

# SYLWESTROWY NORDIC WALKING - 3KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2015-12-27  
**Miejsce:** Koszalin  
**Dystans:** 3.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3.5km	Czas brutto 3.5km	Różn	Tempo min/km	Tempo km/h
1	<b>BIERKUS Mirosław</b>	<b>467</b>	RÓŻA WIATRÓW DARŁÓWKO	M-5	1	<b>00:22:24.80</b>	<b>00:22:24.80</b>		6:24	9.4 (100%)
2	<b>ŚWIDEREK Ludwik</b>	<b>494</b>		M-4	1	<b>00:22:28.25</b>	<b>00:22:28.25</b>	+00:00:03 (0.3%)	6:25	9.3 (98.9%)
3	<b>LUBAWIŃSKI Jerzy</b>	<b>462</b>	K.B. SPRINT ŚWIDWIN	M Niepełnosprawni	1	<b>00:23:16.85</b>	<b>00:23:16.85</b>	+00:00:52 (3.7%)	6:38	9 (95.7%)
4	<b>SZUDARSKI Edward</b>	<b>481</b>	DWA KIJE SŁUPSK	M-5	2	<b>00:23:53.45</b>	<b>00:23:53.45</b>	+00:01:28 (6.2%)	6:49	8.8 (93.6%)
5	<b>RUDNIK Janina Ewa</b>	<b>476</b>		K-3	1	<b>00:24:18.65</b>	<b>00:24:18.65</b>	+00:01:53 (7.8%)	6:56	8.6 (91.5%)
6	<b>PIETRZYCKI Adrian</b>	<b>469</b>		M-3	1	<b>00:24:33.75</b>	<b>00:24:33.75</b>	+00:02:08 (8.7%)	7:00	8.6 (91.5%)
7	<b>KĘPA Andrzej</b>	<b>460</b>	SKI FAMILY TEAM	M-6	1	<b>00:24:56.95</b>	<b>00:24:56.95</b>	+00:02:32 (10.2%)	7:07	8.4 (89.4%)
8	<b>WILKOŁEK-SZUDARSKA Saturnina</b>	<b>487</b>	DWA KIJE SŁUPSK	K-5	1	<b>00:24:57.25</b>	<b>00:24:57.25</b>	+00:02:32 (10.2%)	7:07	8.4 (89.4%)
9	<b>WALO Zbigniew</b>	<b>486</b>		M Niepełnosprawni	2	<b>00:25:33.85</b>	<b>00:25:33.85</b>	+00:03:09 (12.3%)	7:18	8.2 (87.2%)
10	<b>SOBOLEWSKI Marek</b>	<b>479</b>		M-4	2	<b>00:26:05.30</b>	<b>00:26:05.30</b>	+00:03:40 (14.1%)	7:27	8.1 (86.2%)
11	<b>SZUDARSKI Marek</b>	<b>482</b>	DWA KIJE SŁUPSK	M Niepełnosprawni	3	<b>00:26:06.35</b>	<b>00:26:06.35</b>	+00:03:41 (14.1%)	7:27	8 (85.1%)
12	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>466</b>		K-4	1	<b>00:26:08.55</b>	<b>00:26:08.55</b>	+00:03:43 (14.3%)	7:28	8 (85.1%)
13	<b>FRĄCKOWIAK Roman</b>	<b>453</b>		M-4	3	<b>00:26:09.65</b>	<b>00:26:09.65</b>	+00:03:44 (14.3%)	7:28	8 (85.1%)
14	<b>RAJTAR Wojciech</b>	<b>475</b>		M-Dzieci	1	<b>00:26:11.10</b>	<b>00:26:11.10</b>	+00:03:46 (14.4%)	7:28	8 (85.1%)
15	<b>FRĄCKOWIAK Mateusz</b>	<b>452</b>		M-Dzieci	2	<b>00:26:18.45</b>	<b>00:26:18.45</b>	+00:03:53 (14.8%)	7:30	8 (85.1%)
16	<b>ZIELIŃSKI Andrzej</b>	<b>490</b>		M-6	2	<b>00:26:30.05</b>	<b>00:26:30.05</b>	+00:04:05 (15.4%)	7:34	7.9 (84.0%)
17	<b>PIETRZYCKA Katarzyna</b>	<b>468</b>		K-3	2	<b>00:26:34.05</b>	<b>00:26:34.05</b>	+00:04:09 (15.6%)	7:35	7.9 (84.0%)
18	<b>MAZUR Grażyna</b>	<b>493</b>		K-5	2	<b>00:26:51.15</b>	<b>00:26:51.15</b>	+00:04:26 (16.5%)	7:40	7.8 (83.0%)
19	<b>SUSKI Jan</b>	<b>491</b>		M-6	3	<b>00:26:57.05</b>	<b>00:26:57.05</b>	+00:04:32 (16.8%)	7:42	7.8 (83.0%)
20	<b>GLASER Juliusz</b>	<b>454</b>	OTKKF BICYKL	M-6	4	<b>00:27:17.80</b>	<b>00:27:17.80</b>	+00:04:53 (17.9%)	7:47	7.7 (81.9%)
21	<b>HAKKARAINEN Robert</b>	<b>457</b>		M-Dzieci	3	<b>00:27:37.35</b>	<b>00:27:37.35</b>	+00:05:12 (18.9%)	7:53	7.6 (80.9%)
22	<b>SZYCKO Radosław</b>	<b>484</b>		M-4	4	<b>00:27:39.45</b>	<b>00:27:39.45</b>	+00:05:14 (19.0%)	7:54	7.6 (80.9%)
23	<b>KUKIEŁA Karolina</b>	<b>497</b>		K-3	3	<b>00:28:03.30</b>	<b>00:28:03.30</b>	+00:05:38 (20.1%)	8:00	7.5 (79.8%)
24	<b>RAJTAR Marzena</b>	<b>473</b>		K-3	4	<b>00:28:07.85</b>	<b>00:28:07.85</b>	+00:05:43 (20.3%)	8:02	7.5 (79.8%)
25	<b>SZYCKO Oliwia</b>	<b>483</b>		K-Dzieci	1	<b>00:28:51.05</b>	<b>00:28:51.05</b>	+00:06:26 (22.3%)	8:14	7.3 (77.7%)
26	<b>ZIELIŃSKA Elżbieta</b>	<b>489</b>		K-5	3	<b>00:29:15.45</b>	<b>00:29:15.45</b>	+00:06:50 (23.4%)	8:21	7.2 (76.6%)
27	<b>SZWOLGIN-MARKUSZEWSKA Anna</b>	<b>495</b>		K-5	4	<b>00:29:21.90</b>	<b>00:29:21.90</b>	+00:06:57 (23.7%)	8:23	7.2 (76.6%)

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28	<b>ĆWIRKO Lech</b>	<b>451</b>		M-6	5	<b>00:29:42.60</b>	<b>00:29:42.60</b>	+00:07:17 (24.6%)	8:29	7.1 (75.5%)
29	<b>GRZESIK Maria</b>	<b>455</b>		K-6	1	<b>00:30:06.90</b>	<b>00:30:06.90</b>	+00:07:42 (25.6%)	8:36	7 (74.5%)
30	<b>MAKOWSKI Adam</b>	<b>465</b>		M-4	5	<b>00:30:14.25</b>	<b>00:30:14.25</b>	+00:07:49 (25.9%)	8:38	6.9 (73.4%)
31	<b>MAKOWSKA Danuta</b>	<b>464</b>		K-4	2	<b>00:30:14.30</b>	<b>00:30:14.30</b>	+00:07:49 (25.9%)	8:38	6.9 (73.4%)
32	<b>ĆWIRKO Barbara</b>	<b>450</b>		K-6	2	<b>00:31:25.75</b>	<b>00:31:25.75</b>	+00:09:00 (28.7%)	8:58	6.7 (71.3%)
33	<b>TOKARZ Ryszard</b>	<b>485</b>		M-6	6	<b>00:31:53.75</b>	<b>00:31:53.75</b>	+00:09:28 (29.7%)	9:06	6.6 (70.2%)
34	<b>SIWEK Emilia</b>	<b>477</b>	RUNNERSWALDE	K-3	5	<b>00:32:47.35</b>	<b>00:32:47.35</b>	+00:10:22 (31.6%)	9:22	6.4 (68.1%)
35	<b>KOŁAKOWSKA Beata</b>	<b>496</b>		K-4	3	<b>00:32:47.55</b>	<b>00:32:47.55</b>	+00:10:22 (31.7%)	9:22	6.4 (68.1%)
36	<b>RAJTAR Wiktor</b>	<b>474</b>		M-Dzieci	4	<b>00:33:17.35</b>	<b>00:33:17.35</b>	+00:10:52 (32.7%)	9:30	6.3 (67.0%)
37	<b>RAJTAR Krzysztof</b>	<b>472</b>		M-3	2	<b>00:33:18.10</b>	<b>00:33:18.10</b>	+00:10:53 (32.7%)	9:30	6.3 (67.0%)
38	<b>PŁUCIENNIK Franciszka</b>	<b>471</b>	OTKKF BICYKL	K-6	3	<b>00:33:45.45</b>	<b>00:33:45.45</b>	+00:11:20 (33.6%)	9:38	6.2 (66.0%)
39	<b>STEFANIAK Anna</b>	<b>480</b>		K-5	5	<b>00:33:45.60</b>	<b>00:33:45.60</b>	+00:11:20 (33.6%)	9:38	6.2 (66.0%)
40	<b>PIOTROWSKA Wanda</b>	<b>470</b>	OTKKF BICYKL	K-6	4	<b>00:33:45.90</b>	<b>00:33:45.90</b>	+00:11:21 (33.6%)	9:38	6.2 (66.0%)
41	<b>HAKKARAINEN Ulla</b>	<b>458</b>		K-Dzieci	2	<b>00:36:15.85</b>	<b>00:36:15.85</b>	+00:13:51 (38.2%)	10:21	5.8 (61.7%)
42	<b>HAKKARAINEN Albina</b>	<b>456</b>		K-4	4	<b>00:36:16.65</b>	<b>00:36:16.65</b>	+00:13:51 (38.2%)	10:21	5.8 (61.7%)
43	<b>JANISZEWSKA Stanisława</b>	<b>459</b>	OTKKF BICYKL	K-6	5	<b>00:37:39.15</b>	<b>00:37:39.15</b>	+00:15:14 (40.5%)	10:45	5.6 (59.6%)
44	<b>LATOS Małgorzata</b>	<b>492</b>		K-4	5					(0.0%)

Znaleziono 44 wynik(ów)