



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 | BRZOZOWSKI Piotr | 380 | AKTYWNI POSTOMINO | M-OPEN | 1 | 00:24:05 | 00:10:06 | 00:20:44 | 00:21:55.90 | 00:46:01.25 | | 6:38 | 9 (100%) |
| 2 | KOPCZEWSKI Dariusz | 363 | FACE NORDIC WALKING TEAM | M-OPEN | 2 | 00:24:05 | 00:10:24 | 00:21:22 | 00:22:33.60 | 00:46:39.45 | +00:00:37 (2.8%) | 6:50 | 8.8 (97.8%) |
| 3 | SZUDARSKI Edward | 371 | DWA KIJE SŁUPSK | M-OPEN | 3 | 00:24:05 | 00:10:41 | 00:22:03 | 00:23:16.70 | 00:47:21.70 | +00:01:20 (5.8%) | 7:03 | 8.5 (94.4%) |
| 4 | BAJGERT Robert | 351 | VOLTAIX.PL | M-OPEN | 4 | 00:24:06 | 00:11:14 | 00:22:51 | 00:24:11.60 | 00:48:17.65 | +00:02:15 (9.3%) | 7:19 | 8.2 (91.1%) |
| 5 | RUDNIK Janina Ewa | 369 | DWA KIJE SŁUPSK/ DYNAMIC | K-OPEN | 1 | 00:23:58 | 00:11:21 | 00:22:59 | 00:24:19.00 | 00:48:17.20 | +00:02:23 (9.8%) | 7:22 | 8.1 (90.0%) |
| 6 | KAJKOWSKI Rafał | 359 | MAŁDOMRAFIWA KOSZALIN | M-OPEN | 5 | 00:24:04 | 00:10:46 | 00:22:57 | 00:24:24.35 | 00:48:29.10 | +00:02:28 (10.1%) | 7:23 | 8.1 (90.0%) |
| 7 | SZUDARSKI Marek | 372 | DWA KIJE SŁUPSK | M-OPEN | 6 | 00:24:05 | 00:11:53 | 00:24:26 | 00:25:46.15 | 00:49:51.50 | +00:03:50 (14.9%) | 7:48 | 7.7 (85.6%) |
| 8 | WILKOŁEK-SZUDARSKA Saturnina | 375 | DWA KIJE SŁUPSK | K-OPEN | 2 | 00:24:04 | 00:11:56 | 00:24:31 | 00:25:49.65 | 00:49:54.30 | +00:03:53 (15.1%) | 7:49 | 7.7 (85.6%) |
| 9 | SZYNKIEWICZ Katarzyna | 373 | NIEZALEŻNA | K-OPEN | 3 | 00:24:06 | 00:12:19 | 00:25:06 | 00:26:26.65 | 00:50:33.40 | +00:04:30 (17.1%) | 8:00 | 7.5 (83.3%) |
| 10 | ZIELIŃSKI Andrzej | 377 | | M-OPEN | 7 | 00:24:10 | 00:12:25 | 00:25:25 | 00:26:47.25 | 00:50:58.10 | +00:04:51 (18.1%) | 8:07 | 7.4 (82.2%) |
| 11 | MIKITIUK Tomasz | 365 | KIJOWA PARA | M-OPEN | 8 | 00:24:08 | 00:12:51 | 00:25:57 | 00:27:23.55 | 00:51:32.35 | +00:05:27 (19.9%) | 8:18 | 7.2 (80.0%) |
| 12 | WALO Zbigniew | 374 | X | M-OPEN | 9 | 00:24:06 | 00:12:43 | 00:26:03 | 00:27:27.00 | 00:51:33.45 | +00:05:31 (20.1%) | 8:19 | 7.2 (80.0%) |
| 13 | BĄK Zbigniew | 352 | RUNNERSWALDE DARŁOWO | M-OPEN | 10 | 00:24:06 | 00:13:03 | 00:26:12 | 00:27:31.70 | 00:51:37.95 | +00:05:35 (20.3%) | 8:20 | 7.2 (80.0%) |
| 14 | JĘDRASZKO Krystyna | 357 | | K-OPEN | 4 | 00:24:05 | 00:13:11 | 00:26:47 | 00:28:18.85 | 00:52:24.50 | +00:06:22 (22.5%) | 8:34 | 7 (77.8%) |
| 15 | ZIELIŃSKA Elżbieta | 376 | | K-OPEN | 5 | 00:24:09 | 00:14:17 | 00:28:25 | 00:29:51.90 | 00:54:01.70 | +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 | KLOSKOWSKA Konstancja | 361 | | K-OPEN | 6 | 00:24:05 | 00:14:21 | 00:28:30 | 00:29:56.25 | 00:54:01.60 | +00:08:00 (26.7%) | 9:04 | 6.6 (73.3%) |
| 17 | GRZESIK Maria | 355 | | K-OPEN | 7 | 00:24:04 | 00:14:01 | 00:28:31 | 00:30:03.35 | 00:54:07.40 | +00:08:07 (27.0%) | 9:06 | 6.6 (73.3%) |
| 18 | ĆWIRKO Lech | 354 | ZIELONA FARMA | M-OPEN | 11 | 00:24:09 | 00:14:25 | 00:29:31 | 00:31:04.75 | 00:55:13.80 | +00:09:08 (29.4%) | 9:24 | 6.4 (71.1%) |
| 19 | RAJTAR Krzysztof | 368 | ZIELONA FARMA | M-OPEN | 12 | 00:24:06 | 00:14:33 | 00:29:34 | 00:31:05.90 | 00:55:12.85 | +00:09:10 (29.5%) | 9:25 | 6.4 (71.1%) |
| 20 | RAJTAR Wiktor | 367 | ZIELONA FARMA | M-OPEN | 13 | 00:24:06 | 00:14:33 | 00:29:34 | 00:31:06.55 | 00:55:12.85 | +00:09:10 (29.5%) | 9:25 | 6.4 (71.1%) |
| 21 | JAZOWIT-KRAWCZYK Ewa | 356 | | K-OPEN | 8 | 00:24:10 | 00:14:37 | 00:29:35 | 00:31:08.20 | 00:55:18.40 | +00:09:12 (29.6%) | 9:26 | 6.4 (71.1%) |
| 22 | ĆWIRKO Barbara | 353 | ZIELONA FARMA | K-OPEN | 9 | 00:24:05 | 00:14:29 | 00:29:36 | 00:31:10.10 | 00:55:15.35 | +00:09:14 (29.6%) | 9:26 | 6.4 (71.1%) |
| 23 | KLOSKOWSKI Aleksander | 362 | | M-OPEN | 14 | 00:24:07 | 00:15:09 | 00:29:44 | 00:31:20.30 | 00:55:27.50 | +00:09:24 (30.0%) | 9:29 | 6.3 (70.0%) |
| 24 | STĘPNIEWSKA Agnieszka | 370 | | K-OPEN | 10 | 00:24:07 | 00:14:56 | 00:30:31 | 00:32:04.30 | 00:56:12.10 | +00:10:08 (31.6%) | 9:43 | 6.2 (68.9%) |
| 25 | MIKITIUK Beata | 366 | KIJOWA PARA | K-OPEN | 11 | 00:24:06 | 00:14:57 | 00:30:32 | 00:32:05.80 | 00:56:11.95 | +00:10:09 (31.7%) | 9:43 | 6.2 (68.9%) |
| 26 | KLOSKOWSKA Beata | 360 | | K-OPEN | 12 | 00:24:07 | 00:15:21 | 00:30:33 | 00:32:07.95 | 00:56:15.50 | +00:10:12 (31.7%) | 9:44 | 6.2 (68.9%) |
| 27 | VON BARDELEBEN Tarryn | 379 | BABECZKI KOSZALIN | K-OPEN | 13 | 00:24:09 | 00:15:37 | 00:32:28 | 00:34:00.55 | 00:58:09.85 | +00:12:04 (35.5%) | 10:18 | 5.8 (64.4%) |
| 28 | MAZUREK Hanna | 364 | BABECZKI KOSZALIN | K-OPEN | 14 | 00:24:08 | 00:15:38 | 00:32:29 | 00:34:01.55 | 00:58:10.15 | +00:12:05 (35.5%) | 10:18 | 5.8 (64.4%) |
| 29 | PEPLIŃSKA Grażyna | 381 | | K-OPEN | 15 | 00:24:08 | 00:15:41 | | 00:35:17.45 | 00:59:25.75 | +00:13:21 (37.9%) | 10:41 | 5.6 (62.2%) |
| 30 | BUDA Maria | 378 | | K-OPEN | 16 | 00:24:06 | 00:15:43 | | 00:35:19.15 | 00:59:26.05 | +00:13:23 (37.9%) | 10:42 | 5.6 (62.2%) |
| 31 | FILIPOWICZ Daniela | 382 | | K-OPEN | 17 | 00:24:08 | | | | | | | (0.0%) |

Znaleziono 31 wynik(ów)