARCINKOWSKI Wojciech	227	UNIA MIAST	M40-49	8			00:17:50	00:36:19	00:55:08	01:13:24.80	+00:12:34 (17.1%)	7:20	8.2 (82.8%)

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											netto 10km	Różn		
38	ROSADZIŃSKA Natalia	238	LESZNO :)	K18-29	1			00:18:28	00:36:49	00:55:15	01:13:37.75	+00:12:47 (17.4%)	7:21	8.1 (81.8%)
39	PRZYBYŁEK Marysia	235	LESZNO :)	K40-49	7			00:17:50	00:36:28	00:54:54	01:13:38.55	+00:12:48 (17.4%)	7:21	8.1 (81.8%)
40	BOGUSZ Marek	205		M50-59	8			00:18:06	00:36:53	00:55:24	01:14:01.00	+00:13:10 (17.8%)	7:24	8.1 (81.8%)
41	THOMALLA Bogdan	259	SILESIA NORDIC TEAM	M70+	2			00:17:48	00:36:00	00:54:58	01:14:18.80	+00:13:28 (18.1%)	7:25	8.1 (81.8%)
42	BORUCKI Krystian	266	BORKO.PL	M30-39	4			00:17:46	00:36:20	00:55:25	01:14:26.60	+00:13:36 (18.3%)	7:26	8.1 (81.8%)
43	KRUSZKA Arleta	182	MARSZ PO ZDROWIE	K50-59	4			00:18:19	00:36:56	00:55:43	01:14:28.50	+00:13:38 (18.3%)	7:26	8.1 (81.8%)
44	PIĄTKOWSKI Józef	234	KS METRACO POLKOWICE	M70+	3			00:18:15	00:37:01	00:55:56	01:14:52.35	+00:14:02 (18.7%)	7:29	8 (80.8%)
45	CHŁODNICKI Marek	206	MARSZ PO ZDROWIE	M60-69	6			00:18:11	00:36:51	00:55:56	01:15:10.35	+00:14:20 (19.1%)	7:31	8 (80.8%)
46	RASZEWSKA Justyna	262		K30-39	3			00:18:02	00:36:45	00:55:55	01:15:29.95	+00:14:39 (19.4%)	7:33	7.9 (79.8%)
47	JASOŃ Grażyna	216	DYNAMIC	K50-59	5			00:18:32	00:37:21	00:56:42	01:16:01.00	+00:15:10 (20.0%)	7:36	7.9 (79.8%)
48	POSTEK Danuta	261	MARSZ PO ZDROWIE	K50-59	6			00:18:44	00:38:01	00:57:24	01:16:11.75	+00:15:21 (20.2%)	7:37	7.9 (79.8%)
49	SZYBCZYŃSKA Katarzyna	246	KS SOKÓŁ GAŚAWA	K40-49	8			00:19:16	00:38:51	00:57:33	01:16:13.00	+00:15:22 (20.2%)	7:37	7.9 (79.8%)
50	KOTULA Jakub	221	UNIA MIAST	M30-39	5	1		00:18:43	00:38:01	00:57:20	01:16:18.90	+00:15:28 (20.3%)	7:37	7.9 (79.8%)
51	MOSTOWSKA-NOWAK Elżbieta	229	LESZNO :)	K50-59	7	1		00:19:05	00:38:39	00:57:31	01:16:58.35	+00:16:08 (21.0%)	7:41	7.8 (78.8%)
52	ADAMEK-BOBER Anna	201	MARSZ PO ZDROWIE	K60-69	2			00:18:50	00:38:06	00:57:36	01:17:00.25	+00:16:10 (21.0%)	7:42	7.8 (78.8%)
53	GERLE-KOTULA Anna	214	UNIA MIAST	K30-39	4			00:19:20	00:38:56	00:58:14	01:17:10.20	+00:16:19 (21.2%)	7:43	7.8 (78.8%)
54	APPEL Jerzy	203	GOSIR OSIELSKO	M70+	4			00:18:37	00:37:41	00:57:25	01:17:13.95	+00:16:23 (21.2%)	7:43	7.8 (78.8%)
55	TOBYS Ryszard	248		M60-69	7			00:19:26	00:38:43	00:58:13	01:17:17.15	+00:16:26 (21.3%)	7:43	7.8 (78.8%)
56	ZAKRZEWSKA Henryka	251	NORDIC TEAM GNIEZNO	K70+	1			00:19:01	00:38:23	00:57:46	01:17:28.60	+00:16:38 (21.5%)	7:44	7.7 (77.8%)
57	DĄBROWA Dorota	210		K40-49	9	1		00:19:31	00:39:07	00:58:40	01:18:14.00	+00:17:23 (22.2%)	7:49	7.7 (77.8%)
58	CHMIELEWSKA Anna	207		K30-39	5			00:18:24	00:38:00	00:58:39	01:19:23.10	+00:18:32 (23.4%)	7:56	7.6 (76.8%)
59	ZIEGLER Barbara	252	LESZNO :)	K60-69	3			00:19:06	00:38:52	00:59:01	01:19:36.60	+00:18:46 (23.6%)	7:57	7.5 (75.8%)
60	WALKOWIAK Ma	265		M40-49	9			00:19:41	00:40:06	00:59:59	01:19:52.15	+00:19:01 (23.8%)	7:59	7.5 (75.8%)

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61	URBAN Jacek	249	LESZNO :)	M60-69	8			00:19:48	00:39:42	00:59:57	01:20:16.20	+00:19:25 (24.2%)	8:01	7.5 (75.8%)
62	KRAWCZYK Dariusz	223		M60-69	9			00:19:47	00:39:50	00:59:56	01:20:29.40	+00:19:39 (24.4%)	8:02	7.5 (75.8%)
63	KRZYŚCIN Rafał	263	SANTANDER	M40-49	10			00:19:59	00:40:12	01:00:33	01:20:59.15	+00:20:08 (24.9%)	8:05	7.4 (74.7%)
64	ŚWIĄTEK Ewa	247		K60-69	4			00:20:55	00:42:51	01:04:28	01:25:48.80	+00:24:58 (29.1%)	8:34	7 (70.7%)
DQ	LENARTOWICZ Stanisław	225	DERBY STARA ŁUBIANKA	M50-59		2	1	00:17:06 DQ	00:34:50 DQ	00:52:58 DQ	01:11:18.25 DQ		-	- (0.0%)

Znaleziono 65 wynik(ów)