

# SYLWESTROWY NORDIC WALKING - 3.3 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-12-31  
**Miejsce:** Koszalin  
**Dystans:** 3.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.6km	Start All 3.2km	Czas netto 3.3km	Czas brutto 3.3km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZOZOWSKI Piotr</b>	<b>380</b>	AKTYWNI POSTOMINO	M-OPEN	1	00:24:05	00:10:06	00:20:44	<b>00:21:55.90</b>	<b>00:46:01.25</b>		6:38	9 (100%)
2	<b>KOPCZEWSKI Dariusz</b>	<b>363</b>	FACE NORDIC WALKING TEAM	M-OPEN	2	00:24:05	00:10:24	00:21:22	<b>00:22:33.60</b>	<b>00:46:39.45</b>	+00:00:37 (2.8%)	6:50	8.8 (97.8%)
3	<b>SZUDARSKI Edward</b>	<b>371</b>	DWA KIJE SŁUPSK	M-OPEN	3	00:24:05	00:10:41	00:22:03	<b>00:23:16.70</b>	<b>00:47:21.70</b>	+00:01:20 (5.8%)	7:03	8.5 (94.4%)
4	<b>BAJGERT Robert</b>	<b>351</b>	VOLTAIX.PL	M-OPEN	4	00:24:06	00:11:14	00:22:51	<b>00:24:11.60</b>	<b>00:48:17.65</b>	+00:02:15 (9.3%)	7:19	8.2 (91.1%)
5	<b>RUDNIK Janina Ewa</b>	<b>369</b>	DWA KIJE SŁUPSK/ DYNAMIC	K-OPEN	1	00:23:58	00:11:21	00:22:59	<b>00:24:19.00</b>	<b>00:48:17.20</b>	+00:02:23 (9.8%)	7:22	8.1 (90.0%)
6	<b>KAJKOWSKI Rafał</b>	<b>359</b>	MAŁDOMRAFIWA KOSZALIN	M-OPEN	5	00:24:04	00:10:46	00:22:57	<b>00:24:24.35</b>	<b>00:48:29.10</b>	+00:02:28 (10.1%)	7:23	8.1 (90.0%)
7	<b>SZUDARSKI Marek</b>	<b>372</b>	DWA KIJE SŁUPSK	M-OPEN	6	00:24:05	00:11:53	00:24:26	<b>00:25:46.15</b>	<b>00:49:51.50</b>	+00:03:50 (14.9%)	7:48	7.7 (85.6%)
8	<b>WILKOŁEK-SZUDARSKA Saturnina</b>	<b>375</b>	DWA KIJE SŁUPSK	K-OPEN	2	00:24:04	00:11:56	00:24:31	<b>00:25:49.65</b>	<b>00:49:54.30</b>	+00:03:53 (15.1%)	7:49	7.7 (85.6%)
9	<b>SZYNKIEWICZ Katarzyna</b>	<b>373</b>	NIEZALEŻNA	K-OPEN	3	00:24:06	00:12:19	00:25:06	<b>00:26:26.65</b>	<b>00:50:33.40</b>	+00:04:30 (17.1%)	8:00	7.5 (83.3%)
10	<b>ZIELIŃSKI Andrzej</b>	<b>377</b>		M-OPEN	7	00:24:10	00:12:25	00:25:25	<b>00:26:47.25</b>	<b>00:50:58.10</b>	+00:04:51 (18.1%)	8:07	7.4 (82.2%)
11	<b>MIKITIUK Tomasz</b>	<b>365</b>	KIJOWA PARA	M-OPEN	8	00:24:08	00:12:51	00:25:57	<b>00:27:23.55</b>	<b>00:51:32.35</b>	+00:05:27 (19.9%)	8:18	7.2 (80.0%)
12	<b>WALO Zbigniew</b>	<b>374</b>	X	M-OPEN	9	00:24:06	00:12:43	00:26:03	<b>00:27:27.00</b>	<b>00:51:33.45</b>	+00:05:31 (20.1%)	8:19	7.2 (80.0%)
13	<b>BĄK Zbigniew</b>	<b>352</b>	RUNNERSWALDE DARŁOWO	M-OPEN	10	00:24:06	00:13:03	00:26:12	<b>00:27:31.70</b>	<b>00:51:37.95</b>	+00:05:35 (20.3%)	8:20	7.2 (80.0%)
14	<b>JĘDRASZKO Krystyna</b>	<b>357</b>		K-OPEN	4	00:24:05	00:13:11	00:26:47	<b>00:28:18.85</b>	<b>00:52:24.50</b>	+00:06:22 (22.5%)	8:34	7 (77.8%)
15	<b>ZIELIŃSKA Elżbieta</b>	<b>376</b>		K-OPEN	5	00:24:09	00:14:17	00:28:25	<b>00:29:51.90</b>	<b>00:54:01.70</b>	+00:07:56 (26.6%)	9:03	6.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.2km	Czas netto 3.3km	Czas brutto 3.3km	Różn	Tempo min/km	Tempo km/h
16	<b>KLOSKOWSKA Konstancja</b>	<b>361</b>		K-OPEN	6	00:24:05	00:14:21	00:28:30	<b>00:29:56.25</b>	<b>00:54:01.60</b>	+00:08:00 (26.7%)	9:04	6.6 (73.3%)
17	<b>GRZESIK Maria</b>	<b>355</b>		K-OPEN	7	00:24:04	00:14:01	00:28:31	<b>00:30:03.35</b>	<b>00:54:07.40</b>	+00:08:07 (27.0%)	9:06	6.6 (73.3%)
18	<b>ĆWIRKO Lech</b>	<b>354</b>	ZIELONA FARMA	M-OPEN	11	00:24:09	00:14:25	00:29:31	<b>00:31:04.75</b>	<b>00:55:13.80</b>	+00:09:08 (29.4%)	9:24	6.4 (71.1%)
19	<b>RAJTAR Krzysztof</b>	<b>368</b>	ZIELONA FARMA	M-OPEN	12	00:24:06	00:14:33	00:29:34	<b>00:31:05.90</b>	<b>00:55:12.85</b>	+00:09:10 (29.5%)	9:25	6.4 (71.1%)
20	<b>RAJTAR Wiktor</b>	<b>367</b>	ZIELONA FARMA	M-OPEN	13	00:24:06	00:14:33	00:29:34	<b>00:31:06.55</b>	<b>00:55:12.85</b>	+00:09:10 (29.5%)	9:25	6.4 (71.1%)
21	<b>JAZOWIT-KRAWCZYK Ewa</b>	<b>356</b>		K-OPEN	8	00:24:10	00:14:37	00:29:35	<b>00:31:08.20</b>	<b>00:55:18.40</b>	+00:09:12 (29.6%)	9:26	6.4 (71.1%)
22	<b>ĆWIRKO Barbara</b>	<b>353</b>	ZIELONA FARMA	K-OPEN	9	00:24:05	00:14:29	00:29:36	<b>00:31:10.10</b>	<b>00:55:15.35</b>	+00:09:14 (29.6%)	9:26	6.4 (71.1%)
23	<b>KLOSKOWSKI Aleksander</b>	<b>362</b>		M-OPEN	14	00:24:07	00:15:09	00:29:44	<b>00:31:20.30</b>	<b>00:55:27.50</b>	+00:09:24 (30.0%)	9:29	6.3 (70.0%)
24	<b>STĘPNIEWSKA Agnieszka</b>	<b>370</b>		K-OPEN	10	00:24:07	00:14:56	00:30:31	<b>00:32:04.30</b>	<b>00:56:12.10</b>	+00:10:08 (31.6%)	9:43	6.2 (68.9%)
25	<b>MIKITIUK Beata</b>	<b>366</b>	KIJOWA PARA	K-OPEN	11	00:24:06	00:14:57	00:30:32	<b>00:32:05.80</b>	<b>00:56:11.95</b>	+00:10:09 (31.7%)	9:43	6.2 (68.9%)
26	<b>KLOSKOWSKA Beata</b>	<b>360</b>		K-OPEN	12	00:24:07	00:15:21	00:30:33	<b>00:32:07.95</b>	<b>00:56:15.50</b>	+00:10:12 (31.7%)	9:44	6.2 (68.9%)
27	<b>VON BARDELEBEN Tarryn</b>	<b>379</b>	BABECZKI KOSZALIN	K-OPEN	13	00:24:09	00:15:37	00:32:28	<b>00:34:00.55</b>	<b>00:58:09.85</b>	+00:12:04 (35.5%)	10:18	5.8 (64.4%)
28	<b>MAZUREK Hanna</b>	<b>364</b>	BABECZKI KOSZALIN	K-OPEN	14	00:24:08	00:15:38	00:32:29	<b>00:34:01.55</b>	<b>00:58:10.15</b>	+00:12:05 (35.5%)	10:18	5.8 (64.4%)
29	<b>PEPLIŃSKA Grażyna</b>	<b>381</b>		K-OPEN	15	00:24:08	00:15:41		<b>00:35:17.45</b>	<b>00:59:25.75</b>	+00:13:21 (37.9%)	10:41	5.6 (62.2%)
30	<b>BUDA Maria</b>	<b>378</b>		K-OPEN	16	00:24:06	00:15:43		<b>00:35:19.15</b>	<b>00:59:26.05</b>	+00:13:23 (37.9%)	10:42	5.6 (62.2%)
31	<b>FILIPOWICZ Daniela</b>	<b>382</b>		K-OPEN	17	00:24:08							(0.0%)

Znaleziono 31 wynik(ów)