

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

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

Znaleziono 44 wynik(ów)