



SZTUM - PUCHAR POMORZA NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-09-05
Miejsce: Sztum
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEPKA PRADZYŃSKI Olgierd	209	BIEGAMYRAZEM.PL	M 50-59	1			00:02:30	00:28:30	00:56:50	00:59:20		5:41	10.6 (100%)
2	ANACZKOWSKI Mirosław	201	LKS ZANTYR SZTUM	M 50-59	2			00:02:29	00:28:32	00:57:18	00:59:47	+00:00:28 (0.8%)	5:43	10.5 (99.1%)
3	ROGALSKI Piotr	238	GDYNIA MOJE MIASTO	M 40-49	1			00:02:31	00:28:31	00:57:35	01:00:06	+00:00:45 (1.3%)	5:45	10.4 (98.1%)
4	PIOTROWSKI Michał	231	FACE NW TEAM	M 30-39	1			00:02:28	00:29:18	00:58:56	01:01:24	+00:02:06 (3.6%)	5:53	10.2 (96.2%)
5	BOGACKI Sławek	203	ENERGA NW TEAM	M 40-49	2			00:02:29	00:30:21	01:01:03	01:03:32	+00:04:13 (6.9%)	6:06	9.8 (92.5%)
6	WITCZUK Łukasz	250	LUKI TEAM SIEDLCE	M 30-39	2			00:02:28	00:31:27	01:02:19	01:04:47	+00:05:29 (8.8%)	6:13	9.6 (90.6%)
7	ĆWIKLIŃSKI Dawid	207	THE BEST - MY IDZIEMY I CZEŚĆ	M 18-29	1			00:02:28	00:31:27	01:03:24	01:05:52	+00:06:34 (10.4%)	6:20	9.5 (89.6%)
8	LIPKO Adrianna	223	PENDOLINO	K 18-29	1			00:03:34	00:31:47	01:03:39	01:07:13	+00:06:49 (10.7%)	6:21	9.4 (88.7%)
9	PARAFINIUK Krzysztofa	234	LKS ZANTYR	K 30-39	1			00:03:34	00:31:46	01:03:43	01:07:17	+00:06:53 (10.8%)	6:22	9.4 (88.7%)
10	RACZYŃSKI Kazimierz	235	PTTK KOSZALIN	M 30-39	3			00:02:29	00:32:00	01:03:56	01:06:25	+00:07:06 (11.1%)	6:23	9.4 (88.7%)
11	KRZYŻANOWSKI Robert	218	GOSIR OSIELSKO	M 40-49	3			00:02:30	00:32:07	01:04:25	01:06:55	+00:07:35 (11.8%)	6:26	9.3 (87.7%)
12	KOLENKIEWICZ Dariusz	215	KS ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	3			00:02:32	00:31:59	01:04:44	01:07:16	+00:07:54 (12.2%)	6:28	9.3 (87.7%)
13	KULIG Henryk	219	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	1			00:02:28	00:32:12	01:04:48	01:07:16	+00:07:58 (12.3%)	6:28	9.3 (87.7%)
14	REJ Anna	237		K 30-39	2			00:03:37	00:32:29	01:05:13	01:08:50	+00:08:23 (12.9%)	6:31	9.2 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	CZEKAJŁO Franciszek	206	TEAM MEPROZET	M 60-69	2			00:02:31	00:32:18	01:06:09	01:08:40	+00:09:19 (14.1%)	6:36	9.1 (85.8%)
16	BOJAN Miro	204		M 60-69	3			00:02:31	00:32:59	01:06:42	01:09:13	+00:09:52 (14.8%)	6:40	9 (84.9%)
17	SOBOLEWSKI Marek	242		M 40-49	4			00:02:30	00:33:16	01:07:00	01:09:30	+00:10:10 (15.2%)	6:42	9 (84.9%)
18	SORN Łukasz	243	CHODZEEKIJAMI	M 18-29	2			00:02:27	00:34:18	01:07:02	01:09:29	+00:10:12 (15.2%)	6:42	9 (84.9%)
19	STPCZYŃSKA Angelika	244	THE BEST-MY IDZIEMY I CZEŚĆ	K 30-39	3			00:03:35	00:33:13	01:07:18	01:10:53	+00:10:28 (15.6%)	6:43	8.9 (84.0%)
20	JANKOWSKI Marcin	210	KS ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	4			00:02:27	00:33:26	01:07:42	01:10:09	+00:10:52 (16.1%)	6:46	8.9 (84.0%)
21	PIOTROWSKI Krzysztof	232		M 50-59	4			00:02:33	00:34:06	01:08:53	01:11:26	+00:12:03 (17.5%)	6:53	8.7 (82.1%)
22	JÓŹWIAK Łukasz	213	WTW WŁOCŁAWEK	M 40-49	5			00:02:30	00:34:35	01:09:43	01:12:13	+00:12:53 (18.5%)	6:58	8.6 (81.1%)
23	BIAŁK Roman	202		M 60-69	4			00:02:30	00:34:40	01:09:53	01:12:23	+00:13:03 (18.7%)	6:59	8.6 (81.1%)
24	KURZYŃSKA Natalia	220		K 30-39	4			00:03:37	00:33:25	01:10:10	01:13:47	+00:13:20 (19.0%)	7:01	8.6 (81.1%)
25	PIERNICKA Krystyna	230		K 50-59	1			00:03:38	00:34:43	01:10:27	01:14:05	+00:13:37 (19.3%)	7:02	8.5 (80.2%)
26	JASIŃSKI Marian	211	KS ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	5			00:02:29	00:34:27	01:10:36	01:13:05	+00:13:46 (19.5%)	7:03	8.5 (80.2%)
27	KACHEL Anna	214		K 50-59	2			00:03:39	00:35:16	01:10:40	01:14:19	+00:13:50 (19.6%)	7:04	8.5 (80.2%)
28	RUSZKOWSKA Bożena	241	KS ELBLĄSKIE WŁÓCZY-KIJE	K 60-69	1			00:03:39	00:34:41	01:10:53	01:14:32	+00:14:03 (19.8%)	7:05	8.5 (80.2%)
29	CHOLEWIŃSKA Longina	205	KB KATORŻNIK MUROWANA GOŚLINA	K 40-49	1			00:03:35	00:34:59	01:10:56	01:14:31	+00:14:06 (19.9%)	7:05	8.5 (80.2%)
30	WIŚNIEWSKA Iwona	249	SANTORINI TAWERNA GRECKA	K 50-59	3			00:03:39	00:34:37	01:10:59	01:14:38	+00:14:09 (19.9%)	7:05	8.5 (80.2%)
31	NAMSOŁEK Feliks	253		M 70+	1			00:02:29	00:35:15	01:11:10	01:13:39	+00:14:20 (20.1%)	7:07	8.4 (79.2%)
32	KOPCZYK Bożena	216	POCHODZEMALBORKA.PL	K 50-59	4			00:03:37	00:35:13	01:11:26	01:15:03	+00:14:36 (20.4%)	7:08	8.4 (79.2%)
33	KOSIANOWSKA Monika	217	POCHODZĘ Z MALBORKAACTIVE	K 40-49	2			00:03:36	00:35:41	01:12:17	01:15:53	+00:15:27 (21.4%)	7:13	8.3 (78.3%)
34	LANGMESSER Regina	300	LKS ZANTYR	K 40-49	3			00:03:36	00:36:05	01:12:46	01:16:22	+00:15:56 (21.9%)	7:16	8.2 (77.4%)
35	PODSIADŁY Marlena	233	ZAKĄTEK DANKOWO	K 50-59	5			00:03:38	00:37:18	01:14:50	01:18:28	+00:18:00 (24.1%)	7:29	8 (75.5%)
36	LABUDDA Katarzyna	100	WEJHEROWO CITY	K 30-39	5			00:03:35	00:37:19	01:15:48	01:19:23	+00:18:58 (25.0%)	7:34	7.9 (74.5%)
37	REJS Jolanta	236	MOSIR RYPIN	K 40-49	4			00:03:37	00:38:18	01:16:11	01:19:48	+00:19:21 (25.4%)	7:37	7.9 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	LEWANDOWSKA Anna	222	ZAKĄTEK DANKOWO	K 30-39	6			00:03:34	00:38:06	01:16:20	01:19:54	+00:19:30 (25.5%)	7:38	7.9 (74.5%)
39	NERC Dorota	227		K 50-59	6			00:03:38	00:37:40	01:17:25	01:21:03	+00:20:35 (26.6%)	7:44	7.8 (73.6%)
40	SZPALERSKA Mirosława	246	LKS ZANTYR	K 60-69	2			00:03:40	00:38:12	01:17:40	01:21:20	+00:20:50 (26.8%)	7:46	7.7 (72.6%)
41	CYBULSKI Ryszard	262		M 60-69	6			00:02:32	00:38:41	01:18:31	01:21:03	+00:21:41 (27.6%)	7:51	7.6 (71.7%)
42	SZCZYPEK Ela	245	DWA KIJE	K 60-69	3			00:03:40	00:38:51	01:19:14	01:22:54	+00:22:24 (28.3%)	7:55	7.6 (71.7%)
43	LANGMESSER Daniel	150		M 18-29	3			00:02:30	00:38:49	01:19:15	01:21:45	+00:22:25 (28.3%)	7:55	7.6 (71.7%)
44	KACZMARCZYK Barbara	175	LKS ZANTYR SZTUM	K 18-29	2			00:03:36	00:40:50	01:23:46	01:27:22	+00:26:56 (32.2%)	8:22	7.2 (67.9%)
45	JÓŹWIAK Dominik	212	WTW WŁOCŁAWEK	M 18-29	4			00:02:27	00:40:58	01:24:21	01:26:48	+00:27:31 (32.6%)	8:26	7.1 (67.0%)
46	ROT-RZĘDZICKA Grażyna	240	NIEZRZESZONA	K 60-69	4			00:03:40	00:41:33	01:25:47	01:29:27	+00:28:57 (33.7%)	8:34	7 (66.0%)
	LISEWSKA Jana	224	MUMIN TEAM	K 30-39				DNF	00:35:47 DNF	DNF	DNF		-	- (0.0%)
	KILISZEWSKA Aleksandra	255		K 30-39				DNF	00:39:40 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 48 wynik(ów)