



SYLWESTROWY NORDIC WALKING - 3 KM

B4SPORT

Wydarzenie: IX Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-30
Miejsce: Koszalin
Dystans: 3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	BRZOWSKI Piotr	352	AKTYWNI POSTOMINO	M-OPEN	1	00:10:15	00:20:24.40		6:48	8.8 (100%)
2	FRĄCKOWIAK Roman	355	ROSKO WIELEŃ	M-OPEN	2	00:10:30	00:20:41.45	+00:00:17 (1.4%)	6:53	8.7 (98.9%)
3	KOPCZEWSKI Dariusz	362	FACE NORDIC WALKING TEAM	M-OPEN	3	00:10:43	00:21:41.75	+00:01:17 (5.9%)	7:13	8.3 (94.3%)
4	FRĄCKOWIAK Mateusz	356	ROSKO WIELEŃ	M-OPEN	4	00:11:05	00:21:55.40	+00:01:31 (6.9%)	7:18	8.2 (93.2%)
5	BIERKUS Mirosław	378	RÓŻA WIATRÓW DARŁÓWKO	M-OPEN	5	00:11:11	00:21:58.10	+00:01:33 (7.1%)	7:19	8.2 (93.2%)
6	OKRZESIK-FRĄCKOWIAK Izabela	367	ROSKO WIELEŃ	K-OPEN	1	00:11:20	00:22:03.20	+00:01:38 (7.5%)	7:21	8.2 (93.2%)
7	KĘPA Andrzej	361	SKI FAMILY TEAM	M-OPEN	6	00:11:10	00:22:18.90	+00:01:54 (8.6%)	7:26	8.1 (92.0%)
8	MIKITIUK Tomasz	366	KIJOWA PARA	M-OPEN	7	00:12:35	00:24:13.45	+00:03:49 (15.8%)	8:04	7.4 (84.1%)
9	PRADUŃ Michał	370		M-OPEN	8	00:12:23	00:24:26.65	+00:04:02 (16.5%)	8:09	7.4 (84.1%)
10	SZKLARCZYK Piotr	376		M-OPEN	9	00:13:04	00:25:47.55	+00:05:23 (20.9%)	8:36	7 (79.5%)
11	KULKA Józefa	364		K-OPEN	2	00:13:04	00:25:50.90	+00:05:26 (21.1%)	8:37	7 (79.5%)
12	SAPA Dariusz	372	BYDGOSKIE ŻÓŁWIE	M-OPEN	10	00:13:18	00:26:03.60	+00:05:39 (21.7%)	8:41	6.9 (78.4%)
13	WIECZORKOWSKA Dagmara	375		K-OPEN	3	00:13:20	00:26:09.75	+00:05:45 (22.0%)	8:43	6.9 (78.4%)
14	POLKIEWICZ Iwona	369		K-OPEN	4	00:13:49	00:26:46.00	+00:06:21 (23.8%)	8:55	6.7 (76.1%)
15	BARCZEWSKI Jarosław	351	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M-OPEN	11	00:14:12	00:27:17.30	+00:06:52 (25.2%)	9:06	6.6 (75.0%)
16	JABŁOŃSKA Danuta	359	STARGARD	K-OPEN	5	00:13:49	00:27:37.50	+00:07:13 (26.1%)	9:12	6.5 (73.9%)
17	GRZESIK Maria	357		K-OPEN	6	00:14:06	00:27:58.05	+00:07:33 (27.0%)	9:19	6.4 (72.7%)
18	SAPA Stefania	373	BYDGOSKIE ŻÓŁWIE	K-OPEN	7	00:14:45	00:29:05.10	+00:08:40 (29.8%)	9:41	6.2 (70.5%)
19	MIKITIUK Beata	365	KIJOWA PARA	K-OPEN	8	00:15:12	00:29:29.15	+00:09:04 (30.8%)	9:49	6.1 (69.3%)
20	REGENT Wioleta	371		K-OPEN	9	00:15:03	00:29:49.10	+00:09:24 (31.6%)	9:56	6 (68.2%)
21	PIECHUCKA Karolina	368		K-OPEN	10	00:15:36	00:30:19.90	+00:09:55 (32.7%)	10:06	5.9 (67.0%)
22	FIURST-STECENKO Irena	354		K-OPEN	11	00:16:41	00:32:01.35	+00:11:36 (36.3%)	10:40	5.6 (63.6%)
23	FIURST Marcin	353		M-OPEN	12	00:16:42	00:32:50.20	+00:12:25 (37.9%)	10:56	5.5 (62.5%)
24	KOSIŃSKI Tomasz	363		M-OPEN	13	00:17:31	00:35:41.60	+00:15:17 (42.8%)	11:54	5 (56.8%)
25	KARWAN Ewa	360	NA ZDROWIE TEAM	K-OPEN	12	00:17:31	00:35:41.90	+00:15:17 (42.8%)	11:54	5 (56.8%)